

World Bicycle Day - Cyclothon

On the occasion of World Bicycle Day - Cyclothon in Thane was organised by MRR Childrens Hospital in association with Wheels and Barrels Cycling Club Thane and BYCS Thane

Date: 2nd June 24

There were

2 categories

Kids - Age 7 to 14

- 2 Kms Ride

Adult 14 and Above

- 10 Kms

More than 550 Cyclist participated in

this Cyclothon. Entry for the event was free.

T-shirts, Medals, Breakfast, Ambulance water station everything was managed for the cyclist.

Core team of Wheels and Barrels

Mr. Sarbpreet Naroo, Ms. Shalini Rathore, Mr. Siddharth Shah and Mr. Chirag Shah was the brain behind this Cyclothon.

Timings -

6 am to 9.00 am

Zumba session was



hosted by Neelam Patil

The mission of this Cyclothon was to make Thane a bicycle friendly city and green Thane.



As a Bicycle Mayor of Thane - Its a proud moment for me to host this event with Team Wheels and Barrels and MRR Hospital - I dream to see Thane a Bicycle Friendly city and want to make Thane a Pollution free City.

- Chirag Shah W & B Cyclist

As a Lady admin of Thane's Biggest group Wheels and Barrels I dream to see that more and more female riders join the cycling community. I will continue to serve for the betterment of the cycling community of Thane City.

- Shalini Rathore W & B Thane Cyclist



PLEASE NOTE: Vol. 7, Issue - 9 (June 1-30, 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

- Editor



Editorial

PLANT SAPLINGS WHILE THE RAIN IS AROUND !!!!

Wise people learn from mistakes where as fools keep repeating to learn, but still don't learn. The sun burns and roasted skins during the devastating summers must have made us wise and hope we have learned our lessons well. If we haven't then we should be ready to repeat the same folly next year too and "think" of planting the saplings next year when the temperatures will roast us further.

Planting SAPLINGS this monsoon will not ensure a dramatic change next summer, but atleast it will mean we have taken the first step in the right direction. The earth didn't burn when the cutting of trees began in big way. It took a decade or more to come to this unbearable state. Similarity it will not become cool in a year or two but certainly the change will be visible.

Even if after this devastating summers we don't realise our responsibility we deserve to suffer further. Let us take a pledge to plant a sapling this monsoon to celebrate every small event in our life, then be it a birthday or wedding anniversary. Four months nature will take care of the saplings and thereafter it will be our duty to take care 🌱🌱🌱🌱

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SENIOR CITIZENS AND MENTAL HEALTH PART 5



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Senior Citizens and Doctors "An Apple A Day Keeps the Doctor Away"

The above phrase is absolutely the wisest of phrases that I have heard and I practice it quite seriously. I am writing this article with plenty of personal experiences which I observed with many elders in the immediate, extended family and my clients. When it comes to going to doctors there are two extreme categories in this age group. One which wants to see a doctor with an occurrence of just one sneeze and the other who does not want to go to the doctor come what may. The latter category population is smaller than the former one.

Seeing a doctor makes the seniors feel at ease, especially if they have a family doctor and who acts more like a counselor and a good listener. Since childhood I have also experienced that when we see a doctor, suddenly all the symptoms disappear and one feels good. Therefore, we

as children had made a practice to take my mother to the doctor once a month for whatever ailment she prescribed. This kept her engrossed with her new medication for some days. My mother had hypochondria. A hypochondriac is a person who reads symptoms and feels that he or she has the same symptoms, thus believing that she is suffering from the same.

She read a lot about illnesses and their remedies in her favourite newspaper Mumbai Samachar. She was a fan of the doctor who wrote about illnesses and their remedies. The doctor also wrote a lot about preventive medicine and mom tried some home-made medicines too. But she was always happy to visit a new doctor now and then. Watching her go to so many doctors, I developed an aversion and It takes ten wild horses to make me go to a doctor. When she became a senior citizen, her ailments increased and along with a chronic sleep disorder, chronic arthritis, chronic constipation, she developed other ailments as well. I am sharing this as it is good to read about preventive measures, however to identify with each symptom would be very harmful and one would continuously then just think about the same and what we think is what happens

to us. Therefore, the first recommendation is to read or listen but not to believe that you have it. Yes, it is good to be alert but for that you would be going for your regular check-ups anyways. It is good to have a family doctor who does the regular check-ups or have the mechanisms like a sugar or BP monitor at home.

The GP is generally the one who gives a comprehensive care and keeps the chronic illnesses under control while educating the senior to take precautions and also take the right diet. Specialists are required only when the symptoms are alarming or for prevention. The family GP is the trusted person and seniors like to visit them or get their attention. When my mom stopped going out of the house, I made it a regular practice for either one of my doctor friends to pay a visit sometime or call her GP whom she and my dad had been visiting for more than 20 years. He is a fine person, who charges very nominal and has good diagnoses and is fond of talking. Both my parents liked him very much. He was present with us when my dad passed away too.

So, it is recommended to be alert, but not be obsessed about one's health all the time. Practicing light Yoga, daily walks and keeping

oneself busy with nature is highly recommended with early dinners and light dinners. I believe that when the teeth are not supportive, change the diet as dentures will help to eat, but what is going to help the stomach to digest? The dentists would definitely disagree with me. But I have noticed that when our teeth are deteriorating, it is a sign to also change our food habits and not take digestives for digestion, but eat food that the body can digest. That is what our grandparents and great grandparents did.

The next category of seniors is those, who do not go to the doctors and try either deny that they need doctors or have had bad experiences with doctors and do not want to trust them. They live with the ailment till it gets very severe and then they require force to be made aware that they would reach a stage of dependency or having to go for surgeries and life long medications. It takes a long haul to take them to doctors. One of my uncles lived long but suffered as he would just never go to a doctor.

Therefore, having a balanced attitude towards doctors and taking care and precaution is the best way to live a long and healthy life. It is not the quantity, but the

Contd. to page 7

Binging on Street Food can be Harmful during Monsoon Season!

The onset of monsoon has brought much respite from the scorching heat. Though adults and kids are enjoying the pleasant change, yet experts warn that too much of indulgence in this weather can be detrimental for health. While street food can be delicious and offer a glimpse into local culinary culture, it's important to exercise caution, particularly in extremely hot weather. If you do choose to consume street foods during summer, consider reputable vendors who prioritize food safety, opt for freshly cooked items, and ensure that the food is kept at proper temperatures. Additionally, stay hydrated by drinking plenty of water and be mindful of your own personal dietary needs and restrictions.

Street-side foods: Humidity during monsoon leads to the growth of germs and pests, which further increases the risks of food contamination. It's that time of the year again when the scorching summer heat has made way for fresh shower, nippy weather and a lush green nature. We know most of you love everything about the season, but unfortunately, it is not that perfect as you might have thought it to be. Wonder why are we saying this? It's because of the miseries the season brings along, especially for the ones who swear by street foods. As soon as the season

starts, the elders at home restrain us from relishing all the decadent chaats, panipuri, pakoda and samosa prepared by the vendors across the street. Did you ever wonder why? You must know that they do it for your good. After all, no one would want you to spend the whole season visiting doctors.

Monsoon brings along several air, water and food-borne diseases and if you get infected by chance, you have to spend days lying in your bed. Now, this might make you wonder what it

has to do with your favourite street foods.

There are several reasons why it might not be advisable to consume street foods during scorching summer heat:

1) Food Safety Concerns:

Street foods are often prepared and sold in outdoor settings, where proper food handling and storage conditions may be lacking. High tempera-



Sahrish Akhtar

3) Ingredient Quality:

In extreme heat, perishable ingredients like meat, dairy products, and mayonnaise-based sauces can spoil rapidly. Street food stalls may not always have

adequate refrigeration to keep these ingredients at safe temperatures, which can increase the risk of food poisoning.



of these conditions.

6) Lack of Allergen Information:

Street food vendors may not always provide detailed information about the ingredients used in their dishes. This can be problematic for individuals with food allergies or dietary restrictions who need to be aware of what they're consuming.

While street food can be delicious and offer a glimpse into local culinary culture, it's important to exercise caution, particularly in extremely hot weather. If you do choose to consume street foods during summer, consider reputable vendors who prioritize food safety, opt for freshly cooked items, and ensure that the food is kept at proper temperatures. Additionally, stay hydrated by drinking plenty of water and be mindful of your own personal dietary needs and restrictions. It is better safe to eat home cooked foods which is hygienic healthy for your body during this hot humid weather.

The best practice is to avoid street food during this season. But let's agree, those desperate cravings are too hard to control.

In fact, why would you deprive yourself when there is an alternative solution to this problem? We suggest, instead of giving up on your favourite street foods, make them at home following all the safety measures and relish. Moreover,

cooking a dish and eating it fresh help you enjoy the flavours to the fullest. Indian street food, both a culinary delight and a dietary villain, remains a passionate but perilous affair. Consult your doctor before devouring these delicious dishes. As they say, it's better to be safe than sorry. Moderation is key when it comes to eating these dishes.

Happy and indulgent monsoon, everyone!

Stay hydrated,
Stay safe,
Stay Healthy.

tures can promote the growth of bacteria and other pathogens in food, increasing the risk of food-borne illnesses. The heat may also cause food to spoil more quickly.

2) Hygiene Issues:

Street food vendors may not always have access to clean water or proper sanitation facilities, which can compromise the hygiene and cleanliness of the food they sell. Consuming contaminated food can lead to gastrointestinal problems and other health issues.

4) Dehydration:

During hot weather, it's essential to stay hydrated. Some street foods, such as spicy or fried items, can be high in salt, oil, or spices, which may increase thirst and contribute to dehydration.

5) Heat Exhaustion:

Excessive heat can lead to heat-related illnesses, such as heat exhaustion or heatstroke. Consuming heavy or greasy street foods can further strain your body's ability to regulate temperature and increase the risk

Journaling: A Powerful Therapeutic Tool for Self-Discovery and Growth

In our fast-paced, technology-driven world, it's easy to get caught up in the hustle and bustle of daily life, neglecting the importance of self-reflection and personal growth. However, the simple act of journaling can be a powerful therapeutic tool, offering a multitude of benefits for our mental, emotional, and even physical well-being. Further everyone is not good at expressing verbally, some are introverts and not good at communication and may be not willing to share their feelings and emotions.

Delving into the Therapeutic Effects of Journaling

1. Emotional Release and Stress Reduction:

Journaling provides a safe, non-judgmental space to express and process our thoughts, feelings, and emotions. By putting pen to paper (or fingers to keyboard), we can release pent-up stress, anxiety, and even trauma, leading to a greater sense of inner peace and emotional balance.

2. Increased Self-Awareness and Clarity:

The reflective nature of journaling allows us to gain deeper insights into our own thoughts, behaviors, and patterns. As we explore our inner landscape, we can uncover hidden aspects of ourselves, leading to greater self-understanding and the ability to make more conscious, aligned decisions. We sometimes discover a new you, hitherto unknown to us.

3. Improved Cognitive Function:

Studies have shown that the act of writing can enhance cognitive function, improving memory, problem-solving skills, and even creativity. Journaling can help us organize our thoughts, gain new perspectives, and develop a more nuanced understanding of complex issues. It is like observing oneself objectively.

4. Emotional Regulation and Healing:



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

Journaling can be a powerful tool for emotional regulation and healing. By expressing our feelings through writing, we can better understand and process them, leading to a greater sense of emotional stability and resilience in the face of life's challenges.

5. Goal-Setting and Manifestation:

Journaling can be a valuable tool for setting and achieving our goals. By regularly reflecting on our aspirations, dreams, and the steps we're taking to make them a reality, we can increase our focus, motivation, and accountability.

6. Improved Physical Health:

Interestingly, journaling has been shown to have a positive impact on physical health as well. Studies have found that the act of writing can boost the immune system, lower blood pressure, and even alleviate the symptoms of certain chronic illnesses. No storage of suppressed

emotions which helps in wellbeing physically and mentally.

Getting Started with Journaling

Starting a journaling practice can be as simple or as complex as you'd like. The key is to find a method that resonates with you and make it a consistent habit. Whether you prefer a traditional pen and paper approach or a digital format, the important thing is to carve out dedicated time each day (or week) to engage in this transformative practice.

Embrace the Power of Journaling

In a world that often encourages us to focus on the external, journaling offers a powerful antidote – the opportunity to turn inward, explore our inner landscapes, and cultivate a deeper understanding of ourselves. By harnessing the therapeutic benefits of this simple practice, we can unlock new levels of self-awareness, emotional resilience, and personal growth, ultimately leading to a more fulfilling and meaningful life.

STRANGE ARE THE WAYS OF AUTISM

In a world that celebrates diversity, it is crucial to deepen our understanding of autism, a neurodevelopmental disorder that affects millions of individuals globally. Autism Spectrum Disorder (ASD), is characterized by a range of challenges with social skills, repetitive behaviors, speech, and non-verbal communication. With prevalence rates rising, it's more important than ever to foster awareness and acceptance. Autism is typically identified in early childhood, often by the age of two or three, though some individuals may receive a diagnosis later, especially if symptoms are less severe. Early signs include delayed speech, difficulties in social interactions, and restricted interests.

Diagnosis is based on behavioral assessments and developmental history, as no medical tests like blood tests can diagnose autism. The term "spectrum" is used because ASD varies widely in its manifestations and severity. Some individuals with autism may re-

quire substantial support in their daily lives, while others may live independently and pursue successful careers. Common traits across the spectrum include difficulty in understanding social cues, preference for routines, and sensitivity to sensory stimuli. One of the challenges for individuals with autism and their families is navigating a world designed for neuro typical people. Social situations, education systems, and workplaces often need to adapt to accommodate the unique needs of those with ASD.

There is no cure for autism, but various interventions can help improve the quality of life for those affected. Early intervention, particularly therapies focused on speech, occupational, and behavioral skills, has been shown to significantly benefit children with autism. Educational support is also



C.K. SUBRAMANIAM
Freelance writer
Navi Mumbai

crucial. Inclusive education models, where children with autism learn alongside their neurotypical peers, have gained popularity. These models promote social interaction and understanding, benefiting all students involved. For adults with autism, support systems vary widely. Employment programs tailored to the



strengths of individuals with ASD, such as those focusing on detail-oriented tasks, have proven successful. Despite advancements, individuals with autism often face

social stigma and misunderstanding. Misconceptions can lead to isolation and discrimination.

Families frequently encounter financial and emotional burdens due to the cost of therapies, special education, and medical care. Advocacy for better insurance coverage and government support is ongoing. As our understanding of autism deepens, so too does our appreciation for the diversity of the human experience. By fostering acceptance and providing appropriate support, we can create a more inclusive society where individuals with autism thrive.

Children with autism spectrum disorder (ASD) can sometimes have difficulty when it comes to mastering social skills, as well as communication skills. The good news is there are various strategies or tools developed by experts to help people caring for children with ASD so they grow and succeed. Once in a while, you should ask your child

to tell you **Contd. to page 7**

OBESITY CAN BE CURED

To facilitate happy living both fruits and vegetables help out to live in the right spirits with a happy frame of mind. Even for diabetic patients doctors suggest a few tips to fight fit with fibre foods and fight obesity which is available in plenty in both vegetables and fruits. Fruit is the way of life to fight obesity. It is ideal to live on a fibre high diet all year round. Fibre has anti-inflammatory properties and is also rich in vitamins, minerals and antioxidants. Our body requires a variety of proteins, carbohydrates, vitamins, calories, fat, enzymes, trace elements, antioxidants for its metabolism and most importantly to enhance the immune system against the diseases and strengthen our body. To get the optimum health benefits, it is recommended to eat a variety of fresh organic fruits to furnish our body with essential nutrients. Similarly, vegetables are also playing an equal role in balancing your body metabolism and that in turn help to reap happiness benefits. Life satisfaction is more important and that can be achieved by consuming fresh organic vegetables. But the pity is that rampant adulteration in food items continues to pose a real threat to the life of people in the Metro city. Adulteration of eatables is seen in every nook corner of Mumbai and that

defeats the very purpose of eating fruits and vegetables.

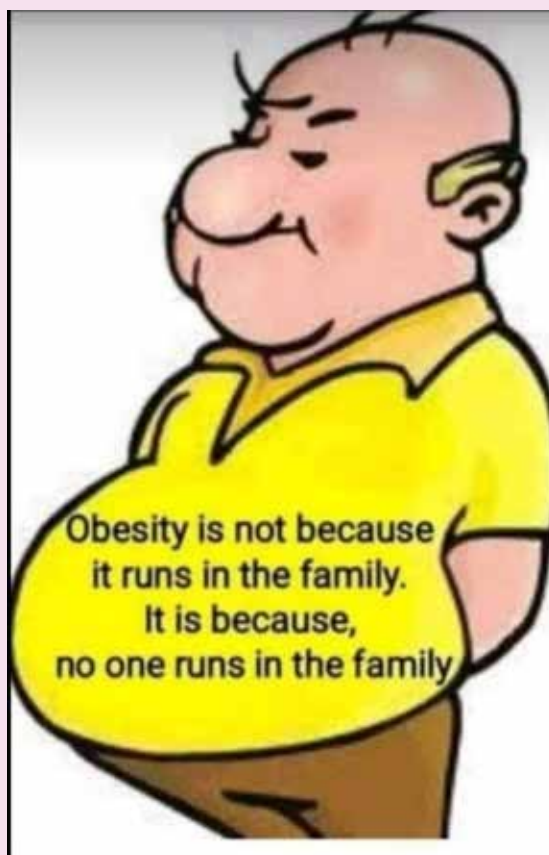
Bariatric surgery is assuming importance as Mumbai hospitals are able to achieve greater success and it is a great news for people suffering from obesity all over the world. Bariatric surgery includes a variety of procedures performed on people who have obesity. Weight loss is achieved by reducing the size of the stomach with a gastric band or through removal of a portion of the stomach or by resetting and re-routing the small intestine to a small stomach pouch. These surgeries are possible in India with less fees and it is attracting foreigners and locals as well. In one such case the Egyptian lost 20 kilos in 10 days after the weight reduction surgery. Even though care should be taken on diet and health issues, the success percentage of such surgeries appears significant and more and more people opt for it just like the MP cop. Initial hiccups and worries on health are observed but overall it is a safe and steady procedure to reduce over weight.

Childhood obesity is a harsh reality. Parents should take it seriously.



JAYANTHI SUBRAMANIAM
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They should not assume that when they grow up they will become slim. The quality of junk food is deteriorating. Preference should always be given to home cooked



food. All soft drinks have very high levels of sugar which ultimately leads to fat gain. Once in a while eating outside is fine but if it becomes too often it will lead to fat gain in children who already have low metabolism.

The number of overweight children in India has doubled in recent years, with a quarter of children considered overweight or obese. Causes of obesity in children include unhealthy food choices, lack of physical activity and family eating habits.

This rise in the number of overweight children is disturbing, because it causes health problems and can lead to social problems. Overweight children are more likely to be teased by their peers or to develop low self-esteem or body image problems. Once children are overweight, it requires a lot of effort and commitment for them to return to a healthy weight. Obesity can have a major impact on how children feel about themselves and how they interact with others. Obese adolescents are more likely to have low self-esteem, which may impact on other aspects of their lives, such as the development

of friendships and competency at school. Being obese as a child or adolescent increases the risk of a range of diseases and disorders in adulthood, regardless of whether the adult is obese or not. It's important to identify

and start to reverse the condition before children become adults. Ideally, overweight and obesity should be prevented.

Overweight and obesity in children are among the most important risks to children's long and short-term health. Overweight children are very likely to become overweight adults. Overweight or obese children are more likely to remain obese as adolescents and become overweight or obese adults. About 80 per cent of obese adolescents will become obese adults. Most of the health problems associated with obesity will become obvious in adulthood. Early signs of these later problems are commonly found in children. As overweight and obesity have become more common, there have been some major changes in how we live. These changes have led to people either eating more or becoming less active, all of which has contributed to an increase in overweight and obesity. Childhood obesity is a condition where excess body fat negatively affects a child's health or well-being. As methods to determine body fat directly are difficult, the diagnosis of obesity is often based on various tests. It is better for parents to make up their mind to have a good beginning in various aspects concerning obesity from a very young age.

DATEWITHHEALTH'S INITIATIVE FOR A BETTER TOMORROW!!!

**Plant a Sapling, click a picture with it and send it to us on
datewithhealth@gmail.com**

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 !!!!



St. Lawrence High School, Vashi INVESTITURE CEREMONY 2024



“Leadership is the capacity to translate vision into reality.”

Embarking into the new academic year, St. Lawrence High School, Vashi conducted the ‘Investiture Ceremony’ on 22nd June 2024, with great pomp and dignity, bringing in the spirit of responsibility and leadership in the students. The newly elected Council Members were all highly exuberant to explore a world of new challenges and a plethora of opportunities handed to them.

A special assembly was held to seek the blessings of God. The invited Guests graced the occasion by handing over the responsibilities and duties to the designated Council Members, including the President, the Prime Minister, Deputy Prime Minister, Speaker. The tiny tots of Primary and Pre Primary too proudly stepped

forward and received their scarf. Later, the guests shared their gracious support for the environment by taking part in the Ceremonious Tree Planta-



tion Drive along with the newly elected leaders in the school premises. “Our Chairman Sir, Dr. A. F. Pinto’s vision of achieving a greater level of

success, will be accomplished by us”, said the newly elected President of the school. “The true object of integrity and diligence is highlighted and

enhanced on these young leaders and it gives a preparatory ground for future leadership”, said the Headmistress of the school Mrs. Saira Kennedy,

EASY HEALTHY HONEY GARLIC CHICKEN



Filzah Syed (13 yrs)
Student, Navi Mumbai

Start by mincing your garlic or using garlic paste is another option

- Then debone the skin on chicken thighs
- Pat down the chicken
- Season with salt, black pepper and garlic powder or garlic paste on both sides
- In bowl add minced garlic, honey, water, rice vinegar, soy sauce and sesame oil and mix
- Then in a pan add oil and low-

er the chicken in skin side down

- Fry until golden and cooked through
- Reduce to low medium heat
- Add your sauce or glaze and let it thicken
- Toss the chicken in the sauce till covered
- Garnish with green onions and serve with

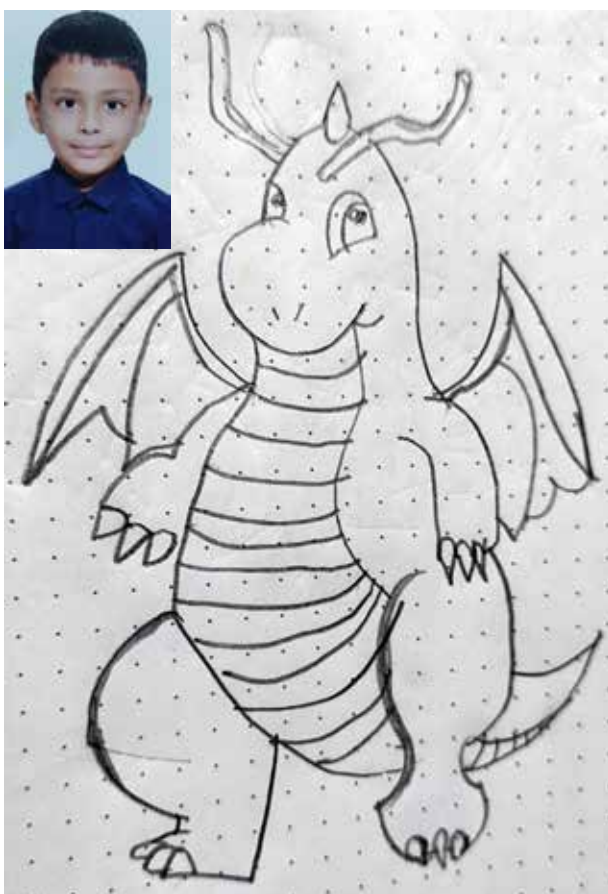


For more such healthy and enjoyable recipes read our monthly paper DATE WITH HEALTH

CREATIVE SPACE



Nikhil Subramaniam (11 Yrs)
Reliance Foundation School, Koparkhairne



Merril X Corera (7 years)
Fr. Agnel Multipurpose School, Vashi



Dabeer Ali Khan
Eden Public School, Shahjahanpur (UP)

Heal-Advanced Acupuncture Clinic Celebrates First Anniversary With Over 600 Patients Treated

Dr. Shabnam Ali and her team at HEAL-Advanced Acupuncture Clinic celebrated their first year of operation on Sunday, having successfully treated over 600 patients. This milestone underscores the clinic's dedication to promoting acupuncture as a drugless therapy for various ailments.

Dr. Shabnam Ali, an esteemed acupuncture specialist, founded the clinic with the vision of providing holistic healing. Over the past year, HEAL-Advanced Acupuncture Clinic has become a trusted healthcare provider in Vashi, known for its effective treatments and patient-centric approach.

To broaden awareness of acupuncture, the clinic has organized numerous workshops. Adults have attended sessions to learn about managing chronic pain and stress through acupuncture, while children have



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Founder of HEAL- Advanced
Acupuncture Clinic, Vashi,
Navi Mumbai.

participated in first aid workshops. Additionally, the clinic has hosted learning workshops for doctors and medical professionals, fostering a deeper understanding of acupuncture.

"Our goal is to treat and educate," Dr. Ali said. "We want to empower people with knowledge about acupuncture so they can make informed decisions about their health."

Looking ahead, she aims to reach an even larger audience and expand the clinic's services. "We are thrilled to have made a difference in so many lives this past year. Our mission is to continue spreading awareness and making acupuncture accessible to all," she added.

**For more information about
HEAL-Advanced Acupuncture Clinic
and upcoming workshops,
contact 9892696700.**



SENIOR CITIZENS AND MENTAL...

Contd. from page 2

quality that matters while visiting doctors and taking care of health. Be precautionary regarding any extreme behaviour and habits. I know of a friend who is highly diabetic, but would go ahead and drink 2 glasses of sweet lassi when she felt like it. This would definitely create an imbalance and lead to severe conditions where measures are also more stringent. So, balancing is good.

Definitely do the following

• Keep a check of

your vitals

- Eat well and keep the mobility and activity level balanced.
- Visit friends and keep your hobbies active
- Practice light yoga and meditation
- Listen to music of your choice.
- Keep reading what you like.
- Keep making new dishes that you always wanted to try.
- Definitely eat an apple as "An Apple a Day really keeps the doctor away"

STRANGE ARE THE WAYS...

Contd. from page 4

their own story. This is an effective way to learn the things your child experiences every day or the things your child wants to do. You should be very sensitive to the stories your child tells you so that you can immediately identify and resolve any problem that he/she is experiencing.

You should tell a social story about a particular behavior before the time you expect him/her to exhibit such behavior in a social event or situation. This will help your child to remember the story and hopefully apply the ideal behavior as described in the story. You should develop one story for each specific need of a child. Some examples of specific needs are how to communicate properly with peers and adults, how to develop friendships and relationships, and the proper things to do after waking up.

Try to create your story as a reflection of your autistic child and your family. You can

achieve this by making the main character's physical features, gender, interests, and skills similar to your child. You can also include the family members in the story to teach your child their importance in their life. When writing a story, parents or carers should focus on one situation or topic at a time. This subject could be general, such as brushing one's teeth, washing one's hands, or taking a bath, or a specific one, like boarding an airplane and visiting the doctor for a medical check-up.

Children with autism may not have perfect social skills, but they can learn and develop these skills with Social Stories. The beauty of these stories is that they can be as simple or creative as you make them and can be modified to suit your child's interests. Because of this, your child can better appreciate your ideas and significantly impact their social behavior.

Ryan Christian School, Vashi INVESTITURE CEREMONY 2024



Leaders are not born but made by their experiences in life. To inculcate the leadership qualities in the students a school council board was formed after interview and brainstorming sessions.

The most auspicious ceremonial occasion of the school, Investiture Ceremony was celebrated on 22 June 2024, with full zeal and enthusiasm. The Investiture Ceremony is one of the momentous occasions when the school entrusts hope, faith and

the mantle of responsibility to the newly appointed school cabinet. This ceremony signifies the reliance and confidence that

The programme started with the Lord's Prayer followed by scripture reading, special prayer, enchanting prayer song and

runanidhi C. Director – YWAM Maharashtra & Goa. & Shri. Lt. Col. CJ Ranade (Retd) -President IESL Maharashtra & three



the school consigns in the newly appointed council members.

an energetic welcome dance performance. Our guests, Mr. Ka-

alumni who were the former council members of our school in



the year 2012, motivated the students and blessed them helping the students make their vision clear to achieve their goal by performing their duties with full dedication. Furthermore, advising the students to inculcate the values of punctuality, dedication, discipline and determination as they are the torch bearers of tomorrow. The school Head boy, Head girl

along with the other council members were conferred with badges. The zeal of the council was reflected in their confidence and dedication to execute their work. The school without doubt believes in its young leaders to protect and consolidate the values and ideals its teachers and students stand for. The Investiture Ceremony concluded with the Vote of thanks.

CLEAN AND GREEN ENVIRONMENT

DATE WITH HEALTH
reader
Merril X Corera
from
Vashi Navi Mumbai
with custard apple
sapling
on World
Environment Day
Kudos to him



सहचरी
Celebrating Womanhood
(Sahochori)

EMPOWER YOUR
TOMORROW:
Hygiene Starts Today.



www.sahochori.com