

ASSEMBLY REPORT-CLASS IX

Nazim Hikmat, the great Turkish poet, once asked his friend Abidin Dino, a Turkish artist and well-known painter, to draw a picture of HAPPINESS. He drew a picture of a whole family, cramped up on a broken bed, under a leaky roof in a shabby room, but still with a smile on each member's face! Goes without saying, the painting became very famous.

Yes, happiness is not absence of sufferings, but acceptance of sufferings. See good around you even in trying situations, stop worrying about things which are beyond your control, stay happy!



A school assembly inculcates values of responsibility, care, consideration for others and team spirit in students. The students of Class IX presented an assembly on 13th May 2021, on the theme *'The Key to Happiness is knowing you have the power to choose what to accept and what to let go.'*

'What you think is what you become', said the Buddha. It is the mind that is the gatekeeper of the soul and filters out what needs to be absorbed and what needs to be let go. Those who seek happiness, master the art of conditioning the mind towards this.

The assembly started with the positivity of the morning prayer. It was followed by the news headlines and the thought for the day. The students worked together as a team and presented a m lange of thoughts, ideas, expressions and beautiful self-composed poems. Overall, the students learnt the art of being happy in life and making the right choices.

