

NCDC TIMES

WELLNESS WOMEN

201 Edition



hope

If you only carry one thing throughout your entire life, let it be hope. Let it be hope that better things are always ahead. Let it be hope that you can get through even the toughest of times. Let it be hope that you are stronger than any challenge that comes your way. Let it be hope that you are exactly where you are meant to be right now, and that you are on the path to where you are meant to be... Because during these times, hope will be the very thing that carries you through.

NEVER
give up
BECAUSE
great
THINGS
Take time

You are
AMAZING.
You are
IMPORTANT.
You are
SPECIAL.
You are
UNIQUE.
You are
KIND.
You are
PRECIOUS.
You are
LOVED.



1

FOLLOW US

WELLNESS WOMEN

Don't take anything personally.

Nothing others do is because of you. What others say and do is a projection of their own reality, their own dream. When you are immune to the opinions and actions of others, you won't be the victim of needless suffering.

A beautiful day begins with a beautiful mindset.




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WELCOME TO NCDC FAMILY

*We are delighted to have you among us.
Extending our warmest welcome and good wishes*



Congrats

Helen Susan Thomas ..

NCDC Faculty cum Admission Counselor



*We are delighted to have you among us.
Extending our warmest welcome and good wishes*



Congrats

Midhu Suresh ..

NCDC Faculty cum Admission Counselor



May your birthday be the start of a year filled with good luck, good health and much happiness. Happy Birthday Karthika Ma'am.

HAPPY BIRTHDAY



Karthika Ranjith
NCDC Faculty

APRIL 9



WEBINAR

4

Nightingales Circle
Organising

WEBINAR ON

CHILD RIGHTS

" Old men can make war, but it is children who will make history "

Resource Person



Adv. Robin Raju

Practicing in the High Court of Delhi and the District Courts

Date : 12/04/22
Time : 4 PM ISD

Program Coordinator



Mrs. Girija Peter

NCDC Faculty



Coimbatore Press Meet



from the screens. The protestors said the film could trigger communal tension. Police detained 66 SOP members and removed them from the mall premises. Meanwhile, members of a

Narayan, chief Dr G Manoharan Charitable Raj were preside

Free online spoken English lessons

Times News Network

Coimbatore: National Child Development Council (NCDC), a non-governmental organisation that works for welfare of women and children, is planning to offer a two-month-long free online spoken English course for school and college students.

In a press meet held here on Thursday, project coordinator Smitha Krishnakumar said the initiative will benefit the students, who find it difficult to speak English. "The course will include general knowledge and skill develop-

The course will include general knowledge and skill development lessons

ment lessons. Daily lessons and activities will be shared with students through WhatsApp. Live classes will be held on Sundays between 2.30pm and 5.30pm," she said.

The module, in the form of games and puzzles, will gradually help students to speak English, Smitha added.

For more information, contact +91-7356183344.



குவநு தொடர்பான வித்தார்.

சர்வதேச மாண்டிசேரி படிப்புகளில் சேரலாம்

கோவை, ஏப். 1 -

தேசிய குழந்தைகள் மேம்பாட்டு கவுன்சில் சார்பில் நடத்தப்படும், புதிய ஆன்லைன் வகுப்புகளுக்கு விண்ணப்பிக்கலாம் என தெரிவிக்கப்பட்டுள்ளது.

இதுகுறித்து, நிருபர்களிடம் தேசிய குழந்தைகள் மேம்பாட்டு கவுன்சில் திட்ட ஒருங்கிணைப்பாளர் அனிதா கூறுகையில், "இந்த கல்வி திட்டத்தில், 10ம் வகுப்பு முதல் பட்டப்படிப்பு வரை ஐந்து படிப்புகள் உள்ளன. சர்வதேச மாண்டிசேரி

கல்வியில், ஓராண்டு சான்றிதழ் படிப்பு, டிப்ளோமா, முதுநிலை டிப்ளோமா படித்த சான்றிதழ் பெறலாம்.

கட்டணம் செலுத்த சிரமம் இருப்பவர்கள், இந்த நிறுவனத்தில் பகுதி நேரமாக பணி புரிந்தபடி படிப்பை தொடரலாம். கற்பிப்பதில் ஆர்வம் உள்ளவர்கள், பாதி கட்டணம் செலுத்தும் சலுகை உள்ளது." என்றார்.

மேலும் விபரங்களுக்கு, 92880 26146 என்ற எண்ணில் தொடர்பு கொள்ளலாம்.

NEWS TO READ



People scream from their windows after a week of total lockdown in Shanghai

A video reportedly showing residents in China's Shanghai screaming from their balcony windows has gone viral online. The city of 26 million residents has been under total COVID-19 lockdown for a week and people aren't allowed to leave their homes even for essential supplies. Another video showed a drone appealing to people to 'control their souls desire for freedom'.



9-year-old girl writes letter to mother killed in Ukraine, says 'I'll never forget you'

A nine-year-old girl has written a letter to her mother who was killed in Russia's war in Ukraine, saying 'I'll never forget you.' She added, 'I'll do my best to be a good person and get in heaven too. See you in heaven!' The letter was shared by Anton Gerashchenko, an adviser to the Minister of Internal Affairs of Ukraine.



Aus PM cooks PM Modi's 'favourite khichdi' to celebrate India trade deal, shares pics

Australia PM Scott Morrison took to Instagram to reveal that he celebrated his country's new trade agreement with India by cooking Indian dishes. "The curries I chose to cook for curry night...are all from my dear friend Prime Minister Narendra Modi's Gujarat province, including his favourite khichdi," he wrote. "Good job, looks delicious," an Instagram user commented.



Delhi sees hottest day in 72 yrs in April 1st half with max temperature at 42.4°C

The maximum temperature in Delhi reached 42.4°C on Saturday, making it the hottest day of April's first half in 72 years. Today's temperature broke the previous record for April 1-15 of 41.6°C, recorded on April 8 this year, and April 12 and 13 in 2010. IMD has said that Delhi recorded April's hottest day in five years on Saturday.

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HEALTH TIPS

15 STEPS TO A CLEAN EATING DIET

- #1 Eat close to nature
- #2 No processed food
- #3 Cut out energy drinks and sodas
- #4 Stop eating out
- #5 No added sugar
- #6 Eat whole grains/bread/pasta
- #7 Swap dairy with plant based milk
- #8 Eat walnuts/flaxseed for omega-3 instead of fish
- #9 Replace meat in your dinner with beans/peas/lentils
- #10 Eat 3-5 servings of vegetables
- #11 Eat 2-3 servings of fruits
- #12 Cut out all animal products
- #13 Drink only water and herbal tea
- #14 Cut out oils
- #15 Buy organic

DASH Diet What To Eat?



GRAINS

- Granola
- Popping Corn
- Whole Wheat Pasta
- Brown Rice
- Quinoa
- Multigrain Bread
- Corn Tortillas
- Hot Rolled Oats



VEGETABLES

- Cucumber
- Orange Bell Pepper
- Red Cabbage
- Brussel Sprouts
- Sweet Potatoes
- Broccoli
- Mixed Greens
- Carrots
- Celery



FRUITS

- Pomegranate Seeds
- Clementines
- Honeycrisp Apples
- Bananas
- Strawberries
- Raspberries
- Pears
- Avocados



NUTS (unsalted)

- Almonds
- Pistachios
- Walnuts
- Pumpkin Seeds
- Sunflower Seeds



ORGANIC DRIED FRUIT

- Apricots
- Raisins
- Mango
- Cranberries



LEAN MEATS

- Skinless Chicken Breasts
- Center Cut Pork Loin Chops
- Monkfish
- Salmon
- Shrimp



DAIRIES

- Low-fat Greek Plain Yogurt
- Manchego Cheese
- Romano Cheese



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ART AND CRAFT BY TEACHER TRAINEES

