



NATIONAL PUBLIC SCHOOL, KENGERI, BENGALURU

Report on Grade 10 B Class Assembly

The students of Grade 10 B presented their class assembly in the first week of September 2026, on the theme “Impact of Positive Thinking.” The assembly programme explored the importance of positive thinking through spiritual, scientific, and creative approaches.

The students chanted Shlokas from the Bhagavad Gita, followed by an English explanation of its meaning, to stress on positive thinking from both spiritual and scientific perspectives. The scientific session explained the role of brain chemicals such as dopamine, serotonin, oxytocin, and endorphins in promoting positive emotions and well-being. The students also shared simple ways to enhance positivity, including meditation, physical exercise, and maintaining a happy and healthy lifestyle. Placards displaying the chemical formulas/structures of these chemicals made the presentation more informative and engaging. A podcast-style presentation with a discussion involving neuroscience doctors, explored how the brain responds to positive thoughts, the role of brain chemicals in developing positive emotions, and ways to maintain good mental and physical health. The interactive format helped students understand the connection between positive thinking and brain health. An engaging skit set in a classroom environment, portrayed the impact of positive and negative thoughts. Characters representing fear, negative thinking, comparison, and overthinking were contrasted with motivation and confidence. The performance effectively demonstrated how changing one's thoughts and perspective can help overcome challenges.

Overall, the assembly programme was informative, creative, and thought-provoking, encouraging students to develop a positive mindset and face life's challenges with confidence, resilience, and optimism.