

NCDC TIMES

197th Edition



WELLNESS WOMEN

Circle launching first NCDC TIMES issue as beginning step as circle activities.

WELLNESS WOMEN

ANANDHI

MINNU

SHERIN M

YAOMICHON



“When your dreams are bigger than the places you find yourself in, sometimes you need to seek out your own reminders that there is more. And there is always more waiting for you on the other side of fear.”

ELAINE WELTEROTH,
MORE THAN ENOUGH:
CLAIMING SPACE FOR WHO YOU ARE





WELLNESS WOMEN



10 Secrets of Successful Women

We need to reshape our own perception of how we view ourselves. We have to step up as women and take the lead.

She does not know what the future holds, but she is grateful for slow and steady growth.

I feel now that the time is come when even a woman or a child who can speak a word for freedom and humanity is bound to speak.

- 1 - Go with your gut
- 2 - Cut through the noise
- 3 - Find your desire
- 4 - Get up early
- 5 - Recognise your own worth
- 6 - Set work and personal goals
- 7 - Get rid of perfectionism
- 8 - Squash your inner control freak
- 9 - Know that 'no' is acceptable
- 10 - Ask for, and give, help





Feb 28

NATIONAL CHILD DEVELOPMENT COUNCIL



Happy Birthday..!

BINDHU JACOB
NCDC FACULTY

HAPPY BIRTHDAY
Birthdays be the start of a new year, a new year with good luck, good health and good friends. Happy Birthday Bindhu Ma'am..



Considered as one the most auspicious festivals, Maha Shivratri is celebrated with great fanfare and enthusiasm across India. People across the country dedicate this day to Lord Shiva and offer their devotion to the mighty God. Krishna Paksha in the month of Magha is known as Maha Shivaratri as per the South Indian calendar. However, according to the North Indian calendar, Masik Shivaratri in the month of Phalguna is known as Maha Shivaratri

HAPPY MAHA SHIVARATRI



സൗജന്യ സ്പോക്കൺ ഇംഗ്ലീഷ് പരിശീലനം
പാലക്കാട് • വേദാന്ത ശില്പി, രാജ്യ സന്നദ്ധ സംഘടനയാണിത്. നാഷണൽ ഓപ്പൺ ഡൗൺലോഡ് കൗൺസിൽ (എൻസിഡിസി) ഇംഗ്ലീഷ് പഠിപ്പിച്ചു. ഇംഗ്ലീഷിൽ സംസാരിക്കാൻ പ്രാർത്ഥിക്കുന്ന സ്കൂൾ, കോളേജ് വിദ്യാർത്ഥികൾക്കായി 'വെബ്സൈറ്റ്' ഇംഗ്ലീഷ് ഭാഷയിൽ (വെബ്) സൗജന്യ പരിശീലന പദ്ധതി ആരംഭിച്ചു.
സ്പോക്കൺ ഇംഗ്ലീഷ് പരിശീലനത്തിനു പുറമെ പൊതുവിജ്ഞാനവും കൈപ്പറ്റുന്ന വികസനവും ഈ പദ്ധതിയിലുണ്ട്. ദിവസേനയുള്ള പാഠങ്ങളും പ്രവർത്തനങ്ങളും വാട്സാപ്പിലൂടെ പഠിതാക്കൾക്കു നേരിട്ടു കൈമാറും. ഒപ്പം ഏറ്റവും ഞായറാഴ്ചകളിലും ഉച്ചയ്ക്ക് 2.30 മുതൽ 5.30 വരെ തത്സമയ ക്ലാസ്സുണ്ടാകും. എൻസിഡിസി മാസ്റ്റർ ഭക്തന്മാർ ബാബു അലക്സാണ്ടറാണു പ്രോഗ്രാമിനു നേതൃത്വം നൽകുന്നത്. വ്യാകരണം പഠിക്കാതെ ഇംഗ്ലീഷ് സംസാരിക്കാൻ പ്രാപ്തമാക്കുകയാണു പദ്ധതിയിലൂടെ ലക്ഷ്യമിടുന്നതെന്ന് എൻസിഡിസി ഫോൺനമ്പർ 230 മുതൽ 530 മുതൽ 530 എന്നിവർ അറിയിച്ചു. ഫോൺ: 06282608517.

3



FOR FEMININE WOMEN FOR A BETTER LIFE

1. Wake up early in the morning.
2. Make your bed.
3. Stretch as soon as you get out of bed.
4. Hydrate first thing in the morning.
5. Drink lots of water throughout the day.
6. Practice breathing deeply throughout the day.
7. Meditate before touching your phone.
8. Plan + set your priorities before starting day.
9. Plan your year, months, and weeks in advance.
10. Keep your life in order with a life binder.
11. Exercise 3-5 times per week.
12. Make a vision board + practice visualization.
13. Recite positive daily affirmations.
14. Practice gratitude daily.
15. Make time to reflect on life.
16. Reframe negative thoughts into positive ones.
17. Don't worry about things you can't control.
18. Listen more than you speak.
19. Laugh and smile freely.
20. Flirt.
21. Perform a morning skincare routine.
22. Perform an evening skincare routine.
23. Make + use natural beauty products.
24. Wear sunscreen daily.
25. Deep condition your hair regularly.

SEASON OF GRAPE

*EAT GRAPES!!!
STAY HEALTHY*

Cures Asthma
Strengthening Muscles & Bones
Prevents Blood Clots
Reduce Chances of Heart Attacks
Prevent cavities
Reduces Acidity
Prevents Cancer
Prevents Aging
Prevent Health Disorders
Fight Allergies
Good for Hydration
Foe Better Eye Health
Rich in Health-protecting Antioxidants



Health Benefits of Grapes

4





GENERAL NEWS

Russia- Ukraine war

The ongoing war between Russia is going on in a full force .Putin has put Nuclear deterrent forces on alert
Reportedly 3,5000 Russian troops have been killed in the war atotal of 200 armed forces personnel have been captured as prisoners of war by ukraine while 352 civilians are dead with 14 children and 1,684 adults being wounded with this thousands of Ukrainian people have crossed differnt borders to escape War .





HEALTH PROMPTNESS



1. Eat a variety of foods.
2. Base your diet on plenty of foods rich in carbohydrates.
3. Replace saturated with unsaturated fat.
4. Enjoy plenty of fruits and vegetables.
5. Reduce salt and sugar intake.
6. Eat regularly, control the portion size.
7. Drink plenty of fluids.
8. Maintain a healthy body weight
9. Get on the move ,make it a habit

BIRD RHYME

One Little Red Bird

ONE LITTLE RED BIRD FLYING IN THE SKY,
 FLYING IN THE SKY, FLYING IN THE SKY
 ONE LITTLE RED BIRD FLYING IN THE SKY,
 FLUTTER, FLUTTER, FLUTTER, FLUTTER,
 TWEET!

TWO LITTLE YELLOW BIRDS
 THREE LITTLE BLUE BIRDS

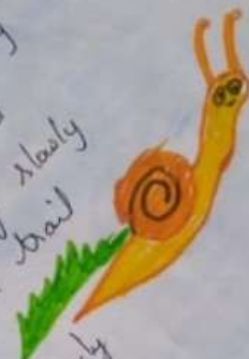


FOLK RHYME

Slowly, Slowly

Slowly slowly very slowly
 Crips the garden snail
 Slowly slowly very slowly
 Leaves a silver trail

Quickly quickly very quickly
 Runs the little mouse
 Quickly quickly very quickly
 Round about the house.



A frog decided to reach the top of the tree. All the frogs shouted, it's impossible, it's impossible. Still the frog reaches the top. How? He was deaf. And he thought everyone was encouraging him to reach the top.

"Be deaf to negative thoughts, if your aim is to reach your goal."

4



TEACHING AIDS



MONTESSORI APPARATUS



A BALANCED DIET CHART...

A HEALTHY FOOD FOR A WEALTHY MOOD !

