

Yoga is an invaluable gift of India's ancient tradition. The 7<sup>th</sup> WORLD YOGA DAY will be celebrated on 21ST JUNE 2021. It has been tried and tested that practicing yoga helps in the development of stronger physical and mental well being.



Due to pandemic situation **DAV SAMANA** will celebrate this day virtually for its students

Our training programme is scheduled for students as per following

FROM 8 <sup>™</sup> -21 <sup>st</sup> JUNE	MR RAMPHAL	MR VINOD
7:00AM TO 8:00AM	8 <sup>тн</sup> А + 8 <sup>тн</sup> В	7 <sup>™</sup> A + 7 <sup>™</sup> B
8:00AM TO 9:00AM	8 <sup>тн</sup> С + 8 <sup>тн</sup> D	7 <sup>™</sup> C + 7 <sup>™</sup> D
5:00PM TO 6:00PM	8 <sup>™</sup> E	7 <sup>™</sup> E

Best performance will be part of school website

## PHYSICAL EDUCATION DEPARTMENT

DR MEENA MEHTA

PRINCIPAL