

HOWDY JULY

Dear Readers,

July brings refreshing monsoon showers, cooler days, & plenty of opportunities for children to enjoy the beauty of the season. While the rains are fun, they also increase the **Risk of Seasonal Infections & Digestive Illnesses**.

As parents, we can help our children stay healthy by encouraging **Good Hygiene, Drinking Safe Water, Eating a Balanced Diet, & Getting Enough Rest**. A few simple precautions can keep them active, happy, and protected throughout the monsoon.

DR SHRUTI KALKEKAR

(Child & Adolescent Specialist)



WHAT'S IN THIS ISSUE

Monsoon & Water Safety



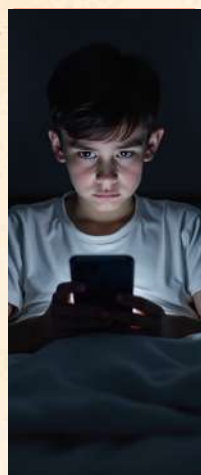
Stranger Danger!



Leadless Pacemaker
(Small Device, Big Innovation)



Teen Relationship Challenges



Master Your Time



MONSOON & WATER SAFETY

Rain brings joy and fun puddles, but it can also carry hidden risks. Cases of **Leptospirosis, Typhoid, Cholera, Hepatitis A, Dengue, & Malaria** often rise during the monsoon due to contaminated water, food, and mosquito breeding.

Eat from known
sources

Drink boiled
water to
ensure priority

Avoid standing
in still water for
long

Carry
appropriate
rain gear



TIP FOR FAMILIES

If you or your child experiences **Diarrhea or Vomiting**, give **ORS (Oral Rehydration Solution)** to replace lost fluids and salts immediately. ORS is a simple way to prevent dehydration and support recovery. [WHO](#)

FOOD INFOLOGY

HIGH MOISTURE Content

Rainy season increases the risk of vegetables being **contaminated** with **Bacteria, Fungi, or Parasites**.

CONTAMINATION Risk

Leafy greens like Spinach, Lettuce, or Coriander can carry **Microbes** from water or soil. **Wash them thoroughly.**

FOODBORNE Illnesses

Eating **Raw** or **Under-washed** Leafy Vegetables can increase the risk of **Infections** during Monsoon.

PROTECT YOUR CHILD'S LIVER!

Hepatitis A Spreads through contaminated food and water. Get your child vaccinated and encourage clean hands and safe water to keep them healthy this monsoon.

For vaccine details contact Cura Clinic on **+91 976 984 2515**

STRANGER DANGER!

STORY TIME

While walking in my society park, I greeted a group of children playing nearby. One child immediately shouted, **Stranger Aunty! Stranger Aunty!**

I appreciated that the child knew the importance of staying alert. But it also highlighted an important lesson, children should learn not just to identify strangers, but to recognize **Unsafe Situations & Warning Signs.**



Make Your Child Remember Important Numbers

Police : **100**
Child Helpline : **1098**

“YELL & TELL”

Recognizing An Unsafe Situation Is The First Step. Children Should Also Know How To Respond With Confidence.

Safety Is Not About Fearing Everyone. It Is About Knowing When Something Feels Unsafe & Speaking Up.



CURA TIP

Practice These Situations Through Role-play At Home. Knowing What To Do Helps Children Feel Confident, Prepared, & Safe.

TEACH CHILDREN TO NOTICE

- Someone who makes them feel **Uncomfortable**
- Someone who ignores their “**No**” or **Boundaries**
- Someone who asks them to **Hide Things From Parents**
- Someone who tries to take them **Away Without Permission**

IF SOMETHING FEELS WRONG

Say NO

Use a Loud, Clear Voice

Move Away

Create Distance From The Person

Yell For Help

Get Attention From People Nearby

Tell a Trusted Adult

Never Keep Unsafe Experiences a Secret

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CARETECH

LEADLESS PACEMAKER - THE FUTURE IS HERE!



विषय लीडलेस पेसमेकर तंत्रज्ञानाची नवी झेप

लीडलेस पेसमेकर
तंत्रज्ञानाची
नवी झेप

नवीन तंत्रज्ञान, सुरक्षित उपचार

स्वामि

A **Leadless Pacemaker** is a small, self-contained device implanted directly into the heart to regulate slow or irregular heartbeats, **No Wires or Chest Incision Needed.**

WHY IT'S USED

- Treats Slow Heart Rhythms (**Bradycardia**)
- Helps Your Heart Maintain a Steady, Normal Beat

BENEFITS

- Minimal Recovery Time
- Lower Risk of Complications
- No Visible Wires

LIFESPAN

Usually Lasts **8 - 12 Years**, Depending On Usage.

CURA IN ACTION

SUPPORTING ADOLESCENT MENTAL HEALTH



Dr. Shruti Kalkekar Participated In The **MAHA AHA** Adolescent Conference Through a Role-Play Session On Relationship Conflict In Adolescence.



The Session Highlighted The Importance Of Empathetic Counselling & Understanding The Emotional Challenges Teenagers Face.

**Dr. Shruti with
Dr. Preeti Galagali**

Through Such Academic Collaborations, **Dr. Shruti** Continues To Contribute Towards Better Adolescent Healthcare.



**Celebrating 11 Years of
CURA**



ORS Awareness Activity at CURA

CURA CONNECTS

JULY HABIT TIME MANAGEMENT

Helping Children Understand Time
Through Simple Daily Routines Builds
Discipline & Reduces Stress.

START SMALL WITH

Balanced Study Time & Play Time

Regular Sleep Routine

Manage School Work

Streamline Responsibilities



MASTER YOUR TIME QUICK TIPS

DOMINO EFFECT

Do one task that leads naturally to the next.

EAT YOUR FROG

Tackle the hardest task first; build momentum.

BREAK TASKS INTO PIECES

Divide big projects or chapters into smaller, manageable tasks.

NOT-TO-DO LIST

Skip unnecessary activities or distractions & focus energy on what is important.

TIME BLOCKING

Allocate fixed blocks for schoolwork, homework, hobbies, & breaks.

CLOSING THE DAY

Review tasks completed & plan tomorrow. Helps reduce stress & stay organized.