



NATIONAL PUBLIC SCHOOL, Kengeri, Bengaluru

ASSEMBLY REPORT

Academic Year 2018 - 19

GRADE -X 'B'

'A healthy life means happy life, a happy life means healthy life'.

Every Human being is an author of his own health. A man earns a million but destroys his health in the process which is not really a success. In apparition of this students of Grade X B presented their Class Assembly to create awareness on the topic **"A sound mind in a sound body"**.

Grade X Students presented their Special Class Assembly on 30th June 2018. Students spoke about how a healthy body can influence a person positively. They shared few tips about keeping oneself healthy and benefits of eating healthy. Also, they encouraged their friends to stay away from junk food which is the main reason for obesity in children.

A Skit was presented about how the healthy lifestyle of our ancestors had helped them to lead a life of healthy body in a healthy mind. It was a food for thought for everyone to relish the life of their grandparents' who lead a healthy life with simple lifestyle.

The assembly was concluded with a message **'A Healthy happy life is a sacred bliss'**.

