

## **Morning Assembly Report — Class 11 S3**

### **Theme: “Bye to Stress, Say Hello to Happiness”**

The Class 11 S3 morning assembly on 18 November 2025 was conducted with an engaging Halloween theme and the message “Bye to Stress, Say Hello to Happiness.” The program focused on positivity, emotional awareness, and mental well-being.

The assembly began with a prayer by our Principal Sir, followed by the choir’s calming hymn “Ham Ko Mann Ki Shakti Dena.” The Thought of the Day highlighted emotional balance, and an article presentation shared practical ways to manage stress and stay positive. The Word of the Day—“Optimism”—encouraged students to approach challenges with confidence.

A musical performance of “Count on Me” by Bruno Mars reinforced themes of friendship and support. The main attraction was a skit showing a student battling negative emotions like Worry, Anxiety, Procrastination, Perfection, and Self-doubt, eventually overcoming them with the help of Happiness and Motivation.

The Prize Distribution Ceremony for the Interhouse Declamation Contest followed, where Principal Sir congratulated the winners. He also delivered inspiring words on staying focused and positive.

The assembly concluded with the National Anthem, ending the event on a patriotic and uplifting note.