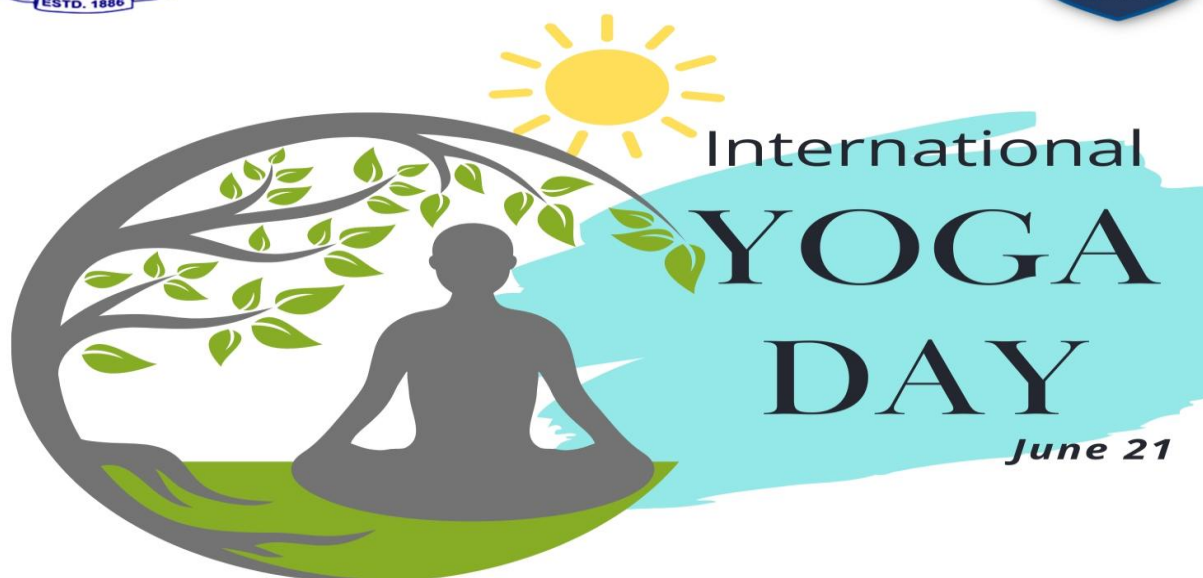


9TH INTERNATIONAL YOGA DAY

The 9th International Yoga day was celebrated at DAV Public School, sector 14, Gurugram on 21st June 2023 in the school auditorium with great enthusiasm. The Yoga instructor explained that regular practice of Yoga would help to achieve better mental and physical health creating a harmony between body and mind. After Yoga demonstrations, a few warm up and simple Asanas were performed by the students, parents and staff members. The importance of these Asanas were explained simultaneously. Apart from the celebrations today, various events like workshops, yoga pledge and seminars were organized in the school in which the students participated whole heartedly.



DAV PUBLIC SCHOOL
SECTOR-14/10A, GURUGRAM



*Yoga is the gateway to happiness that
the body needs in daily life.*





