

SHAPING THE FUTURE OF INDIA THROUGH ROBUST EDUCATION

As we celebrate the Independence Day of India with great solidarity, fervent zeal and deep patriotism, we are reminded of the heroic stories of the freedom struggle. There have been innumerable unsung heroes who sacrificed their lives for the freedom of our country. On this Independence Day, let us remember to salute them and pay our tribute and homage to these legends of our country. It is their sacrifice and vision that has pushed us ahead to come a long way on the path of progress. The spirit of our great visionary leaders who have worked tirelessly for the nation spurs us to continue to march ahead with head held high towards great advancement and development.

“According to the Economic Survey 2023-24, 65% of India’s fast-growing population is under the age of 35, and many lack the skills needed by a modern economy. It also stated that about 51.25% of the country’s youth is deemed employable, according to estimates. This is to say that about one in two graduates are not

yet readily employable straight out of college. The reason is - India’s youth face skill gaps.” The National Education Policy (NEP 2020) has suggested multiple reforms like emphasis on early childhood education, revamping of curricular structure, flexibility in Language, assessment Reforms, Integrating Technology and teacher training in order to bridge the skill gap that our graduates have been facing over the years. Education Policy is focused on the holistic development among students. At this point, National Education Policy 2020 is the blueprint, the roadmap and the way forward for us as it aims to overhaul the educational system to adapt it to the changing demands of the twenty-first century. Education plays a pivotal role in nation-building. It contributes

significantly to the social, economic, and political development of a country. Nelson Mandela had rightly said, “Education is the most powerful weapon which you can use to change the world.”

“India, as per Schools2030 India, with a population of more than 1.3 billion, over 1.5 million schools, over 8.7 million primary and secondary teachers and more than 260 million enrolments each year – is home to the largest and most complex education system in the world.” However, with the policy framework at hand, the ball



**Dr. A. F. Pinto, Chairman
Ryan Group of Institutions**

is in our court to take appropriate steps to ensure that the future of these youngsters is safe and secure. Our government and other entities have been making various efforts in order to make the best of the greatest wealth we

possess – the youth by focusing on technology integrated, skill based and value based education to not only make them employable but also to help them realize their own vocation as researchers and entrepreneurs.

In order to provide a robust education to our youth, our educators have to be up to date with the latest teaching practices and pedagogies. Or else, India will continue to produce graduates who are unemployable. Alvin Toffler has rightly said, “The illiterate of the twenty-first century will not be those who cannot read and write, but those who cannot learn, unlearn and relearn”. It is only through robust education that we can build a robust nation. As educators, leaders and parents, let us ensure that all our young people have every opportunity to be empowered, skilled and equipped to realize their passion and contribute generously towards making India a Robust Nation!

**Wishing you a
very Happy
Independence Day!
Jai Hind!**

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PLEASE NOTE: Vol. 7, Issue - 11 (August 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

- Editor



Editorial

HAVE A PET BEAT THE STRESS

Animals don't argue they just listen patiently and respond to the love and affection they receive. Cat Dog and Goat are such patient listening friends that one feels totally at ease talking to them. Kids who have been having any kind of pet develop a habit of taking out their stress speaking for hours with them.

The next best thing a kid does is interact with them daily either feeding them by hand or simply making the pet sit on their lap affectionately and patting them. Just observe how at the break of dawn they wait patiently for their master to come and feed them and spend time talking to them.

They are your cleaning agents too. The vegetable and fruit peels are consumed especially by goats and hen. One doesn't have to search for stray animals to dispose off the leftover food and that is taken care by the pets at home especially the goats and hen.

If you haven't had a pet yet try keeping one which can be easily managed especially in the metros. Just see how handy they come when someone feels lonely. It may not just be a kid but even the family elders who at times have no one to keep company and listen to them.

Many a times elders feel lazy going out for a walk which for them is not just an exercise but is medicine which they shouldn't miss. Pets then become their walking companions and true friends. They make sure that the elder master takes them out in the garden if not both times ie morning and evening, atleast ones. This way the elder member of the family has to compulsorily go out.

Haven't we heard innumerable stories of loyal pets protecting their masters and at times with their timely action even save their lives.

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SENIOR CITIZENS AND COGNITIVE DECLINE

Aging can be very painful for many senior citizens due to the decline in their cognitive functioning. The first signs appear in the form of memory loss, especially the short-term memory. Due to which the family members may respond by taking away their responsibilities due to fear of harm or fatal accidents. I remember my mother in law forgetting to switch off the gas due to her onset of Alzheimer's. A cook was kept to help her and ease her work in the kitchen. However, this also reduces the exercises and she was not the person who would go for walks as she was constantly afraid of falling and getting an injury. Therefore, it becomes a viscous circle where due to the cognitive decline, the physical activities go down also further reducing the mental activities.

The very contrast was another aging lady who was frail, took great care of herself and kept working with her hands and fingers with crochet and playing cards regularly. She dressed impeccably and took active participation in decision making in the kitchen and supervising the cook and the helper. She insisted to going to places with her son and daughter in law and remained active and interested in life and its pleasures. She recently passed away at the age of 92 and did not even realise that she was about to die. Though she too had a few falls and small illnesses, her mental faculties were always active and she also kept her physical activities ongoing by taking high interest in her dressing and socializing.

Almost all of us have to go through the process of aging, the aim needs to be remaining active till we die. An appropriate amount of physical and mental activity is essential for all of us whatever age we may be. It is also important to ensure that we do not overdo it.

The best way to ensure that we keep our cognitive and physical juices flowing is to follow certain daily routine as follows:

1. Wake up daily with an enthusiasm with the help of positive affirmations or prayers. Look forward to the day. If possible, make a mental note or actually write down what you wish to do the next day. This would make you look forward to the day and the activities in store for you.
2. Start the day with yoga or whatever exercise you are comfortable with. I myself shall be officially a senior citizen in the next 15 days as I complete 60 years on this earth. I wake up and start my day listening to positive affirmations and walking. This



SALMA PRABHU
Clinical Psychologist Career
Counselor and Author of
Parenting book
Mom Dad U R Wonderful
and You are My Star
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is followed by yoga and pranayama. I do not look at the phone till I have finished all the morning routine and finished with breakfast.

3. Next ensure that you do your routine work of cooking or over-looking the helping with a little chat with them and if you are not retired then head to work or work from home. I work from home, so I settle myself to resuming my writing work after having given the set of instructions to the cook. I write till 12.30 and then go for lunch which is very light as I have a very

sedentary life otherwise. My cognitive functioning is high as I am researching and writing. I also play a number jigsaw to keep my cognitive functioning high and keep my memory intact. Positive affirmations help a lot.

4. Meeting like minded people is another activity I would recommend to keep our physical activity ongoing and sharing of thoughts and talking it out. Like minded people are positive and if you find a good listener and good wise person, it would be like cherry on the cake. Talk to at least one good friend daily for a short while whether in person or on phone. Join a senior citizen club or any other activity group that you would enjoy.
5. Eat food which will keep the serotonin level high. This would be an additional benefit as regular walking and yoga will already give you good dopamine and serotonin. However, the food will further enhance it. Eat food which you like, but at the same time go slow on the fatty food as due to sedentary life, the digestion would be difficult.
6. Most important is continue reading what you like. It is more beneficial to read than to watch television. Reading is active, while watching television is passive activity.
7. Spending time in and with nature is another fantastic activity. Gardening or walking in the garden listening to the birds and observing the nature is very helpful for cognitive functioning and keeping all kinds of stress at bay.
8. Spending time with grandchildren is very beneficial as watching them play and grow and talk makes the heart happy and fulfilled.

I would conclude by saying that do thing you like, just ensure that you are active enough mentally and physically for the rest of your beautiful life.

Understanding Stress and the Role of Dance Movement Therapy in Stress Relief

Stress: An Overview

Stress is a common physiological and psychological response to perceived challenges or threats. While short-term stress can be beneficial by enhancing alertness and performance, chronic stress can lead to numerous health issues, including cardiovascular diseases, anxiety, depression, and weakened immune function.

Sources of Stress

- 1. Work-related stress:** High demands, tight deadlines, and interpersonal conflicts.
- 2. Personal relationships:** Family issues, social obligations, and conflicts.
- 3. Health problems:** Chronic illnesses, acute medical conditions, and mental health issues.
- 4. Major life changes:** Moving, changing jobs, or experiencing loss.

Physiological and Psychological Effects of Stress

- Physical:** Headaches, muscle tension, fa-

tigue, and sleep disturbances.

- Emotional:** Irritability, anxiety, and depression.
- Cognitive:** Difficulty concentrating, forgetfulness, and indecisiveness.
- Behavioral:** Changes in appetite, increased use of alcohol or drugs, and withdrawal from social activities.

Dance Movement Therapy (DMT): An Introduction in brief

Dance Movement Therapy (DMT) is a psychotherapeutic use of movement to promote emotional, cognitive, physical, and social integration of individuals. It is based on the premise that the body and mind are interconnected, and movement can express and influence psychological states.

How DMT Helps Alleviate Stress :

- 1. Physical Release:**
 - Movement involves physical activity, which helps release



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

endorphins, the body's natural stress relievers.

- The movement helps reduce muscle tension, lower cortisol levels, and improve overall physical health.
- 2. Emotional Expression:**
 - DMT allows individuals to express emotions that might be difficult to articulate verbally.
 - Through movement, participants can explore and release feelings of anger, sadness, or anxiety.
 - 3. Mind-Body Connection:**
 - DMT fosters a better awareness of the body and its movements, promoting mindful-

ness.

- This awareness can help individuals become more attuned to their stress responses and develop healthier coping mechanisms.

4. Social Interaction:

- Group sessions create a sense of community and support.
- Positive social interactions during these sessions can alleviate feelings of isolation and improve mood.

5. Creative Outlet:

- Movement is a form of artistic self expression, allowing for creativity and improvisation.
- Engaging in creative activities, as DMT incorporates music, expressive art etc., has been shown to reduce stress and increase feelings of well-being.

Evidence Supporting DMT for Stress Relief

Numerous studies have demonstrated the efficacy of DMT in reducing stress and improving mental health. For instance, research indicates that participants

in DMT programs often report lower levels of anxiety and depression, enhanced mood, and a greater sense of emotional balance. Additionally, DMT has been found to improve self-esteem and body image, further contributing to overall well-being.

Conclusion

Stress is an inevitable part of life, but its negative impact can be mitigated through effective coping strategies. Dance Movement Therapy offers a holistic approach to stress relief by addressing both the physical and psychological aspects of stress. By incorporating DMT into stress management routines, individuals can enjoy the benefits of physical exercise, emotional expression, and social interaction, ultimately leading to a healthier, more balanced life.

Disclaimer: This is not a medical based article. DMT is a parallel Therapy and not in lieu of any medical treatment.

INDEPENDENCE DAY CELEBRATIONS AT RYAN CHRISTIAN SCHOOL, VASHI

"Blessed is the nation whose God is the Lord, the people whom he has chosen as his heritage" - Psalm 33:12

Ryan Christian School, Vashi celebrated the 78th Independence Day with great enthusiasm, splendour and patriotic zeal. Both the schools, St. Lawrence and Ryan Christian School had a combined program. The event commenced with the Flag Hoisting ceremony, where



the tricolour was unfurled by the chief guest, symbolizing the pride and sovereignty of our nation.

This was followed by a well-coordinated March Past, showcasing the discipline and unity of the students.

To keep up with the trend of Ryan group of Institutions, Tree plantation was done.

The guests were welcomed by the band Squad and contingents of Scouts and Guides along with the school council. The program was organised in the School auditorium. The event proceeded with the scripture reading, Lord's prayer and special prayer for the country. To formally welcome everyone, a series of

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MONKEYPOX IN INDIA

The COVID-19 pandemic, which spread quickly across the globe toward the end of 2019 and throughout 2020 impacted almost every aspect of daily life. It generated unprecedented uncertainty in the global economy, and disrupted daily routines. Individuals must navigate quarantines, school closing, job insecurity, significantly impairing the physical, mental, social, financial well-being of people.

The impact of the pandemic was more severe than global financial crisis, which was devastating as well to the health and welfare of the human.

Monkeypox is a infectious disease caused by the monkeypox virus. It can cause a painful rash, enlarged lymph nodes and fever. Most people fully recover, but some get very sick.

The government announced that they are closely monitoring the globe monkeypox situation and implementing preparedness and precautionary measures to prevent and control its spread.

Monkeypox infection is a zoonotic viral infection that usually last for 3 weeks. It is caused by the monkeypox virus and is characterized by rash or pox-like symptoms.

Mpox causes signs and symptoms which usually begin within a week but can start 1-21 days after

exposure. Symptoms typically last 2-4 weeks but may last longer in someone with a weak immune system.

Common symptoms of monkeypox are:

- Rash
- Fever



Sahrish Akhtar

- Sore throat
- Headache
- Muscle aches
- Back pain
- low energy
- swollen lymph nodes.



Anyone can get mpox. It spreads from contact with infected:

- persons, through touch, hugging or kissing
- animals, when hunting, skinning or cooking them

- materials, such as contaminated sheets, clothes or needles
- pregnant persons, who may pass the virus on to their unborn baby.

If u have mpox:

- Consult your Doctor
- Tell anyone you have been close to recently
- Stay at home
- Avoid physical contact
- Wear mask
- Proper Rest and Medication

The goal of treating

or use an alcohol based hand sanitizer especially before eating or touching your face and after you use the bathroom. Hand-washing is one of the best ways to protect you, your family and your friends from getting sick.

To prevent monkeypox, practice good hygiene and avoid close contact with infected individuals or animals. Wash hands frequently with soap and water, and use hand sanitizer when necessary. Avoid handling wild animals, especially rodents and primates, and be cautious around sick animals. In areas with monkeypox outbreaks, use personal protective equipment (PPE) and maintain good environmental sanitation.

Ensure any cuts or wounds are covered and seek medical advice with Doctor if you experience symptoms such as fever, rash, or swollen lymph nodes.

**Stay Safe,
Stay Healthy!**

CREATIVE SPACE



Ayansh Rathour (8 yrs)
Class 3, Euro School, Balkum, Thane



Aarav Rathour (11 yrs), Class 6,
Euro School, Balkum, Thane



Nikhil Subramaniam
(11 Yrs)
Reliance Foundation
School, Koparkhairne



Aalif Iqbal Khan
(11 Years)
Darya Ganj,
New Delhi

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gmail.com

My vision for Independence

15 August is celebrated in the “beautiful” nation of India. It is the day when we were freed from the British and received freedom. People were actually grateful and knew the true meaning of the day. But today I observed something, Independence Day isn’t about freedom or a day to value the hard work done by people in 1947 and before, it’s a day of taking selfies and photos in white, saffron and green dresses and uploading them on Instagram. From what I noticed, we were never free and never received freedom. Let me ask you this ‘Do you feel free and safe in our country?’ or ‘Do you think you will receive justice if something happens?’. Answer these questions in your mind and ask yourself, are you really safe? Let me make it easier, no we aren’t safe and we were never safe. If something happens, we will get many comments saying it’s so bad this occurred but no one, not a single person will get you justice. I love it when people say ‘I love my country’ but without meaning its nothing, just a statement. I would love my nation if independence actually meant freedom. Every Independence Day you celebrated the freedom of rapists and criminals. They aren’t people, they are “monsters”. A generation like this shouldn’t be left to continue, it should be finished. As we celebrated our ‘freedom’, I’m pretty sure you know the situation of Kolkata. Even after hearing this incident, we never paid attention and yes, we did go and say ‘I feel so sad’ but do we really? We have our actions and voice, actually no we don’t if today I say something about a high-profile person, I would face ‘consequences’ for it. Why? And for god’s sake we do need to change the mentality of monsters like them but we can’t because they don’t want to change and we can’t change someone but we can take a step forward. The government should get monsters like these killed by death penalty which they truly deserve. Now let me

introduce you to some tragic cases that people had to face so that aside from the ‘rich heritage’ and ‘beauty’ of our country, you know the dark side of this world. A recent case of August 2024, took place at a medical college, wherein a trainee doctor Moumita Debnath of age 31 was SA’ ed and murdered. The state she was in must have been so hard for her parents to see. She was tortured for hours before getting strangled to death. When her body was discovered; her eyes bled, her legs were basically torn to



Filzah Syed
Student

you, do you want us to believe in a lie for the sake of an influential brat, sacrificing a poor citizen. Doesn’t she deserve justice? Another tragedy occurred with Nirbhaya; a 23-yr old who was SA’ ed by 6 satanic people on a bus in Delhi. She was brutally tortured and her intestines were literally pulled out, all this happened before she was thrown off the bus. When her body was discovered, there was a rod up in her body, as a sign of the torture and pain she went through in those few hours before fi-

tice, Nirbhaya deserved to live and so did Moumita

Nirbhaya’s criminals should have all suffered the pain she was put through and I wish Moumita Debnath gets the justice she deserved and her criminals are killed and fed to street dogs all after being brutally tortured. I wish there was guillotine for these monsters. These atrocities will never be forgotten or maybe we will because this is the routinely cycle of our life. We hear about a case, protest, feel rage surge over our body and then when no one does anything about it we move on with our lives. “Beti bachao Beti padhao” Beti padh li, lekin bach nahi payi.

It’s not just this case or Nirbhaya’s there are thousands of rape cases every day in India. From women to men and even children. If animals can get SA’ ed then what is a 3-month-old, 3 yr old or 31 yr old citizen.

We don’t want these rapists to get hanged to death, easily getting life taken away from them. Justice for people like Moumita and Nirbhaya would be making them suffer the same torture and pain that their victims went through. We can’t claim to be a developed country when the citizens aren’t even safe in it.

I want to ask all of you monsters, what is the satisfactory feeling after committing such horrific crimes. Does this make you feel better about yourselves, please have empathy.

Don’t get me wrong, I’m a proud Indian. I don’t hate my nation I hate its people. These types of cruel deeds are what triggers trust issues within people. Let’s be trustworthy people.

I just wish we used our voices and actions for the better. This is a request to everyone, we already lost thousands of innocent minds lets unite against evil and protect our people together.

This is my first step to making India a better place. Are you with me? Do it guys, because I know for a fact, we can and we will win.

Thank you!



form 90-degree angles meaning her pelvic girdle was definitely broken and it is medically proven that the pelvic bone is the strongest bone in a women’s body meaning it wasn’t possible for a single person to break it. This poor woman suffered for hours while we all slept. Are we really supposed to believe this hypocrisy? Did she deserve it? The number of people involved is not yet known but it wasn’t a single person. Only one man was caught to which he confessed and said “hang me”. Where are the other people? And also, to all the people out there I really want to ask

nally resting. Even though this case took place in 2012, the incident was never forgotten. Her criminals were sentenced to death from which one was a minor; a 15-yr old which makes me think ‘is this what we’ve come to?’. The man who allegedly had tortured the girl the most, committed suicide. What a coward? Even though it was clear that, he had committed this monstrosity it took literally 8 years for Nirbhaya to get justice. Did these women commit a sin so bad to deserve this? Maybe they did commit a sin; being born a woman. In my opinion, both didn’t receive jus-

INDEPENDENCE DAY CELEBRATIONS...

Contd. from page 3

Welcome Speeches were delivered in English, Hindi and Marathi by students from Ryan Christian School and St. Lawrence, highlighting the unity in diversity that defines our country.

The young Ryanites then delighted the audience with a vibrant Welcome Dance followed by the chief guests were introduced and felicitated with saplings and a folder by the council members.

A series of cultural performances followed, including a Patriotic Dance by the St. Lawrence students. The program also included speeches from the Nation Builders followed by the spirit of achievement was celebrated with the Prize Distribution ceremony, recognizing the outstanding perfor-

the young Ryanites were honoured for their outstanding performances in various fields. As the event drew to a close, the day culminated with the Vote of Thanks and the Closing Chorus by the Students of St. Lawrence brought the program to a harmonious end, followed by the School Anthem echoed the pride of our institution.

The Independence Day celebration was a resounding success,



mances of students of St. Lawrence. The day continued with more patriotic performances, including the young Ryanites' Patriotic Dance.

The Ryanites felt enriched with an encouraging address by Pastor Jimmy Joseph - Founder of Tikvah Youth Movement, TC for Operation Christmas Child for Maharashtra & Ms. Savita Mohite - API, VASHI also the children felt motivated to excel in academics and their desired talents to serve their country as responsible citizens upholding the democratic values of our nation, followed by



leaving everyone with a renewed sense of patriotism and a deeper appreciation for the freedoms we enjoy.

The following guests were present for the day -

1. Pastor Jimmy Joseph - Founder of Tikvah Youth Movement, TC for Operation Christmas Child for Maharashtra
2. Ms. Savita Mohite - API, VASHI
3. Mr. Owl - Assistant Police Inspector
4. Mr. Babasaheb Sangle - Police Sub Inspector

SAFE SIDE OF STAYING FIT DURING SUMMER

In Summers, the temperature really begins to soar, and every physical activity takes more effort and a little more struggle. There's nothing cool about Indian summers, but that doesn't mean that if we take the right precautions, it can't be cool. It is quite imperative to take precautions and try not expose oneself to the heat and harsh sunlight to the best possible extent. Not just dehydration, but we may also increase the risk of skin damage and cancer if we stay out in the sun too long. So stay indoors, make sure you work-out inside the gym or your home. And, if you absolutely have to train outdoors, do it in the evening post 5 or 5.30 pm. Avoiding the sun has natural consequences - lack of vitamin D production in our body. Supplements are our friends. Make sure to check and maintain B12 and D3 levels often and speak to a specialist, who will help to take preventive measures.

Keep your meals light and small instead of having heavy, big lunches and dinners. Focus on foods that are rich in fibre and easy to digest and avoid foods that naturally have a lot of 'heat' in them. Avoid - Papayas, Grapefruits and Apricots; veggies like eggplants, onions and spinach; and kidney beans, nuts and red meats as they create excess heat in the body. Eat More - Apples, pears, strawberries, cucumbers, broccoli, lettuce, black eyed peas, buttermilk and yogurt.

Relish some fruits like watermelon and muskmelon that naturally cool the body down and contain a lot of water in them



JAYANTHI SUBRAMANIAM
Navi Mumbai

too! Replenish lost salts and minerals by incorporating drinks like coconut water in the diet. Protect your vision from the harsh sunlight at work and at play, wear protective eyewear. When outdoors, wear sunglasses that block at least 99% of ultra-violet rays. People

wearing specs can convert the glasses to photogenic to avoid sweltering heat directly attacking your eyes.

You will sweat and you will lose a lot of water throughout the day. Make sure to carry a bottle of water. Consume more electrolytes too. Avoid Alcohol



and Caffeine - Alcohol, fizzy drinks and coffee can cause dehydration quickly. Try to reduce the amount of these beverages, especially during hot weather. Plain or flavoured water is a good substitute. Heat strokes and dehydration are real dangers that can have disastrous consequences.

In Summers, the best times to workout are when the sun is about to rise or about to set - which means that one should decide what works best for himself and stick to that. In addition to the workouts, the body also goes through a lot of stressors in the summers - and thus, getting 7-8 hours of sleep is important too. A healthy mind and body is a combination of diet, exercise and sleep and can only be achieved by creating and maintaining a fixed and balanced routine.

CLEAN AND GREEN ENVIRONMENT



DATE WITH HEALTH reader SULTANATE PATEL from Pune sent us these beautiful pictures of her garden.

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4 Star ranking (TDTTA and MCD) table tennis tournament at Airoli Sports association, Navi Mumbai Aug 2024

Player Full Name: Swara Vijaykumar Jangade
Std 8 Fr Agnells School Vashi

Categories:

Under 15 Girls Medals / Positions: Gold / Winner

Under 17 Girls Medals /Positions:

Bronze / Semi Finalist

Other recent past performance of 2022-23

1. Gold Medalist, U15 State Championship Girls Doubles held in Pune
2. Silver Medalist at divisional DSO held in Thane
3. Quarter finalist U15 State championship held in Pune
4. Represented Maharashtra team for National championship 2022-23. Played QF in girls doubles. Played round of 16 in Singles. Ranked 21 at the end of year in India.
5. U13 Teams Gold Medalist State Championship held at Chiplun 2022-23.

Her table tennis coaching is at Fr. Agnells TT Academy, Vashi by Chaitanya Udare Sir and Suhas Chavan Sir.



GRAND CELEBRATION OF INDEPENDENCE DAY AT MILLENNIUM TOWERS



Independence day celebrated at Millennium Club and Millennium Towers, Sector 9, Sanpada, celebrated in a grand way with both the young and the old taking part in the celebrations.

Take a Break

- Take a deep breath in and then slowly out.
- Clear your mind.
- Take another deep breath in and then slowly out.
- Feel your body relax.
- Take another deep breath in and slowly out.
- Feel yourself letting go and becoming more relaxed.
- Take one more deep breath and slowly breathe out.



SAPLING plantation by Merrill X Corera at Fr. Angels School, Vashi, Navi Mumbai

CELEBRATING FREEDOM AND PATRIOTISM: INDEPENDENCE DAY 2024



St. Lawrence High School, Vashi, celebrated India's 78th Independence Day with great fervor and enthusiasm. The event was a tribute to the nation's struggle for freedom and a celebration of its sovereignty.

The day began with a flag-hoisting ceremony, where the Eminent Invitees along with the Headmistress hoisted the tricolor, accompanied by the school choir's rendition of the national anthem. Students and teachers alike stood at attention, paying respect to the nation's symbol of freedom. The grand parade of the various school squads electrified the atmosphere as they marched forward to salute the National Flag.

The cultural extravaganza got off with the reading from the holy verse and mellifluous songs of Praise and worship by the school choir. The cultural program continued showcasing the rich heritage of India through music and dance performances. Students presented speeches in different languages highlighting the significance of Independence Day and the sacrifices made by freedom fighters.

The highlight of the event was the speeches given by the Guest hailing from different walks of the life, emphasizing the importance of patriotism, unity, and responsibility towards the nation. The students were inspired to become active citizens and contribute to the country's progress.

The celebration concluded with prize distribution ceremony for the winners of various competitions held in the lead-up to Independence Day, including Patriotic song, Elocution, Role Play and T-Shirt painting.

In accordance with the need of

hour our Chairman Sir, Dr.A.F. Pinto stated that "Independence Day is a reminder to the students of our nation's strength and resilience. We must strive to preserve the freedom we enjoy and work towards a brighter future for all."

As per Chairman Sir's guidance, few council members had the privilege to conduct the flag hoisting



ing ceremony in the nearby society in the presence of members of the society.

The event was a resounding success, instilling a sense of national pride and responsibility among the students and staff.

"Such celebration instills in young minds the vibes of loyalty towards oneself, Nation and they understand that Freedom is, to have a sense of responsibility" said the Headmistress Mrs.Saira Kennedy.

GARDNER IS A LIFE SAVER



C.K. SUBRAMANIAM
Freelance writer
Navi Mumbai

The rain was a total disaster for my backyard garden. Everything was flattened! But hey, at least my shoe flower in the front yard is going crazy. It's like a little silver lining. They say it's a lucky plant, associated with wealth and prosperity. I'm not usually into that stuff, but it's a nice thought right now.

My gardener is a lifesaver. He's been working nonstop to fix everything. He even bandaged up my poor banana plant after a tree branch took a chunk out of it. It's a miracle it survived the fury. Today's apparently a big day for plants, so hopefully, it'll help my garden recover as the sun shines in its full fury on a Sunday. This month on this day



the sun is warmer was found in its glory and celebrated with great pomp and show.

सहचरी

Celebrating Womanhood
(Sahochori)

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