

TATA MUMBAI MARATHON 2025



Shalini Rathore

The Tata Mumbai Marathon 2025 is a spectacular event that not only brings together thousands of runners from around the world but also showcases the spirit of Mumbai. I had the privilege of being a Bicycle Medical Spotter on the iconic Worli Sea Link, ensuring the safety and well-being of the participants.

This role was both challenging and rewarding. Positioned at one of the most picturesque yet crucial stretches of the marathon route, my responsibility was to monitor runners for signs of medical distress, dehydration, or exhaustion.

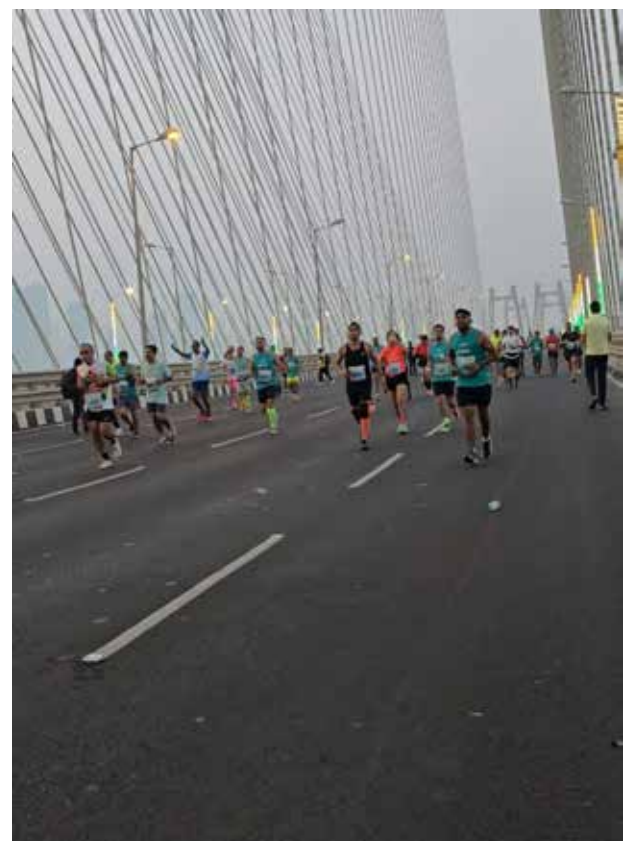
I am immensely grateful to Procam International and Anil Uchil from Cycling 4 Change for entrusting me with this important responsibility. Their meticulous planning and emphasis on medical preparedness ensured that the event was conducted seamlessly. Being part of the medical team allowed me to witness firsthand the incredible determination of runners and the supportive spirit of the organizers and volunteers.

Hats off to Team Procam—the doctors, medical professionals, and volunteers—who worked tirelessly to address medical concerns



promptly. Their efficiency, compassion, and teamwork ensured that everyone received the care they needed, with serious cases rushed to the hospital without delay. Kudos to this exceptional team—take a bow!

This experience has reinforced my belief in



the power of teamwork and community. The Tata Mumbai Marathon is not just a race; it is a celebration of resilience, health, and unity. I am proud to have contributed to its success and look forward to many more opportunities to serve in such impactful events.



Editorial

PAY EMI GET EMI

We all know about EMI (Equated Monthly Installment) as many pay it for buying a house or a refrigerator or a vehicle, but probably none realise that they get an EMI in return too. Everyone wants to lead an easy life where nobody wants to trouble themselves. Today going out to buy small things too people hardly trouble their legs instead pull out their two wheelers for even short distance work. Buying expensive things has become easy because of EMI but one doesn't realise these people then get EMI in return. This latter EMI is nothing but (E)nding (M)uscular (I)mmunity and the person slowly leads a lazy life (which apparently looks fast). Lifts in the buildings has already made man so lethargic that he waits for the lift even for first and second floor.

Easy EMIs are good for people buying expensive items for necessity like a refrigerator so that things don't get spoilt, but then buying them to make one lethargic is playing with the health.

One isn't advocating not to buy vehicles especially two wheelers but only cautioning against over use of it even for small distances.

Pay EMI but not to get EMI 😊😊

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LOVE YOUR HEART

Get active
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Control cholesterol
Manage blood pressure
Reduce blood sugar
Lose weight
Quit smoking



SENIOR CITIZENS AND THE FINAL FRONTIER

I am sure you all have begun this year with great zest and enthusiasm. This would be my last article for the senior citizens regarding their mental health and I thought the topic would be left incomplete, if I would not write about the preparation for the final phase of this beautiful journey called LIFE.

I have come across many people who are afraid of the final stage and their present life gets affected because of the worry of what would happen and that they do not want this journey of life to end. At the same time there are some who are totally prepared and they live their life one day at a time and are not worrying about what happens after we pass away.

Once we enter the state of being senior citizens, I feel each day is a bonus and as I had written earlier that live for the day is the Mantra. Enjoy every moment and make the most of what life has to offer. However, besides the day to day life, it would be great to be prepared for the last day. So, finish all that you want to do in order to make things easy for your children or your heirs.

Step one would be make a list of what you want to do. This may include making wills or even getting in touch with your friends or relatives whom you may want to get reconnected with. I would recommend the following

Make your wills and register them properly. What ever you want to give to your chil-



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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dren or relative, specify it all clearly and live no ambiguity.

Write about your health care facilities, in case of any emergency or serious illness.

Leave instructions for your funeral with details of what you want and how you want it to be.

Organize all the important documents and share the documents with your children. We have recently done that and shared with our son on one drive.

If you are worried then join a support group or seek counselling.

Connect with everyone with love and gratitude and become light and forgiving.

Write about your life and the most important lessons you have learnt and what you want to share with others.

Share your precious collections of things and your favourites with others. I have collected more than 300 chopsticks and many precious candles from all over the world and now I am sharing them with my loved ones who I know shall preserve and then pass it on to the next

generation.

In case of any terminal illness, plan for the pain management and at the same time try to live a very healthy life.

If spirituality helps you, then it is great to practice meditation and becoming comfortable with the meaning of life and death.

Reflect on the achievements and find joy in all the fulfilling experiences you have had. We all have great memories and reflecting on the positives is what gives us a happy feeling and feeling of content and joy.

Have a good communication with your family and friends and ensure that there is no feeling of incompleteness in any area of your life. A friend of mine was in deep pain as he lost his young son and the regret was that he was not able to communicate with his son and thought he would work on it soon. He never ever thought that his son would pass away so early or before him. This feeling of regret led to his early demise also and within six months, he too passed away.

My learning has been that life is just a transition from one body to another and the soul always remains. Therefore, I have been trying to ensure that the soul is happy and fulfilled rather than just the body being happy.

The entire focus of this article is that be prepared to exit the world everyday when you go to sleep and be grateful for a new day if you wake up.

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DATE WITH HEALTH

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Dance Movement Therapy and Circadian Rhythm

Circadian rhythm and Dance Movement Therapy (DMT) can complement each other in promoting physical, emotional, and mental well-being, especially for seniors. Here's how they connect:

The **circadian rhythm** is the body's natural 24-hour internal clock that regulates sleep-wake cycles, hormone production, digestion, and energy levels. It is influenced by external cues like light, temperature, and activity. Disruptions to this rhythm can lead to sleep disorders, fatigue, mood swings, and even cognitive decline.

Dance Movement Therapy (DMT) is a therapeutic approach that uses movement and dance to support physical, emotional, cognitive, and social well-being. It is based on the premise that the mind and body are interconnected, and through movement, individuals can explore and express emotions, release tension, and promote self-awareness and healing.

DMT can help regulate and enhance circadian rhythms in the following ways:

1. Improving Sleep Patterns: DMT involves rhythmic movements that can release ten-

sion and improve relaxation. Engaging in dance sessions during the day promotes the production of serotonin, which converts to melatonin at night, helping regulate sleep cycles.

2. Boosting Energy Levels: Movement-based therapy energizes the body during the day, preventing lethargy. Active engagement



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

and joyful movements in DMT. Dancing to

their activities to their body's natural circadian rhythm, fostering balance and harmony.

5. Social Interaction: DMT often involves group participation, which fosters social connection. Engaging with others during active daytime hours strengthens emotional and mental well-being, which in turn supports healthy circadian

can help sustain energy levels and prevent post-lunch fatigue.

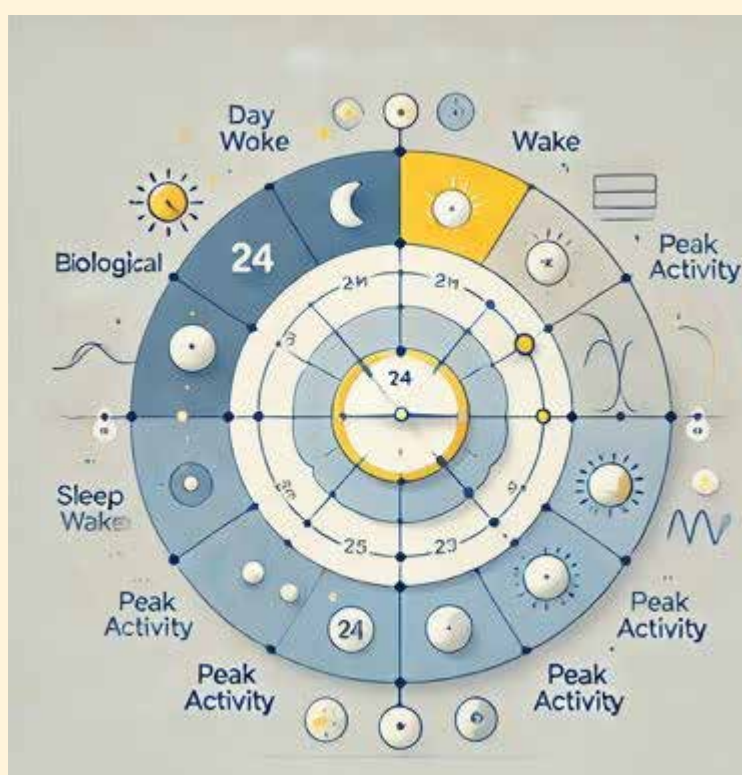
Evening Session

(Relaxation and Preparation for Sleep)

Movements should focus on calming the body and mind, preparing for restful sleep.

Conclusion:

By aligning DMT sessions with optimal times of the day (e.g., morning or early afternoon),



in DMT sessions can support wakefulness and alertness, particularly when performed during daylight hours.

3. Regulating Emotions: Emotional disruptions caused by circadian rhythm imbalances (like Seasonal Affective Disorder) can be alleviated through the expressive

uplifting rhythms taps into feelings of happiness and well-being, helping stabilize mood.

4. Synchronizing Body and Mind: DMT encourages awareness of physical rhythms, such as breathing, heartbeat, and muscle tension. This mindfulness can help participants attune

rhythms

Morning Session

(Boosting Energy and Alertness)

Encourage energizing movements to start the day and sync with the body's natural peak activity hours.

Afternoon Session

(Maintaining Energy and Focus)

Midday movements

seniors can leverage its benefits to restore natural rhythms, enhance mood, and improve overall vitality.

This is an analytical study for getting maximum benefit of DMT in tandem with Circadian Cycle especially for the benefit of Elderly. This is not a medical study in anyway.



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 SAPLING and celebrate the occasion.

Ryan Christian School – Vashi Joy Of Giving – Christmas Celebration



The Christmas Outreach Program was a heartwarming initiative aimed at spreading joy and hope among underprivileged children. Teachers and students came together to make this festive season special for those in need. The event was a testament to the values of kindness, compassion, and unity.

In the heart of Christmas lies the true spirit of giving and sharing, where joy is multiplied by acts of

thi Ashalay Charitable Trust, Nerul were children gather to learn and receive guidance. Pastor Asaram Kamble & Pastor Sachin Jadhav, are actively involved in supporting their education and overall development, ensuring they have a positive and nurturing environment.

Guided by the essence of the season, students extended their hands and hearts to the less fortunate. Stationary items such as pencils, books,

dents interacted with the children at both the centers. Laughter echoed, bonds were formed, and the true magic of Christmas came to life. In these moments, the corridors of giving transformed into bridges of understanding and compassion.

As the Joy of Giving Week concluded, it left behind a trail of smiles and shared happiness, embodying the spirit of Christmas. To quote Charles Dickens, 'I will honor



kindness. This sentiment echoed brightly at Ryan Christian School, Vashi, on December 20th 2024, as students embraced the Joy of Giving Week, illuminating the season with compassion and generosity.

During this festive occasion, the students of Ryan Christian School embarked on a heart-warming journey to Community Centre in Koparkhairane and Jeevan Jyo-

and storybooks, along with toys, toiletries, snacks, refreshments, and groceries, became tokens of love shared with those in need. This act of kindness resonated with students of all ages, from Montessori to Grade 8, making each contribution a beacon of hope and joy.

Amidst the heartfelt sharing, a meaningful connection unfolded as Ryan Christian School stu-

Christmas in my heart, and try to keep it all the year.' May the echoes of this festive generosity resonate in the hearts of all involved, reminding us that the joy of giving is a gift that lasts beyond the season.

The event concluded with the distribution of gifts as a token of Love. The program created a memorable experience for both the children and the teachers.

Ryan Christian School – Vashi EMBODYING THE SPIRIT OF NATIONAL LEADERS



Ryan Christian School hosted a fancy dress competition that brought to life the spirit of India's national leaders. The event was a resounding success, with participants showcasing their creativity, talent, and patriotism.

Vibrant Costumes and Inspiring Performances the competition saw many participants dressed up as renowned national leaders such as Mahatma Gandhi, Jawaharlal Nehru, Subhas Chandra Bose, Indira Gandhi, and many more. The

vibrant costumes, coupled with inspiring performances, left the audience in awe.

Participants were judged based on their costume, confidence, and overall portrayal of the national leader they represented.

The fancy dress competition was a testament to the creativity, talent, and patriotism of our students. It served as a reminder of the sacrifices and contributions made by our national leaders, inspiring us to emulate their values and ideals.

Ryan Christian School – Vashi BROWN DAY CELEBRATION



Tiny tots of Ryan Christian School Vashi celebrated Brown Day with great enthusiasm and excitement. The day began with the students and teachers dressed in various shades of brown, creating a warm and earthy atmosphere throughout the campus. Various range of activities and events

that showcased the significance of the color brown. Some of the highlights of the day were:

Brown-themed decorations: The school corridors and classrooms were decorated with brown balloons, streamers, and charts.

Art competition: Students participated in an **Contd. to page 5**

Ryan Christian School – Vashi REPUBLIC DAY CELEBRATION

The Republic Day celebration at Ryan Christian School, Vashi was held with great enthusiasm and patriotic fervour on January 26, 2025. The program commenced at 8:00 AM, bringing together students, teachers, and esteemed guests to honour the significance of the day. The event began with the Flag Hoisting ceremony, led by our honourable chief guest, followed by a stirring March Past by the school band and student contingents. Their synchronize movements and disciplined performance were a testament to the spirit of unity and discipline.

A unique feature of the celebration was the Tree Plantation Drive, symbolising our commitment to a greener and sustainable future. Accompanied by a melodious song, the activity inspired everyone to contribute to environmental conservation. The religious segment started with the Lord's Prayer, followed by Bible Reading and a Special Prayer led by pastor Allwyn Amos Paul. These moments of reverence set a serene tone, emphasizing gratitude and hope. A heartfelt Prayer Song performed by the school choir further uplifted the atmosphere. The formal proceedings began with a Welcome Speech in both English and Marathi, warmly greeting everyone present. The choir then presented a beautiful Welcome Song, adding a melodic touch to the event. Following this, the Introduction and Felicitation of Guests took place, expressing our gratitude for their presence. The cultural section included a mesmerizing Patriotic Dance, showcasing the rich diversity and heritage of India. A stirring Patriotic Speech by one of our senior students highlighted the significance of Republic Day and the importance of being responsible citizens. This was followed by an inspiring Speech by the Guest, who shared valuable insights and motivated the students. The event concluded with the Vote



of Thanks delivered in English, Marathi, and Hindi, acknowledging the efforts of everyone involved. Finally, the school anthem was sung in unison, marking the end of a memorable celebration.

The Republic Day



program was a grand success, fostering a sense of pride and patriotism in all attendees. It was a day to remember and cherish the ideals of our nation.

The following are the guests who graced the occasion.

1. Pastor Allwyn Amos Paul - Pastor-in-Charge - Mizpah Gospel Fellowship Church in Kalamboli, Navi Mumbai.
2. Dr. Prakash Shendge - General & Laparoscopic Surgeon, Industrial Certifying Surgeon, D.G. Shipping Approved Medical Examiner
3. Mr. Umesh Balu Kale - Wrestler and Athlete - Played for University of Shivaji, State Level Competition and won several prizes including Silver medal in the Olympics. Active participation in Athletic Competition held in various communities at Zonal Level and represented our state.
4. Shri. Kashinath Narale - Police Sub Inspector, Vashi Police Station.
5. Mr. Ramjidas Bunjahi - Founder Trustee - Manrao Charitable Trust,
6. Dr. Ranjeev Manrao - RM123 India, Trainers & Consultants
7. Mrs. Samiksha Mhatre - Fashion model, Runway model

BREAKING BARRIERS

Incorporating small but impactful habits into your daily routine can significantly contribute to a healthier lifestyle. Opting for the staircase over the elevator is one such habit that offers numerous benefits for your physical and mental well-being.

Make a New Year pledge for the same and work towards better health. Boost Cardiovascular Health. Climbing stairs is an excellent form of aerobic exercise that strengthens the heart and improves circulation. Burn Calories and it helps burn more calories than many low-intensity activities, aiding in weight management. Strengthens Muscles And Bones. The activity engages multiple muscle groups, such as the glutes, hamstrings, calves and quads, while also improving bone density. Boosts Stamina and Endurance. Regular stair climbing enhances lung capacity and overall physical stamina.

Integrating stair climbing into your routine can improve overall health, contribute to the environment, and adopt a more active lifestyle. Start small by incorporating

this habit a few times a day and gradually increase your frequency. Enhances Balance and Coordination. The movement involved in climbing stairs improves core strength and stability. Supports Mental Health Physical activity like stair climbing releases endorphins, which can reduce stress and improve mood. Eco-Friendly

Choosing stairs over elevators reduces energy consumption, contributing to environmental conservation.

Health: Physical activity like stair climbing releases endorphins, which can reduce stress and improve mood. Timesaving in Short Distances For a few floors, stairs are often faster than waiting for an elevator. And the environment, and adopt a more active lifestyle. Start small by incorporating this habit a few times a day and gradually increase your frequency. Accessible Anytime and so no equipment is required and it's freely available in most buildings.



JAYANTHI SUBRAMANIAM
Navi Mumbai

BROWN DAY CELEBRATION...

Contd. from page 4

art competition where they created beautiful paintings like hand print Monkey, colouring outline of a teddy bear and drawings using different shades of brown. **Significance of Brown Day.** Brown Day is celebrated to appreciate the beauty and importance of the color brown in



our lives. Brown is the color of earth, soil, and trees, reminding us of the need to protect and preserve our environment.

Conclusion

The Brown Day celebration was a fun-

filled and educational experience for everyone. It helped to create awareness about the significance of the color brown and encouraged students to appreciate the beauty of nature.

CREATIVE SPACE



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



Nikhil Subramaniam
(11 Yrs)
Reliance Foundation
School, Koparkhairne



Dabeer Ali Khan
(Class 7th)
Eden Public School,
Shahjahanpur, U.P.

MENTAL HEALTH

“Never give up on someone with a mental illness. When ‘I’ is replaced with ‘We’, illness becomes wellness.” Let’s start with a quote which is perfect for my point. If you read the quote, you probably understood the reason for my presence here. We all know how important physical health is right? Imagine suffering all those things inside head, a war with your brain. As simple as it sounds, its tough. Mental health is sensitive yet overlooked topic. People try to raise awareness but when someone actually suffers through a mental illness the person is looked down upon sometimes people who are uneducated enough to know about their issues call others insane for believing that they might be going through something. This type of lack of concern and attention leads to severe issues causing self-harm. We must protect people rather than declaring them insane and actually help them. Sometimes we don’t even understand if we are actually going through a concerning illness, it happens to the best of us. For instance- me, I’m just a teenager but I go through something called social anxiety. For people who don’t know what that is, id feel honored to educate you. In very simple words social

anxiety is a disorder where a person finds it rather to communicate with new people. Many people relate it with being an introvert which is definitely two different things, yet they are somehow quite different. Coming from someone who actually goes through it let me tell u the difference between an introvert and a socially anxious person. An introvert enjoys being in quitter settings and while they also prefer staying quiet in social gatherings, they are pretty self-assured and can speak up when needed while social anxiety is a disorder where people fear judgement and overthink to some concerning levels, they are very afraid to speak in front of small groups let alone large crowds. Its not just anxiety but there are many other disorders. Let’s talk about the most overlooked mental illnesses that people go through according to Indian records. The three most commonly faced yet overlooked illnesses in India are:

• **Depression** - the most commonly faced illness in India is depression. There can be hun-



FILZAH SYED
Ryan International
School
Shahjahanpur, Uttar
Pradesh

dreds and thousands of reasons for it but some symptoms to look out for are- sadness for prolonged periods, erratic sleep cycles, loss of interest in activities someone previously enjoyed, low self-worth, loss of appetite or binge eating. Depression usually does not start with suicidal thoughts but when we show lack of concern, the situation becomes severe and concerning.

• **Anxiety disorders** – we think there is just one term ‘anxiety’ but nowadays there are different terms under this particular category. Some of the commonly faced ones are generalized anxiety disorder (GAD), panic disorder, social anxiety disorder (SAD), phobias or phobic anxiety disorders, obsessive-compulsive disorder (OCD) and post-traumatic stress disorder (PTSD). Out of which phobic anxiety constitutes for 2% of Indian population, the others constitute for 1.2% and OCD for 0.8%, we must look out for the following symptoms- a person feels irritable, restless, and angry and have difficulty concentrating or sleeping.

• **Schizophrenia** - for people who don’t know about this condition, it’s a psychotic condition caused by delusions and hallucinations. A person going through schizophrenia may see, feel or hear things which do not exist in reality. They are also expected to show emotional and behavioral imbalances such as laughing without a valid reason or any reason at all or mumbling out of nowhere. About 0.8% of India’s population suffers from schizophrenia and 7% of people in India suffering from mental illness have a chance of schizophrenia. People going through this illness might be very unpredictable and might commit crimes since they have an ‘inner voice’ telling them what to do.

That’s it for this time, I hope I educated some of you about things you didn’t know. I hope we all are mentally and physically balanced and healthy. Fitness doesn’t only have to be external, our mental health matters just as much. It’s a request from my side for you to look after your mental health with equal concern and look out any such signs and immediately take action if you notice any in your friends or family. Every life matters, even our mental one.

GOOD HEART HEALTH

You might know that eating certain foods can raise your heart disease risk. Even though changing your eating habits can be tough, you can take simple steps to get started today. Whether you've been eating unhealthy for years or you simply want to fine-tune your diet, here are eight heart-healthy diet tips. Find out which foods to eat more of and which foods to limit. You'll soon be on your way toward a healthier diet for your heart.

1. Control portion sizes

How much you eat is just as important as what you eat. Overloading your plate, taking seconds and eating until you feel stuffed can lead to eating more calories than you should. Portions served in restaurants often are larger than anyone needs.

Follow a few simple tips to control food portion size. These tips can help you shape up your diet as well as your heart and waistline:

Use a small plate or bowl to help control your portions.

Eat more low-calorie, nutrient-rich foods such as fruits and vegetables.

Eat smaller amounts of high-calorie, high-sodium foods. These include refined, processed and fast foods.

It's also important to keep track of the number of servings you eat. Keep these points in mind:

A serving size is a specific amount of food. It's defined by common measurements such as cups, ounces or pieces. For example, one serving of pasta is about 1/3 to 1/2 cup. A serving of meat, fish or chicken is about 2 to 3 ounces. That's about the size and thickness of a deck of cards.

The recommended number of servings in a food group may vary. It depends on the specific diet or guidelines you're following.

Judging serving size is a learned skill. You may need to use measuring cups and spoons or a scale until you're comfortable with your judgment.

2. Eat more vegetables and fruits

Vegetables and fruits are good

sources of vitamins and minerals. They're also low in calories and rich in fiber. Vegetables and fruits, like other plants or plant-based foods, contain substances that may help prevent heart disease. Eating more fruits and vegetables also may help you eat less higher-calorie food. Some examples of high-calorie foods are meat, cheese and snack foods.

Getting more vegetables and fruits in your diet can be easy. Keep vegetables washed and cut in your refrigerator for quick snacks. Keep fruit in a bowl in your kitchen so that you'll remember to eat it. Choose recipes that have vegetables or fruits as the main ingredients. These include vegetable stir-fry dishes or



Sahrish Akhtar



fresh fruit mixed into salads.

3. Choose whole grains

Whole grains are good sources of fiber and other nutrients that play roles in heart health and controlling blood pressure. You can get more whole grains by making simple swaps with refined grain products. Or try a whole grain you haven't had before. Healthy choices include quinoa and barley. At least half of the grains you eat should be whole grains.

4. Limit unhealthy fats

Limit the amount of saturated and trans fats you eat. This helps lower your blood cholesterol and lower your risk of a common heart condition called coronary artery disease. A high blood cholesterol level can lead to a

buildup of plaques in the arteries, called atherosclerosis. And that can raise the risk of heart attack and stroke. Check the food labels of cookies, cakes, frostings, crackers and chips.

These foods are low on nutrition. And some of them — even those labeled reduced fat — may contain trans fats.

5. Choose low-fat protein sources

Lean meat, poultry and fish; low-fat or fat-free dairy products; and eggs are some of the best sources of protein. Choose lower fat options, such as skinless chicken breasts rather than fried chicken patties. And choose skim milk rather than whole milk.

Fish is healthier than high-

fat meats. Certain types of fish are rich in omega-3 fatty acids, which can lower blood fats called triglycerides. You'll find the highest amounts of omega-3 fatty acids in cold-water fish, such as salmon, mackerel and herring. Other sources are flaxseed, walnuts, soybeans and canola oil.

Legumes — beans, peas and lentils — also are good low-fat sources of protein. They contain no cholesterol, making them good substitutes for meat. Eating plant protein instead of animal protein lowers the amounts of fat and cholesterol you take in. It also boosts how much fiber you get.

6. Limit and reduce sodium and salt

Sodium is a mineral. It's found naturally in some foods, such as celery or milk. Food makers also may add sodium to processed foods, such as bread and soup. Eating foods with lots of added sodium can lead to high blood pressure. So can using table salt, which contains sodium.

High blood pressure is a risk factor for heart disease. Limiting salt and sodium is a key part of a heart-healthy diet.

7. Plan ahead: Create daily menus

Create daily menus using the six tips listed above. When you choose foods for each meal and snack, focus on vegetables, fruits and whole grains. Choose lean proteins and healthy fats, and limit salty foods. Watch your portion sizes and add variety to your menu choices.

For example, if you have grilled salmon one evening, try a black bean burger the next night. This helps ensure that you'll get all of the nutrients the body needs. Variety also makes meals and snacks more interesting.

8. Have a treat once in a while

It's OK to treat yourself every now and then. A candy bar or handful of potato chips won't derail your heart-healthy diet. But don't let treats turn into an excuse for giving up on your healthy-eating plan. If you overeat treats once in a while rather than often, you'll balance things out over the long term. What's important is that you eat healthy foods most of the time.

In general, limit added sugar to less than 10% of your daily calories. For example, if you take in about 2,000 calories a day, 10% of that amount is 200 calories. And 200 calories of added sugar equals 50 grams of the sugar added to the foods you eat. Do not give food and drinks with added sugar to children younger than 2 years old.

If you follow these eight tips, you'll likely find that heart-healthy eating is something you can do and enjoy. With planning and a few simple food swaps, you can eat with your heart in mind.

**Stay Fit, Stay Safe,
Stay Healthy !!!**

WORKING FOR A NOBLE CAUSE



Jasvinder Kaur, the Director of Bhumi Financial Service Pvt Ltd., had the honor of conducting a financial planning session for the staff of The Akshaya Patra Foundation in Panvel. This foundation runs a kitchen that prepares and distributes meals to 15,000 school children as part of the Mid-Day Meal Programme under the PM Poshan Abhiyaan initiative. It was a rewarding experience to provide guidance and knowledge to the committed individuals who tirelessly contribute to this admirable mission.



viduals who tirelessly contribute to this admirable mission.

I had personally visited the kitchen also they cook with all proper care and maintaining proper hygiene and the food provided was very very tasty too



Jasvinder Kaur, Director, Bhumi Financial Service Pvt Ltd
Mobile number : 9152955024

St. Lawrence High School, Vashi Celebrating 76 years of Democracy and Diversity



The Republic Day was celebrated in all its solemnity and grandeur at St. Lawrence High School, Vashi on 26th January 2025. The ceremony took place in the presence of the eminent guests for the day.

The ceremony commenced with the unfurling of the National Flag by the eminent guests. The various March Past squads with their head held high saluted the National Flag reverberated the atmosphere with a feeling of national pride. The school premise was decorated with Tricolor wheel, Tricolor festoons, and dangles.

The performance to praise Almighty filled the audience with great energy, and enthusiasm invoked the presence of the Lord. The expressive welcome speeches and the scintillating welcome dance performances forced the audience to tap their foot. To instil the spirit of patriotism in the

Lawrencians various competitions were held across all the sections for the entire week.

“We feel proud and blessed that we are under the guidance of our Chairman Sir Dr. A.F.Pinto, who always gives us the platform to excel and instil moral, patriotic, and ethical values in us.” said one of the School Parliament members.

The guest addressed, “As we celebrate Republic Day, let us remember that we are Indians first and foremost.”

“Children are the future of the country, our aim is to teach them the value of liberty, fraternity, equality and above all, to respect our Constitution and our Republic. So we all are here to honour our past, celebrate our present, and build a brighter future together.” said the Headmistress Mrs. Saira Kennedy.

Happy Republic Day!!!!



सुश्री
Celebrating Womanhood

Strength in Every Choice,
Power in Every Move