



Ek Bharat Shreshtha Bharat Club
Govt. Engineering College Kozhikode , Kerala

Nodal Officer : Abid Tharavattath

Mob : 9447842699

Event : Yoga Day observation
Venue : Online
Date : 21/06/2020
State Pair : Himachal Pradesh
Brief Report : Yoga Day was observed
Report :

As part of International Yoga Day on June 21, EBSB CLUB , GECK organised a live Yoga session. The session was handled by Sri. Alankode Suresh, Scent Yoga Olympiad Coach and YFI National Referee along with International Gold medallist Arya Suresh and his students. In the session the importance of yoga in nurturing mental health was discussed and various yoga poses were demonstrated. The session was streamed live via our official Instagram page. It was well received by our members as well as others .