

St. Andrews Scots Sr. Sec. School

9th Avenue, I.P. Extension, Patparganj, Delhi – 110092

Session: 2024-2025

Class: IV

Subject: English

Paragraph writing -Yoga

Yoga is a form of exercise that originated in ancient India. The word yoga is derived from the sanskrit word ('yuj') which means 'to join' or 'to unite'.

Yoga is not just a form of exercise but it is an approach to the inner well being of mankind. Lord Shiva is the first Yogi or Adiyogi .Yoga gives us relief from countless ailments at the physical level. The practice of yoga makes us feel well and disciplined There are many benefits of yoga. People of any age, health and religions can practice yoga.