

YOGA DAY
21ST JUN 2019, FRIDAY

Yoga is the journey of the self, through the self, to the self.

-Bhagavad Gita

Everyone should practice yoga to get better at living. It can help you relax and focus while gaining flexibility and strength. The word 'Yoga' is derived from the Sanskrit root 'Yuj', it means 'to join' or 'to unite'. Yoga helps to improve health and also boost your mood.

In today's time the young generation is more fascinated by the biceps and 8 packs. Gyms have sprung up more than the yoga clubs. They are more worried about Body mass index than Brain performance index.

Causeless Happiness Organisation celebrated the International Yoga Day on 21st June 2019, Friday with volunteers. We celebrated the occasion in the morning time, even people around, joined the Yoga activity. There were a majority of children participants and some came with parents and their elders. Overall the day started with a beautiful morning.

It is said, "one generation plants the trees so that the next can enjoy its shade." Let us instill the seeds of yoga today so that our children and youth can benefit for generations to come.