

St. Cecilia's Public School
Class Assembly
Class 2
Promoting Good Eating Habits

It is rightly said: *"Let food be thy medicine or thy medicine shall be the food"*

Students of Class 2 shared that Good Eating Habits are essential for maintaining a healthy lifestyle and provided some practical tips on how to achieve them in a beautiful assembly.

The assembly began with the prayer followed by students presenting poems and tips. They took the pledge to follow the tips to stay hydrated and healthy and promised to inculcate in daily life. The students performed with confidence, great zeal and enthusiasm.

Respected Principal Madam appreciated the students for their performance and shared her vision and guidance with the students on the same.

The assembly ended with a beautiful dance performance showcasing the importance of veggies and good eating habits and reinforcing the message of the assembly.