

## MY ASSIGNMENT

MY NAME SHIVAM SAURABH I AM CSC VLE I WORK IN CSC MORE THEN 4 YEARS I  
COMPLETE CSC YOGA VOLUNTEER COURSES 15DAYS I LEARNING FEW STEPS -

1. KAPAL BHARTI
2. OM -BILOM
- 3.SURYA NAMSAKAR

YOGA IS USEFUL FOR US SOME SILIEANT FEATURES -

1. YOGA IS ESSENTIALLY SPIRITUAL .
2. YOGA IS DARSHANA .
- 3.YOGA IS A SBUTLE SCIENCE .
4. YOGIC PRACTICES ARE MIND CENTRIC .
5. YOGA IS AN ART OF HEALTHY LIVING .
6. YOGA BRINGS HARMONY IN WALKS OF LIFE .

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ADRESS - CSC ACADEMY KUSHDIH KATAIYA HARIHARGANJ PALAMU JHARKHAND