



JULY 2020 VOLUME-II

SHADOW SPEAK



**NAVY CHILDREN SCHOOL
VIZAG**



NAVY CHILDREN SCHOOL VISAKHAPATNAM ACHIEVERS AY 2019-20



SOUMYA RANJAN NAYAK



ANJALI SINGH

99%

98.2%

97.8%

CLASS X

**SCHOOL AND
HUMANITIES TOPPER**



OORJA ENGINEER

98.6%

97.8%

96.6% COMMERCE TOPPERS



PALAK ARYA



SCIENCE TOPPER

UTKARSH VISHWAKARMA



PRERNA SINGH

CLASS XII



At the Helm.....

Dear Parents,

In today's era, to get what one wants, to be successful and to be the best, control over one's own mind is very important. The wandering mind often takes the child to bad habits and distracts the child's mind towards evil. A healthy mind resides in a healthy body; hence it is important for the child to do what takes care of all aspects of the body and keeps the child healthy and fit. Meditation means 'dhyana'. It is an exercise or activity which allows oneself to control the mind and focus on your own conscious. It is the art of practicing or training your brain, NOT to think of anything else. With meditation the child starts visualization and feels positive. Needless to say that visualization is the key to better understanding of concepts. If the child is in a positive state of mind, the body is relaxed and calm. The best part of meditation is that it can be learned and practiced at any age and is not at all difficult.



I have seen for myself that it is better learnt and yields lifelong results if learnt in younger age. I have been practicing meditation since almost 20 years plus. Even during these trying times of a pandemic, parents can make use of the time and sit with their children and practice Family meditation. By Meditation, the entire family can channelize their energy in a positive manner and protect yourself with positive vibes.

I strongly feel that meditation brings improved performance of the child in all fields of life and can be the basis of their success story.

Dr Parul Kumar
Principal,
Navy Children School.
Visakhapatnam.



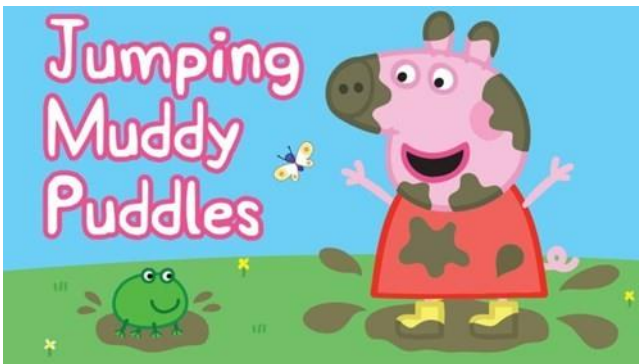
Jumping in Muddy Puddles

Rains bring along with them a number of nostalgic emotions for most of us the smell of wet mud, the pitter patter of raindrops remind us of our childhood where electricity would be a luxury and paper boat races a necessity.

Playing in the rain, running through puddles and jumping in them was a must every monsoon. The sound of children's laughter would echo through the households.

Today I see that missing, we as parents rarely allow or encourage our children to play in the rain or jump

in the muddy puddles we are scared that they would get dirty, get hurt or worse fall sick but then aren't we taking away the joys of monsoon; the joy of appreciating the seasons for what they are. The children need to jump freely in all those muddy puddles, they need to land on their feet with a sense of achievement and a broad smile on their face.



Life is filled with muddy puddles for them and if they don't experience the feeling of getting muddied and

yet smiling, falling and picking themselves up, laughing at themselves then we are not preparing them for the challenges / new

experiences (muddy puddles) that they will have to deal with in the future.

Jump those muddy puddles with them cause in the end the kids need to know that you will be there with them however muddy the puddle is.

Shreya Anand
M/O Shauryaveer Khanna
Class 1-G



"Children are made readers on the laps of their parents" - Emilie Buchwald

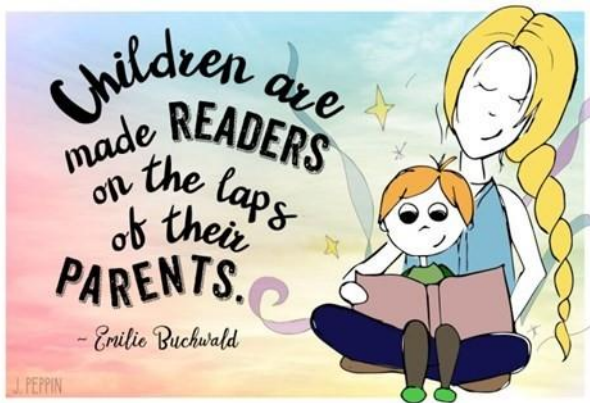
A mother is a child's first doctor, teacher, friend, everything indeed. It happens to be a very difficult task for many parents to make their child read especially at their budding stages. Here are some tips to engage your child in reading.

Read to your baby right from the moment you're expecting. You can read to a newborn too. The child will connect to the sound of the voice and understand that it is something special.

When they grow a little older, provide books which have more pictures with colorful illustrations. A child's attention span is limited so choose books with few words and don't get discouraged even if you don't get an immediate response.

Make a routine at bed time to listen/read stories. This will enhance their creativity and in future make them a bookworm.

When you read to your child, modulate your voice and change your expressions to make it more interesting and lively. This creates enthusiasm in the child right from the early stages to read.



A.S.K.Priya

M/oA.Sreedhar

UKG-G



WHY ARE HOUSEHOLD CHORES BENEFICIAL FOR CHILDREN

Whether we like it or not, household chores are a necessary part of everyday life, ensuring that our homes continue to run efficiently, and that our living environments remain organized and clean, thereby promoting good overall health and safety. This has become especially important during present times in the wake of the pandemic. Involving children in household chores gives them an opportunity to become an active participant in the house. Kids begin to see themselves as important contributors to the family. Holding children accountable for their chores can increase a sense responsibility and actually make them more responsible. If you let children off the hook for chores because they have too much schoolwork or need to practice a sport, then you are saying, intentionally or not, that their academic or athletic skills are most important. And if your children fail a test or fail to block the winning shot, then they have failed at what you deem to be most important. They do not have other pillars of competency upon which to rely. By completing household tasks, they may not always be the star student or athlete, but they will know that they can contribute to the family, begin to take care of themselves, and learn skills that they will need as an adult.

So what are the benefits of involving your children in household chores?

1. Sense of Responsibility

Kids who do chores learn to shoulder responsibilities and gain important life skills that will serve them well throughout their lives. Kids feel competent when they do their chores. Whether they're making their bed or they're sweeping the floor, helping out around the house gives them a sense of accomplishment. Doing chores also helps kids feel like they're part of the team. Pitching in and helping family members is good for them.

2. Team work

It is helpful for children to see that everyone in the family participates in keeping the family home running, each with responsibilities that are appropriate for his or her unique skill sets and abilities.

3. Purpose

Having responsibilities like chores provides one with a sense of both purpose and accomplishment. Children will feel more capable for having met their obligations and completed their tasks. They will also look forward to doing things they truly enjoy like watering the plants and seeing a flower bud because they watered it regularly.

4. Preparation for Employment

Learning how to carry out household chores is an important precursor to employment. Chores can serve as an opportunity to explore what your child excels at and could possibly pursue as a job down the road.



5. Make your life easier

Your kids can actually be of help to you! At first, teaching these chores may require more of your time and energy, but in many cases your child will be able to eventually do his or her chores completely independently, ultimately relieving you of certain responsibilities.

6. Chores may make your child more accountable

If your child realizes the consequences of making a mess, he or she may think twice, knowing that being more tidy in the present will help make chores easier.

7. Develop fine and gross motor skills and planning abilities

Tasks like opening a clothes pin, filling and manipulating a watering can and many more actions are like a workout for the body and brain and provide practical ways to flex those muscles!

8. Teach empathy

Helping others out and making their lives easier is a great way to teach empathy. After your child completes a chore, you can praise and thank them, stating, -Wow... great job! Because you helped out, now Mummy has one less job to do. I really appreciate that!!

9. Strengthen bonds with pets

There is a growing body of research about how animals can help individuals especially kids. When your child feeds and cares for his pet, it strengthens their bond and makes your pet more likely to gravitate toward your child.

10. Gain an appreciation and understanding of currency

What better way to teach your child the value of a rupee than by having him earn it. After your child finishes his chores, you can pay them or add the money they earned to their piggy bank or for future use.

Mrs. Sayee Deshpande,
Counsellor,
NCS 104 Area



Parenting guidelines for children during Monsoon.

Monsoon brings a lot of happiness and memories and at the same time invite illnesses. Therefore, we as parents should be extra cautious during this season. Here are some tips to protect children in the rainy season.

1. Make sure children are fully equipped with rain gears like umbrella, raincoats etc. before they move out of the house.
2. Keep your surroundings clean and dry by removing stagnant water to avoid spread mosquitoes.
3. Provide clean, filtered and germ-free water to children and avoid diseases like cholera, diarrhoea etc.
4. Teach your children to wash their hands regularly and properly before eating and after coming from outside.
5. Provide your kids with a healthy diet like fruits, vegetables, fruit juices and avoid roadside street foods.
6. Ensure children taking a shower after getting wet in the rain and give them hot drinks like tea, coffee or vegetable soup.

PK Patra, MC ERA II
F/o Pratyusha Patra 4P
Payoja Patra UKG T



GROWTH AND DEVELOPMENT

These years when children are growing rapidly, try to avoid junk food as much as possible. Add some taste in your regular food and make it attractive. This will attract your child to eat till they finish. Present your simple food in a very creative way.

Children love sweet treats and we love to reward a child's good behaviour with a sugary treat, but I would like to suggest that one must have control over this as this can lead to cavities and obesity and you will also set a bad example.

Instead of sugary food opt for fresh fruits and drinks, replace Ice Cream, Chocolate, and Cakes with interestingly decorated fruit salad, frozen curd with fruit toppings and home-made smoothies.

SHARING FEW OF MY EXPERIMENTS WITH FOOD

My children were little fussy when it came to eating healthy food, and I used to worry about their health, growth and development.

Vegetables is obviously not a favourite meal to have so why not hide them innovatively in their favourite momos or pizzas.

Replace 'MAIDA' with wheat flour. Mash boiled vegetables while kneading flour add some spices make parathas and they will eat happily and even ask for more.

If they do not like to eat dry fruits grind them along with shakes and they will never come to know. They will never like to eat beetroot so make parathas or sweets out of it. Sweets they will definitely like to have.

Whenever we were craving for a mid-week treat, I used to blend healthy yogurt like soft serve style Ice Cream using the food processor and my kids had no idea they were getting something that's good for them and I felt like a super hero.

Mrs Swati Adak
HM, NKG,
Nausena Bagh



PARENT TEACHER RELATION

“Seek first to understand, then to be understood”



Our life is full of relations, brother-sister, mother-father, husband-wife, brother- brother, sister-sister and so on, but there is only one relation which is selfless and for a common cause. It's the Parent Teacher Relation. I personally feel that this is a divine relationship where both the parties put in efforts to nurture the life of the next generation, the future of our country, our world. As a Parent we all feel that our child should be multitalented, number one in all fields, be it studies, games, dance, music, speaking, writing and so on. But have we ever given a thought whether this is possible. While we all agree that overall development of the child is very important but do we allow our child to explore all the available options. In most cases, we as parents decide what our child should be, what subjects should he/she take, what

activities should he/she participate, what games should he/she choose and so on. On the other hand, the teacher at the school who spends good amount of time, observing our child suggests differently. I have seen many parents deciding even the streams in class XI as they want their child to be either an engineer or a doctor. Then there are a few parents who do not bother about their child (whatever be the reason for that). The child in peer attraction selects the stream and then later gets poor scores. I feel we should let him/her decide about his / her future. We should only provide exposure to him/ her to all their dreams. I feel it is thus very important that parents should work in unison with the child's teacher at school and decide what is best. Also we should be practical enough to decide on the available facts (marks/result) and not on wishes.



The teacher on the other hand expects that every parent should support the instruction and learning that happens in school, at home. They also have expectations for the child/student which they feel should be fulfilled. They have expectations for their student's academic performance, attendance, and behavior both in school and out of school. Researches have shown that Positive connections between parents and teachers have shown steep improvement in a Child's academic achievement, emotional well-being and social competencies. When a partnership approach between a parent and a teacher is evident, the child also works on habits, attitudes and work towards improving the grades. There are other advantages for children when parents become involved — namely, increased motivation for learning, improved behavior, more regular attendance, and a more positive attitude

about homework and school in general.

I opine that there are a number of things you should tell your child's teacher about your child to help start out the year right, but the responsibility for maintaining good communication channel between parent and teacher is never one way. The school teacher should also communicate to the parents about the child's behaviour, attitude, performance etc. at school on a regular basis. I have seen teachers claiming that parents do not participate in PTIs and parents cribbing about the school not providing adequate interaction sessions. It's easy to blame each other and feel great, but in all this we as parents forget that it's our child who will suffer. Parents often do not attend Interactive Sessions, PTI's etc, indicating that they were busy at work but have we ever wondered what is important for us, money or our child's future? Can we not spare few hours in a month to meet the teacher of our child for the benefit of our own child.



Some parents come alone. If a single parent would have been enough then God himself would have allowed single pregnancy.

Whenever as a parent, we visit the school, we should ask questions about our child. We should try and gather more and more information which will help us handle our child better at home and in a positive manner. Following are some questions, I feel, which might trigger your thoughts in that direction: -

- ◆ Is my child able to get along with others?
- ◆ Can my child participate well in group activities?
- ◆ What can I do to encourage or help my child learn to read?
- ◆ Can you describe my child's reading program?
- ◆ Is my child experiencing difficulty with any specific skills?
- ◆ How can we help him or her with these skills?
- ◆ Is my child experiencing any difficulty that may hinder in the future?
- ◆ Does my child interact well with other students in the class?
- ◆ What are my child's strengths and weaknesses in major subject areas?
- ◆ Does my child need special help in any academic subject?
- ◆ Has my child regularly completed assigned homework?
- ◆ Have you observed any changes in learning progress?
- ◆ Has learning improved or declined during the year?

**PARENT-TEACHER PARTNERSHIPS:
THE THREE C'S**

COMMUNICATION
Frequent, two-way communication is important to stay apprised of what is happening at school, and to let teachers know important things about your child.

CONSISTENCY
Creating routines and providing consistent opportunities to enhance your child's learning at home reinforces the notion that you and his teacher are working together to support him.

COLLABORATION
A collaborative, cooperative partnership involves planning and problem-solving to develop specific, positive strategies to help children achieve to their highest potential.

Early Learning earlylearningnetwork.unl.edu

Covid has given us an opportunity to see our child's performance and attitude during the online classes. I always make it a point to attend my child's assembly and my wife attends some or other class daily. Learning has never been an easy process. If the teacher brings out any problem with our child, we should not go defensive but try and discuss how to assist in overcoming that problem. If need be, we as a parent should not hesitate in meeting the school counsellor. Remember we are doing this for our child, whose future we are shaping.

I personally feel, school has their ways and means and system in place, laid down by various agencies and boards. I feel as parents we need to take that extra step and move forward with a positive state of mind. Remember, no one is 100%. All of us have some or other short coming, but we have to take care, that this short coming of ours should not be a hindrance in our child's growth.

An old saying says that, it takes a village to raise a child who is healthy, caring and responsible. In school, this village starts with the network formed by parents, teachers and administrators who understand that their job is to work together to support and guide the development of your child. Be an advocate for your child, because a strong parent- teacher relationship is paramount to your child's success at school.

Captain Sanjay Kumar
F/o Mahika Kumar, Class XF



“Rain clouds come floating in, not to muddy my days ahead, but to make me calm, happy and hopeful.”

Yippee!!!! It is **MONSOON**. I love to see the plants shining with young, tender and fresh leaves. With the happiness of rain and nature blushing its beauty along with Monsoon, comes viral infections like common cold, cough, fever, etc.

As a part of hobby building for the children and at the same time protecting them from such infections and boosting their immunities here are few plants that your kitchen garden should be having and also sharing the recipe for my grandma’s herbal decoction.

Mandatory plants in your garden the aids your illness esp common cold, cough and fever:

(*Also have given Telugu names of plants which I could find through friends, so that it will be easy to request the gardener/nursery)

Krishna Tulsi(Holy Basil)

(Leaves can be consumed directly)



Indian Borage/ Pattha Ajwain/
Vommu Akku

(Leaves can be consumed directly)



Betel Leaves/Tamalapaku

(Leaves can be consumed directly)

*Note: Not the one which is there with paan vendors



Moringa/Drumstick Plant/Munagakku

(Moringa leaves soup boosts up immunity)



Giloy

(Leaves can be consumed directly)





Recipe for common cold/cough from “My Grandma’s Kitchen”:

Ingredients required:

- ✓ 3-4 pepper corns.
- ✓ Few palm sugar crystals (It is very good for cough).
- ✓ Krishna Tulsi leaves 10 in number.
- ✓ One Pattha Ajwain leaf.
- ✓ 1 teaspoon of jeera.
- ✓ A pinch of turmeric powder.
- ✓ One and Half cup of water.

Procedure:

Place all ingredients in a tea pot and allow the mixture to boil.

The quantity of this decoction reduces. Turn of the stove when the quantity of the decoction has reduced to half cup. Now using a strainer, filter the decoction.

Do not cool the decoction, consume it as hot as possible like your “Chai”.

Note:

Consume the decoction on daily basis till you recover from your cold and cough.

Palm Sugar crystal available in amazon. It can also be chewed directly for cough or also consumed with warm milk, pep- per powder and turmeric (another remedy for common cold and cough).

Mrs. Vamanee.S.C
TGT(SUPW)



Menstrual Hygiene

Womanhood, a special blessing from nature. A life of a female has so many layers, so many milestones and so much of evolution takes place in her body. Every stage of her life has a significance, a higher goal and a meaning. So, she has to be pampered, celebrated and empowered and made understood her importance and her contribution to the society. Unfortunately, since the birth of a girl child, there are so many taboos, myths, complexes which confuses and undermines her power. One of them is definitely her ability to menstruate and use her uterus for procreation. Menstruation is a natural body function. This is one of the processes, which prepares a girl's body to conceive a baby in the future. Menstruation is a sign that her reproductive system is functioning healthy and well. Before a girl approaches the menarche age, she should be well aware of the changes takes place and parents should give her the freedom to ask questions and gain the trust of the children to rely on them. Menarche generally onsets in between the age 9 and 16. A healthy girl gets her menarche as late as possible within mentioned age limit. But because of the unhealthy food habits, sedentary lifestyle and lack of physical activity, the lower limit is coming down and they get their first period very early. This results in so many health problems like obesity, hormonal imbalance which results in PCODs etc.

Periods usually lasts 4- 5 days + 2 days but may be longer or shorter in exceptional cases. A girl loses 50- 80 ml blood on an average during a period. If she soaks more than 3-4 pads/day in the initial 2-3 days or passes lots of blood or if periods last more than 7days then it may be considered as excessive bleeding.

It is usual that during the first few years after initiation of menstruation, the girl may skip a few cycles. It could even take as long as two years for a young girl to get her periods settled. This should not be of much concern unless the girl is sexually active when she may be at the risk of pregnancy.

It is important to talk about this normal body function since a significant number of adolescent girls have concerns related to the menstrual cycle, most of which require only reassurance or counselling. Also, a number of myths and misconceptions in the society have led to it being perceived as something, which is unclean or polluted. Many traditional, cultural beliefs and practices, which are followed even today, are not very helpful. Infact, sometimes harmful for the growing girl. Initially, when our ancestors had this habit of keeping menstruating ladies in a separate room and give them proper separation from the entire home and other members of the family. There is a very noble reason behind it. Menstruating ladies, will be both physically and mentally weak during this time. And in most of the families, in those times, they have had huge responsibility of taking care of entire joint family which is a very difficult task to do on daily basis. So, when they menstruate, they will be given total rest and time to heal and do whatever they want to do in that time, like sleeping, reading magazines etc. But they need not skip classes, school or college because of this. But, as time passed, this good tradition was clouded by superstitions and myths and in some families, menstruating ladies are considered dirty and untouchable. In these modern times, the young ladies ironically, wants to contradict these traditions and do more jumping, running and strenuous activities, resulting in harming their own bodies. So, a proper education and counselling should be included in the education.

Process of Menstruation

Menstruation or periods or menses or monthly cycle (occurring every month), marks the onset of sexual maturity in girls. Menstruation is a normal body function. It usually begins (menarche) as the pubertal



processes when the physical growth spurt is at its peak and breasts are fairly developed. This is one of the processes, which prepares a girl's body to conceive a baby in the future. Menstruation is the periodic shedding of blood and tissue from the female reproductive organ called the uterus. Each month an egg (ovum) matures in one of the ovaries under the influence of hormones. This travels through the fallopian tubes to the uterus. The uterine lining becomes thick as a preparation of the uterus for receiving the fertilized egg (which grows into a baby). This can happen if the egg meets a sperm. If the egg does not get fertilized by sperms, the inner lining of the uterus begins to break away. It is this lining which flows out like menstrual blood. This cycle is repeated every month and has a duration of about 28 days. But the range varies from 28-40 days according to individual bodies.

Hygiene and cleanliness during menstruation

To maintain menstrual hygiene, girls can either use soft cotton cloth or sanitary pads. Cotton has good absorbing capacity. A synthetic cloth should not be used as it may not absorb well and may cause skin reactions. If the girl can afford to buy pads, she can use them. Cloth /pads can be used along with the underwear. An adult woman, whose reproductive system is matured, can also use menstrual cups. They are very comfortable for usage, eco-friendly, economical and easy to use.

The cloth or pads should be changed 2 or 3 times a day, or for every 6 hours. For the cup users, it should be emptied for every six hours or according to the rate of flow. After every change of pad or cup, hands should be properly cleaned. The cloth and panties should be properly washed with soap and water and dried in the sun. Sunlight kills all the bacteria. After every usage, the cloth should be washed, dried and stored in a clean bag.

If pads are used, they should be wrapped in a paper bag and disposed. They should be thrown on roads, outside the homes without wrapping in a paper to avoid environmental pollution and spread of infections. The pads should not be thrown in common modes, as it may block the toilets. Now a days, all the government schools are constructing girl friendly toilets, where they have pad vending machines and incinerator. So the girls can take a pad from the vending machine in emergency and burn the used pad in the incinerator. The girl should take a bath every day during menstruation to avoid itchiness, foul smell and any possible infections. There is no need to clip/ wax pubic hair as routine just for the sake of hygiene. These days there is a lot of advertisement about perianal washes, antiseptic soaps, deodorants, etc. but remember the best way to maintain hygiene is regular cleaning and washing of the local parts with plain water without any antiseptics. Too much of cleaning with soaps and liquids take away the necessary moisture from the vagina.

Key menstrual disorders, characteristics which require support

Excessive or scanty bleeding

It is possible that during adolescence, sometimes a girl may only bleed every few months, or have very little bleeding or too much bleeding. Their cycle usually becomes more regular with time.

Scanty and infrequent menses need reassurance but if prolonged or heavy menses are continuing it needs to be evaluated by a doctor.

If the problem continues after the initial few years, she should be referred to a lady doctor at the nearest health facility for investigation and treatment.

Pain during menstrual bleeding

During menstrual bleeding, the uterus squeezes to push out the lining. The squeezing can cause pain in the



lower belly or lower back. The pain may begin before bleeding starts or just after it starts. Reassurance must be given that the pain will be relieved spontaneously in a day or two.

If pain is unbearable refer to a lady doctor who may give some pain killer.

Intake of these pain killers during first few days of menses does not mean that the girl is having a disease

Pre-menstrual Syndrome

Some girls feel uncomfortable a few days before their menstrual bleeding begins.

They may have one or more of a group of symptoms known as pre-menstrual syndrome. Girls who suffer from pre-menstrual syndrome may notice

Pain in breasts

A full feeling in the lower

belly Constipation

Emotions that are especially strong or hard to control.

Reassurance can be given that there is nothing to worry as these symptoms are due to changes in the hormonal pattern every month and will go once her periods start. Pampering her or taking emotional care may greatly soothe the girl during PMS.

Infections

Discharge from genital organs, pain, infections are seen occasionally in both male and females.

Final Note: it is very important to educate even the boys about the process of menstruation and its significance. This will help them to understand the physiological changes that take place in ladies in their family, work place and the society. This will help them to take care of their beloved women in a better way.

We should also remove the taboo that this education kept as a

secret from boys and men at home. Lastly, the birth, the life, the health, the happiness and the milestones of any female should be pampered, celebrated and supported and they have to be taken utmost care for the welfare of this society and for a strong future generation.

Dr Susheela Murthy



HEALTH IS WEALTH

Health is everything and discussion on this topic will never end, but the most important question is how to remain healthy and we are still trying to find answer to it. So I initially thought that to remain healthy, I need to attain that 36,24,36 parameter and no matter how hard I tried I couldn't. My battle with my weight was a never ending tug of war. I hit the gym, did the trendy GM diet, followed the lifestyle of healthy YouTube bloggers, controlled my hunger by not eating properly and so on but what I lost by doing all these was my mental wellbeing. Yes I was becoming impatient, irritated, hyper.

Then I did what my grandmother did, followed a no diet chart but started maintaining simple habits, like eating proper meals in time, sleeping in time, waking up on time, exercising at home, going for walks in the evening. Yes I do have my cheat days when I don't exercise or go for walks, I eat outside but I am happy and fresh for the next day .

So I guess if we try to live the disciplined life if not completely 100% ,we can still be healthy. If our state of mind is good, we can be more focused in our activities. Our forefathers didn't go to the gym to remain healthy or followed any GM diet. I guess their secret to being healthy was their happiness.

I try to inculcate this same healthy and happy attitude in my 31/2-year-old son. I feel contented even if he follows 1% of my advice.

Sudeshna Kamat

M/O Omkar Kamat LKG G



"Too many of us are not living our dreams because we are living our fears."

Les Brown

We cannot keep running away from our fears. At some point in life we have to build up the courage to face and overcome our biggest fears and phobias, because it only exists within the mind and most of us would rather avoid conquering that beast than try taming it. We make fear real by focusing on those fears so much that they manifest before us.

Facing fears not just helps in overcoming them but it also builds our character. Here are few effective ways to combat fear and put it to rest once and for all .

1. PRACTICE MEDITATION.

Perhaps one of the best ways to overcome your biggest fears is through the peaceful practice of meditation. Meditation allows you to sink slowly into a deep space of relaxation, surrendering to the present moment and dispelling fear

2. CHALLENGE YOUR FEARS ANYWAY.

The most obvious and straightforward method of tackling fears is by marching straight into them. Don't become a slave to your thoughts; master them instead. Challenge the negative ones and learn to power through your fears despite how very real they might seem.

3. THINK POSITIVE

Instead of thinking of fear in a negative light try to see the bright side of it. Fear gives us a challenge, a character-building opportunity. Start training the mind to focus on how you want to feel rather than how you feel your fears will start to transform into excitement.

4. FORGIVE YOURSELF.

If you suffer from anxiety the path to freedom lies in forgiveness and understanding, so when you think of ways to overcome your biggest fears, remember to treat yourself kindly.

5. START WITH THE BASICS: DIET, SLEEP, AND EXERCISE.

Fear and anxiety are pretty much synonymous. You need to exercise, have proper sleep and balanced diet as all these factors will help you have a sound body with healthy mind.

One of the most valuable skills for both our mental and physical health is to teach ourselves to control, and conquer all our fears.

Mrs Vijaya Negi
Vice Principal (NSB)



MY REDISCOVERY TO PARENTING

1. Parenting is probably the most challenging, exhausting, involving and therefore the most beautiful adventure. Though, a firm believer and proponent of this theory, I too, at times get stressed by various factors. Most are mundane and often contradictory. He didn't play today or didn't study; he didn't eat lunch or ate too much peanut butter. Sit straight, keep the room tidy, your grades are low, get some exercise and keep the phone down. Commands flow and we expect the child to comply. But no. They are met with resistance. And there lies the conundrum of this beautiful adventure. Should I or shouldn't I? How much is too much? All the advice of gurus and books fall flat. I rediscovered that each Child is unique and therefore your point of equilibrium will be unique. The article is aimed at sharing my re-discovery which happened early this year.

2. My son, Chinmay, and I enrolled for skiing course at JIM (Jawahar Institute of Mountaineering) at Gulmarg, J&K. Due to certain reasons, we had different flight schedules and Chinmay (not yet 13 years) was flying alone from Vizag to Srinagar with long layoffs at Hyderabad and Delhi. Within 12 hours of take-off, we had an emergency at Hyderabad airport. The departure of Indigo flight was advanced and Chinmay reached 10 min late at the boarding gate. In the interim his luggage was unloaded and name struck from manifest. We were in Panic. But Chinmay surprised me by confidently approaching the airline officials and successfully negotiating altered itinerary without any penalty. At Srinagar airport, I had mixed emotions of pride and anxiety on seeing my boy, who suddenly appeared mature.

3. Training at JIM is on the lines of an army camp. One JCO and few NCO's conduct the course with military discipline in sub-zero temperatures of Gulmarg winter. All trainees, irrespective of age or rank are treated as equals. We were accommodated in dormitories. Senior Civil Servants, Officers and ranks from Armed Forces, University students and NCC cadets; trainees came from all sections of society. At dinner one NCO came and shouted orders for next day. An early morning 5 km acclimatisation trek was to mark the beginning of the course. Suddenly, father and son were students in the same class and our interaction changed in many ways overnight. My appreciation of a pampered young boy, suddenly placed in these conditions, predicted that he will soon quit. However, I was to be proven completely wrong.

4. The boy, who found comforts at home inadequate, over the next fortnight, braved harsh climate of Gulmarg, physical rigors of the course and communal punishments doled out by Ustaads with equanimity. Many a times I expected him to cry and quit. But he proved me wrong repeatedly. More than that, my sloppy boy was active, obedient, assertive and always walked around with a sense of purpose. He was one of the youngest trainees in the course but was pitted for award of the best student. He was always on time, attentive in instructions and energetic on field. What brought the difference? Was it the changed circumstances or my changed outlook? May be it was a combination of both.

5. A little introspection revealed that someone must change and that someone was the Parent. At home, we always tell him how to and what to do. We accord him very little independence in decision making. It stems from an unfair perception that he is young, ignorant and incapable. Also, we tend to overestimate our capabilities. A look in the mirror and reflection to time when I was his age and the picture was clear. He was probably ten times smarter and sincere than me. So, was all the fuss and commotion at home even real? Was it only my fabrication?

6. It is important to acknowledge that parents are not gods. We must strive to provide best for our children and encourage them to do their best. But, there is also need to accept our limits and let go. Our Children are already the best in their own unique way. May be better that what we want them to be. In our myopic approach to life, we are not able to appreciate their talent and be thankful to god for this challenging, exhausting, involving and therefore the most beautiful adventure of being a Parent.

Cdr Amit Gupta

F/o Chinmay Gupta IX



“The garden is a love song, a duet between the human being and mother Earth...”
~ Jeff Cox

The touch and smell of soil instantly connects us to our mother earth. The art of gardening and taking care of plants calms and soothes our mind. It is believed that plants too have emotions. They respond when we care for them or even speak to them. Hence the art of gardening is one of the hobbies nurtured by many. This simple art can be taught to our kids and they will be more than happy to help us in taking care of the plants. As we are experiencing rains very often this month there are certain tips we must keep in mind during monsoon season.

1. Water or sprinkle the plants even after the rains are over as it's important to retain their moisture.
2. Keep your indoor plants outside every alternative day as they need their dose of sunlight too.
3. Cut the edges of the plants if you notice that they are drying up.
4. If you are fond of growing money plant then keep long stick or long rope so that it can grow upwards.
5. When kids go out for walks or cycling we may ask them to collect few stones which can be colored by them and kept in the indoor plants to enhance their beauty and the most important of all ... allow your kids to do these little things for the plant so that they also develop a keen interest in plants .

Vineetha Nair



HOW TO SUSTAIN DURING THE PANDEMIC COVID19

I hope all of you are safe with sound health. During this Pandemic COVID 19, people are in different situations, different moods and in different health conditions.

Well! It's the right time to think of leading a new way of life accepting the arduous challenges with good spirit. Some people are still hesitating to come out of their conventional practices to work on these innovative methods. But dear friends, it is high time that we should be ready to give a kick start to our noble ways.

The students and teachers are really working hard to get accustomed to the new teaching learning methods with the available limited resources.

Adapting to new technology and improving our efficiency and heading in the direction of perfection with proper balancing of life should be our new life style.

Of course it takes time to adapt to the new ways of learning but the human brain is designed to prepare the mind in such a way that it can. In these situations, some people may also explore their latent talents which would facilitate them to adapt to the new situations in more effective ways.

So my dear students, please remain cool and chalk out your plan of study for this academic year in a very systematic way, meeting all the constraints which you may presume for this academic year. You have to develop more listening skills, consistency and try to be less complaining. Accept the fact that no one is perfect though we all tend to think we are. Self discipline is very important as you have to monitor yourself during the video conferencing lectures. Manage your resources like internet data so as to meet all your needs day wise. Try to help yourself instead of relying on your parents for petty things as you know that they have bigger challenges to face during this pandemic.

During this Pandemic, WHO also recommends all of us to have good physical and mental health. So everyday an adult has to do an exercise for half an hour and the child for an hour. You can go for a walk if you are permitted or do YOGA or dance to music in a room. Please try to have healthy food which contributes to a balanced diet and boosts up your immunity.

Also the mental health can be taken care of by talking to people you know and trust. Keep supporting the other people in your community which would also help you as much as it does them. Remember, compassion is always a good medicine. You can also listen to good music or read an interesting book of your choice.

Do not watch or read more news on the social media if you are nervous or anxious about the pandemic. If you want to really know, just watch for sometime from a reliable source.

Looking into the positive side, COVID 19 has given us an opportunity to come together as one human race, to work together, to learn together and to grow together.

Let us strive and thrive to reach our goals by breaking all the barriers and confronting the forthcoming unexpected hurdles.

Mr.T Satya Prasad
PGT , Mathematics



Love You Zindagi

Lack enthusiasm, no zeal to work, feel consistently unhappy, depressed, upset, lost and sick.

Time to take a break! WO... WO! Not from work, people or life but from this negativity. Boost yourself with colossal energy and an extra dose of positive, happy hormones.

Yep, you heard it right and I surely don't refer to some kind of drug which leaves you intoxicated and on a high, all elated on cloud nine. But I rather, speak of giving yourself a generous kick of positive, happy hormones, just by modifying your lifestyle.

Is it possible? The good news is ... 'Yes'. The truth is the grapes aren't sour. It just requires a little extra effort. Stretch out, exert yourself a bit and enjoy the fruit. Certain hormones are known to promote positive feelings, including happiness and pleasure. All you need to do is to set realistic goals and achieve them. Choose wise and choose right. Relish a delicious hit of these happy hormones.....Award yourself, reward yourself, love yourself and build yourself.

Here are the main happiness chemicals in your body:

➤ Dopamine

It is also known as a 'feel- good' hormone. It is associated with pleasurable sensations along with learning, memory, motor system function and more.

➤ Serotonin

This hormone helps regulate your mood. It improves the quality of your sleep, appetite, digestion, learning ability and memory.

➤ Oxytocin

Oxytocin helps promote trust, empathy and bonding in relationships.

➤ Endorphins

This hormone is your body's natural pain reliever. Your body produces it in response to stress and discomfort.

Here's how you can make the most of these natural mood – boosters

1. Spend some time outdoors

Spending time outdoors is a great way to get exposure to sunlight. It can increase production of both serotonin and endorphins.

2. Exercise

It has multiple health benefits. It also has a positive impact on emotional well- being. Regular physical activity doesn't just work on endorphins but also increases your dopamine and serotonin levels, making it a great option to boost your happy hormones.



To see even more benefits from exercise:

Set realistic goals.

Time it – Aim for at least 30 minutes of exercise at a time

Include a few friends – Group exercise offers more benefits than solo exercise.

Get some sun – Move your workout outdoors to maximize your serotonin boost.

3. Spend Time with your loved ones

Get a boost of Oxytocin by spending time with your loved ones. Cut down on screen time. Real world is way far more beautiful than virtual world. The whole concept of ‘jaadu ki jhappi’ must have taken its concrete shape here. The miraculous healing power of touch is what it is all about.

4. Laugh with a friend

‘Laughter is the best medicine’. Of course, laughter won’t treat ongoing health issues. But it can help relieve feelings of anxiety or stress, and improve a low mood by boosting dopamine and endorphin levels.

5. Cook your favourite food

This tip could boost all 4 of your happy hormones.

Enjoy your meal with your loved ones and bonding over meal preparation can boost oxytocin levels.

Choose wise, choose right

Certain foods can also have an impact on hormone levels. So, note the following when planning for a happy hormone boost.

Spicy food- may trigger endorphin release

Yogurt, eggs, beans, meats with low- fat content and almonds are a few linked with dopamine release

Foods containing probiotics, like yogurt can influence the release of hormones.

Include foods containing tryptophan such as chicken, eggs, cheese, peanuts etc. in your diet.

Eat carbs- Carbohydrates increase serotonin level. Choose healthy, high –fibre sources of carbs such as dense whole-grain bread or quinoa.

6. Listen to Music

Music can give more than one of your happy hormones a boost.

Listening to instrumental music especially the one that gives you chills, can increase dopamine production in your brain.



7. Meditate

Meditation benefits to increase dopamine production and can spur endorphin release. It helps improving sleep and reducing stress.

Tips on meditation:

To get started with meditation:

Choose a quiet, comfortable place to sit, stand or lie down.

Let all your thoughts – positive or negative – rise up and pass you by.

As thoughts come up, try not to judge them, cling to them, or push them away. Simply acknowledge them.

Start out by doing this for 5 minutes and work your way up to longer sessions over time.

8. Pet your dog

If you have a pet dog, give your furry friend some affection. This is a great way to boost oxytocin levels for you and your dog.

9. Get a good night's sleep

Quality sleep can help your body in multiple ways. A good quality sleep of 7 to 9 hours each night can help restore the balance of hormones in your body.

Tips on improving sleep

Going to bed and waking up around the same time every day.

Create a quiet, restful sleeping environment (try reducing lights, noise and screens)

Decrease caffeine intake, especially in the afternoon and evening.

Why breed negativity, when positivity promotes gaiety and alacrity around? Why hurt others, when healing is a much more beautiful feeling? Why hate others, when love can make things happen for the best?

After reading this article, you can't agree with me any less. Let's embrace challenges, embrace people, embrace life and say -Love You Zindagii.

Mrs Vommy Gauri

T.G.T(English)



The Most Famous Spinach Cottage Cheese Soup With Spicy Chaat Masala Recipe

Ingredients

- 1 Tbsp Mustard oil
- 1 medium White onion, chopped
- 1 bulb Fennel
- 1/2 tsp Ginger (minced)
- 6-7 Curry leaves
- 1/2 tsp Turmeric powder
- 1 tsp Mustard seeds
- 1 Green chilly, chopped
- 1 cup Red lentils, blanched
- 1 litre Vegetable stock
- 1 bunch Sorrel or khatta leaves, small
- 1 bunch Spinach /Palak, large
- 1 bunch Dill leaves /soya leaves, small
- 1/2 cup Methi/fenugreek leaves
- 1 tbsp Fresh coriander leaves, chopped
- 1 bunch Methi/fenugreek sprouts
- 1/2 cup Cottage cheese (cubed and roasted in the oven with a pinch of chaat masala)

How to Make

Heat up some mustard oil to smoking point, splash a few drops of salted water to get the mustard oil in true form to cook. It takes away a lot of the strong flavors n bitterness of the oil.

Add the mustard seeds, green chillies, ginger, mustard seeds as they crackle, add the turmeric powder followed by curry leaves and chopped onion and chopped fennel.

This is an aromatic tempering for the soup.

Cut the cottage cheese into cubes. Put in a tray and season with garam masala, salt, pepper and olive oil. Bake in the oven for 15-20 minutes at 180 C.

Add the soaked lentils and the vegetable stock and simmer for 12 to 15 minutes till the lentils and the veggies are soft.

You can then add the washed and chopped spinach, dill and methi.

Season to taste and simmer for not more than a minute or so.

Once it is cooked serve hot or can serve chilled add some ice and blend into a chilled soup.

Ladle the hearty soup into large bowls/glasses and serve with crispy chaat masala flavored cottage cheese croutons.

Key Ingredients

Mustard oil, White onion, Fennel, Ginger (minced), Curry leaves, Turmeric powder, Mustard seeds, Green chilly, Red lentils, Vegetable stock, Sorrel or khatta leaves, Spinach, Dill leaves, Methi/fenugreek leaves, Fresh coriander leaves, Methi/fenugreek sprouts, Cottage cheese (cubed and roasted in the oven with a pinch of chaat masala).

A must try soup for all.

Lata Semwal
M/o Precious Semwal, VII P



सावन का उल्हास,

आज नहीं कुछ लोगों के लिए खास,
भूल गए यह हरियाली है एक आगाज़!
नई खुशियों की, नये मौसम की
नई सोच की और नई ज़िन्दगी की
हर तरफ रंगीन फूल है खिले
लाल, गुलाबी नीले और पीले
ओस की बूंदे कराती है पौधों को स्नान
मन करता है बनाए नए लोगो से पहचान
उमड़ती है उमंगे बादलों के संग
लहराती है ये बगिया हवा के झोको में
और छोड़ जाती है नई ज़िन्दगी के निशान।

Mrs Anuradha Mago
Headmistress
Primary Wing, NSB



कोरोना

हारेगा कोरोना और जीतेगा हिंदुस्तानइंशा अल्लाह
हम थोड़े हैं अलग और थोड़े एक समान.....
थोड़े हैं नासमझ और थोड़े हैं महान.....
हारेगा कोरोना और जीतेगा हिंदुस्तान
आज हमारे डॉक्टर ,नर्स,पुलिस,प्रशासन ,
सब लगा रहे हैं अपनी जान ,
आओ हम भी इनके काम को करें आसान ।
बिना वजह घर से बाहर न निकलें ,
ना करें इनको परेशान।
थोड़ा मुश्किल वक्त है लेकिन.....
दें सबको सम्मान ।
आप सुरक्षित, हम सुरक्षित,
और सुरक्षित हो अपना देश महान ।
तभी तो हारेगा कोरोना और जीतेगा हिंदुस्तान
भय नफरत की जगह न हो ,
दिल में रखें स्नेह , सम्मान.....
तभी तो हारेगा कोरोना और जीतेगा हिंदुस्तान

रूबिआ बानो



"तहे दिल से शुक्रिया"

आदरणीय , प्रधानाचार्या जी ,

मैं दसवीं डी की एक अभिभावक इस कक्षा से संबंधित सभी शिक्षकों का धन्यवाद प्रकट करना चाहूंगी जिन्होंने मेरे बच्चे के उज्ज्वल भविष्य में अपना योगदान दिया ।

समय-समय पर उसका मार्गदर्शन किया और उसकी अच्छी और बुरी बातों को मुझ से साझा किया ।

मेरा बच्चा टॉपर तो नहीं, लेकिन मेरे लिए टॉपर से कम भी नहीं ,क्योंकि मैंने उसकी मेहनत,लगन, उसका परिश्रम देखा है और मैं इस बात में बहुत खुश हूं कि वह अपनी कक्षा में इतने अच्छे अंको से पास हुआ।

दसवीं डी से संबंधित सभी शिक्षक यह जानते हैं कि पिछले साल उस कक्षा का क्या हाल था ? लगभग हर रोज ही आप या वीपी मैम उस कक्षा के सामने या कक्षा के अंदर उपस्थित रहते थे। ऐसे हालात में यदि मेरा बच्चा बहुत अच्छे अंको से पास होता है , तो मैं उससे जुड़े सभी शिक्षकों का फिर से एक बार बहुत ही तहे दिल से धन्यवाद देना चाहूंगी।मैं किसी एक या दो शिक्षकों का नाम यहां लिखकर बाकियों को यह नहीं महसूस कराना चाहती कि उनकी मेहनत मेरे बच्चे के साथ नहीं थी।

जी हां! सभी शिक्षकों का इसमें पूरा योगदान है ।मेरी शुभकामनाएं उनके साथ हैं ।

आगे आने वाले भविष्य में वे अपना ज्ञान इसी तरह बच्चों के साथ बांटते रहें ।

मैं चाहती हूं कि आप मेरे विचार कक्षा दसवीं डी के सभी शिक्षकों के साथ साझा करें ।

एक बार फिर से आप सभी का बहुत-बहुत शुक्रिया ।

उर्मिला गिल

M/O नमन गिल (दसवीं डी 19-20)



'लालच बुरी बला'

मित्रों! इस शीर्षक को समझने के लिए बचपन में हमने न जाने कितनी ही कहानियां सुनीं और पढ़ी होंगी जिसमें से एक तो मुझे अभी भी याद है।

एक आदमी के पास एक मुर्गी थी जो हर रोज़ सोने का अंडा देती थी। आदमी के मन में लालच आ गया और उसने सोचा क्यों ना मैं मुर्गी को मार के सारे अंडे एक ही दिन में हासिल कर लूं और उसने मुर्गी को मार दिया। लालच, हम आज भी बहुत कर रहे हैं। जी हां, इस नेट का लालच।

एक साधारण सी बात कि इस नेट रूपी जाल में हम फंसते जा रहे हैं और अपनी सेहत का ,अपनी आंखों का बिल्कुल भी ख्याल नहीं रख रहे हैं। अब आप कहेंगे कि इसके बिना कैसे काम चलेगा ?

मैं यह नहीं कहती कि आप इसको बंद करके रख दो। मेरा कहने का अर्थ है जब हमें इसकी ज़रूरत नहीं है तब भी हम इसी में आंखें फोड़ते रहते हैं।

फोन की घंटी बजी नहीं कि हम फटाफट उठाकर देखते हैं किसका संदेशा है, क्या संदेशा है ? क्या हम यह विचार करते हैं कि हमने दिन में कितनी बार अपने नेट को बंद किया है?

हम छुट्टी के दिन भी अपनी आंखों को विश्राम नहीं देते जैसे ही फोन में कोई आवाज़ आती है , वैसे ही हम उसे उठाकर देखना चाहते हैं,आगे से आगे उस संदेश को भेजते रहते हैं और उसी में अपने आप को व्यस्त कर लेते हैं। कुछ चीजें हमारे वश में नहीं है परंतु जहां पर हम अपने आप को थोड़ा सा विश्राम दे सकते हैं हमें वह कार्य अवश्य करना चाहिए।

कोई भी कार्य एक दिन में संपन्न नहीं होता तो हम क्यों अपनी सेहत के साथ खिलवाड़ कर रहे हैं? क्या हमें अपने शरीर को ,अपनी आंखों को आराम नहीं देना चाहिए? जिन आंखों ने हमें सुंदर दुनिया दिखाई ,इस प्रकृति का

नज़ारा दिखाया। उन आंखों को आराम देने का हम विचार क्यों नहीं करते? मित्रों ? मेरी बात पर ज़रा गौर कीजिए। और इस जंजाल से अपने आप को बाहर लाने की कोशिश में लगे रहिए।

उर्मिला गिल

(टी जी टी हिंदी)



बारिश

काली घटा है छाई,
देखो बारिश आई, बारिश आई।
मौसम हो गया सुहाना,
अब न हो गर्मी, न बहे पसीना।
हर तरफ अब हरियाली है छाई,
काली घटा फिर छाई,
देखो बारिश आई।
कोयल लगी है कूकने,
मोर लगे हैं नाचने, मौसम अब मन-भावन है,
हर तरफ हरियाली सावन है ।
बच्चे भी खेल रहे हैं देखो
धरती की प्यास बूँदों ने बुझाई ,
काली घटा फिर छाई,
देखो बारिश आई, बारिश आई।

रूबिआ बानो





From Us to You.....

' I am dotted silver threads dropped from heaven By the Gods. '

Song of the Rain by Khalil Gibran

While Lebanese poet and writer Khalil Gibran epitomised the beauty of the rain in his much-loved poem ' Song of the Rain', the beauty of the monsoons in India is unparalleled. It refreshes, rejuvenates, replenishes and revives.

Thanks to the pandemic, most of us feel that the current scenario will never end. We feel we are stuck in a loop, a predictable, mundane cycle of day to day life.

But let's use this time to enjoy the little pleasures the monsoons bring us. The sweet earthy smell, the tiny droplets hanging on to the leaves, the thundering sound of the rain and the pleasant refreshing monsoon breeze. The rain is nature's art, a gift.

Just like the rain we too must refresh our thoughts, revive relationships, replenish our joys and rejuvenate ourselves.

We hope that this earnest endeavour from NCS, Visakhapatnam, Shadow Speak, July edition, helps you enjoy the bliss of this monsoon season.

As you swipe through these pages we hope that the articles you read reinvigorate and renew your zest for life.

Happy reading.

The Editorial Team

Mrs Urmila Gill (TGT Hindi)

Mr. S Raju Chintalapati (PGT Computer Science)

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Navy Children School, Nausena Baugh

Visakhapatnam.

www.ncsvizag.edu.in



Team NCS thanks each of our readers for taking time out to read Shadow Speak, our maiden venture.

We would appreciate any feedback that would help make this undertaking better.

We would also like to thank each and every one of our contributors, parents and teachers, for their insightful, thought provoking articles and look forward to many more contributions for our next edition.

With sincere appreciation and gratitude

Team NCS, Visakhapatnam.

