

## **SESSION BY THE SCHOOL DOCTOR - A REPORT**

### **(SDG -3 GOOD HEALTH & WELL BEING)**

Suncity School conducted a special interactive session on Monday, 27 April 2026, led by the school doctor, Dr. Ritu Sehrawat, in alignment with SDG 3 – Good Health and Well-being. The session aimed to sensitize students to the importance of physical, mental, and emotional health.



The session commenced with a prayer, followed by the thought-provoking quote of the day: “To keep the body in good health is a duty; otherwise, we shall not be able to keep our mind strong and clear.” This set the tone for the event and highlighted the significance of maintaining overall well-being.

Prior to the doctor’s address, students presented the latest news updates and weather forecast. They also introduced the Word of the Day – “Hygiene”, emphasizing the importance of cleanliness in preventing diseases and promoting a healthy lifestyle. These activities reinforced the objectives of SDG 3, which focuses on ensuring healthy lives and promoting well-being for people of all ages.



The highlight of the event was an interactive session conducted by Dr. Ritu Sehrawat. She spoke about the key pillars of good health and well-being, including healthy eating habits, regular physical activity, adequate sleep, mental wellness, and personal hygiene. Through simple and relatable examples, she explained how small daily practices such as washing hands regularly, staying hydrated, and limiting screen time can significantly improve concentration, energy levels, and overall happiness.

Dr. Sehrawat emphasized that good health is not merely the absence of illness but a state of complete physical, mental, and emotional well-being characterized by energy, positivity, and peace of mind. Her insightful talk encouraged students to adopt healthy habits and make informed choices for a balanced and fulfilling life.

The assembly concluded with the National Anthem.

