

# SMART SLEEP, SMART WORK, SMART SUCCESS

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An interactive session on the topic “**Smart Sleep, Work Hard and Achieve More**” was conducted on May 5 by a team of **five Grade 10 students** for

write their worries and negative thoughts on balloons. After sharing their concerns, they burst the balloons as a symbolic gesture of letting go of

the students of Grade 8.

The session aimed to highlight the importance of maintaining a healthy balance between rest, study, and personal growth.

The presenters used an informative **PowerPoint presentation** to explain how proper sleep, effective time management, focused work habits, and clear goals contribute to a successful and disciplined life. The session remained lively and engaging through meaningful activities and active participation from the audience.

One of the activities encouraged students to

anxiety and unwanted thoughts. The activity created a positive and motivating atmosphere.

In another activity titled “**My Promise Schedule,**” students prepared a personal routine chart including healthy habits, study goals, daily responsibilities, and promises they wished to follow regularly. This activity inspired students to reflect on their lifestyle choices and motivated them to adopt healthier and more organised routines.

Overall, the session was informative, inspiring, and successful in promoting self-discipline, positivity, and balanced living among students.

