

ASSEMBLY REPORT CLASS X

School assemblies are a great way to develop skill sets under the co-scholastic areas. The students learn valuable lessons, gain confidence through speaking up and sharing their ideas and working together as a team.

The students of Class X presented an assembly on Monday, 17th January 2022, on the topic “Mental Health is also important” laying emphasis on the importance of being emotionally fit along with being physically fit.. In fact, the concept of mental and physical wellness is inseparable and the two together are essential for the holistic development of an individual.

The assembly commenced with a prayer followed by the thought for the day, news headlines, weather report, a poem and health guides tips and videos. The students shared their views on the importance of mental health and spread awareness about some of the consequences of mental illness. They also talked about the various methods of coping up with and resolving such issues.

