

St. Cecilia's Public School Special Assembly Healthy Food VS Junk Food



Students of Class VI A organized a Special Assembly to sensitize children towards the importance of healthy eating. The assembly began by the name of the Almighty, after which the other events were scheduled. The pledge was taken after the prayer. This was followed by the news reading session and thought for the day.

The students also presented a poetry recitation that highlighted the positive effects on your body on consumption of clean eating and practicing a healthy lifestyle. Students also presented a NUKKAD NATAK spreading awareness on how a body suffers from numerous diseases after filling oneself with wide spreading consumption of junk food in this modern age. The students concluded the assembly with a fun TUG-OF-WAR between Healthy food Vs Unhealthy Food. Last but not the least, the class thanked the audience and urged them to take a lesson from here to spread awareness to their loved ones on the same. The assembly ended with the National Anthem.

Furthermore, all the students present in the assembly participated in the physical exercise in terms of Exercise highlighting how important it is to be physically fit and active especially during winters.

The whole assembly was well planned under the able guidance of their coordinator and class teachers.