

D.A.V. PUBLIC SCHOOL, THANE
SESSION- 2026– 2027

Date:16.06.2026

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Dear Parents,
Greetings!

Our School is delighted to celebrate the 12th International Yoga day with great enthusiasm and spirit. On this occasion, we are organizing Yoga Competition to promote the importance of Yoga and a healthy lifestyle among students.

This year the theme is “Yoga for Healthy Ageing.” This theme highlights the role of yoga in promoting physical health, mental well-being, mobility, independence and quality of life at every stage of life.

Interested students are invited to participate and shall give their names to their respective class teachers by tomorrow.

Details of the Competition are as follows:

GROUP I (Classes III to V)

- 1. Vrikshasana (Balancing Pose)**
- 2. Paschimottanasana (Forward Bending Pose)**
- 3. Dhanurasana (Back Bending Pose)**

GROUP II (Classes VI to VIII)

- 1. Natarajasana (Balancing Pose)**
- 2. Shirshasana (Inverted Balancing Pose)**
- 3. Purna Chakrasana (Advanced Back Bending Pose)**

GROUP III (Classes IX to XII)

- 1. Bakasana (Arm Balancing Pose)**
- 2. Bhumasana (Advanced Forward Bending Pose)**
- 3. Purna Shalabhasana (Advanced Back Bending Pose)**

Instructions:

- * **Participation is open to all interested students.**
- * **Details pertaining to date, time and venue will be intimated soon.**
- * **Participants must bring their own Yoga Mat.**
- * **Students should report in their House Uniform.**
- * **Criteria of Judgement: posture, balance, flexibility, stability, alignment and overall presentation.**
- * **The decision of the judges will be final and binding.**

Let us come together to celebrate the spirit of Yoga with enthusiasm, dedication, and excellence.

**Warm Regards
Simmi Juneja
Principal**
