

# LITMA Organised 2 day International Tai-Chi & Qi-Gong Training Camp at Andheri Sports Complex

**L**ife Institute of Tai-Chi and Martial Arts (LITMA) founded by Master Alexander Fernandes in the year 1980, had organised a 2 day International Tai-Chi & Qi-Gong Training Camp on 9th and 10th March, 2024 from 10 am to 6 pm which was held at Andheri Sports Complex, Andheri West.

The training camp was conducted under the Guidance of Internationally acclaimed Grand-Master Jesse Tsao - The 12th Generation Direct Lineage of Chen Style Tai-Chi GrandMaster Chen Zhenglei.

The closing ceremony of the camp was held in the presence of most eminent Personalities

5. Grand Master Sudhir Gupta  
The Closing ceremony started with a Group demonstration of

Fernandes  
The closing ceremony was lastly concluded by Certification

active participation of 60+ participants of which around 10% were primary school students and others included from dif-



and Dignitaries in the field of Wushu-Kungfu namely:-

1. Grand Master Jesse Tsao
2. Grand Master John Lazarus Mascarenhas
3. Grand Master Christopher Fernandes
4. Grand Master Sunil Samant

Wushu-Kungfu art skills performed by the Students & Instructors of Team LITMA.

Which was then followed by the felicitation of our 'Guest of Honours' by the Organising Head of the Training Camp & Founder of LITMA - Master Alexander

Ceremony of the Participants and Photography sessions.

The camp was open for all age groups as well as for all types of experience levels including beginners.

The camp experienced an

ferent sectors such as Martial Arts, Business, Corporates, Medical & Healthcare Sectors.

**PLEASE NOTE:** Vol. 7, Issue - 6 (March 1-31, 2024) 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](http://www.datewithhealth.com)



## Editorial

### W(e)ATE(he)R

We are guilty of what one witnessed a few months back in Bangluru and are still witnessing ie acute water shortage. The shortage is so severe that hundreds of borewells have also gone dry. The shortage didn't happen overnight but our "efforts" of systematic destruction of forest and greenery has led to this situation W(e)ATE(he)R ie the forest land. Just imagine it took us more than a decade of destruction to arrive at this alarming situation, how much effort now is required to regain the lost greenery.

Man is so selfish that he looks only for his needs and anything coming in fulfilling those are knocked out then be it recklessly cutting forest land to make his own house. Did he ever think of the repurcussion it will have on the climate change and eco system. Barren areas displaces animals and soil gets eroded. Many eco-friendly and rare flora and fona are destroyed and ultimately the destruction doesn't leave him either. Monsoons witness landslides and floods and Summers leave many parts with drought. People are left high and dry (literally) when many wells and lakes go dry.

We will be the biggest fools if we don't realise the gravity of the situation facing us. Coming years could turn many more cities into Bangluru like situation but then it will be too late. It is said that wise learn from fool's mistake but then fools learn only with a first hand experience. Be wise and save yourself and the generations to come. Start planting saplings from today itself and yes don't wait for an occasion to start it. 🍀



## ROLE OF SENIOR CITIZENS AS GRAND PARENTS



**SALMA PRABHU**  
Clinical Psychologist Career  
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Mom Dad U R Wonderful  
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According to me Senior citizens have a very vital role to play in the lives of their grand children.

In fact their existence is to enjoy the time with this new angels in the family. Before exiting from the world they get to experience the joy and the unconditional love and respect they get from their grandchildren.

Senior citizens play a vital role as grandparents in families and society. They offer love, support, wisdom, and guidance to their grandchildren. Grandparents often serve as caregivers, providing childcare when parents are at work or unavailable. They also pass down family traditions, values, and cultural heritage. Additionally, their presence brings about bonding and emotional stability for both grandchildren and parents.

Grandparents con-

tribute to the overall well-being and togetherness of the family unit, enriching the lives of their families in countless ways.

*Grandparents can share their wisdom and love in various ways*

1. One of them is story telling Sharing family stories and personal experiences helps pass down wisdom and values to younger generations. I always say that grandparents need to tell stories to inculcate the habit of creativity and fantasy and parents need to read stories to inculcate the habit of reading
2. Sharing their life experience Very often guidance based on their life experiences can help grandchildren navigate through the challenges and make important decisions.
3. I feel I have support from my grandmother in particular even if she has passed away. Providing emotional support and being there for their grandchildren during difficult times can make a significant difference in their lives.
4. Grandparents by

the time they have grandchildren have developed tremendous patience and therefore they are very good at teaching

Passing on practical skills, such as cooking, gardening, or crafting, allows grandchildren to learn from their grandparents' expertise.

5. In India we value our traditions the most and in fact the world comes to us to learn and see our traditions. One of the major roles of grandparents is to introduce grandchildren to family traditions and cultural heritage and that too encourages a sense of belonging and identity to the family and the nations culture
6. Often parents are busy and grandparents fill in there to spend quality time together, whether through regular visits, outings, or vacations. This also strengthens the bond between grandparents and grandchildren.
7. Another valuable offering from grandparents is encouragement and praise which boosts grandchildren's confidence and self-esteem.

8. My grandmother has been one of the greatest role models in my life with her expertise in culinary skills, reading, and she was a very well known seamstress. She was very social and also a healer. People from far and wide came to her to learn and also get healed. She taught me values like kindness, resilience, and perseverance.

9. Actively listening is the need of everyone today and if the grandparents can listen to their grandchildren's thoughts, feelings, and concerns by demonstrating empathy and trust. Then this would definitely be a great contribution to building the emotional quotient of the children.

10. Celebrating achievements and milestones, both big and small, shows grandchildren that their grandparents are proud of them and invested in their lives.

I am sure many grandparents are doing the above in their own way and I wish them and their families happy times together.

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## Millennium Queens celebrate Women's Day



**C.K. SUBRAMANIAM**  
Freelance writer  
Navi Mumbai

When the month of March comes, the winds of Women's Day start blowing everywhere. Women are very enthusiastic. 365 days belong to women. However, since March 8 is International Women's Day, Women's Day is celebrated in offices, societies, women's circles, girls' college groups. A group of Millennium Sahyadri Queens also celebrated Women's Day at Millennium Towers, Sanpada just like Salabad.

In the morning all the women conducted a good morning round and then chair yoga form,

importance of yoga, and demonstration were shown and all the women present benefited from the chair yoga form.

Various pro-

Various games were organized on this occasion. All the women enthusiastically enjoyed the games. Also enjoyed poetry, ka-

convinced the audience of the importance of asana. In the second group dance, the heavy dance performed on the song 'Baipan Bhari Deva' won the hearts of the audience.

A lucky draw was also organized on this occasion. A lucky draw was conducted by the senior women of the society.

Women who had



grams were organized from 06.00 to 08.30 in the evening. On this occasion all the women were first welcomed by applying Gandha and Akshata along with chocolates.

raoke songs, solo dances, and group dances.

Interestingly, in the group dance, different types of asanas in Nauwari saree, another different type of dance,

donated on the occasion of Women's Day cut the cake and doubled the happiness of all the women. Dinner and Kulfi concluded the Women's Day event.

## CREATIVE SPACE



**Nikhil Subramaniam (11 Years)**  
Reliance Foundation School,  
Koparkhairane



Digital art drawing by Filzah Syed

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## SAVOURY POTATOES



**Filzah Syed (13 yrs)**  
Student, Navi Mumbai

This potato recipe is one that will be devoured by whoever tries it. It's a 50-50 combo the ingredients used are somewhat healthy

and junk at the same time.

### Ingredients:

- Potatoes (depends on how many you can eat)
- A pinch of salt and red chilli powder
- 1/2 or 1 tbsp of chaat masala
- A drizzle of soy sauce
- Ap flour
- Sauce
- 2 tbsp of soy sauce
- 1 tbsp of vinegar



- 1 tbsp of ginger and garlic paste
- Red chilli powder
- Sesame seeds
- 2 tbsp of oil

### Steps:

Cut the potatoes into fries and add Red chilli powder, salt, soy sauce, chaat masala and Ap flour and mix it well to coat each fry well and fry them till they are crispy

For the sauce add soy sauce, vinegar, ginger and garlic paste, red chilli pow-

der and sesame seeds  
Take 2 tbsp of oil and heat till sizzling now add this to your sauce

Add the sauce to your fries and toss them well

Top with green onions and parsley

Last step, enjoy with your family and friends and don't forget to read DATE WITH HEALTH for more sweet, spicy, sour and savoury food recipes

## Better council should prevail on Breast Feeding - Shun Taboo accept challenge



**JAYANTHI SUBRAMANIAM**  
Navi Mumbai

**B**reasts are perceived in a sexual manner, even when a mother feeds her child. Here it is not just men, but even women who stare if a mother feeds her baby in public and prevents mothers thinking twice about feeding the baby in open. So many times, new mothers are helpless when their children cry of hunger, simply because they are unable to feed in public. This has to change. Breastfeeding is a matter of pride, and women have to be able to feed their children freely and openly. You don't need feeding rooms to feed your children. So we figured that having a discussion around this would be the most relevant thing to do on Women's Day.

Mothers need to donate to milk banks to save tender lives and mothers with surplus milk should donate milk generously. Breastfeeding saves lives. Its benefits help keep babies healthy in their first days and last well into adulthood. But breastfeeding requires support, encouragement and guidance. With these basic steps, imple-

mented properly, we can significantly improve breastfeeding rates around the world and give children the best possible start in life. Why then so much controversy is created in India for the sake of creating. Shun the taboo and accept the challenge instead of becoming a carping critic all the time. In many hospitals and communities around the world, whether a child can be breastfed or not can make the difference between life and death. Better sense should prevail to save babies in need of breast milk.

When women are asked to go to the feeding room and feed, it is almost like the society is collectively teaching us to hide this very natural thing. This has to change. But to avoid all the controversies, it is better to have a separate breast feeding lounge in public places, just like the smoking lounges. Better council should prevail in this matter and it should not be treated as an obscene one. Even a postal stamp was released in 1984 by the Indian government to stress that breast feeding is the best. Why then this controversy.

The issue with public breastfeeding is less about whether the act is legal or not-ultimately that is a technical issue. The main concern lies in how the act of breastfeeding-so natural a part of the development many

species-is regarded as 'disgusting' and 'indecent'. When the exposure of a woman's breasts during breastfeeding is considered to be more lewd than a model revealing them for the pleasure of others. But breastfeeding requires support, encouragement and guidance. With these basic steps, implemented properly, we can significantly improve breastfeeding rates around the world and give chil-

to the baby. One of the reasons breastfeeding is nearly universal and prolonged, especially in the rural areas, is because of the widespread belief that it is effective in postponing the next pregnancy. Contemporary literature shows that ovulation is likely to return sooner in women who partially breastfeed than those who exclusively breastfeed.

Sometime back



dren the best possible start in life,

Many women in India who wear the traditional sari breastfeed in public, using the garment as a means of covering themselves. But this option is not available to women who do not want to wear the sari. The awareness about breast milk and early nutrition is poor among new mothers. We still see patients who don't give colostrum

a so-called model splashed a photo on the cover of a Malayalam magazine showing her 'breastfeeding' a baby and it is another matter that she is neither married, nor was the child hers. Even in the Western world, women in general modestly cover themselves when nursing their babies. The attempt to give that excellent message in terms of exhibitionism did

nothing but raise a storm of controversy. It seems somewhere along the way we have lost a sense of propriety and instead wallow in an aura gained through notoriety. In the end it became a storm in the tea cup. Instead of feeding the child in public with a purpose, the milk had become spoiled one because of the controversy.

Breastfeeding all babies for the first 2 years would save the lives of more than 8,20,000 children under age 5 annually, noted a release issued by the WHO. The guidelines describe how hospitals should have a written breastfeeding policy in place, required staff competencies, and antenatal and post-birth care, including breastfeeding support for mothers. It also recommends limited use of breast milk substitutes, rooming-in, responsive feeding, educating parents on the use of bottles and pacifiers, and support when mothers and babies are discharged from hospital.

The top six breastfeeding challenges faced by Indian mothers were: early day challenges such as sore and cracked nipples, latching problem, and engorged breasts, exhaustion from waking up in the middle of the night, too many feeding sessions and long feeding sessions, baby biting, lactation issues, problems with

breastfeeding in public, including lack of facilities, perceived restriction and postpartum depression.

In a survey conducted, which provides a platform for mothers, in collaboration with a supplier of breast pumps and breastfeeding accessories. Over 500 women participated in the survey, which aims to bring the conversation about breastfeeding challenges into mainstream discourse and find solutions.

Breast milk contains antibodies that prevent viral infections in the baby. It has all the nutrients in the right dosage besides being available all the time at the right temperature and right composition. Further, breast milk is dynamic, which means its composition varies, based on the age of the child. The first six months the baby should be exclusively fed of breast milk and after that other foods could be introduced in a phased manner, while continuing breast milk.

Breastfeeding helps women in losing the weight gained during pregnancy, and prevents excessive bleeding. It is a much cheaper alternative as formula foods are very expensive. It has been found that breastfed children were more healthy and intelligent in later life. "Breastfeeding can, therefore, produce a whole generation of healthy future citizens

## WOMEN'S DAY WORKSHOP HIGHLIGHTS ACUPUNCTURE'S ROLE IN CERVICAL CANCER CARE

On the occasion of International Women's Day, the Lohana Samaj in Koperkhairane hosted a special workshop focused on women's health, with a significant emphasis on cervical cancer awareness and management. Spearheaded by renowned oncologist Dr. Shabnam Ali, the event delved into the promising benefits of acupuncture in complementing traditional treatments for cervical cancer.

Dr. Shabnam Ali led a comprehensive session highlighting the therapeutic advantages of acupuncture, particularly in addressing the complexities of cervical cancer. Drawing from her extensive experience in oncology, Dr. Ali shed light on how acupuncture can play a vital role in alleviating symptoms, managing side effects of conventional therapies, and enhancing overall well-being for women battling this disease.

A key aspect of the workshop was the collabora-

tion between Dr. Shabnam Ali and a group of distinguished gynecologists, including Dr. Renuka from KDAH Reliance Hospital in Koperkhairane. Together, they provided insights into the holistic approach



**Dr. SHABNAM ALI**  
M. D. Acupuncture (Colombo),  
M. I. A. Ac. S  
Registered Medical  
Acupuncturist (Maharashtra  
Council of Acupuncture)  
Contact: 9892696700  
Founder of HEAL- Advanced  
Acupuncture Clinic, Vashi,  
Navi Mumbai.

tance of integrating alternative therapies

Dr. Renuka, echoing Dr. Ali's senti-

cervical cancer. She emphasized the need for patients to have access to a range of therapeutic options, including acupuncture, to address the diverse dimensions of their health needs effectively.

Attendees of the

and the opportunity to learn about integrative approaches to women's health. Many participants found the discussion on acupuncture enlightening, recognizing its potential to offer relief and support during their cancer journey.

The event concluded with a commitment to raising further awareness about cervical cancer and advocating for comprehensive care that encompasses both conventional and complementary therapies. Dr. Shabnam Ali emphasized the importance of empowering women with knowledge and resources to make informed decisions about their health.

In summary, the Women's Day workshop at Lohana Samaj served as a platform to spotlight the role of acupuncture in cervical cancer care, underscoring the importance of collaboration between medical professionals and the integration of holistic approaches for improved patient outcomes.



**Awareness Workshop on  
Acupuncture and Women's  
Health with a focus on Cervical  
Cancer**

**Accompanied by Dr. Renuka  
(gynecologist) from Reliance  
(KDAH)  
Hospital.**

needed for cervical cancer care, emphasizing the impor-

like acupuncture alongside mainstream medical interventions.

ments, underscored the significance of a multidisciplinary approach in tackling

workshop expressed appreciation for the informative sessions

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

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## CELEBRATING WOMEN INCREASES THEIR WELLNESS QUOTIENT

Month of March saw a lot of celebration and events commemorating International Womens Day. While it is a celebration for any women, it has more relevance when pertains to Senior Citizens. With advancing age and related state of mind and body conditions, it is admirable that they still have the energy and enthusiasm to showcase their talent they had and which had taken back seat with familial responsibilities or newly acquired Talent using the time on hand positively be it Art, Craft, Music, Dance, any creativity. These help in preventing as well as combating loneliness, depression, anxiety etc and helps in their physical and mental well-

in various fields like Speeches, Anchoring, Various types of painting, dancing and acting in Skits. All this is achieved with the able mentoring of the Founder of MRL Dr. A K Sengupta and his better half Mrs. Sa-

matha Sengupta. MRL generally conducts Zoom events every Tuesday in the evening and some times on other days with music Medical talk for awareness by eminent Doctors from Navi Mumbai, Spiritual talks etc. and important occasions are celebrated physically either in Vashi Bharatiya Vidya



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

full advantage of the rare platform one get at this phase of life to the fullest and gave excellent performances. The chief guest of the evening was Smt. Swati Phadke, President Utkarsha Jyeshtha Mahila Mandal of Nerul. She and her troupe performed a beautiful dance prayer in Marathi. There were soulful and heart warming performances by lady members dedicating to women empowerment, on Bollywood, semi classical songs, classics from Golden Era. To add a touch of Youth we also had a classical dance by

यात्रैतास्तु न पूज्यंते  
सर्वास्तत्राफला क्रियाः ॥

(जहां उनका आदर नहीं होता,  
वहां सब काम नष्फल होते हैं )  
यह श्लोक मनुस्मृति में  
द्वितीय अध्याय में है।

Manusmriti is of 3rd century CE.

Also we have Lord Shiva who is the lord of dance. and has shown the highest form of gender equality as Ardha Nareeshwar –in Shiv Shakti form. Women empowerment is not Feminism. it is all about gender equality and co-existence..

At the event women entrepreneurs from a couple of NGOs of Navi Mumbai showcased their products, Jewellery and variety of Bags.



ness. They gain Self Confidence and Self Esteem.

My Retired Life Foundation (MRL), based out of Nerul has been a Pioneer in promoting the in-house talent of their members and encouraging all round development of their members

Bhavan or SIES College of Management studies Auditorium.

This year's womens day was one such important celebration – with all women Emcees, performers in Skit, Songs and Dances. This ensemble was really admirable and they took

two youngsters and a song by another. The performances by women would put professionals to surprise. It is said

यत्र नार्यस्तु पूज्यंते रमन्ते  
तत्र देवताः ।

(जहां स्त्रियों का आदर होता है वहां देवता रमण करते हैं।)

With such a platform, mentoring and innovative opportunities we all enjoy Active Ageing in true sense. So these women are no more just Jyeshtha Nagrik Mahila but SHRESHTA NAGRIK MAHILA .

### SLOKA IN ENGLISH LETTERS

YATRA NARYASTU PUJYANTE RAMANTE TATRA DEVATA, YATRAITAASTU NA PUJYANTE SARVAASTATRA FALAAH KRIYAAH IS A FAMOUS SLOKA TAKEN FROM MANUSMRUTHI WHICH MEANS WHERE WOMEN ARE HONORED AND RESPECTED, THERE IS DIVINITY AND WHERE WOMEN ARE DISHONORED, ALL ACTION NO MATTER HOW NOBLE REMAIN UNFRUITFUL.

## Celebrate the Essence of Womanhood...

International Women's Day 2024 will focus on the theme, "Invest in women: Accelerate progress". Investing in women in all aspects, especially in the education of girls is imperative for a prosperous future and to develop inclusive future societies. Over the last several decades, we have witnessed women coming to the fore making noteworthy contributions to social, economic and cultural spheres. Women have fought with all odds to emerge as winners.

International Women's day is a wonderful occasion to celebrate the inspiring works done by ordinary women who have played an extraordinary role to bring about transformation. The contribution of women has been colossal. This day is not only to salute these women achievers but also to celebrate every woman for her efforts to transform lives as a mother, wife, daughter and

sister. While there is progress and changes taking place in society for the welfare of women, a lot remains to be done for them in different parts of our country and across the globe. Therefore, it is high time to invest in women so that they are provided with multiple opportunities to realize their



**Dr Grace Pinto**  
Managing Director  
Ryan Group  
of Institutions

potential and get an assurance that the future is promising, equal and bright.

Proverbs says: "Woman is clothed with strength and dignity and her value exceeds pearls." Every woman needs to realize that God has created her wonderfully with a plan and a purpose for her life and that she is treasured, val-

ued, honoured and loved! The quote of Michelle Obama, "There is no limit to what we, as women, can accomplish," is very true as we see women today in the highest positions in every field making noteworthy contributions with their sheer dedication, resilience and commitment. Education has opened up several avenues for women and with education as a tool in hand women can transform the society and generations to come. Education has the power to empower and make women aware of their rights, dignity and capabilities. I urge everyone to celebrate the very essence of womanhood today: Let's Celebrate her Achievements, Celebrate her Dreams and aspirations! Let us connect with our fellow women and cheer them to dream big and follow their passion in life.

**Wish you all a very Happy Women's Day! "Forward ever, backward never..."**

## RYAN CHRISTIAN SCHOOL - VASHI FIELD TRIP TO PLANT NURSERY



To give a hands on experience related to the theme 'Environment', the Montessori Section and the Grade 1 to 4 students were taken to a nearby plant nursery. The objective of the activity was to reinforce the importance of Plants and to inculcate the love for the environment and to relish the beauty of nature. The students were briefed that the garden has a collection of plants labelled with their botanical names. Children observed and explored a variety of shrubs, cacti, creepers, herbs, fruits, and colourful flowers and eagerly interacted with the gardener. They were curious to know about the surrounding and were excited to see the pots of varying shapes and sizes. Gardener showed manure and fertilizer and then said that fertilizers and manure are required for plant growth. Students were responsible and refrained themselves from touching the plants and plucking leaves or flowers as instructed



to them. This field trip sensitized the students towards caring for the environment and the importance of planting more trees.



**C.K. SUBRAMANIAM**  
Freelance writer  
Navi Mumbai

Two hours of sitting is alright but more sitting hours make me obsessed

## Obesity strikes youngsters

with fat. A study now says that sitting for less than two hours a day can actually increase your life expectancy by one and half years. We do not know whether to believe it or not as more studies are definitely needed. On the other hand, walking for two hours is a great exercise to lose

weight if you have the time and don't want a rigorous workout. Walk for two hours every alternate day and you will burn around 520 calories per walk. Walking is a very good exercise and we generally see a doctor. One must avoid Sugar and sweets totally, avoid taking fried items and

do away with potatoes. Then one can reduce one kilo per week. Doctors instructing their patients to go for a regular walk for diseases like BP and diabetes. Fatty acids are essentials for our body. They are essential for our bodies to function normally and prevent a num-

ber of diseases and conditions. Fish is the best source of Omega 3 fatty acids. Other sources include nuts, soybean oil and Olive Oil. There are studies which now show that drinking four cups of coffee a day can reduce the risk of suffering from endometrial cancer, the most common form of uterine cancer. Just like that,

4 cups of tea a day can reduce the chances of a stroke. Likewise, Surya Namaskars, having a single meal a day, taking 8 Glasses of Water, 6 hours of sleep and 5 minutes of meditation all help you to keep fit. If you control obesity with a proper diet then you can safely live without many health problems and lead a robust life.

## RYAN CHRISTIAN SCHOOL – VASHI GRADUATION DAY / ANNUAL DAY 2023-2024



The Annual Day celebration that took place at Ryan Christian School, Vashi on 1-03-2024 was a grand success, showcasing the talents and achievements of our students, and creating a memorable experience for everyone involved.

The Annual Day celebration commenced with great excitement and enthusiasm. The entire school community, including students, parents, teachers, and distinguished guests, gathered in

tion was given to students who had excelled in academics, sports, and co-curricular activities throughout the year. Awards and certificates were presented to commend their achievements, motivating them to continue striving for excellence. It was truly inspiring to witness the well-deserved recognition and applause that echoed through the auditorium, celebrating the accomplishments of our outstanding students. We also had our principal ma'am Mrs Seema Selvaraj,



the school auditorium, which was beautifully adorned with colorful decorations that set a festive mood. The program began with Prayers, Praise and Worship Songs.

The cultural extravaganza that followed was a testament to the incredible talent and creativity within our school. The event included a variety of performances, including

who conveyed her greetings to the parents, guests and also expressed her appreciation for the efforts put in by the students and staff.

In conclusion, the Annual Day celebration at Ryan Christian school Vashi, was a resounding success, leaving an indelible mark on everyone's hearts. It was a testament to the talents, dedication,



music, dance, drama, and poetry recitations. The students had been preparing diligently for weeks under the guidance of our talented teachers, and their hard work paid off spectacularly. Each performance captivated the audience, showcasing the students' skills, confidence, and dedication.

Furthermore, special recogni-

and collaborative spirit of our students, teachers, and staff.

Thank you for your unwavering support and guidance throughout the preparation and execution of the Annual Day celebration. We extend our heartfelt gratitude to all the students, parents, and staff members for their contributions and enthusiastic participation.

## CLEAN AND GREEN ENVIRONMENT



DATE WITH HEALTH  
reader  
Dr M Athar Ansari  
Medical Colony  
AMU, Aligarh sent  
these beautiful pictures  
of his wonderfully  
maintained garden!

सहचरी

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