

**St. Cecilia's Public School
Special Assembly
World Health Day
11.4.2023
III-A**

“Health is Wealth” “Eat Well, Sleep well follow hygiene and remain happy to stay healthy”



To raise awareness about physical health and mental well being the primary wing celebrated ‘World Health Day’ by organizing a special assembly. It was conducted by class III-A to propagate the message of universal health care for all.

The students spread awareness about the need to celebrate ‘World Health Day’ and that it is celebrated on 7th April every year. They spoke about how one can ensure a healthy life style by adopting simple measures like balanced diet, exercise, yoga, proper sleep, good hygiene and spreading happiness using placards. The teacher also talked about health and fitness. The assembly concluded with the recital of a poem by the young ones and a dance presentation conveying the message of healthy eating habits.