

Importance of Yoga during the COVID pandemic by Benoy Behl

A series of articles written by a well-known photographer Benoy Behl on the importance of yoga during the COVID pandemic. These articles have been recently published in *The Pioneer*.

Part I: Key to immunity

<https://www.dailypioneer.com/2020/vivacity/key-to-immunity.html>

Part II: Look within

<https://www.dailypioneer.com/2020/vivacity/look-within.html>

Part III: In a land of tranquillity

<https://www.dailypioneer.com/2020/vivacity/in-a-land-of-tranquility.html>

Part IV: Discover yourself

<https://www.dailypioneer.com/2020/vivacity/discover-yourself.html>

Part V: Blend of science and spirituality

<https://www.dailypioneer.com/2020/vivacity/blend-of-science-and-spirituality.html>

Part VI: Journey through the self

<https://www.dailypioneer.com/2020/vivacity/journey-through-the-self.html>

Part VII: Walk the peaceful path

<https://www.dailypioneer.com/2020/vivacity/walk-the-peaceful-path.html>