

HAPPY FATHER'S DAY

Fun & Memorable Activities to Fete Dad



Father's Day is here, and I am sure you all must be thinking, "What can I do to make Father's Day special for my dad?" Look no further, because this article is all you need. We will be discussing some fun activities that will make this Father's Day extra memorable for you and your Dad.

**A small road trip:**  
A road trip with your loved ones is always a fun time, and what better way to have fun with your family on the occasion of Father's Day? I'm sure all fathers around the world are tired of driving around their kids. This time take the steering wheel in your own hands and drive to your father's favourite locations with him in the passenger seat. Bonus point if you put his favourite snacks on his seat before he sits in

the car! I am sure he will have the time of his life.

**Bake together:**  
Baking will not only give you a fun time with your dad, but at the end of it, you will have yourself a nice treat to enjoy with him. Special occasions require something sweet to celebrate them. Bake some lip-smacking goodies, like muffins, cinnamon rolls, brownies, or anything else. Spending time together while baking will create a special bond between you and your father and he will always associate the act of baking with you.

**Organise a family workout:**  
If your father is a health freak, this one will surely blow his mind. Plan a workout for the whole family together. Not only is this fun, but it will also show your father that you pay attention to his likes and dislikes. You can book Zumba or yoga instructors online who can come to your house and help you and your loved ones work out.

**Karaoke night:**  
Whether it is with your family or friends, karaoke is always a fun time. Get some snacks from the store and download all your dad's favourite songs. Nothing will make him happier than jamming out to his favourite tunes. Organising a karaoke night is easy as you only need a TV or speaker to play the music. Having mics does not matter, what matters is having a blast with your family.

**Make him a brunch spread:**  
If your father is a foodie, then you need to try this activity. Make him a beautiful spread of all his favourite dishes for brunch. Don't worry about leftovers since he will eat them for dinner too! As the saying goes, the way to a man's heart is through his stom-



ach!

**Plan a game night:**  
I am sure when you have not played board games in very long. I would suggest you reach the back of your storage rooms and find all your old, dusty board games for a special night on Father's Day. It will be playfully competitive and fun for you and your loved ones to play games like Monopoly, Ludo, Snakes and Ladders and more. I'm sure your father will feel a sort of nostalgic bliss playing the games he used to play as a child, but this time with his children.

**Art and Craft:**  
You can never go wrong with some art and craft to make a special day memorable.

Buy some canvases, paints, and paintbrushes from your nearby store and that is all you need for this activity. You and your loved ones can all try to paint the same pictures by memory, and see who paints the best. You can also try a game where one of you paints on a canvas for five minutes and then passes it on to the next person to add to the existing painting. Keep passing the canvas every five minutes and see what you end up with.

**Picnic:**  
A picnic is a simple yet sweet way to celebrate this special occasion of Father's Day with your family. Get some snacks such as sandwiches, chips, chocolates, and a small cake for celebration. Take your baskets to a

nearby park and lay it all down. If you don't have a park anywhere near you, don't worry. Just follow the same steps, but instead, do them in your backyard. It is less about the action and more about the effort that you put in.

**Movie night:**  
All of us have a favourite movie and so do our fathers. What better way to celebrate him than by creating a theatre at home that runs his favourite movie on the screen? Make him some buttery popcorn with a can of Coke and I'm sure he will have the time of his life. If you have a projector, make sure to use it so that the movie can be displayed on a bigger, theatre-like screen.

**Camping:**  
This one is for all the adventurous dads out there. Get your tents out since it is time to go camping. It is a warm, fun-filled activity your father will always cherish. Imagine having toasted marshmallows while listening to your father's horror stories – it doesn't get better than this! If there is no campsite near you, then just set up your tent in your backyard, and you will be good to go.

**Wash his car:**  
This one is the simplest, yet, the most thoughtful thing you can do for your father. We should be doing this regardless of Father's Day. Imagine him waking up to a fully clean and shiny car – it is bound to make his day. Helping always goes a long way, especially when it is helping our parents since they dedicate their whole lives to us. The simple act of washing his car is something he will remember forever.  
I hope that with this list, you have an idea of what to do on this coming Father's Day. It doesn't matter what you do, what matters is making your father happy and creating memories that you will always look back to.

The Ultimate Last-Minute Presents For Father's Day

With Father's Day being celebrated today, it's the perfect time to show your love to your dad. A thoughtful gift will not just put a smile on his face but will serve as a reminder of the happy times you've spent together. If you're still on the hunt for the perfect present and are looking for some last-minute ideas, here are a few that might help.

**Cufflinks From A Reputed Brand-** If your father appreciates accessories, he's bound to love statement-striking bejewelled ones from a reputed brand in your nearest men's store.

**Ganesha Idol From Jaypore-** This Brass Self Standing Molded Ganesha Idol from the Tridasha Collection embodies both artistic mastery and spiritual significance, making it the perfect Father's Day gift for dads who appreciate beauty, tradition, and the blessings of auspicious symbolism in their lives.

**Dates From Bateel-** Instead of getting your dad chocolates for Father's Day, how about getting him something that's both healthy and delicious? We suggest the Gulf Map Collection from Bateel as it merges nostalgia and opulence. It features a lavish wooden box embellished with an ancient map of the Arabian Peninsula. This gift box is a homage to rich



heritage and grandeur, making it an excellent keepsake for dads who value tradition and history.

**Shirt From Any Brand-** Getting your father a shirt for Father's Day is a classic and we love this linen number from UCB in a soft shade of pink.

**Jersey From Woodland-** Is your dad a cricket fanatic? Get him a sweatshirt from Woodland. Their collection is a celebration of the elegance and style of the sport's heritage. It is a nod to the retro cool of the 70s golden era, while also embodying the spirit of contemporary global streetwear. It's the rebirth of dashing, old-school classicism in brand-new cuts and materials. The collection has seven products which includes pullovers, sweatshirts, t-shirts and caps.

**Shaving & Cleansing Foam From Beardo -** Give your dad the gift of a refreshing and rejuvenating shaving experience with Innisfree Forest For Men Shaving and Cleansing Foam. This innovative 2-in-1 formula provides a rich foam base and gently removes sebum and impurities, leaving his skin feeling cool and refreshed thanks to the invigorating properties of menthol. Perfect for busy dads who need a

boost, this dual-function foam helps overcome laziness and leaves skin feeling revitalized and refreshed.

**The Ultimate Macho Grooming Kit From O3+-** This Father's Day, honor the superhero in your life with the Macho Grooming Kit by O3+. Specially curated for the modern man, the kit promises to elevate your dad's grooming routine with the perfect blend of luxury and care. It includes an O3+ Scrub, an O3+ Charcoal Face Sheet Mask, and O3+ Face Wash.

**Luxurious & Healthy Treats From Rasayanam-** This Father's Day, give a gift that embodies luxury, health, and heartfelt appreciation with Rasayanam Dates, Saffron, and Ashwagandha KSM-66. These exquisite selections are perfect for showing your love and care to the special father figures in your life.

**Coffee Date At any Favriote Place-** The best gift to give your father is the gift of time, so why not take them out for a fabulous coffee and meal at your nearest Third Wave outlet? The brand also has an ongoing seasonal menu which includes items such as Mango Cold Brew, Mango Citrus Splash, Mango Cream Milkshake, and Mango Croissant among others. If you're not a fan of Mangos, we suggest trying the Cookies and Cream Milkshake or the Japanese Matcha Tea. Pair it with the Pa-neer Sandwich!

3 items to add to your Father's diet to keep his heart healthy



By Sheela Krishnaswamy, Nutrition and Wellness Consultant

In today's fast-paced world, many individuals lead hectic lives that can have an impact on father's heart health. The relentless demands of work, incessant digital connectivity, and the pressures of maintaining a work-life balance often result in chronic stress, anxiety, and a lack of time for his self-care. Moreover, the unhealthy coping mechanisms that often accompany stress, such as overeating, smoking, or excessive alcohol consumption, further compound the risk. Consequently, the combination of highstress and poor lifestyle choices can substantially increase the likelihood of heart problems, underscoring the vital need for stress management, regular exercise, and a balanced approach to modern life to maintain a healthy heart.

Here are 3 of many food items to include



in one's diet for better heart health:

**Almonds:** A nut that deserves a spot in



your dietary plan is almonds. Almonds are high in calcium, vitamin E, magnesium, and fiber. They can help to lower cholesterol levels and provide healthy fats in the diet to reduce the risk of heart disease. Almonds and other nuts can also help to improve vascular function, meaning they help blood vessels relax and reduce artery stiffness. You can have these nuts before heading for work as a morning ritual or can have them as your daily evening snack.

**Oats:** Oats has soluble fiber, which reduces your LDL cholesterol, the "bad" one, by reducing the absorption of cholesterol into your bloodstream. Therefore, consuming oats regularly along with other heart-friendly foods can contribute to a healthy heart.

**Garlic:** Garlic contains allicin, a compound that may help to lower blood pressure and cholesterol levels, thereby supporting heart health.

Many studies show that garlic consumption has cardioprotective effect. Incorporating these foods into your diet, along with maintaining a balanced and low-sodium diet, can go a long way in promoting a healthy heart. It's also essential to consult a qualified dietitian for personalized dietary recommendations based on your specific health needs and goals.

Story Behind Celebrating Father's Day

In Catholic Europe, it was customary to honour Saint Joseph, who is believed to be the father of Jesus Christ on Father's Day.

Another story behind Father's Day is related to the tragic Monongah Mining incident of 1907. In this disaster, several men, almost 361, lost their lives, leaving their kids fatherless.

Grace Golden Clayton, a woman mourning her father's death, proposed celebrating Father's Day to honour those mining disasters fathers.

Origin of Father's Day

America first celebrated Father's Day in 1909 on 19th June to honour Sonora Smart Dooh's father, who raised six kids after the death of his wife.

Miss Dooh, after her father's death, wanted to keep the legacy of her father and his sacrifices alive, so she celebrated Father's Day along the lines of Mother's Day. People formally recognised Father's Day in 1972 during President Nixon's tenure.

Importance of Fathers In Our Lives

Let's understand the importance of fathers in our lives :

**My Father, My Role Model-** A father is a role model for their children. They set a perfect example through their hard work, dedication, care and love.

**My Father As My Friend-** Every father is their kid's best friend. They are always there to listen, guide and support their children in every situation.

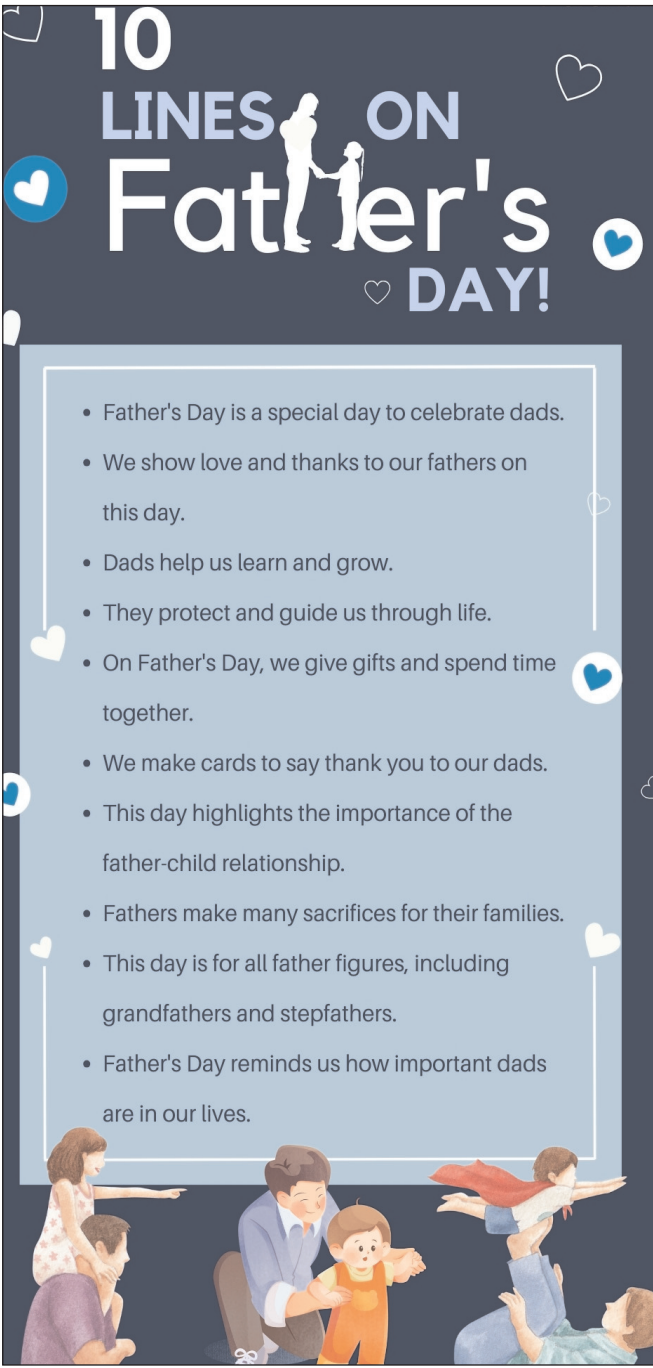
**Father's Importance In Family-** Fathers are the most important family member. They support the family by taking responsibility for the well-being of each member.

Ways To Celebrate Father's Day

There are numerous ways of celebrating Father's Day. Children can give a beautiful card or something meaningful to their father, plan a family get-together and prepare their favourite meals for their fathers themselves.

I enjoy celebrating this special day with my father. Every year, I prepare his favourite grilled cheese toast for breakfast and give him a handmade gift.

He takes me out for a picnic and we enjoy a great day together.



- Father's Day is a special day to celebrate dads.
- We show love and thanks to our fathers on this day.
- Dads help us learn and grow.
- They protect and guide us through life.
- On Father's Day, we give gifts and spend time together.
- We make cards to say thank you to our dads.
- This day highlights the importance of the father-child relationship.
- Fathers make many sacrifices for their families.
- This day is for all father figures, including grandfathers and stepfathers.
- Father's Day reminds us how important dads are in our lives.

