St. Cecilia's Public School

Class Presentation

Nursery A and C

The Wellness Way

With resplendent fervor and unwavering zeal, St. Cecilia's Public School's Pre-Primary Wing (Nursery A & C) orchestrated an exquisite Class Presentation – 'The Wellness Way' on 25th February 2026, pivoting around the enlightening theme of difference between healthy and junk food and good manners. This captivating program was meticulously crafted to inculcate principles of holistic physical well-being, conscientious nutrition and decorous social conduct among our tiny tots.

The ceremony inaugurated with the welcome of revered dignitaries—Director Sir, Madam Principal, Academic Advisor ma'am and Pre-Primary Wing Headmistress ma'am—who were honored with saplings by the students, emblematic of nurturing salutary habits. The students infused vitality into the wellness narrative through dynamic renditions that artfully integrated chair yoga, melodious singing, chanting the Saraswati Mantra, showcasing their talent and artistic flair.

Adorned in colorful costumes and props, the students performed with boundless energy, tip-toing to melodious tunes and executing lively aerobics that kept the audience captivated. The presentation was accompanied by comparative narration, highlighting the difference between healthy and junk food, and emphasizing that healthy eating is a lifestyle of conscious choices.

The students' confidence shone through their articulate dialogue delivery on stage, conveyed the moral that physical well-being and respectful social behavior are interconnected foundations for a happy life. The performance taught the importance of making mindful food choices and practicing good manners, leaving a lasting impact on the young participants.

This powerful visual representation made a profound impression on the audience. Parents appreciated the students' energy and effort, making it a proud moment for the school. The event concluded on a joyous note, with everyone taking back cherished memories of the delightful presentation, which was a
grand success and reflected the dedicated hard work of both students and teachers.