

REPORT - CLAAS IX ASSEMBLY
'THE IMPORTANCE OF MAINTAINING A HEALTHY LIFESTYLE'
17.05.2023

A class assembly on the importance of maintaining a healthy lifestyle was conducted by senior school students. The assembly began with a serene morning prayer, setting a harmonious tone for the discussion. The students passionately emphasized the significance of nurturing our well-being, both physically and mentally.

Through thought-provoking quotes and messages, they conveyed the transformative power of small steps taken by each individual in maintaining good health. They highlighted that maintaining a healthy lifestyle isn't just a personal choice but a responsibility we owe to ourselves and those around us.

The students concluded the assembly by taking a heartfelt pledge to prioritize their health, understanding that it not only enhances their own lives but also creates a positive ripple effect on future generations.

