"You will never reach higher ground if you are always pushing others down."

Jeffrey Benjamin

Morning assemblies undoubtedly hold the numero uno position out of all the routine activities in a school. It provides a platform where children learn valuable lessons, gain confidence through public speaking and nurture a feeling of team spirit in their nascent minds. Keeping up with the same, the students of class IX presented an assembly on 25th November 2022, on the topic **'BE A BUDDY NOT A BULLY**.'

The assembly commenced with the morning prayer which provided peace and serenity to the minds and souls. It was followed by the thought for the day, news headlines and weather reports. A short session on PRANAYAMA was also conducted. The students presented their thoughts through a small skit, highlighting the significance of being a buddy. The assembly focused on eliminating the practice of bullying and inculcating the feeling of support by being a buddy.

