

**Topic: A healthy mind and healthy body**

**Date: 06.11.2018**

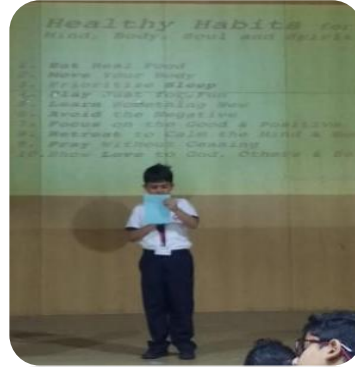
**Hosted By: 2E**



Grade 2E morning assembly started with the conduction being done by Abiha Fatima. The assembly proceeded with the recitation of Surrah e Al Kouter by Fares M. Saleh. Then the students stood attentively for the National Anthem of UAE.

After that M.Ahmad shared with everyone 'The Healthy Habits for a Mind, Body and Soul'.

- ❖ Eat real food.
- ❖ Move your body.
- ❖ Play just for fun.
- ❖ Learn something new.
- ❖ Avoid the negative.
- ❖ Focus on the good & positive
- ❖ Pray without ceasing
- ❖ Show love to God, others and self.



Aliza Hamad, Ayaan and Hassan Qaiser held posters on the stage displaying how healthy habits affect our body and mind.

Lastly, Basheer Wameedh, Hamad Aiyaz, Nazaha and Abdullah shared quotes about a healthy life style with everyone. After that the assembly was dismissed.

