

# MONTHLY NEWS LETTER

# JOY AND LIGHT

**JAL - SHINE**

In the month of June 2024 SHINE has conducted various activities and programs details given below:

1. World Environmental Day
2. Food Safety Day
3. Father's Day
4. International Yoga Day
5. Birthday Celebration
6. Activities
7. Medical Assistance
8. Death Case

[READ MORE](#)**JAL - AYUSH**

In the month of June 2024 Ayush has conducted various activities and programs details given below:

1. Father's Day Celebration
2. Birthday Celebration
3. International Yoga Day Celebration

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# SHINE PROJECT

# JOY AND LIGHT



**WORLD ENVIRONMENT DAY 05.06.2024**

World Environment Day is celebrated annually on 5th June and encourages awareness and action for the protection of the environment. World Environment Day was established in 1972 by the United Nations at the Stockholm Conference on the Human Environment.

(5-16 June 1972), that had resulted from discussions on the integration of human interactions and the environment. It has been a platform for raising awareness on environmental issues as marine pollution, overpopulation, global warming.

Everybody has a role to play from farm to table to ensure the food we consume is safe and will not cause damages to our health. Through the World Food Safety Day, WHO pursues its efforts to mainstream food safety in the public agenda and reduce the burden of foodborne diseases globally. World Food Safety Day (WFSD) is celebrated on 7 June. World Food Safety Day on 7 June 2024 will draw attention to food safety incidents. This year's theme underlines the importance of being prepared for food safety incidents, no matter how mild or severe they can be.



**FOOD SAFETY DAY 07.06.2024**



**FATHER'S DAY 16.06.2024**

Since 1966, the third Sunday of the month of June has been dedicated to the men who helped us shape our lives, i.e., our fathers, in the form of International Father's Day. While the importance of the mother is generally considered the most important, the contributions made by the fathers often go unnoticed.

This is a day to recognize the various responsibilities that fathers have in our lives. They are our rock and the people who teach us how to ride a bike, throw a baseball, and deal with life's.

In our Home the children's mother and staff members of shine children home commemorated Father's Day in home premises on 16th June 2024. The whole event was planned by the children of the home under the guidance of home coordinator of the Shine Children.



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The Meditation session for 1 hour under the guidance of Mr. Ganesan were taken for children, parents and staff in the home. All the mothers and staff were take part in the program organized in the home. In this session he explained the importance of yoga.

Raja Yoga, often referred to as the “royal path,” is a form of meditation that trains the mind for self-actualization. By practicing Raja Yoga, you can cultivate self-control, discipline, concentration, peace of mind, and inner joy.



**INTERNATIONAL YOGA DAY 21.06.2024**



**BIRTHDAY CELEBRATION - KUSELAN**

Kuselan S/o of Mr Anpuraj and Mrs Nirmala both are doing daily Wages work in Bangalore. He celebrated his 12th birthday on June 09th 2024. He hails from Villupuram but now his family moved to Bangalore for job while he is studying in 5th std in Bangalore he have pain in both extremities so his parents consult a doctor in Bangalore GH and referred to Jipmer. He was diagnosed with B-ALL. He stayed with us for last four months, and we were happy to celebrate his birthday with him. We buy and give new dress for him on his birthday.

Sriharan, a 10-year-old boy, is the son of Mr. Sathyamoorthi and Mrs. Dhanasundari, who both work daily wages in Cuddalore. He celebrated his 10th birthday on June 28th, 2024. While studying in 5th grade in his hometown, he developed pain in both extremities and had a fever for a week. His parents consulted a doctor at GH who referred him to Jipmer.

He was diagnosed with B-ALL. He stayed with us for a year for treatment, which has now been completed.

He undergoes follow-up appointments every three months, during which he also visits home and stays with us. We were delighted to celebrate his birthday with him and gifted him a new dress.



**BIRTHDAY CELEBRATION - SRIHARAN**

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**ACTIVITIES IN SHINE**

Piyali Tunga 15F D/o of Jaydeb Tunga a daily wages worker and Sonali Tunga house wife from West Bengal. During her 4th standard studying in Kolkata she feels pain in back of her neck so her parents take treatment in their home town but no improvement in her condition.

So they reach Pondicherry PIMS hospital and removed a tumor from her neck and referred to JIPMER for further treatment including chemotherapy.

She stayed with us for more than 4years .Now she is a survivor from Ewing Sarcoma. She came to JIPMER 4 months once for regular checkup and stayed with us while going back to her village after regular follow we provide train ticket for her and his mother and also buy and give Medicines to her.



**MEDICAL ASSISTANCE - PIYALI TUNGA**



**MEDICAL ASSISTANCE - SIVAGURU**

Mrs Fathima Mary a talented women who give session in craft for children for 2hours weekly. Craft also assists in mastering fine motor skills.

Tailoring classes are given to mothers at the cancer home thrice weekly by Mrs. Jayanthi.

Aditiya IIT passed out student who give classes in general knowledge, spoken English, Mathamatics three days in a week.

Volunters from SRM Institute of Science And Technology named Kaviya, K.Hari Prasath and Aashitha Varshini give training in craft work.

Sivaguru, 19 years old, son of Sivanatham, a daily wage worker, and Malar Selvi, a housewife from Nagapattinam. At the age of 14, he was diagnosed with NHL (Non-Hodgkin lymphoma). Since 2019, he has been staying with us, his mother is not mentally or physically well.

Over the past week, his health has worsened, and he developed breathing problems. As a result, he was admitted to JIPMER. The doctors prescribed medicines that were not available at JIPMER hospital, so we purchased them from outside for his further treatment.



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Simran, a 22-year-old female, daughter of Mr. Veerasamy, a daily wage worker, and Mrs. Veerambal, a homemaker from Virudhachalam, stayed with us for the last one and a half years. She was diagnosed with T-cell acute lymphoblastic leukemia (T-ALL) at the age of 21. Initially, she experienced fever for one week and paralysis in her leg.

Her parents consulted a doctor in their hometown, who referred her to JIPMER for further investigation. At JIPMER, it was confirmed as cancer. Simran underwent full treatment including chemotherapy while staying with us. She survived T-ALL and returned for follow-up visits every 04 months thereafter.



**DEATH - SIMRAN**

Unfortunately, while in her village, Simran was involved in a motorcycle accident with a relative, resulting in a neck injury. She developed a fever lasting more than one week, prompting her parents to rush her to JIPMER. Doctors discovered a relapse of the tumor in her neck. Due to severe blood loss, dialysis was planned, but she developed kidney failure and was admitted to the JIPMER ICU.

## JUNE MONTH SHOWCASE

| S. No | Particulars                               | Count |
|-------|-------------------------------------------|-------|
| 1     | Total number of Ambulance Services        | 1     |
| 2     | Total number of Follow up cases           | 12    |
| 3     | Total number of Child staying at home     | 14    |
| 4     | Total number of New cases                 | 1     |
| 5     | Total number of completed treatment       | 1     |
| 6     | Total number of patient died in the month | 1     |

# AYUSH PROJECT

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**FATHER'S DAY CELEBRATION**

Celebrating Father's Day in our old age home can be a meaningful and heartwarming experience. The Father's Day celebration was a heartwarming event that aimed to honor and celebrate the fathers and father figures among our residents.

One of the highlights of the celebration was the beauty spot competition, where residents showcased their creativity and artistic skills. Residents enthusiastically participated either individually or in small groups, using a variety of art supplies provided.

AYUSH Senior Home celebrated the birthday of one of our cherished residents, Mrs. B. Latha. Joining our home on June 30th, 2022. Mrs. B. Latha has become a beloved member of our community. On June 21st, the entire AYUSH Senior Home came together to honor her special day.

Mrs. B. Latha expressed her gratitude for the warm celebrations, sharing stories and laughter with everyone present. She is kind to everyone, very patient and understands other inmates situation and behaves with humility. We are very happy to celebrate her birthday.



**BIRTHDAY CELEBRATION - LATHA**



**INTERNATIONAL YOGA DAY - 21.06.2024**

The Meditation session for 1 hour under the guidance of an instructor where take part in our home. In this session he explained the importance of yoga.

We joyously celebrated International Yoga Day, a day dedicated to health, wellness, and inner peace through the practice of yoga. The event aimed to promote physical & mental well-being among our residents, fostering a holistic approach to healthy aging. The day commenced with a rejuvenating yoga session led by experienced instructors

The International Yoga Day celebration was a resounding success, featuring a variety of activities designed to engage residents of all abilities and promote the benefits of yoga for seniors. The sessions encouraged a sense of inner peace and serenity, empowering residents.