

**D.A.V. PUBLIC SCHOOL, THANE**  
**SESSION: 2023 – 2024**  
**REPORT ON INTERNATIONAL YOGA DAY CELEBRATION**



Yoga is a holistic practice that provides physical and mental relaxation and helps to alleviate stress and anxiety. 21 June 2023 is celebrated as International Yoga Day worldwide to spread awareness. This year Yoga Day will be celebrated with the International Yoga Day 2023 theme of “Vasudhaiv Kutumbakam”. Over the years regular yoga practice has proved to improve heart health, reduce blood pressure, enhance flexibility, and increase muscular strength. It can also improve respiratory function, reduce inflammation, and improve overall mental wellbeing.

On the occasion of 9th international yoga day DAV Public School Thane started celebration of International Yoga Day under the able guidance of school Principal Mrs Simmi Juneja. The curtain raiser for the Yoga celebration was held in the month of April with Yoga workshop for Staff teachers under the theme - Yoga for liver on the world liver day. A special session of Yoga was conducted for the students to commemorate the ‘International Yoga Day’. Teachers learnt asanas , pranyam and meditation.

In the month of July a Yoga sessions was conducted for all the Students. A special assembly was conducted wherein students sang Yoga day celebration song along with Music teachers. A value speech was given on ‘Yogsadhana – the way of life’. Yoga demonstration was presented by Secondary, Primary and Pre-Primary students during School assembly where they demonstrated Surya Namaskar practice with Vedic mantras and music.




A Yoga quiz link was shared with teachers, students and parents to create more awareness about yoga. Students and teachers also took Pledge for daily yoga practice.

Yoga embodies unity of mind and body, thought and action, restraint and fulfilment, harmony between man and nature, a holistic approach to health and well-being. It is not about exercise but to discover the sense of oneness with yourself, the world and the nature.



## Glimpses of Yoga Day Celebration



**D.A.V PUBLIC SCHOOL, THANE**  
9th International Yoga day  
celebration 2023




THEME  
"One World, One Health" resonance with the  
principle of "Vasudhaiva Kutumbakam".

@ Yoga Demonstration By Students

@ Yoga Songs in Assembly

@ Value Speech on Yogsadhana is the way of life .

@ Common Yoga Protocol For teachers

**D.A.V PUBLIC SCHOOL, THANE**  
On the occasion of World liver day  
As a Curtain raiser event of  
International Yoga day celebration  
2023 Yoga Session on :  
Yoga for Healthy Liver

