

## YOGA PRACTICE IN CUJ

Yoga is a holistic method of fitness that aims at balancing the body through various poses and meditative techniques. It restores all-round health and improves all the systems of body. It is a form of fitness and activity that can be made suitable for any age group. Therefore students can greatly benefit from the skill of yoga. Central University of Jharkhand has started Yoga session in the morning from 6 am to 7 am.

