

JASPAL KAUR PUBLIC SCHOOL
CLASS ASSEMBLY REPORT
CLASS VIII
Date: 4 Dec 2021

"Simple living and high thinking will give you success in life". - Steve Jobs

The topic for the assembly was: Simple living high thinking.

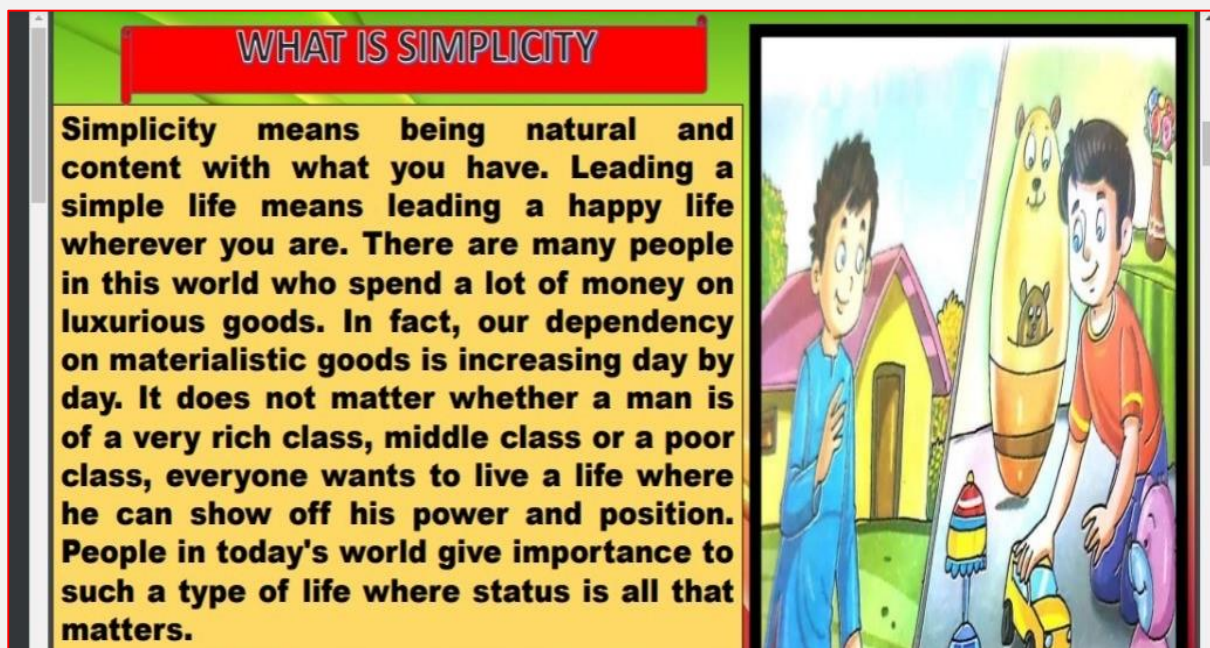
The ability to simplify means to eliminate the unnecessary so that the necessary may speak. It is the thinking that makes us rich and not the wealth we possess.

The assembly emphasized teaching the students that simple can be harder than complex. You have to work hard to get your thinking clean to make it simple. But it's worth it in the end because once you get there, you can move mountains.

The assembly aimed at propelling the young enthusiasts by laying stress on simple living to achieve goals.

Students were encouraged to adopt a simple and humble living with a broad outlook towards life. They were inspired through motivational videos to emulate this thinking in our life.

The assembly began with a prayer, followed by audio-visual links highlighting the importance of 'Simple Living High Thinking'. Also, there were fun activities to enrich the minds of students which were thoroughly enjoyed by one and all.



The screenshot shows a Google Meet interface. On the left, a presentation slide is displayed with the following text:

- ☐ Think before you speak.
- ☐ Be sensible.
- ☐ Find the easiest way of doing things.
- ☐ Dress simply
- ☐ Have some **manners**.
- ☐ Have a good attitude.
- ☐ Be independent.
- ☐ Stick to good morals and values.

Below the list, it says "Let us watch Motivational Stories" with two YouTube links: <https://youtu.be/kYFBXU2N4> and <https://youtu.be/...>. The right side of the screen shows a grid of participants in the video call, including TARASHA G..., GURASIS KAJR ARORA, AMITUJ SINGH NAYYAR, EKAMUJI SINGH NAYYAR, MEHARUJ KAJR, YATHARTH SHARMA, and KHUSHI SINGH. A list of participants is also visible on the far right.

LET'S ENJOY WITH FUN ACTIVITY

Make a list of items such as toys, dresses, chocolates, books, etc., that you buy for yourself. Find out how much money you spend on these items. Cross out the items that you think are not important.

Save that money in a children's money bank. You can use this money to buy good books, gifts for parents or you can donate this money to poor children.

Collect the pictures of some great personalities who led simple lives. Paste them at the space given below, write their names and a few lines about each of them:

Assembly Simple living high thi

File





C:/Users/HIP/OneDrive/Desktop/Ass...

7 of 14


SOURCES OF INSPIRATION

Simple living and high thinking go hand in hand . Only those who believe in living a simple life can think high and do great deeds in life. People who understand that they must only focus on their needs and not go after every materialistic thing their heart longs for lead a simple life.


All great saints like Guru Nanak Dev Ji, Mahatma Gandhi, Lord Buddha, Mother Teresa etc., who attained spiritual greatness and shook the world, their intellectual attainments are examples of this principle. They have inspired thousands of people by their teachings. They lived a simple life, sleeping few hours, eating only enough to satisfy the hunger and not the taste buds, inspiring other people on his own journey.


Examples of successful people who lead a surprisingly simple life




Nagayam Murthy
The founder of Infosys still doesn't know how to drive a car and is driven around by his wife. He used to take the company bus to his office with his employees every day.



Azim Premji famously known for monitoring the number of toilet paper rolls his company uses, and also instructs his employees to switch off the lights before they leave the office. Though this might look like a stingy move, it saves him and his company money. He still drives his 1996 Ford sedan and takes a rickshaw when he returns from his business trips abroad.



Rahul David wore just two sets of informal clothes for an entire Cricket tour. He doesn't care about cool gadgets and brands. He has been seen sitting in auto rickshaws and booking gas cylinders without an entourage around him.



APJ ABDUL KALAM
One of India's most remembered presidents, APJ lived his life with sheer simplicity. It's reported that his belonging where just clothes, books, a watch and glasses. He didn't own any property or even a car.

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47:36

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ANSH SEHG...

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+24

TARASHA G...

ANSH SEHG...

NIHARIKA

YATHARTH SHARMA

GHUSHI SINGH

SIHAR KAU...

AMIJOI SINGH NAYYAR

MEHARJOI KAUR

16°C Cloudy

09:13

04-12-2021

Apps

Gmail

YouTube

News

Reading list

4 / 14

81%

SIMPLE LIVING HIGH THINKING

1


2

3

4

Why Should We Lead A Simple Life?

Everyone should strive to live a simple life. To lead a simple life, we do not need a lot of money. Besides we do not need to be dressed up in expensive clothes to have great comforts and to maintain a status in society. A man who leads a simple life has enough time to spend on important activities such as his studying, hobbies, playing etc.



For example, there are two friends. One leads a simple life. He does not care what others eat, what others wear, where others live and so on. He remains happy with what he has. He eats simple food, wears simple clothes and leads a simple life. He remains happy with what he has. He devotes most of his time on his studies. On the other hand, his friend wants more and more in his life. He wants costly dresses, costly toys, costly gifts and so on. His parents spend a lot of money to fulfil his demands. Most of his time is spent in thinking about the things that he wants in his life. He does not pay attention to his blessings. His thoughts are constantly occupied by yearning for more.

WHAT IS SIMPLE LIVING HIGH THINKING ?

- ❖ Simple living and high thinking imply living a simple life with an enhanced mind.
- ❖ Controlling our desire to a lavish lifestyle and focusing on the welfare of society helps in achieving simplicity.
- ❖ Simple living helps to remain happy with limited resources without comparison.
- ❖ Money can't buy love and a good speech can.

SIMPLE LIVING HIGH THINKING

ADVANTAGES OF LEADING A SIMPLE LIFE

By leading a simple life, you can save money as well as time. We do not need to spend money on unnecessary things. We can save money for our future too. This money can be used in higher studies or at the time of an emergency. You can also use this money to help others. There are many people in this world who lead a life of misery because they are very poor. Many children do not get the opportunity to get basic education as they are born in very poor families. You can help them by supporting their education. Your small help can change their fate.

Though recreation is a must in one's life, yet spending money on more and attending parties at the time is not a wise use of time. You can use this time in some constructive work, in your business or in developing your skills, reading good books or simply spending time with others.



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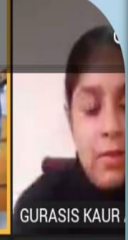
Sonia V ...



Sonia V ...



NEW (2021)



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SIMPLE LIVING HIGHER THINKING

Simple living is an effortless way of living. A simple life might not have luxuries, but it is often a trouble-less happier life. People living a simple life are not stressed about competition. A simple way of living is a healthier way of living. It is a misconception that simplicity is based on looks or clothes; instead, it is represented through one's personality and mannerisms.

Simplicity - Less is More

Less things and clutter, more money, space and time

Less stress, more smiles	Less online, more outside	Less talking, more listening
Less noise, more quiet	Less hate, more love	Less clutter, more space

Life is...



STEPS FOR LIVING SIMPLE LIFE AND THINKING HIGH

- ☐ Think before you speak.
- ☐ Be sensible.
- ☐ Find the easiest way of doing things.
- ☐ Dress simply
- ☐ Have some manners.
- ☐ Have a good attitude.
- ☐ Be independent.
- ☐ Stick to good morals and values.

A PERSON CAN
ACHIEVE EVERYTHING
BY BEING SIMPLE AND
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simple
living
high
thinking

