

Ek Bharat Shreshta Bharat Club celebrated 6th International Yoga Day on 21 June, 2020

Under the guidance of Principal Prof. Rajesh Sharma, D. A. V. College (Lahore), Ambala City, 6th International Yoga Day was celebrated. Principal motivated the students via his online message. He said that art of practicing yoga helps in building immunity. It also helps in managing stress and anxiety which are highly required in meeting the challenges of covid-19. EBSB Coordinator Dr. Garima Sumran and student members of EBSB club performed various yoga asanas at home with theme “Yoga at home and Yoga with family”. The students also registered in the link of Ministry of Aayush, Govt of India.