


Students of Commerce Department (MSBS) International Yoga Day June 2021

INTERNATIONAL YOGA DAY



"True yoga is not about the shape of your body, but the shape of your life. Yoga is not to be performed; it is to be lived. Yoga doesn't care about what you have been; it cares about the person you are becoming. Yoga is designed for a vast and profound purpose, and for it to be truly called yoga, its essence must be embodied."

