

The students of **Arvind Gupta DAV Centenary Public School, Model Town** celebrated Grandparents Day to remember their contributions to families and communities, their wisdom and experience which guide us.

The grandparents were welcomed by the students. They engrossed everyone with Bharatnatyam performance.

The day started with the Yoga and Meditation Session, organised for the Grandparents by the senior school yoga instructor, Puneet who he taught the students, teachers and the Grandparents along with the school principal, Mala Sood and Su-



pervisory Head Sonu Sahni the various *asanas*. The aim was to raise awareness and ignite a passion for fitness and yoga among elderly. A group song was performed on *Teri Panah Main Hume Rukhna, Seekhen hum Nek Rah Pe Chalna* dedi-

cated to the grandparents.

A dance Ballet showed the love and bond between the Grandparents and their Grandkids.

It was an opportunity to introduce some sort of a change to the elders' lifestyle. Health tips were provided by Dr George

Mathai MD (Med) Senior Consultant Physician which discussed on the health problems common in old age. Later on, grandparents shared their experiences and talked about their love and affection toward their grandchildren.

The school's decision to celebrate the day expected to bring about a positive change in the outlook of the present generation. The event ended with a vote of thanks by primary wing supervisor Sonu Sahni.

The grandparents who attended the programme were overwhelmed with the performance. The event concluded with the blessings of all the grandparents.