

D.A.V. PUBLIC SCHOOL, THANE

SESSION: 2026–2027

PRIMARY SECTION

STD: I to V

Date: 06.04.2026

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WORLD HEALTH DAY — 7th APRIL 2026

Dear Parents,
Greetings!

On the occasion of **World Health Day**, DAV Public School, Thane is organizing a series of initiatives to promote awareness about the importance of health and well-being among students of Grades VI to XII.



The details are as follows:

1. Special Assembly

A Special Assembly on *Health Awareness* will be conducted on **7th April 2026** to educate students about maintaining a healthy lifestyle.

2. Yoga Sessions

To encourage physical fitness and mental well-being, **Yoga Sessions** will be conducted for students during school hours.

3. Water Bell Initiative – DEAH (Drop Everything and Hydrate)

A long bell will ring daily as a reminder for students to *Drop Everything and Hydrate (DEAH)*. Students will pause their activities and drink water when the bell rings. This initiative will continue throughout the academic session to instill the healthy habit of regular hydration.

4. Satvik Week – Healthy Snacking Initiative (School Canteen)

The school canteen will observe *Satvik Week* by offering a variety of healthy snack options such as **Idli, Dhokla, Bhel, Peanuts** and more. Students are encouraged to make nutritious food choices and avoid junk food in their tiffins.

5. First Aid Awareness Session

A special session will be conducted by Ms. Sunita Bist to brief students about the importance and proper use of a first aid box.

We kindly request you to motivate your child to participate wholeheartedly in these initiatives.

Together, let us take a step towards building a healthier tomorrow.

Warm regards,
DAV Public School, Thane