

## HEALTHY HABITS FOR A HEALTHY LIFE

**EVENT: Special Assembly on Healthy Eating Habits**

**DATE: 6 May 2026**

**CONDUCTED BY: Class 2C**

Class 2C conducted a delightful morning assembly on the theme “**Healthy Eating Habits,**” spreading awareness about the importance of making nutritious food choices for a healthy and active lifestyle.

The assembly commenced with a prayer that created a peaceful and positive atmosphere, followed by the thought for the day, which encouraged students to adopt healthy habits in their daily lives. Students confidently shared simple yet meaningful messages about the benefits of eating balanced and nutritious meals.

A highlight of the assembly was a charming poem presented by the students, emphasizing the importance of healthy food and its role in keeping the body strong and energetic. Their enthusiastic participation and confident delivery made the presentation engaging and enjoyable for everyone.

The assembly successfully conveyed the message that healthy eating is essential for overall well-being and encouraged students to develop lifelong habits that support good health and fitness.

