



Respected Principals & Teachers,

Greetings from RAK Hospital!

On the occasion of **WORLD DIABETES DAY** & **WORLD CHILDREN'S DAY**, RAK Hospital endeavors to create awareness not only on Diabetes but also on a couple of good lifestyle habits, like regular health checks, good nutrition, exercise & fitness, managing stress and encouraging the adults and children to **LIVE HEALTHY**. The only better way to create LIVE HEALTHY awareness is through the children... the ultimate way!

We look forward to Principals, Teachers & Parents to take up **THE BLUE RING CHALLENGE** on the same day.

The details of the Carnival and The Blue Ring Challenge are attached with this invitation.

We seek your gracious presence on **25th November 2017** from **4:30pm** to **7:30pm** to cheer the participating Students and their Parents.

Warm Regards

Dr. Yasmin Shaikh

Group Marketing Head
Arabian Healthcare Group

RSVP

Mr. Santosh Valmiki

971 552981130



RAK Hospital is celebrating **WORLD DIABETES DAY & WORLD CHILDREN'S DAY** on **25th November 2017**. In line with this, we would like to invite your students to participate in the **Health Quiz Competition & Fashion Show Contest**. The Theme is **LIVE HEALTHY CARNIVAL**. Guidelines and criteria are mentioned below.

1. Health Quiz Competition

1. The Health Quiz Competition is open to all students mentioned below:
 - Category A – Cho Chweeeet - Grade 4 to Grade 6
 - Category B – RainBow - Grade 7 to Grade 9
2. Registration for Health Quiz Competition will start at **2.00 pm** and close at **4.00 pm**.
3. In the First round children will be required to answer a set of 5 questions. All those who answers all questions correctly will move to the next round.
4. Exciting prizes will be given to winners. Every participant will be given a certificate of participation delivered to school within 15 days.

2. Healthy RAK Child Fashion Show Contest

1. The Fashion show Contest is open to all students from Grade 4 to Grade 8.
2. For fashion show, outfits to be borne by the participants. Winners are entitled with **Healthiest RAK Boy & Girl**.
3. Registration for the **Healthy RAK Child Fashion Show** will open at **3.00 pm** and close at **5.00 pm**. Participants will be judged based on the following criteria: **Theme is Living Healthy**
 - Concept - 40%
 - Originality - 30%
 - Impact - 30%
 - TOTAL - 100%**

3. Activity for Parents

- a. THE BLUE RING CHALLENGE:** All parents can join in 'The Blue Ring Challenge' to create awareness regarding the benefits of living an active lifestyle which reduces the Blood Sugar level. Lucky Draw for all challengers at the end of the event. Click here for more details <http://www.diabetesrak.com/blue-ring-challenge/>
- b. ON THE SPOT GAMES**
- c. TONGUE TWISTER GAME**

EVENT AGENDA

Time	Activity
2.00 pm to 4.00 pm	Quiz registration
2.30 pm to 4.30 pm	Quiz Contest initial round
5.00 pm to 5.45 pm	Quiz 2nd round
5.45 pm to 6.15 pm	Magic Show
6.30 pm to 7.30 pm	Kids Fashion Show
7.30 pm to 7.45 pm	Prize Distribution (Quiz & Fashion show)
7.45 pm onwards	Dance Floor opens to all

Registration Details : All interested participants should submit their registration latest by 22th November 2017 or register online on <http://www.rakhospital.com/lp/live-healthy-carnival/> or email on santosh.v@rakhospital.com.

Name of the School: _____

Name of the Student: _____

Grade & Section: _____ Mobile No.: _____ Email ID: _____

For Details you can contact: **For English: Mr. Praveen – 0526408278, Mr. Saday Kumar – 0558831701**

For Arabic: Mr. Ahmed – 0558567818, Mr. Rami – 0502036006

THE BLUE RING CHALLENGE

Objective:

THE BLUE RING CHALLENGE is a way to remind people leading sedentary life style especially with diabetes of the importance of staying active while simultaneously raising funds for people with diabetes in need.

THE BLUE RING CHALLENGE program encourages people with and without diabetes to get active.

Is it meant for Diabetics only?

You do not need to have diabetes to participate. Anyone can do it.

We ask each of the participant to give us their blood sugar level before and after exercise. We intend to show the benefits of exercise as related to blood sugar.

What to do?

- BP and Pulse should be taken before the activity.
- Test Random Blood Sugar level before the activity.
- Exercise for 20-15 minutes (Cycling, Brisk Walking, Skipping, Jogging, Zumba or any other cardiovascular exercise).
- After the exercise rest for 15 minutes and then retest Random blood sugar level again.
- Share the results through **THE BLUE RING CHALLENGE** @ this link:
<http://www.diabetesrak.com/blue-ring-challenge/>

When you do at least 20 minutes of exercise, and record it, you will have a feel good factor. For your participation and support RAK Hospital and RAK Diabetes Center will offer AED 1 for Diabetes Awareness Campaign.

In addition, you will also be entitled for Diabetes check package worth AED 700 on a payment of AED 1 only. This voucher will be valid upto 31st January 2018.

Online registration of **THE BLUE RING CHALLENGE** closes on 14th December 2017. On the day of **THE BLUE RING CHALLENGE** loads and loads of lucky draw prizes will be given away by RAK Diabetes Center and RAK Hospital.

Disclaimer: All the cardiac patients are requested to take **THE BLUE RING CHALLENGE** under the supervision of a registered medical practitioner.

This campaign is applicable to UAE Residents of 18 years & above.



Mega prize
may include:

- iPhone X
- Smart Gears
- Bicycles
- Sports Equipment
- Family Annual Health
Checkup Vouchers"



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RAK DIABETES CENTER

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