## 11/02/2024

Palliative Care group under the leadership of Sr. Prabha Parmar the incharge of the sector of Health organized Senior sisters get together on 11<sup>th</sup> of Feb.24.

On the occasion of 32<sup>nd</sup> World day of sick, the Palliative care group of M Pabla Bescos province organized a get together for our senior most sisters of our province. 17 sisters of around 75 years and above were invited for this gathering. Res. Sr. Prabha Parmar the in charge of the Palliative care group and Health sector welcomed the gathering specially to Rev. Sr. Rosa the General Councilor doe formation and spirituality and the senior sisters. A special prayer was conducted for all the sisters gathered for the get together and all those who are sick. The sisters were welcomed with a rose flower and momento was given as a token of love

Sr Prabha Parmar conducted session on growing gracefully and the Golden rules to keep oneself healthy and fit. She emphasized on exercise, diet, preventive check, prayer and meditation.

Games were conducted for the senior sisters and prizes were given for the winners. The sisters were given a chance to share their experience and life situation and how they feel at this juncture of life.

Delicious food was served by the Provincial and community. The participants enjoyed maximum and had a gala time.













