



Report on Doctor's Talk on Iron Deficiency Anemia

2025-26

Day and Date	Friday, 15, May
Time	During Class Hours
Venue	Indoor Auditorium
Participants	Grade 6-8Students
Presented by	Dr. Celine
Objectives	● To create awareness among students about iron deficiency anemia and its health effects. ● To educate students on the importance of a balanced diet and healthy lifestyle practices.
Outcome	1. Students gained knowledge about the symptoms and prevention of iron deficiency anemia. 2. Students understood the importance of consuming nutritious, iron-rich foods for maintaining good health.

BRIEF REPORT

A Doctor's Talk on "Iron Deficiency Anemia" was conducted on Friday, 15th May 2026 in the school auditorium for the students of Grades 6, 7, and 8. The session was organized in collaboration with Al Hayath Medical Centre and was presented by Dr. Celin.

The session aimed to create awareness among students about the causes, symptoms, prevention, and treatment of iron deficiency anemia. Dr. Celin explained how poor eating habits and lack of iron-rich foods can affect health, concentration, and overall growth in children. The students actively participated in the session and clarified their doubts through an interactive question-and-answer segment.

The doctor also highlighted the importance of maintaining a balanced diet that includes green leafy vegetables, fruits, nuts, dates, eggs, and other iron-rich foods. Students were encouraged to adopt healthy lifestyle habits and regular meal patterns to stay physically active and healthy.

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PHOTOGRAPHS TAKEN



