

D.A.V. PUBLIC SCHOOL, THANE

SESSION: 2022 – 2023

REPORT



TITLE/ TOPIC: Report on International Youth Day

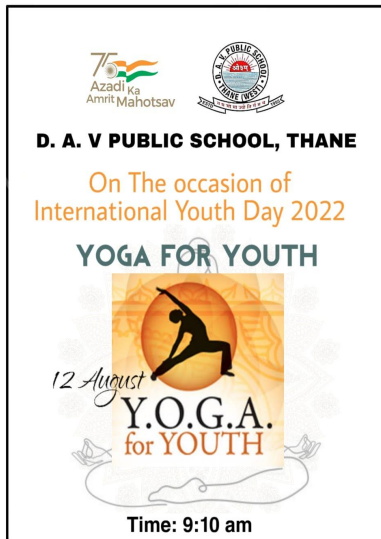
RESOURCE PERSON'S NAME: Mr. Ajay

ORGANIZED BY: D.A.V Public School Thane

Every year, August 12 is observed as International Youth Day, a day designed to celebrate the role of young men and women as essential partners in change. It is also an opportunity to raise awareness of challenges and problems facing the world's youth today. The theme of International Youth Day 2022 is "**Intergenerational Solidarity: Creating a World for All Ages**". To achieve the Sustainable Development Goals, the world needs to leverage the full potential of all generations. Solidarity across generations is key to sustainable development.

The students of std XI from D.A.V. public School, Thane practised 'Yoga for Youth' on this occasion. They were given an insight into how as a youth they realize their potential as a partner at global Scenario by Inculcating yogic values, practice and philosophy in their life. The message of health and fitness has spread to these young individuals and has been received with great interest, care and understanding. A sound body is best accompanied by a sound mind and a sound mind can only be enhanced by a sound spirit. For instance, the regular practice of yoga such as Surya Namaskar will ensure that you're in alignment in all aspects of life - physical, mental and spiritual. They also practice Yoga Techniques with Pranayama and meditation with full dedication. The Whole session was Refreshing and energetic for everyone. The session was a great success under the guidance of school principal Mrs Simmi Juneja. They realised that the human body is a temple that holds the sanctum of the mind. It is a precious gift and must always be nurtured.

SOME SNAPSHOTS



Prepared By: Ajay kumbhar