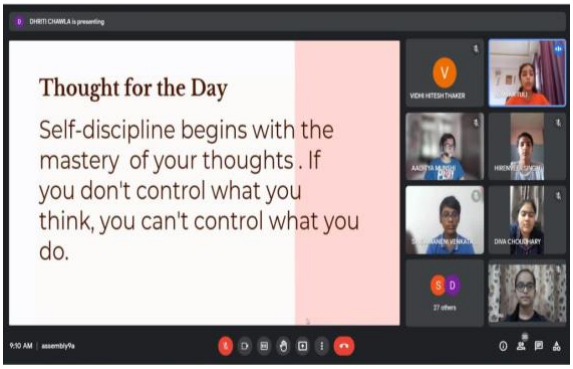
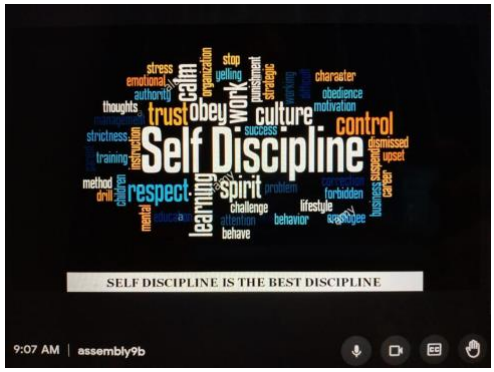
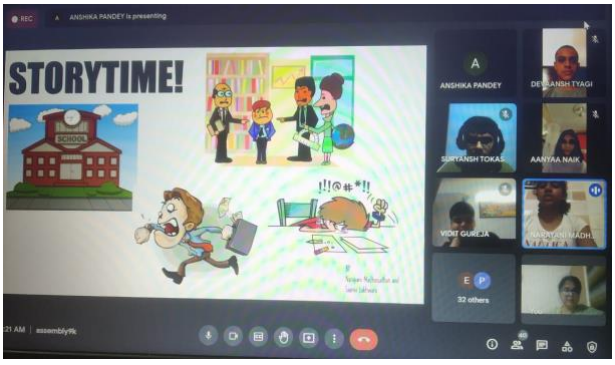
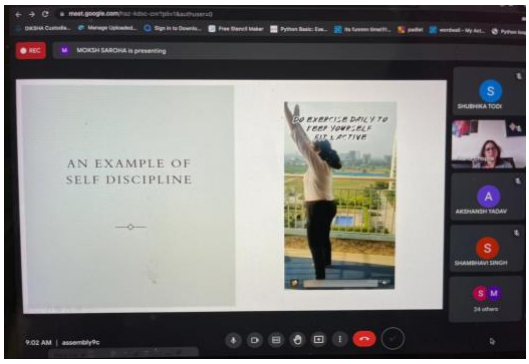
Topic – Self-discipline is the best discipline

"Self-discipline begins with the mastery of your thoughts. If you don't control what you think, you can't control what you do."

Self-discipline is a behaviour that allows one to learn his/her strengths and overcome challenges. It gives one the ability to focus intently on a task or goal with the purpose of achieving a certain result.

A school assembly inculcates values, responsibility, care, consideration for others and team spirit in students. In view of the theme of '**Self-discipline is the best discipline**', the students of Class IX presented an assembly on 15th July 2021, emphasizing on how to focus on their goals and develop healthy habits to ensure self-discipline.

The assembly commenced with a beautiful prayer followed by the thought for the day, news headlines, weather report, a poem and a story. The students worked together as a team and presented a mélange of thoughts, ideas and expressions through beautiful poems and stories. They also demonstrated some of the ways in which they self-discipline themselves.

Overall, the students learnt about the importance of self-discipline and the different ways in which they can achieve the same.