

EVENT / ACTIVITY: Health Talk on Monsoon Safety and Well-being

DATE: 9th July, 2026

CONDUCTED BY: G. D. GOENKA SCHOOL, JUNIOR WING

ATTENDED BY: STUDENTS AND TEACHERS FROM NUR - II

REPORT

“Prevention is not merely better than cure; it is the wisest shield against illness.”

The Junior School of GD Goenka, Sarita Vihar, had the privilege of hosting an enriching Health Talk by Dr. Divya Piyushi, a renowned oncologist and parent from the school community, for the students of Nursery to Class II. The main focus of the session was to educate the young students to take care and all possible precautions regarding their well-being and more so in the monsoon season.

The session was highly engaging and interactive, with Dr. Divya connecting wonderfully with the young learners through simple explanations and age-appropriate examples. She educated the students about the Do's and Don'ts during the monsoon season, emphasizing the importance of maintaining personal hygiene, washing hands regularly, drinking clean water, and protecting themselves from germs and infections.

She also highlighted the significance of eating healthy and nutritious food to build strong immunity and stay fit. A balanced meal and a vibrant rainbow bowl, rich in essential nutrients, can strengthen immunity and keep harmful germs at bay. The students learned how germs can make us sick and discovered easy ways to keep themselves healthy through good hygiene and healthy habits.

Dr. Piyushi reassured the children that doctors are our friends, always there to help us recover and stay healthy. She also explained the importance of vaccinations and how vaccine shots protect us from various diseases.

The interactive session was filled with enthusiastic participation, thoughtful questions, and valuable learning. It concluded on a positive note, leaving the students better informed and motivated to adopt healthy habits in their daily lives.

