

## **WATER by Miss PRAGATHI ( 210502 ) 7 D**

We need water  
in our life.  
It is a nutrient  
that keeps us alive.  
Water gives  
us strength.  
Did you know our  
body has water 70%?  
Water is found in  
Rivers, lakes and oceans.  
The ocean is a water potion.

## **SPEECH ON INTERNATIONAL YOGA DAY by MAST. V. RITHISH ( 125224 ) 11A**

There is an old adage which most of us would have often heard often - ' Health is Wealth'. In order to remain healthy, and improve our strength, balance and flexibility, simple breathing and stretching exercises help a lot. On this special day, 'The International Yoga Day', let us join hands to maintain our physical, mental and emotional strength by practicing Yoga.

Rishi Patanjali is considered to be one of the forerunners of Yoga and is believed to have authored the 'Yoga Sutras', a series of texts on yoga theory and practice for Rishis several thousands of years ago. The father of modern yoga is none other than Swami Vivekananda, who made yoga accessible to all ordinary people. Since then, Yoga was no longer restricted to hermits, saints, and sages; it entered the everyday lives and now commands a worldwide awakening and acceptance. On December 2014, our honourable Prime Minister Shri Narendra Modiji declared 21st June as International Yoga Day because it is on this day that the summer solstice, the longest day of the year falls.

We should practice yoga because it helps to keep our body strong and healthy, it improves our abilities to focus, and it makes our mind calm and peaceful, allowing us to push through any failures and make better decisions. Slow movements and deep breathing increase blood flow and warm up the muscles. Holding a pose can build strength.

So, let us, the youth gather to practise Yoga today and everyday!!!

## **HEALTHY DIET by Miss AKSHITHA M S ( 104299 ) 12A**

Today, I would like to pen my thoughts on something we all know, something we should do but may not follow it always: eating a healthy diet. We hear about its importance everywhere, from doctors to social media, yet the convenience of fast food often tempts us away from nutritious choices.

Do you know what an orchestra is? It is a large group of musicians who play different musical instruments together, led by one person called a conductor. Imagine your body as a beautiful orchestra, where each part – your heart, brain, and muscles – play a crucial role in creating a symphony of health. A healthy diet is the conductor, ensuring everything works in harmony.

Fruits and vegetables are the vibrant strings, full of vitamins and antioxidants, protecting us from illnesses. Whole grains like oats and quinoa are the steady drums, providing long-lasting energy. Lean proteins, such as beans, and nuts, are the strong brass section, building and repairing our muscles. Last but not the least, healthy fats from avocados, nuts, and olive oil are the smooth woodwinds, keeping our brains sharp. Finally water, water is the conductor's baton, silently guiding everything to work together.

We know this, yet because of our busy lives we are led to quick, unhealthy choices. Incorporating healthier choices doesn't have to be complicated. We can start small by adding more vegetables to your meals, choosing fruits over sugary foods, and opting for whole grains instead of refined ones. These simple changes can make a significant difference.

Remember, it's not about perfection – it's about progress.

## **PHYSICAL FITNESS by Miss RAKSHITHA P ( 114660 ) 12B**

"An active mind cannot exist in an inactive body" says general 'George Patton'. Physical fitness is a state of health and well being and more specifically it is the ability to perform different aspects of sports, occupations and daily activities. It is not just about strengthening muscles or shedding pounds, but it's about cultivating resilience, discipline and a mindset carved by relentless determination. When we prioritise our physical health, we are investing in our future-self, we are giving ourselves the energy to tackle every challenge, the resilience to overcome any obstacle and the confidence to chase our dreams. Imagine a life where every step we take is imbued with vitality where every breath fills us with energy and purpose. Picture yourself standing tall not just in stature but in confidence and self-assurance

that we have honed our body into a finely tuned instrument capable of greatness. But let's not forget about what we put into our bodies too. Eating nutritious food fuels our workout and keeps us feeling our best. So, lace up those sneakers, hit a gym or go for a run. Every drop of sweat, every pushup and every step forward is a testament to our dedication towards living a life full of vitality and purpose. Remember the journey to fitness is not always easy but it's always worth it. So, let us push our limits and become the best versions of ourselves. Finally I would like to conclude with a quote of Mr. John Kennedy "Intelligence and skills can only function at the peak of their capability when the body is healthy and strong".

### **NEVER LOSE HOPE by Ms. H ARUNA ( as spoken in the Morning Assembly )**

Good morning, Teachers and my dear students,

Today, I would like to talk to you about something that is close to my heart, something that I believe defines the essence of our humanity - hope.

Life, my dear students, is a journey filled with twists and turns, peaks and valleys, moments of joy and moments of sorrow. Each of us, at some point, will find ourselves faced with challenges that make us feel sad or worried. But even in those tough times, there's something really special that can help us - it's called hope.

My dear students, even in the darkest of nights, there is always a glimmer of light, a beacon of hope that guides us forward. I have seen it in my own life, witnessed its transformative power in the lives of others, and I want to share with you some stories of hope that I hope will inspire you as much as they have inspired me.

Let me tell you about Srinivasa Ramanujan. He was a genius from India who loved Math. But he didn't have fancy schools or lots of books to learn from. Still, he never gave up. He kept studying and trying his best, even when things were hard. And you know what? His hard work paid off! He became famous all around the world for his amazing math skills. His life teaches us that if we believe in ourselves and keep trying, we can do incredible things, just like Ramanujan.

Let me tell you about Arunima Sinha, an Indian mountaineer who lost her leg in a tragic accident. Despite her disability, she didn't lose hope. Instead, she set her sights on climbing Mount Everest. Through sheer determination and self-belief, she conquered the world's tallest peak. Arunima's story teaches us that no matter what challenges we face, we should never lose confidence in ourselves.

So I urge you, my dear students, never lose hope. No matter how dark the night may seem, remember that every sunrise brings with it the promise of a new day, a new beginning. Believe in yourselves, believe in your dreams, and never, ever lose hope. I conclude my speech with a famous quote by Albert Einstein.

“Learn from yesterday, live for today, hope for tomorrow.”

Thank you

### **INSIGHT by Ms GAYATHRI GANESAN ( as spoken in the Morning Assembly )**

Good morning Students!

Today's Assembly topic is “INSIGHT”.

You have been hearing this through the week that Insight at a higher level is deep understanding of a situation or a person and clear ideas. How is it going to be applicable to you students? I would like to throw light on that. Well, how much are you aware of yourself. This would lead you to take the path of Insight. Next is how to go about this. Let me tell you about a technique called personal **SWOT** analysis. It is a way to analyze yourself for a better growth.

**S**-Stands for Strength. Ask yourself, What do I enjoy doing? What do others look in me as special? It could be your music, your subject, your talent in sudoku, your ability at spellbee or your expertise at any sport. Try to practise it on an everyday basis so that any winning at a competition becomes a piece of cake for you.

**W**-Stands for Weakness. Every Tuesday, we start our day with the school pledge which has a phrase, “I will look for the mistakes in myself before I blame others”. Just apply it to your everyday life. Every mistake should have a small learning or a take away; otherwise it becomes an infinite loop which is not good for growth.

Some of you may feel : I am good at books but not that good at General Awareness. Work on your weakness and improve on it. Be aware of what is happening around you. You all have seen the recent journey of our honorable Prime Minister - Modi 3.0. How could this be achieved inspite of the fact that his party, as a single entity did not get the required number of seats in the Parliament. There were coalitions involved to make this happen. Recently USA too stepped into International cricket through the T20. Try to know all these - at least something in all events.

**O**-Stands for opportunities. We teachers most of the time get to see the same set of students volunteering to answer or read. You could feel like what if my answer/vocabulary is wrong and my friends will laugh at me. Come out of this problem, ignore others and just make use of every small opportunity you get.

**T**-Stands for threats. What are the obstacles which I face when I am trying to achieve my goal. They may be right from your laziness to smart phones. Try to work upfront to overcome that.

So do a Self SWOT analysis and pull out the 2.0 version of yours.

Have a great day!

Thank You

### **HEALTHY DIET by Miss R NAVATHARA (114559 ) 12B1**

A topic that impacts each and every one of us every single day is our diet. What we eat shapes our health, our energy levels, and even our ability to learn and grow.

Firstly, let's understand what a healthy diet means. A healthy diet isn't about strict limitations or depriving ourselves of the foods we love. It's about balance and variety. It's about eating a range of foods that gives us the nutrients we need to feel good and stay active.

Carbohydrates provide energy, proteins build and repair tissues, and fats support brain function and nutrient absorption, vitamins and minerals play a vital role in various bodily functions, all essential for a balanced and a healthy diet.

Hydration is crucial. Our bodies need water to function properly. Drinking enough water throughout the day keeps our skin healthy, and can even improve our concentration. Aim to drink at least eight glasses of water daily. If plain water isn't your favourite, try adding a slice of lemon or some cucumber for a bit of flavour.

It's okay to enjoy sweets and treats occasionally but too much sugar, salt, and unhealthy fats can lead to health problems like obesity, diabetes, and heart disease.

Remember that moderation is the key. Enjoy your favourite treats, but balance them with healthier options. Do not skip meals. Try to eat at consistent times each day and pay attention to your portion sizes.

In conclusion, eating habits are just as important as what we eat. It's a way of life that we all must adhere to. Let's make a commitment to eat healthier, not just for ourselves, but to set a positive example for those around us.

## **PHYSICAL FITNESS by Ms ANDAL. R ( as delivered in the Morning Assembly )**

Good morning,

Physical fitness refers to the overall health and well-being of an individual's body, achieved through regular exercise, proper nutrition, and adequate rest. Engaging in physical activity has numerous benefits, including improved cardiovascular health, increased strength and flexibility, better mental health, and a reduced risk of chronic diseases.

To maintain physical fitness, it is recommended to engage in a combination of aerobic exercise, strength training, and flexibility exercises. Aerobic activities such as running, swimming, or cycling help improve cardiovascular health, while strength training exercises like weightlifting or bodyweight exercises build muscle strength. Flexibility exercises such as yoga or stretching, help improve range of motion and prevent injuries.

In addition to exercise, proper nutrition plays a crucial role in physical fitness. A balanced diet rich in fruits, vegetables, whole grains, lean proteins, and healthy fats provides the necessary nutrients to support physical activity and overall health. Adequate hydration is also essential for optimal performance during exercise.

Rest and recovery are important components of physical fitness. Giving your body time to rest and recover between workouts allows muscles to repair and grow stronger. Getting enough sleep is also crucial for overall health and well-being.

Prioritizing physical fitness through regular exercise, proper nutrition, and adequate rest is key to maintaining a healthy lifestyle.

Fitness is not about being better than someone else. It's about being better than what you used to be.

Thank you

## **INSIGHT by Ms M.VALLI ( as spoken in the Morning Assembly )**

Good Morning. Today's Assembly topic is Insight. Insight is when you deeply understand something and apply that understanding in practice. Imagine you're solving a puzzle for the first time. You've been working on it for a while, but with the guidance of an expert, you gain the necessary insight to solve it correctly.

One of the most powerful aspects of insight is its ability to promote innovation. Many of the greatest inventions in history were born from insights. Insight sparks creativity and leads to breakthroughs that redefine industries and improve lives. Consider the inventors and entrepreneurs who have changed our world – from Thomas Edison to Steve Jobs – their ability to understand what others couldn't was rooted in their deep insight.

Let me tell you a story. There was once a girl named Sita who loved to draw. She wanted to draw a beautiful garden but couldn't make her flowers look real. She practiced every day but was still unhappy with her drawings. One day, while she was outside, she saw how the sunlight touched the flowers and created shadows. She realized she needed to add shadows to her drawings. Her knowledge about shadows gave her insights to make them look real. Her drawings became much better after that.

So, how can we have more insights like Sita?

First, we need to be curious. Ask lots of questions and don't be afraid to wonder why things are the way they are. Try to notice patterns and connections.

Second, be patient. Sometimes understanding of something takes time to develop an insight.

And finally, keep trying. Even when things are difficult, every effort brings you closer to that moment of understanding.

So, remember to stay curious, ask questions, and don't be afraid to explore new ideas.

Thank You