

THE WOMAN WHO MADE INDIA PROUD



P.V. Sindhu became the first Indian to win a Badminton World Championships gold on August 25, 2019.

She beat Nozomi Okuhara of Japan in a lop-sided final held in Switzerland. This was Sindhu's fifth World Championships medal.

Sindhu has often credited her parents, P. Vijaya and P. V. Ramana, for her success. Both of whom are former volleyball players. She became world champion on her mother's birthday and dedicated the medal to her. The 24-year-old who hails from Hyderabad had the first of her victories during the all-India under-10 singles held in Kochi in June 2005. She won the all-India junior major ranking badminton tournament in Hyderabad in November 2008.

Under the tutelage of Pullela Gopichand, she won her first Grand Prix gold in the Malaysian Open in May 2013. P.V. Sindhu received the Padma Shri award in 2015. She won a silver medal in the Rio Olympics in 2016 becoming the first Indian to reach a badminton singles final at the Olympics. Her winning a BWF World Tour Finals medal, did not lessen the criticism of losing two World Championship finals in 2018 and early 2019. But she left audiences and her critics speechless with her historic win in the Badminton World Championship now in 2019.

WARM WELCOME TO RISVAN SIR



Kozhikode : Mr Risvan.M took in charge as the NCDC Regional Office Administrator of NCDC on 19th August, 2019. A warm welcome was given to Mr.Risvan by the staff of Regional office. He addressed the Staff, Faculties and Counselors of NCDC that he will take NCDC to the greatest heights and for that, everyone should work together as a strong team to support him. He also mentioned that Social media promotion should be taken as the target of achievement by all, for a brighter future of NCDC.

SUPPORT TO THE RELIEF CAMPS BY THRISSUR AND TALIPARAMB NCDC CENTRES



The faculty and students of Thrikkavayalil, Chavakad, Chalakudy and Irinjalakkuda centres offered kits of necessary commodities for supporting the relief camps in the district, to the Mathrubhoomi collection point in their office. The initiative for this was taken by the faculties Mrs.Smitha Krishnakumar, Mrs.Rahmath Salam, Mrs.Shumaisa and Mrs.Aswathy Saneesh. (Pic1)

NCDC Taliparamb centre students and faculty Mrs.Asha supported the students affected with flood by offering study material kits through Mathrubhoomi office. (Pic2)

SAVE KERALA

കുടുംബശ്രീയുടെ സഹായം നേടുന്നതിന്

സംരംഭനം ചെയ്യുക

2019 ഏപ്രിലിൽ സംരംഭനം ചെയ്ത കൂട്ടായ്മയുടെ ഭാഗമായി

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PERSONALITY OF THIS WEEK



Ayyankali (28 August 1863 – 1941) was a social reformer who worked for the advancement of those people in the princely state of Travancore, British India, who were treated as untouchables. His efforts influenced many changes that improved the social wellbeing of those people, who are today often referred to as Dalits. Mahatma Gandhi called Ayyankali as 'Pulaya king'. Indra Gandhi described him as 'India's greatest son'. The historian P. Sanal Mohan has described Ayyankali as "The most important Dalit leader of modern Kerala". The anniversary of Ayyankali's birth has been celebrated by his descendants and by special interest groups.

HEALTH BENEFITS OF GARLIC



Health Tips

Highly nutritious, but has very few calories. Contains compounds with potent medicinal properties. Can combat various sickness, including the common cold. The active compounds in garlic reduce blood pressure. Improves cholesterol levels, which may lower the risk of heart disease. Contains antioxidants that help to prevent Alzheimer's disease and dementia. Athletic performance gets improved with garlic supplements. Detoxify heavy metals in the body. Improves bone health

WATER - A LIFE GIVER AND A BOON



Bhagya G. Nair
Distance batch student

Water is precious for our earth, its living beings and entire ecosystem. Without water, nothing will survive. It is a part of our life, we cannot imagine a world without water. Water makes life possible on earth. Wasting it is just not a good idea. Now the time has come, we have to stop a while and think twice before wasting a droplet. Save every drop, and protect our lakes and rivers. Wasting water and contaminating it is something to which, we should say "No". Check the leaky taps which drips day and night, and don't forget to turn the tap shut tightly. Just think every time all the water being lost, and how many lives it cost. So Save Water its our pride, duty and responsibility. Come join our hands, do our part and pledge now and forever to save and have much more happy heart.

CHILD LABOUR

Sneethu.K.S, NCDC Student,Chavakkad



Children who are under 16 year age work on tea stalls, restaurant, hotels, factories and building are called child labour. India has the largest number of child labour in the world. India has more than 13.46 million child labourers. It is shameful to India that even after 66 years of independence, these children have tools instead of books. The main reason behind child labour is poverty. Children work as child labour just to satisfy their hunger. Although in 1987 the Indian government formulated National policy on child labour to protect the interest of children, no effective measures have taken far. To eradicate child labour government should exact laws effectively. Employer should be punished for giving job to children.

OF MY WONDER-FILLED CHILDHOOD

Mrs.Sudha Menon,
 NCDC Faculty & Coordinator of Northern Kerala

It is amazing how a starry eyed youngster looks at the world differently. There was a small white flower in my garden blooming at four in the evening and hence called the 4 o' clock flower. Many evenings of my childhood, I had spend looking at the flower to see the blooming. I tried everything from not closing my eyes to shielding the flower from the breeze, but I couldn't see what I wanted. So I formed a postulate that it is a secret known only to the flower. As the flower knows that I am looking at it, the breeze is helping make its small movements and bloom.

Nature has always fascinated me, and the stars were my favorite subject . My father told me that the stars were uncountable. I thought if I could count them, I could become a scientist. That was the age when I didn't even know to count more than 100. Yes, counting the stars was stupid. But I enjoyed it. I thought the moon belonged to me. Wherever I went ,it followed me. And some day when moon wasn't there, I thought that it slept early. My mother used to feed my younger brother saying that she would catch the moon for him. I would get angry, thinking how unfair it was to give my moon to him.

Another postulate of mine was that there were people and things trapped inside the TV. My brother and I planned a plot to break the TV when there was a lot of chocolates beamed on the screen. We even kept a hammer ready. Thank God, I didn't do that.I wonder what the children of the younger generation must be thinking in this age of technology. I have a friend who talks to her sister's daughters through video call. Are these children thinking their aunt is stuck inside the phone? Hope they're not planning to break the phone. My childhood was filled with sea, breeze, stars, plants and flowers.

The first thousand days are the foundation of the development of a child's emotional

cognitive and motor skills. Home is their first school and parents are their first teachers. What you show are what they become. Make sure that your children know the beauty of nature. Teach them how to plant a tree. Let them play in the mud. Let them run, let them fall, let them get up by their own. Let them wipe off the dust and run again. And that is how children learn their first lesson of not giving up.

MOTHER EARTH CRIES..

Sherin.U.H. NCDC Thrissur Student



The lungs of the world is on fire. The news that wake us up daily morning are so threatening that we must begin to think about our mother earth soon. The devastations caused by human actions include major floods and landslides (like what occurred recently in Kerala),the melting of polar ice caps, global warming and climatic changes. Humans are responsible for the heart-breaking circumstances as a result of increasing population, high rates of emission of fuels and other chemicals, improper management of plastic wastes and so on. We must take immediate action to save our mother earth and the responsibility of it lies within each individual.




 EDITORIAL
 

MAKE OUR KIDS STUDY INDEPENDENTLY



Dr.Sruthi Ganesh, Program Coordinator NCDC

Putting too much of pressure on kids to study and being over-involved in their academics may do more harm than good. Many parents believe that the more they will help their children, better will be their performance in school as well as in social life. They even try hard to help their kids study and complete the homework and projects so that they remain on the top level in class. Parental involvement in the studies of children is extremely important but a new research shows that too much of involvement of parents in their children's studies can do more harm than good.

Believe in Your Child : Let your child know that you have faith in her abilities. Just keep a watch and you will know when they really need help.

Encourage your Child's Effort and Progress : You should praise your child for the effort she is putting in and the work it took to get good grades. When we praise the action and effort, children get boosted and they do that again and again.

Create Opportunities for Independence : You give them their responsibilities and step back. They will have both skills and confidence in themselves which will help them move forward independently.

Provide a Learning Space : Once this is done, they will stay focused on their learning and would not keep asking you what they need.

Keep Out of the Way : The best way to help them succeed is to allow them to work independently.

 IMPORTANCE OF CREATIVE THINKING IN
 EDUCATION


Mrs.Jyothi J, NCDC Kollam faculty

Creative thinking is when students are able to use imagination and critical thinking to create new and meaningful forms of ideas where they can take risks, be independent and flexible. Instead of being taught to reiterate what was learned, students learn to develop their ability to find various solutions to a problem. Examples of creative thinking skills include: problem solving, writing, visual art, communication skills, and open-mindedness. The right mix of creativity along with curriculum helps students to be innovative and also encourages them to learn new things. Fun team building activities can be organized so as to promote creative thinking in groups and helping them to learn about accepting others' ideas.

MY FATHER : MY ROLE MODEL

Aswany, NCDC Trivandrum Student

FATHER, the second God
 But to me, He is the first God.
 He taught me how to
 Live in this great world.
 He loves me, cares me,
 Protects me and guides me to the right path.
 He is not only a FATHER
 He is a great mentor.
 Dad, please forgive me
 For all the mistakes I made.
 I am your daughter,
 No one can challenge me because
 You are my strength... You are my courage,
 You are my Role Model I Dad.....

THE VOICE OF NCDC

Life Skills



Mrs. Bindu Saraswatibai, NCDC Kaloor Faculty

The term 'Life Skills' refers to the skills you need to make the most out of life.

Any skill that is useful in your life can be considered a life skill. Tying your shoe laces, swimming, driving a car and using a computer are, for most people, useful life skills. Broadly speaking, the term 'life skills' is usually used for any of the skills needed to deal well and effectively with the challenges of life.

The key life skills required are:

1. Communication and interpersonal skills : This broadly describes the skills needed to get on and work with other people, and particularly to transfer and receive messages either in writing or verbally.
2. Decision-making and problem-solving : This describes the skills required to understand problems, find solutions to them, alone or with others, and then take action to address them.
3. Creative thinking and critical thinking : This describes the ability to think in different and unusual ways about problems, and find new solutions, or generate new ideas, coupled with the ability to assess information carefully and understand its relevance.
4. Self-awareness and empathy : They are two key parts of emotional intelligence. They describe understanding yourself and being able to feel for other people as if their experiences were happening to you.

Building life skills is essentially an exercise in helping children develop sound judgment

and good habits for long-term stability, wellness, and success. Parents can take an active role in teaching life-skills at home with projects that provide real world examples and lessons in decision making and problem solving. They can be as simple as assigning household chores and budgeting exercises through an allowance, to caring for a pet or volunteering in the community. Fun and simple-to-organize activities, like game nights (or afternoons) with family and friends with an educational focus that also encourage working in teams, can help to build social and interpersonal skills.

NCDC STUDENT'S CREATIVITIES



Somaja, NCDC Tvm student



Abhirami, NCDC Tvm student



Sithara, NCDC Kollam student



Kollam Regular batch students