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Tennis Championship 2023
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From 25th Dec 2023 to 31st Dec 2023



PLEASE NOTE: Vol. 7, Issue - 2 (November 1-30, 2023) Print Edition was not printed due to Covid-19 related problems, the inconvenience caused is regretted. You can see the same digitally on our website: www.datewithhealth.com

- Editor



Editorial

EXERCISE IS GOOD BUT NOT ALWAYS

Those who exercise daily in the form of a simple brisk walk or jogging or doing breathing yoga exercises the best part of the day for them is the pleasant and fresh air filled mornings. How motivating and energizing experience it leaves on a person's mind and body throughout the day. It vitalizes the entire body to deal with the hard and tiring day ahead.

The most important part of any form of exercise is the surrounding ie the pure and fresh air around you and the eye soothing greenery. Just imagine a person going out in the early hours of the day and finding the atmosphere filled with smog and the Air Quality Index (AQI) at a "very poor" level. He because of his daily habit of exercising ends up with irritation in his eyes and a choking sensation in his chest. Has he accomplished anything for which he went out ? Absolutely not, on the contrary he put himself into a dangerous health hazard. If a person keeps getting the same smog will he end up being healthy at the end of a few weeks or will he catch up with a few body ailments like heavy feeling in the chest and red watery eyes.

The AQI in the National Capital Delhi and Commercial Capital Mumbai had been very poor over a period of few months now. Forget about exercising even the daily routine like going to office and school had become "hazardous". Primary schools were shut in Delhi NCR for days when AQI went much above the "very poor" levels.

Are we really just concerned about our health individually ? Don't we have a collective responsibility to keep our surroundings fresh and clean so that we all benefit individually too.

Stubble burning during this time of the year has been a major factor for smog in the National capital and its surrounding regions, but industrial pollution and vehicular smoke worsens the situation. Shouldn't it be an individual responsibility of everyone and a collective responsibility of the governments to find a permanent solution to this health hazard or should we stop exercising for a few months during these smoggy months 🙄🙄



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During my counselling experience of more than 4 decades, I have often been interviewed to write about or give my comments regarding the effects of toxic relationship and how to deal with it.

Often in our lives, we experience that some relationship just take everything out us, it saps us, drains us and also brings out the worst in us. This need not be always in marriage or couple relationship, this can happen even with other family members, friends or even colleagues.

We find ourselves at wits end and also face physical ailments which are due to the stress and negative feelings which are experience in this relationship. If it is ongoing for long and leads to a constant feeling of dissatisfaction, a feeling of being taken for granted, a feeling of being exploited, a feeling of one way just

Toxic Relationships

giving and not receiving love, gratitude, appreciation, then this is a toxic relationship.

The one suffering often decides to confront, break off, be assertive, however ends up being on the loser end time and again. They are not able to lead a life without the shadow of the toxic air around them.

It is time to take help from a professional and also follow the following steps.

The first important step before confronting is to practice assertive skills. It is very easy to say to do so, it is tough for those who have difficulty in saying no or have the fear of hurting other individual's feeling or the fear of disturbing the harmony in the family or at work place, or the fear of losing that friend.

You need to realize that if you are feeling uncomfortable and exploited for a long time then this is not healthy friendship or relationship as it is not helping you grow, it is only deteriorating your physical and mental health.

Being assertive means first work on your own self-image. As often one cannot express their feelings due to low self esteem or lack of confidence and often feel that others are right. Individuals with low self

esteem also become victim of being bullied as they feel they are at fault or they need the other person in their lives.

Writing down personal feelings, writing a journal and using positive affirmations to change the self image and self belief will work wonders. Use statements like

"I am confident and happy person", "I love myself and feel worthy of myself"

"I am strong and wise", "I respond with confidence and courage"

Repeating these affirmations when you wake up and before you sleep impacts the subconscious mind and it helps you achieve to change your thoughts and actions.

The next step is to learn to say NO. It is very important in life to learn to say NO at the right time and the right people. This becomes possible when one writes down the life goals with timelines and prioritize their own life and what they want. When you have your life goals in front of you, you know when to say yes and when to say No. Do not stretch yourself far and wide to please others. First get your mind and health in order.

Repeat the Affir-

mations. "I am worthy and deserve to be happy". "I love myself and everyone around me respects and loves me"

It is very essential that you first love yourself. The universe will resonate your love to you.

Next step is to forgive yourself and do not carry the guilt baggage around you or on your shoulder. If you feel you have hurt others then forgive yourself and if others have hurt you then forgive them as well. This will take off a huge load and negativity out of your life.

Now is the time to also end the toxicity in your life. Give the people one last chance, by letting them know the harm they are doing to you. Set a timeline to see the change in them. In the meanwhile keep working on yourself and keep evolving. You are on a path to higher levels of thinking. If things do not change then take a decision to set yourself free. Toxic relationships are damaging to ones personality and also the others around them.

Let go. Set yourself and the others free.

Wish you all a wonderful and beautiful December. Soon we shall be in the new year and you can make goals for 2024.

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ACUPUNCTURE UNVEILS ITS SECRETS IN TACKLING SEASONAL DISEASES

Seasonal changes can disrupt the body's harmony, making it more susceptible to diseases.

As autumn leaves fall and winter chill sets in, a surge in seasonal illnesses often follows suit.

From the common cold to the flu, people search for effective remedies beyond conventional medicine. Acupuncture, rooted in the belief of balancing the body's vital energy, or "qi," has become a beacon of hope for many.

As seasons sway, so does our health rhythm. Enter acupuncture, a traditional remedy from Chinese medicine, weaving its way into the fight against seasonal illnesses.

The fundamental principle behind acupuncture lies in the insertion of thin needles into specific points on the body, known as acupoints. These points correspond to energy pathways, or meridians, that traverse the body.

According to traditional Chinese medicine, stimulating these acupoints helps unblock and balance the flow of qi, promoting overall well-being and resilience against illnesses.

Acupuncture works by restoring balance, enhancing the immune system, and alleviating symptoms associated with seasonal ailments.

Winter's chill invites colds, but acupuncture's gentle needles aim to fortify the immune system, standing guard against the flu's chilly grasp.

Spring blossoms bring joy but allergies too. Acupuncture, a holistic dance, seeks to ease symptoms by addressing the roots of



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allergic woes.

Summer's heat may drain vitality, yet acupuncture's proponents claim it can recharge energy levels, ensuring you bask fully in the sun's warmth.

Autumn's arrival signals change, and acupuncture may aid in adapting. It's said to regulate functions, potentially preventing mood swings as temperatures drop.

Acupuncture can modulate the



immune response, promoting the production of immune cells and antibodies. This immune-boosting effect is particularly

Crucial during seasons marked by a spike in contagious illnesses.

Moreover, acupuncture is praised for its ability to address specific symptoms associated with seasonal ailments. Whether it's relieving nasal congestion, reducing fever, or easing body aches, the targeted approach of acupuncture offers a personalized and holistic solution.

DEALING WITH DIABETES



C.K. SUBRAMANIAM
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Diabetes Mellitus is a major growing health problem in India. Its prevalence has been steadily rising and by the year 2025, India would have the world's largest population of diabetics.

Diabetes mellitus is a disorder in which the transport of glucose from the bloodstream to the cells does not function properly. This leads to much higher levels of glucose or sugar in the blood than is normal or on a healthy body. The reason for this could be that your pancreas is not producing enough quality or quantity of insulin or the insulin being produced is not being utilised properly by the body. KAWASAKI an Ayurvedic medicine control diabetes to the normal level if taken along with the prescribed medicines by an allopathic physician.

Thus your body cannot properly use the energy from the food you eat resulting in an increase in thirst, more tiredness and lassitude, changes in weight and frequent passing of urine etc. You will have to live with diabetics so you will have to follow ways and means to control diabetes.

- Eat a balanced diet and small and regular meals
- Eat more high fibre foods
- Reduce intake of fatty foods and alcohol
- Avoid all forms of sugar/sweets

The best option is to do regular exercise, which makes insulin work better and this keeps your blood glucose more stable. Exercise burns calories of food you eat and helps you to reduce your excess body weight considerably.

You will have to live with the medicines prescribed by the family doctor and regular monitoring of the sugar level in the blood is most important. Self-monitoring means measuring your



blood glucose/urine glucose at regular intervals either at home or in a pathology. Self or home monitoring and consequent control can result in less frequent visits to the doctor.

It can help to prevent the onset of low blood sugar reaction.

It can help to identify the type of food that causes changes in blood sugar levels. Self-monitoring can be done using urine test strips.

The repercussions/ complications of diabetes uncontrolled by medicines leads to

- Leads to partial or total blindness
- Leads to heart ailments/or heart at-

- tacks
- Leads to kidney failure/or the renal failure as per the medical term
- Leads to feet amputation.

Good diabetes control will reduce the risk or delay the onset of diabetes complications. There is hue and cry about the disease and the number of cases increases day by day in India. However, when you look at the sitting job done by Indians for hours together without proper exercise this is not unusual. Further, the Indians tend to eat too much and used to have protruding pot bellies by the time they reach 40.

One should have the awareness after reading the write-ups on news dailies on diabetes. Even juvenile diabetics are very common. The wise way of thinking is to have small meals, exercise well and keep the weight under control all the time.

To reduce the weight one must curtail intake of sugar totally, do not consume oily items and Potatoes. With this one can reduce 1 kg in a week and that will lead you to a normal life even with dreaded disease. Even if you ask for a share of the property from your father you may not get as you wish but at the same time both BP and diabetes will be passed on to you by your parents without asking. diabetes is totally hereditary and one must know how to forget unnecessary worries. There lies your will power.

The Healing Power of Dance Movement Therapy for Children, including those with Autism Spectrum Disorder

Dance / movement therapy, called DMT for short, is the therapeutic use of dance and movement to improve or treat various psychological or emotional challenges. DMT is based on the idea that motion and emotion are interconnected and you can express or release your emotional energy through movement.

Dancing or moving one's body creatively helps one to be more open and expressive. There is so specific training for this, since it comes from within. Dance, a universal language of expression, transcends mere physical movement. Its therapeutic potential has been harnessed in various forms, with dance movement therapy (DMT) emerging as a powerful tool for enhancing the well-being of children. This holds particularly true for those on the Autism Spectrum Disorder (ASD),

DMT is a therapeutic approach that utilizes movement to support emotional, cognitive, and social integration. In the context of children, the inherent playfulness of dance provides a non-verbal channel for communication, allowing them to express feelings and experiences that might be challenging to articulate verbally.

Children have great power to imagine, visualize, and enjoy movements and music which is fun and also capture their attention span into the activities. There is newness, comradery, catering to their curiosity, I have

seen in my session in schools that they are eager to experiment. Since many props, music, element of Drama, art and crafts are also incorporated in the activity the DMT sessions are perfect for their growth physically and emotionally as this is a holistic approach



Ms. Veena Iyer
Founder of Khoj, Holistic
Healing Therapist
as DMT practitioner

Research has also thrown light on this,

Dr. Ankowski has contributed significantly to understanding the nuanced benefits of dance movement therapy for children with ASD. Her research emphasizes the importance of tailoring interven-

ibility is crucial, considering the spectrum's wide range of challenges and strengths. Structured movement sequences, music, and creative expression become powerful tools in fostering emotional regulation and social connection.

Dance movement therapy (DMT) has shown promise in aiding children, including those with Autism Spectrum Disorder (ASD). Incorporating expressive movement, DMT aims to enhance emotional, social, and cognitive well-being.

In very young children in general and ones with special needs, concepts like Sensory Interaction, Body awareness, expressing oneself non verbally or in putting expression in a painting, moving to Rhythm all help as a new form of portraying self. With fun bundled in various activities captivates and motivates them to explore.

I propose to write in detail on Sessory Integration and full length activities of children with ASD and other learning disabilities separately in future. As of now this is for general understanding and bringing awareness of DMT and its innumerable benefits across age, Gender and Strata.

My personal wish is that DMT should be incorporated in schools/education stream to benefit the children and equip them to face life's situations, with ability to organize, learning new motor skills and more. Due to ethical responsibility, no session photos with children with ASD are posted here.



with no structure and no right or wrong movements.

DMT is unique to each as it is client based. A study is done of the group and individual too, for planning sessions and achieving Goals. In the inclusive scenario, it is good for children with ASD.

tions to individual needs, recognizing the diverse spectrum within ASD.

One strength of DMT lies in its adaptability. Therapists can tailor interventions to address the unique needs of each child. For children with ASD, this flex-

DATE WITH HEALTH'S INITIATIVE FOR A BETTER TOMORROW!!!

Plant a Sapling, click a picture with it and send it to us on
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We will carry the same in our coming issue. Don't forget to send your Name and full postal address. We will send you a complimentary copy of that issue.

So plant a sapling today as your contribution for a better tomorrow!!!!



Celebrate the Essence of Childhood

“Every child you encounter is a divine appointment.” This quote of Wess Stafford, President, Compassion International, beautifully signifies that children are precious gifts of God and there is a divine purpose that bestows upon us a huge responsibility to give them a better life and a prosperous future. The birth of a child brings so much happiness and joy in the family. It is a joyous occasion that everyone excitedly looks forward to with much anticipation.

not be deprived of their childhood as it is the best part of human life; it is the essence of life; the foundation of the rest of human life. Childhood has a great significance in the making of an adult. Children’s Day is a very important event not only for children but also



day, parents and teachers are urged to nurture our children and train them to be honest citizens and above all to love them and care for their happiness. Holistic education is the need of the hour; education that encourages children to realize their own unique

home a Silver Medal in 4*400m relay at Asian Games 2023. The need of our times is that educators and parents make that extra effort to help children nurture their skills, talent and interests in the right direction right from an early age.

On this day, children are urged to make the best of every opportunity provided to them and realize their full potential in life and make their parents and nation proud. Also, they are earnestly exhorted to pray for those



Children are full of innocence which shows nothing but purity and manifestation of God’s love. Children are like wet cement. “Whatever falls on them makes an impression,” said Haim Ginott. Therefore there is a huge responsibility upon parents and educators to provide them with a good environment and healthy atmosphere to live and grow. Children’s Day is a reminder that children are entitled to education, recreation, freedom, health care, economic & social needs in order to live their childhood to the fullest. They should

for parents and teachers as this is the day to celebrate the spirit of childhood and to remind ourselves that our children need to be loved and cared for.

The birthday of Pandit Jawaharlal Nehru, the first prime minister of independent India is celebrated as Children’s Day in India. He was a great leader who was keen about the welfare, education and development of children in India. Even though he was very senior in stature, he was fond of children and became popular as Chacha Nehru amongst them. On this special

interests and excel, understand their strengths and nurture themselves as well-rounded individuals. At Ryan Group we have always remained focused on providing Holistic Education and we are happy that our students are excelling in different fields. Recently, our alumni Chirag Shetty from Ryan International School, Malad ICSE, bagged a Gold Medal in Badminton Doubles, Parneet Kaur of Ryan International School, Patiala, won a Gold Medal in Archery and Aishwarya Mishra of St Mary’s Dahisar brought

who are not so fortunate to go to school so that they too may get an opportunity to study and live a life of dignity and respect.

Dear Children, as you celebrate your childhood, remember that you are unique, special and a wonderful child of GOD. Obey your parents and honor them and do not succumb to the challenges of times, but with confidence march forward and be victorious. “Commit to the Lord whatever you do, and He will establish your plans.” (Proverbs 16:3)

Wish you a Very Happy Children’s Day!



C. K. Subramaniam a senior citizen (74) from Sanpada, who is doing yeoman’s service in the satellite city since 1995 as a freelancer successfully for 27 years being honoured by Parameshwaran sir of Parameshwaran Kalalaya Foundation being honoured during weekend musical extravaganza at Ayyappan temple, Nerul.



Health Benefits Of Sunlight

Do You Know How Important It Is To Get A Little Sunshine?

Scientifically, sunshine has a lot of benefits for our bodies. Here are seven great reasons to get outside and soak in the sun.

1. Improves Your Sleep

Your body creates a hormone called melatonin that is critical to helping you sleep. Because your body starts producing it when it's dark, you usually start to feel sleepy two hours after the sun sets, which is one of the reasons our bodies naturally stay up later in the summer.

Research indicates that an hour of natural light in the morning will help you sleep better. Sunshine regulates your circadian rhythm by telling your body when to increase and decrease your melatonin levels. So, the more daylight exposure you can get, the better your body will produce melatonin when it's time to go to sleep.

2. Reduces Stress

Melatonin also lowers stress reactivity and being outside will help your body naturally regulate melatonin, which can help reduce your stress level. Additionally, because you're often doing something active when you're outside (walking, playing, etc.), that extra exercise also helps to lower stress.

3. Maintains Strong Bones

One of the best (and easiest) ways to get vitamin D is by being outside. Our bodies produce vitamin D when exposed to sunlight—about 15 minutes in the sun a day is adequate if you're fair skinned. And since Vitamin D helps your body maintain calcium and prevents brittle, thin, or misshapen bones, soaking in sun may be just what the doctor ordered.

4. Helps Keep The Weight Off

Getting outside for 30 minutes sometime between 8 a.m. and noon has been linked to weight loss. There, of course, could be other factors to this, but it seems there's a connection between



Sahrish Akhtar

sunlight in the early morning and weight loss.

5. Strengthens Your Immune System

Vitamin D is also critical for your immune system, and with consistent exposure to sunlight, you

can help strengthen it. A healthy immune system can help reduce the risk of illness, infections, some cancers, and mortality after surgery.

6. Fights Off Depression

It's not just in your head; there's a scientific reason being in the sunshine improves your mood. Sunshine boosts your body's level of serotonin, which is a chemical that improves your mood and helps you stay calm and focused. Increased exposure to natural light may help ease the symptoms of seasonal affective disorder—a change in mood that typically occurs in the fall and



winter months when there are fewer hours of daylight.

7. Can Give You A Longer Life

A study that followed 30,000 Swedish women revealed that those who spent more time in the sun lived six months to two years longer than those with less sun exposure. More research needs to be done in this area, but it's something scientists are continuing to study.

Of course, a little sunshine can go a long way (and too much is harmful for our skin). Depending on the shade of your skin, scientists estimate your body can produce vitamin D in about 5 to 30 minutes in the sun. If you're wearing sunscreen, you may not produce as much vitamin D. If you're outside for some much-needed vitamin D, don't expose bare skin longer than 5 to 30 minutes.

MAKE MILK MORE MEANINGFUL

Food Items That Should Not be Mixed with Milk Better to Avoid Fish and Milk



JAYANTHI SUBRAMANIAM
Navi Mumbai

We often combine two or more foods to get the best nutrition and we relish the dish. But eating bad food combinations can hamper our good health. Bad food combinations may lead to stomach-ache, bloating, fatigue, gas, and discomfort.

The most common example of mixing is drinking milk with other foods. Some like to drink milk cold, some like it hot, people also like to add chocolates or nuts, for more flavours, even bananas and other ingredients, to enhance the taste of the otherwise bland milk.

Milk is a meal, and it should not be com-

bined with certain food items. It is an animal protein and should not be clubbed with other protein items.

Below are some foods you should never combine with milk because they can cause more harm than good:

Milk has a cooling effect and fish has a heating effect. This

bloating and may even lead to skin allergies.

Avoid eating Banana and drinking Milk

The combination of milk and banana is too heavy and can take a long time to digest. This must be eaten individually, or with a gap between the two,

as a part of a healthy and balanced diet. If you like drinking ba-



combination may cause an imbalance that can lead to certain chemical changes in the body. One must avoid eating both together as it results in digestive problems. Eating fish and drinking milk together will cause discomfort,

nana milkshakes, add a pinch of cinnamon or nutmeg powder to promote digestion.

Avoid Melons and Milk

Milk in combination with a lot of fruits can be a harmful and can take a toll on our

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Cotton Suits and Phulkari Kurties and Stoles

Contact : 99308 13821 (Navi Mumbai)

RYAN CHRISTIAN SCHOOL - VASHI

CHILDREN'S DAY CELEBRATION



“Children are like buds in a garden and should be carefully and lovingly nurtured, as they are the future of the nation and the citizens of tomorrow.”

- Pandit Jawaharlal Nehru

Children's Day was joyfully celebrated at Ryan Christian School in Vashi. The special assembly was organized by the dedicated teachers to make this day memorable for the students.

Special assembly was conducted by teacher's section wise

Montessori Morning Section in the quadrangle. Grade I to VIII and Montessori afternoon section was conducted in the auditorium

The assembly commenced with a serene atmosphere, beginning with the Lord's Prayer, followed by a Bible Reading and a Special Prayer to set a positive tone for the day. Teachers put on a skit that conveyed an important message about the use of mobile phones and their potentially harmful effects on students. The performance by the teachers was well-received, and the students thoroughly enjoyed it. The Mont teachers had a role play on the theme healthy food and junk food and few teachers also dressed as a Cartoon characters which brought smiles to all the students, the show stopper of the day was Charlie Chaplin. Primary teachers performed a skit of on the theme Good health and less Screen time. A group of middle teachers performed a medley of songs, the students joined in by clapping and singing the songs. A special message from our beloved Chairman Sir Dr. A. F Pinto was read aloud



by Mst. Amaan (President) for the students Grade I to VIII and by Ms. Sreelakshmi (VicePresident) for the students of Montessori. The event culminated with the entire school singing the School Anthem and then the National Anthem, instilling a sense of unity and patriotism among everyone.

Inside the classrooms, a celebratory atmosphere continued. A cake was cut to mark the occasion, and sweets were distributed to add to the sweetness of the day. Various games were played, bringing smiles to the faces of the young

students. Exciting competitions like “The First Book I Read,” “On Another Planet,” and “What Happiness Means to Me” were organized, allowing the students to showcase their creativity and express themselves.

The day was spent with great enthusiasm and fun, leaving all the students feeling happy and cherished. Children's Day at Ryan Christian School was a memorable and delightful experience, fostering a sense of togetherness and celebration among the students and teachers.

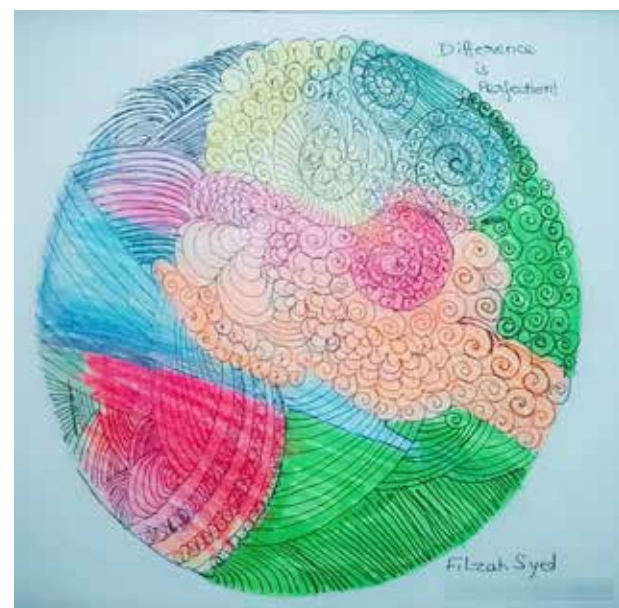
CREATIVE SPACE



NIKHIL SUBRAMANIAM
(9 years)
Reliance Foundation School, Koparkhairane



Filzah Syed
Student



Photography by Maisha Syed (Student) Navi Mumbai

MAKE MILK MORE MEANINGFUL...

Contd. from page 6

health. Milk acts as a laxative and melons have diuretic properties hence the combination of both results in a digestive issues like vomiting or loose motions and may even trigger food allergies.

Avoid having Radish and Milk

Drinking milk with radish can hamper the process of digestion

and may cause heartburn acid reflux and stomach-ache. It is advisable to drink milk after at least two hours of eating food items made of radish.

Avoid combining Sour Things with Milk

Fruits rich in Vitamin C should not be consumed with milk. Milk takes a longer

time to digest and when milk and lemon or any citrus fruit is taken together, the milk tends to curdle. This may lead to gas and heartburn.

It is better to have a control consuming milk and milk products alongside certain items. It will become a scratch combination and cause ill-health and digestive problems.

RYAN MINITHON 2023

Ryan Minithon 2023, the 196th Minithon in its 24th year, hosted by the Ryan International Group of Institutions, was held on 26th November 2023 in Mumbai with the

al Group of Institutions. Ryan Minithon 2023 was flagged off from St. Lawrence High School, Borivali, Mumbai by Dr. Snehal Pinto, the Director of Ryan International Group of

and the Managing Director, Dr. Grace Pinto, of the Ryan International Group of Institutions, such minithons will encourage young people to lead active lifestyles and nurture a

School, Nallasopara, received the 2023 Ryan Minithon Mumbai Division Championship Trophy. St. Lawrence High School, Borivali, secured the second place, and Ryan

Amidst thunderous applause, certificates of achievement were also awarded to the top six finishers in each category. All the guests and parents praised the pioneering ini-

mega event like Ryan Minithon, serving as a catalyst for the accomplishments of numerous athletes, the latest being Aishwarya Mishra, an alumna of the Ryan Group, who won a



enthusiastic participation of more than 10,000 students from a number of schools in Mumbai, Thane, and Navi Mumbai. The Ryan Minithon, one of the largest minithons for school students in our country, is organized annually in twelve cities in India, such as Mumbai, Navi Mumbai, Nagpur, Aurangabad, Jabalpur, Raipur, Jaipur, Bangalore, Surat, Nasik, and Chandigarh by the Ryan International

Institutions, along with a number of esteemed guests in attendance. Undeterred by the heavy rain in the morning just before the race, the students in the age groups of U-12, U-14, and U-16 ran enthusiastically in this Minithon, covering the 4 km route lined with a continuous human chain of teachers, scouts, and RSP students. According to the Founder Chairman, Dr. A. F. Pinto,

vibrant sports culture within our nation. The winners of the Ryan Minithon 2023 from different age groups were awarded in an enthralling felicitation ceremony interspersed with melodious music and dance performances in the presence of a large number of students, parents, and distinguished guests hailing from the fields of sports, the defence forces, media, and entertainment. St. Aloysius High

Christian School, Borivali, achieved the third place.

initiative of the Ryan Group of Institutions in organizing such a

silver medal in the 4x400m relay at the Asian Games 2023.

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