



JUNE 2020 VOLUME-1

SHADOW SPEAK



FROM US TO YOU.....

As weeks go by, first, third and fifth
And normal life's become a myth,
We yearn for noise, to hug and hold,
We yearn for this virus to be controlled.
And still we sit quarantined at home
When all we want to do is roam,
Amidst the crowds, the trees, the cars
Yet here we are looking at things from afar.
But humanity has always been resilient
United, focussed, strong and silent.
Together we can overcome this pandemic,
With masks, social distancing and by being hygienic.
Happiness and freedom once again we'll attain,
And life will go back to being normal again.

Every negative situation begets something positive. The Covid-19 pandemic has brought the world to a standstill, but Navy Children School, Visakhapatnam, knows that the show must go on. To empower parents and to encourage and educate our students, we are proud to bring you the very first edition of 'Shadow Speak', an e-magazine by NCS Visakhapatnam.

As you swipe through these pages, we hope you feel empowered, we hope you rise up to challenges, because we must remember that challenges are what makes life interesting. We also invite you to continue to contribute to our magazine because your pearls of wisdom can become someone else's treasure.

Since this is our maiden attempt at launching an e-magazine, we would appreciate any feedback from our readers that would help make next month's edition better. Bouquets and Brickbats are welcome.

Sincerely
The Editorial Team
Mr. S Raju CH (PGT Computers)
Mrs Urmila Gill (TGT Hindi)
Mrs Roumelia Kristina Sekhon (TGT English)

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Navy Children School, Nausena Baugh
Visakhapatnam.
www.ncsvizag.edu.in

At the Helm.....



Dear Parents

It's my proud privilege to introduce this maiden endeavour of Team NCS towards supporting the Parents.

It is a well known fact that Parental support is the well-being of the children. Often parents are worried as to whom to approach with their problems. This e-magazine is a platform for parents to voice their concerns about parenting. We will also be providing parents with parenting tips, nutrition for students and many more informative articles which will aid parents in rearing their child.

As a parent almost all of us would have vowed to give our child the best. We always have very fond memories of our children, when we look back to the moment, we had taken our new born in our lap. We always wanted to be the best parent and have always dreamt of good academic achievement for our child, but in between we all get lost somewhere. This initiative of Team NCS Vizag will give Parents / Teachers a platform to share their experience as to how they had handled a situation in the best possible manner.

Love, support and optimism from the family are powerful weapons that will make our children feel secure giving them the strength to fight against peer pressure, life challenges and disappointments.

I would like to thank the editorial team for their collaborative efforts in bringing out this e- magazine. I assure you that NCS Vizag is committed towards our students and the community.

So, enjoy reading and share your experience with us.

Jai Hind

Dr. Parul Kumar
Principal

Preceptor's Perception

The key is in not spending time, but in investing it." – Stephen R. Covey.

The role of time management for a student stands highly imperative; it's the key to achieve goals and targets in the right frame of time. However, in this current situation where most schools are turning to online platforms; learning to manage time for this mode of study has become the dire need, it's you who needs to be highly disciplined and focussed to manage your time effectively to reach your target. Lockdown shouldn't be an excuse for you to fail in fulfilling your aspirations.



Tackle the problem by learning the right ways of effective time management.

1. **Stay Persistent & Avoid Procrastinating:** The first rule you must follow religiously when studying online is to stay persistent. Avoid procrastinating. Finish the tasks of a day within a specific time so that there is no baggage for the next day.
2. **Plan a Proper Study Schedule:** Prepare a thorough study plan and make it a point to follow it without fail. When you plan a schedule, make sure you include all your subjects strategically.
3. **Avoid Multitasking:** Focus on one subject at a time. Understand its concepts first, clear the doubts taking help from your teachers, and then once you are perfectly thorough with the topic, you can move on to the next, in this way you will cover all subjects and topics and gain concept clarity.
4. **Keep Distractions Away:** When you study online, it is inevitable that you get exposed to the wide world of the internet, your smartphone buzzing with constant notifications, calls from friends and the plethora of websites available on the web. So, it is important that when you study, turn off the notifications, switch to silent mode; learn with complete focus and if possible, prepare notes for quick offline revisions.
5. **Take Scheduled Breaks:** However, with online learning, ensure that you make room for scheduled breaks throughout the day to save yourself from exhaustion, relax for a bit, do some body stretching and resume. Following this routine will help you stay more focussed and motivated.
6. **Get Good Sleep:** Last but definitely not the least, take care of your sleep. Sleeping for an adequate time also ensures that you wake up fresh and follow your daily schedule rightly. Learning online requires you to take complete control of your studies. As long as you study online, make sure you follow these tips and manage your time rightly.

Mrs. Vijaya Negi
Vice-Principal

Mentor's Musings



In the current Pandemic situation one of the biggest challenges for us is to keep ourselves mentally and physically healthy. We are all in an unfamiliar situation and so are our children. It becomes our responsibility to motivate each other not only to be happy, but also to focus on our mental well-being, amidst rising anxiety and home isolation. Although the idea of being off from school for months is probably like summer break for our kids, but the reality of being trapped at home and not seeing their friends results in increase in behavior issues, anger, tantrums or protest which we have to sort out with mutual cooperation.

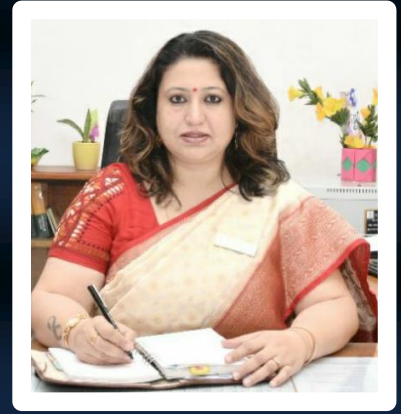
The school is trying the best possible methods to impart academic skills. As parents we are very sure that you are playing your role perfectly as well. We need to take care to instill confidence that everything will restore to normal and also support each other in adjusting to this new normal.

Through this issue we thank you for your contribution and also expect that this detaches us from focusing on the pandemic for some time. Happy Reading...

With warm wishes...

D.Srividya
Vice Principal
NCS 104 Area

Our changing world of Education - The New Normal



1. Change is the only constant. Today's World, in the Covid-19 pandemic, is a world of uncharted waters. Where we the teaching community are treading with caution. Traditionally the teaching learning process has been firmly based on human interaction. One of the important and key players in the whole process is the school, which provides the controlled conducive environment to learn.

2. Whether we like it or not things have changed and we need to adapt to technology, which is a double edged sword. The Internet, Social Media platforms-like Face Book, Instagram, Social Media interactive tools like Google Meet, Zoom, Viber etc. albeit a bane in the traditional form of Education are a boon for the New Normal of Education.

3. We as students, teachers, parents and society at large, need to embrace technology and utilize it for our benefit. They say if the horse doesn't come to the water take the water to the horse. If the learner can't come to the school to quench his thirst for knowledge take the knowledge/ the school to the learner. This is the need of the hour. We need to accept technology as a major player in the education system.

4. The teachers have been trained in the traditional method of teaching yet when faced with lockdown they shed their inhibitions and devised innovative ways of teaching not only the core subjects but the co curricular subjects as well. We are empowering them and training them, to utilize the various technology based tools, to continue to teach the students ,who are at home. Whether it is synchronous or asynchronous teaching the teacher is ready to experiment and deliver. The parents need to be more compassionate towards their own children as well as the teachers. The parent needs to accept online teaching and be a positive part of this growth. We will face teething problems like – poor internet connectivity, power failure etc. It will take time to adjust to the new world, the new system, the new normal. However the tripartite involvement of students, parents and teachers with ample hand holding from the school management will lead us to a new Era in Education.

5. The way ahead is possible by being compassionate on the part of teacher and parent, collaborative learning on the part of teacher, student and school as well as being in sync with the changing times.

Acknowledge the change , Embrace it , Modify yourself and Implement it -Our New Mantra.

Anuradha Mago
Headmistress
Primary Wing ,NSB

THE BEST WAY TO MAKE CHILDREN GOOD IS TO MAKE THEM HAPPY

“Children are educated by what the grown up is and not by his talk – CARL JUNG”

In the present scenario when children are at home 24*7 this quote becomes more important to understand. Children watch and imitate their parents so it becomes more important for parents to present the best of their behaviour in front of them.

This pandemic has brought not only health worries but also mental issues such as anxiety , depression , restlessness , fear etc.. I would say parents have the power to change the situation and change the curse into blessing, enjoy the happiness of being with your child 24*7 understand them, play with them, read for them, involve them in your daily chores such as asking them to water the plants, fill the water bottles, lay tables, keep their toys in place, and arrange books on the table etc.

The first five years are formative years of their life and also the first step towards nurturing the individual self of your child. Here I would like to quote one of the famous quotes of Walt Disney which says “most things are good, and they are the strongest things; but there are evil things too, and you are not doing a child a favour by trying to shield them from reality. The important thing is to teach a child that good can always triumph over evil.” So, let them fall, get hurt and then rise again let them feel pain and let them overcome this pain.

Toddlers are infamous for tantrums and other behavioural issues, but what’s the reason behind this kind of behaviour? They might want your attention, want to express their needs but are not able to. They also have trouble dealing with limitations as they are facing nowadays by not being able to go out and play, this all can lead to tantrums and misbehaviour, which I’m afraid can be inducted into their personalities, but you definitely can help them by providing love, care, and setting a routine and rules for them .

Being in the education field and especially dealing with this age group has given me lots of live examples on how to nurture them in the right direction. I Would like to share few parenting tips which can help you.

- Show your love and show that you care
- Communicate with your child
- Read together
- Give your time and attention
- Set some rules for them and explain how to follow them and consequences if they are not followed.
- Know your child’s limit, never over pressurize them.
- Encourage the child’s independence give them some choices and respect their choice.
- Withhold their privileges if rules are not being followed.
- Be consistent with your behaviour with them.

Most important of all, you yourself should stick to the rules and follow them and set good example in front of them, as children are watching their parents and learning.

I wish you happy parenting. Enjoy the best years of your life.

Swati Adak
Headmistress, Naval KG, NSB



The Wonder Years

Kindergarten years are the formative years for children and a test for their parents. This is the time children pick up habits from their environment, whether they be good or bad. As parents, it is our job to ensure that these habits are good, which also include eating habits. The young children are not aware about Junk Food that is present around us. It is we, adults, which introduce them as “Something you can eat once in a while” or “as a reward” for doing some task. Unaware of the lack of nutritional value, they eventually start craving these foods and also throw tantrums to obtain them.



From an early age, children should be excited about eating healthy foods. At Naval KG, Dolphin Hill, we aim to inculcate this by preparing a Weekly Tiffin Menu, which ensures nutritional food and a well-balanced diet. While we expect parents to follow this menu when sending their children to school, the promulgated menu can also be implemented by parents at home, even now during this period of lockdown.

The school curriculum also caters for inculcating the message of eating healthy food, through various play-acting and storytelling classes. In the current situation, these lessons are being imparted through recorded videos, which can be re-emphasized by the parents as well. Another way of making the children excited about healthy food, is to involve them in the process of selecting fruits and vegetables from the market. While this is not advisable during the threat from COVID-19 virus, this technique can be utilized once the situation returns to normal.

Health is Wealth. Proper nutrition supports our child’s growth and lays the foundation for lifelong well-being. On the occasion of this Monthly E-Magazine, dedicated to Good Parenting & Nutrition, I wish the best of health to all our students and their parents.

Jai Hind!!

Mrs Rakhi Khanna
Headmistress
Naval KG Dolphin Hill

Learning from Kids

During my childhood days, I remember connecting with Pen friends or relatives through letters, speaking to people across the globe with the HAM radio, doing fun indoor activities such as board games / reading books when the sun was too hot to venture out. Children still do the same things by using technology in constructive ways. I shall cover a few of them in this article.

The first activity was a nationwide online debate titled 'Behes', the Hindi translation for debate. This was partly student led and adjudicated by a professional. Each team consisted of three participants with the topic being given on the spot. Each team has 15 min to prepare. This online activity permits children from across cities to form a team and undertake intense practice sessions before the competition.

The second activity was online MUN since the normal method of conducting it was not possible. This was a fun activity which required a lot of preparation and provided many opportunities to children such as representing a country in the United Nations or covering the event as a journalist or being in the Security Council etc.

Another fun activity with multiple career options that I saw was playing e-sports or organizing competitions online. You can start your own streaming channel to guide new comers through the intricacies of the sport. e-sports is often discouraged by parents as it acts as a distraction to children from their primary job of studying. It was however a learning experience to see that the e-sports market is fast growing in India and provides a wide range of career options.

Last but not the least, a word of appreciation to the school administration and teachers for quickly switching to e-Schooling. The kids had no problem in adapting to this new form of schooling, in fact the young minds learnt a thing or two in online conferencing apps in the process!



Cmde AY Sardesai
F/o Sashrikaa Sardesai
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Facing the world

“Your largest fear carries your greatest growth.”

As each day passes by, competition in the world doubles. Each child is taught, from childhood about the dangers of the world. But, how often do we teach them to face their fears?

There is a constant increase in the number of cases of suicides and depression. Often, it is the lack of parental support, which leads them to take severe actions. They get into bad influence and risk their future. So, it is important to teach them that life is not only about studies and exam. Encourage them to follow their passion and give them the required support to grow into an independent individual.

Another important aspect is social life. One must encourage their kid to be confident and self-reliant from a young age. This will help them to socialize and accept the world around them.

Talking about competition, acceptance of failure is more important than celebrating victory. Children should be told that it is necessary to learn from their mistakes, rather than despising them for it. Comparing your child with others is the worst tactic to follow in parenting. Comparison should be made, not with others performance but with the child's own performance in the past.

In conclusion, a child learns from its surrounding and its first teachers are its parents. A child coming from a home where there is room to discussion about anything and the freedom to choose his/her path is given, will definitely become an ideal citizen.



K T Bhaskaran & Saritha Bhaskaran
Parents of Divyaans Bhaskaran
VII - E

Learning from Kids

PARENTING TIPS

- A child who is respected, will become respectful
- A child who is loved, will become loving
- A child who is treated with fairness will become just
- A child who is treated with choices will become responsible
- A child who is listened to, will become a great listener
- A child who is treated with kindness will become a great friend
- A child who is nourished in all these ways, will become a leader



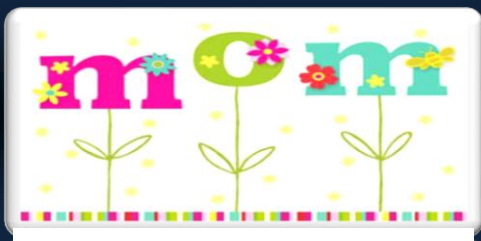
Archana Chaudhary

Mother : The child's first teacher

Children are bundle of joy. They emit positive energy whatever maybe the situation. So this lockdown phase was no different. They have understood the gravity of the current situation and they all have responded so well.

It is very difficult to curtail a child's energy full day at home with no school, no park and friends time. However the responsibility of each mother has again shown the kids the right direction. After all mother is child's first teacher and yet again she don's this hat and shares the responsibility with their class teacher to ensure that there is no road block to learning.

And come what may each child is ready with the right knowledge.



Vineetha Nair

M/o Devika Sankar
UKG F

HEALTHY MICROGREEN OMELETTE

INGREDIENTS

1. Micro greens – 1 cup
2. Onion – 1 medium size
3. Tomato(pulp removed) – 1
4. Green chili – 1
5. Carrot –1 small size
6. Coriander leaves
7. Salt – as required
8. Pepper – as required
9. Butter – 1 tablespoon
10. Eggs – 2



PROCESS:

1. Take a bowl and add ingredients 1 to 8. Mix well so as to evenly spread the spices.
2. Add the eggs and mix well.
3. Heat the pan and add butter. Once melted, pour the mixture to it.
4. Close the pan with a lid for two minutes in low flame.
5. Open the lid and fold the omelette into half and close the lid for another minute.
6. Serve it hot. Your healthy microgreen omelette is ready.



Saritha Bhaskaran
M/o Divyaans Bhaskaran
VII – E

STRAWBERRY FROZEN CURD INGREDIENTS: Frozen Strawberry

Pomegranate Hung curd

Honey

Lime juice



METHOD:

Blend frozen strawberries until they are coarsely chopped , add honey for sweetness , lime for taste and thick hung curd /yogurt can also add vanilla bean for added flavour and process until it turns thick and creamy . ½ teaspoon of lime juice topping with pomegranate seeds.

Mrs. Swati Adak
Headmistress
NKG, NSB

Greetings to all

Are we all ready to understand the NEW NORMAL?
Are we disturbed with the CHANGE?
Are we able to cope with the CHANGE?

I am sure everyone is screaming " haan bhai haan" WE ARE STRESSED & it seems CHANGE is PERMANENT

As a psychologist, I wish to share few important points for understanding this change in our lives

Firstly, any change brings lot of resistance in us & our capacity to look beyond the routine is difficult.

So let's accept the challenge of COVID & reconstruct our lives by reassuring that ALL Z WELL but style of doing tasks is slightly different...

- Let's WORK from ☐
- Let's LEARN from home..
- Let's learn a new SKILL
- Let's READ the real information related to COVID
- Let's B SAFE by following the 3 important rules of personal distancing, wearing masks & washing hands
- Let's face it & show courage to WIN the situation...

Secondly, let's move on with positive thought & believe that everything is going to be NORMAL soon...

Just ask yourself TWO questions

What is the problem?

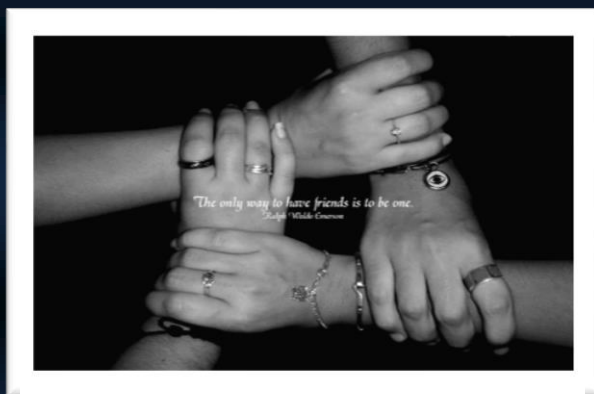
Is that problem worth worrying?

Ok now , if your answer is

YES , then find a solution

NO , stop worrying about it because unnecessarily it can lead to health issues... (if you are unable to have control over your negative thoughts ... seek professional help ... it's not a TABOO)

SELF MOTIVATION IS THE KEY



Dr G k Beatress
Psychologist / counsellor
9849466477

STRESS – GOOD OR BAD

The very word “STRESS” brings many negative memories to our minds. Tension, Sad Face, Failure, Rejection and many other words like these could be the reasons for this. We all have talked about Stress being bad for us. But I am going to highlight the other side of the coin, the good part of stress. A lot of research has been done on these aspects.

Research shows that early experiences of trauma can disrupt the brain's stress response, affecting the amygdala (the brain's alarm system), hippocampus (verbal memory center), prefrontal cortex (the CEO of the brain and its stress regulator). These changes make people with too much early trauma more chemically reactive to stress, in general, as a teenager or adult. It's as if these early negative experiences feed our reactions to current stressors. Some researchers have suggested that exposure to a moderate level of stress that you can master can actually make you stronger and better able to manage stress. It's like how a vaccine, which contains a tiny amount of the bug, can immunize you against getting the disease. Research shows that positive stress can strengthen the immune system, enhance memory and learning, and improve decision-making skills.



Positive Stress help improve our immune system, improve memory & learning, improve decision making, improve cognitive function and make you a tough person. So as a parent what should we do to use this POSITIVE STRESS as a tool for our child and aid his development. Here are some suggestions: -

(a) Don't Highlight Negative Consequences. It's our natural instinct to make children aware that they are potentially hurting themselves. But focusing solely on the harm caused by stress indicates to students that stress is bad in an absolute sense, which is simply untrue. Additionally, combating stress using fear tactics can create even more stress. Thoughts like "Oh no, I'm stressed, and stress is bad" will only exacerbate the child's worries. The research confirms that stress itself is stressful.

(b) Evolutionary Purpose of Stress. Students of all ages love to know that stress is part of human design. Think about our ancestors who hunted and gathered food. When attacked by a saber-toothed cat, chemicals were pumped into the body to help fight the predator or flee. This evolutionary reaction to danger is known as the **stress response** -- it's a survival mechanism. In modern times, we don't typically need to flee from predators, but the stress response still has a purpose. A certain amount of stress can help us marshal the resources necessary to reach a goal. Studies even demonstrate that as stress increases, so too can performance.

(c) Distress and Eustress. There are two main types of stress: positive and negative, also known as Eustress and Distress. Most kids have experienced eustress. Ask them to think of a time when their heart was racing but there was no immediate threat or fear. Maybe they were riding a roller coaster, watching a scary movie, or going on a first date. That feeling is good stress! Eustress can help boost motivation, focus, and energy; create a feeling of excitement; and improve performance and decision making. It's generally short-term in nature. By contrast, distress (commonly referred to

as "stress") can cause anxiety or concern, is often outside our coping capacities, can decrease performance and lead to mental and physical problems, and may be short- or long-term in nature. Graphing a continuum of the different types of stress can really bring the point home for students.

(d) Positive Stress mind. One of the simplest yet most powerful ways to stress better is to start with the right mindset. Research at Harvard and Yale Universities on different groups indicate that the group with the mindset that stress is good showed more productive and energetic students. These students reported less fatigue and fewer, headaches and backaches which are commonly associated with distress. For example, during test time, a pounding heart can be reframed by saying, "Hey, a little stress is actually helping me on this test -- my body's giving me a little burst of energy and extra focus to get through this." Psychologists at school can help a great deal in generating the positive stress aspects.

(e) Contingency Planning. The goal of stressing better is not for students to live in a fantasyland where they never encounter issues that cause real distress. Challenges will arise, and distress may follow, but instead of falling into a downward spiral of negativity, stressing better means creating contingency plans. When the body goes into flight-or-fight mode during distress, it can be hard to think clearly. A back-up plan can get students through it. Studies on goal setting show that you're more likely to stay on task by using a technique called MCII (Mental Contrasting and Implementation Intentions). With this method, you first visualize your end goal (e.g., getting a B or higher on the next Maths test), and then envision obstacles that might prevent you from getting there (e.g., missing study group, feeling nervous, attracted to movies etc). Next, using if . . . then statements, create a plan to overcome the obstacles before they even happen. Eg. If I miss study group this week, then I'll ask the teacher for private tutoring. If I feel nervous on test day, then I'll do a breathing exercise to calm myself down.

(f) Exemplify Distress Leading to Growth. Researchers studied survivors of severe accidents, people who have gone through divorce, alcoholic parents, and even child abuse. In all of these situations, some come out stronger than before. PTG (post-traumatic growth) results in their feeling more connected with their friends and family, more resilient, and more grateful. Researchers found that those who tend to experience PTG usually approach difficulty rather than avoiding it -- they are more open to change. In our effort to stress better, let's teach students that when stress comes on, they should embrace it rather than run away from it. When in a situation of distress, kids can think of the examples above or a personal example where distress has led to positive change. These are reminders that something good -- even great -- can come from our challenges.

Stress is something that every student knows way too well. However, the positive effects of stress are often overlooked. We just have to find the way that works best for us to deal with it. Once we learn how to manage stress, it can have benefits. If we all concentrate and work in this direction, we can avert many unwanted incidents.

Capt Sanjay Kumar

F/o Mahika Kumar

X F

Let Food be thy medicine and medicine be thy food. Speaking Nutritionally....

During the times of Pandemic what will save our children is Strong Immunity. To eat is necessity, but to eat intelligently is an art.

Let's know about a super food 'Chia Seeds'.

Despite its small size, Chia Seeds are full of important nutrients. They are an excellent source of omega 3 fatty acids, fiber, Iron and Calcium. So excellent food for all ages, adolescent boys and girls and women. Chia seeds are loaded with antioxidants, it prevents cancer. It is high in proteins so beneficial for vegetarians. It helps in losing weight and increases satiety i.e it will not make you hungry soon. It lowers the risks of heart disease. It is a very good source of bone nutrient i.e. calcium. It also helps in reducing blood glucose levels.

How to incorporate this into your diet?

You can eat them raw, add in juice, porridge, pudding, smoothies and baked food. You may sprinkle them on top of cereal, yogurt, vegetable or rice. You may consume one and a half teaspoon of chia seeds on a daily basis.

Try this super food in your diet.

Stay healthy



Dr. Parul Kumar
Principal

IMPACT OF CORONA ON EDUCATION

The petrifying and severe impact of COVID-19 has shaken the world to its core. The corona virus outbreak has posed serious challenges to almost all the areas of the society. It is very challenging, but also an amazing opportunity to unlearn, relearn and test our capabilities and value systems. These are unprecedented times that require unprecedented efforts. Same applies to the field of education.

Therefore, the government has come up with the e-learning program. Schools are looking for customized apps to assist students in all ways so that the loss of teaching and learning outcomes of formal schooling is minimized.

It is incumbent on schools that they not only explore the alternatives but also urge parents to do the same. Digital education appears to be a viable solution to fill in the void for classroom education for a period of three to four months while minimizing the chances of any infection to students until classes resume. Also it will provide an opportunity for educators to come up with customized learning solutions for every student.

Digital learning has many advantages in itself like digital learning has no physical boundaries; it has more learning engagement experience rather than the traditional learning, and students get to learn in the confines of their comfort zone. However, digital learning has its own limitations and challenges; it lacks face-to-face interaction which is usually preferred to impersonalize nature of remote learning. Remote learning increasingly relies on the reliable power supply and ubiquitous Internet connectivity which might be a far-fetched thing. There are many other aspects like conduct of exams and co-curricular activities etc. which pose difficulty of assessing the authenticity. In the present situation online education has met with some success. Learning, as they say, is a continuous and ever-evolving process to which none of us are excused. We still have a long way to go before digital learning is seen as mainstream education and make the present unexpected abnormal as the NEW NORMAL life.



D.Srividya
Vice Principal

KING OF SPICES, AN IMMUNITY BOOSTER FOR THE CURRENT SITUATION

Piper
nigrum



Hundreds of years ago, traders considered black pepper the king of spices. Called “black gold,” it was one of the very first items of commerce between India and Europe. It was so valuable that entire expeditions were made in hopes of transporting more back to Europe as quickly as possible.

Now a days, black pepper is available in our spice-rack as a common spice. This spice has various benefits like everyone says anti-oxidant, anti-pyretic, etc.

My grandma used to say, “You can eat at your enemy’s place if you have 10 pepper corns at home.

Yes! Pepper acts as antidote. Also, pepper is rich in potassium, calcium, zinc, manganese, iron and magnesium, vitamin C, etc. This makes highly eligible to boost our immunity during this current situation of pandemic.

Pepper corns on daily basis not only boosts the immunity but also enhances digestive process of our body.

So, through food style immunity can be boosted. Inclusion of pepper as a substitute for chilly powder in all preparations will make children consume indirectly. Also, consuming couple of pepper corns on everyday basis is good for everyone’s health. Also, decoction can be prepared using pepper along with other herbs like Tulsi and turmeric.

Boost your immunity, to stay healthy.

Vamanee - TGT

A REAL LEARNING EXPERIENCE

It was my substitution period in a junior class. I assigned the class monitor a job to play e-content on the smart board. He started playing an animated video on the topic 'Temperature' from the Science module. It was on temperature & its measurement. An activity was shown in the animated video regarding how to sense the temperature. It was really interesting. The activity demonstrated in the module was like this: "There were three vessels, one filled with hot water and the other contained cold water. The third vessel, which was empty initially, was then filled by mixing both hot and cold water. A boy was then instructed to sense the temperature by putting his left hand in cold water and right hand in hot water. He did so. Then he was asked about the sensation on his hands. He answered. Then he was directed to put both of his hands in third container and was asked the same question. This time his answer was surprising. His left hand got a hot sensation whereas his right hand got a cold sensation."

Things were going smoothly, but as we know kids are kids. A student came to me and said: "Sir! this boy is playing with paper and disturbing me by throwing it on me!!". As everyone was busy watching the smart board lesson, may be that student had torn off pages from his notebook and start playing with it. I called that boy and asked him the reason. He said: "Sorry! Sir". In the meantime, when all this was happening, I observed that the class-monitor had changed the e-content module and now he was playing something on the Environment.

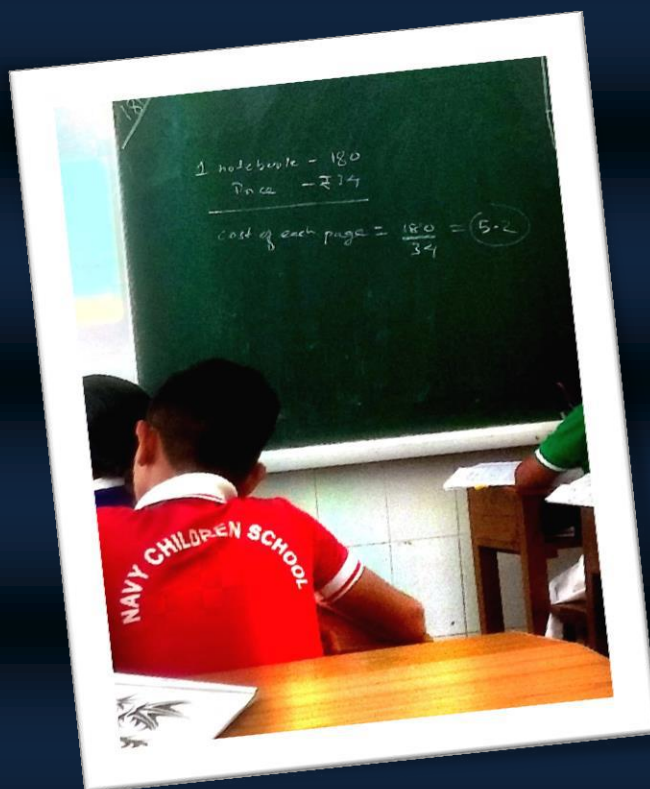
I asked a few questions to that boy. I asked him, "Do you know how papers are made?"

"By cutting down the trees.", he said.

Then I asked him to calculate the price of a single page of his notebook. The MRP of the notebook was printed on its back, which I showed him.

He did it like this.

- No of pages in the notebook = Rs 180.
- cost of notebook = Rs 34/-



□ Cost of each page = $180/34 = \text{Rs } 5.29$

=> That is almost 6 rupees (if rounded off to the next integer).

I was also surprised; how costly a piece of paper is now-a-days.

I took it forward and decided to share this fact with the whole class. I calculated the same on the black board. I involved that boy to assist me in calculating the price of each page on the board.

When I told the students (after calculating) that the price of each page, was around Rs 6/-,

almost the same as that of the cost of a samosa which they buy from the canteen, they were astonished to see that each page of their notebook costs as much as a samosa. But they're smart enough I guess, that they won't go to the canteen vendor and ask him to give a samosa at the cost of a page.

Frankly speaking, it was a real learning experience for me and as well as for them. These kinds of real learning should be incorporated in our curriculum with the help of real time activities. It should not be pre-planned always but it could be random and dynamic, improvised as per the real time class room scenario. I am sharing this innovative technique so that in one or the other scenario, if someone (the facilitator) makes use of it, it will be great.

Mukesh Bohra
PGT CS, NCS Vizag

EMOTIONAL INTELLIGENCE IS THE DIFFERENCE THAT MAKES THE DIFFERENCE

“We plant seeds that will flower as results in our lives, so let us remove the weeds of anger, envy and doubt.....”Dorothy Day.

Why emotion in education is important?

Children have been sent to schools for all-round development, emotion is one aspect of it. They develop their physical, psychological and emotional states. Specific incidents arouse an emotion. Different people react differently to the same situation. A child can achieve anything in life if he/she is emotionally intelligent. Many incidents happen in a child's life every day . How the child is going to react to each episode, is known as an emotional state of mind.

Let me narrate a small anecdote about a student whom I met in my journey. When students come on transfer they do take time to adjust to the new environment. In this case, it was that he was aggressive and sometimes violent at a tender age. On inquiry, we learnt his background. He spent time watching violent movies, shows and playing video games and he hardly spent time with family and friends.

Initially, he was assigned some activities like drawing, craft, etc. , he drew only guns, dead bodies, blood etc. As soon he started playing outdoor games with other children, he started loving scenery. Birds, trees and nature were soon visible in his drawing within a year. He became emotionally stable.

This was possible only with the combined effort of parents, the school and teachers. Few Tips to make a Child Emotionally Intelligent:

As Parents.....

- Storytelling by parents and grandparents helps a child to remain stable emotionally.
- Taking children to a park and telling them to observe trees, flowers , birds and nature.
- Spending some time with the child during vacations.
- Having a meal together

once a day. Role of Schools

- Students must be allowed to play the games/sports of their interest.
- Different academic and co-curricular activities to be organized.
- Art, music, craft, theatre, calligraphy, yoga etc., must be there as per the interest of students.
- Must conduct workshops to handle students emotions related to peer pressure, etc.

As Teachers....

- Know the child's background and his/her likes and dislikes.
- Must listen to the child carefully.
- Provide a stress-free atmosphere, where he/she shares personal problems.
- Must be allowed to participate in competitions and events of his/her choice.

It is the need of the hour to see that every child is emotionally strong and balanced to face the world. This is a combined responsibility of parents, teachers and the school.



R.Sreelakshmi
TGT English

Who Wants to be a Teacher ?

The day is engraved in my memory ; way back in 1986, when I was in class XII and was amidst the Board exam preparations. Those were simple days without internet and we had no “Google”, “Whats App” ,”Face Book” , “Instagram” or “Teno” at our disposal. The conventional Telephone itself was a valuable , mysterious asset which only few select could possess.

On this day, a few days before the Board exams , our Principal came to address and motivate us . After the address, he asked us, what we plan to do after the school and what career or profession we intend to choose. The boys expressed their ambitions from joining the Armed Forces to becoming doctors/engineers to bureaucrats and space scientists. The girls were mostly undecided and a few expressed medicine to be the preferred option . After listening to all , the Principal asked “How many of you would like to become school teachers and be a part of shaping the future generations?”

To his surprise (or Shock), not a single student expressed desire to be a teacher , or in fact , not a single student even thought that this is a career option which can be pursued. He was disappointed at the class response , gave us a short sermon on the importance of teachers in our society and urged and encouraged us to explore the feasibility of practicing this career.

I became a School Teacher after nearly 5 years of this incident. I will be frank, I also did not choose this profession purely by choice but circumstances and a few other factors got me into this noble profession. I have been teaching for the last 25 years plus and had the opportunity of teaching at various schools including American School in Ukraine for four years. The question posed by our principal always reverberated in my mind and during all my teaching tenures I made it a point to ask the same to all my students. Surprisingly, though there were many new professions added by students in their aspiration list, the desire to become a teacher was still missing from the list of career aspirations. I went a step ahead and during PTA interactions asked many parents as to how many of them would like their child to be a school teacher , and to my amazement none of them expressed such a desire , some of them even gave me an angry and sarcastic look. One of the Parents once frowningly said “ Madam, I want my child to do MBA not BA to become a school teacher”.

So, why doesn't anyone want to be a School Teacher? While everyone wants a great teacher for their kids or themselves, no one wants to become a teacher. Why?

Why majority of the teachers land up in this profession by chance or fate and not by choice. It is said that "Destiny is not by Chance but by Choice", but somehow this phrase appears to be a misnomer when it comes to the profession of teaching. Why a country which is known for great ancient universities like Takshashila and Nalanda, ancient scholars/gurus like Maharishi Valmiki, Ved Vyasa, Aryabhatta, Chanakya and modern teaching legends like Rabindranath Tagore and Dr Sarvapalli Radhakrishnan is unable to inspire its young generation to choose this noble profession.

The reasons are many. There is no glamour, no life style and no money/perks. In today's materialistic world these things matter and are probably the most important reasons for the young generation to steer away from this profession. There are many other reasons also. Extraneous duties like conducting polls, undertaking census and even giving polio drops. Even within a school a teacher is expected to conduct numerous events and still expected to finish the curriculum with finesse. Demotivated students, helicopter parents, disorganized administration are a few other reasons. Add to it the fact that most teachers return home and spend their quality personal time and weekends marking notebooks, planning lessons, grading answer scripts etc.

Professional development and career development is also a weak area which makes this profession unattractive. While in corporate world you may climb the corporate ladder, the same is not true for teachers who many times retire very close to where they have started.

Lack of Respect for a teacher in our society is also an important issue which demotivates the younger generation from pursuing this profession. This is because the definition of Respect is skewed in our society and only glamorous high paying professions are considered respectable.

Every year, 2.80 crore population gets added to the population of India. Nearly 50 per cent of the Indian population come under the age bracket of one to 25. However, this young population cannot contribute to the development of India if they don't have a decent education, which can only be given by teachers. Over half a million teacher posts are vacant in our country.

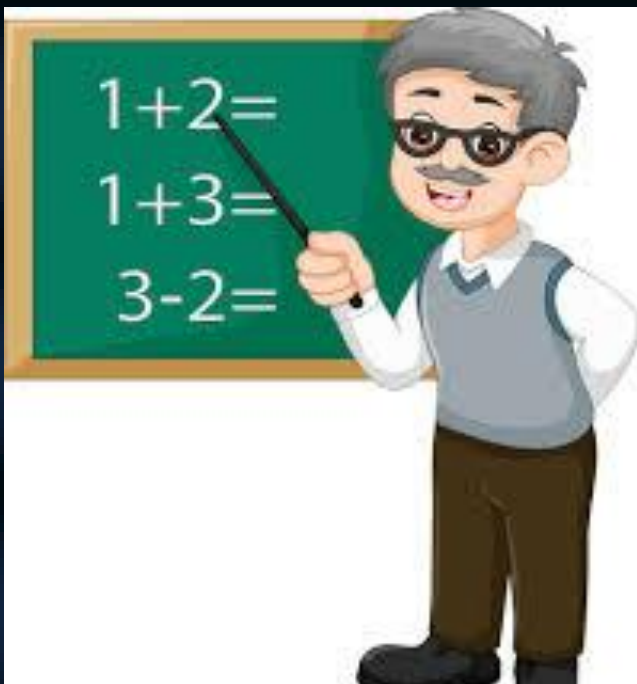
So, what is the way ahead? There is a need to evolve a national strategy to elevate the teaching profession so that teachers are paid at par with skilled professions. Countries like Estonia and Finland have introduced such a system to attract younger generations. Supporting students who want to go into teaching with free/assured higher education at top universities, scholarships/stipends during their college days could be another way of attracting young talent. Few Scandinavian and

EU countries have introduced this system . Creating an attractive career path for teachers is another important step to make this profession attractive.. The path should provide teachers with opportunities to lead professional development in their schools or regions, develop curricula and assessments, and even develop policies by spending time in the Ministry of Education. One more step to have good teachers is to encourage retired

Professionals to contribute in this field. During my tenure at the Kyiv International School I found that a large number of teachers were retired government employees including a few senior sailors/equivalents from the US Navy and Army. We can also contemplate this option.

The importance of Teachers for society and nation building requires no emphasis. The Indian teacher, once a foot soldier in the freedom struggle and a contributor to nation building in the early years after Independence, now stands relegated to the margins of public life. This marginalisation is reflective of the social change that has taken place in the country and flags the diminishing importance of intellect. It is time for all of us to introspect as society and nation and find ways to make this noble profession remain noble and attractive to build an intellectual and strong nation of the future.

I hope that with the changing mindset , changes in social mindset and technological growth , things will change in the years to come and someday , to a similar question “ Who Wants to be a Teacher “, probably there will be many willing students.



Mrs Sangita Sant

'दुनिया की असलियत'

जगमग दुनिया के पीछे एक अलग दुनिया बसती है ,
जहां हर पल जिंदगी रोती और हर पल खुशियां पिसती हैं ।
यहां सब एक समान बस नारे हैं, वरना बेटी पैदा होने पर लोगों के मुंह लटकते हैं,
और उसकी शादी होने पर कंधों से बोझ घटते हैं।
यहां कलाम जैसे बेटों की मां आज भी भूखे पेट सोती है,
और हर जगह वो दामिनी भेड़िया नजरों का शिकार होती है।
वे कुर्सी वाले लोग नहीं समझते, कुछ उनकी पैसों की फसल बोती है ,
जब आंखें खोल कर देखो जनाब असलियत ऐसी होती है।।

इंदु बाला

M/O अक्षिता ठाकुर UKG(D)

कोरोना VS ऑनलाइन कक्षा

कौन कहता है कि बदलाव नहीं आते,
जो चले गए वे दिन वापस नहीं आते।
किसी जमाने में शिक्षक कुर्सी पर बैठकर पढ़ाते थे ,
अपना पूरा ध्यान छात्रों पर लगाते थे।
आज हम भी कुर्सी पर बैठे छात्रों को पढ़ा रहे हैं ,
समझ आए उन्हें,इसके लिए पूरी मेहनत कर रहे हैं ।
कोशिश यही है ,कि लगे रहें ऑनलाइन कक्षाओं में,
नई -नई जानकारी इकट्ठी कर,भर दें उनके दीमागों में।
बच्चों को अपने दिल की बात करने का मौका दें पाएँ,
इसी में सावधानी है ,यह बार- बार समझाएँ।
समय खतरनाक है बच्चों, बचना है इससे हमें ,,
कक्षाओं में ढील ना देकर कोर्स भी पूरा करना है हमें ।
इसी तरह लगे रहो दोस्तों पढ़ाने में ,
लगा दो पूरा ध्यान नए- नए आइडिया अपनाने में।
साथ ही धन्यवाद, हमारे स्कूल मनेजमेंट का,
जिन्होंने अहसास कराया इस नए टैलेंट का।
नहीं तो हमेशा अंधेरे में ही रह जाते,
हम भी ऑनलाइन पढ़ा सकते हैं यह कैसे जान पाते।
धन्यवाद [उर्मिला गिल (TGT हिंदी)]

अधूरी ख्वाहिशें

यूं तो हर किस्से या कहानी का अंत सुखद या दुखद होता है पर कुछ कहानियां ऐसी भी होती हैं, जो श्रोता या दर्शक के मनःस्थिति से निर्धारित होती हैं कि वह लिखने वालों की भावनाओं को कहां तक समझ पाया है।

बचपन भाई - बहनों के साथ खेलकूद, पढ़ाई-लिखाई में गुजरता रहा, कब हम सब बड़े हो गए समय का पता ही नहीं चला। हाँ, पर कभी घड़ी देखने की ज़रूरत महसूस नहीं हुई।

हिंदी जिसे आज के समय में लोग बोलने में शर्म महसूस करते हैं, विषय से मैंने स्नातकोत्तर डिग्री हासिल की थी। 21 वर्ष की उम्र में विवाह हुआ, विवाह के बाद मैंने अपने माता-पिता के द्वारा दिए गए संस्कारों को बखूबी निभाया, लेकिन धीरे-धीरे एक के बाद एक ज़िम्मेदारियों से मेरे कंधों पर इस तरह से बोझ पड़ने लगा जैसे किसी ढेले पर कई तरह की सब्जियाँ ।

मेरी बचपन से एक ही ख्वाहिश थी कि मैं एक शिक्षिका बनूँ।बीच के तीन-चार साल तक मैंने यह कार्य किया भी, पर परिस्थितियों ने कुछ इस तरह करवट बदली कि मैंने अपनी ख्वाहिशों का गला घोट डाला ,बस एक कठपुतली की तरह कभी पति कभी, घर वालों के इशारे पर नाचने लगी। सब ने यह सोचा कि मैं बहुत खुशमिज़ाज़ और जिंदादिल हूँ पर मैंने बस मुस्कुराना और हँसना सीख लिया।

दूसरों के लिए आज मेरे पास सब कुछ है। बच्चे हर क्षेत्र में आगे और पढ़ाई में अक्वल। पति ने भी अपने जॉब में जो कुछ चाहा, पाया। आज सब अपनी- अपनी जिंदगी में कार्यशील और मेहनत कर रहे हैं। मुझे उनके साथ हर जगह मान -सम्मान मिल रहा है । अब मुझे खुशी होती है कि मैंने अपनी कुछ इच्छाओं को खोकर बहुत कुछ ऐसा पाया है जिसकी मैंने कल्पना भी नहीं की थी।आज मैं खुश हूँ बच्चों और पति की कामयाबी से, उनके साथ चलने में।

अंत में यही कहना चाहती हूँ कि

“जीते तो सभी अपने लिए ही हैं पर दूसरों के लिए जीने का आनंद ही कुछ और है, मिल सके आसानी से उसकी ख्वाहिश किसे है! जिद तो उसकी है जो मुकद्दर में लिखा ही नहीं॥“

लेखिका- उषा रानी

(एम. ए. साहित्यिक हिंदी)

देख ,तेरे संसार की हालत क्या हो गई भगवान ,कितना बदल गया इंसान।

जी हां, इस कोरोना काल में जैसा कि हम देख रहे हैं हमारा पूरा माहौल बदल चुका है। हमारा रहने का तरीका, खानपान का तरीका, सोच विचार का तरीका सभी कुछ बदलता जा रहा है। इस समय में हमें यह कोशिश करनी है कि हम सकारात्मक रूप से आगे बढ़ें, अपने बच्चों को सही मार्गदर्शन दें। आज उन्हें हमारे साथ और हमारे मार्गदर्शन की बहुत अधिक आवश्यकता है। यह जो समय आया है इसमें उनकी कोई गलती नहीं है। इस बात को हमें समझना है। बच्चों के लिए भी सब कुछ नया है, उन्हें समय-समय पर इसके बारे में समझाना जरूरी है। हो सकता है कई बार बच्चे चिड़चिड़ाहट में हमसे उंची आवाज में बात करें या कभी-कभी हमारी बात ना सुनें। उस समय हमें संयम बना कर रखना होगा और बड़े ही धीरज के साथ उन्हें समझाना होगा। समय का बदलाव है, इसे अपने जीवन में अपनाते हुए बच्चों को सही- गलत का महत्व समझाना है। साथ ही उनके खानपान, उनकी दिनचर्या, उनकी ,पढ़ाई -लिखाई --- इन सभी बातों का खास ध्यान रखना है। हो सकता है समय और उम्र के बदलाव में हमें ऐसी चीजें देखने को मिलें ,जो हमारा दिल मानने को तैयार ना हो, लेकिन अपने दिल को समझाते हुए और समय की नाजुकता को समझते हुए हमें अपने बच्चों को सही मार्गदर्शन देना होगा ,उन्हें एहसास कराना होगा कि हम तुम्हारे साथ हैं, हम तुम्हारे दोस्त की तरह हैं ,तुम हमसे किसी भी समय अपने दिल की बात साझा कर सकते हो। हम तुम्हारा हर कदम पर साथ देंगे।

धन्यवाद

उर्मिला गिल
(टी जी टी हिंदी)

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.