

10th Yoga Day Celebration At D.A.V. Public School, Thane

The 10th International Yoga Day was celebrated with great enthusiasm at D.A.V. Public School, Thane. The celebrations began on 3rd June 2024, with a series of events leading up to the main event on 21st June. This year's theme was "Yoga for Women Empowerment," and the event witnessed active participation from teachers, students, and staff.

On 3rd June 2024, a practical yoga session and workshop were held, focusing on women empowerment through yoga. All teachers participated and enjoyed these sessions, marking the beginning of the Yoga Day celebrations.

Teachers, students, and staff enthusiastically participated in the My Gov. Yoga Quiz Competition. This event significantly enhanced their knowledge about yoga and its benefits. Students showcased their writing skills and understanding of yoga by participating in an essay competition.

Under the guidance of the institute's music faculty, students learned and performed a song dedicated to Yoga Day. This activity highlighted the cultural and artistic aspects of yoga.

All students practiced the Common Yoga Protocol provided by the AYUSH Ministry, Government of India. Participation certificates were awarded to students, recognizing their involvement and commitment to yoga.

A three-day yoga camp with the theme "Yoga for Self and Society" was conducted for students. The camp saw enthusiastic participation from students, who engaged in various yoga practices aimed at promoting personal and societal well-being.

The entire program was a resounding success, thanks to the strong guidance and support of Principal Mrs. Simmi Juneja. The collaborative efforts of teachers, students, and staff made the 10th Yoga Day celebrations at DAV Public School, Thane, memorable and impactful.



