

N K R Government Arts College for Women, Namakkal, Tamil Nadu, India

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..

- Ek Bharat Shrestha Bharat Club Report for Yoga Day, as a part of EBSB of N K R Government Arts College for Women, we celebrate the Yoga day for the students it was held in the month of January 2021.







