

REPORT

SPECIAL ASSEMBLY-HEALTH & WELLNESS CLUB

DATE: 31st January 2026

Teacher Incharge: Ms. Suman

A special assembly on Health and Wellness Club was conducted to highlight the learning outcomes of various club activities held throughout the year. Students confidently shared their experiences and spoke about the importance of physical fitness, mental well-being, personal hygiene, healthy eating habits, benefits of yoga and meditation. The assembly encouraged students to adopt healthy habits in their daily lives. The assembly concluded with a message promoting overall well-being for a happy and healthy community.

