

## **Grandparents' Day**



Grandparents hold our tiny hands for just a little while, but our hearts for ever!

Grandparents are a family's greatest treasure. They are source of wisdom, guidance and unconditional love. They bring generations together, sharing stories, traditions and life lessons that shape our identities. Their presence in our lives is a reminder of the enduring bonds that tie families together.

In recognition of Grandparents Day, Sat Paul Mittal School came together to express their love, gratitude and appreciation for these cherished family members on 26<sup>th</sup> September, 2023 in the Mittal Auditorium.

The day commenced with a heartfelt and warm welcome extended by Mr. Sunil Gupta, Member Governing Council, Sat Paul Mittal School. He shared that our forebearers are the bridge between our past and our future, connecting us to our roots while inspiring us to grow and evolve. Their love is unconditional, their guidance invaluable, and their presence - a source of immeasurable joy.

The day was marked with activities like Laughter Yoga by the famed Mr. Sanjeev Tyagi 'Founder & Managing Director of Everest Yoga Institution. A special Health Check Up was organised by the school by inviting the leading doctors of the town.

The school believes in fostering strong family bonds and celebrating the diverse tapestry of generations that make up our society. The day ended with heart-warming smiles, and a deep sense of gratitude for the esteemed presence and participation of our dearest grandparents.