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## Flu, Facts, and Foresight: Grade IX Learns to Stay Healthy

Pune, Maharashtra | 27<sup>th</sup> November, 2025



S.B. Patil Public School, Ravet hosted an informative health awareness session on 27<sup>th</sup> November, 2025 for the Grade IX students, led by Dr. Viplov Vinod Vaidya, Consultant in Infectious Diseases at Aditya Birla Memorial Hospital. With his extensive experience in managing common and complex infections, Dr. Vaidya offered students a clear and practical understanding of everyday illnesses and how to prevent them.

During the session, he explained common seasonal conditions such as the flu, viral fevers, respiratory infections, and the difference between bacterial and viral causes. He emphasised the importance of early recognition of symptoms, maintaining good hygiene, and adopting simple preventive measures — including proper hand-washing, staying hydrated, using masks when necessary, and avoiding self-medication.



Dr. Vaidya also discussed how infections spread in schools and communities, and guided students on responsible practices that help reduce transmission. The interactive format allowed students to ask questions related to immunity, antibiotic misuse, vaccinations, and general well-being.

The session proved valuable in helping students understand how small, consistent habits can significantly improve personal and community health. The school expressed its gratitude to Dr. Vaidya for his time and expertise in enriching the students' awareness.

We extend our sincere gratitude to Dr. Vaidya for conducting this valuable session; to the principal, Dr. Bindu Saini for supporting the initiative, and to the school nurse, Ms. Sujata Bhalerao for coordinating and organising the programme effectively. The session proved meaningful in helping students understand how small, consistent habits can significantly improve personal and community health.