



# NATIONAL CHILD DEVELOPMENT COUNCIL

# NCDC TIMES

ORION CIRCLE








**MAGAZINE INAUGURATION**  
&  
**WOMEN'S DAY CELEBRATION**  
on  
**MARCH 8TH**  
By  
**NCDC BUTTERFLIES**


 At **4PM**

**Chief Guest**  
**Mrs. ANUPA**  
**Entrepreneur**  
*Mrs Woman of the Year 2020*  
*Mrs Kerala 2021 Third Runner Up*  
*Mrs Indian Icon 2021*




**ALL ARE COORDINALLY INVITED**






**WELLNESS CIRCLE**  
**Organising**  
**A WEBINAR ON**  
**TIPS AND TECHNIQUES**  
**FOR WOMEN**  
**IN PANDEMIC TIMES**


 **DATE: 12/03/22**  
**TIME: 2.30 PM**


**LOVE YOURSELF, BE YOURSELF.**

**Program Coordinator**

  
**Mrs. Sherin M**  
NCDC Faculty

**Resource Person**

  
**Mr. SAISH GUNJKAR**  
Center Head APTECH LIMITED, Mumbai for 11 years  
Professional Trainer for 15 years  
(Education as well as Corporate Training)



**To Participate in this Free Webinar,**  
**Please comment "INTERESTED" below this post**

# Circle activities

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## A WEBINAR ON **FIRST AID**

ON 17th MAR 2022  
4 PM

Resource Person:

**Sr. Sujatha**  
Nursing Superintendent



*Accidents do happen; Make first aid as your bestmate*

To participate in this Free Webinar  
Please comment 'INTERESTED' below this post

Speak English  
in 50 hours

~~Rs. 5000/-~~

Rs. 3000/-



National Child  
Development  
Council

## Rapid Spoken English

Free Demo class  
on  
12-3-22  
at  
7.30pm



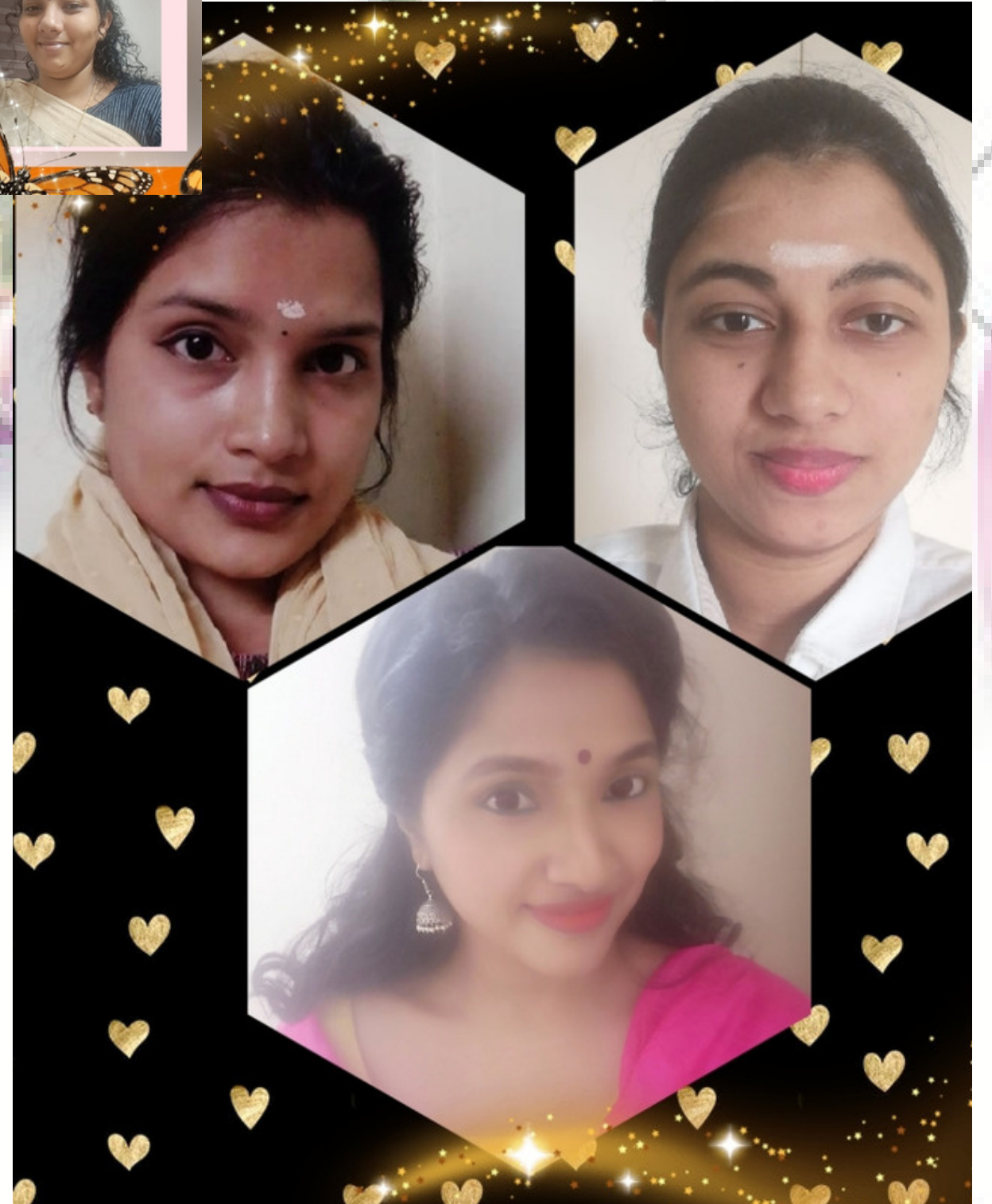
Personality  
Development  
Interview Skills  
Mind Tuning

Contact  
**+918138000385**

# NCDC TIMES

# Students corner

Anchoring makeover by  
Dazzling Divas



## TREES OUR LIFE

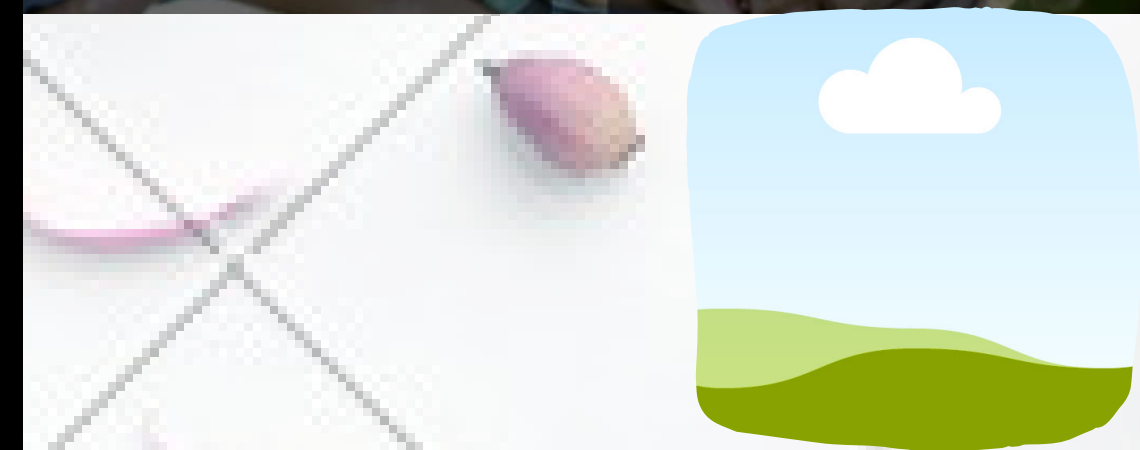
Trees are our life  
They gives us oxygen to breathe ,  
They gives us fruits and leaves ,  
They make the earth hot and cold  
So I request you please  
Don't cut the trees,  
To save life, Save the trees.

By Anu Ajo  
NCDC 46 th batch



## KIDS

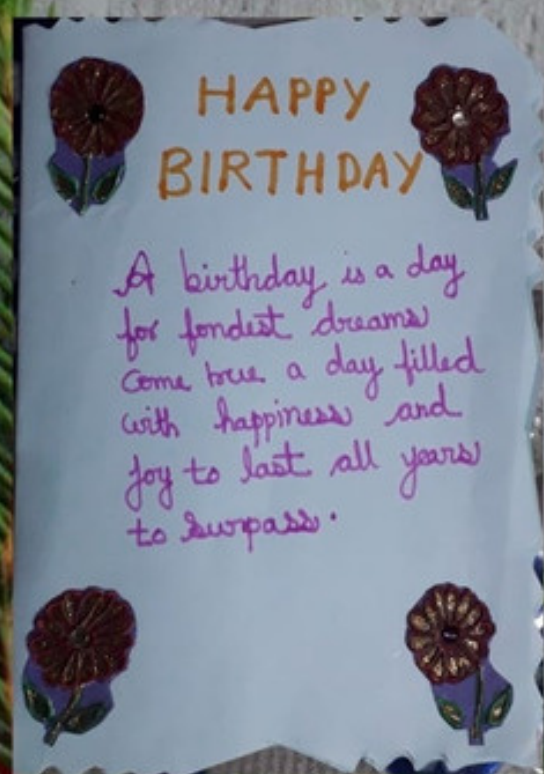
The kids are the gift of God  
We have to love them  
And take good care of them  
Their souls are as pure as pearls  
They hold abundance of innocence  
And purity in them ✨  
Kids are the future of the world  
And the leaders of tomorrow



## TIMES



## BIRTHDAY CARDS





# EDITORIAL

## WOMEN AS COMPANIONS

From a young age, I felt the soul-shaking influence of sisterhood and the stability this connection brings. Is there anything more powerful than an outstretched hand of another woman in your direction? For me, it was and continues to be a lifeline, especially since I became a mother. And yet when it comes to work, many women have experienced the opposite of this and have even been bullied by other women. It seems counterintuitive that we'd value these female friendships in our lives and turn on them at work.

Some research attributes this to workplace conditions and attitudes women are being asked to adapt in order to reach the C-suite. One article even suggests we "need to be 'half a bitch' to succeed." Yes, really.

This month, we're officially ditching the "bitchy" or "mean girls" approach for support and sisterhood, not shame, both at work and in life. And one of the first people we turned to for advice in this quest is Alexandra Elle. The poet and author has acquired a tribe of sisters who want to tap into her intentional living philosophy. I often check her Instagram for inspirational affirmations and journal prompts, but it was her post about celebrating another woman's triumphs that really hit home for me.

It read: **"Celebrating another woman's triumphs or success will never take away from your shine or glory. If anything, it'll add to it and create more light."** So of course, we had to reach out and ask her to explain why it's important to do this and how we can get back to that. Step one is to show and extend genuine support. "If given a chance, listen to her story," she tells me. "It's human to feel competitive sometimes; it's normal to feel jealous, but we have to reel in those negative emotions and not let them dictate our relationships with one another."

These connections have been crucial to her own success in life as a mother and author. "My friends are my chosen family," she says. "I need them to stay on track. It's important to have these types of soulful connections; they keep me grounded and feeling supported." So in a bid to truly support, let's as women share her steps towards sisterhood mastery. **CELEBRATING WOMANHOOD!**

SUDHA MENON.