



D.A.V. PUBLIC SCHOOL, NEW PANVEL

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Dear Parents / Students,

It is believed that Yoga practice dates back to the Indus Valley Civilization around 2700 BC. The first International Day of Yoga was observed around the world on 21st June 2015. This date 21st June is selected as it is the longest day when the sun is out at its most, compared to every other day of the year. This day is assigned to raise awareness worldwide about the important relevance and impact of Yoga on the health and fitness of people.

This year the theme is 'Yoga for well-being', i.e. how practice of Yoga can promote the holistic health of every individual.

We are pleased to inform you that this year International Yoga Day will be celebrated virtually in our school with the students of Std. V to Std. XII on 21st June 2021 to highlight the importance of Yoga and the pivotal role it plays in rejuvenating our mind and the body, leading to a healthier lifestyle.

Parents are also requested to join the virtual yoga session.

Kindly follow the following protocol:

- Timing: 7:00am to 8:00am
- Costume: White T-shirt and Black Track pant
- Yoga mat
- Virtual Platform: Microsoft Team (link for the same will be shared soon)
- Video should be on
- Mic should be off

Kindly join the session 5 minutes prior to the scheduled timing.

Regards,
Principal