

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

### **International Yoga Day 2025 Report**

International Yoga Day was celebrated with great enthusiasm and reverence at D.A.V. Public School, Thane on 21st June 2025. The celebration aimed at spreading awareness about the benefits of yoga and promoting physical, mental, and spiritual well-being among students and staff witnessed overwhelming participation.

The event began with a brief introduction about the significance of Yoga Day and its theme for the year – “Yoga for One Earth, One Health. ”

The Principal addressed the gathering, highlighting the importance of incorporating yoga into daily life.

A well-organized yoga session was conducted in the morning, starting with a warm-up followed by a series of yoga asanas such as Suryanamaskar, Tadasana, Vrikshasana, Bhujangasana, Trikonasana, and Padmasana. Students from different classes participated actively, guided by the Yoga Expert, Dr. Ajay Kumbhar.

Mr. Avinash Devnarayan Mishra, from Mumbai city Yoga Association was the special invitee as a judge for the Inter-House Yoga Competition. a Certified Yoga instructor and an expert in judging various yoga events

Enthusiastic participation was displayed by the students featuring Common Yoga Protocol (CYP) performances. The session ended with Pranayama (breathing exercises) and meditation, creating a calm and peaceful environment.

The event successfully instilled interest for yoga and encouraged students to lead a balanced and disciplined life. It was a reminder of India's rich cultural heritage promoting holistic health.

Highlights of the yoga activities include:

Curtain Raiser Activities on 7th April 2025 (World Health Day) with awareness sessions and Yoga Practices were initiated.

On 19th April 2025, coinciding with the birth anniversary of Mahatma Hansraj Ji, a special wellness session was conducted for Teaching and Non-Teaching staff members, emphasising upon Pranayam and Mudras.

All the staff members, students and parents participated in large number in the Yoga Quiz organised by the Ministry of Ayush. Govt. of India. This year's week-long Yoga event was an eventful one as a large number of participants took part enthusiastically.

The programme concluded with a vote of thanks and a pledge to adopt yoga as a regular practice for a healthier lifestyle.

