



DELHI PUBLIC SCHOOL KAMPTEE ROAD, NAGPUR



WORLD HEART DAY – HEALTHY HEART, HAPPY LIFE

29TH SEPTEMBER, 2026

The students of Grade II – Lily of Delhi Public School Kamptee Road, Nagpur presented a vibrant and thought-provoking assembly to commemorate World Heart Day, sensitising students to the significance of nurturing a healthy heart from an early age. The assembly commenced with a soulful prayer, setting a serene and positive tone for the proceedings. This was followed by an engaging presentation that introduced the young learners to the heart and its indispensable role in sustaining life and well-being. The students shared fascinating facts, including the intriguing observation that the human heart is approximately the size of one's fist.

The assembly further enriched the audience with an inspiring thought and its meaningful explanation, encouraging everyone to embrace healthy choices in their daily lives. The students also introduced a delightful array of words associated with happiness, health and vitality, adding an element of creativity to the presentation. An interactive quiz and an engaging 'Wow Moment' infused the assembly with excitement while reinforcing valuable lessons on consuming nutritious food, engaging in regular physical activity, getting adequate sleep, staying well-hydrated and limiting screen time.

The lively performances of 'Haste Haste Kat Jaye Raste' and 'No Screen Teen' further strengthened the central message of the assembly by highlighting the joy of an active lifestyle and the importance of mindful habits. The programme culminated in the powerful and memorable message, 'Healthy Heart, Happy Life!' The enthusiastic participation, confident expressions and spirited performances of the young learners transformed the assembly into an enriching experience, leaving everyone with a meaningful reminder that caring for the heart through healthy choices is a lifelong investment in happiness and well-being.



DELHI PUBLIC SCHOOL
KAMPTEE ROAD, NAGPUR



Heading: Healthy Hearts, Happy Lives!

The students of Grade II – Lily conducted an engaging morning assembly on the occasion of World Heart Day. Through lively performances, an interactive quiz and meaningful presentations, the young learners highlighted the importance of keeping our hearts healthy. The assembly encouraged everyone to eat nutritious food, stay active, drink plenty of water and develop healthy habits. It was a joyful and informative celebration that beautifully conveyed the message.

“Take care of your heart, and your heart will take care of you!”