

## Poove Poli Poove....



Onam is an annual Harvest festival in the state of Kerala in India. It falls on the 22nd nakshatra Thiruvonam in the Malayalam calendar month of Chingam, which in Gregorian calendar overlaps with August–September. According to legends, the festival is celebrated to commemorate King Mahabali, whose spirit is said to visit Kerala at the time of Onam.

Onam is a major annual event for Malayali people in and outside Kerala. It is a harvest festival, one of three major annual Hindu celebrations along with Vishu and Thiruvathira, and it is observed with numerous festivities. Onam celebrations include Vallam Kali (boat races), Pulikali (tiger dances), Pookkalam (flower arrangement), Onathappan (worship), Onam Kalli, Tug of War, Thumbi Thullal (women's dance), Kummattikali (mask dance), Onathallu (martial arts), Onavillu (music), Kazhchakkula (plantain offerings), Onapottan (costumes), Atthachamayam (folk songs and dance), and other celebrations.

### **MONTESSORRI TTC INAUGURATION & ONAM CELEBRATION CONDUCTED IN KOTTAYAM NCDC CENTRE**

Kottayam : The inauguration of Kottayam branch Montessorri TTC accompanied by onam celebration were conducted on 31st August 2019. All students gathered at the venue by 9.30 am. Smt. Regitha Principal of Depaul school, Mundakayam, inaugurated the function. Smt. Bindu Jacob, Faculty of Kottayam NCDC presided over the function. The program commenced with putting auspicious

auspicious 'Athapookalam' as a remembrance of the great king 'Mahabali'. There were programmes like Anchoring, Welcome speech, Prayer song, Single song, Thiruvathira, Classical & Cinematic dances, vote of thanks etc. All these programmes were initiated by the students themselves. The programme wound up by 3.30 pm after having delicious 'Onam Sadhya'. All the programmes were conducted in a very well coordinated manner & provided a great experience & lot of good memories to cherish for the students.



### **About Mahabali**

Mahabali is also known as Bali or Maveli or son of Virochana was a benevolent Daitya King and the grandson of Prahlada in Indian scriptures. The festival of Onam is celebrated in Kerala to mark his yearly homecoming after being sent down to the underworld Sutala by Vamana, a dwarf and the fifth incarnation avatar of Vishnu. The government of Kerala declared Onam as the 'State Festival' of Kerala in 1960.



### PERSONALITY OF THIS WEEK



**Maria Montessori:** Maria Tecla Artemisia Montessori : ( August 31, 1870 – May 6, 1952) was an Italian physician and educator best known for the philosophy of education that bears her name, and her writing on scientific pedagogy. At an early age, Montessori broke gender barriers and expectations when she enrolled in classes at an all-boys technical school, with hopes of becoming an engineer. She soon had a change of heart and began medical school at the Sapienza University of Rome, where she graduated – with honors – in 1896. Her educational method is still in use today in many public and private schools throughout the world.

### HEALTH BENEFITS OF CUCUMBER



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### TODDLERS JOURNEY TO THE CLASSROOM



Mrs. Sudha Menon,  
 NCDC Faculty, Coordinator  
 Northern Kerala

Some years ago while looking for admission for my son in South Mumbai, my husband and I went through what turned out to be the most harrowing time of our lives.

Schools! One school wanted a self-addressed postcard, no interview-only so that, six weeks later, they send you a regret by the postcard. We heard later that the only way to that school is only if we knew someone who knew someone on the school board. Another school wanted an application form before the baby turned one, and then conducted an admission test a few years later where the child could be given a sheet of paper with a numerous skills printed on it, which the child would carry innocently from table to table to be tested on skills in order to qualify for admission. Yes, this was for admission into class 1. There were even admission coaches in South Mumbai who prepared kids for these admission tests.

Another school tested the parents instead of kids, asking earnest people like questions about favorite books and movies and then knocked almost everyone out because alumni kids got extra points. Another school made you stand in line with celebrities so that you could feel better about yourself while they gently bumped you off. Group discussions, parent interviews, child observations—all sorts of ways in which schools could cherry-pick the most 'promising' kids (or richest, or most well-connected). So, forgive me if I am a bit sceptical about selecting schools.

### MOTHER

My mother is the most precious and caring person in my life. She was my first, foremost and best friend. She cares for me and loves for me a lot. She stands by me in my good as well as bad times. She spends sleepless nights and takes care of me when I fall sick. She teaches me to go on the right path and to the right things. She is like a first teacher for me who taught me to speak, walk, behave well and many more good things. She always inspires me to do something good for the society and the country. I love my mother very much and I can never forget the sacrifices she made for me.



## Charity

**Aysha,**  
Student of NCDC chavakkad



Charity is the process of giving or helping someone either by money or by physical help. A real person is that who helps others but giving comfort to his or her family members or relatives too. Charity always should begins from home, if your family members or relatives are not in well condition and you are working for social services then it is your duty to first help your closer ones who are completely depended on you then should help others.

Some people who are selfish and help others for their personal advantage, this kind of people even forget the real meaning of charity, they just do a business deal in form of charity. A true person who is in favour of charity will always take care of his loved ones first and then help others physically or financially. Being polite, humble and generous to your family is the real meaning of charity begins at home. For a person who works outside the house for social services is primarily needed by his or her kids or elder person, this is the charity at home. Thus, family and your self is your first priority before helping and serving others.

## NCDC CELEBRATIONS

All NCDC study centres celebrated Dr. Maria Montessori's birthday



Celebration by Karunagappally NCDC Centre

## LIFE

**ATHIRA.V, Student**, NCDC Chavakkad

Life is beautiful. But not a bed of roses. There is alot of stress all around us these days. Most people complain about problems at office, issues in relationships and the growing competition in various fields. People are so engrossed in dealing with these issues that they don't see the real beauty of life. There is so much more to life than these things. In fact, if we look at life closely, we will realize how beautiful it is. God has given us an abundance of everything. This is evident when we look at the nature. The trees, plants, rivers, and sunlight everything is in abundance and so is the energy that resides within us. This is the beauty of life. However, this is not to say that life is a bed of roses. It is not! The problems and concerns of people are genuine. The rich, the poor, the educated, the uneducated, the beautiful and the not so. Beautiful - everyone has his/her onset of problems. Life is not easy for anyone. However we need to understand, that this is how life is. If everything came easy we would not value it. So Life is beautiful on its own way and we should look for reasons to enjoy it and embrace its beauty and the issues we are dealing with..

## BUTTERFLY

(AjinshaAjayan . S, Trivandrum Regular)

Butterfly, butterfly come come  
 You are so beautiful ..  
 wow.....wow.....,wow.....  
 It's orange , red, black...  
 Ha.....,ha....., ha.....  
 Can you come to my house...  
 There are so many flowers...  
 Rose, jasmine, Lilly, hibiscus...  
 Come to my house,  
 Come to my house...  
 You will get sweet honey.  
 Butterfly, butterfly come come  
 You are so beautiful,  
 WOW....., WOW....., WOW.....





## WHY CHILDREN NEED PLAY



Mrs. Sabitha  
(Faculty, Karungappally NCDC)

With increasing emphasis at school on developing academic skills in children at younger and younger ages, what role does dramatic ("pretend") play have in early childhood? Is the idea of play merely a throwback to another time when we did not have as much information about how children learn to read and acquire math skills? Is play a luxury? Is it worth it to sacrifice playtime in order to make sure that children learn the letters of the alphabet and know how to count, especially those "at risk?" In any case, don't children already play enough at home?

There is a growing body of research that shows a link between play and the development of cognitive and social skills that are prerequisites for learning more complex concepts as children get older. For example, play is linked to growth in memory, self-regulation, oral language, and recognizing symbols. It has been linked to higher levels of school adjustment and increased social development. Play has also been linked to increased literacy skills and other areas of academic learning (a view held by Piagetian and Vygotskian theories of child development).

Play is especially beneficial to children's learning when it reaches a certain degree of sophistication. In other words, "unproductive" play happens not only when children fight and argue over who is going to be the "mommy" and who is going to be the "baby," but also when the child who is "mommy" keeps performing the same routines with her "baby" day after day with no change. By contrast, play that has a potential for fostering many areas of young children's development, including social and cognitive development, has the following characteristics:

- 1) Children create a pretend scenario by negotiating and talking to peers and use props in a symbolic way; and
- 2) Children create specific roles and rules for pretend behavior and adopt multiple themes and multiple roles. When children engage in this kind of play for most of their early years, they learn to delay gratification and to

prioritize their goals and actions. They also learn to consider the perspectives and needs of other people. They learn to represent things symbolically and to regulate their behaviors and act in a deliberate, intentional way.

Most primary school teachers would probably agree that they don't expect kindergartners to enter first grade with a complete mastery of spelling or addition. After all, it is in the early elementary grades when children learn these academic competencies. However, teachers of entering school-agers do hope that the children who come into their classrooms can concentrate, pay attention, and be considerate of others. These areas are developed not by using flashcards or computer programs, but through interacting with peers during play.

Today, many children do not have enough play opportunities at home because of TV, videos, and the computer. They interact with toys that are not conducive to building imagination and interesting dramatic play themes. In many instances, pretend play with siblings and neighborhood children is not available. There are more adult-organized and directed activities than in the past. They tend to be in groups of children of the same age rather than in mixed-age groups, which would include older children who could act as "play mentors."

Early childhood classrooms provide a unique setting to foster the kind of dramatic play that will lead to cognitive and social maturity. There are other children to play with, a setting that can be organized to accommodate imaginative play, and adults who can encourage the play, guiding children to play effectively with each other. Indeed, this is the cornerstone for all learning, and we need to stand firm in our support of play.

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