

Report on World Health Day Assembly

9 April, 2026

Class V A conducted a special morning assembly on the occasion of World Health Day which is celebrated on 7th April, based on the theme “Healthy Mind, Healthy Body.” The assembly began with a warm welcome, followed by a Thought of the Day and a short speech highlighting the importance of maintaining physical, mental, and social well-being.

Students shared useful health tips and presented a lively rhyme promoting healthy habits. They also took a pledge to adopt a healthy lifestyle and spread awareness about good health practices.

The assembly concluded with a short physical activity session conducted by Mehak Ma’am, the sports teacher, which energized the students and emphasized the importance of regular exercise.

The assembly ended on an inspiring note, encouraging everyone to stay healthy and active.

