



G.D GOENKA PUBLIC SCHOOL, SARITA VIHAR

SMART CHILD- HEALTH TALK

THEME: - SMART CHILD

CLASSES- II-IV

REPORT: - General Awareness for Health & Diet, Physical Fitness, Behavior and Hygienic life style

DATE: - Thursday, March 17, 2016

EVENT REPORT

A health and behavior session was held by the school doctor for the students of Classes II-IV on March 17, 2016. The session was attended by a group of enthusiastic students from classes II to IV who shared their experiences and views on eating habits, their personal likes & dislikes. This established a comfort level between the doctor and the students which will also prove beneficial for the students in the future. The talk started with the picture of Smart Child, through which the students were educated about the term “smartness” which actually conveys that smartness is manifold, it is not only about wearing good clothes or just acting smart, but being aware that health plays an important role as well.

They were apprised about the checkups done in school, and the significance of the health card which is also shared with their parents, to enable them to take action in accordance to the observation by the doctor.

The students were also informed about a healthy diet which is essential for a child’s growth. They were explained the food pyramid in a simple form. Importance of Rest and Personal hygiene was depicted through attractive slides.

Cleanliness was also a point driven during the talk where the students were told
The session concluded with an interactive session.

