



NATIONAL PUBLIC SCHOOL, Bengaluru

ASSEMBLY PROGRAMME TERM II

Class & Sec : X / A

Date: 17-10-2016 to 22-10-2016

ALL WORK AND NO PLAY MAKES JACK A DULL BOY

Keeping this thought in mind the students of grade 10 presented an assembly to highlight the BENEFITS OF SPORTS.

Poorvik, Nagadhaivik, Siddharth, Navneet, Dhruv, Brijesh spoke about the different aspects related to sports like, team work, time management, self-esteem, health benefits, stress etc. and how one can manage these to help in their day to day life. They also gave examples of famous sports persons who have managed to shine in their fields.

They also presented a Drama about the impact of only sports and no academics or only academics and no sports can have on one's life, and hence, stating that a balance between sports and academics is very important in one's life.

Glimpses of Assembly

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