

CELEBRATING WORLD HEALTH DAY 2022

D.A.V. PUBLIC SCHOOL, THANE

“Health is the greatest gift, contentment the greatest wealth, faithfulness the best relationship.” World Health Day is celebrated on April 7 every year and is aimed at spreading awareness about mental and physical health.

Raising awareness about physical health and mental wellbeing, and various measures to combat global health challenges, D.A.V. Public school Thane, started 8th International Yoga Day Celebration Curtain raiser event on World Health Day i.e. 7th April 2022. The topic was "Yoga for health and wellness". This even was integrated well with the Health & Wellness Club for the month of April.

The Health & Wellness Club invited the students to join health mela. To promote sense of mental well-being, Mindful Meditation is practised every day during Yoga period.

To sensitize children about eco- friendly habits and to reduce consumption of single- use plastic items like plastic water- bottles, tiffin-boxes, straws, plastic bags etc. Health & Wellness Clubs encouraged children to express their concern about the hazards of using plastic items and present innovative ideas to make their classroom a ‘NO PLASTIC ZONE’.

Students of Primary and Secondary learnt and practiced Yogic Vikasak Kriyas to enhance their Health And intellectual powers. They practised Medha Shakti and Dhriti Shakti vikasak kriyas. Students also shared that they felt energetic and relaxed after practicing these kriyas.

The event was well organized under the guidance of Principal Mrs. Simmi Juneja. School Coordinator Mrs. Rashmi Nair advised the students to continue with the practice for their health and wellness.

