

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

**8 th International Day Of Yoga**

D.A.V. Public School, Thane, in its pursuit of creating awareness about yoga and its benefits among its students, staff and parents community promoted the concept of "Yoga for Humanity" by undertaking various activities.

- Yoga for Voice Culture 16th April
- World Laughter day on 30 April
- Yoga session for Old age Home and Orphanage on 14 May
- online Training for Teachers in May
- Yoga therapy for Thyroid on 25 May
- Science of Pranayam Sadhana for health and wellness on 1 and 2nd June
- Yoga for Non Teaching Staff on 18 June
- Yoga Logo competition and Yoga day song Activity on 21 st June
- Yoga day celebration at Ghodbunder Fort on 21 June 2022

The whole exercise saw the enthusiastic participation of students, parents community and staff of the institute as large sections of the society are increasingly becoming aware of the health benefits of the traditional practice of Yoga.

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