

D.A.V. PUBLIC SCHOOL, THANE

REPORT ON AYURVEDA DAY CELEBRATION

SUBMITTED TO: CBSE

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SCHOOL NAME: D.A.V. PUBLIC SCHOOL, THANE

DATE: 23.09.2026

INTRODUCTION: Ayurveda Day is celebrated annually on Dhanvantri Jayanti, the day observed to promote the rich heritage and scientific basis of Ayurveda – India's ancient system of medicine. This year Ayurveda Day was celebrated on 23.09.2026.

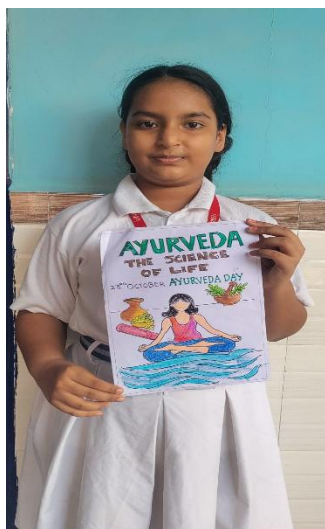
OBJECTIVES OF CELEBRATION:

- To raise awareness about the importance of Ayurveda in daily life.
- To promote the use of natural remedies and holistic wellness.
- To familiarize students with traditional Indian medicine and its relevance today.

EVENTS AND ACTIVITIES CONDUCTED

POSTER- MAKING (FOR PRIMARY SECTION)

Students from primary section participated in a poster-making competition on theme "Ayurveda for people and planet"



An informative programme was organized on the occasion of **Ayurveda Day** to create awareness about the importance of Ayurveda and its role in maintaining a healthy lifestyle.

Dr. Kumbhar explained the significance of Ayurveda as an ancient Indian system of health and wellness. He emphasized that Ayurveda focuses not only on treating illness but also on maintaining health through proper diet, daily routine, exercise, adequate rest and a balanced lifestyle.

During his speech, Dr. Kumbhar highlighted the close relationship between **Ayurveda and Yoga**. He explained that practices such as yoga, pranayama and meditation can contribute to physical fitness, mental relaxation and overall well-being. He also stressed the importance of adopting healthy habits in everyday life rather than depending only on treatment after falling ill.

He encouraged the audience to understand the value of traditional knowledge while also following responsible and scientifically appropriate healthcare practices. He advised people to maintain a balanced diet, remain physically active and pay attention to their mental as well as physical health.

The speech was informative and motivated the audience to adopt healthier lifestyle practices. The programme concluded with a vote of thanks to Dr. Ajay Kumbhar and all those who contributed to making the Ayurveda Day celebration successful.

CONCLUSION:

The Ayurveda Day celebration at D.A.V. Public School, Thane was a meaningful initiative that not only educated students about the importance of traditional medicine but also encouraged them to adopt a holistic approach to health and well-being. The school looks forward to continuing such programs that integrate cultural heritage with modern education.