



# D.A.V PUBLIC SCHOOL, THANE 2023-2024



Date:- 20-06-2023

Ref:- DAV/Thane2023-24/Cir 31

The United Nations has declared 21st June as 'International Day of Yoga' (IDY). It has been a worldwide celebration for the last 8 years and has effectively facilitated the global dissemination of the significance of practicing Yoga for overall health and well-being and enduring a sustainable lifestyle. The theme for this year is 'Yoga for Vasudhaiva Kutumbakam'. The domestic tagline for IDY 2023 is 'Har Aangan Yog' being propagated to bring Yoga to every household at the grassroot level.

- students and staff Members are requested to participate in IDY competitions organized by Ministry of Ayush on MyGov platform <https://www.mygov.in/> such as Jingle contest, PM Yoga awards <https://innovateindia.mygov.in/pm-yoga-awards/>
- Yoga Quiz: A Yoga Quiz is being organized by the Ministry of Ayush (MoA), in collaboration with the MyGov on platform.

<https://quiz.mygov.in/quiz/international-day-of-yoga-2023-quiz-2-0/>

- Yoga Pledge: Ministry of Ayush is encouraging the citizens to take Yoga Pledge <https://yoga.ayush.gov.in/yoga/> with a resolve to make Yoga an integral part of their daily lives.

Warm Regards

Simmi Juneja  
Principal