



G.D. GOENKA PUBLIC SCHOOL, SARITA VIHAR

THEME: - CARE DURING MONSOON

REPORT: - Health Talk on Monsoon Care

DATE: - July 18, 2019

CLASS: - Nursery to II

EVENT REPORT

“THE GREATEST WEALTH IS GOOD HEALTH”

To inculcate the respect for good health and safety in the little Goenkans, A Health Talk was organized on the topic “**CARE DURING MONSOON**”. All the students from classes Nursery to II participated in the talk.

The session commenced with a brief discussion on the different seasons our country witnesses during a year and how the Monsoons are important for all. The Dos and Don'ts were told about rainy months. The students were advised not to eat and drink stale food and contaminated water and be extra vigilant about personal hygiene. They were informed of different ways to keep themselves safe from getting wet using raincoats, umbrellas, gum boots etc.

They were also made aware about the various diseases which are a part of this season, like- Cholera, Typhoid, Flu, Conjunctivitis, Dengue, Malaria and Chikungunya.

The students were encouraged to spread the message of preventing of breeding of mosquitoes in their surroundings and be safe from mosquito or insect bites. They were advised to cover their bodies by wearing full sleeves shirts pants, use net and mosquito repellents.

A few home remedies were also suggested to the students as a precautionary measure. For instance, use of herbs like Tulsi and Ginger, Steam Inhalation in case of congestion, eating immunity building food were amongst a few.

The session concluded with the Headmistress(Primary Wing), Ms. Vinita Sachdeva stressing on the fact that good health is of prime importance and one has to be careful of taking all precautions to remain disease free, especially during the Monsoon Season.

