



DELHI PUBLIC SCHOOL

KAMPTEE ROAD, NAGPUR



WORLD HEART DAY – HEALTHY HEART, HEALTHY LIFE

30TH SEPTEMBER, 2026

Delhi Public School Kamptee Road, Nagpur conducted an assembly on 30th September, 2026 to commemorate World Heart Day, observed globally on 29th September. Presented by the students of Grade VII-C, the assembly aimed to create awareness about heart health and the importance of adopting healthy lifestyle habits from an early age.

The assembly began with an introduction highlighting the significance of World Heart Day, followed by the thought for the day on the importance of healthy habits. An informative speech emphasised the role of a balanced diet, regular physical activity, adequate sleep and stress management. A short awareness skit highlighted the impact of unhealthy eating, lack of exercise and excessive screen time, while an energetic dance performance reinforced the message of fitness and healthy living. The news bulletin further enriched the presentation.

The assembly concluded with the students pledging to eat nutritious food, remain physically active and encourage others to adopt healthy habits. The assembly was informative, engaging and meaningful, reinforcing the message that a healthy heart is the foundation of a healthy and happy life.



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Healthy Hearts, Brighter Futures

Students of Grades VI to VIII observed World Heart Day through an informative and engaging morning assembly that highlighted the importance of maintaining a healthy heart.

Through thoughtful presentations and creative performances, students raised awareness about healthy eating, regular physical activity, adequate sleep and reducing unhealthy habits. The assembly encouraged everyone to make small but meaningful lifestyle choices for better heart health, reinforcing the message that a healthy heart is the foundation of a healthy life.