



Don Bosco Senior Secondary School, Nerul

Report on the Value Education Programme (Classes VI C and VI D)

Value Education Programme (Classes VI C and VI D)

Section: Middle Section

Name of the Place: Fourth Floor Assembly Hall

Date of the Event: 26th November 2025

Occasion: Class Assembly

What did you learn?

We learned that the food choices we make every day — especially the snacks we “crunch” on — have a powerful impact on our health and well-being. The programme helped us understand that packaged snacks, sugary drinks, and fried foods may look tempting but can harm the body when eaten without caution. It reminded us that mindful eating, reading labels, and choosing nutritious alternatives are important habits that keep us energetic, healthy, and responsible.

Key takeaways:

- Unhealthy snacking habits can affect our body and mind in the long run.
- Reading food labels helps us understand hidden sugar, salt, and preservatives.
- Small changes—like choosing fruits, nuts, and homemade snacks—make a big difference.
- Students can inspire others to adopt healthy eating habits through awareness and example

How is it relevant to your school context?

It supports our school’s value education focus by promoting health, discipline, and responsible decision-making. The programme encouraged students to think carefully about their daily eating habits, make informed food choices, and connect what they learn in class about nutrition with real-life situations. It also helped them build confidence through creative presentations while spreading an important message of mindful and healthy living.

How will you apply it with students in the classroom/beyond?

I will encourage students to make healthier food choices by integrating short discussions on nutrition into daily lessons. In the classroom, we will practise reading food labels, identifying healthy and unhealthy snacks, and reflecting on our eating habits. Beyond the classroom, I will motivate students to bring nutritious tiffin items, participate in health-awareness activities, and adopt mindful eating practices at home. Through consistent guidance and positive reinforcement, students will be encouraged to choose wisely and “crunch with caution.”

What could have been better?

- A better sound system could enhance audibility.
- Additional rehearsal time in the main venue would help students adjust to stage movements.

What was done well?

- The students' confidence and creativity stood out.
- The flow of events was smooth and well-connected.
- Collaboration between classes was effective.
- Messages were delivered in a way that was both informative and engaging.

Do you have any suggestions?

Availability of the main venue, we require 4 days of the training students for entry and exit and getting used to the place.

Better sound system arrangement for future programmes.

Rating: (Highlight in Green)

Choice of Topic	1	2	3	4	5
Speaker	1	2	3	4	5
Presentation	1	2	3	4	5
Engagement	1	2	3	4	5
Satisfaction Index	1	2	3	4	5
(1 being lowest, 5 being highest)					







