


# Dav public school Thane


## Report On World Meditation day 2024

Today on 21st December On the occasion of First World Meditation Day 2024, DAV Public School Thane organized enriching meditation sessions for students and teachers. Primary students practiced Tratak Dhyan, while 10th-grade students engaged in Mindfulness Meditation to foster awareness. Teachers participated in an insightful session, learning about the importance of meditation through a PPT presentation, followed by a guided meditation experience. Under the guidance of Principal Mrs. Simmi Juneja, the event was a great success, promoting mental well-being and mindfulness in the school community.

# Some snapshots



**D.A.V. PUBLIC SCHOOL, THANE**  
World Meditation Day 2024  
Celebrate World Meditation Day -  
December 21, 2024



Join us on December 21, 2024, to celebrate World Meditation Day! This day, declared by the United Nations General Assembly, aims to promote mindfulness, mental well-being, and inner peace.

