

ST. THOMAS SCHOOL, LONI

CLASS- III A

THEMATIC ASSEMBLY- GOOD FOOD

'EAT RIGHT, FUTURE BRIGHT'

The special assembly on Good Food conducted by class III A was held on 1st September, 2023. The program commenced with seeking Almighty's blessings through a prayer, followed by pledge, thought of the day, news headlines and word of the day. The students explained the prime importance of eating healthy food with a short skit by portraying that how important it is to eat a healthy and nutritious diet, how it protects us against many chronic non communicable diseases, such as heart diseases, diabetes and cancer. Further with an energetic dance performance, the students explained that, the food with good nutrition combined with physical activity will help us to lead a healthy lifestyle. The students were encouraged with an appreciation and motivational message by ma'am Principal. It was a wonderful and an informative program to witness.

