

## WORLD ELDERS' DAY CELEBRATION

*"A grandparent is a bit like a parent, a bit like a teacher, and a bit like a best friend."*

*The love and comfort that grandparents provide to a child is incomparable and irreplaceable. Therefore, on World Elders' Day 2020, we, the staff and students of Class - I, organized a virtual celebration to express our gratitude and care for our senior citizens.*

At the outset, the grandparents were welcomed with warm addresses in English as well as the predominant regional languages spoken by the students at ISWK viz. Hindi, Marathi, Gujarati, Malayalam, and Bangla. As the ball was set rolling, the 'lighting of the lamp' which was done by a few grandparents followed, creating the right ambience for the celebration.

The students were now energised to take their grandparents through an evening filled with fun, entertainment, information and some practicable activities.

The cultural programme began with a dance that was very artistically performed by the students of class I. This lifted the spirits and brought a smile to the faces of everyone present.

Following this, Mr. Pranav, the yoga instructor of our school conducted a yoga session to guide the grandparents through some exercises for their physical fitness.

Health being of utmost importance, our special guest for the event was Dr. Sini Panicker. Dr Sini, an anaesthesiologist, completed her schooling from Mumbai, MBBS from Grant Medical College Mumbai and anaesthesia from Sheth GS College, KEM Hospital. She worked for two years with TATA Hospital. Since 2004, she's been working for Al Nahdha Hospital managing difficult airway cases and COVID cases since March, 2020.

She addressed the gathering and provided vital information on how grandparents could take precautions in order to protect themselves from COVID-19. The immensely useful tips gave the grandparents the confidence to sail smoothly through these troubled times.

The motivational video that followed, conveyed the idea that just about anything can be achieved with sheer will and determination. Age is but just a number!

It was very heartening to view the messages sent by a few grandparents, who conveyed their love and blessing to the students and fraternity of ISWK.

As we drew to the close of the programme, Mr. Alkesh Joshi, Hon. President of the School Managing Committee addressed the gathering and expressed his gratitude to the grandparents for attending the programme and also expressed his appreciation to the fraternity for conducting an event of this nature.

Principal, D N Rao, concluded the programme, expressing his thoughts and thanking everyone for their time and presence.

The day was truly a remarkable one and will be remembered for a long time to come!

