

WORLD ATHLETICS DAY: CELEBRATING THE SPIRIT OF SPORTS

EVENT: Special Assembly on World Athletics Day

DATE: 7 May 2026

CONDUCTED BY: Class XI-A

Class XI A conducted a special morning assembly on the occasion of **World Athletics Day**, highlighting the importance of sports, fitness, and physical well-being in everyday life. Through informative presentations and inspiring messages, students emphasized how athletics promotes discipline, perseverance, teamwork, and a healthy lifestyle.

The assembly shed light on the significance of athletics as one of the oldest and most celebrated forms of sport, encouraging students to participate in physical activities and develop a spirit of determination and resilience. Students also shared insights into the achievements of athletes who have inspired generations through their dedication and hard work.

The participants delivered their presentations with confidence and enthusiasm, making the assembly both informative and motivating. Their efforts reinforced the idea that success in sports, like success in life, is built through consistent practice, commitment, and self-belief.

The assembly served as a meaningful celebration of World Athletics Day, inspiring students to embrace fitness, pursue excellence, and cultivate a positive attitude towards sports and healthy living.

