

HEALTHY HABITS FOR A HAPPY LIFE

EVENT: Morning Assembly on Healthy Habits

DATE: 14 May 2026

CONDUCTED BY: Class 2B

Class 2B conducted a vibrant and engaging morning assembly on the theme “**Healthy Habits.**” The young students confidently shared valuable messages about the habits that help us stay healthy, active, and happy in our daily lives.

The assembly began with inspiring thoughts and news updates, encouraging students to stay informed and develop positive values. The participants spoke about the importance of maintaining good habits such as eating nutritious food, exercising regularly, staying clean, getting adequate rest, and following a healthy routine.

A delightful poem presented by the students beautifully highlighted the benefits of healthy living, while a lively dance performance added energy and enthusiasm to the programme. These performances captivated the audience and reinforced the message of adopting healthy habits from an early age.

The assembly was informative, entertaining, and meaningful, encouraging everyone to make positive lifestyle choices and embrace habits that contribute to overall well-being and happiness.

