



D.A.V. PUBLIC SR. SEC. SCHOOL, PHASE-10 , S.A.S. NAGAR
7th INTERNATIONAL YOGA DAY CELEBRATIONS
DATE – 16/6/2021

ACTIVITY- YOGA DAY CELEBRATION

DATE- 21 June, 2021

Yoga is the journey of the self, through the self, to the self
-The Bhagavad Gita

Dear Parents

Greetings!!!

Education is not only about academics, it is an all-round development of body, mind and soul. The foremost priority in the present scenario is to provide a holistic approach to the health and well-being of our students. Yoga maintains a healthy balance of physical, mental and psychological well-being in children. It instills virtues like compassion, mindfulness, focus, strength and patience in young minds.



As we all are aware that every year, **21st June** is celebrated as international Yoga Day. With profound gladness, DAV Public Sr. Sec.School, Mohali is organising various online activities on this special Yoga day. It will be a class-wise competition. Students it's the time to display your flair and win applauds.

CLASS	ACTIVITY
III-IV	Perform your favourite yoga asanas and click pictures of the same .
V-VI	Practice different yoga postures and make a beautiful collage of the same.
VII-VIII	Send an attractive video of your yoga performance.
IX-X	Write an innovative and motivational slogan based on the theme- 'Yoga for Life'
XI-XII	Make a one minute speech video on- 'Importance of Yoga for Healthy Living'

All the students are instructed to send their activities to their respective Class Incharges.

Submission date for all the classes is 19 June2021. Timely submission is important .Students from each class will be given I , II & III and consolation prizes.

Students, 'YOG' means add. So it is a great opportunity for all of us to add, enjoy and feel the healing touch of YOGA in our lives.

Stay Safe and Healthy !

DAV Mohali Family