

ASSEMBLY REPORT- CLASS XII

Dated: 15th April 2021

An assembly on the topic 'Empower Yourself and Stay Controlled' was conducted by the students of class XII (Science stream) of DPS, Gurgaon on 15th April 2021. It was held on Zoom platform at 1.15 pm after online classes.

The children extended a warm welcome to the Director Principal, Ms Aditi Misra, Dean, Student Welfare, Ms Sapna Dhawan and Headmistress, Senior Wing, Ms Arpna Gupta. The assembly commenced with an introduction of the topic, 'Empower yourself and Stay Controlled'. The students emphasized on the importance of stress management, optimism and empowerment in day-to-day life. A video clip on positivity and self-acceptance was shown. The message thus imparted of a dynamic personal development and resilience to meet our challenges head-on, was appreciated by all present. This was followed by a discussion on tips for reducing stress such as digital detox, reconnecting with old-friends and doing yoga daily.

The Director Principal, Ms Aditi Misra, applauded the students for their presentation on the relevant topic. She spoke about the prevalent situation resulting in the decision by CBSE regarding the cancellation and postponement of classes X and XII board exams respectively. She encouraged the students to remain positive and calm and continue staying indoors.

Overall, it was an empowering and encouraging assembly and was appreciated by all present.

