

## Assembly Report – VIII- J

The students of class VIII-J presented an assembly on the topic, 'Hard work and Time Management', on February 4<sup>th</sup>, 2020. The assembly started with the beautiful thought- “A dream doesn't become reality through magic, it takes sweat, determination and hard work”.

Students were made aware that time management is one of the most rewarding skills that will take you far in your life. Learning the art of time management could yield a positive impact on their lives; like better task management, higher productivity, no stress and better work-life balance.

Students were given tips on time management which would help them in achieving their goals like waking up a little earlier, keeping mornings for most important tasks and blocking distractions like emails, phone calls, and social media messages at the time of studying .This would end up saving a lot of time and take their efficiency levels a notch higher. They were advised to take small breaks frequently — refresh and rejuvenate, find inspiration — quotes, videos, audiobook, watch motivational or TEDx videos or listen to audiobooks talking about time management tips at work.

The assembly concluded with a poem on hard work. A presentation on information regarding ‘Coronavirus’ was also shared with the students.

The Headmistress, Ms. Shalini Arora, applauded the students for presenting such a thought-provoking assembly and motivated students to practise time management, especially when exams are round the corner. She also gave away awards and certificates to the students who have brought laurels to the school.

