

MORNING ASSEMBLY-7.09.18(CLASS 1-B)

TO EAT HEALTHY

The phrase has a number of different interpretations. One possible interpretation is that being free from illness has a richness of its own. This is probably the most common way people think of the quote and to make the meaning more clear it can be said

“THE GREATEST WEALTH IS HEALTH”.



Keeping this in mind a ‘Morning Assembly’ was conducted by class I-B. The students of the class began with the prayer, they ended the prayer with thought of the day. Prayer was followed by song ‘To eat healthy, fruits and vegetables’ highlighting their importance and a rhyme on avoiding junk food conveyed the information more effectively. After that the students recited a poem in Hindi related to the theme. Hindi poem was followed by students speaking various quotations. Each of them was well supported by banners and props. In the end students performed a group dance on the song “Eating ice-cream once in a while” and was appreciated by one and all. Assembly was concluded when all the student took a pledge to eat healthy and stay healthy. The students were very excited while performing on the stage. Assembly was well synchronized and gave a message that:

‘A SOUND MIND IN A SOUND BODY IS A THING TO BE PRAYED FOR’