

D.A.V. Public School, Thane.

Report on 3rd International Day of Yoga Celebrations

‘Yoga is not a religion. It is a science, science of well – being, science of youthfulness, science of integrating body, mind and soul.’

Keeping this in mind D.A.V. public School, Thane celebrated the 3rd International Day of yoga on 21st June,2017, by engaging the students and teachers in various activities.

The day began with the **Primary assembly** that resounded with the beautiful voices of the young students who sang a **Song** highlighting the advantages of Yoga.

Students of Std V showcased a **Rhythmic Yoga (Dance)** on Yoga postures, thereby highlighting the flexibility and concentration.

Students were involved in activities which would impart students with the knowledge of the benefits of practicing Yoga. Primary students took part in a **Quiz Program** which was conducted by the Quiz Masters. The in-depth knowledge that every participant displayed was commendable.

The other children took great pain in giving their thoughts a canvas and painted beautiful **Paintings** showcasing the benefits of practicing yoga, on a person’s physical and mental health.

Students also showed off their progress in yoga, through a **Demonstration**. They performed various asans like **Ekpadasana, Trikonasana, Sarvangasana, Ushtrasana** etc. to name a few. This was followed by a demo of **Mudras, Pranayam and Chanting of AUM** and the **Vedic Prayer**. It was exciting to see the student’s dedication, their perfect synchronization, rhythm and balance in the demonstration.

The students of Std VI performed a **Skit** to highlight the advantages of learning and practicing Yoga. The students conveyed the excellent message of ‘Yoga being the way of Life’, through their brilliant performances.

All the teachers and staff members of the school did their bit to celebrate this day, by participating in **Cyclic Meditation** (Combination of Asana and Pranayam Practices) which is beneficial for the body.

Thus, the celebrations conducted on a very healthy and positive note.

