

whitecoat *newsletter*



GRACE KENNETT FOUNDATION

8, Kennett Road, Madurai - 625 016 | 0452-2601849, 2601767 | 99434 50401, 99521 38430
gkfindia@hotmail.com | www.facebook.com/gkfindia | www.gkfmadurai.in

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| PRESIDENT | VICE PRESIDENT | SECRETARY | TREASURER | MEDICAL SUPERINTENDENT |
|-------------------|---------------------------|-----------------|--------------------|---------------------------------|
| Mr I. Anandakumar | Dr S. Bevinson Perinbaraj | Dr Janet Sankar | Mr Richard B.Rajan | Dr (Capt.) Augustus Samuel Dodd |



Be like a duck. Stay calm on the surface, but paddle hard underneath. We are moving forward. We have shed some old feathers and are growing some new.

Bold and decisive decision making has been the need of the hour. There are challenges today and there will be fresh challenges tomorrow.

Our ability to adapt quickly, is the pivotal point of our continuing success story. Our 'Home for every

child' mission is on the right track. After prolonged battles in the courts, we have got a number of adoptions legally cleared.

The hospital runs ethically on a simple principle - To cure at times, to alleviate most of the times and to comfort always.

We received four trekkers from the Kurangini forest fire accident. We could not save any. But, all the parents and relatives called us and thanked us for our care and efforts. Their act of kindness moved us deeply. This, we believe, is a true honour and the real recognition of our work.

Our community college programme with new courses, help in skill training and empowering women.

The renovated community centre 'The Castle and Arena' is an offshoot of our multi dimensional model of development.

Prevention is better than cure - We are working on health promotional activities for the complete physical, mental and social wellbeing of the community. The complex will host mental and physical training programmes.

- Dr Dodd





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The Castle & Arena

The Castle and Arena as a part of our 'Grey matter' initiative is a place to train your mind and body.

The Castle theme of cannons, draw bridge and moat is to symbolize the power of mind. The purpose is to hold various educational activities. The facility has state-of-the-art teaching tools. Awareness for doctors and nursing home owners on child

trafficking will be one of the government sponsored programmes to be conducted soon. The Arena will host fitness programmes.

This can also double up as a community centre for small and medium get-togethers and functions.

The Crown is our hostelry with two bed rooms and a kitchen.

ADOPTION BY A STEP-PARENT

When one marries a person with one or more children, the child or children will have to be legally adopted. You should understand that the marriage itself does not offer legal protection and only adoption does.

The couple (step-parent and one of the biological parents) shall register in Child Adoption Resource Information and Guidance System with the required documents as mentioned in Schedule VI. (in CARINGS-CARA web page)

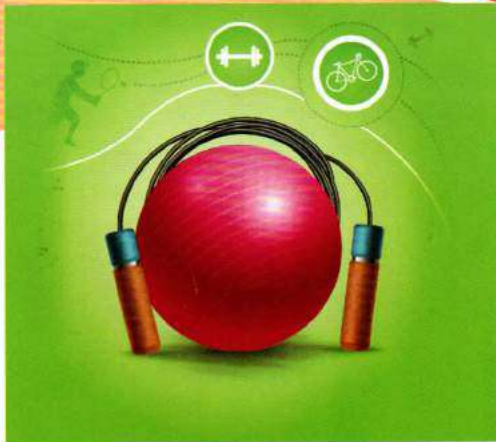
Consent of the biological parent(s) and the step-parent adopting the child or children shall be as provided in the Schedule XX (refer instructions in Schedule XX).

In case the custody of the child is under litigation, the adoption process shall be initiated only after the finalisation of the case by the court concerned.

The biological parent and the step-parent shall file an application in the Family Court or District Court or City Civil Court- as the case may be, as per format given at Schedule XXXII.

The applicants shall obtain a certified copy of the adoption order from the court concerned and furnish a copy of the same online to the Authority through Child Adoption Resource Information and Guidance System.





'Be PhymsoFIT'

Phymsofit is our fitness initiative.

Exercise and physical activity are a great way to

feel better, boost your health and have fun. Aim for at least 150 minutes per week of moderate-intensity exercise, or 75 minutes per week of vigorous exercise.

Try to engage in a combination of vigorous and moderate aerobic exercises, such as running, walking or swimming. Squeeze in strength training at least twice per week by lifting free weights, using weight machines or doing body weight exercises.

Space out your activities throughout the week. If you want to lose weight or meet specific fitness goals, you may need to ramp up your exercise efforts.

Remember to check with your doctor before starting a new exercise program, especially if you haven't exercised for a long time, have chronic health problems, such as heart disease, diabetes or arthritis, or if you have any concerns.

If you need any help or assistance, please do contact us. PHYMOSOFIT - "Eat right , Walk straight". Give a little time for your ' Physical , Mental and Social ' well being. We run around to earn but do little to stay alive. The few trying fitness do not follow proven modern scientific methods. They go to gyms and end up with injuries. Change your life style. Choose PHYMOSOFIT and stay physically, mentally and socially fit.

Be PHYMOSOFIT !



