Hello everyone I am Pankaj Krishnat Chavan and I would like to talk about Yoga.

Yoga is journey to discovery the self. It is an ancient and beautiful practice of India that is linked to all aspects namely mental, physical and spiritual. It calms and relaxes our body and soul. It helps us stay fit and healthy.

To make the culture and tradition of yoga alive, the international yoga day is celebrated every year on June 21. It is not just a physical exercise where person twist, turn, stretch and breath. It is a complex exercise for the betterment of metabolism of the humans. With regular practice of Yoga we can develop healthy mind, soul and beautiful heart. Also we can develop immunity, flexibility.

Yoga is also self-healing practice. It helps in the better circulation of blood and reduces deceases. In some cases, it is observed that yoga people have completely recovered from illnesses like cholesterol, diabetes, muscle problems, and various others.

Yoga uses various postures, mantras, chants and meditation that enhances the thoughts and changes the mindsets of the person adopting it. Because of this yoga is now becoming more and more popular not only in India but outside India as well.

Adopt yoga and feel the calmness, happiness and relaxation that you are searching for in this stressful life.

Much thank you to all of you. Have a good evening.