

## BABA ALEXANDER CONDUCTED "INNOVATIVE TRAINING METHOD TO ATTAIN FLUENCY IN ENGLISH" AT MARTHOMA HIGHER SECONDARY SCHOOL



Five days training on "Innovative Training method to attain fluency in English" was organized by National Child Development Council at Marthoma Higher Secondary School, Valakom. The training was conducted by Sri. Baba Alexander New Delhi, founder of One World One Language movement. Valedictory function was also organized after the grand success of this program. The chief guest of the function was Sri. Shaji.S (Veliyam Assistant Educational Officer). The function was presided by Sri.K.M.Reji (PTA President of Marthoma HSS).



**There is no 'mother-tongue'**

INTERNATIONAL MASTER TRAINER  
BABA ALEXANDER NEW DELHI

Other guests were Sri. Baba Alexander New Delhi (Founder of One World One Language movement), Smt.Kunjamma.P (Headmistress of Marthoma HSS) and Sri.Johnson.P.K (Senior Faculty of Marthoma HSS). Sri.Shaji.S mentioned that this program was a beneficial methodology introduced to the students and in future this should be implemented in other schools of Kerala too.

## PERSONALITY DEVELOPMENT AND CAREER GUIDANCE WORKSHOP ORGANIZED IN MALABAR CHRISTIAN COLLEGE, CALICUT



One day Workshop for Women on the topic 'Personality development and Career guidance' was organized by National Child Development Council in association with Women Cell, Malabar Christian College, Calicut on 18th Sep 2019. The main speaker was International Master Trainer Mr. Baba Alexander New Delhi, Founder of One World One Language movement. Program was Inaugurated by Dr. DP Godwin Samraj Principal Malabar Christian College and felicitated by Smt. Elamma, Vice Principal Malabar Christian College and Mr. Risvan, NCDC RO Admin Kerala Region. Other sessions were carried out by Ms Smitha, Faculty of NCDC, Thirur center and Ms. Sheeba, Faculty of NCDC Calicut center.





### PERSONALITY OF THIS WEEK



**Sarvepalli Radhakrishnan** (5 September 1888 – 17 April 1975) was an Indian philosopher and statesman who served as the first Vice President of India and the second President of India. He was awarded several high awards during his life, including a knighthood in 1931, the Bharat Ratna, the highest civilian award in India, in 1954, and honorary membership of the British Royal Order of Merit in 1963. He was also one of the founders of Helpage India, a non profit organization for elderly underprivileged in India. Radhakrishnan believed that "teachers should be the best minds in the country". Since 1962, his birthday has been celebrated in India as Teachers' Day on 5 September every year.

### HEALTH BENEFITS OF WINE



#### Health Tips

1. It contains antioxidants
2. It boosts the immune system
3. It increases bone density
4. It reduces the risk of stroke
5. It reduces the risk of heart disease
6. It can lower cholesterol
7. It reduces the risk of Type 2 Diabetes

### NCDC CELEBRATIONS



Teachers Day Celebration at Kottayam NCDC Centre

### TRUE LOVE - Aiswarya M, Alappuzha NCDC student

Ever lived with a dog?  
If yes, you are blessed.  
For him, you are his life,  
you are his master,  
you are his best friend and  
you are his family.

All role in one.

Give him nothing; show him love,  
He needs nothing; but will return love double,  
He will fight for your life, losing his-  
expecting nothing.

God created dog to reflect him.

The most selfless creature on earth,  
the most beautiful soul.

Never break his heart because,  
he will never break yours for sure!  
Make him your best friend,  
it's worth the effort.

Own a dog at least once  
to know what true love is!



# BAD HABITS

ANITA S, NCDC Pottanamthir Student



The society is now facing a big issue because of some bad habits. Unfortunately these bad habits are continuing from generation to generation. Bad habits like smoking, drinking alcohol and consumption of drugs are common these days. They are killing themselves and becoming a nuisance to the society. Being social animals it is our responsibility to raise voice against these activities. We can make a campaign against the use of intoxicating items. At the same time our youngsters should be given study classes to make them aware of its side effects. If we are doing like this we can make a good generation in future completely free from tobacco and alcohol. Let's try for it and make realize that new world.

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**TRIBUTE TO MY TEACHER**


**Sherin**, NCDC Palakkad Student

Great teachers never try to be the best teacher, they simply try to bring out the best in their students.....

Thanks for all the love and concern, for brightening my future,

For the message of humanity that you spread.....

Because of your wise counsel and guidance, we are emboldened and now face the future with much confidence from all the lessons both of formal and informal that we earned from you. We truly

appreciate your efforts.....

The way you teach.....

The knowledge you share....

The care you take.....

The love you shower.....

Makes you..... My best teacher.

**KNOW YOUR ENGLISH**

Mrs.Sudha Menon, NCDC Faculty Coordinator of Northern Kerala

What is the meaning of 'like a deer in the headlights'?

The expression is frequently heard in American English in informal contexts. I understand that when a deer sees the lights of an approaching vehicle, instead of running away, it remains frozen. The lights of the car/truck scare the animal so much that it stands paralyzed. Therefore, when you compare someone to a 'deer in the headlights', what you are suggesting is that like the animal, the individual is very surprised or frightened; he is so confused that he is incapable of thinking and is therefore unable to react in that situation. It is also possible to say, 'like a deer caught in the headlights'

**ENJOY THE LITTLE MOMENTS WITH YOUR LITTLE ONE** - Jyotsna. P, Distance batch student


There is a famous quote which says "Enjoy the little moments in Life" which holds good when it comes to our children. Every little moment that is spent with your children will become your treasure of memories. It will not only enhance their confidence levels but also improve their psychological and mental health.

In today's world, where both parents are working, quite often children are left to mend by themselves. Parents believe that buying expensive gifts will make their children happy. But, it is not so. Children need your time and attention and not material things.

Few tips for bonding with your children:

**LISTEN:** Every time your child talks, don't just hear but listen to them attentively. This will encourage them to come to you when they need you.

**TALK:** Make sure that you spend quality time conversing with your child everyday and understand their inner feelings. Just a simple question as "How was school today?" will help them pour out their feelings and emotions to you.

**HUG and SMILE:** A broad smile and a tight hug from you will make the child cheerful and feel secure.

**APPRECIATE:** Even a small act of good behavior needs to be appreciated. Remember you are the superhero in your child's book and your words of appreciation means a lot to them.

**ACTIVITY:** Every day take out time to do some kind of activity with your child. It can be as simple as playing board games, reading a story at bed time, dancing etc.

Believe me, you will never regret the precious moments spent with your little one. For these treasure of moments will be cherished by you during your silver hair days as you look upon your little one grown into a good, strong and confident human being.




**EDITORIAL**

**WHY IS TEACHER'S DAY CELEBRATED ON  
SEPTEMBER 5**


**Dr.Sruthi Ganesh, Program Coordinator NCDC**

Teachers Day is celebrated on September 5th in India and is a day to express the love and gratitude we feel towards those who have taught us in life, from school teachers to college professors to our tutors or trainers in fields other than academics.

It is not to be confused with Guru Purnima, a more Hindu-Buddhist festival which also celebrates the student-teacher relationship . 5th September 1888 was the birth day of Dr. Sarvepalli Radhakrishnan, the first Vice President and the second President of India. Teacher's day is celebrated on his birth anniversary. Dr. Sarvepalli Radhakrishnan was a respected Academic before he got into politics. He was a Professor at many colleges and even represented the University of Calcutta at the Congress of the Universities of the British Empire and the International Congress of Philosophy at Harvard University. He was Principal at Harris Manchester College, Oxford and would lecture the University of Oxford students on Comparative Religion.

The story goes that after he was President of India, some old students and friends asked him to allow them to celebrate his birthday which he answered, "Instead of celebrating my birthday, it would be my proud privilege if September 5th is observed as Teachers' Day." Ever since then his birthday has been celebrated as Teachers' Day in India.

Teachers educate us where our family or other carers can not. Their role in any society is irreplaceable as they can shape the future of their society by with the impact they have on their students. Though he was given the honor of being President, Dr. Sarvepalli Radhakrishnan had been a teacher himself and clearly understood the power that lay in teachers when it came to shaping a nation and thus remembered to honor teachers on his birthday.

Visit [www.babaalexander.com](http://www.babaalexander.com) | [www.babaalexander.org](http://www.babaalexander.org)

**BLAZE OF MY HEART**

Fahmiya, NCDC Palakkad student



I'm blind  
 But I don't mind  
 Coz, I know the healthy eyes,  
 Which couldn't capture the scrumptious earth,  
 are of no use!  
 I can feel...  
 the pricking of sand grains,  
 stroke of wavy air,  
 kissing of rain drops.  
 I can sense....  
 the fragrance of gardenia,  
 Chirping of birds,  
 Elegance of woods  
 I can realize....  
 the feelings and extreme emotions of humans  
 I can be kind enough,  
 to heal the wound in their heart  
 I'm bold enough  
 to ask my rights,  
 to stand with poor.

Yes! I'm blind,  
 But my eyes are not dead!  
 My glowing heart with fire,  
 vanishes the deepest darkness of eye.  
 I've illuminated my heart  
 With thousands of light!  
 "Is eye a necessity?"



SCAN ME



**THE VOICE OF NCDC**

Punishment for children



Mrs. Smitha Krishnakumar , NCDC faculty Thrissur

No matter how much we may encourage our child's good behavior, there will be times when we are forced to punish him/her.

Unseasonably harsh punishments like:

1. Rapping the knuckles with a ruler
2. A brusque slap on the face,
3. Frequent hard spankings
4. Tongue lashing

Can inflict physical and emotional anguish can break a child's spirit. Some of them may turn violent or some may withdraw into themselves .

Children must learn to take the responsibility for their behavior.,they must be held accountable for their actions. And therefore at time punishments are unavoidable.

Effective punishments like:

1. Just wearing a stern expression
2. Ignoring the child's misbehavior in case if the child deliberately tries to irritate or shock you,
3. Depriving them of their favorite food or activity
4. Briefly isolate them

Should be used instead:

These help a child to discover the natural consequences if his behavior , allow the child to come to grips with himself without undue loss of dignity. And used fairly they ultimately instill in them. Respect for parents teachers and others.

**SURPRISE ONAM GIFT FROM NCDC**



**NCDC STUDENT'S CREATIVITIES**

Kodungallur, Trivandrum, Kottayam Centres



India's Favourite Spoken English Methodology

**BABA EASY ENGLISH**

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