



DELHI PUBLIC SCHOOL

KAMPTEE ROAD, NAGPUR

ASSEMBLY : HEALTHY HABITS, HEALTHY LIFE

3RD FEBRUARY, 2026

The students of Grade IV-F conducted a meaningful assembly on the topic 'Healthy Habits, Healthy Life'. The assembly highlighted the importance of taking care of both the body and mind by following healthy routines such as eating nutritious food, getting enough rest and maintaining positive thoughts.

The assembly began with a soothing prayer, setting a calm and positive tone. The students then spoke about the importance of healthy habits in their daily life. The thought for the day, along with its explanation, further reinforced the message of leading a healthy and balanced life.

A mesmerising group dance was presented by the students, conveying the theme in an engaging manner. This was followed by the presentation of the news headlines, which helped the students stay informed about the recent happenings around the world.

The assembly concluded on a positive note, leaving everyone inspired to adopt healthy habits for a balanced and happy life. The assembly was informative, engaging and well appreciated by all.



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Building Wellness Through Healthy Habits

Delhi Public School Kamptee Road, Nagpur witnessed an inspiring morning assembly as the students of Grade IV-F presented the theme 'Healthy Habits, Healthy Life' on 3rd February, 2026. Through a prayer, thoughtful messages, an energetic group dance and the news segment, the students beautifully highlighted the importance of nutritious food, regular routines and positive thinking. The assembly effectively encouraged everyone to embrace healthy habits for a balanced, active and happy life.