

AUGUST 2020 VOLUME-III

SHADOW SPEAK

SHADOM SPEAK



NAVY CHILDREN SCHOOL VIZAG



HOW TO FOCUS DURING ONLINE CLASSES



The new Normal has brought all of us to a state where most of the classes for this Academic Year may be held online. While there were various means to ensure that the students focus during the normal classes it is more difficult and challenging in an online class. Online classes require high degree of self-regulation and focus when compared to traditional classes. The electronic devices used during online classes are potential sources of distraction. Thus students need extraordinary will power and concentration to succeed in online classes.

Students must create a study space at home, they should be formally dressed to give them the feel of going to class. Avoid using multiple window tabs and most important is that the students should have self-discipline. Students must prepare a study plan, they need to listen carefully, keep noting important points. Students must prepare, absorb, capture and review what they have learnt. Students must be advised to make To-Do list and make a list of 3 things they need to do and keep crossing it off as and when it is completed. Like-wise it should be done for 3 more tasks and so on.

Most important now is to understand that why our students struggle with attention. I feel there are 4 reasons:

1. **Fatigue:** Physical or mental fatigue may lead to lack of focus in students. Alternating physical and mental exercise helps in removing fatigue
2. **Stress:** Stress in students can be given by parents, peers or teachers. Let us try to be mentors in their lives and help them to remove this stress. The very first thing is that our tone should be very positive and encouraging.
3. **Multi-tasking:** While teaching/learning there could be many reasons to drift away from focus. Teachers teaching from home could be attending to additional issues at home which were absent in a traditional classroom. A student sitting in a home environment often maybe involved in multi-tasking without the knowledge of the teacher, for eg: having breakfast during online classes, interaction with mother, father or sibling while classes are on. Physical factors may steal the focus of the student as well as the teacher. Too comfortable seats or couches may become a hindrance in the teaching-learning process. The clothes we wear or the shoes we wear also may lead to a shift in focus. Hence most of the schools have asked students to wear school uniform. A study table and chair will help the student to focus better in online classes
4. **Information overload :** Too much of information all together may lead to a lack of interest. Students must learn points and carefully highlight them.



In simple terms FOCUS is paying attention and Attention is focussing or concentrating on particular aspect ignoring the various things happening around us. Different types of attention are focussed, divided, selective, alternating and sustained attention. Focussed attention is the state of concentrating on one object. Divided attention is paying attention to more than one thing at a time. It is a mental state in which people try to focus on multiple things. Selective attention is focussing on specific objects and ignoring other ongoing messages. The ability to attend to one source of information while ignoring other sources. Sustained attention is a type of attention which enables the person to stay on a task for long period of time. It is the ability to maintain a consistent behavioural response during continuous and repetitive activity.

There are few activities, which if done consistently leads to the formation of a habit and few habits can help us in improving focus.

1. **Meditation:** To start with, closing our eyes for 2 minutes reverse counting is enough. You learn to meditate by meditating. The silence and stillness you experience in meditation and increased happiness and diminished stress you experience outside meditation are so attractive and welcoming that you naturally teach yourself how to go deeper into that silence and stillness each time you meditate. To meditate you must sit comfortably with your eyes closed and effortlessly and silently repeat a word or short phrase called “mantra”. Your mantra can be any word, sound, prayer, or a short phrase you like in your native language. Slowly repeat your mantra as you repeat your mantra thoughts do come, gently return to your mantra. You can slowly increase time of meditation, meditate every morning or evening.
2. **Sleep :** A good sound sleep is important to focus. A student who doesn't have a proper sleep routine will not be able to focus during classes.
3. **Healthy diet :** A student who eats healthy food can certainly focus better, junk foods create a lethargic brain. Nuts like walnuts are super foods they are a very good source of DHA, EPA, and Linoleic Acid. Other food like Kidney beans, Pomegranate, Nuts are few examples.
4. **Exercise :** Physical exercise helps to pump in more blood, which means more oxygen supply to the brain it helps to clear brain fog and protect memory and thinking skills. It releases chemicals in the brain that helps in development of brain cells. Physical exercise helps in reducing anxiety.
5. **Plenty of water.** Water carries oxygen to cells it helps in cognitive activities and brain functioning. It also reduces stress
6. **Listening to music.** Any sound in the form of music or noise arrives in the brain in the form of sound waves. Music is known to improve cognitive processes and thus helps in focussing. Research shows that music helps in faster healing.
7. **Stimulated brain :** Any mentally stimulated activity will build the brain. Word puzzles, drawing, painting, craft, mathematic problems, doodling. These all are activities which act as a mental gym.
8. **Brain gym :** This is another exercise which help in the usage of the brain. If we use the right side of the body the left brain is active like-wise If we use the left side of the body, the right side of the brain is active This can be done during the small break time between classes.

We are going through challenging times and we need to walk that extra mile so that the classes not only happen regularly but are interesting as well. Retention of knowledge of concepts in students has to be ensured. We need to live our lesson. We need to investigate new pathways and explore new digital tools.

Dr Parul Kumar
Principal



Outstanding Leadership



Being a Dealer of Hope

Management is doing things right, but leadership is doing the right things. This is the essence of outstanding leadership. A leader has to be very conscious of telling the team what to do rather than how to do it. This approach brings out the best in others as they know the task and the expected results of the same.

Meanwhile, the leader has to stand with them as a person not as someone special, but someone with more responsibility and with answers. If a leader cannot show the torch to others, that means the leader has failed in leading the team.

In this procedure they are guided to achieve the best and reach positions they ought to be. The secret of success lies in doing the opposite of what everyone is doing and trying to be good at the existing will only forbid one to be great at anything. However, like many things, being a great leader requires hard work and dedication, coupled with a passion for excellence and ongoing development.

TRAITS THAT MAKE A LEADER

The most progressive leaders hence, have to be able to “park their ego” and focus on the team.

For this, I suggest that every leader must have the following personal traits:

- Self-Awareness
- Passion for Mobilising Team Members
- Assertive Communication Abilities
- Empathy
- Respect
- Resilience to Handle Stress
- Exemplary Courage and Willingness to Take Risks
- High-Level Intuition
- Clear Vision of the Goal

These traits help the leader in team bonding, forming deep relationships and co-created plans, to see the link between behaviour and outcomes, and use systems to provide greater clarity and the space for meaningful conversations.

LEADERSHIP AND THE TEAM

The team is benefitted as they think and act systemically, they understand how action follows reaction, how mutual gains create loyalty and commitment, how confidence provides a springboard to motivation and creativity and how trust speeds interactions and enables people to take personal risks and succeed. They give significant amounts of time and focus on people. For, they are the only route to sustainable performances for an outstanding leader. “A good leader meets the expectations, but an outstanding leader exceeds expectations.” Self-confidence, self-motivation and self-awareness help him/her to achieve excellence and to be focused on organisational outcomes, vision and purpose. Also, care has to be taken that this sense of self is not ego-driven.



Leadership should actively build trust by delivering on promises and acting with consistency, which, in turn, leads to a sense of security and greater freedom of expression. They understand the power of trust to speed up interactions, enable people to take risks, as well as diminish arguments or disputes.

The values of a team are most often a reflection of a leader's values. For this is essential to stay on track, treat the staff with respect, be open about plans and programmes, protect the integrity of the colleagues, and focus on the main thing. All this is essential because leadership is not a place; it is a process. It's a process in which the leader becomes an architect and implementer of strategy; a mediator in conflict situations; an integrator who assures the climate of the organisation; and a person able to motivate subordinates by persuasion, compulsion or example to others. *"The extraordinary determination differentiates leaders from ordinary people."* The success of leadership depends and displays on what you do with all kinds of resources provided to you. One utilises the human resources to its best by:

- Delegating the work
- Supporting at every step of execution
- Providing coaching to execute
- Directing in a proper way to reach the desired results

POSITION DOES NOT MAKE THE LEADER; THE LEADER MAKES THE POSITION

Trust happens when leaders are transparent and believe in correcting the wrong with honesty which will result in mutual trust and happy and healthy relations as it's known that happiness is the key to success. Change is inevitable; growth is intentional. There is always a need that a leader willingly adapts to the changing trends in all the areas; only then a leader can become a facilitator and consensus-builder.

For, in the end, it isn't very easy to have a meaningful life without meaningful work. For this, the key is focusing on results and performance rather than on self-interest and self-gratification. Getting results, however, also involves expending energy on relationships within the organisation.

It is about striving to make a positive difference in the organisation so that the organisation can make a positive difference in the community or region it serves.





So, as a strong leader, one should be a visionary with the belief that I can and should be shaping the future, and to act on those beliefs by *“walking the talk.”*

BEST PRACTICES OF OUTSTANDING LEADERS

- Never say you are too busy
- Never stop learning
- Identify problems and put forth solutions
- Inspire a shared vision
- Challenge processes
- Model the way
- Empower others to act
- Be punctual, respectful and open-minded
- Help instead of criticising
- Never take rejection personally
- Work hard for success

Mrs. D Srividya
Vice Principal
NCS 104



INCULCATING THE SENSE OF PATRIOTISM IN YOUNG MINDS

Patriotism means, a feeling of brotherhood, belongingness, love and pride towards our nation and how we value it highly while wishing for it's well-being. It is the devotion that one has towards his work and in turn towards the nation. No one-line definition can define patriotism though, but an essence of what it is all about, is need to be taught to a child.

A kid always gives value to the words and acts of the teacher and tries to follow them. At the same time they see their parents as role models. So teachers and parents are the only medium through which this feeling of patriotism can be nurtured in a child. Once they get trained like that in their early days, they will become hard core lovers of the nation.

India is a land of diversity. Tell your kids about the different people and their varying cultural heritage. Make them understand to value others and accept their difference which is a must for the unity of the country. We can take examples of the school in which they are studying, where they have children from different States, different religions, different languages but they all are under one umbrella i.e, „Students of NCS“. Same way when they grow up they all are under one umbrella i.e, „Citizen of India“. They should understand that patriotism is not only about sacrificing one's life, but about loving the country and its unity and integrity.

We should start celebrating holidays on National Days as National festivals. In schools the National festivals are celebrated with great enthusiasm. The National flag is hoisted and sweets distributed to the kids. In addition, various Cultural events, Fancy dress competitions can be conducted wherein they dress up as great freedom fighters. Children can be taught how to respect the national flag and national symbols. They can be told about the tricolors in the national flag and the meaning of those colors. Also let them know about the „Ashoka Chakra“ in between, the blue one, which symbolizes progress of the nation. Tell them



that the national flag should not touch the ground and always held high. Tell them about our National Emblem and the National Anthem. They must be taught decorum like standing whenever the national anthem is played. Children must be taught what's beyond basics.

A visit to the nearest Military establishments can be planned for school students for attending Independence Day Parades/ Events which are organized as part of national day celebrations. So that such gestures from school will help to inculcate a feeling of patriotism amongst the kids.



Encouraging students for NCC and Scouts & Guides is another means which helps in grooming the child to become a patriotic citizen. It will offer a platform to the child to become a trained, organized and motivated youth. It will also help in developing leadership skills in the youth.

At home, making our children watch the live telecast of Independence Day and Republic Day parades on television is a great idea to show them the different facets of our country. On this day special dishes can be made at home to celebrate the National Days. Parents should celebrate this day with same enthusiasm as they celebrate any other religious festivals.

Thus, making our kids know their rights and their duties is the real meaning of patriotism. Love towards our mother land, spreading brotherhood, keeping our locality clean, not destroying our national property, following civic rules are some of the duties that the child should be taught, to adhere to. When kids would know about their duties, a sense of responsibility would develop which would help them to become better citizens.

“JAI HIND”

Mohamed Ali

F/o Rehaan
Mohamed



THE TRUE MEANING OF PATRIOTISM

Amidst a mush of unrest that we are undergoing, we keep flipping channels for updated news on what's happening or going to happen next. Kids here are at peace and do not understand. Nation to them is a bigger thing and needs to be understood. We need to tell them what is patriotism

Patriotism is a sense of pride of an individual for their homeland and its various aspects like culture, traditions, ethnic groups, languages etc. which should be inculcated during childhood as when they love their home and country, they would grow up appreciating their heritage, diversity and history, and strive to improve in all aspects. It is an emotional connection with the motherland where an individual is born and is extremely natural to be present in an individual.



Instilling patriotism should be a slow and a steady process

devoid of chauvinism. So it starts from the family. I believe this process does not begin from school but from the family.

Telling short stories about our real heroes, warriors, scientists and great personalities- Short stories on our national heroes can have a wonderful effect on them. I still remember how my father used to narrate to me stories especially about Prithviraj Chauhan, Rani Karnawati and I used to hear them again and again. It had a tremendous effect on me as I wanted to emulate them.

Respecting the national flag and symbols- Tell them that the flag is a tricolour and the meaning of those colours. Also let them know about the chakra in between and it should not touch the ground and always held high. Telling them about our National Emblem and the National Anthem and what's beyond basics.

Attaching the child to mother tongue which is the gateway to culture and traditions. We in our pursuit of becoming global ignore it and cut ourselves off from our heritage. Many Indians consider conversing in English as a sign of great wisdom and ignoring their native language. Conversing with the child in one's mother tongue will instil a sense of pride, that his or her roots are in no way inferior to any other. The child connects to the heritage of its ancestors and speech is the most important of them all. I have observed people who are connected to their mother tongue are also connected to their culture and traditions.

Informing them about cultural and traditional practices. By keeping them involved in it, they will grow up remembering and loving each and every festival. On every festival or auspicious occasion let them know the importance of that very festival by linking the story with the festival, hence growing with the story. Let them connect to the people around them which will sow the seeds of brotherhood inside their heart.



The younger generation must be made aware of the importance of unity, social cohesion and reconciliation as they are the cornerstones of the nation's success and development. As students are the future leaders of the nation, it is imperative that they forge closer relations despite differences in race, culture and religion. Fostering unity should begin in the schools where efforts can be made to instill the values of inter-racial harmony, unity and peace. For youth they look up to us for knowing and understanding what patriotism is all about. Answering them graciously and giving complete answers with a strong backed reason as to why loving your own country is too important a thing. The youth need to be made aware in great details about the achievements of our society both ancient and modern ones and we have that in humongous amounts. Educational tours and regular cultural events showing the diversity of India must be promoted. They must be involved in regular social activities and volunteer projects for the upliftment of the nation and the society as a whole. There should be certain amount of academic weightage attached to social consciousness. One needs to feel attached to the masses and the land one stands on. One has to have the common connect in order to be patriotic. We might not notice it but the entertainment industry can play a huge role in instilling patriotism and film makers can actively participate in it.

Our diversity is our strength and the recipe of success in achieving development and progress. Indians of different ethnicity, religion and skin colour complement each other and our diversity should not be an obstacle for us to lead a united and harmonious life.

Mrs. Aankita Tomar Rathore



I proud

to be an INDIAN

Proud to be an Indian

Independence is what our forefathers gifted us,
The best gift wrapped in tricolor made of sacrifice, peace and faith.
Not a minute can we imagine the horror they have gone through
To achieve what you and me enjoy every moment.
Freedom in every breath of life,
Liberty to do what is right and not to do what we feel,
This is what we should never ever forget.
Independence is a privilege that we are enjoying today;
At the cost of endless nights of struggle.
Struggle which was never opposed,
But was willingly taken with a simple JAI HIND!!!
Today as we enjoy our freedom in every walk of life,
Let us not fail to remember those beautiful souls...
Souls which made this dream come true.
Kind words is not what they seek in return though,
But all they seek is that we respect the independence with pride and good deeds.

Mrs. Bindu Trilochan
PRT-NSB-Primary wing



INCULCATING PATRIOTISM IN YOUNG MINDS



“ The sword of revolution is sharpened on the whetting stone of ideas”- Bhagat Singh

Patriotism is not just a word meant only for independence day. It is a positive feeling of passionate love, affection and respect one has for their country.

On 10 February 2020, United States Trade Representative declared India as a “**developed nation**” and a truly developed country is made up of true patriots.

The “Young Minds” are the prime movers and their actions will positively inspire others in the future. It is at this age that they learn, inculcate and react. Patriotism should be instilled during childhood because when children love their home and country, they would grow up appreciating their heritage, diversity and history. This could be done through programs to carry out community services. Children with patriotic feelings will willingly join such campaigns to help the underprivileged. The need to uplift the country as a whole will serve as motivation and the lessons they learn will shape their careers. Their life’s choices will not depend on their selfish needs and they will stay humble in their success. Even the sense of protecting their nation as a home will bring forth the sense of rationality and they will remain unmoved by false claims. They will logically choose the government, positively criticize the leaders and responsibly execute their democratic rights for uplifting the country.

Nation to them is a bigger thing and needs to be understood. We might face questions from the innocent ones as to who is fighting and why. Here, we as parents come to play a critical role. You need to tell them the difference between ‘**violence**’ and ‘**patriotism**’.

The younger generation must be made aware of the importance of unity, social cohesion and reconciliation as they are the cornerstones of the nation’s success and development. The parents and teachers play an important role in this edge. Celebrating national festivals, narrating the history of courage and valor of our leaders and fighters through short bed-time stories, visiting places of national importance, and consistently making them aware of their duties as a citizen towards their country are the small steps which we could initiate to foster a sense of unity, responsibility and nationalism in a creative and fun learning way.

Hence, “Teaching is not about answering questions but about raising questions – opening doors for them to places that they could not imagine.”

Mrs. Suchandra Roy

M/o Shriya Roy

Class VI



THE IMPORTANCE OF PATRIOTISM FOR YOUNG MINDS

Introduction. Patriotism is important in the lives of youth today for several reasons. If youth do not become involved in making our nation better, they may not receive a nation worth inheriting. Secondly, the nation built by today's youth will be the nation they pass along to their own children. Patriotism can be instilled in students through awareness, education and knowledge. The education system should be tailored to inculcate a sense of pride and belonging to the nation. A sense of belonging is a significant element that needs to be nurtured and preserved among the students.

Brief Narrative. Being patriotic towards the nation is everyone's responsibility. There is no nation without people and vice-versa. Youth form a major part of the nation and being patriotic towards it is their major responsibility. While the youth today enjoy their freedom in heritage, they must know the amount of sacrifices the freedom fighters did without a second thought, the activities that happened during the struggle for freedom and the amount of bloodshed that took place, so that we, as a country can enjoy this peaceful life. It's very evident to notice that their sacrifice nowadays seems to have a very little value. This is a very true quote with says, "we realize the importance of a thing when it's taken away from us", and somewhere or the other, this is the exact case with today's youth. Most of them lack the sense of patriotism within them. They fail to realize the value of freedom they get in heritage.

So to induce the feeling of patriotism to make them know the value, it's something that has to take place from the roots of their childhood. A seed will grow to be a huge tree only if it is watered properly from the beginning.

The teachers here play a very significant role in molding the childhood of the youth. If the teachers from the beginning itself, teach the value of freedom to the students, the amount to sacrifice it took to live in the free nation today, no youth will fail to value the freedom of our country.

National Cadet Corps (NCC) must be made

compulsory for every school. In NCC they will learn to lead a life of n return will give them the insight into the life the serving military are leading. NCC while inducing a feeling of patriotism among the students will also make the students physically fit.

Along with the teachers, the parents too play a key role in shaping the mindset of the children. The parents outlook to freedom will be the same they pass on to to their children also. So it is important for the parents to value the freedom, it's only then their children will learn it's importance. Conclusion. Indian youth must instead of opting for private sectors, go for the government jobs and contribute towards the country's progress and development. Knowing that the work they are doing in their government jobs is going to benefit India can automatically make the youth responsible and no doubt induces them with a feeling of patriotism. Organizing camps on the eve of Republic Day and Independence Day and showing documentaries of the freedom struggle, patriotic movies etc. via audio visual equipment also will make the youth rethink the significance of the freedom of India and will thus have the youth thinking about the amount of sacrifice and blood it took to achieve a peaceful sleep in which the country dives into today without any second thought.



Mr. Asim Kumar Ghosh
Father of Atanu Class- IX B NCS(NSB)



SPANISH OMELETTE

Ingredients

- *500g potato
- *1 onion
- *150ml extra-virgin olive oil or refined oil
- *6 eggs



Method

- Cut the potatoes into thin slices and chop the onion into slices

Heat 150ml oil in a large frying pan, add the potatoes and onion and fry until the potatoes became soft and gently strain the potatoes and onions and set aside to cool completely.

Beat 6 eggs separately, then stir into the potatoes , onions ,salt and pepper. Heat a little of the strained oil in a smaller pan.

Tip everything into the pan and cook on a moderate heat, using a spatula to shape the omelette into a cushion.

When almost set, invert on a plate and slide back into the pan and cook a few more minutes.

Invert twice more, cooking the omelette briefly each time and pressing the edges will give the omelette a cushion shape. Slide on to a plate and cool for 10 minutes before serving.

Raziya Begam M/

o Rehan Mohamed

LKG P



QUARANTINE AND DALGONA COFFEE



Everyone is locked down due to Corona And started making Dalgona

It's origin was after Korean War

The latest one came during Biological war

It just needs coffee, sugar, milk and water I thought I will try it a little later

They said it's just a beaten coffee I'm waiting for Dalgona toffee



It was a sweet candy version
Now this coffee has become obsession Never thought that a simple sweet candy Would be a quarantine fad so trendy...

It's making people crazy Except me bcoz I'm lazy....

With all the ingredients in my house And the

process just a click on mouse...



Madhuri



PATRIOTISM DURING THE COVID-19 PANDEMIC

What patriotism means to me It's a call of the soul, love of the homeland and devotion to one's own work.

Technically , patriotism is nothing but national pride which means the feeling of love, devotion and a sense of attachment to the homeland and with the citizens.

In the 21st century, the meaning of patriotism has been changed. Patriotism means fighting against pandemics like COVID-19, environmental issues etc. that are making India and the world a difficult place to live in.



During pre-independence era, the most obvious way to express our love was by fighting against the colonial power, now we must love our country and serve it however we can.

Patriotism is being displayed differently by each and every one of us during this pandemic. The role played by the police, security personnel in enforcing lockdown and also the services being offered by doctors, health workers, government officials, sanitation workers etc., working day and night to curb the spread of this virus. Is it not patriotism? Is it possible without our co- operation? So I urge readers to do their bit in this fight by adhering to social distancing and staying at home, not to step out of your homes unless extremely important and when you do, cover your face with a mask.

For educators, the COVID-19 pandemic is a quintessential adaptive and transformative challenge. It's a time to navigate a new way of approach.

We , teachers of NCS, Visakhapatnam, are using different strategies to support students and help them continue to learn during the time of uncertainty. Students are provided open conversation, created space through WhatsApp, Microsoft Teams etc., where they can connect with each other to reduce their isolation and anxieties. Even the recent Independence Day celebrations have been done with great pomp and show online. Students from all grades enthusiastically contributed by singing Patriotic songs, cultural dances and patriotic speeches. I feel it's the true spirit of nationalism. We may not be trained to represent at the UN, but we are trained how to mould a student under any difficult situation.

In the end , I would like to say that patriotism is not just the annual display of colors and fireworks. We can celebrate our patriotism every single day by being thoughtful citizens , using Swadeshi products and respecting the people around us. Is it not patriotism?

Mr. APPARAO REDDY T.G.T,
NSB, NCS



आज़ादी के मतवाले

बापू की अहिंसा से,
भगत सुखदेव राजगुरु के तेवर से,
खून पसीने से लिखा इतिहास,
जब हमने दी अंग्रेज़ों को मात।।

जिस्म का लहू बहा कर,
जान की बाज़ी लगा कर,
बड़ी ही मुश्किलों से है पाई,
हमने ये आज़ादी।।

वतन के वास्ते जीना,
वतन के वास्ते मरना,
लहू में दौड़ रहा जो, वो रंग तिरंगा है,
नई बुलंदियों को पाने, दिल ये ज़िंदा है।।

तेरी मिट्टी की खुशबू, नदियों का बहता पानी,
ऊंचा खड़ा हिमालय, सब देते यही बयानी,
वीरों की शहादत को हम कभी ना भूलेंगे,
भारत माँ की सेवा में हम मौत से भी खेलेंगे।।

यह तिरंगा है मेरी शान,
ये मातृभूमि मेरा ईमान,
हर साँस करें हम तेरे नाम,
तुझसे ही हमारी पहचान।।



दिल में आस !

आज फिर आज़ादी का जश्न हमने मनाया,
आज फिर कोई तिरंगे में है लिपटा आया।

आज फिर किसी माँ ने एक बेटा है लुटाया,

आज फिर हमने खुद को बेबस है पाया!

कब होंगे हम महत्वाकांक्षाओं से आज़ाद,

कब खत्म होंगे ये देश -विदेश के विवाद?

न हो किसी को भी विस्तारवाद की प्यास,

ऐसे शान्तिपूर्ण विश्व की है दिल में आस!

.....ज्योत्सना(पी आर टी)

M/Oआयूष महाजन (8एफ)



माता-पिता

करीब दो महीने पहले हम इस नए मकान में आए हैं ,मकान चौथी मंज़िल पर है। बालकनी के एकदम सामने एक पेड़ और उस पर एक कौए का घोंसला देखा। घोंसले में तीन अंडे देखें, और कल जब अचानक फिर नज़र पड़ी तो छोटे-छोटे तीन बच्चे दिखे। कौआ और उसकी पत्नी दोनों उड़-उड़ कर इधर- उधर जाकर कुछ ना कुछ लेकर आते हैं। और जैसे ही वे उन तीनों बच्चों के पास पहुँचते हैं वे चीं -चीं करते हुए अपनी चोंच खोलते हैं और उनके माता-पिता उन्हें कुछ ना कुछ खिलाकर फिर उड़ जाते हैं ।उनके लिए अगला टुकड़ा इकट्ठा करने। यह कहानी मैं आप लोगों से इसीलिए साझा कर रही हूँ- क्योंकि मैंने जब यह सब देखा तो न जाने क्यों मैं इतनी भावुक हो गई कि माता-पिता अपने बच्चों के लिए किस तरह से एक-एक तिनका इकट्ठा करके बसेरा बनाते हैं ,बच्चों को पालते हैं ,उन्हें नए संस्कार सिखाते हैं, जमाने की अच्छी- बुरी -- हर एक बात उन्हें समझाते हैं । फिर बच्चे इतने बड़े हो जाते हैं कि माता-पिता की सुनना नहीं चाहते या शायद माता-पिता उन पर अपने विचारों को थोपना चाहते हैं। इसीलिए हमें यहाँ पर विचार करने की आवश्यकता है कि क्या हम कौए के जैसे सिर्फ दाना खिलाएँ और उनको बढ़ते हुए देखें, या कहीं - कहीं हमें लगे तो कुछ समझाएँ भी।उनको अपने पैरों पर खड़े होने का मौका दें। आज अचानक देखा तो उसमें से एक बच्चा उड़ा और वापस अपने घोंसले में पहुँचा। इसका मतलब वह उड़ना भी सीख रहा है ।तो हमें अपने बच्चों को भी ऐसा मौका देना चाहिए ।उनको खुद समझना चाहिए - क्या सही है, क्या गलत, जब गिरेंगे ,पड़ेंगे ,उठेंगे तभी वे जमाने की मुश्किलों, मुसीबतों का सामना कर पाएँगे। यदि उनका इतना ज्यादा ध्यान रखेंगे तो उन्हें कभी गिरने का एहसास ही नहीं होगा और जब अचानक से जिंदगी में धोखा खाएँगे या गिरेंगे, तो वे अंदर से बहुत ज़्यादा टूट सकते हैं, इसीलिए हमें उन को अंदर से मजबूत बनाना है और इस कठिन परिस्थिति में उनको ,उनके विचारों को समझते हुए इस जीवन को आगे बढ़ाना है।

धन्यवाद



उर्मिला गिल (टी जी टी हिंदी)



'Patriotism is not short, frenzied outbursts of emotion, but the tranquil and steady dedication of a lifetime.'

Adlai Stevenson

Patriotism or love for one's country is an endemic feeling. It is something that is imbibed in us right from our childhood. Something which many of us take for granted. The above quote epitomizes what patriotism truly means. It is when we dedicate our lives to our nation selflessly and willingly. Patriotism serves as a traction for the advancement of our country.

It is therefore imperative that the youth of our nation, the future generations understand and imbibe the true meaning of this noble word. And it is our responsibility as parents, teachers and responsible members of society to show them the true reference of what it means to be patriotic.

We hope this small contribution of ours, Shadow Speak, plays its part well in making our youth feel proud to be a part of this great country. Even though it's just a small drop in a mighty ocean, we must remember that it is after all small drops put together that make an ocean mighty.

Jai Hind

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Team NCS thanks each of our readers for taking time out to read Shadow Speak, our maiden venture. We would appreciate any feedback that would help make this undertaking better.

We would also like to thank each and every one of our contributors, parents and teachers, for their insightful, thought provoking articles and look forward to many more contributions for our next edition.

With sincere appreciation and gratitude Team
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