

CELEBRATING FITNESS AND WELL-BEING

EVENT: Assembly on Fit India, Healthy India

DATE: 12 August 2026

CONDUCTED BY: Class 3C

Class 3C conducted a special morning assembly on **12 August 2026** on the theme **“Fit India, Healthy India.”** Through engaging speeches, a self-composed poem, and the Thought for the Day, students highlighted the importance of physical fitness, healthy eating habits, regular exercise, and an active lifestyle.

The well-presented assembly conveyed the meaningful message that **a healthy body and a healthy mind are the foundation of a happy and successful life**, inspiring everyone to embrace healthier choices in their daily lives.

