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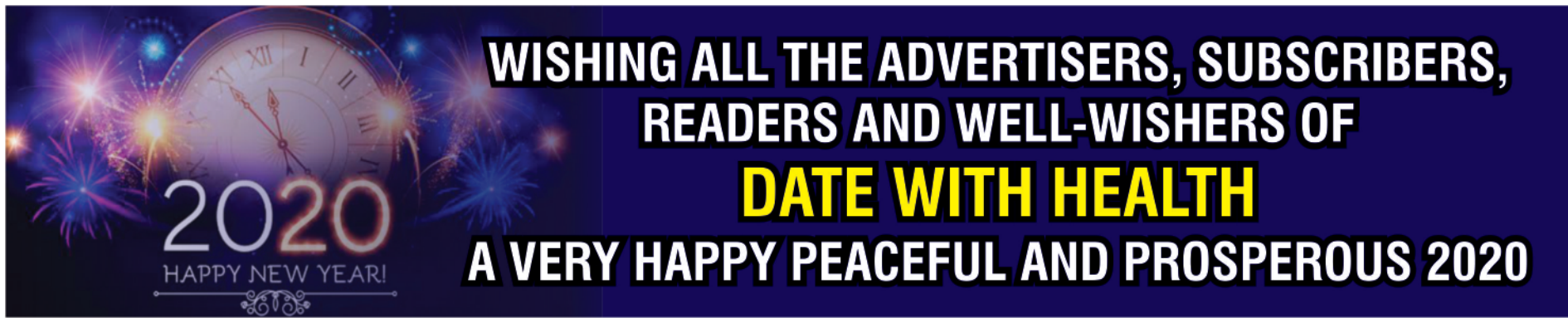
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International Women's Tennis Championship 2019

Date 15 December to 22 December 2019



Hat-trick Victory - Three time champion Barbara Haas (Austria) defeated Sunam Jeong (Korea) 4-6, 6-2, 7-6 (2) in the title match of the 7th Navi Mumbai Sports Association ITF Women's Tennis Championship.

Both the tennis players presented exciting games in the final match at the Navi Mumbai Sports Association's International-level tennis court named as Shri Ganesh Naik tennis complex. In the third and final set, Haas won the match having score 4-6, 6-2, 7-6 (2).

This year, 60 contestants from 23 countries participated in this event.

The winner of the tournament was handed over the cash prize of Rs. 2,69,980/- along with winner's trophy, by Ganeshji Naik (Hon. President-Navi Mumbai Sports Association, former Minister of State of Maharashtra).

Sunam Jeong (Korea) was handed over the cash prize of Rs.1,49,648 and runner up trophy by Shri

Ravi Tangudu (Managing Director Capstone Security Pvt Ltd.). At this occasion, following dignitaries from Navi Mumbai Sports Association

were present,

Dr. Dilip Rane- Tournament Director, Hon. Vice President – MSLTA & NMSA

Dr. S.R. Phadnis- Hon. Secretary CA Sanjay Nikam- Hon. Treasurer

Mr. Arun Patil , Mr. Dattu Patil- Jt. Secretaries

Mr. Ashok Patil, Mr. Dinesh Kanani, Mr. Vijay S Patil, Mr. Prakash Srinivasan, Mrs. Kavita Ganguly, and Shilpa Kenia- Committee Members.

Mr. S.B. Bargaje- Exec. Secretary

Mr. Nittin Kannamwar- Tournament Supervisor.

The final match of the doubles took place on 21st December 2019, between Pei Chi Lee / Fung Hsien

Wu (Taipei) vs Olga Doroshina (Russia) / Shalimar Talbi (Belarus). The match was won by pair, Pei Chi Lee / Fung Hsien Wu (Taipei) with score 6-2, 6-2.

The award ceremony was concluded with cash and trophy by the hands of Mr. Ajayakumar Landge (Senior Police Inspector - Panvel) and Aparna Shah (Managing Director - Bhavana Ford).





Editorial

LET HEALTH AND FITNESS BE YOUR PRIORITY THIS NEW YEAR !!!

Another year is coming to an end, and many of us are ready preparing a resolution for the coming year. Fine that should be the spirit and a positive attitude for the year 2020. But isn't it a time to also look back and rewind the scene a year back. Were we not writing a resolution for the year 2019 then !!!

Can we not take out that piece of paper on which we scribbled our New Year Resolution ? How many of the do's and don'ts have we achieved and what is the score ? It won't be surprising if many wouldn't have achieved even 50% of it.

What happens to our resolution after a few months have gone by ? Well most of the time it's poor planning that makes the resolution go haywire. We don't plan in a practical way but get influenced by our peers. What suits one may not suit the other, but then if my friend is adopting something why shouldn't I, is our approach.

Each individual should plan according to his requirement. If my friend is having a goal to increase his weight by a few kilos in three months, doesn't mean mine also should be the same. He may be underweight for his height and body structure. Mine would be a few kilos more than normal for my height and body structure, so my plan would be different from his, as our goals are different.

Relax for a few minutes and think what is your goal for the coming year, and plan your resolution accordingly. Apeing others would leave you looking a fool at the end. So plan according to your needs and then go wholeheartedly for it !!! See to it that at least a few points in your resolution should be related to Health, then be it adding exercise or a healthy food item in it or dropping an addiction like smoking or avoiding a junk food from your regular menu.

Wishing you all Happy Healthy and Cheerful 2020

UNLOCKING BENEFITS OF INDIAN SPICES (Part 1)



Bhavani Swaminathan
Mob. 7021648382
Nutritionist & Founder
of AAKANKSHA:
Desire For Wellness.

Indian Spices are well known all over the world.

In ancient times, many battles were fought to gain control of this land of astonishing spices. To have the possession of spices like black pepper, cardamom, cinnamon, nutmeg, clove, ginger, turmeric were considered to be a symbol of nobility and high social status during that time. Earlier generation people had the knowledge of their medicinal as well as the taste enhancing properties. Today the medicinal branches like Ayurveda, Homeopathy and many traditional treatment methods make use of the magical powers of spices, condiments and herbs in curing a lot of diseases. Below are the unlocking benefits of some of the In-

dian spices which we all must know.

TURMERIC :

Turmeric are of 2 types : Raw (Curcumin) and dry. Curcumin is the amazing active compound that is found within the turmeric root. It has long been used as treatment in traditional Ayurvedic medicines. It's both antioxidant-rich and a fantastic daily supplement for promoting a healthy inflammation response in the body.

an antiseptic and has an incredible healing properties as well. It provides relief from arthritis pain, aids digestion, boosts immunity and detoxifies the liver.

CORRIANDER

Corriander provides amazing taste to Indian cuisine. Apart from adding mouth watering flavour to the dishes, it also increases the nutritive value of the food. It has anti-diabetic properties and promotes insulin

AMCHUR

Amchur is dried mango powder made out of dried unripe green mangoes. Amchur is usually used when mangoes are out of season. Though it is used to add tanginess to the food and also as substitute for lemon, but amchur has lot of health benefits too. It contains many nutrients like Vitamin A, C and E and antioxidants and also used in preparing many ayurvedic medicines. It aids in



To get the full benefits of curcumin however, it must come with the right support ingredients. It boosts digestion, provides relief from stomach problems.

Dry turmeric powder has been a powerful spice since ages in Indian Kitchen. It is

growth. Corriander seeds help in reducing bad cholesterol and promotes good cholesterol in the body. These are rich in copper, zinc, iron and other minerals that increases RBCs and improves heart health. It also helps in increasing metabolism.

digestion and ensures good bowel movement and improves digestive system. It also improves eye sight as it has important elements like vitamin A & vitamin E which are important for our eyes. It may also help to improve cardiovascular health.

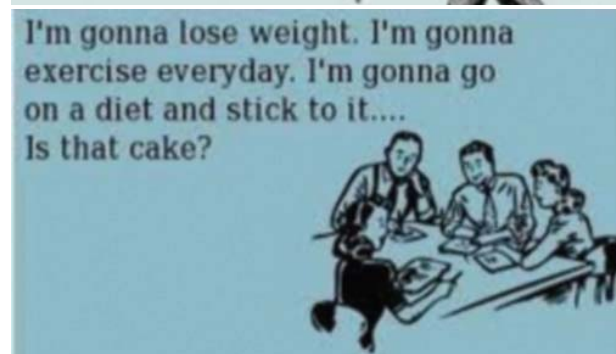
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GOODBYE TEENS 2019 WELCOME 2020



Dr. Shalini Mukherji
(Master functional trainer,
Nutrition consultant and
expert, Muscle Rehab
Trainer)
Mobile : 9323178637
mukherji.shalini@gmail.com

Each year as the calendar turns from December to January we make resolutions and self promises relating to wellness, losing weight, eating better, exercising more and getting healthier.



What is "Getting Healthier"

We are healthy if our GUT is happy and our MIND is happy.

Let the new year see a CHANGE in the way people think about health.

Let the emphasis SHIFT from weight loss and THINNESS to efficient and effective weight management, strength, holistic health and body positivity.

"CLEAN EATING" is the key.

Nutrition Science has changed over the last decade, ELIMINATING the cap on dietary Cholesterol, focusing instead on the need to avoid saturated and trans fats and limiting sugars and sodium.

A fat SUFFICIENT diet may actually prevent Obesity and Diabetes by balancing blood sugar and boosting satiety.

Eating whole foods, freshly prepared instead of processed & preserved foods high in sodium, creates a healthy gut with healthy microbiome.

2020...make changes which you can sustain throughout the year.

- Increase your activity and movement.
- Spend time with your family and friends.
- Broaden your knowledge.
- Drink enough water.
- Find time to do things that relax you and make you happy.
- SIMPLIFY your life.
- Welcome 2020 with a SMILE.

Happy New Year



Endurance sports with Anmol Prabhu

We always take up things in life and give up on it easily when things aren't going our way whether it's your personal or professional life.

I also sailed in the same boat before I exposed myself to running, cycling & triathlons.

In my journey of 4 years with endurance so far I have done a

1. Full Ironman in Sweden which is a race of 3.8 km of swimming, 180 km of cycling and 42 km of running to be done under 16 hours
2. A 10 km swim in the Goa Sea
3. 643 km of cycling from Pune to Goa
4. Multiple local marathons and triathlons

The distances above initially looked daunting to me as well. But a step by step approach coupled with a structured training process helped. Obviously achieving any of the above wasn't easy as it involved 10-12 hrs of training on an average per week, restrictions on diet and a demanding job in a start up.

To give you a snapshot of my training there have been times when I have had to do 300 laps in the pool, around 14-15 loops on palm Beach road for cycling or even go and swim in the dirty mumbai sea at times. The lack of infrastructure here didn't help the cause either. But when you have clear goal nothing can stop you.

There were days when I was screaming with pain while training, craving for unhealthy food or even wanting to socialise, but the sacrifices are worth it because at the end of the day the experience in the endurance sport events and at the finish line is something which will stick with you for life

The journey in-



volves a lot of sacrifice, commitment, discipline and perseverance which were the things lacking in me before I took this up.

Right now it has become a part of me, whether it is my



personal or professional life

So if you are looking to find yourself and want to bring some productive changes in you taking up endurance sports can be the solution.

I would also be writing about my race experiences in further columns so do keep a lookout.

ABOUT ANMOL PRABHU

- Seven years of experience working for start-ups. Involved in Business Development, Strategic Account Management & Operations
- Endurance Sports Enthusiast and Finisher of the Full Ironman Triathlon (Sweden), 10 Km Swimathon & The Deccan Cliffhanger (643 km of Cycling from Pune to Goa) with a dream of doing an Ultra Man in Future (Workout Profile)

- I began my journey into Triathlons in early 2016, prior to which I had no swimming or cycling or even proper running background. But there is something about sport which pulls you into the journey and madness that lies ahead.

Strava - <https://www.strava.com/athletes/21992218?oq=anm>

In case you want to check my workouts

Instagram - <https://www.instagram.com/anmol0519/>

-Follow me for Triathlon and other sport updates

Phone: +91 9870725884; Email: anmolprabhu09@gmail.com



SALMA PRABHU
Clinical Psychologist
Career Counselor
and Author of Parenting
book Mom Dad
U R Wonderful and
You are My Star
salmaprabhu7@
gmail.com
Call 9322851484

Neuro Linguistic Programming (NLP) is all about changing the way we perceive and due to that how we react or form our ideas and opinions. We have learnt in the past articles that our life is totally due to how we use the conscious and subconscious mind. We are programmed from childhood to react or respond depending on what we saw, heard and felt. Our brain is condi-

FIVE SENSES AND NLP TO REENGINEER OUR THOUGHTS

tioned to these trainings from our parents, teachers and society. We saw one of our parents or both getting angry and yelling to show their disgust and we learnt that way of responding or we saw our parents responding calmly to a situation rather than reacting harshly and we learnt that. As a result many of us are either angry, or get easily upset, or react instead of responding.

Now as adults we realize that it is harming more than helping and therefore many of us want to change. But how much so we may try, change is a bit difficult and slow process. Negative thinking, self doubt, anger, fragile ego, sadness, procrastination, addiction, bad habits are some of the emotions and behavior which people

expressed that they want to change.

By using the same senses and a few more that we have we can take the help of this Neuro Linguistic Programming and bring about these changes.

So let me give an example of how anger can be overcome.

We have learnt anger by using the three senses visual, auditory and kinesthetic. So when you were a child your mom or dad got angry and you saw how the eyes rolled up, frown on the face, forehead wrinkled, fingers clenched, teeth grinding, totally wild look, you heard the voice loud, full of anger, threatening, high pitched, you felt your stomach scared, your heart beating, your fingers with perspiration and if you got a beating then you felt the sting, not just on

your face or body but also in your mind and your heart, your ego was hurt, your feelings were hurt, you developed a low opinion about yourself, and if this happens frequently then one loses self confidence and has a low opinion of oneself.

Now when a person grows up with these feelings and memories, even if they are suppressed experiences low self esteem and self confidence and has a fragile ego.

Positive Affirmations with visualisation and good calming soothing sounds, pleasant fragrance will help to change this to being confident and have a high self esteem.

Do the following steps

1. Write down affirmations like
I am calm peace-

ful loving intelligent person, I am confident and happy person, I live myself and know I have great capabilities, I respond positively and sensibly to all the situations.

2. Now print these affirmations in bold letters and paste the printout on a wall where you can see it frequently. This is your visual cue.
3. Every day put in calm relaxing music and sit in front of the poster. You are adding your auditory cue.
4. Also light a fragrant candle or incense. This is your olfactory cue.
5. Sit comfortably and also pay attention on the touch of your clothes, or the cushion next to you touching you

or anything soothing, this is your Kinesthetic cue.

6. For five minutes each day when you wake up and before sleeping read these affirmations with the above cues and associate good stimulation to your senses.

Soon your mind will associate the positive affirmations with all these soothing fragrance, sound and touch and help your brain forget to react with anger and rather respond with calmness.

In the next article, I shall write about writing a script and using visualisation to make our dreams come true.

Wish you all a wonderful New Year and may you all succeed in achieving the resolutions you have made.



Shaheen Saif Khan
Mob. 9664887629 /
9820128395

I have always laid emphasis on the need for Health Insurance in all my previous write ups!!

New Year brings a new freshness with it, a whole new start, a whole new Journey. So I thought why not start with the basics yet again!!!

With this New year, lets take a resolution to be Financially stress free. For those who

have been reading this column and are still Uninsured, and for the new readers, this article will surely make you think, whether you are financially prepared for the worst?

Companies today, have come up with so many innovative and creative products to suit all your health needs. Taking a mediclaim is not only a mean to tax saving but you are buying a health protection to secure yourself and your family against unexpected Hospitalisation !!

If ever you face a hospitalisation, can you cope with it? If you do not have a

mediclaim policy, you will either liquidate your savings or borrow money. And I don't think you are saving your hard earned money to spend it in a hospital !!!

- For a normal fracture, the hospital bill comes to minimum of 20000
- For Cataract, bill comes to 35000-40000 for a basic standard lens, if you take a better lens, again the bill amount can even go to Lakhs
- For a heart surgery or any Cardiac related diseases, Approx Expenses ranges from 190000- 500000

- For Heart Valve replacement will be Approx 350000-800000
 - Chemotherapy: 65000 - 200000 Per cycle
 - Kidney related hospitalisation will also run in lakhs
- This is just a summary for few major and most common illnesses!!

At this point, your Mediclaim will protect you financially and mentally. People consider taking a Health Insurance only when someone in their family or friends circle have had a bad experience. Why wait till Old age when you start developing Health Issues.

Mediclaim should always be started young and Fit, So that all the waiting periods which are applicable in certain diseases are covered and you have a full proof plan available with you when you actually need it !! Of course though that is not what we pray for, but today considering the changing lifestyle patterns, a fit person can also get diagnosed with major diseases.

There are plans for the diabetic, there are plans for the ones who have undergone heart surgeries. Then there are plans for the cancer survivors also. Each and every need can be fulfilled.

The Health plans also give you the opportunity to undergo annual Free Health checkups which will help identify potential problems if any!!

Hence to sum it up, it is very essential to have a personal health Insurance because even if any one person is uninsured in the family, it will affect the whole family financially and emotionally.

Isn't it better to pay small amount in instalment rather than paying hefty bills from your savings?

“You can't enjoy your wealth, if you are not in Good Health!!!! Think and Act.

PREPARED FOR THE WORST?

TULSI-THE INCOMPARABLE ONE..!



Dr Maheen Memon
(Naturopath ND,
Alternative system of
medicine, Dietetics)

Tulsi or Holy Basil is an aromatic shrub and has long been grown as a culinary and medicinal herb. The word basil comes from a Greek word Basilikon which means Royal, perhaps because it was prized as the king among herbs. The herb is known as TULASI in Sanskrit which means incomparable. Within India, tulsi has been adopted into spiritual rituals and lifestyle practices that provide a vast array of health benefits that are beginning to be confirmed by modern science. It is known to be a tonic for the body, mind and spirit that offers

solutions to modern day health problems. Daily consumption of Tulsi is said to prevent disease, promote general health, well being and longevity and assist in dealing with daily life stress.

There are three main types of Tulsi plants that are differentiated on the basis of their medicinal properties and some physical characteristics- THE RAMA TULSI, THE KRISHNA TULSI and THE VANA TULSI. Krishna Tulsi is the most widely used variety.

The medicinal properties of Tulsi have been studied in hundreds of scientific studies including in-vitro animal and human experiments. These studies reveal that tulsi has a unique combination of actions that include:- Antimicrobial, mosquito repellent, Anti-oxidant, Anti-diarrhoeal, Anti-inflammatory, analgesic, Antipyretic, neuro-

protective, Anti-cancer, Anti-allergic, Anti-asthmatic, Anti-spasmodic, Adaptogenic, Anti-stress. It is also credited with giving luster to the complexion, sweetness to voice and strengthening immunity.

Uses of Tulsi for various illness and discomforts-



- In cough - Drinking juice of tulsi leaves with a tsp of honey thrice a day helps reduce cough, relieve congestion and also clears the voice.
- In irritation and pain in throat- Gargle with warm water in

which tulsi leaves have been boiled and drink the same until relieved.

- In stuffy nose - The dried powder is used as a snuff to get rid of stuffy nose.
- In night blindness - 2 drops of tulsi leaves juice in the eye at bed time is proven to be helpful in cases

of night blindness.

- In insect sting or allergic rashes and worms - Drinking tulsi juice in water and applying the fresh juice on the stung area reduces the inflammation. The same procedure is highly

beneficial in skin infections and allergies and also ringworms.

- In ear infections - When there is pus in the ear and the ear emits a foul odour, a few drops of Tulsi can be instilled in the ear to clear the pus and combat infection.
- In seasonal fevers - Taking tulsi juice with pepper thrice a day brings down the temperature and also clears the infection.
- In indigestion, loss of appetite, flatulence and bloating - Drinking a cup of water with infused tulsi everyday without sugar helps relieve all stomach discomforts.
- In malaria, bronchitis and nasal catarrh - Decoction or fresh juice of tulsi with equal quantity of honey is a sure remedy when used for seven days.
- In inflammation - Having anti inflammatory properties, the paste of the entire plant may be applied over swellings to re-

lieve pain and discomfort.

- Face masks - A paste made out of tender leaves of tulsi if applied over the face as a mask regularly clears black spots, rashes and pimples and brings life to dull skin.

Tulsi was also found to increase humoral and cell mediated immunity in experimental studies. The leaf powder was shown to considerably decrease fasting blood sugar levels, total cholesterol and phospholipids. The experimental studies also proved that the essential oils in Tulsihelos correct behavioral reactions to stress.

All these pharmacological actions of tulsi helps the body and mind cope with wide range of chemical, physical, infectious and emotional stresses and restore physiological and psychological functions and maintain good health.

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TONGUE CLASSIFICATION WITH SOME DISEASES



Dr Yasmeen Mujawar
BHMS, D Accupunct (Bom)
Mobile : 9892423986

Have you ever wondered why in most cases, when you visit your doctor, he/she asks you to stick out your tongue? While it is true that the doctor has a better view of the throat when your tongue is stuck out there is also another fundamental reason for it. The doctor would also like to know the soundness of your tongue. You might have heard this old saying that a lot can be said about you by looking at your tongue. This holds certainly true in modern times and if your tongue looks unhealthy, it is time to get yourself evaluated by a physician.

Let us look at some common symptoms and what you can infer from them:

If your tongue is black and hairy: Much like hair, the papillae on your tongue grow throughout the lifetime. They become excessively long in some people and they can harbor bacteria. They look like dark patches and can resemble a mole on your skin. The

condition may be common for people suffering from diabetes and for people who take antibiotics regularly.

If your tongue is sore or bumpy: If your tongue is always sore, it can be due to a result of an accident or an injury. You might have accidentally bit your tongue and the place is prone to infections and redness. The place may not be able to secrete enough saliva on its own and can cause these rashes or a sore tongue. They are also caused by smoking and in some cases, people with mouth ulcers can get them. Mouth ulcers in the tongue can be painful and can be especially messy.

TONGUES HAVING WHITE COATING IS A SIGN THEIR GASTRIC PASSAGE IS NOT CLEAR AND NEEDS TO BE LOOKED INTO PROPERLY.

HAVING ULCERS OR SORE SPOTS ON ANY AREA OF TONGUE CAN USUALLY BE A SIGN OF HAVING VITAMIN DEFICIENCY AND SUPPLEMENTS CAN HELP CONSIDERABLY .

Doctors advise to check your tongue on a daily basis and any changes should not be ignored and should be treated with the seriousness it deserves. Seek medical help immediately if these changes do not go away even after a week or two.

Ryan Minithon 2019



Ryan Minithon 2019, one of the largest Minithon for the school students in the country which was held in Mumbai on Sunday - 15th December 2019 witnessed the enthusiastic participation of 12,258 students of 41 different schools of Mumbai. Ryan Minithon 22nd Year and the 174th race for school students in the country under the aegis of Ryan Group of Institutions mentored by Chairman of Ryan International Group of Institutions and St Xavier's Group of Schools - Dr A. F. Pinto and Managing Director Madam Dr. Grace Pinto initiated the Minithon to encourage "Love for sports" among students.

The flagging off was done from St. Lawrence High School, Borivli (West) by Dr Snehal Pinto (Director - Ryan International Group of Institutions, Mr. Satya Prakash (DIG / RPF), Lt. Cdr. Debasish Tripathi (38 LLMC - Navy Officer), Lt. Cdr.

Shristi Thakur, MHB - Police Station - Police Inspector Prakash Jadhav, Mr Anand Mane - Asian Games China 2005 Mr Anup Thakur - Chatrapati Award Winner from Maharashtra Govt 2012-13 for Malkhamb, Mr Manohar Mane - Sports Director of Mumbai Univer-

U/15 mountain Bike off Road Cyclist, Mr Joseph Monterio - Joint Secretary At the Mumbai Sports Association and Many other esteemed Guests .

People of Borivli, a suburb of Mumbai woke up to a pleasant surprise as sporty students from under U-12 to U-16 clad in P.T

such races in Bengaluru, Delhi, Chandigarh, Nagpur, Surat, Jalna, Jaipur and Navi Mumbai since 1998 to develop a sports culture in the country conducive for grooming young students for National and International sporting events. Chairman of the Ryan Group of Institutions

Dr. A. F. Pinto and the Managing Director Madam Dr. Grace Pinto are of the view that this Minithon is a tribute to all the athletes throughout India and such Minithon promotes an interest in sports in the minds of youth.

The winners of different age groups were awarded in an enthralling ceremony in the presence of distinguished guests. The prize distribu-

tion ceremony got off with a prayer followed by welcome speeches, melodious songs and captivating dance performances. Amidst thunderous applause the Winner School, received the Championship Trophy of Ryan Minithon 2019.



sity Mr. Mohan Pillai- Manager Bisleri, Mr. Joy Banerjee (Professional Fitness Expert), Ms. Neha Shrisagar (Corporate Lawyer). Mr Prabhjot Singh - debut Film - Udda Punjab .Mr Sidhesh Sharma - winner of Silver Medal in

uniforms ran the race along the minithon route lined with a continuous human chain of teachers, Scouts & Guides and RSP students of all the participating schools. Ryan International Group of Institutions, India, has been organizing

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RYAN CHRISTIAN SCHOOL – VASHI, REPORT OF SCIENCE ACTIVITY FOR BEST OF INDIA RECORD
 Held on: 6th December 2019. • Venue: St. Lawrence High School, Vashi



We are very proud to acknowledge that Ryan Christian School & St. Lawrence High School Vashi, students in all 3366 had participated in Science Activity for Best of India Record. By conducting the science activity of Human Skeleton making for Gr. I to Gr. IV and Blowing Windmill for the students of Gr. V to Gr. VIII in 1 hour. But our students completed the task in less than 1 hour.

This event was organized by Dr. Sarika Gupta, C.E.O., Shalom Health and Educare. The main objective of conducting this Event was “Learning by Doing”. And the objective was fulfilled successfully.

The following dignitaries were present for



the day as the Judges and Witness of the Event.

1. Mr. B B Nayak: He is representing, BEST OF INDIA RECORDS. As a judge to this historical event.
2. Dr. AMBARISH PATNIGIRE- Ex DMC

education, Deputy Commissioner, (zone 2 encroachment).

3. Dr. Sarika Gupta: Founder and CEO of Shalom Health and Educare. A medical doctor by qualification, director of a hospital by profession, and science communicator by passion, through Shalom Health and Educare.

4. Mr. Mahesh Hamshetty – Asst. Commissioner, Vashi Ward officer.

5. Mr. Suyash Dake – Director of Khtuhal and Sunday Science School.

Under the guidance and blessings of our Respected Chairman Sir, Dr. A.F. Pinto and Managing Director Madam, Grace Pinto, we could achieve the success today.

Christmas Celebration 2019 at Ryan Christian School, Vashi

Christmas is the season of joy, holiday greetings exchanged, gift-giving, and families getting united. The Christmas celebrations took place in Ryan Christian School Vashi on 21st December 2019 for students of Grade I to VIII. The occasion was graced by Pastor Venkatesh Walekar Founder and President of Grace Life Church and Dr. Sonal Vahanwala Dental Professor at D.Y. Patil Hospital

The celebration Started with word of the Lord, which included a prayer song and welcome song performance by the rhythmic school choir and primary students. A Carol singing by students of grade V



to VIII added the melodious environment of Christmas in the whole school. A tableau was presented by the students, to show the birth of Lord Jesus Christ. Dancing and singing Santa Clause enter in the end of tableau to wish everybody Merry Christmas and Happy New Year.

The celebration concluded with vote of thanks and thanks giving song and dance by choir and primary students, followed by School and National Anthem.

The students were completely spellbound with the Christmas gratification and the day was called off with a distribution of Goodies to the students. To make the Christmas celebration more enjoying and meaningful students visited a orphanage and donated “Joy of Giving” collection of food items in the orphanage.

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Disha - an effort for Self Defence and Empowerment



In commemoration of Nirbhaya, a 23 year old university student who was raped and brutally murdered in Delhi on 16th Dec 2011 - JWALA, an NGO, was formed by Dr. Divya Gupta with the aim to

“Empower Women through Self Defence Training”. Since then, JWALA has trained more than 1 Lac Women in self defence all over India.

To commemorate the event, “Everest Cycling Culture (ECC)” or-

ganised a bicycle ride in Navi Mumbai, on Sunday, 15th Dec 2019. The aim of the ride was to raise awareness about women safety, self defence, and take a pledge: “Mai Rakshak - I am the Defender”.

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