

ASSEMBLY REPORT- CLASS XI

Dated: 28th June 2021

“Mindfulness is not a practice but a way of life. It is the intentional acceptance and non-judgemental focus on one’s emotions, thoughts and sensations occurring in the present moment.”

This simple message was lucidly conveyed during an assembly presented by the students of Humanities and Commerce streams of Class XI on the 28th of June, 2021. It was graced by the presence of Director Principal, Ms Aditi Misra, Vice Principal, Ms Santvna Thadani, Dean Student Welfare, Ms Sapna Dhawan, Headmistress, Ms Arpna Gupta and Senior Mistress, Ms. Nishi Dhanjal.

The assembly commenced with a beautiful thought followed by a self-composed poem and a constructive conversation amongst the students on the topic, mindfulness. The Director Principal, Ms. Aditi Misra, addressed the gathering and reiterated that students need to actively participate in class and maintain a judicious balance of academics and co-curricular activities. She also asked them to finalise their choice of subjects by the end of the month. The students of the Science stream were apprised of the provision of sanctioned leave on Wednesdays in order to accommodate a better study schedule. It was also revealed that the announcement of the much-awaited Vice Student Council 2021-22 would be made soon. The assembly concluded with a fruitful and interactive session.

