

INTERNATIONAL YOGA DAY (STRAND-2)



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Yoga is for the all round development of body, mind and spirit. DAV Public School, Kansbahal organized a yoga session to celebrate the fourth International Day of Yoga on 21st June 2018. All the teachers and students practiced yoga whole heartedly to support the need of yoga in the school ground. The programme started with chanting of Om followed by conduct of yoga postures and ended with a prayer for the world peace.