



G.D GOENKA PUBLIC SCHOOL, SARITA VIHAR

THEME: Webinar- Healthy Beginning

DATE: Friday February 5, 2021

CLASS: Nursery and KG

Event Report

“Health is the first requisite of Happiness”

It is important to create healthy habits early on. "Wellbeing is the main essential of joy". Year 2020 has left large numbers of us with acknowledgment how significant is to have a good health. Sound body prompts solid life. We are also aware of the reality and wish that our kids carry on with a fruitful life to assist the elders in understanding the essentials of good wellbeing.

With the motive of encouraging parents to start year 2021 on a healthy and active note, the parents of Classes Nursery and KG of G.D. Goenka Public School, Sarita Vihar attended a webinar on health, ‘**Healthy Beginnings**’. This meeting assisted the parents to comprehend about various formative achievements of a children and their developmental milestones. Issues related bed wetting, its causes and how to overcome it, were discussed. Numerous guardians are uncertain about the best age to begin toilet training, so it is fundamental to know when and how to begin toilet training.

A renowned and experienced child specialist Dr. Preeti Chadha was the guest speaker to guide parents. Dr. Preeti is a pediatrician and neonatologist at Moolchand emergency ward and Phoenix Hospital, Greater Kailash, New Delhi. She explained parents how to deal with an exceptional wellbeing needs of their children. Dr. Preeti explained how early childhood is the phase when the child’s growth rate is at its peak. It is the ideal time to plan and ensure whether the growing toddler is provided with appropriate nutrition. Giving them a balanced diet with vital nutrients helps in ensuring their optimum growth and development. In this phase, it is important to note what the child is eating, how much they are eating, and what is giving them the nutrition needed for their healthy development.

The session was an amalgamation of various facts and great health advices offered to the parents. It concluded with a fruitful round of questions and answers between the Dr. Chadha and the parents which made the session even more interactive as well as a vote of thanks by junior Headmistress Ms. Vinita Sachdeva who extended a warm gratitude towards the guest speaker for enlightening everyone with her insights.

