

DAV Public School, Rohini, celebrated World Health Day with great enthusiasm and positivity. To mark the occasion, special sessions on yoga, meditation, and laughter yoga were organized for the students of Classes 3 to 5.

The day began with calming meditation exercises, helping students connect with their inner selves. This was followed by a lively yoga session where students practiced various asanas under the guidance of experienced instructors. The highlight of the day was the laughter yoga session, which filled the environment with joy, energy, and a lot of laughter.

As the saying goes, “Yoga is the journey of the self, through the self, to the self.” The students truly embodied this spirit, participating with great enthusiasm and energy.

The event not only promoted physical well-being but also emphasized the importance of mental health and emotional balance. The students thoroughly enjoyed the activities and expressed their happiness in being part of such a refreshing experience.

Principal Ma’am lauded the efforts of the students and teachers in making the celebration a grand success. She encouraged everyone to adopt healthy practices in their daily lives and continue their journey towards holistic well-being.









