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

Part III: In a land of tranquillity

Part IV: Discover yourself

Part V: Blend of science and spirituality

Part VI: Journey through the self

Part VII: Walk the peaceful path