

## **SPECIAL ASSEMBLY- A REPORT**

A special assembly was organized for the students of Grades I-IV based on the theme of the United Nations Sustainable Development Goal 3: 'Good Health and Well-being' on Monday, 8th May 2023.

**Ms. Jasmine Rekhi**, an occupational therapist, was invited to be the guest speaker. Ms. Rekhi, is an occupational therapist, who holds a PGD in health and hospital management.



The assembly began with seeking the blessings of the Almighty, followed by the thought of the day and news headlines. Ms. Rekhi emphasized the importance of occupational therapy in improving the quality of life for all individuals and conducted a practical session with students, involving brain gym exercises. These exercises are designed to enhance cognitive function and focus, leading to improved academic performance. By doing these exercises regularly, the students can learn to increase their attention span and develop healthy habits that can benefit them in the long run.

The assembly concluded with a vote of thanks by the Head of School, Mrs. Nandita Mathur, who expressed gratitude to Ms. Rekhi for conducting the session. She also emphasized on the importance of good health and well-being.

Overall, the assembly on SDG 3: 'Good Health and Well-being' was a success and provided valuable insights and practical exercises for students to promote their physical and mental well-being.

