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NMSA stepping stone to Olympics



IWTC

**11th International Women's
Tennis Championship 2024
(\$ 40,000 - Prize Money)**



PLEASE NOTE: Vol. 8, Issue - 2 (November 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

WINTER IS COOL BUT NOT FOR ALL

North India has already started experiencing cool weather and many are feeling the impact of the seasonal change. The sudden change of climate especially at the end of the year impacts the old and the kids as they are the most vulnerable to it. All the seasons have become very unpredictable and one can see a sudden twist just like a T20 match.

Old people and kids may well be the first to fall prey to the swift change especially the winter as they catch cough and cold fast. The best for them would be to cover themselves at the very onset of winter. They shouldn't discard the sweaters in the open even if they feel a bit extra warm as that is when the impact of the weather could be the hardest.

Enjoy every season but with caution as it should not turn out to be half time sick and the remaining half spent in recovery.

Merry Christmas and a wonderful winter vacations to all 🌲🌲🌲

Health Tips



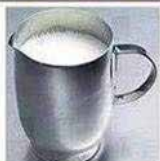
1 Apple / Day - No Doctor



1 Tulsi Leaf / Day - No Cancer



1 Lemon / Day - No Fat



1 Cup Milk / Day - No Bone Problems



3 Ltrs Water / Day - No Diseases

If you care please Share with your friends...

SENIOR CITIZENS AND SPIRITUALITY

Yesterday I had a long conversation with a childhood friend who has taken very deeply into spiritual learning since he turned 60 five years ago. He has been studying and visiting many discourses and trainings in the last five years. He always has great nuggets to share. He has been more focussed on Science and Spirituality and has been trying to seek knowledge as how they are in sync together. We generally talk about psychology and philosophy as well.

He also shared with me that he thinks according to the law of probability that he shall live for another 10 or 15 years and is now busy planning regarding the same as far as finance and health is concerned. He is always planning for the next 5 years or 10 years. Then he went on to ask me how was I feeling about it.

I shared that first and foremost, spirituality came to me much earlier and I did not wait to turn 60 to begin the learning and practicing the same. I was fortunate to be introduced to meditation when my son was two and I started teaching him meditation also while I was learning the ropes of it. I realised and have often written about it that yoga and spirituality, needs to be a part of our school curriculum have quoted his holiness the Dalai Lama "If every child would learn to meditate by the age of 6, this world shall be a peaceful and happy place". I totally resonate with this quote and at times feel that the need for aggression in our system is the root cause of all unrest.

Next, I shared with him that I totally agree with him regarding our spiritual purpose which is to come out of suffering as taught by Buddha and the material "purpose in life is to find your purpose and give your whole heart and soul to it"



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So, I practiced hard to fill both the purposes, one was to come out of the suffering like when we suffer from a headache, we try to come out of it as soon as possible, similarly, when we suffer from anger, hurt, jealousy and all the negative thoughts which give us pain, we need to try and get out of them and that is what I did all my life. I became free, and in the process, also learnt the techniques to come out of suffering as an when they would come. There are some people who are blessed and are born Buddha's. They take life as it comes and do not suffer, but come out of it immediately. According to me that is Nirvana. Fortunately, my life partner is like that and I had a very good role model and benchmark to reach.

I also shared that I do not plan for the next week or next month or next year. The finances are in order for a comfortable living, health is good due to intermittent practice of Yoga and everyday practice of affirmations and meditations, work is at a moderate pace since I turned 60 and life is all about waking up to a beautiful day, appreciating the flowers in the garden, being grateful for the small and big luxuries and living the day in a relaxed manner. Just like another quote of Buddha "Every morning we are born again. What we do today is what matters most". I have been reading Eckhart

Tolle as well besides many amazing authors like Thich Naht Hahn, Dr. Wayne Dwyer, Osho, and learnt to live in the present and now totally enjoying the same. I do not know if I shall live for 5 years or 5 days, but I am alive today, so let me make the most of the day by doing what I like. Sometimes I write, sometimes, I do gardening, or cooking. I do mindfulness walking every day, read or watch TV, talk to my children or a friend, share precious moments with my partner as we always yearned to do that because of our commitments in the past. So, there are many things to do every day which I do not have to plan. I live for the day.

I am tempted to quote from Buddha again. "Peace comes from within. Do not seek it without". This is what I experience, peace and tranquillity within me and around me. My friend caught on to the mantra, "live for the day". He said he is going to try though he feels that he shall just laze around if he is living only for the day. I told him that there is no harm in lazing around as we have worked a lot and done all that we had to do. Now it is do what you like. Of course, take care that your health is good each day. Mental, physical health and spiritual health. It is not that I do not plan for a holiday or attending a wedding which is two months from now, but that does not take the space of missing out on living for the moment. On the work front too, me and my partner are working at our pace to put all my life's work on a digital platform to share it with the world.

I would like to end this article with another beautiful quote from Buddha

"If we could see the miracle of a single flower clearly our whole life would change".

Indian Poultry Industry Progressive - 89th Birth Anniversary Dr. B.V. Rao

Father of Indian Poultry Industry' Dr. Banda Vasudev Rao (B.V.Rao) was the architect of Indian poultry industry's growth and modernization that created world-class facilities in the country. Because of his significant and numerous contributions to the Indian poultry industry, in 1990, he received one of the highest honours conferred by the President of India, the "Padmashree" award.

The National Egg Coordination Committee's (NECC) advertising campaign, which used to appear regularly on television in the early 1990s certainly caught the imagination of the nation. A catchy tune combined with visuals were used to promote the consumption of eggs. The campaign's creativity won many accolades. But its success was really felt when egg consumption went up significantly and this hugely benefited farmers across the country. In effect, it was farmers, under the banner of the NECC, who began the movement, causing a revolution of sorts. With its faith in farmers and in marketing techniques

and its commitment towards the cause of agriculture, the NECC is singularly responsible for bolstering India's poultry sector.

Between 1979 and 1981, the cost of inputs, particularly chicken feed, increased by about 250 per cent. The selling price of an egg, however, remained more or less stagnant at 33 to 35 paise, affecting profitability. By 1981, over 40 per cent of the farms across the country were forced to close down, and the very survival of the egg industry was threatened. Dr. B.V. Rao, the founder of Venkateshwara Hatcheries Limited, the pioneering poultry production company, decided to revive the egg industry and put it back on the path of orderly prog-



C.K. SUBRAMANIAM
Freelance writer
Navi Mumbai

ress.

B.V. Rao believed that like Operation Flood, egg production and poultry farming would fetch a guaranteed income for farmers. In 1982, his clarion call - "my egg, my price, my life" - brought thousands of farmers from across

the country into a common platform under the National Egg Coordination Committee (NECC). Today, the NECC has a membership of more than 25,000 farmers.

India is the fourth largest producer of eggs in the world. Maharashtra is amongst the top five egg producing States in India. Along with Andhra Pradesh, Kerala, Tamil Nadu and Punjab, the western region of the State



accounts for more than 56 per cent of the country's total egg production. Over the past few years, egg production has grown by 5-6 percent per annum.

India primarily exports table eggs and hatching eggs to West Asia catering mainly to the Non-resident Indian population there. India also exports egg powder to a number of European Union nations and East Asian countries. Compared to other egg products, the export of table eggs has increased significantly. The white revolution of milk was brought to you by Dr. Verghese Kurien, Dr. B.V. Rao brought the poultry revolution in the country and he is remembered on his 89th birthday.

RYAN CHRISTIAN SCHOOL - VASHI 18th Annual Sports Day



"I can do all things through Christ who gives me strength."

- Philippians 4:13

The 18th Annual Sports Day at Ryan Christian School was held on 16th November 2024 with great enthusiasm and spirit. The event took place on the school's sports ground, which was beautifully decorated with colorful banners. Students, teachers, and parents gathered to witness and participate in the event, making it a grand success.

The day began with the arrival of the chief guest, who were welcomed by the Principal, teachers, and the student council. Remembering God almighty before everything Lord's prayer, Bible reading and Special prayer followed by Praise and Worship was done. The Sports Day was officially declared open by the chief guests and the Mascot was released, the Guests also gave an encouraging speech, motivating students to give their best and emphasize the values of sportsmanship, teamwork, and fair play. The sports events began with a spectacular march-past per-

formed by students from various houses, displaying unity and discipline. Students of Grade Montessori and Grade 1 and 2 took part in a well-coordinated aerobics routine. Their colorful attire, synchronized movements, and lively music



set the tone for the rest of the day's events. Following the aerobics session, the athletic events began including 100.meter running race, hurdle race, flamingo goes market race and so on. The winners from each event were celebrated with certificate and medals. The Sports Day concluded with school anthem followed by national anthem.



LAKSHADWEEP: A FAIRY TALE DESTINATION



By Nafisa Yasmine, Kolkata

Travel is a means of transforming the mind, of living with renewed vigor and excitement. The alumni of the 1977 batch of Calcutta National Medical College, now in their senior years, have become avid explorers. Despite their age, they continue to travel far and wide, seeking to absorb the beauty and essence of nature in all its forms. Whether it's the barren grey-white mountains of Ladakh or the lush green expanse of the Sundarbans, every destination rekindles the spirit of youth in these seasoned travelers. This October, these 77th batch alumni visited the picturesque Bangaram Island in Lakshadweep, where they

were mesmerized by the crystal-line waters and serene beauty of the archipelago. A group of 85, comprising doctors and their families, made the four-day trip.

Lakshadweep can be reached either by sea or air from Kochi, with air travel being the more popular option due to time constraints. After arriving in Kochi, the 1977 batch boarded a flight to Agatti Airport. With only 64 seats on the flight, it was effectively a chartered flight, and the remaining group members took the next available flight.

To visit Lakshadweep, special permits are required, and the Society for Promotion of Nature Tourism and Sports (SPORTS) manages the permits and arrangements. The group was warmly welcomed

to the unspoiled beauty of Bangaram Island, which offers both air-conditioned cottages and wooden huts for accommodation. From Bangaram, one can explore other smaller islands by speedboat, surrounded by shallow lagoons, coral reefs, and pristine white-sand beaches.

The journey from Agatti Airport to Bangaram is by speedboat, and once on the island, the group

marine life, with the pufferfish being a particular attraction.

As night fell, the beach came alive with the bioluminescence of phosphorescent plankton, creating a magical, glowing blue aura on the shoreline, leaving the entire group awestruck.

The next morning, after a delicious breakfast, the group set

the group made their way back, the sunset from the speedboat, with its vibrant colors reflected on the sea, created a lasting memory for all.

That night on Bangaram Island was unforgettable. Under the starry sky, the group enjoyed a candlelit dinner on a white linen-covered table by the beach, featuring exquisite local cuisine. Between conversations and laughter, many gazed up at the clear night sky, where the Milky Way stretched across the heavens. The sight of the glowing plankton, reminiscent of a heavenly light show, made for an ethereal experience.

The final surprise of the trip was a visit to Parali Island, where they encountered hermit crabs and turtles in their natural habitat. For the members of the 77th batch, Lakshadweep had captured their hearts. As they reflected on the trip, they remarked that there was a unique joy in sharing such an experience with friends and family, surrounded by a rich culture, tranquil beaches, and the warm hospitality of the locals.

While they had also visited the Maldives, the group felt that Lakshadweep's natural beauty was in no way inferior. They strongly believe that the government should invest in better infrastructure to transform Lakshadweep into an even greater tourist destination, one that would make the country proud.

As they left the islands, the alumni couldn't help but feel grateful for the hidden gems of nature that Lakshadweep offers—a place where beauty and tranquility blend to create unforgettable memories.



indulged in various water sports. The idyllic beach, with its soft white sand, provided the perfect spot for a full day of swimming and snorkelling. Everyone, from the youngest to the oldest, took to the water with enthusiasm, exploring the coral reefs and encountering colorful fish and other

off for Thinnakara Island, a true paradise for water sports enthusiasts. The island's clear waters and white sandy beaches offered perfect conditions for sunbathing, swimming, scuba diving, and sailing. On the return journey, they even had the chance to witness dolphins playing in the waves. As

HAIL YEOMAN SERVICES OF NURSES

Our Nurses. Our Future.

The future in order to address the global health challenges and improve global health for all needs the services of nurses in hospitals. We need to learn from the lessons of the pandemic and translate these into actions for the future that ensure nurses are protected, respected and valued. The yeoman services provided by nurses during the pandemic was remarkable.

The World's Nursing report, the Global Strategic Directions for Nursing and Midwifery, the Sustain and Retain during Covid 19 and beyond and many other emergencies, NGOs and other organisations have shown the evidence for a change and called for action and investments in nursing. It is now time to look to the future and demonstrate what these investments will mean for nursing and healthcare. Our future campaign will shine the light on nurses and on a brighter future, moving nurses from invisible to invaluable in the eyes of policy makers, the public, and all those who make decisions affecting the delivery and financing of health care.

As well as learning lessons to support nurses, the campaign will also look at how we must



JAYANTHI SUBRAMANIAM
Navi Mumbai

strengthen our health systems to address growing global health demands. It will capture key actions that WHO believes are essential to address both the profession and health systems and which are, of course, mutually beneficial and reinforcing. Together our future depends on every nurse, every voice, to not only be on the front lines of care, but also be on the front lines of change for the future.

International Nurses Day (IND) is celebrated around the



world on 12 May, the anniversary of Florence Nightingale's birth. ICN and its national nursing associations members across the world look forward to celebrating nurses and working together to chart the future direction of nursing in order to meet the needs of the new normal as well as the Sustainable Development Goals, Universal Health Coverage, and Health for All. That is a clarion call.



Snails laying eggs 🐌🐌 (By Merril X Corera. Vashi, Navi Mumbai)

RYAN TV is the fastest growing Internet TV channel catering exclusively to the age group of 11 to 21



Ryan TV, the media initiative of the Ryan International Group of Institutions, imparts formal training to young student journalists (age

key facilities, professional lights and teleprompter) at the Ryan International Schools at Malad (W) and Chembur in Mumbai, Kundalahalli in Ben-

Pune, Navi Mumbai, and Mumbai have completed the BBN course.

“Education through the Lens” - the vision of the Chairman Dr.



group 11 to 21) for a TV News Presentation and Production course, entitled BBN or Beyond Breaking News, for which the students undergo the Hands On Training in fully equipped studios (capable of multi camera set-up, Chroma

galuru and at Ryan International Academy, Hinjawadi, Pune.

Over the last fourteen years, over 3651 students from Ludhiana, Gondia, Surat, Vapi, Delhi, Noida, Greater Noida, Ghaziabad, Shahjahanpur, Nagpur, Bengaluru,

Pinto, is taking wing as it equips the students with the skills for yet another career option.

The certificate distribution takes place at the hands of eminent personalities from the field of media and entertainment.



ANNUAL DAY REPORT – ST. MARY'S ICSE SCHOOL

On the occasion of its 25th anniversary, St. Mary's ICSE School celebrated its Annual Day function, Theatrofest, an enchanting tribute to William Shakespeare's *The Merchant of Venice*. The event, exclusively for Grades IX to XII, took place with grandeur and enthusiasm, reflecting the vibrant spirit of the school community.

The function commenced with a soulful performance by the school choir, setting the tone for the day. The students from Grades IX to XII delivered a meticulous and captivating rendition of *The Merchant of Venice*, blending acting with melodious music and graceful dance. The performance showcased not only the literary brilliance of Shakespeare but also the creativity and talent of the young performers.

The esteemed gathering was

graced by Bishop His Grace Gee Varghese Mar Coorilos, the MOCC, CEO, and President, along with the distinguished Chief Guest, Thakur Anoop Singh, a renowned Bollywood



actor. Their presence added to the splendor of the event, making it a truly memorable occasion.

The Principal of St. Mary's,

Ms Blessy Matthew, in her address, presented the Annual School Report, which highlighted the remarkable achievements of the students in academics, sports, and various co-curricu-

lar competitions. His words of encouragement were a reminder of the dedication and hard work displayed by the school community.

Thakur Anoop Singh, the Chief Guest, delivered an inspiring speech, sharing the heartwarming journey of his own success. He motivated the students with his story of perseverance and dedication, urging them to pursue their dreams with passion and resilience.

The event concluded on a fitting note with the vote of thanks, expressing gratitude to all those who contributed to the success of the Annual Day celebrations. The gathering then rose for the singing of the National Anthem, bringing the evening to a patriotic and solemn close.

Theatrofest was a resounding success, celebrating the school's rich legacy and promising future. The students, teachers, and staff of St. Mary's ICSE School came together to create a magical evening filled with creativity, inspiration, and pride.

St. Lawrence High School-Vashi

Celebrating the Joy of Childhood

St. Lawrence High School, Vashi had a great look as the school was decorated with balloons setting the perfect mood for the Celebration. Students were welcomed with beautiful smile.

The teachers were all set to celebrate 'Children's Day' with full vigor and enthusiasm.



The celebration began invoking God's presence with special prayer and reading the verse from the holy book. Students were awestruck to see their teachers enthusiasm to make the day special.

The hilarious skit, mimicry, puppet show made the students laugh

and giggle. The students competitively took part in various games organized for them by their teachers.

We are highly grateful to our Chairman Sir Dr. A.F. Pinto and Managing Director Madam Grace Pinto to make our day very special by being a spectator and also by

participating in the games, said the President of the school.

"The endowment and the forte of our teachers are polished further and we could see a child exist in each one of us. We only need to ignite it," said the Head Mistress Mrs. Saira Kennedy.

CREATIVE SPACE



Nikhil Subramaniam
(11 Yrs)
Reliance Foundation
School, Koparkhairne



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

HEALTHY MIND FOR HEALTHY BODY

Introduction

The webinar, hosted virtually, was a collaboration between Hapag-Lloyd, NatureFit, and Emedlife. It aimed to address the connection between mental and physical health, emphasizing holistic well-being and the role of mind-body balance.

Speakers

Dr. Shabnam Ali (M.D. Acu): Dr. Ali, with over 20 years of experience in acupuncture, is the founder of the HEAL Advanced Acupuncture Clinic in Navi Mumbai. She specializes in mental health through acupuncture, offering compassionate care to address various health issues with a holistic and patient-centered approach. Dr. Ali holds an M.D. in acupuncture from Colombo, Sri Lanka, and is certified in Psychological First Aid from the Red Cross. Among her notable achievements, she has been awarded the Diamond Award in Acupuncture by Dr. Ali Irani and the Best Woman Scientist Award at the 4th International Conference on Traditional and Alternative Medicine.

Avneet Bhatia: An IIT Bombay alumna, Avneet Bhatia is the CEO and founder of NatureFit, an organization that promotes well-being through natural health practices. With a vision to make holistic health accessible, she works on various health initiatives that blend traditional practices with modern healthcare.

Content Summary

The webinar highlighted several key areas:

1. Mind-Body Connection

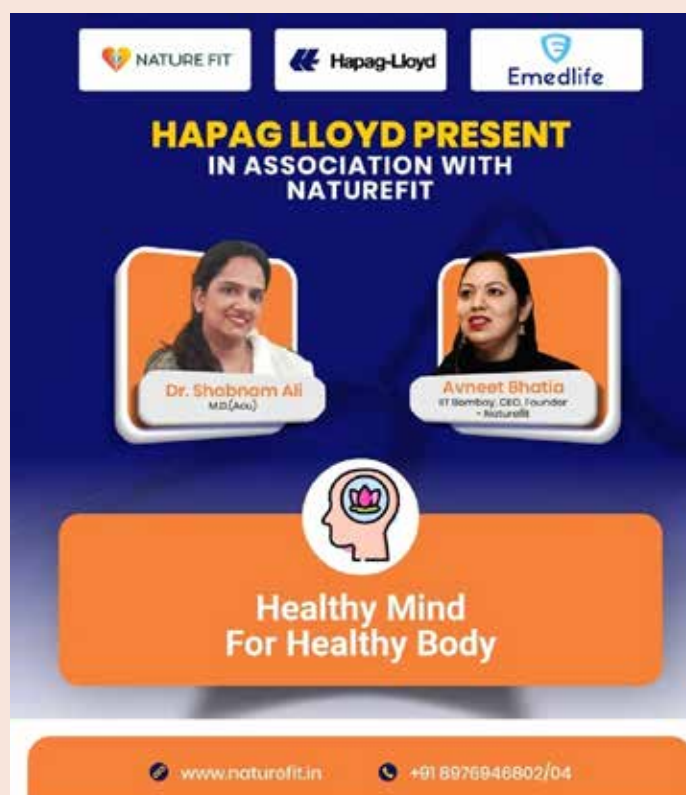
Dr. Shabnam Ali discussed the intricate relationship between mental and physical health, explaining how emotional well-being can impact physical conditions and vice versa. She emphasized the importance of addressing mental health to improve physical health outcomes and shared insights from her



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

experience treating patients with acupuncture for mental well-being.

2. Role of Acupuncture in Mental Health



Dr. Ali presented the science behind acupuncture as a tool for mental health enhancement. By targeting specific points in the body, acupuncture helps regulate brain function and reduces stress, anxiety, and depression. She discussed her research on how acupuncture stimulates nerve impulses and promotes better mental health.

3. Holistic Health Approach

Both Dr. Ali and Ms. Bhatia advocated

for a holistic approach to health that includes mental, physical, and emotional well-being. They discussed various natural and non-invasive therapies that could be integrated into daily routines to enhance overall health.

4. Patient-Centered Treatment

Dr. Ali shared examples of her patient-centered approach, focusing on personalized treatment plans that cater to individual needs. This approach ensures that treatments are tailored to address both the mind and body, making the healing process more comprehensive.

5. Q&A Session

Participants were able to interact with the speakers during the Q&A session, asking questions about specific health concerns and the benefits of acupuncture. Dr. Ali provided practical advice on how to incorporate acupuncture and other holistic practices into everyday life for better mental and physical health.

Conclusion:

The webinar concluded with both speakers encouraging participants to adopt a balanced lifestyle that nurtures both mind and body. They emphasized that mental health is crucial for physical well-being and urged attendees to explore holistic therapies such as acupuncture and natural remedies.

Feedback and Engagement

Participants responded positively, expressing interest in learning more about acupuncture and holistic health practices. The collaboration between

Hapag-Lloyd and NatureFit was applauded for its focus on mental and physical health, which resonated with attendees.

This webinar was an insightful session that effectively highlighted the synergy between mental and physical health and introduced participants to the benefits of acupuncture in maintaining a healthy lifestyle.

PALVIT PAVES WAY FOR KNOWLEDGE AND POWER

Three cheers for Palvit Foundation, Nerul boys

By C. K. Subramaniam

It gives us immense pleasure to announce that Palvit Foundation Nerul boys Akhil Nair & Shubham Sadigale had participated in Quizabled Competition Zonal Finals held in Ahmedabad, Gujarat on -- 26 October 2024 and they have won 1st prize and 2nd prize respectively.

Hearty congratulations to both of them and for



many more success.

Akhil & Shubham cleared the preliminary quiz round that was held online in the month of September 2024 under guidance of Anita Shedghe Teacher and had competed with 250 children from Maharashtra, making them Zonal winners.

Now they both will participate in the National Level Quizabled Competition which will be held in January 2025 at Bangalore.

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St. Mary's ICSE School Celebrates Sporting Excellence



St. Mary's ICSE School in Koparkhairane recently marked a significant milestone as it celebrated its Silver Jubilee, inviting alumni, former staff, and ex-principals to join in the joyous occasion. The event underscored the school's commitment to fostering a vibrant sports culture, exemplified by the establishment of a dedicated turf ground and facilities for indoor cricket, volleyball, hockey, and badminton, all meticulously maintained to encourage student participation.

In a remarkable achievement, 14 talented students have been selected to represent the school at the upcoming CISCE National Level Championship following their outstanding performances during rigorous trials held at the BHA Ground in Churchgate. Their selection is a testament to their unwavering determination and commitment to sports, as they previously excelled at the Maharashtra level. The chosen athletes include:

1. Nipun Gupta, 2. Pranav Bajpai, 3. Amogh Pahurkar, 4. Khushal Khairnar, 5. Hridhaan Ladhani, 6. Daivik KM, 7. Aditya Patil, 8. Ishan Agrawal, 9. Amaan Nathani, 10. Jinay Jain, 11. Krushanu Agnihotri, 12. Rishabh Dubey, 13. Om Dhonde

Sanvi Chug, a standout student, has made notable strides in her athletic career by representing the Maharashtra team in the AISM Kho Kho Competition. Her dedication to the sport and exemplary performance at the state level have showcased her talent and determination, inspiring her peers and elevating the profile of the school's sports program.

Principal Blessy Mathew embodies the spirit of unwavering support and plays an invaluable role in nurturing these young talents. Her steadfast encouragement, combined with the resources she has made available, has created a thriving environment for student growth. She is

a beacon of inspiration, urging her students to dream big and pursue their passions with vigor. Under her leadership, the school has become a nurturing ground for aspiring athletes, where they are empowered to cultivate their skills and build their confidence.

Father John Mathew, the Vice Principal and an ex-sports player himself, has been the cornerstone of motivation and support for these budding athletes. His unwavering dedication to nurturing their talents and instilling the values of sportsmanship has propelled them toward excellence. Father John Mathew's relentless enthusiasm has sparked a



Father John Mathew, Vice Principal

fire of determination in these young athletes, making him not just a mentor but a beloved guide and role model.

Under his inspiring leadership, Father John Mathew has gone above and beyond to ensure that these athletes have all the support they need to thrive. He has taken the initiative to organize inspirational banners that adorn the school grounds, creating an environment that promotes motivation and team spirit. His efforts to provide state-of-the-art sports equipment have significantly enhanced the training experience for the students, ensuring they have access to the best resources available. Furthermore, his unceasing

encouragement fosters a sense of confidence and resilience, empowering students to push their limits and strive for greatness.

Father John Mathew's belief in their potential serves as a driving force behind their success, inspiring not only the athletes but the entire school community. His dedication exemplifies the values of teamwork, perseverance, and integrity, encouraging students to embrace the spirit of sportsmanship both on and off the field.

The school's dedicated Coach, Sushma Dwivedi, has been a constant source of motivation and guidance. Her commitment to training



Sushma Dwivedi

these athletes has transformed them into well-rounded competitors, instilling in them the belief that they can achieve even more in the days to come. In recognition of her expertise, she has been appointed as the manager for the 4th Hockey India Senior Women Inter-Department National Championship 2024, scheduled from October 14 to 21, 2024. This role highlights her dedication to promoting women's hockey at a national level and providing invaluable support to the participating teams.

Additionally, the school's Under-17 girls' hockey team showcased their exceptional skills at the Jila Stree DSO Hockey Tournament, securing an impressive second



Sanvi Chug, student

place. The tournament was held at Father Agnel Ground and featured talented players, including:

1. Sharanya Dangat, 2. Aarna Khatri, 3. Sarakshi Pawar, 4. Labony Saha, 5. Aarushi Patel, 6. Riya Dhumal, 7. Ishaani Rangnekar, 8. Nuha Firfire, 9. Krisha Sarawgi, 10. Ashaka Arora, 11. Sanvi Shetty, 12. Priyanka Seervi

These achievements reflect the dedication and hard work of the students and the school's commitment to promoting sports excellence. St. Mary's ICSE School continues to foster a spirit of determination and teamwork, inspiring its students to reach new heights in their athletic pursuits. **Many more achievements remain to be told, and much more remains to be achieved.

Neil will represent under 14 Boys Maharashtra state ICSE Schools for the Football Nationals.

Toshali Bhirud (Grade : 8 C)

CISCE National Swimming Tournament

Remark : **100 M Backstroke:** 2nd position, **200 M Freestyle:** 1st position, **200 M Backstroke:** 1st position, **400 M Medley Relay (Maharashtra)** 2nd position.

Serena Rodricks (Grade: 11)

Event: CISCE Lawn Tennis Nationals, **Venue:** St. Helens School, Howrah Kolkata.

Prize: Single – Silver Medal
Double – Gold Medal.
Got selected for SGFI.