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PLEASE NOTE: Vol. 7, Issue - 12 (September 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

STRESS : KILL IT BEFORE IT KILLS YOU

Nothing can be more important than a human life, then why do the youngsters today exchange that for saving a job or a relationship. What happened recently with a young IT professional was not just disturbing but a wake up call for all. One fails to understand why did she wait so long for stress to literally consume her. If the manager was strict he would had been the same for others too. How were they coping with his tantrums ? Couldn't she have quit the job instead of quitting the world. A harsh manager can be shown the door but he will find a job somewhere else, but parents who have lost their children will never find them again.

Stress is a silent killer, many neglect it assuming it to be part of a "successful" career. Parents shouldn't grumble about arrogant bosses when they literally push their children into the mad world of unhealthy competition. Don't parents put pressure on their children from an early age to excel in studies and hobbies too. Extra classes kills the originality of the child and puts him / her on the conveyor belt of the mad race. Parents take pride in boasting about their children drawing six figure monthly income working for MNCs. Does anyone really bother to care about the price the "robot" is paying.

If one blames the workplace for stress they should introspect and find their role too in it. Everyone wants to be earning handsomely living a lavish life, but then is it really that important where one sacrifices his / her life.

If you cannot handle the pressure quit that job or relationship. Your life is not that cheap to be bargained for it !!!!

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MENTAL HEALTH IN SENIOR CITIZENS

Remaining Occupied.

Recently I was asked regarding how to spend the rest of the life after turning 60 by remaining occupied as empty mind is devil's workshop. All negativity creeps in or one ends up watching endless television or spending time getting obsessive about cleanliness. There are many senior citizens who spend a lot of time on calls, however after a while people tend to avoid them if they talk a lot on calls, unless they find someone who is ready to listen to them. People who many a times talk a lot are not necessarily good listeners and that leads to losing friends and relatives as well.

I have also turned 60 as I mentioned in the last article and though the amount of actual counselling which I did earlier has reduced now, there is still enough to do as there are goals set for the next five years. I recommended the same as an answer to the query I was faced with.

All our lives we do many things which we may not want to do. Some are not even in the career of their choice all their lives and turning 60 is actually a good time to reflect and do the following so that the rest of the life goes well and happily with a purpose. I have also written regarding finding a purpose in many of my articles. However, at 60 this is like beginning a fresh start. Of course, the pressure of earning hopefully would not be there as one generally ensures that by the time they retire or turn 60 they have a plan for their day to day living expenses and health insurances.

1. First and foremost, make a list of all that you like to do. This is the most important step as what you select to make your purpose or your job has to give you utmost satisfaction and a feeling of fulfilment.

2. If the list is long then prioritise or select two to begin with. For example, the list may have travel, gardening, painting, music, working with animals or writing, working with underprivileged or people who need health care. There could be many or just one interest. I recommend, prioritise and then before committing to it as a long-term goal, first give it a shot for a couple of weeks or couple of months. You may or may not accept monetary benefits out of it. I know many seniors who began working as baby sitters and made a good sum out of it and also fulfilled the desire to be with children without having them as an entire day responsibility. Another senior couple loved to nurture and feed others and had expertise in many cuisines. They just started a small take-away service where they cooked what they loved and



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announced to the group what they were making the next day and took orders. This way they earned while doing what they loved. The most they enjoyed was getting gratitude and amazing positive feedback for their cuisine.

3. Once you find the activity that gives you a lot of joy and satisfaction, go for it, full throttle and if you need even take a short training course or get updated regularly to enjoy the benefits of the latest trends in that area. I recently interacted with an acquaintance who

has taken to farming, He took training and is enjoying thoroughly the fruits of his work. I could hear joy, enthusiasm and contentment in his voice and words.

4. The third factor is to ensure that your work gives you enough happiness and also time to have some good exercise and socialisation. Turning 60 and having less responsibilities in life is the time to meet your friends often and interact or be with your community. Your work need not take away all your time.

5. The fourth factor would be to not take on more than you can handle as at times one is not able to say "No" and this would result in taking on the plate more than what can be handled leaving space for stress and fatigue. So, decide your limitations and stick to it. Once or twice being flexible here would be acceptable, but do not make it a habit. For example, the couple who were preparing their cuisines at times got orders for a party, they accepted only if the quantity was what they could handle easily with a little bit of extra planning and never went beyond the numbers they could handle. They also kept two days for community service and the kitchen was completely shut during those days, giving them a good break as well.

6. The fifth recommendation would be plan well how you are going to divide the day in a manner which will leave you with enough time for yourself, for your purpose, for having good meals and spending time with your partner or family.

7. I also recommend if you are keen either record or write your daily feelings of fulfilment, your experiences, your joy and share it with your friends and family. That way you shall be giving ideas and inspirations to others who might be reaching that age soon or already in the age group.

The purpose of the above is to ensure that you are living a full life even after you turn 60 or after you retire.

Wish you all a healthy and fulfilling 60 plus.

Celebrate the Joy of Being a Teacher

"It is easier to build strong children than to repair broken men," this quote of Frederick Douglass signifies the tremendous importance that rests on the shoulders of our teachers of nurturing value laden responsible global citizens. Not everyone is called to become a school teacher, but certainly everyone plays a role of a teacher at some point of time or the other in their lives. Since the child spends a good portion of its formative years in acquiring an education, school environment is a critical factor and school teachers play a pivotal role in nurturing the young minds. However, home and parents also have an equal responsibility in this entire process. Therefore, it is the shared responsibility of both school teachers and parents/guardians to spend time on grooming children in the right direction and ensuring that they grow up as responsible citizens.

We witness that there are various changes taking place in the segment of education which demands teachers to be well

equipped to meet the expectations of 21st Century learners. It is an enormous task to remain up to date and committed to the noble profession of teaching so that students receive the best learning opportunities and guidance to be lifelong learners and be prepared for the future that remains unknown. In this context, John Dewey had beautifully stated, "If we teach today's students as we taught yesterday's, we rob them of tomorrow."

or substituted by technology; instead the role has become even more critical



Grace Pinto
Managing Director
Ryan Group of
Institutions

and encourage them through appropriate integration of technology to apply learning into action and relevant outcomes. While technology would do its bit, teachers as facilitators add the desired human touch and provide opportunities to the students to develop critical thinking skills and cultivate values to help them become responsible lifelong learners as Aristotle had aptly said, "Educating the mind without educating

They interact with hundreds of young bubbling lives and make every effort to transform them into what they really ought to be. There is so much delight among teachers in knowing their students, helping them discover their talents, celebrating their successes and watching them blossom into beautiful humane persons. Teachers know that their students whom they have mentored will one day realize their fullest potential and become Kings and Queens in their own area of interest. All this gives them a sense of joy and satisfaction.

5th September, the birth anniversary of Dr. Sarvapalli Radhakrishnan, is a special day that is dedicated to all our beloved teachers to remember and thank them for their sacrifice and contribution to society. Dear teachers, no matter the challenges you face, celebrate the joy of being a teacher that transforms eternity. I pray that Lord Jesus Christ blesses our teachers and their family abundantly.

**Wish you a very
Happy Teachers' Day!**



It is true that the role of a teacher has radically changed over the years because of the changes in the educational process. A teacher's role is not relegated to the sidelines

in the current journey of learning on the information highway. The teacher would need to be effective at engaging learners towards meaningful construction of knowledge,

ing the heart is no education at all!"

Despite several challenges, there is so much joy among teachers as all that they do is because of their love and passion.

Euthanasia effects in the seniors society



JAYANTHI SUBRAMANIAM
Navi Mumbai

Euthanasia refers to deliberately ending someone's life, usually to relieve suffering. Doctors sometimes perform euthanasia when it's requested

by people who have a terminal illness and are in a lot of pain. It's a complex process and involves weighing many factors.

When a person chooses to end her life because she can no longer live with dignity, the question to be asked is not whether she can waive her constitutional right to life, but whether she has a right to choice. The debate extends to whether the fundamental right to life extends to

the right to choice, because, after all, there is no overt act required



to be performed to live life. The more abstract jurisprudence

content that arises is whether there is a right to choose at all, and if

there is, will it govern the right to life or be subservient to it. What

is the point in wasting money in treating old-age ailments when one has to eventually die?

Article 21 of the Constitution gives me the right to life, but I also interpret it as giving me the right to take away my life. The right to life includes the right to live with dignity. When you are in pain, that dignity is lost and you are forced to rely on your kith and kin for support. Section 309 of the Indian Penal Code prescribes pun-

ishment for attempting suicide. It is an offence, but it should not be one. You could die, but if you survive, you should get counselling, not go to jail.

Passive euthanasia means withdrawing life support to induce death in a natural way. In contrast, active euthanasia means injecting legal drugs to induce death. This is not permitted in India. The Supreme Court is

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Dance Movement Therapy For Enhancing Employee Wellness In Corporates

Understanding Dance and Movement Therapy A Holistic Approach

Dance and movement therapy is grounded in the belief that the body and mind are interconnected, and movement can be a powerful tool for healing and self-expression. It emphasizes nonverbal communication and expression through movement, making it accessible to individuals of all ages and abilities.

In dance and movement therapy sessions, trained therapists guide participants through various exercises and activities designed to promote self-awareness, emotional regulation, and stress reduction. The emphasis is on the experience of movement itself and its therapeutic benefits.

Engaging in dance and movement promotes physical fitness



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

movement experiences promote empathy, communication, and collaboration, strengthening interpersonal relationships and team dynamics.

To successfully incorporate dance and movement therapy into the workplace, employers must create a supportive and inclusive environment

where employees feel comfortable exploring movement and expressing themselves freely. This may involve providing dedicated spaces for movement activities, scheduling sessions during non-work hours, and ensuring confidentiality and privacy.

Conclusion

Dance and movement therapy offers a dynamic and holistic approach to enhancing employee wellness in the corporate setting. By leveraging the therapeutic



and flexibility, addressing common issues associated with sedentary office jobs.

Movement serves as a powerful outlet for emotions, allowing individuals to express and release pent-up feelings in a safe and supportive environment.

Participating in group dance and movement sessions fosters a sense of community and connection among employees. Shared

power of movement, employers can promote physical health, emotional well-being, and social connection among their workforce.

Incorporating Dance Movement Therapy in the workplace is not only a creative approach to employee well-being but also a strategy to enhance overall productivity, reduce stress, and foster a more positive work environment.

“Hindi Hamaari Shaan Hai; Desh Ka Abhimaan Hai”



Language and culture of any country plays an important role in making people to connect with the other people and helps in making a strong nation. Hindi is a language of love, togetherness and brotherhood. HINDI DIWAS is celebrated on 14 September with great pride and vigor as Hindi was adopted as the official language of our nation, India on September 14, 1949. To pay tribute and to mark the importance of country's most widely spoken language, St. Lawrence High School, Vashi celebrated Hindi Diwas.

Special assembly was held where students were encouraged to recite poems, students also enacted a value based skit in Hindi along with the Hindi prayer. Thought for the day was also explained in the same language and it was followed by a talk on the importance of Hindi language. Teachers informed the children that Hindi is a very rich language and has made major contributions to the field of literature.

Different Activities were conducted across all the sections. Students articulated stories, recited poems, wrote slogans, enacted plays, etc.

Teachers encouraged the students to use Hindi in their daily life without any hesitation and respect our national language. Everyone made their sincere efforts to communicate in Hindi.

Our Chairman Sir Dr. A.F Pinto strongly emphasize on the All-



round development of the students and nurtures each of them to the best of his/her capabilities. “Following this vision of our Chairman Sir, we bear an equivalent significance of co-curricular activities, along with academic growth. Our school plays a vital role in celebrating this day, fostering patriotism and promoting the rich cultural heritage of India. This event achieved the goal of instilling values, spontaneity and confidence in the students,” said the Headmistress Mrs Saira Kennedy.

NATURE OF MEDITATION



C.K. SUBRAMANIAM
Freelance writer
Navi Mumbai



cal well-being.

This practice encourages a deep connection with the natural world, fostering a sense of peace, presence, and promoting mindfulness, reducing stress, and enhancing

overall well-being.

It involves finding a peaceful spot outside, such as a park, garden, or forest, and using nature as a focal point to engage your senses and deepen your meditation practice.

Nature meditation, which involves meditating outdoors or focusing on the natural environment, offers profound benefits for both mental and physi-

Teachers' Day celebrations at Ryan Christian School, Vashi

"In everything give thanks, for this is the will of God"

- Thessalonians 5:8

The Teachers' Day celebration was held on 5th September 2024 at Ryan Christian School, Vashi. It was a memorable event dedicated to honouring and appreciating our beloved teachers for their hard work, dedication, and contributions to our lives. The event was meticulously planned and included various activities and performances that showcased the talents of our students.

Tree Plantation was done by all the teachers to commemorate the occasion.

The students made beautiful cards and brought flowers to appreciate the role of their teachers as mentors in their Life. Teachers were appreciated with a lovely message of encouragement, appreciation and blessings by our beloved Managing Director Madam, Grace Pinto.

The day came to an end with all the stu-



dents being blessed with a note of joy and teachers leaving memories of the day.

EUTHANASIA EFFECTS....

Contd. from page 3

likely to take a decision on living wills in 2018, even as a draft Bill on withdrawal of life support to patients with terminal illness is under consideration. The Bill, however, deals only with terminal illness. This is a complex issue in every society and the chances of its misuse are high. That's why it is not accepted as a way of ending the lives of mentally alert and reasonably healthy persons.

Euthanasia in that form cannot be al-

lowed or legalised because the probability of its misuse — whether it is demanded for property, money, or because of animosity among family members — is very high. Usually such killings are classified as homicide, and if the perpetrators are caught, they are punished. Imagine the consequences of legalising this. There will be no limits to its abuse in India and elsewhere. The decision in favour of euthanasia is far more complex

when a person is mentally alert. This brings to my mind a Hindi film about a quadriplegic who seeks death. The court denies his wish. I think that was the right decision.

The right to life is an old debate. When the Supreme Court heard the challenge to the imposition of Emergency, it rejected the argument that in India, the right to life available to a citizen flows from Article 21 of the Constitution, and that if such an Article were to be deleted or suspended,

the citizen would have no right to his life under law. The right to life was made more sacrosanct and, over the years, has been seen as a basic feature of the Constitution, thereby making it both fundamental and permanent.

The significance of this is that if one relinquishes the right, one can do so only in accordance with procedure established by law. Imposing death by way of capital punishment is an example of the right to life being terminated in accordance

with the procedure established by law. To terminate life, even one's own life, were it to be done without the authority of law, would amount to an unlawful act. In certain cases, it may even be a criminal act. In fact, an attempt to commit suicide is a crime under the IPC.

In the case of terminally ill patients who are provided with expensive health care, whose families know that the patients are unlikely to return to normalcy or near-normalcy, and given the economic burden

on the family and on society to treat these patients, euthanasia could be debated. But euthanasia for those who are mentally alert, though physically disabled, is a big no. There is another legal dimension to this debate. Taking away life is often related to the inability of the affected or concerned individual to live with dignity. Euthanasia effects in society are manifold and these cases are to be taken individually and each case is to be treated with discussion and dignity.

How to choose the right study abroad destination



Pallavi Jadhav
Education Counsellor

Studying abroad is a life-changing experience that gives students the chance to explore a new culture, advance their academic careers, and develop a global perspective. However, choosing the ideal location can be a difficult undertaking. With many different countries and institutions to select from, it's important that you carefully evaluate several different factors to make the best decision for your academic and personal development.

Why Study Abroad?

A study abroad program can lead to many other opportunities. Thanks to it, students can learn worldwide perspectives, explore other educational systems, and build a global network of connections. It promotes self-improvement, independence, and adaptability in addition to academics.

Interacting with a different culture can extend your perspective and improve your ability to solve problems, which will increase your competitiveness in the global market.

Factors to Consider While Selecting a Destination

- 1. Academic Programs and Modules:** One of the most critical factors in choosing a study abroad destination is finding a university with programs that align with your career goals, ensuring the modules and outcomes meet your educational needs.
- 2. Job Opportunities:** Evaluate your chosen destination's job market and employment opportunities to ensure it offers internships, part-time jobs, and networking options that can enhance your resume and complement your studies.
- 3. Budget and Tuition Fees:** Affordability is key, so thoroughly assess tuition fees, living costs, and available financial aid and work opportunities to manage expenses effectively.

- 4. Culture and Climate:** Choose a destination where the cultural environment and climate align with your comfort and interests, considering language, lifestyle, and weather preferences.

- 5. Standard of Living:** Assess the standard of living, including healthcare, safety, transportation, and infrastructure, to ensure a more enjoyable and stress-free study abroad experience.

How does It help for a Better Future?

By exposing you to innovative technologies and advanced methods that aren't always available locally, studying abroad significantly boosts your prospects for the future. You stay at the forefront of your field and expand your skill set as a result of this exposure. Furthermore, the worldwide network you create through contacts abroad may lead to a variety of job opportunities and collaborative projects. In today's competitive job market, the experiences and connections made overseas offer a significant advantage, regardless of



your goal—to launch your own business or land a job with a multinational corpo-

ration.

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The recent state-level karate event held in Vashi attracted participants who showcased exceptional skill, discipline, and sportsmanship. Organized by The Wings Martial Arts Academy headed by Mr Vishal Gadge (Founder and President) the competition featured various skills, including kata, for different age groups and belt levels. The event not only highlighted individual talent but also fostered a sense of community among practitioners. Many young athletes expressed their aspirations to compete at various other events, inspired by the supportive environment. Overall, the event was a resounding success, promoting karate as a sport that emphasizes discipline, respect, and physical fitness.

CREATIVE SPACE



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



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

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**Nikhil Subramaniam
(11 Yrs)
Reliance Foundation
School, Koparkhairne**



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

UNITY IN DIVERSITY



**Nikhil Subramaniam, Student,
Reliance Foundation School, Koparkhairne**

“India is my country” is the first line of the Indian National Pledge, which is commonly recited by Indians in unison at public events, during daily assemblies in many Indian schools, and during the Independence Day and Republic Day Observance Ceremonies. The pledge is an oath to the Indian people, and it starts with “All Indians are my brothers and sisters”. India is the second-most populous country in the world and the seventh-largest country, famous for its rich cultural heritage and diversity.

India is my country.

All Indians are my brothers and sisters.

I love my country.

I am proud of its rich and varied heritage.

I shall always strive to be worthy of it.

I shall give my parents, teachers and all elders, respect, and treat everyone with courtesy.

To my country and my people, I pledge my devotion.

In their well being and prosperity alone, lies my happiness.



Tree plantation by RCSC Navi Mumbai held in Mini Chowpatty Vashi in active association with Tennis Team members

Wockhardt Hospitals, Mira Road successfully organized Cyclothon

On 1st September 2024, Wockhardt Hospitals, Mira Road organized its 3rd season of Cyclothon event to celebrate World Heart Day. The event was flagged off at 6 am by Mira Bhayandar Municipal Commissioner. Approximately 1200 cyclists participated. In the event there were 2 categories 30 Kms and 15 Kms. The event was well organised by Team Wockhardt and they felicitated all the influencers. Apart from this there was a Zumba session and they also arranged water station and good Breakfast for all the cyclist. Cyclist from all over mum-



bai and MMR Region participated
Shalini Rathore, Wheels & Barrels

Cycling Club (W&BCC), Thane
was felicitated as an influencer rep-



resenting team Wheels and Barrels
Cycling Club, Thane.

PARENTS MUST MONITOR SCHOOL BAG WEIGHT



JAYANTHI SUBRAMANIAM
Navi Mumbai

In a recent study it has been revealed that the tuition books add to the kitty and increase the weight of school bags of the children. It is indeed a right step in the right direction to make school bags lighter for Children. The Human Rights Commission is there to look into the problems of the people including school going children. Present day education system is taxing, school fees are heavy and the school bags a burden. There is no doubt about it. So, the State Government should be definitely pulled up for failing to follow Maharashtra State Human Rights order to monitor the

weight of school bags on a regular basis. After the introduction of computers in schools, colleges and offices, there is a need to reduce paper work and hence the school bag should weigh lightly. Instead of reducing the weight of the schoolbags, school authorities add

of the cost of books/ note books as well the weight of the bags as the parents feel pity on their children and carry the school bags en route to the school. Maharashtra State Human Rights order is a right step in the right direction. It is up to the State Government to

Association are ready to monitor the weight of the bag and bring it down with an amicable solution. But the State Government is sleeping over the matter due to ensuing elections and the school children will go through motions with great difficulty till the time better council prevail and put a block on weight

of these school bags. School children undergo more stress and strain because of the increasing weight of the school bags. The life of school children is for enjoyment and getting a valuable education. By carrying Bulky Bags, the schoolchildren carry a heavy burden on their shoulders and it is up to the State

Government to reduce the load by introducing the order in letter and spirit. And that is my clarion call. Other schools must reduce the size of school bag in the years to come. The parents on their part should monitor school bags' weight periodically and remove unwanted books to reduce the weight drastically.



more weight to these bags by adding more books and in the process more notebooks as well. Parents have borne a major share

follow the order in the right spirit and provide the best solution to the school going children. School Authorities and the Parent-Teacher

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