

Wushu Tournament celebrates Global Kung Fu Day with Spirited Competition



Date: 10 August 2025

Venue: Life Institute of Tai Chi and Martial Arts (LITMA)

Overview: LITMA (Spirituality with Professionalism) hosted its Interclass Tournament to mark the 8th World Wushu Kung Fu Day, reaffirming Wushu as a way of life that promotes peace, friendship, health, and an appreciation of nature. The celebration reflects the global decision taken at the 14th World Wushu Championships (28 September 2017) to observe World Wushu Kung Fu Day on the first Saturday after 8 August each year.

About Wushu: While “Kung Fu” is popularly used around the world to describe Chinese martial arts, its literal meaning refers to any skill achieved through hard work. The proper Chinese term for martial arts is “Wushu,” where “Wu” means martial and “Shu” means art or technique. In the LITMA curriculum, Wushu is taught across three broad categories—Sanshou (Sanda), Taolu (forms), and Tai Chi.

Founding Legacy: LITMA



was founded by Grand Master Alexander Fernandes, who has devoted 42 years to teaching and spreading the art, mentoring generations of students with a balance of discipline and compassion.

Dignitaries

- **Chief Guest:** Fr. Francisco Periera

Guests of Honour:

1. Fr. Lester Fernandes
2. Fr. Jeswin Mastan
3. Fr. Godfrey Dsa
4. Fr. Boniface Dsouza
5. Grand Master John Lazarus Mascarenhas
6. Grand Master Christopher Fernandes

Referees

- Sir Nawed Manzer
- Sir Surendra Yadav
- Sir Sujitkumar Pandey
- Sir Ravindra Yadav
- Sir Ankush Batle
- Sir Thushar Kotian
- Sir Guru Vishwakarma
- Sir Jayesh Yadav

Ceremony and Participation
The event opened with a formal

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Editorial

EDUCATE(shun) ILLITERACY

An illiterate “gifts” himself/herself to exploiters be it on any front. Political exploitation is just one of them as he gets cheated on every front. An illiterate person is half his full self, being dependent on others for simple daily work. Just imagine some cheat exploiting such people by feeding them wrong misleading inputs and robbing them of their hard earned money.

To SHUN illiteracy educate yourself. Many are realising what folly they committed in their childhood by not studying shouldn't be repeated by the next generation. Women education is even more important as she can transform an entire family. There is a famous saying “If a man is educated it is a person getting educated but when a woman is educated an entire family gets educated”.

There are two things which will make this world a beautiful place to live, first is plantation and second sowing the seeds of education.

10 Ways to Boost Your Energy Instantly

1. Stay Hydrated

Being dehydrated can lead to fatigue, crankiness, and foginess



2. Walk Around the Block

Even a short walk can get your endorphins flowing



3. Spend time in the Sun

A few minutes in the light can brighten your day



4. Sip Tea

For energy without a crash



5. Eat More Mini Meals

Eating good food frequently keeps your energy up



6. Take a Tech Break

A few minutes away from the gadgets can give you a boost



SUBSTANCE ABUSE DISORDERS IN ADULTS

There are many types of addictions which an adult could be a victim of during adulthood. Some are moderately harmful like caffeine related or food related. However, substance addiction is very harmful and can also lead to death if not recognized and treated at the right time. We are talking about drugs, alcohol, opioid, smoking, sedatives, inhalants and other substances.

It would fall into the disorder category when a person has constant cravings and wants to use it frequently. The tolerance level keeps increasing and the person needs it in more and more quantities. For example, an individual may begin with occasional drinking and with a couple of drinks and may gradually increase to daily drinking with higher quantities and experience withdrawal symptoms like irritability, agitation, cravings at odd hours, looking for excuses and reasons to drink, loses sleep if not getting the quota, cannot focus or concentrate on tasks and work and physical symptoms like tremors and heavy eyelids are also visible.

It is a disorder when relationships also get affected due to the irresponsible behaviour and high dependency on the substance leading to financial loss and behaviour of lying and stealing even for buying the substance.

It is essential to understand the causes of one getting into addiction and the most important and on the top are the psychological reasons like having stress at work or in a relationship. For many adults it is the financial stress and the work pressure which leads to smoking or drinking as a coping mechanism. Some also take to it due to their low confidence or low self-esteem and loneliness. In many cases it could be also due to the genetic predisposition and the liberal use of substance in the family. Some cultures do not permit any kind of substance at all,

whereas some may have it as a part of their many celebrations. However, everything in moderation does not lead to addiction. When there is compulsive usage and the body gets dependent is what causes health and mental issues.

During adulthood another factor which could add to the cause could be break up, divorce or separation. For example, an individual gets a job transfer and he or she is not able to shift with the family. Moving to another city or country and facing loneliness could be a big cause for becoming dependent on substance.

Let us now look at the prevention of substance abuse. I always use the term “nip it in the bud.” This would require a very strong support and gen-



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

lessness from the family members. When the family notices the slight increase in the usage of substance, they need to approach with a very positive and encouraging way to help the user understand the need and take measures to curb it immediately. For example, if the wife notices that the parties are increasing, or the occasional drinking is going from once a week to thrice a week, then talking in a calm manner and looking for alternatives like joint activities, taking a course in dance, or community service can be introduced. First step would be to identify what is the need and the cause. Is it due to emptiness, lack of self-worth or some physical or psychological issue? When

the cause is identified, look for how to treat the root cause and not let the person become dependent on quick fixes like substances. For individuals who are living alone, the support would be required from friends and colleagues.

The second step would be using alternatives like a chewing gum or patches which helps to curb the cravings. Having lime juice instead of alcohol in the same glass also does the trick, eating a chewing gum instead of smoking also helps, healthy options are more easily available now than earlier. Many individuals drink because they are not able to sleep and alcohol helps to sleep. Currently there are many healthy options available for sound and restful sleep.

Seeing a doctor helps as the doctor would advise check-up which would also help in finding out if any nutrition deficiencies are there giving rise to cravings as I know of people who have taken to alcohol as it would ease the pain in the body especially legs. Taking magnesium helped tremendously for this person and no longer he needed alcohol when he came back from work with a tired and aching body.

When the addiction is severe, it is necessary to combine medicines, therapy, rehabilitation centre and developing a strong will power. Here too, the support and love from the family and friends is of utmost importance as criticising or creating guilt would only lead to relapses and not be helpful. We have heard of many success stories which have happened due to the support from the families and support groups. Today there are many support groups and deaddiction centres run privately as well as by the government to help become totally sober.

I would reiterate that all addictions are harmful and moderation is the key to healthy and happy life.

Rotary Club of Satellite City Navi Mumbai Champions Green Legacy with Tree Plantation Drive Honouring Dr. APJ Abdul Kalam



In a heartfelt tribute to India's "Missile Man" and 11th President Dr. APJ Abdul Kalam on his death anniversary, the Rotary Club of Satellite City Navi Mumbai conducted a successful Tree Plantation Drive at Dr. APJ Abdul Kalam Garden, Mini Seashore, Sector 10A, Vashi. The initiative marked a community-wide commitment to a greener, healthier tomorrow.

Collective Action for a Greener Future

Rotarians, along with their fami-

lies, gathered on Sunday morning to plant 25 fruit-bearing saplings, reinforcing their commitment to urban ecological enhancement. These saplings are expected to enrich the local biodiversity, enhance oxygen generation, and promote sustainable urban greenery.

Collaboration and Civic Support

The event was made possible through the generous support of the Navi Mumbai Municipal Corporation (NMMC) Garden Department, which provided saplings, manpow-

er, and strategic guidance. Their collaboration ensured the smooth execution of the plantation drive and reflects the power of civic-community partnerships.

Leadership and Dedication

The drive was meticulously planned and coordinated by Rotarian Kedarnath Rao Ghorpade, whose efforts—alongside fellow Rotarians, families, and NMMC staff—turned this green vision into reality.

A Message from the President

Club President Rotarian CA

Vidyakant Jha expressed pride in the initiative, stating: "Together, we have taken another step towards building a cleaner and greener tomorrow. Let us continue nurturing these trees as we nurture our planet."

The Rotary Club remains steadfast in its mission to inspire positive change and sustainable stewardship in Navi Mumbai. This initiative not only celebrates the legacy of Dr. Kalam but also cultivates a legacy of environmental responsibility for generations to come.

Ryan Group of Schools has been honoured with the title of Most Reputed Brand in Maharashtra for K-12 Education

Ryan Group of Schools has been honoured with the title of Most Reputed Brand in Maharashtra for K-12 Education at the 8th Navbharat Education Summit 2025, presented by Navabharat, Maharashtra's leading Hindi daily.

The award was conferred upon Dr. Snehal Pinto, Director of Ryan Group of Schools, by Shri Ashish Shelar, Cabinet Minister for Information Technology & Cultural Affairs, Government of Maharashtra, and Shri Ashish Singh Patel, Cabinet Minister for Technical Educa-



tion, Consumer Protection, Weights and Measures, Government of Uttar Pradesh.

This recognition is a testament to the visionary leadership of Chairman Sir Dr. A. F. Pinto and Madam Dr. Grace Pinto, Managing Director of Ryan Group of Schools, whose commitment to excellence continues to shape the future of education. At Ryan Group of Schools, we remain dedicated to empowering young minds through holistic, future-ready learning.



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

INTERACTIVE SESSION WITH STUDENTS OF GR. V TO VIII

Date: 11th July 2025

“Mangrove Soldiers” Ignite Environmental Awareness at Campus

The students of Grades 5 to 8 were inspired and empowered through a dynamic interactive session conducted by

Environment for Life – Mangrove Soldiers, led by Mr. Rahul Rasakar, Hon. Head Coordinator (Mangroves Cleanup Drive) at Environment Life Foundation.

The session focused on the urgent need to protect our vital coastal ecosystems—our mangroves—through education, awareness, and community involvement. Mr. Rasakar’s passionate address energized the

young minds, instilling in them a strong sense of environmental responsibility.

Following the session, school monitors, volunteers, and members of the Student Council actively participated in a spirited

tree-planting drive across the campus.

Each sapling was planted with a heartfelt pledge to safeguard mangroves and nurture a greener, more sustainable future.

The initiative not only raised awareness

but also turned that awareness into impactful action. The school

is immensely proud of its young eco-warriors for their commitment to environmental conservation.

Together, we grow a greener tomorrow.



WUSHU TOURNAMENT CELEBRATES...

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ceremony followed by a spirited demonstration by Team LITMA in honor of World Wushu Kung Fu Day. A total of 150 participants took part in the tournament.

Competition Highlights

- **Taolu (Forms):** Elementary, Changquan, Nanquan, Jianshu, Daoshu, Duilian (barehand and staff), Nunchaku, and Hua-Chuan Kung Fu.
- **Sanda (Sanshou):** Bouts were contested across Sub-Junior, Cadet, Junior, and Senior categories. Fighters displayed strong technique and tactical awareness under a clear point-scoring system.
- **Best Fighters by Category**
 - **Sub-Junior Girls:** Ghanika Kerkal
 - **Sub-Junior Boys:** Zayden Dsouza
 - **Cadet Girls:** Sanvi Yadav

- **Cadet Boys:** Taksh Jaiswal
- **Junior Girls:** Angel Chacko
- **Junior Boys:** Ashish Bist
- **Senior Girls:** Aanchal Rajak
- **Senior Boys:** Mo Gajnfar

Awards and Closing Participants were honored with certificates, medals, and trophies in recognition of their performance and sportsmanship. The tournament concluded with a closing ceremony, celebrating the dedication of students, coaches, referees, and supporters who embody LITMA’s ethos of discipline, respect, and excellence.

About LITMA: Life Institute of Tai Chi and Martial Arts (LITMA) is committed to nurturing physical mastery and character development through authentic Wushu and Kung Fu training—uniting tradition with professionalism and a community-first spirit.



Towards Skilling India

John Dewey had beautifully said that 'Education is not preparation for life; education is life itself.' Education is not merely receiving a formal degree but it is a continual process of learning and improvement. This means that if one stops learning then there will not be further growth. Considering today's era, it is but obvious that mere academic degree or qualification is not the only criterion to employment; actually getting a job requires a lot more than that. In our country, efforts are in place and various initiatives have been taken to equip our youth with industry-relevant skills, enhancing their employability and contributing to national progress and growth.

On this Independence Day, let us focus on this vital subject of 'Skilling Indian Youth', so that India which boasts of having the world's youngest populations with over 65% under the age of 35 can turn it into a powerful workforce. With the rise of AI and digital transformation, skilling will only help align well prepared youth with the requirements of the employers. Ryan Group has been the first group of schools to pioneer several national and international events such as the Indian Model United Nations, International Theatre Festival, Ryan Minithon, Ryan TV (Media studies with in-house studios) and the International Cultural Exchange Programmes to instill leadership among students. Going a step ahead, keeping with the current times, and understanding the crucial role that the internship programmes play in skilling youth, Ryan Group of Schools is one of the first groups of schools to have initiated the implementation of internship programmes for the senior stu-

dents. Students are given due exposure to various industries as well as different entrepreneurial start-ups which we believe will help explore their interests and their readiness for the future and give them a strong head start in life. With skill development, our country can lay a solid foundation for the future of our youngsters who can be resilient and equipped not only as employable citizens but also as businessmen and entrepreneurs.

Youngsters studying in senior schools, colleges and universities have the responsibility to imbibe future ready skills such as communication skills, creative and critical thinking



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

skills, problem solving skills, decision making skills, team work, leadership skills, moral values and social responsibility. Studies do indicate that these skills are equally important to be successful individuals who make valuable contribution to society. With this approach learning becomes an

enjoyable process that students cling to throughout their life and it does not just end with schooling.

A Chinese proverb says, "Learning is a treasure that will follow its owner everywhere". The National Education Policy (NEP) 2020 strongly emphasizes lifelong learning, where education is a continuous process for all individuals. This process involves integrating skill development with formal education, promoting flexibility, and ensuring access to learning opportunities for everyone. In line with the NEP and demands of our times, India has to move forward nurturing lifelong learners who are adequately skilled to contribute towards the socio-economic development of our nation.

Happy Independence Day!

LEFT-HANDERS DAY

International left handers day is an International day observed annually on August 13 to celebrate the uniqueness and differences of left-handed individuals. The day was first observed in 1976 by Dean R. Cambell, founder of Left-hand-



C.K. SUBRAMANIAM
Freelance writer
Navi Mumbai

ers Club. This day was established to raise awareness about the challenges and experiences faced by left-handed individuals predominantly in a right-handed world. In cricket, left-handed batsmen have a different set of batting gloves. When Gavaskar batted left-handed in the semi-final of the 1981-82 Ranji season, with Karnataka left-arm Raghuram Bhatt spinner coiling webs around Bombay's batsmen, Sunil Gavaskar walked out as a left-hand batsman to negate him in the second innings. The Left-Handed Population is approximately 7-10% of the world's population is left-handed. Left-handedness

was once considered unlucky or even sinister in some cultures, with the word sinister derived from Latin, meaning left. They have stronger connections between the two brain hemispheres, particularly in areas related to language and coordination.

The Left-handers may excel in creativity, sports, and problem-solving, with many notable left-handed individuals, including Barack Obama, Leonardo da Vinci, and Amitabh Bachchan. Left-handers often struggle with tools and objects designed for right-handed users, such as scissors and musical instruments. Moreover, left-handedness still faces social taboos in some cultures, with children sometimes pressured to switch to their right hand. In cricket it is believed and seen that the lefties are superbly talented and gifted players just like Gary Sobers as he was considered six men all rolled into one.



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RYAN CHRISTIAN SCHOOL – VASHI INDEPENDENCE DAY CELEBRATION

15th August 2025
Reporting time – 7:30 am

The spirit of patriotism and unity shone brightly as St. Lawrence High School (SLHS) and Ryan Christian School (RCS) came together to celebrate Independence Day with grandeur and enthusiasm. The day was marked by a series of inspiring events that reflected love for the nation, respect for freedom, and pride in our heritage.

The celebration began with the Flag Hoisting, followed by a smart and disciplined March Past by the students of both schools. A special Tree Plantation was done to mark the occasion by the esteemed guests served as a reminder of our responsibility towards a greener future.

The formal programme commenced with the Lord's Prayer, Bible Reading, and Prayer, creating a solemn and reverent atmosphere. This was followed by a melodious Prayer Song by SLHS students. The Welcome Speech in English, Hindi, and Marathi by SLHS stu-

dents extended a warm greeting to all present,

and Dance by SLHS Primary students filled

introduced and felicitated with gratitude

charmed the audience with their adorable en-

dedication. The RCS students of Grades VI to VIII showcased their talent through a powerful Patriotic Dance, after which the second Prize Distribution recognised the achievements of RCS students. Another Guest Speech left the gathering with thought-provoking words.

The programme concluded on a high note with the Vote of Thanks in English, Marathi, and Hindi by RCS students, a harmonious Closing Chorus by Grades III and IV, and the soulful rendition of the School Anthem.

The celebration was a perfect blend of cultural pride, unity, and youthful enthusiasm. It not only honoured the sacrifices of our freedom fighters but also inspired students to be responsible citizens, working towards a brighter and stronger India.

An initiative was taken by Ryan Christian School tiny tots for Tree Plantation at the nearby Society EIL Housing Complex, Sector 17, Vashi, Navi Mumbai.



celebrating the cultural and linguistic diversity of our country.

The Welcome Song

the stage with energy and joy, setting a vibrant tone for the day.

The guests were then

and respect. The Patriotic Dance – Fashion Show by SLHS Pre-Primary students

thusiasm.

RCS students stirred hearts with their Patriotic Speeches in English and Hindi, reminding everyone of the sacrifices made by our freedom fighters. The SLHS Primary students presented a lively Patriotic Dance, and the SLHS Secondary students enthralled the audience with an elegant Classical Dance performance.

The first Prize Distribution for SLHS students was followed by a motivational Guest Speech that inspired the young minds to serve the nation with

Ryan International School's Young Talent Shines: Sayyed Abdul Malik Selected for I-League

Sayyed Abdul Malik, a Class 6 student of Ryan International School, Nerul, has achieved a remarkable milestone in his football journey by being selected to play in the prestigious I-League, India.

A dedicated and passionate footballer, Abdul Malik has been honing his skills with the Oscar Foundation Club, Rising Camps, and Total FA, competing in the Under-14 category. His consistent performance has seen him represent in tourna-



ments across Goa, Bengaluru, Lonavala, and Mumbai, Maharashtra, earning recognition as a promising young player.

This selection to the I-League marks a big step forward in his sporting career and is a matter of pride for his school, coaches, and family.

With his determination, discipline, and love for the game, Abdul Malik continues to inspire fellow students and young athletes to chase their dreams on and off the field.



ST. LAWRENCE HIGH SCHOOL, VASHI CELEBRATING FREEDOM AND PATRIOTISM: INDEPENDENCE DAY 2025



St. Lawrence High School, Vashi, celebrated India's 79th Independence Day with great fervor and enthusiasm. The event was a tribute to the nation's struggle for freedom. The school campus was adorned with tricolour decorations, creating a vibrant and festive atmosphere.

The day began with a flag-hoisting ceremony, where the Eminent Invitees along with the Headmistress HOISTED the tricolour, accompanied by the school choir's rendition of the national anthem.

Students and teachers alike stood IN attention, paying respect to the nation's symbol of freedom. The grand parade of the various school squads electrified the atmosphere as they marched forward to salute the National Flag.

The cultural

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

The highlight of the event was speeches given by the Guest hailing from different walks of life, emphasizing the importance of patriotism, unity, and responsibility towards the nation.

The celebration concluded with

prize distribution ceremony for the winners of various competitions held in the lead-up to Independence Day, including Patriotic Singing, Role Play, Essay writing and quiz contest

In accordance with the need of hour our Chairman Sir, Dr.A.F. Pinto stated that, "Such celebration instills in young minds the vibes of loyalty towards oneself, Nation and they understand that Freedom is, to have a sense of responsibility."

In her address, the Headmistress Mrs. Saira Kennedy emphasized the importance of nurturing democratic values, discipline, and national pride among students. "This



day reminds us not only of our glorious past but also of our duties towards the future of our country," she said.

The Independence Day celebration IS a memorable event that instilled a deep sense of patriotism and pride in every attendee.

THE MUMBAI RAINS

By Madhu Shwet Kant
Deshbandhu

The raging rains of this season, especially in July and August are known to everyone in Mumbai. The Mumbaikars have enjoyed it and they also have suffered from its ugly side when the main roads as well as the streets & narrow lanes of city are inundated so much that the city looks like floating in the Arabian Sea. Mumbaikars have braced it all - the beauty of rains and the pains of immobility during this season.

But, nobody can tell the experience of those who travel a long distance by bus or train to Report to their offices for duty every day. It's a sort of competition between rains and the daily commuters racing for a trophy, where ultimately the commuters of Mumbai win. This is the true spirit of Mumbai. Rains come and rains go. But, Mumbai is always alive rocking and rolling in buses, local trains, taxis and rushing on the streets of the city either for the daily duties in their offices or for their personal work.

The daily struggle to reach office in time is no less than an adventure with the risk of losing life and, thus, leaving the family helpless. This often leaves the family at the mercy of others in some cases.

The condition of this perennial seasonal heavy downpour is inescapable but the impact has been growing alarmingly in Mumbai in last few decades. The reasons for the aggravating pains due to the heavy rains are also known to every sensible soul of the city. It's actually fighting against the nature.

The concrete jungle has not only reduced the fauna & flora in the rush for reclaiming sea line, stopping the rainwater flow but also stopping the soil's capacity to absorb the precipitation almost absolutely.

So, who is responsible for this



unplanned construction in each municipal area. The second is the lack of training and long term foresightedness for planning and development of each and every area of the town. Political and bureaucratic will to think, encourage, approve, execute and supervise honestly the growth and development of this huge metropolitan areas is the third and the most important factor responsible for the suffering of the citizens of Mumbai.

If all the above three factors are indeed in good understanding, co-operation and co-ordination practically, then not only the geography of Mumbai can be made beautiful, but also and the life of Mumbaikar can become quite liveable and very pleasurable!!!

Ultimately the commuters of Mumbai win. This is true spirit of Mumbai Rains come and rains go. But, Mumbai is always alive rocking and rolling in buses, local trains, taxis and rushing on the streets of the city either for the daily duties in their offices or for their personal work.

predicament of Mumbaikars? The answer is that we are all responsible to a large extent in varying degrees. The first is the lack of awareness, response or reaction of the common people to the reckless and

CREATIVE SPACE



Anagha Shankar (12 Yrs)
Padma Sheshadri School



Nikhil Subramaniam (11 Yrs)
Reliance Foundation School, Koparkhairne

PROFESSIONAL MAKE UP

BRIDAL MAKEUP

ENGAGEMENT MAKEUP

BABY SHOWER MAKEUP

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