



Faces of Marianjoy

Marianjoy is comprised of associates that come from many varied cultures, backgrounds and experiences. We value these differences as we firmly believe it makes us stronger as an organization.

Associate Name: Nina Mody

Department: Respiratory

- **What is your country of origin or the country of origin of your ancestors?**
India
- **What specific aspects from your culture or background that would you like to share?**
Respect for elders, hospitality.
- **Are there specific days or times of the year that are considered special or sacred – if so, why?**
Janmashtami: is a Hindu festival celebrating the birth of Lord Krishna, an avatar of god Vishnu. The ritual is to fast the previous day, followed by a night-long vigil commemorating the birth of Krishna at night.
- **What are some of your family customs that you recall from your childhood (or from current times)?**
We start our day by saying Jay Jay (God's name) to your elders and again before we go to bed; my children still do that. As a family, we always ate dinner together after offering our prayers to God. We still follow the same custom. Women serve food at the table and sometimes eat last after serving everyone.
- **Are there dietary preferences, special recipes or other traditions around food or food preparation, if so, please describe?**
Yes, we do not eat deserts every day. We make sweets only on some special occasions.
- **What languages are spoken or written?**
Gujarati.
- **Is there anything else you would like to share that you feel is important in order to attain a better understanding of your culture?**
We do not eat anything before brushing our teeth; it is very important. Most women prefer to have domestic help or a health care provider of the same sex.