

D.A.V. PUBLIC SCHOOL, THANE

SESSION: 2022 – 2023

REPORT



TITLE/ TOPIC: Common yoga protocol training for teachers

May Month

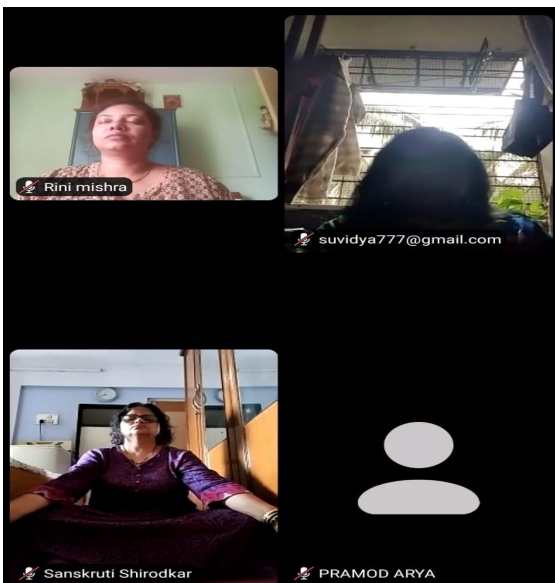
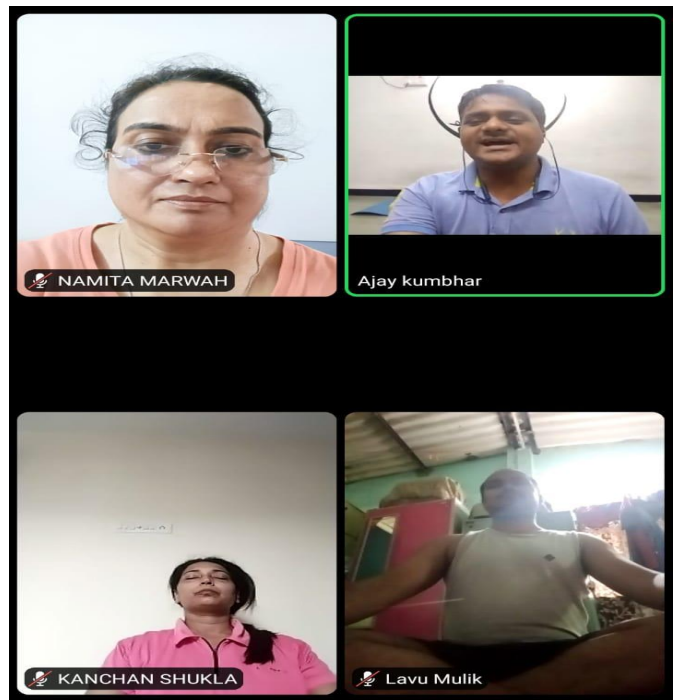
TIME:08:00 am

RESOURCE PERSON'S NAME: Mr. Ajay

ORGANIZED BY: DAV Public School Thane

Yoga is an invaluable gift of ancient Indian tradition. It embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature and a holistic approach to health and well-being. Yoga is not about exercise but to discover the sense of oneness with ourselves, the world and Nature. By changing our lifestyle and creating consciousness, it can help us to deal with climate change. **DAV Public School Thane** conducted one month yoga training on common yoga protocol teachers, as a part of the **8th International Day of Yoga event. Everyday at 8AM** from Monday to Friday , teachers participated enthusiastically in the program. They practised various asanas, Pranayam and learnt relaxation techniques along with vedic prayer as mentioned in the **ministry of AYUSH, Government of India** .This initiative was well organized under the guidance of school principal **Mrs Simmi Juneja Ji.**

SOME SNAPSHOTS



Prepared By: Ajay kumbhar