

Grandparents' Day



“Nobody can do for little children what grandparents do. Grandparents are sort of sprinkle stardust over the lives of little children”

A salute to our Roots’

Grandparents are a family’s greatest treasure, the founders of a loving legacy, the greatest storytellers and the keepers of traditions. Grandparents are the family’s strong foundation. Through their special love and care, grandparents keep a family close at heart. To honour

them, Sat Paul Mittal School celebrated Grandparents Day on 30th September, 2019 in the Mittal Auditorium.

The programme began with the auspicious ‘Lighting of the Lamp’ and was followed by the Prayer. The ecstatic participants were accorded a warm welcome by Mr. Sunil Gupta, Member Governing Council, Sat Paul Mittal School. He insisted that we should value the grandparents because they provide the necessary link between the cultural heritage and the present day customs. The icing on the cake was the activities in which grandparents



participated to enjoy the day. The programme witnessed activities like ‘Antaakshari’ and ‘Kavi Sammelan’ for the grandparents. It was a visual treat to watch the grandparents all charged up and turning into kids once again. It was a blissful morning of poetry recital, one of the long cherished traditions of India. The Golden moment of the show was when various grandparents recited poems composed by them sharing their life experiences and cherishing their childhood memories with their tiny tots. The winner Grandparents from the Antaakshari Game were greeted with gifts by the Principal which brought a twinkle to their eyes. Apart from this, a Fitness Talk session was also organized for the grandparents by Dr. Dheeraj K.V, the co-founder of ‘Aaram Physiotherapy Clinic’, Sarabha Nagar- emphasizing on the need to live a



healthier life. He shared a few health tips ranging from various problems related to hand injuries, sports injuries, neurological and cardio-respiratory conditions. The general mood was one of exaltation and everyone seemed truly happy. The grandparents thanked the school for strengthening the family bond. This celebration brought out the importance of grandparents in the lives of children by inculcating basic human values, giving them true and unconditional love and a rich culture to their progeny. The school aimed at strengthening the bond of compassion and care between grandchildren and their parents – a humble attempt to keep families together and strengthen their bonds. Ms. Bhupinder Gogia, Principal, Sat Paul Mittal School proposed the Vote of Thanks.

