

REPORT - CLASS X ASSEMBLY
TOPIC: Take what you want, eat what you take
Date - 28.11.2023

An insightful class assembly on the theme "Take what you want, eat what you take" was conducted by class X students. The assembly commenced with the morning prayer, creating a



harmonious atmosphere that set the stage for a thought-provoking discussion.

The primary focus of the assembly was to emphasise the importance of making wise and measured choices when it comes to food consumption. Students articulated the critical role of food as the fuel that sustains us throughout the day, supporting the body's metabolic processes and ensuring our overall well-being.

In a heartfelt manner, the students highlighted the profound consequences of food loss and waste. They conveyed that when food is wasted, it not only results in the loss of a vital resource but also squanders other valuable efforts such as water, land, energy, labour, and capital that were utilised in its production. This perspective urged the audience to reflect on the broader impact of their individual choices on the environment and resources. Moreover, the assembly shed light on the environmental repercussions of food waste, underscoring its contribution to greenhouse gas emissions and its role in climate change. The students passionately conveyed the message that the disposal of food in landfills significantly adds to the carbon footprint, emphasising the need for responsible consumption. It encouraged a sense of responsibility, urging everyone to be mindful of their food choices and to minimise waste.

In conclusion, the class assembly on "Take what you want, eat what you take" was a commendable effort by the senior school students to instill a sense of responsibility and mindfulness regarding food consumption. The presentations and insightful discussions left a lasting impression on the audience, motivating them to reflect on their habits and contribute to a more sustainable and conscientious individuals.

