



MBS INTERNATIONAL SCHOOL



THEME: A Sound Mind lives in a Healthy Body

DATE: February 3, 2022

CLASS ON DUTY: III C

TEACHER INCHARGE: Ms. Ritu

S. NO.	EVENTS	PARTICIPANTS
1.	Gayatri Mantra	Audio played
2.	Event Compering	Raghav Mishra, Priyal
3.	Thought for the day by	Aarush Dhiman
4.	News Headlines (National and International News)	Devesh Singh Ingudum, Saanvi Mittal
5.	Sports News	Vaishali Kaur Gill
6.	Weather Forecast	Vaishali Kaur Gill
7.	Fun Exercises	Shreyas Roy
8.	Yoga	Alvina Prem
9.	Zumba Dance	Priyal Agrawal, Parin Agrawal
10.	Speech	Lehana Singh
11.	National Anthem	Audio played

Co-ordinator – Ms. Savita Chhillar

Principal: Mr. Atul Wadhawan





Topic: A sound mind lives in a sound body.

We all know that the mind and body both should be healthy and sound. A healthy person can think normally and act instantly in any given situation. A sound body means a healthy body, free from diseases. A sound mind means a mind capable of good and positive thinking.

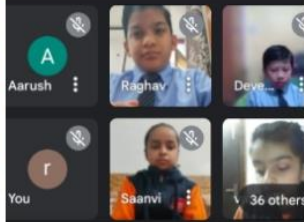
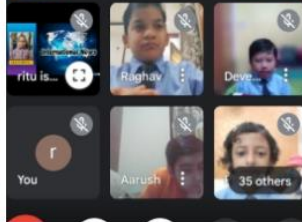
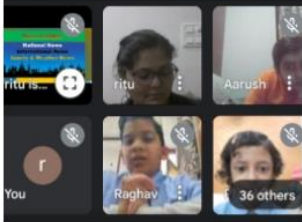
A healthy body is obtained by maintaining a good diet and good exercise. A good exercise consists of various exercises or yoga asanas and other such things. To keep the mind clean we should always have a positive thinking and honest attitude in life.

Let me share something about Greeks. They were well known for their organized life and ate just healthy food like Olive's figs and fruits and they were also trained in sports. This is the reason why they started organizing Olympic Games to demonstrate their fitness.

SPEECH



LEHANA SINGH



THANK YOU

Thank you for joining this beautiful Morning Assembly. Now you may join your respective classes and have a joyful day.

Stand Straight In The Honour Of National Anthem



Presenting

ritu is present

sevita



