

Conference Date: June 01-02, 2024

International Conference on **BENEFITS OF YOGA AND SPORTS FOR HEALTH** (IC-BYSH-2024)

Conference Topics

- Benefits of Yoga and Sports for Health
- Psychological Stress
- Improve sleep
- Injury in humans
- Yoga benefits heart health
- Flexibility, Depression
- Improves balance
- Yoga improves flexibility
- Yoga may help your hangover
- Pain management
- Increased focus

Hybrid Mode

- Trouble breathing
- Builds strength
- Cardiovascular benefits
- Low back pain
- Coronary atherosclerosis
- Ease anxiety, Hypertension
- Enhancing fitness
- Improve posture
- Improving quality of life
- Agricultural engineering
- **All the topics related to Benefits of Yoga and Sports for Health**

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Conference Website

<https://iircr.com/>

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