

## INTERNATIONAL YOGA DAY CELEBRATION (June 21, 2021)

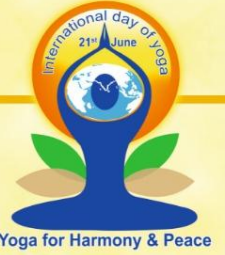
The word 'health' not only comprises of physical well-being but mental also. Rather, a perfect blend of both physical and mental fitness promotes good health. Moreover, a human being is a combination of physical, mental and spiritual features. Unlike all other exercises, Yoga is a complete package as it promotes the development of mental and spiritual aspects of a human too. This is what is signified by the celebration of International Yoga Day every year on June 21. The current pandemic situation prevailing worldwide for more than a year now has multiplied the significance of this day as the fatal COVID-19 has challenged the physical as well as mental existence of human beings.

Considering its immense significance, DAV International School, under the able stewardship of Principal Dr. Anjana Gupta, had a virtual celebration of Yoga Day on June 21, 2021 on the theme "Yoga at Home, Yoga with Family". In this regard, following activities were conducted by the school for the students and staff members:-

- An Online Quiz based on Yoga for the students of classes 11<sup>th</sup> & 12<sup>th</sup>.
- A competition of presentation of Yoga Asanas for the students of classes 6<sup>th</sup> to 8<sup>th</sup>.
- A webinar, emphasizing on the indispensability of Yoga in human life, for the teachers by the school yoga expert.
- A live online Yoga session for the teachers in which they practiced various yoga asanas under the directions of the school yoga instructor.



# DAV International School, Amritsar



## International Yoga Day

### June 21, 2021



**"Yoga is the Journey of the Self, to the Self, Through the Self."**

Recording... Less than 1 minute View

kirat ghuman	Seema Sharma	Ruchi Sharma	Neha Sharma	Surinder kaur M...
Sonia Arora	Sanjeev Kumar	Navjot Khehra	Amritpal Singh	Chhavi Gupta
Vishnu Aggarwal	Rakesh Yadav	Karuna Sharma	Monika Grover	Manchandan Kaur
varinder kaur	Ritika (Ria)	Pooja Gupta	Pooja Khanna	Rupam Dogra
Twinkle Sahdev	Ranjana Me	Harjinder Kaur raised hand	wila	Monika Sehgal
Amardeep Kaur				

Unmute Start Video Security Participants 83 Chat Share Screen Pause/Stop F 1024 x 768