

## SESSION ON PERSONAL SAFETY - A REPORT

*"An ounce of prevention is worth a pound of cure." - Benjamin Franklin*



On August 21, 2025, Suncity School, Sector-45, organized an informative and interactive session on the topic '*Personal Safety*' to sensitise the students about Sustainable Development Goal (SDG-3): Good Health and Well Being.

The guest speaker, **Ms. Manya Khanna**, a therapist in the Department of Mental Health and Behavioural Sciences, **Fortis Healthcare**, was our guest speaker. A

UNESCO Certified Expressive Art based Therapist, Ms. Khanna conducted the session for the students of grades I, II, III & IV to help them understand the importance of personal safety.

The session commenced after a brief introduction of the guest, which highlighted her contribution in guiding young learners on essential aspects of safety. Ms. Khanna first introduced the students to the basic meaning of *personal safety* and why it is a vital life skill. Later she engaged the children in a conversation and initiated the same by asking what *personal* and *safety* meant to them. This thoughtful interaction paved the way for a deeper discussion on the different aspects of staying safe in everyday life.



A significant focus of the session was on the sensitive yet crucial topic of *touch*. Ms. Khanna explained what is meant by a *bad* or *unsafe touch*, and how it differs from normal, safe interactions. Using age-appropriate language, she guided the students on how to recognize such situations, ways to prevent them, and the immediate steps to be taken if the children ever find themselves in such circumstances.

The session proved to be highly impactful, as students not only gained awareness about personal safety but also learned about their right to protect themselves and the importance of speaking up.

The assembly concluded with a heartfelt vote of thanks to Ms. Khanna for sharing her valuable time and wisdom with the students.

