

Grandparents' Day



Grandparents are the best in
 Everything that they do in life
 Teach us lessons of hardships and strive
 Having grandparents beside is a boon
 That we should all be proud of in life

Nobody can do for little children what grandparents do. Grandparents sort of sprinkle stardust over the lives of little children. Grandparents are gifts to every family. They have a wealth of knowledge gained through their lifetime and can share with children as they grow. Their care and affection serve to be the root that holds the family together. The bond between the grandparent and grandchild is truly fascinating. It has been a tradition at Sat Paul Mittal School to celebrate Grandparent's Day as it gives an opportunity to treasure that connection celebrate their importance in our lives. To help the grandparents enjoy the glow of good health and empower them to be technologically fluent, Sat Paul Mittal School organised Grandparents Day on 23rd September, 2022. The Principal welcomed the grandparents with grace and gratitude.

The power Sound healing or sound therapy session was organised by Ms Shallu Verma. Sound healing or sound therapy is an ancient and one of the oldest forms of natural of healing. Many elderly people are also exploring its benefits. As it involves non-invasive and self-healing techniques, considered to be an ideal method of maintaining mind and body wellness during the silver years. After the session the grandparents felt rejuvenated and exhilarated. They felt wrapped in a protective blanket of relaxation, calm, and love during the sessions. Sound therapy not only enhanced their body both physically and spiritually also.

Technology affects almost every aspect of our life, from transport efficiency, safety to access to food and healthcare, socialization, and productivity. Grandparents who grew up in a pre-digital era, are finding it difficult to acclimatise themselves with the evolving technology. To make them technically savvy "Hour of code" workshop was organised. They were made familiar with apps like Uber, Ola and Zomato. They were also introduced to the world of net banking. The grandparents thanked the school authorities for making them technically at par with present technology and for reinvigorating Sound healing session.