



DELHI PUBLIC SCHOOL

KAMPTEE ROAD, NAGPUR

ASSEMBLY: NO SUGAR AND STAY HEALTHY

9TH JANUARY, 2026

Delhi Public School Kamptee Road, Nagpur witnessed a meaningful and engaging assembly conducted by the students of Grade II Tulip Group on the theme 'No Sugar and Stay Healthy'. The assembly aimed to create awareness about healthy eating habits and the importance of reducing sugar intake for a fit and active life. The day began with a prayer that set a positive tone for the morning.

The students confidently spoke about the harmful effects of consuming excess sugar and suggested healthy alternatives such as fruits and vegetables. A short skit and catchy slogans were presented to reinforce the message of choosing nutritious food over sugary items. The students expressed their ideas with clarity and enthusiasm, making the message simple and easy to understand for everyone present.

The assembly concluded with a vibrant dance performance that promoted healthy food choices in a lively manner. The event was informative and enjoyable and successfully encouraged the students to adopt healthier eating habits in their daily lives.



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Choosing Health Over Sugar

Delhi Public School Kamptee Road, Nagpur witnessed a meaningful and engaging morning assembly presented by the students of Grade II - Tulip Group on 9th January, 2026, focusing on the theme 'No Sugar and Stay Healthy'. The young learners confidently shared important messages about the harmful effects of excess sugar consumption and encouraged everyone to make healthier food choices. Through thoughtful talks, a short skit, catchy slogans and a lively dance performance, the students effectively promoted the benefits of fruits, vegetables and nutritious food. The assembly was informative, enjoyable and inspiring, leaving the audience motivated to adopt healthier eating habits for a fit, active and happy life.