



NATIONAL SKILL TRAINING INSTITUTE FOR WOMEN HOSUR ROAD, BENGALURU - 560029





NATIONAL SKILL TRAINING INSTITUTE FOR WOMEN
HOSUR ROAD, BENGALURU - 560029
INTERNATIONAL YOGA DAY on 21.06.2022



**Yoga is the journey of
the self, to the self
and through the self**



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Yoga is the foundation
towards a successful
calm self