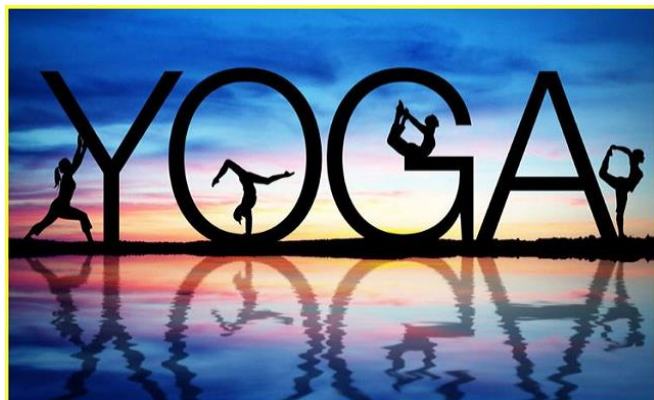
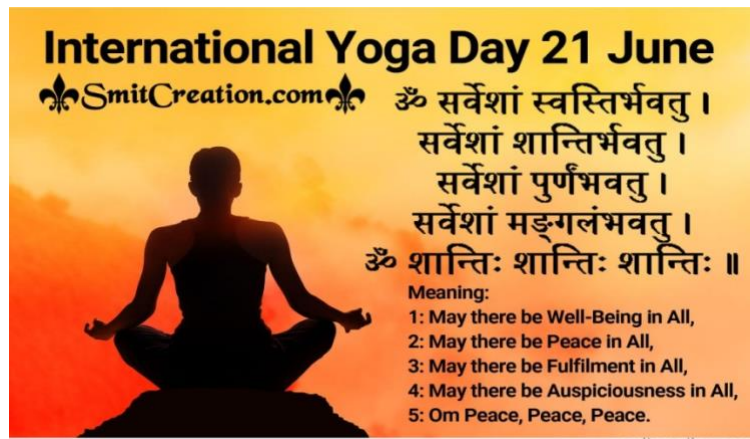


D.A.V PUBLIC SCHOOL, THANE
2021-22
SECONDARY SECTION
INTERNATIONAL YOGA DAY CELEBRATION REPORT



International Yoga Day 2021



“YOGA ADD YEARS TO YOUR LIFE AND LIFE TO YOUR YEARS.”

DAV Public school Thane, celebrated the **International Yoga Day** on 21 June 2021, with zeal and fervor. The DAVians have whole heartedly followed the theme of the International Yoga Day-2021 i.e **“Ghar Ghar mein Yog”** which signifies the importance of staying at home and practise **Yoga** with family while observing social distancing. It was a great opportunity to imbibe the value of self-discipline in the students. All the students of DAV Thane, performed yoga at home along with their family members. DAV Thane has not left any stone unturned in creating awareness about yoga among children, parents and teachers.

Yoga sessions were conducted for the children and their parents also. Separate sessions were conducted for the teachers also from 26thMay-21st June 2021.To spread the awareness, a **YOGA AWARENESS QUIZ** was also conducted by the school. Tweets were posted for the little toddlers who attempted the quiz successfully.

SURYA NAMASKAR was performed by the students along with various other Asanas of yoga like Vrikshasana, Bhadrasana, Bhujangasana, Pranayama and Meditation. Students shared their pictures of performing the asanas.

Even the pandemic couldn't shatter the enthusiasm of the entire family of DAV Thane. A special session was organized by the school management for the staff of DAV Thane on **YOGA DAY** to practise **YOGA** to mark the importance of the day. The session was conducted by the Yoga master, Ajay Kumbhar Sir. In the session, he had explained the significance of yoga along with various asanas that can be performed to get rid of various mental and physical ailments. The session engaged the teachers in practicing the Yogic postures. He taught various poses of yoga and all the teachers performed very well. At the end a question answer session was conducted where teachers asked about the asanas that can be performed to get rid of migraine, cervical spondylosis, back pain etc. The session came to an end with the vote of thanks. It was a wonderful, informative and fruitful session indeed!!!

