

## **Goodbye to Junk Food**

**Date: 30th June,2025**

**Venue: Sir V.D.T Girls' high school self-finance**

An Essay Writing Competition on the theme 'Goodbye to Junk Food' under obesity free campaign of Gujarat secondary and Higher Secondary education Board was held on 30/06/2025 in Sir V.D.T Girls' High School Self-financed, about was organized on 30/06/2025 at school with the theme "Goodbye to Junk Food". The purpose of the event was to raise awareness among students about the harmful effects of junk food and to encourage healthy eating habits through creative writing and expression.

**Objective:**

The competition aimed to educate students about the nutritional disadvantages of fast food and processed snacks, while encouraging them to adopt healthier lifestyles through informed choices.

**Participation:**

Over 44 students participated in the event. The competition saw enthusiastic responses, with students putting forward strong arguments, facts, and personal reflections on the impact of junk food.

**Essay Highlights:**

Students wrote about Health issues caused by junk food (e.g., obesity, diabetes, heart problems)

**Judging Criteria:**

Essays were judged based on content relevance, originality, structure, grammar, and presentation. The panel of judges included

- 1) Dimple ma'am
- 2) Bhumika ma'am
- 3) Sumaiya ma'am

**Winners:** After careful evaluation, the winners were announced:

**First Rank :** Pal Khushi. 12-F (Eng)

**Second Rank:** Patel Priyanka 12 H (Guj)

**Third Rank:** Shaikh Nusra 11F (Hin)

This competition was arranged By **Chaitali Desai , Smita Deshmukh** under the guidance of Principal **Dr. Jigisha Parekh** , Sir V.D.T Girls' High School self-finance.