



INSTITUTE OF SCIENCE, TECHNOLOGY & ADVANCED STUDIES (VISTAS)
 (Deemed to be University Estd. u/s 3 of the UGC Act, 1956)
 PALLAVARAM - CHENNAI
 ACCREDITED BY NAAC WITH 'A' GRADE
 INSTITUTION WITH UGC 12B STATUS

“Regular yoga practice creates mental clarity and calmness; increases body awareness; relieves chronic stress patterns; relaxes the mind; centers attention; and sharpens concentration,”

Dr. Nevins
 The American Osteopathic Association.

YOGA
 INTERNATIONAL DAY
 21ST OF JUNE



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