

**D.A.V PUBLIC SCHOOL, THANE**

**SESSION: 2025 – 2026**

**CIRCULAR FOR INDEPENDENCE WEEK CELEBRATION**

**Date: 09.08.2025**

**Ref: DAV/Thane/2025 – 2026/Cir 32**

**Dear Parents, Greetings!!**

As a part of the celebrations for Independence Week, our school is organising a special event to promote healthy eating habits and appreciation for the traditional Indian food.

**From Monday, 11 August 2025 to Thursday, 14 August 2025, we are observing ‘Satvik Food Week.’ Students are encouraged to bring home-cooked, wholesome, vegetarian meal in their tiffin.**

**This activity aims to:**

- ❖ **Spread awareness about nutritious and traditional Indian foods.**
- ❖ **Encourage children to develop mindful and healthy eating habits.**
- ❖ **Connect with the values of purity and simplicity celebrated in our culture.**

**Guidelines for Participation:**

- 1. Food should be purely vegetarian, fresh, and home-prepared.**
- 2. Avoid packaged, fried or junk foods.**
- 3. Encourage inclusion of fruits, sprouts, whole grains, and seasonal vegetables.**

**We look forward to your cooperation in making this celebration a meaningful and enriching experience for our children.**

**Regards  
DAV THANE**