



## **SESSION BY THE SCHOOL DOCTOR**

**“Health care is a right, not a privilege.” - Edward Kennedy**

To raise awareness about the United Nation’s Sustainable Development Goal 3 – ‘**Good Health and Well-Being**’, an informative session was conducted on Monday, 8<sup>th</sup> April 2024 by the school Doctor, **Dr. Ritu Malik Sherawat**. The World Health Organization’s (WHO) theme for the year 2024 which is ‘My Health, My Right’ and the importance of celebrating World Health Day was shared with the students.

The interactive nature of the session led to a fruitful dialogue between the speaker and the audience, creating a memorable and enriching experience for all.

The session helped the students understand that with rights come responsibilities and it was their first and foremost duty to keep themselves healthy. Students learned that they could also contribute to the **WHO**’s goal, by taking care of their health, eating healthy, exercising and sleeping for the recommended number of hours.

Important pointers like soaking in the morning sunlight and taking adequate sleep, limiting screen time etc. were also discussed. They were encouraged to spread awareness amongst their family and friends about the importance of good health and asking their parents to take their

house help to the doctor to ensure healthcare equity for all.

The session concluded with an appeal by Dr. Ritu Malik to remember that prioritizing one’s well-being isn’t solely about our present state of health; it’s an investment for one’s future vitality and happiness.

The children learnt that staying mindful, active and taking care of themselves was the best course of action to take.

