

ASSEMBLY REPORT- CLASS XII

Dated: 19th April 2021

An assembly on the topic 'Self-Care' was conducted by the students of class XII (Humanities Stream) of DPS, Gurgaon, on 19th April 2021, on Zoom platform. It was held at 1:15 pm after online classes.

The children heartily welcomed the Director Principal, Ms. Aditi Misra and the Headmistress, Senior Wing, Ms. Arpna Gupta. The assembly commenced with an introduction of the topic, wherein the students emphasized on the importance of self-care. In trying times like these, caring for oneself is the most important aspect of a happy life. The assembly beautifully encapsulated how one can take measures to ensure perfect harmony between physical and mental health.

The highlight of the assembly was the opinions shared by the students on self-care. It made one realize that there are people who share a similar thought process. The encouraging speech given by Aditi ma'am at the end was like cherry on the icing, which made the students feel that their lovely teachers are there to listen to them and understand what everyone is going through. Overall, the assembly successfully imparted the message it intended to and enlightened all.

