

# NGDG TIMES

NATIONAL CHILD DEVELOPMENT COUNCIL
185 EDITION





WORRY LESS SMILE MORE N C D C

N E W S Kozhikode: The National Child Development Council, the National Child Welfare Organization, passed a resolution calling for co-education in schools.

The resolution made it clear that conservative education can change conservative attitudes and develop a dignified attitude towards girls and women.





### **CIRCLE NEWS**





IFINITERESTED COMMENT YESBELOW THIS POSTER



Ms.Pallavi Sood

SATURDAY NOVEMBER 20 3 PM

### FREE WEBINAR ON

Early detection and intervention of psychological problems in pre- primary classes



IF YOU ARE INTERESTED
TYPE 'YES'

### **WE ORGANIZED**

BOTTLE ART CONTEST
WEBINAR
NANO WEBAINR
SUPER STAR CONTEST



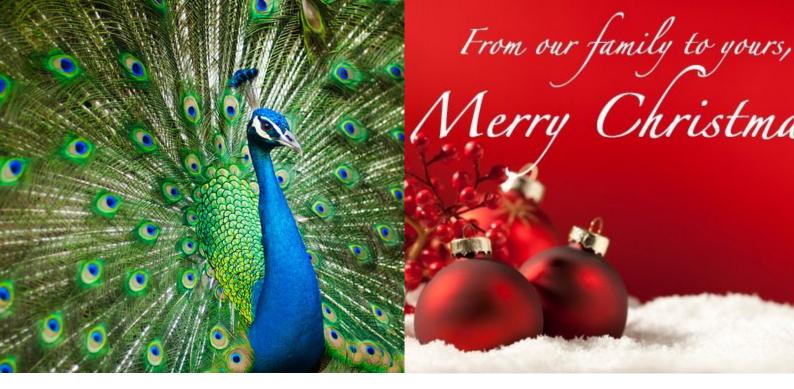
### **DIWALI**

In one of the main stories in Hindu mythology, Diwali is the day Lord Rama, his wife Sita Devi and brother Lakshmana return to their homeland after 14 years in exile. The villagers lit a path for Rama, who had defeated the demon king Ravana. ...

### <u>Mother</u>

Oh my mother, My Love,
I am proud of be
a part of you
You're my strength
You're my world
Your smile is my happiness
Oh My mother, Love you mom





### **PEACOCK**

I am the beautiful bird
I have beautiful
feathers
I am the best dancer
I have so many colors
Green,blue and black
I am the beautiful bird

### X'mas

Cool cool month snowy snowy month Santa is on the way Bell bell jingle bells Sing all the day Sing all the day La...La...La...

Joy, feeling one's own value, being appreciated and loved by others, feeling useful and capable of production are all factors of enormous value for the human soul.

Maria Montessori

### MRS. KERALA AND REACHED TOP14.



Gratitude to the universal energy and to all who stood with me and showered their blessings.

I feel sometimes that many women have a tendency to step back after marriage thinking of their responsibilities as a wife, mother, daughter, etc...because I was one among them. I agree that we have a major part to play in the movie of our life.

### BUT ARE WE ACTUALLY PLAYING THE EXACT ROLE OF WHAT W WANT?

I know that becoming a mother is the biggest gift and duty (thanking God for gifting me two beautiful angel) but at the same time, I was confused about how to manage things.

Became emotionally imbalanced day by day without knowing what's going on. Fear was haunting and pulling me back and so I lied on the pupa stage. This fear had literally changed the way a passionate, talented, energetic girl had dreamed of her life.

I was struggling each day to find out my way out. But this should have an end, so I decided no one else will take charge of yourself until you do it! NCDC has provided the courage to be woman, allrounder, courage to fight against fear.

When that moment popped up in my mind everything changed, my better half MUBEEN, who always respected my decisions and stood along with me all the time. He started to make me strong by incorporating real inspiring stories. Remembering this sentence from the book Think and grow rich "Our brain becomes magnetized with the dominant thoughts which we hold in our mind and by means with which no man is familiar.

these magnets attract to us the forces, the people, the circumstances of life which harmonize with the nature of our dominating thoughts". Touchwood this works I!! I did Visualization meditation that worked like magic, it was taught by BABA ALEXANDER

When I applied for this pageant my only purpose was to beat my fear and set an example to my students and show myself. I didn't worry about the result rather than that I enjoyed the whole process. With the full support of my family, especially my husband and my kid whom I thought cannot manage a minute without me, they did enjoy very much in my absence which I understood later , my parents, my colleagues, friends.

Ay message to all talented domestic engineers (all beloved housewives will be named like this:

othing can stop you until you stop believing yourself. The seedlings of reality are rour dreams, see it, feel it, and believe it and you will definitely

achieve it.

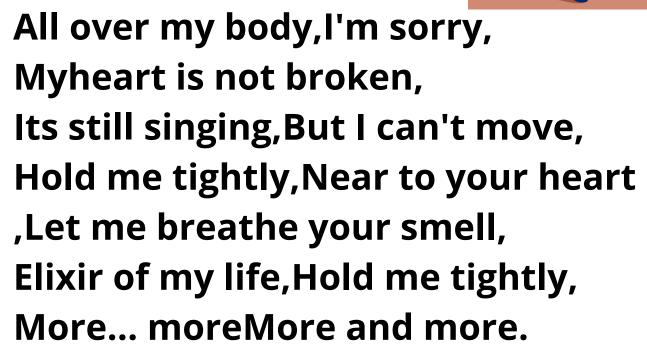
# Mental Health in Children Children's emotional wellbeing is just as important as their physical health. Good mental health helps them develop the resilience to cope with whatever life throws at them and grow into well-rounded, healthy adults. Things that can help keep children and young people mentally well include:

- being in good physical health, eating a balanced diet and getting regular exercise
- having time and freedom to play, indoors and outdoors
- being part of a family that gets along well most of the time
- going to a school that looks after the wellbeing of all its pupils
- taking part in local activities.

I'm sleeping,
Sleeping on the floor,
On a mat, Made of grass,
I'm shivering, Shivering like,

A single leaf,In autumn, I can't move,I'm tired

My bones are broken, Can you see,The bruises

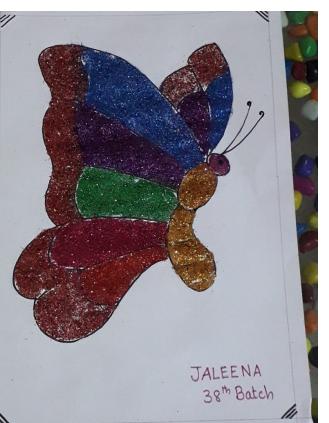


Bindhu S Evauator

### CREATIVITIES OF OUR TRAINEES











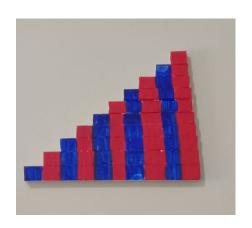




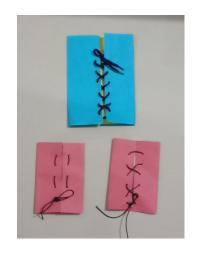










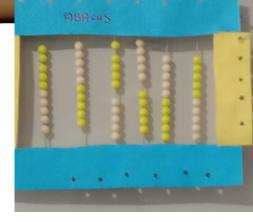


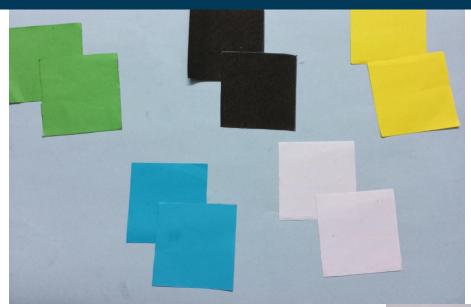






Clay Sculptures Making





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