

International Yoga Day

D.A.V. Public School celebrated the International YOGA Day on 21st July 2017.

The skit performance presented by the students of class V and VI explained that **Yoga** is not a religion; it is a way of living that aims towards ‘a healthy mind in a healthy body’. Man is a physical, mental and spiritual being; **yoga** helps promote a balanced development of all the three.



Yoga Demonstration

