

Date *with* Health

Monthly Newspaper on Health & Fitness

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January 1 - 31, 2025

Wishing you and your family
**Peace, Prosperity, Happiness and
Good Health this New Year !!!**
STAY SAFE AND TAKE CARE...



11th International Women's Tennis Championship-2024 (Shri Ganesh Naik's Initiative) \$40,000 Prize Money



The inauguration ceremony of the 11th International Women's Tennis Championship-2024 took place on 16th December at 5:00 pm at the Ganesh Naik Tennis Complex in Navi Mumbai. The ceremony was attended by several distinguished dignitaries, including Mr. Akshay Kumar Kar, Dy. Zonal Manager of Indian Bank, Mr. Arindham Ghosh, Chief Technical Head of Star Union Dai-Chi Life Insurance, and Ms. Payal K, CSR Head of Tata Power, who was the Guest of Honour.

The Prize Distribution Ceremony for the final was held at Ganesh Naik's tennis Complex where Chief Guest for the cer-

emony was Shri. Ganeshji Naik Saheb, fondly known as DADA



to all & recently announced as Forest Minister Government of



Maharashtra and President of NMSA. He handed over the singles winner trophy to the Indonesian player Priska Nugroho and runners up trophy to Thasaporn Naklo (Thailand).

Indian pair of Riya Bhatia and Zeel Desia fought valiantly in the doubles to end runners up losing to the Japanese pair of Sato and Morisaki.

Guests of honour were as follows:

- 1) Shri. Bharat Kalasakar, Deputy Commissioner of Road safety Govt. of Maharashtra
- 2) Mr. Ravindra Singh, DGM, Indian Bank

Along with above guests following NMSA Managing Committee were available to grace the occasion.

- 1) Dr. Phadnis. Hon. Gen. Secretary, NMSA
- 2) Mr. Dattu Patil, Jt. Hon. Secretary



- 3) Mr. Dinesh Kanani, Jt. Hon. Secretary
- 4) Mr. Vijay S Patil, Tennis Committee Chairman & Committee Member-NMSA
- 5) Mr. Vijay R Patil, Committee Member, NMSA
- 6) Mr. Ashok H. Patil, Committee Member, NMSA
- 7) Mr. Prakash Srinivasan, Committee Member, NMSA
- 8) Mrs. Kavita Ganguly, Committee Member, NMSA
- 9) Ms. Shilpa Kenia, Committee Member, NMSA
- 10) Dr. Kunwar Singh Panwar, Co-Optee Member, NMSA
- 11) Mr. Vasant Tajne, Exec. Secretary, NMSA

PLEASE NOTE: Vol. 8, Issue - 3 (December 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

IMPLEMENTATION OF RESOLUTION IS THE BEST SOLUTION

This has now become a theoretical trend (with very little conviction of implementing) to make a New Year resolution. What one really intends to do is not important but what the other is planning as a resolution becomes the main point to prepare one's own resolution. How many seriously give it a thought as what goals they want to set for the New Year. Many just do it for the sake of doing and for showing off in the friend circle.

The best way of planning a sincere New Year resolution is to rewind a year back and see what was the resolution in the year that's coming to an end. How many points were put at the beginning and how many have been achieved till the end of the year.

See if the points put in last year's resolution have been achieved even fifty percent. Are the remaining points really achievable and if yes what is the progress made on them. Will carrying them to the next year be fruitful and can they be completed next year.

Don't make your New Year resolution like you read the year's horoscope which most of the time is for fun. Making a New Year resolution is a good idea of planning for the coming year but try to make it more realistic and achievable instead of making it on 31st December night and discarding it on 2nd January of the new year.

WISHING ALL PEACE PROSPERITY GOOD HEALTH AND HAPPINESS Have a great 2025 and don't forget to plant atleast one sapling each month



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Please contact: **9987309006**

SENIOR CITIZENS AND WISDOM

It is not necessary that one has to be above 60 to be wise. I have come across many youngsters who are wise. However, it is expected that once you cross 60 you are wiser than you were when you were young. The reason being the life experience which almost everyone gets with various challenges and encounters.

I always say that listen to the seniors as they have many golden nuggets of wisdom. They also share it sparingly and therefore it is essential to keep interacting with them and receiving the precious guidance.

At the same time, I also share with the seniors that do not give away your precious words to those who do not appreciate.

- Ensure that you speak in very crisp sentences as sometimes people do not have the patience to listen to long stories.
- Avoid making generalisations as some may have a different opinion.
- Stay non-judgemental by not adding your personal prejudices
- Keep your sharing relevant as it is possible that you want to share but the listeners are not interested in what you are saying.
- Be very genuine and share it with honesty, share the struggles and challenges.
- Speak in a very calm and engaging tone, preferably also adding humour to the experiences.
- Definitely avoid advising or over advising.
- Be open to learning while you are sharing your experiences.
- Keep the tempo positive and not in a preaching mode.



SALMA PRABHU
Clinical Psychologist Career
Counselor and Author of
Parenting book
Mom Dad U R Wonderful
and You are My Star
salmaprabhu7@gmail.com
Call 9322851484

I often encourage seniors to write their experiences and share and also create small videos. There are many seniors now who are tech savvy and use the smartphone very smartly. While creating videos follow some of the tips like

Write down the points before you begin creating the video. This will help you to maintain the flow and also keep the matter crisp and interesting. Create the content in three part. The beginning which is the why, the middle which is the how and the end which is the purpose of sharing the experience.

Senior Citizens can also write blogs or write their experiences and send it to periodicals and local newspapers. They can also write an e-book or publish their life story as a book.

Seniors can visit other senior citizens or the community centre where there are small talks and seminars organised for the local population.

Social organisations like Rotary and Lions are great platforms for sharing expertise on favourite topics which would make a difference to the youth and the citizens.

There are many NGO's who are always willing to conduct workshops and seminars

for the local citizens and they can benefit tremendously from your life experiences.

Many senior citizens share their life experiences also in the form of poetries and have beautifully scripted their life in stanzas of rich experiences.

Panel discussions held in universities, schools and colleges is another platform to share your rich experiences.

Many senior citizens can work with the government bodies in the area of their passion. For example, we have many senior citizens who are passionate about ecological balance and sustainable energy and they have been contributing to societies with their wise advises and guidance.

Many senior citizens who have been working in the field of science and research have started a science club for school and college students. They share their scientific knowledge along with personal experiences as well.

Remember you are very wealthy as you have the wealth of life experience and this is only something which needs to be shared and cherished. No one has a better idea of life skills than a senior citizen.

I remember many wise words spoken by my grandmother, my school principals, my mentors, professors, relatives even friends and cousins. I have learnt a lot and still keep learning from them.

I consider myself to be a good observer and a good listener and I am blessed that I have enough opportunities to also share all I have learnt with the world.

Wish you all a very Happy New Year filled with many opportunities to share your wisdom with the world.

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Christmas: Celebration of the Birth of Jesus Christ!

The season of Christmas is one of the happiest times of the year around the world. It's a time of the year when we hear the timeless story of the birth of Jesus in a Bethlehem stable nearly 2,000 years ago. At Christmas we celebrate love, joy, and togetherness. It's a season that reminds us of the importance of kindness, compassion, and gratitude. Christmas is the commemoration of the birth of Jesus Christ who is the focal point of this celebration. Jesus is the divine gift that manifests God's love for humanity and the promise of salvation. The Bible beautifully says, "For God so loved the world that He gave His only Son Jesus, that whoever believes in Him shall not perish but have eternal life." This is the central tenet of Christmas which often gets sidelined or diluted in the worldly Christmas celebrations or peripherals such as the Christmas tree, the Santa Clause and shopping. While it is wonderful to celebrate Christmas with the exchange of gifts and visiting family and friends, it is relevant to understand that Christmas is the Celebration of the birth of Jesus Christ, the gift of God to the whole world. God became one of us, a human being because of his saving love for each of us. Jesus came to forgive our sins, reconcile us with God and give eternal life to all those who put their trust in Him.

Just as God gave His son Jesus, "giving" becomes the true source of Christmas Joy and when you share this joy it multiplies manifold. In this context, Mother Teresa had beautifully said, "It is Christmas every time you let God love others through you...yes, it is Christmas every time you smile at your brother and offer him your hand." Truly,

Jesus is born every time we share God's love with our fellow brothers and sisters. In this turbulent world, the birth of Jesus and His message of love, joy and peace becomes truly relevant as it was said of Him, "He will be called Wonderful Counselor, Mighty God, Everlasting Father, Prince of Peace." Jesus Christ is "Emmanuel – God with us". He walks the path of life with each one of us even today, giving us hope that we can be happy if we love, give and forgive.

Let us make this Christmas special by receiving the gifts of



**Dr A F Pinto - Chairman
Ryan Group of Institutions**

love, joy and peace freely given by Jesus in our lives. Let us spread the message of giving, sharing and caring for one another and receive true joy and peace in our lives. Lao Tzu has wonderfully said, "Kindness in words creates confidence. Kindness in thinking creates profoundness. Kindness in giving creates love." Let Jesus Christ be the reason for our celebration of Christmas this season.

**Wish you all a
Joyful Christmas and a
Blissful New Year 2025!**



St. Lawrence High School, Vashi A Celebration of Fitness and Teamwork



The annual Sports Day at St. Lawrence High School, Vashi was a resounding success, with students, teachers, and parents coming together to celebrate the spirit of competition, teamwork, and physical

primary sports symbolizing unity and the common message of sportsmanship. The Aerobic exercise forced the parents to tap their feet in rhythm and motivated the message of fitness and to be healthy.

all the participants and winners on their achievements and urged them to continue striving for excellence.

Our Chairman Sir Dr.A.F.Pinto always says, "Sports teaches a child the valuable life



cal fitness.

Held on 14th December 2024 at the school's ground, the event saw enthusiastic participation from students across all the age group.

God presence was invoked with the Lord's Prayer, worship songs, welcome speeches, and the beautiful and cute little reindeers from the pre-primary section performing a welcome dance. After the Oath ceremony, the eminent guest lighted the torch and declared the meet open by releasing the mascot symbolizing balance, and uniqueness, as each Lawrencians are unique.

The parents were astounded as the School Sports Minister passed on the torch to the primary and pre-

The participants showed their excellence in different events such as Running Race, Relay Race, Fun Games, etc. Lawrencian parents were equally enthusiastic, as they sporting-

skills like teamwork, discipline, and perseverance."

"The annual Sports Day was a huge success, with everyone involved having a wonderful time. The event not only pro-



ly participated in the fun games organized for them.

The guest, for the occasion, emphasized the importance of sports and physical fitness in today's world and also congratulated

moted physical fitness and teamwork but also fostered a sense of community and camaraderie among the students, teachers, and parents, "said the Headmistress Mrs Saira Kennedy.

St. Lawrence High School, Vashi A Time for Joy and Giving



Christmas is a time of great excitement and joy for the students and teachers alike in schools across India. The festival is celebrated with great enthusiasm and schools play a signifi-

all the sections participated with great fervour of Christmas in all the activities and competitions.

God's presence was invoked as the students called upon the Lord's name in

Dr. Madam Grace Pinto stating that "During Christmas, we need to reach out to those in need especially the less fortunate. We need to share the gift of our time and talents".



cant role in spreading the spirit of Christmas among children.

The fervour of Christmas Bells were ringing in St. Lawrence High School – Vashi, as the festive season of Christmas was celebrated with full vigour and enthusiasm.

The Lawrencians celebrated the birth of Christ Jesus with full zest. Children from

their beautiful attire. The Biblical skit -tableau depicted the birth of Christ. The audience were enthralled listening to the Carols, sung by the students captivated everyone and everyone rejoiced the music.

The catapult effect of the celebration were the message given by Chairman Sir Dr.A.F Pinto and Managing Director

Christmas will always be as long as we stand heart to heart and hand in hand., was envisioned by our students. In this season of celebration may everyone be blessed with robust health, happiness and success", said the Head Mistress Mrs. Saira Kennedy.

A Merry Christmas & Happy New Year 2025

Chennai man spends 40% of his salary in taking care of Parakeets, cooks 60kg rice daily

Based in one of Chennai's oldest neighbourhood Triplicane, Sekar works as an electrician and camera technician by profession. And, right above the shop where he operates from, is the terrace where he feeds at least 2000 parakeets on a daily basis. In winters, the number of birds go up to many as 8000 too.

Sekar aka Chennai's 'Bird-man' is an epitome of kindness, and he exudes immense passion for animals.

He has been feeding thousands of parakeets at his terrace for the past 20 years or so

The daily intake of these parakeets is around 75 kgs of rice and Sekar spends 40 per cent

of his monthly income to purchase food for his green guests ! Food of their choice !

It began as a small endeavor after he spotted the bird for the first time at his terrace in the aftermath of tsunami in 2004

" I saw them eating water soaked rice which we keep at the terrace for sparrows. I began to feed them,... as a result many parakeets started flying to my terrace in the evening & the number started increasing! Thousands of them came!"

Every day around 4 AM, Sek-



C.K. SUBRAMANIAM
Freelance writer
Navi Mumbai

ar walks up to his terrace and spends about 20 minutes cleaning the place ...& placing the wooden planks in a step like format

He transfers the soaked rice to a huge container and takes around 5-6 rounds from the kitchen up the stairs with the rice con-

tainer

He assembles small portions of the grain for each bird & aligns them neatly on the planks



The process takes him another half an hour, "The portions help them eat at their own pace without interfering with their fellow birds. Sometimes even pigeons come to eat his rice

He follows the same practice in the evening for the second batch of parakeets post work.

Between serving the birds, Sekar manages his shop which is on the ground floor of his house. He caters to his customers till 7 pm. & between breaks he checks on the birds & then cleans the terrace after all the birds leave !

MISSION CLEAN AND GREEN ENVIRONMENT

We at DATE WITH HEALTH have started an Environment awareness mission wherein we encourage people to use every opportunity like birthday marriage anniversary any other important achievement to plant a SAP-LING and celebrate the occasion.

ALOE VERA - WONDER PLANT

Aloe vera, often referred to as the “wonder plant,” is known for its numerous health and beauty benefits. Its gel-like substance, derived from the leaves, is particularly beneficial for hair care.

You can buy aloe vera gel from stores. Look for a product that has 100% aloe vera, without any added ingredients like fragrances and alcohol. You can also extract the gel from aloe vera leaves for maximum benefit.

Promotes Hair Growth and Strengthens Hair

Aloe vera contains enzymes that help repair dead skin cells



JAYANTHI SUBRAMANIAM
Navi Mumbai

Its cooling effect can provide relief from irritation and inflammation.

Acts as a Natural Conditioner

Aloe vera can be used as a natural conditioner that leaves hair smooth, shiny, and manageable. It helps detangle hair and improves its

overall texture.

Reduces Hair Loss

Aloe vera's ability to strengthen hair and promote a healthy scalp can reduce hair loss. Its nourishing properties ensure that hair follicles remain healthy and intact.

Repairs Damaged Hair

The proteolytic enzymes in



on the scalp, which can stimulate hair growth. It has been used to improve hair health and lessen breakage, which contributes to hair growth.

Reduces Dandruff

Aloe vera's anti-inflammatory and anti-fungal properties help to combat dandruff. It hydrates the scalp, reducing dryness that often leads to dandruff. Regular application of aloe vera can help maintain a healthy scalp, free from dandruff and itchiness.

Moisturizes Hair

Aloe vera helps retain moisture. It deeply conditions the hair, leaving it smooth and shiny.

Soothes Itchy Scalp

The anti-inflammatory properties of aloe vera can soothe an itchy scalp caused by conditions like seborrheic dermatitis.

aloe vera repair dead skin cells on the scalp. It helps repair damaged hair and rejuvenates; it has a healthy shine.

Aloe Vera Gel Application

Extract fresh aloe vera gel from the leaf and apply it directly to your scalp and hair. Massage gently and leave it on for 30 minutes to an hour before rinsing off with lukewarm water.

Aloe Vera Hair Mask

Mix aloe vera gel with ingredients like coconut oil, honey, or yogurt to create a nourishing hair mask. Apply the mask to your hair and scalp, leave it on for 30-60 minutes, then wash off with a mild shampoo.

Aloe Vera as a Conditioner

After shampooing, apply aloe vera gel as a conditioner to your hair. Leave it on for a few minutes before rinsing thoroughly.

Go Green Measure

Ajay Gopinath, a former bank employee from Kochi, Kerala, successfully transitioned into entrepreneurship by growing microgreens, a nutrient-packed superfood. His journey began when he encountered microgreens at a restaurant in Bengaluru, sparking his interest in their health benefits. Fascinated by their potential, Ajay decided to leave his banking career behind and focus on this new venture.

Starting in 2017-2018, Ajay began experimenting with microgreens on

a small scale. After two years of research and development, he set up a thriving commercial operation in an 80-square-foot room at his



C.K. SUBRAMANIAM
Freelance writer
Navi Mumbai

home, cultivating around 15 varieties of microgreens.

Ajay's success stems from his commitment to quality, sourcing non-GMO seeds from different regions and creating ideal growing conditions. He advocates for consuming microgreens raw, as they offer more nutrition than fully grown vegetables. With franchises across Kerala and in



Today, he harvests approximately 5 kg daily, achieving impressive monthly sales of 22 to 73 lakh through his brand, Grow Greens.

cities like Chennai and Bengaluru, Ajay is not only building a prosperous business but also promoting healthier eating habits.

Uniting
Women,
Inspiring
Change

अश्विनी

Celebrating Womanhood



CREATIVE SPACE



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



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



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



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

CARE FOR BETTER TOMORROW

By C. K. Subramaniam

As the days pass by, we are becoming old physically. And we need extra care to keep ourselves in Fit condition. But it's time for all of us to keep good health. Take good care of yourselves and your dear families. May Almighty God continue to bless us for a healthy and peaceful living. Moderation, Light Activities, Good Conscience, Contentment and Peaceful Mind will always keep us active. Exercise can help with strength, agility, vitality, sleep, mental health, and chronic pain. It can also help prevent memory loss, cognitive decline, and dementia. It is notable that money can't buy: manners, morals, respect, character, common sense, trust, patience, class, integrity and love. So it is time to win self respect. Age is just a number when your plans are

very well devised. Aging is inevitable, but to grow old gracefully is a choice.

Dementia Day Care Centres (DDCs) are unique offerings of NGOs in response to the urgent need for care services for those senior citizens who are diagnosed with Alzheimer's



disease and related Dementia. Centres like in Chennai, Mumbai, New Delhi, Pune and Kolkata boast of an excellent caregiving team and superior services specially curated for the cognitive engagement of the patients in the best way possible. Some of these ser-

vices include orientation therapy, physical exercises, social activities, cognitive rehabilitation, memory games, reminiscence therapy and sensory stimulation activities like pet or doll therapy, gardening, music and dance therapy. People

living with Dementia often require 24x7 support. Caregivers (relatives of the patients) may not be equipped to deal with the stress associated with their new role, leading to frustration and burnout. This can negatively impact the person living with dementia. In order to

provide a positive environment to patients, NGOs operate Dementia Day Care Centre which not only provide support and care to Dementia patients but also give relief to the needy. In all, Dementia care centres are doing yeoman service to the society.

Skin Care Tips to Survive Winter

Winter is here and you may notice your skin is becoming dry & itchy! Find some relief!! Check out & try out these helpful tips to beating dry skin!

- | | | | |
|------|------------------------------------|-------|--|
| 1. → | Moisturize | 6. → | Don't over-exfoliate |
| 2. → | Pay attention to your hands | 7. → | Moisturizing Masks |
| 3. → | Fragrance-Free Products | 8. → | Eat smarter & don't hibernate |
| 4. → | Lower the heat | 9. → | Wear Sunscreen |
| 5. → | Wear protective clothing | 10. → | See a Licensed Esthetician |

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Embracing Wellness in the New Year: How Acupuncture Can Transform Your Health

As we step into a brand-new year, it's time to reflect on the promises we make to ourselves—promises of better health, reduced stress, and an overall sense of well-being. While resolutions often fade away, a time-tested practice like acupuncture can be your steadfast ally in achieving your health goals for 2025.

Acupuncture, an ancient healing art rooted in Traditional Chinese Medicine (TCM), involves the gentle insertion of fine needles at specific points on the body to balance energy (Qi) and promote natural healing. This centuries-old practice is now widely recognized by modern science for its myriad health benefits, making it a perfect addition to your wellness routine.

Why Choose Acupuncture This New Year?

1. Stress Relief and Mental Clarity

The holidays often leave us feeling drained, and the fast pace of life can lead to burnout. Acupuncture reduces stress hormones and increases the release of endorphins, helping you feel calm and focused. Starting your year with mental clarity can pave the way for achieving your personal and professional goals.

2. Boosting Immunity

January often brings chilly winds and seasonal illnesses. Acupuncture strengthens the immune system by stimulating the body's natural defenses. Regular sessions can help you stay healthy and resilient throughout the year.



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

3. Weight Management

One of the most common New Year's resolutions is to shed extra pounds. Acupuncture can aid weight loss by curbing appetite, improving digestion, and boosting metabolism. It also addresses emotional eating by calming the mind.

4. Pain Relief



If chronic pain has been holding you back, acupuncture offers a natural, drug-free solution. From backaches to migraines and arthritis, acupuncture promotes pain relief by improving circulation and reducing inflam-

mation.

5. Better Sleep

A restful night's sleep is key to a productive day. Acupuncture helps regulate sleep patterns by calming the nervous system, making insomnia a thing of the past.

Starting Your Acupuncture Journey

Before diving in, it's essential to consult a qualified acupuncturist who understands your unique health needs. A personalized treatment plan ensures you get the maximum benefit from each session.

Making Acupuncture a Resolution You'll Keep

Here's a simple plan to incorporate acupuncture into your New Year's resolutions:

Set clear goals: Whether it's stress management, pain relief, or better sleep, define your objectives.

Commit to a schedule: Regular sessions are key to long-term benefits.

Combine with a healthy lifestyle: Acupuncture works best when paired with balanced nutrition, exercise, and mindfulness practices.

This New Year, let's move beyond fleeting resolutions and embrace a holistic approach to health. Acupuncture is not just a treatment; it's a pathway to a balanced, energized, and vibrant life.

Make 2025 the year you prioritize your well-being with the healing power of acupuncture!

Winter fruits and their benefits

Many fruits are in season during the winter, and they can provide a variety of health benefits, including:

Vitamin C: Rich in vitamin C, fruits like oranges and kiwis can help strengthen your immune system and maintain body heat. Vitamin C also helps prevent cell damage and mutations that can lead to cancer.

Antioxidants: Fruits like strawberries and pomegranates are rich in antioxidants, which can help boost immunity.

Hydration: Fruits like oranges, apples, and kiwis are high in water content, which can help keep your skin hydrated and combat dryness.

Fiber: Fruits like pears are high in fiber, which can provide comfort.

Other nutrients: Fruits like pineapples contain a variety of nutrients, including manganese, vitamins

A, B6, E, and K, calcium, folate, iron, magnesium, phosphorous, potassium, and zinc.

Digestion: Chikoos, also known as sapota, contain vitamin A and carotenoid antioxidants that can promote healthy digestion.

Inflammation: Pears contain phytonutrients, which may help keep inflammation low.

Skin health: Citrus fruits, berries, and avocados are rich in vitamins and antioxidants, which can help promote a radiant complexion.

Brain health: Dates contain bioactive compounds that can promote brain health.

Some other winter fruits include: Guavas, Papayas, Cranberries, Persimmons, Plums, Grapefruit, Pomelo, and Passion fruit.



Organ Donation Cyclothon: A Ride for a Noble Cause



On 8th December, Wheels and Barrels, organized a meaningful cyclothon to promote organ donation awareness under the lead of **Ms. Shalini Rathore** and supported by admins Mr. Chirag and Mr. Sarabpreet. The event was held in collaboration with MOHAN Foundation, a leading NGO dedicated to advocating organ donation.

Starting from Hiranandani Estate, Thane, with venue support from HERWA, the cyclothon saw enthusiastic par-



ticipation from riders united for this noble cause. The event concluded with an insightful session by MOHAN Foundation, where participants learned about organ donation, clarified their doubts, and were inspired to make a difference. Many at-

tendees took a step further and registered themselves as organ donors.

Adding to the event's success, MRR Hospital provided ambulance support, ensuring safety throughout the ride. The day ended on a high note with an awards ceremony and a hearty breakfast, leaving everyone with a sense of accomplishment and purpose.

This cyclothon not only celebrated fitness and community spirit but also underscored the importance of saving lives through organ donation.



Enthusiastic Turnout at the WNC Indian Navy Marathon 2024



The Western Naval Command (WNC) Indian Navy Marathon 2024 witnessed remarkable participation and spirit as thousands of enthusiastic runners gathered on the morning of Sunday, December 8th, 2024. The well-organized event featured multiple race categories, including the popular 5 km run.

Among the participants was **Jayesh Rajput**, (pic) an accomplished Associated Media Director from the renowned advertising agency **Publicis Beehive**. His participation reflected the wide range of professionals and fitness enthusiasts who came together to support this prestigious event.

The Indian Navy's dedication to organizing this marathon not only fostered community spirit but also promoted fitness and well-being among civilians and Navy personnel alike. The energy and excitement throughout the race were palpable, making it a memorable occasion for all.