



Delhi Public School Vapi

UNDER THE AEGIS OF DELHI PUBLIC SCHOOL SOCIETY



International Yoga Day

&

World Music Day



“Yoga is invigorating in relaxation, freedom in routine.
Confidence through self-control, the energy within and energy out.”

Yoga is a physical, mental and spiritual practice that has existed for thousands of years. Health is the most important thing in life and yoga is the most promising way to achieve it. Yoga is the core practice to keep one's mind and body fit throughout the lifetime. On 'International Yoga Day and World Music Day' a special assembly was planned for the students from class I to VI. The students at DPS Vapi, performed Pranayama and other Asanas to portray the significance of Yoga in one's life.

“Where words fail, music speaks.”

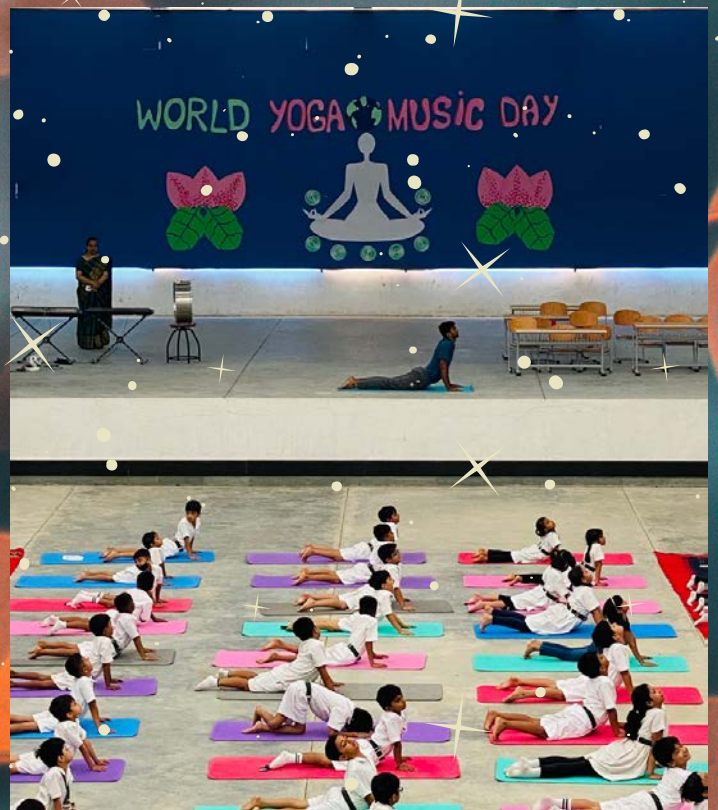
Sometimes music is the only medicine our heart and soul need. To introduce the learnings about music and the variety of musical instruments, World Music Day was celebrated with great zeal at DPS Vapi. Our talented young musicians were seen engrossed in their various performances like the Beat Boxing, Cup Song, and Body Percussions, which were the highlight of the assembly. Our students have discovered how music plays a vital role in every culture. The students understood that music is undoubtedly the essence of life. It is also a unique way of expressing emotions and feelings when we fall short of words. The celebration of 'World Music Day' was a delightful blend of cosmic tune and divine music.



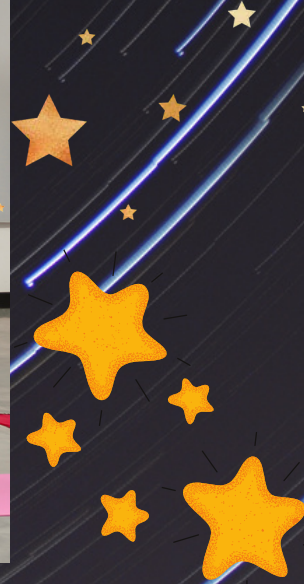
Music















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WORLD YOGA MUSIC DAY



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