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**YOGA**

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Practise yoga everyday dear mates!  
Acquire from it abundant benefits!

Boost blood flow by stretching veins!  
Strengthen body by building muscles!

Focus your mind on point of process!  
Attain in finest mode mental calmness!

By constructing mind 'n' body healthy,  
Make your soul reside inside happily!

As you stay in position for a duration,  
Trait of patience you learn in addition!

Conversion of rigid body into supple  
Presents pleasure of achieving goal!

Our nation can take immense pride,  
As yoga is our precious gift to world!!!



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