

CURA-CATENA

सांवंध

आरोग्य तुमचं,
काळजी आमची...

RAISING KINDER HEALTHIER KIDS TOGETHER

October isn't just another month on the calendar; it's a gentle nudge for parents to look beyond marks, meals, and milestones, and to notice what truly matters: a child's emotional world.

As we celebrate **International Adolescent Health Week** (13th -19th Oct), we focus on helping our children Thrive Inside-Out: Strengthening the Physical and Mental Health. We are highlighting two important aspects: **Bullying** and **Depression**. Both silent issues affecting many children, often without parents realizing it.

While it's natural to track grades, nutrition, or activities, what often goes unseen are the quiet struggles:

- *The unkind words whispered in classrooms,*
- *The loneliness hidden behind a smile,*
- *Or the pressure to "fit in" at any cost.*

This newsletter is here to help you spot those invisible signs and take small but powerful steps to raise children.

WHAT'S IN THIS ISSUE

Bullying Prevention Month
– Spotting Red Flags.

International Adolescent Health Week (13-19th Oct)

Depression Screening Month
– Why Early Screening Matters?

Cura in Action
– Updates from the clinic.

Family Corner
– Simple activities to build trust.



MESSAGE FROM

DR. SHRUTI KALKEKAR

Dear Parents,

Bullying at school or online, affects more children than we realize. Many stay silent, but their behavior speaks volumes.

If your child seems unusually irritable, avoids school or friends, loses interest in activities, or spends more time alone or on screens, take notice.

These can also be early signs of stress or depression. A short mood check during your child's visit helps us understand their emotional health and guide you toward the right support.

Together, we can make sure no child suffers in silence.



NATIONAL BULLYING PREVENTION MONTH

OCTOBER

BULLYING ENDS WHERE AWARENESS BEGINS

Bullying has changed its face. It's no longer just about name-calling in classrooms or fights on playgrounds. Today, it follows children home through..



WHATSAPP GROUPS

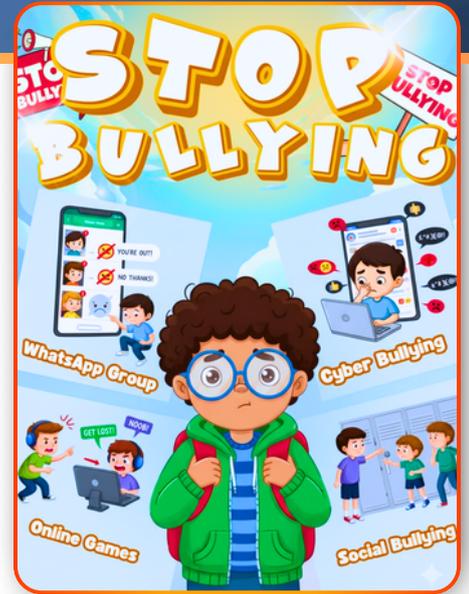


ONLINE GAMES



SOCIAL MEDIA FEEDS.

The result is the same: a child who feels unsafe, anxious, or alone. And unlike traditional bullying, **cyberbullying doesn't stop when school ends**; it can happen anytime, anywhere, right from the device in their hands



5 RED FLAGS: that may signal your child is being BULLIED

- Sudden fear or excuses to avoid school.
- Unexplained injuries or frequent complaints of "losing things."
- Falling grades or lack of concentration.
- Avoiding friends or skipping activities they once loved.
- Mood changes like anger, irritability, or becoming unusually quiet.

CYBERBULLYING A GROWING CONCERN

Children are getting smartphones at younger ages, which makes them more vulnerable. Parents often don't realize how much of their child's social world is online.



Simple steps can make a big difference:

- Talk regularly about what they do online.
- Encourage them to share if they receive hurtful messages.
- Remind them to take screen breaks and spend time outdoors.
- Teach kindness, both in real life and online.

When children feel heard at home, bullying loses its power.

BUT HERE'S SOMETHING MANY PARENTS DON'T CONSIDER:

sometimes, a child might be the one bullying others. It doesn't mean they're "BAD" it often comes from peer pressure, frustration, or their own insecurities. What matters is guiding them early, with patience and empathy.

TOLL FREE HELPLINE NUMBERS

- CHILD HELPLINE ➤ 1098
- NATIONAL MENTAL HEALTH HELPLINE ➤ 1800-89-14416
- CYBERBULLYING ➤ 1930

- Spot problems early.
- Mind's health check-up.
- Act before problems grow.
- Timely support, faster bounce-back.



HE TRUSTED US WITH HIS PAIN, & TOGETHER WE FOUND HIS COURAGE.



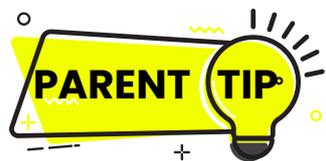
During an online consultation, a **13-year-old boy** from **Panvel School, Navi Mumbai**, opened up about his struggles, feelings of sadness, low confidence, and a growing reluctance to attend school.

With gentle conversation, he shared that he was being body-shamed by a few classmates. What stood out most was his courage to ask for help. He wanted us to speak with his parents, hoping they could understand what he was going through and help him cope better.

After our discussion, I reached out to his parents and guided them on ways to support their child's emotional well-being, including rebuilding his self-esteem and managing teasing, as well as seeking counseling for reassurance and growth.

When asked what advice he would give to others facing bullying, his words were wise beyond his years:

"Bullies won't be around forever. Don't waste your energy on them; spend it on yourself. Whatever they say doesn't define you. Sometimes they just need attention or feel powerful by putting others down. Focus on becoming the best version of yourself."



DR. SHRUTI KALKEKAR
CONSULTANT PEDIATRICIAN | TEEN & ADOLESCENT
HEALTH EXPERT | FOUNDER CURA CLINIC



"Bullying, whether through words or actions, can deeply impact a child's emotional health. But with open communication, early guidance, and a circle of support, healing and confidence can return."





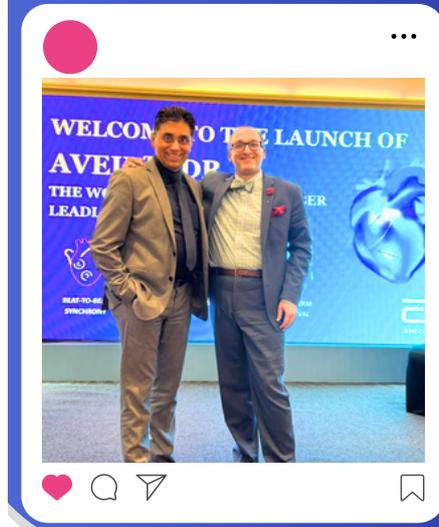
CURA HEARTBEAT REDEFINING THE FUTURE

DR. KALKEKAR AT THE AVEIR LAUNCH EVENT

The world of cardiac pacing just reached a new milestone: **dual-chamber leadless pacemakers** are now a reality!

Dr. Kalkekar had the honor of attending the **launch ceremony of the Aveir AR and Aveir DR systems**, joining global experts including **Dr. Cyrus Hadadi (USA)** and **Padmashri Dr. A.B. Mehta**.

This event marked a historic step forward in minimally invasive cardiac care, where innovation continues to push boundaries, and every advancement brings patients closer to a safer, faster recovery.



PROUD PARENTS MOMENT

Feeling so proud of our **12-year-old, Shaarav Kalkekar**, who completed his second marathon 3 km run for Breast Cancer Awareness!

It's heartwarming to see his enthusiasm for fitness and his willingness to run for a cause that truly matters. His energy, empathy, and growing sense of purpose make us proud parents!

CURA in ACTION

दशहरा
नवरात्रि



Meet JERRY

Our Tallest New Friend!

He's here to make every visit brighter and every brave kid's vaccination moment end with a smile!



Have fun with your new friend and don't forget to give Jerry a big hug after your shot!

DRAWING COMPETITION WINNER

SPARSH JAIN, 12

SAURISH JAIN, 6

EJOY PALIT, 8

FAMILY FUN IN THE KITCHEN

3 Minutes LETTUCE BOWL



ANIKA CHINTAKUNTLAWAR, 14

THE "WHAT IF" CHALLENGE



FAMILY CORNER

Teen years are full of "what-ifs", choices, pressures, and dreams. This activity helps families explore them in a safe, playful way, while sneaking in valuable life skills.

HOW TO PLAY:

- Pick a "what-if" question at dinner or during family time.
- Everyone answers honestly; there's no right or wrong.
- Listen without judgment; the goal is to understand how your teen thinks and feels.



SAMPLE QUESTIONS (TEEN-FOCUSED, PRACTICAL & FUN):

1. What if your group of friends planned something you knew was wrong — would you join or speak up?
2. What if tomorrow you woke up with no social media — how would you spend your free time?
3. What if you had to teach adults one thing about teenagers — what would it be?
4. What if your closest friend seemed sad all the time — how would you check in on them?

TAKEAWAY:

These scenarios give teens space to share values, coping styles, and hidden worries, while parents get to understand their world better, minus lectures.

WHAT'S AHEAD

CHILDREN'S DAY CELEBRATION

A month full of celebrating little joys- Children's Day Celebration



Advanced Cardiac & Child Health Clinic

www.drkalkekarcuraclinic.com



Timing For Cardiac Care:

Mon - Sat: 02:00 PM - 05:00 PM

Timing For Child Care:

Mon - Sat: 10:00 AM - 01:00 PM

General Clinic Timing: Mon - Sat: 08:00 AM - 09:00 PM

 **932 311 2515 / 9769 84 2515**

Shop no - 5-6, New Horizon CHS, Plot No. 1,2 & 3, Near Navratna Restaurant, Sector 46, Seawoods West, Navi Mumbai, Maharashtra-400706