Regular practice of yoga can help in maintaining good health and even in the prevention of so many ailments. Write a speech to be delivered in the school morning assembly on the usefulness of yoga.

Arsh Saxena – Jun 12, 2021

Good morning, everyone! Today, I am going to expatiate on the benefits of regular practice of yoga.

Yoga is the most miscomprehended and misunderstood concept only in India but also throughout the world. The word ‘yoga’ conjures up the images of ascetics, or yoga gurus doing arduous physical postures or asanas! Only blending, stretching, moving, etc. of various body parts in an association of certain breathing exercises is not the totality of yoga.

The literal meaning of yoga according to the Vedas is ‘union.’ The reward of this union with the universe is the unfolding and blossoming of our potential to its fullest and optimal level. In the state of perfect yoga, one receives abundant cosmic energy, which heals, energizes, and rejuvenates each cell, nerve, and organ of the physical, mental, and spiritual body of a man. It cleanses the body of all ills and toxins that might develop into fatal ailments.

Yoga has become quite popular in the entire world, especially in western countries because of its wholesomeness. We must practice it for a healthy, happy, fulfilling life.

Thank you!