

## YOGA

The word 'Yoga' is derived from the Sanskrit root 'Yuj', meaning 'to join' or 'to yoke' or 'to unite'. As per Yogic scriptures the practice of Yoga leads to the union of individual consciousness with that of the Universal Consciousness, indicating a perfect harmony between the mind and body, Man & Nature.

Yoga sessions were conducted at NSTI(W), Bengaluru for staff and students from 16/10/23 to 20/10/23 by Miss Swati, yoga expert from Art of Living.



