



# BACK TO SCHOOL!

## Monsoon, School Bags & Heading Back to School

June marks the return of **School routines, Rainy mornings, Packed tiffins, and New classrooms.** As children head back to school during monsoon season, it's the perfect time to **refresh healthy habits and strengthen immunity.**



As schools reopen and the monsoon arrives, children are exposed to more seasonal illnesses. **Vaccination can help strengthen their protection during this time.**

## Why Parents Should Consider The Flu Vaccine



Children interact closely in classrooms & buses



Monsoon often brings seasonal flu outbreaks



Vaccination helps reduce illness, absenteeism, and complications



Particularly important for children with asthma or chronic health conditions

## Everything you need to know about **FLU VACCINE**



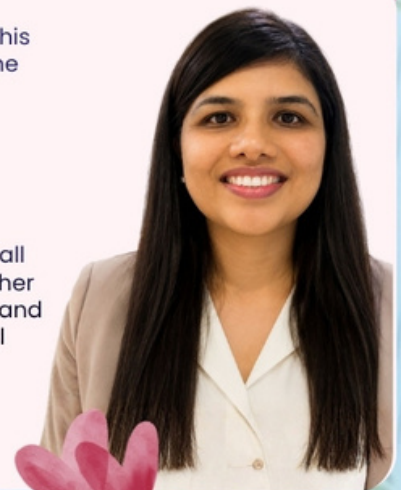
## Dr. Shruti's Message

### Dear Parents,

As children return to school this monsoon, it is the perfect time to rebuild healthy routines. Encourage regular sleep, nutritious meals, physical activity, and good hygiene habits. Healthy lifestyle practices help improve immunity, learning, and overall well-being. Let us work together to keep our children healthy and ready for a successful school year.

### WARM REGARDS,

Child & Adolescent Specialist



## What's in this Month's Issue

### INTERNATIONAL CHILDREN'S DAY

June 01

Give Your Child a Safe Start To School



### INTERNATIONAL YOGA DAY

June 21

Helping Children Reset & Refocus



### CURA HEARTBEAT

World Blood Donor Day



### CURA IN ACTION

A Year of CURA Connections



### FAMILY CORNER

June habit

Reading Every Day



# Monsoon tips

For Kids going back to School

## BACK TO SCHOOL

### Monsoon Checklist



Carry a water bottle every day



Keep an extra pair of socks in the school bag



Dry wet shoes properly before reuse



Wash hands before meals



Avoid sharing water bottles and utensils



Eat a healthy breakfast before school



### MAKE YOUR CHILD'S SCHOOL BAG LIGHTER



#### Pack Only What's Needed

Check the timetable and carry only the books required.



#### Pack Your Bag The Night Before

Preparing ahead helps avoid last-minute overpacking.



#### Clean the Bag Weekly

Remove old papers, extra stationery, and unnecessary items.



## CURA TIP

A school bag should ideally weigh less than **10%** of your child's body weight to prevent back and shoulder strain.

Click here - [IAP-School Bag-Guideline](#)



Dr. Kalkekar's

CURA

Advanced Cardiac & Child Health Clinic



Helping Children Reset  
& Refocus

# International YOGA day

## YOGA BEYOND FLEXIBILITY

For children and teens, yoga strengthens the mind as much as the body, improving focus and emotional well-being. As the school starts, overloaded school bags can lead to back pain, shoulder strain, and poor posture problems in children.

## Benefits for Growing Minds



Improves  
concentration &  
attention span



Helps manage  
stress & exam  
pressure



Encourages  
better posture &  
body awareness



Supports  
better sleep  
quality

## 3 EASY YOGA EXERCISES FOR KIDS



### CAT-COW POSE

Improves posture  
and keeps the  
spine flexible.



### TREE POSE

Builds balance,  
focus, &  
concentration.



### BUTTERFLY POSE

Stretches hips &  
improves  
flexibility.

## POSTURE CORRECTION TIPS FOR KIDS



### SIT TALL

Keep your back  
straight and both  
feet flat on the  
floor

## WEAR THE BACKPACK RIGHT

Use both shoulder straps  
and avoid carrying heavy  
bags.

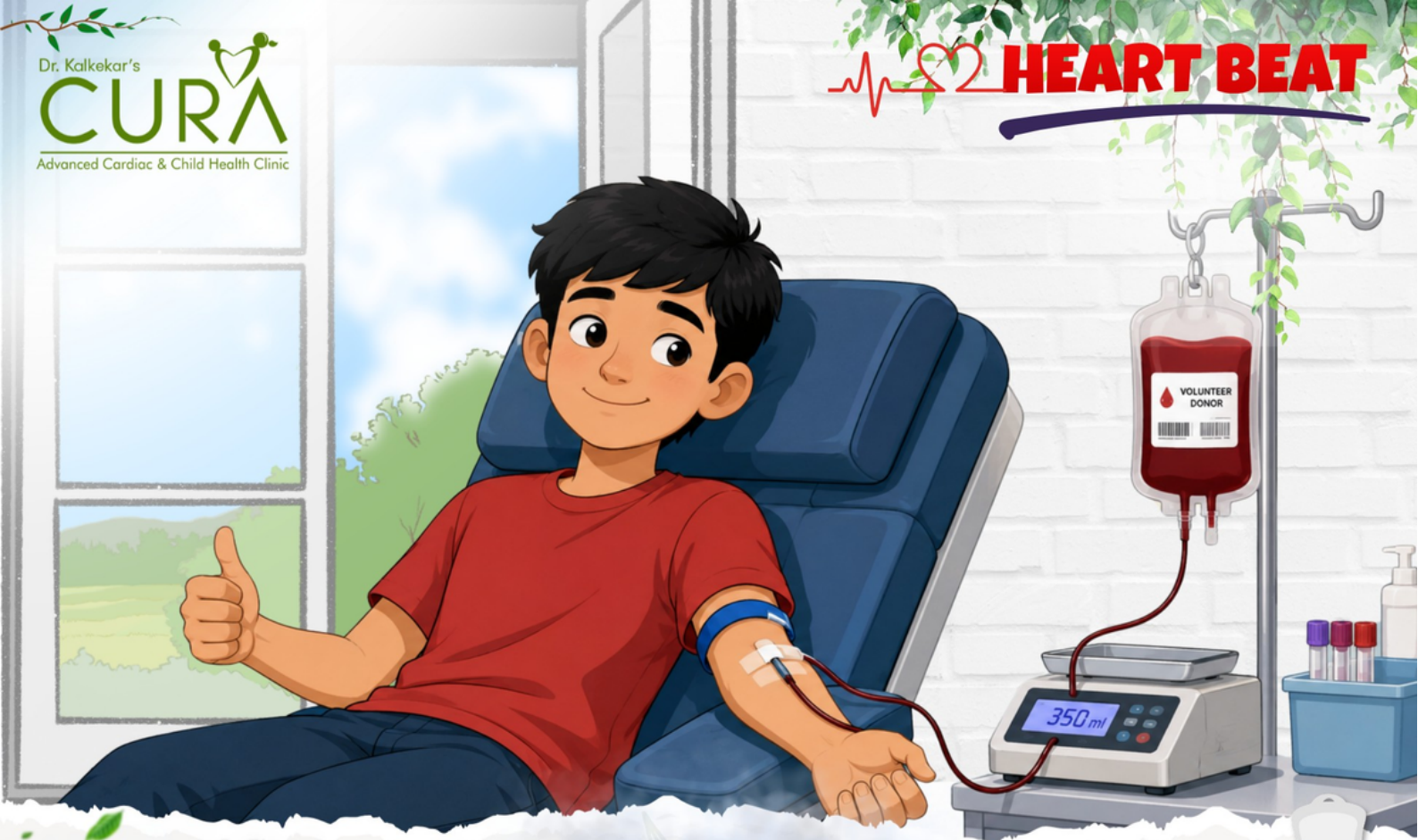


## CURA TIP

Before homework  
or study time



Pause → Stretch → Breathe → Begin



# World **BLOOD DONOR** day

Whom Do You Help When You Donate Blood?



A child undergoing surgery



A person recovering from cardiac surgery



A mother facing complications during childbirth



An accident victim in need of urgent care



An individual living with a blood disorder

## **CURA INSIGHT**

Blood cannot be manufactured. Every unit used in hospitals comes from someone who chose to donate.

One act of kindness can become someone else's second chance at life.

## What Happens When **YOU DONATE BLOOD?**

- Helps maintain healthy iron levels
- Excess iron can contribute to oxidative stress and blood vessel damage
- Regular donation may support heart and vascular health
- Studies suggest regular donors may have a lower risk of heart attacks and strokes

Check for Reference:  
[pubmed.ncbi.nlm.nih.gov/](https://pubmed.ncbi.nlm.nih.gov/)



# CURA-IN-ACTION

## A YEAR OF CURA connections



This month marks **one year** of our **CURA Newsletter**.

Over the past year, we have shared conversations on parenting, child development, heart health, preventive care, emotional well-being, nutrition, and family life.



**One Year**



**12 Editions**



**Countless Conversations**



June 2025

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[Cura-Newsletter July.pdf](#)



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**Thank you for reading, learning, and growing with us.**

# FAMILY CORNER!

## June

**THE GOAL IS SIMPLE**

Read → Imagine → Learn → Grow

### WHY IT WORKS



#### Toddlers

Picture books, storytelling, & read-aloud sessions

#### Teens

Independent reading, biographies, fiction, & discussions



### Reading Every Day

Reading is one of the simplest habits that strengthens imagination, language, attention, and emotional intelligence.

#### FAMILY GAME



### ATLAS

Explore the World

A classic game that combines reading, memory, and general knowledge.

#### How to Play

- One player says the name of a country, city, or state.
- The next player must say another name beginning with the last letter.

#### Example

India  
↓  
Australia  
↓  
Argentina

### WHY CHILDREN LOVE IT

- 😊 Builds general knowledge
- 😊 Improves memory and vocabulary
- 😊 Encourages quick thinking
- 😊 Fun for all age groups

Small reading habits today create curious learners tomorrow.

