



DAV Public School, BRS Nagar and Green Land Convent School participating in International Yoga Day in Ludhiana on Wednesday.

brate it as international yoga day.

DAV BRS Nagar exercises for good health on yoga day

LUDHIANA: Exercise fine tunes body and mind and yoga generates healthy mind and body. On international 'yoga day' the staff of DAV Public School, BRS Nagar performed various asanas under the guidance of trained yoga instructor of the school. The session started at 6am and all the participants got dressed up in comfortable attires with mats to perform yoga as per the instructors instructions. It was good to see the participants from different age groups striving for perfection. Participants enthusiasm was infectious for others to follow them. Principal, JK Sidhu, who joined the yoga session, motivated all to adopt yoga as part of their lives to promote good health and well being.