

**Reporton Yoga 2019-20**

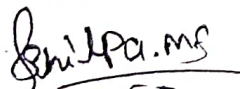
Originating in ancient India and evolving over millennia, yoga is a comprehensive practice that encompasses physical postures, breath control, meditation, ethical principles, and spiritual development. Derived from the Sanskrit root "yuj," meaning to yoke or unite, the term "yoga" reflects the central theme of integrating mind, body, and spirit


Our students showcased Yoga Asanas in the Mysuru District administrations'sYoga day programs in the sprawling grounds of Race club, Mysuru.

Beyond mere physical exercise, yoga is a diverse practice with ancient roots, deep philosophical underpinnings, and a holistic approach. This makes it a valuable tool for attaining balance and harmony in contemporary life. Ongoing research into its benefits underscores yoga's versatility and accessibility, highlighting its potential to enhance both physical and mental well-being.

1. **Physical Fitness:** Regular practice of yoga enhances flexibility, strength, and balance, promoting overall physical health.
2. **Stress Reduction:** Through mindfulness and controlled breathing exercises, yoga helps students manage stress and anxiety, fostering a calmer and more focused mindset.
3. **Improved Concentration:** Yoga encourages mental focus and concentration, which can positively impact academic performance by enhancing cognitive abilities.
4. **Enhanced Emotional Well-being:** The practice of yoga promotes emotional resilience, self-awareness, and a positive outlook, aiding students in managing the challenges of academic and personal life.

Incorporating yoga into students' routines can contribute significantly to their overall health, creating a positive impact on their academic performance and personal development.

  
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