



DELHI PUBLIC SCHOOL KAMPTEE ROAD, NAGPUR

IMPORTANCE OF SELF-CARE GRADE: IX-G 20TH NOVEMBER, 2025

Delhi Public School Kamptee Road, Nagpur conducted a meaningful morning assembly on 20th November, 2025 on the theme 'Importance of Self-Care', presented by the students of Grade IX-G. The assembly aimed to make the students aware of the value of caring for their physical, mental and emotional well-being.

The assembly began with a prayer, setting a calm and positive tone for the day. This was followed by the positive affirmation, after which the thought for the day was shared along with its explanation, highlighting why self-care is essential in our daily lives. A thoughtful skit was presented, showcasing that self-care is the practice of nurturing oneself physically, mentally and emotionally through habits that promote relaxation, stress reduction and overall wellness.

The importance of self-care was further explained through a point-wise presentation by the students, who beautifully described simple and effective ways to maintain well-being. This was followed by the day's news headlines, keeping everyone informed about the important happenings around the world.

The Principal , Ms. Yogeeta Umalkar, praised the efforts of the students and reminded everyone that caring for one's body, mind and soul is not a luxury but a necessity. Overall, the assembly was a resounding success, promoting awareness, positivity and a supportive school environment.



DELHI PUBLIC SCHOOL
KAMPTEE ROAD, NAGPUR

Importance of Self-Care



Prioritising Self-Care, Every Day!

The students of Grade IX-G at Delhi Public School Kamptee Road, Nagpur presented an inspiring morning assembly on the theme 'Importance of Self-Care'. Beginning with a peaceful prayer, thought for the day and positive affirmation, the assembly highlighted why caring for our physical, mental and emotional well-being is essential. A meaningful skit and presentation helped the students understand simple ways to practise self-care daily. The Principal, Ms. Yogeeta Umalkar, appreciated their efforts and reminded everyone that nurturing oneself is a necessity, not a luxury—making the assembly truly uplifting and impactful.