



CBSE AFFILIATION NO. 2133857

G.D. GOENKA SCHOOL

(Under the Aegis of G. D. Goenka Group, New Delhi)

VARANASI

(Under the Aegis of G. D. Goenka Group, New Delhi)

REPORT: Red Cross Day Celebration

DATE: 8th May 2024

CONDUCTED BY: G.D. Goenka School , Varanasi

ATTENDED BY: Principal Ma'am, Teachers & Students

Guest : Dr. Pankaj Kumar Singh- MBBS, DNB (Psychiatry),


G.D. Goenka School
Varanasi



08TH
MAY

RED CROSS
DAY

On the occasion of Red Cross Day(8/5/24), today the Senior Group Students had an interactive session on 'Mental health and Wellness' with Dr. Pankaj Kumar Singh- MBBS, DNB (Psychiatry), Varanasi.

Dr. Pankaj, in this session talked about the importance of having awareness about ones mental health and also discussed about the alarming problem of today's generation i.e. stress, anxiety and also depression. He has also guided about anger and stress management techniques and explained different ways of making daily routine time

tables and keeping in check with the body clock. He has also resolved career related & behaviour related doubts and queries of our students.

Later, he was felicitated by our principal ma'am with a memento and also a portrait of him drawn by our Art teacher Ms. Jaya.

Overall it was a fun yet informative session in which students enhanced their observational skills, analytical & logical thinking skills, communication skills and cognitive skills.



Regards:
G.D. Goenka Varanasi.