



SEPTEMBER 2020 VOLUME-IV

SHADOW SPEAK



NAVY CHILDREN SCHOOL
VIZAG



HOW TO INCREASE IMMUNITY

Our body is expected to fight against the corona virus. Finally its our immune system which helps to protect us from various invasions of pathogens.

We all are aware we need good nutrition to make our immunity stronger, we all know we should eat nutritious food but incorporating vegetables in meals becomes tough as children refuse to eat vegetables. We need to give all coloured vegetables as they have phytonutrients. Here are a few tips to incorporate vegetables in pur diet.



1. Crush all assorted veg and knead to make a dough .Make parathas out of this.
2. Add crushed paneer to grated veg , add oats and you can make seekh kebabs or cutlets.
- 3.Crushed vegetables with cheese spread can be used for stuffing tortillas and rolls.
4. Crushed vegetables can be added to idli batter to make veg idlis.
5. Walnuts, peanuts and melon seeds can be crushed with flax seeds to make a powder which can be added to salads, raitas and stuffings of parathas.
6. Chopped fruits can be crushed and be used as healthy toppings for icecreams.
7. Try to have hot water 3 to 4 times a day.
8. Kahva can be made with ginger, pepper and lime juice with rock salt.

Healthy eating is the best preventive factor to avoid diseases and stay healthy.

Stay Safe.

Dr Parul Kumar
Principal
Navy Children School, Visakhapatnam



“TRUE HEALINGS COMES BY THE NOURISHING OF THE MIND”

A healthy body and a healthy mind go hand in hand. There is no such thing as a mind/body split. Good nutrition, exercise, (physical and mental) and rest are ways to achieve good health. Let us see how we can achieve good physical, mental, emotional and behavioural health.

1. Physical health: Taking care of your body

- Exercise regularly: Teens should be physically active everyday for at least 60 minutes.
- Eat a healthy diet: Healthy eating is an important part of your growth and development. Eat plenty of fruits and vegetables, whole grains, a variety of protein foods, and low-fat dairy products to maintain a healthy weight.
- Get enough sleep : Most teens need between 7 to 8 hours of sleep every day. Sleep has a strong effect on your ability to concentrate and perform better.
- Brush and floss your teeth : Make it a habit now, and prevent tooth and gum problems in adulthood.
- Don't listen to loud music : This can slowly damage your hearing for the rest of your life.

2. Mental health: Taking care of your mind

- Learn ways to manage stress : You can't avoid stress, so you need to learn how to manage it. This will help you stay calm and be able to function in stressful situations.
- Try to maintain a good relationship with your parents : Remember that they do and want what is best for you.
- Develop a good balance between school, work, and social life.
- Don't try to take on too much. Limit your activities to the most important ones and give 100% to them. Overextending yourself can lead to stress, frustration and exhaustion.

3. Emotional health: Taking care of your feelings

Know the signs of moving towards poor health. These include:

- excessive tiredness
- loss of interest in things you used to like
- loss of appetite. weight gain or loss
- anxiety /depression

Don't be afraid to ask for help if you need it. Talk and share everything with your parents, talk to your favorite teacher or counselor at school. Even just talking to a friend can help.

• Don't bully other people. If you are being bullied, tell a parent, teacher, or friend. This includes being bullied online or on your phone.

4. Behavioral health: Taking care of actions towards self and others behaviors.

- Avoid violence : Stay away from situations where violence or fighting may cause you physical injury.
- Attitudinal Change : Sharing, Caring and respect for others . Be truthful to self and others



Mrs Vijaya Negi
Vice-Principal



VISUAL VITAMINS

After reading the theme for the month ‘fitness, health and nutrition’ something truly triggered in my tranquil mind. Just wanted to pen down the thoughts that flowed through.

When I had tried to know what exactly is the meaning of health I got the answer as, “A man is said to be healthy if he has Physical health, mental health, emotional health and spiritual health.” I believed it's 100% correct.



But after lockdown my thoughts started questioning my opinion. I was physically fit, mentally strong, emotionally balanced and spiritually connected. But some gap that cannot be explained was continuously persisting. Having everything around, somehow the joy of living was missing. Life was boring. Everything seemed barren and futile. I heard a psychologist advising people to converse with near and dear ones to come out of agony and affliction. It caught my attention.

One day I gave a call to one of my schoolmates. We spoke for an hour recollecting all our school memories and some funny incidents. Unknowingly my face started blushing and I experienced a lighter person of my own self. Having lots of time next day I called one of my degree friends and we had a real good time sharing all the things on earth with each other. HA HA.... it was sensible nonsense that had an essence. It has partially subsided the sedentary pace of life and showered rejuvenating smiles.

Some other day I spoke to one my colleagues, and poured out all my stress and trauma. She gave a patient ear and guided me in the best way possible.

I realized.....

An ear to hear,

A word of console,

And a spirit to uplift..... can make a difference.

Indirectly they add to our health. For every person, having a few people in life with whom he can share all odds and evens is a blessing in disguise. Especially in our old age we need these VISUAL VITAMINS who can energize us from within and aid in making life worth living. I would like to take this as a platform to urge you all to invest in good friends, nourish them with communication and love..... you will definitely reap the fruit of a happy and long life.

Mrs.RAGA SUDHA

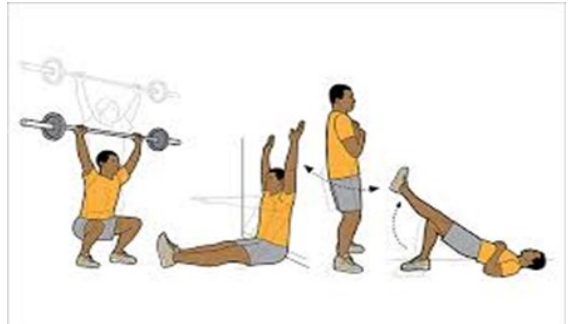
TGT- ENGLISH



Fitness – Believe and Achieve it

Challenging the status quo stands out to be a precursor for laying the Roadmap of Success in Life. Be it in professional domain or personal wellbeing, the Success Mantra in today's Prevalent Environment and Pandemic Scenario has put forth a non-negotiable and committed approach to act and focus upon Physical fitness which nurtures upon Psychological and Physiological needs to remain on top of situations.

Fitness is a way of life. One has to believe in it to achieve it where consistency and perseverance are important pillars to derive required results and same can be corroborated by Academic scholars wherein grades depend upon persistence and dedicated efforts throughout the year instead of having make shift arrangement of hard work just before any examination.



Having undergone the transformation journey myself from a normal safe life to an active and contented life style makes me feel completely different coupled with a positive outlook irrespective of any adversity or negativity around. Back in Jul 17, while battling for life in ICU, I could have never imagined to walk again and become an avid Runner. I embarked upon this Journey after taking complete rest for 06 Months and started taking baby steps from Nov 18 onwards. Not sooner than later, I ran my 1st Half Marathon which gave me much needed confidence and motivated me to take this to new level with strong Determination and Grit.

Exactly one year down the line, I opted for Full Marathon in Nov 19 for the first time and completed in reasonable timings in line with my expectations and then I participated in my 01st Ultra Marathon at Garhwal of 74 Kms and completed it successfully in Feb 20. There has been un-precedented support from my Trainers, Friends and Family who were instrumental in making and shaping my aspirations to Achieve the Unachievable.

So what kept me going? What encouraged me to try the toughest run in India?

Besides having determination to achieve, what plays a decisive factor in this Journey was my Fitness which was backed by Right Nutritional Diet comprising of home cooked Food and Discipline throughout this phase.



I would like to place on record a quote by “Scott Jurek”, who is an Ultra Marathoner from his book "Eat and Run" who said, "WE ARE WHAT WE EAT". That’s the importance of Nutrition. Health and Nutrition are perfect blend and Complimentary to each other and no person can enjoy good health without balanced diet. Daily intake has to be in consonance of Calories being burnt and energy gained. It’s very important to Eat Right while involving all your senses which helps to understand one’s body and its requirements. Ignorance is not bliss as far as Health is concerned as its out body which determines whether we are concerned with our near ones or not as any Health Problems always ends up giving Mental Stressl to our family and loved ones.

One of the famous Bollywood Celebrities known for his discipline, had said “One should die if he or she is not able to devote 30 minutes for Exercise from their daily Schedule “.

Another very famous Indian Spiritual Leader had further augmented this by Saying “Your body is your real Life Partner”. Once your body stops responding no one is with you. The more you care for your body, the more your body will care for you. Your body is both your Asset and Liability, which no one else can share “Prevalent Pandemic Situation has per forced every Individual towards becoming more Health Conscious. Statistics have shown and proved that Fit and Healthy people survived through this Virus without any major problems with only exception being Old Aged people and those having Comorbidity issues. I strongly believe that what differentiates a Fitness Freak and Sluggish lifestyle is “Approach towards Situations and One’s Own Well Being”. There should never be an excuse for not doing exercise. One can always exercise from the comfort of his home, while following all the safety norms. There are Numerous Fitness and Nutrition Apps these days which can place you at ease to monitor your calories intake, to count Daily Steps, Healthy Food Choices etc. All that is required from you is that “First Step” to take FITNESS seriously and invest one’s time in the most important wonder of God’s creation – The Human Body.

In a nutshell, what you eat, what you do to remain fit, how you deal with Stress, how much rest you give would decide how your body is going to respond in due course and this becomes our onerous responsibility to look after our body by Exercising and Eating Right. Please remember the old adage “Health is wealth”.

Cdr. Priya Khurana
M/o Jahnvi Marwah
Class X-A



FITNESS, HEALTH AND NUTRITION

Healthy body in a Healthy mind.

The urge to remain fit, healthy and active is something that everyone has. The basis of this need is a combination of nutrition and regular Physical activity. The foremost principle of education has been to inculcate a healthy body. Our body is indeed, an instrument of satisfying all our needs.

Good health is a pre-requisite for persons efficiency in every thing including Physical. Physiological, social and Emotional balance. It is a process of helping people identify their health problems, formulate their own objectives in context with available resources constraints and achieve these objectives with their own efforts.

Physical Fitness is a state of healthy well being, specially ability to perform sports occupations and daily activities. Physical Fitness is generally achieved through nutrition, Regular Physical Exercise and Proper Rest. The Physical Fitness activity depends on Age, mental and social strength. To Improve regular Fitness Jogging, Running, Walking, Swimming and Cycling and Yoga are exercises that improves the Cardio Respiratory Fitness of the people.

Physical activities increase immune system and weight control. Physical fitness exercises promote a vast and complex range of health-related benefits. physical activity can improve mental health and well-being. Physical activity has been linked to the alleviation of depression and anxiety symptoms. Being fit can improve one's self-esteem. Working out can improve one's mental alertness and it can reduce fatigue.

A healthy body means a healthy mind. People who exercise regularly are happier and more productive throughout the day. They also feel less tired. Exercise promotes a healthy body and helps positive thinking. The WHO defines health as a state of “complete physical, mental and social well-being and not merely the absence of disease or infirmity.”

The modern concept of health emphasizes on the whole human concept. In other words health refers to the outcome of intervention between the individual and their environment. Who is well adjusted with environment.

Good nutrition is one of the keys to a healthy life. You can improve your health by keeping a balanced diet. You should eat foods that contain vitamins and minerals. This includes fruits, vegetables, whole grains, dairy, and a source of protein.

Good nutrition is an important part of leading a healthy lifestyle. Combined with physical activity, your diet can help you to reach and maintain a healthy weight, reduce your risk of chronic diseases (like heart disease and cancer), and promote your overall health.

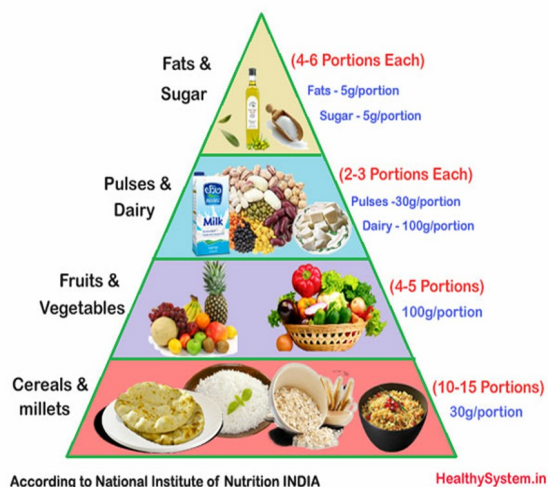


Nutritive Components of food are the constituents that supply calories and energy . We need to focus on Proteins, Fats, Carbohydrates as sources of calories and vitamins and minerals as sources of efficient chemical reactions in our body.

Proteins are made from chains of amino acids. Proteins are found through out the body. Sources like meat, eggs, soya and even milk also have amino acids in them .

To maintain a proper healthy lifestyle and to be physically fit one must take good food like Eggs, use plenty of Carbohydrates and Spinach, Vegetables , Fruits ,Nuts and Proteins, Drink Plenty of Water, and get Proper Sleep.

Don't drink sugary drinks filled with calories. Avoid Processed junk food,. Don't eat lot of refined carbs and most importantly don't diet.



General goals for students to enhance and promote health education in every possible manner..

Develop healthy habits relating to personal and environmental cleanliness and safety.

Exercise , rest, sleep and maintain correct posture.

Awareness about communicable diseases.

“When it comes to eating right and exercising, there is no ‘I’ll start tomorrow.’ Tomorrow is a disease. Because a healthy life is a happy life!”

Dr. M. Rambabu
Physical Education Teacher



Oats and Sprouts Crispy Dosa Recipe

Breakfast is the most important meal of the day. Its importance in enhancing immunity has been further emphasized during the ongoing Pandemic. Therefore, I pay special attention that my Breakfast Table is equally appealing and nourishing for my kindergartener daughter, teenager son and fitness enthusiast husband. It is not that tough though. A bit of innovation, a little out of the box thinking and you have exciting, healthy and nutritious food. So, when my regular Oats Dosa recipe became run of the mill, gave a twist to it by adding sprouts and carrots. I would like to share with you..

INGREDIENTS:	
Oats	1 Cup
Sprouts	1Cup(Moong/Soya/Chana)
Sooji	1 Cup(I use idli rava)
Carrot	½ Cup(Grated)
Cottage cheese	1 Cup(Grated)
Water	2 Cups
Salt	As per taste
Eno	1 Sachet
Oil	½ Cup(Optional)

METHOD:

1. Grind oats to powder, mix it with sooji and keep aside.
2. Grind sprouts using water to make paste.
3. Mix oats-sooji mixture, sprouts paste, grated carrots, salt and water for consistency to make batter.
4. Take non-stick tawa, heat it, pour batter and spread to dosa.
5. Sprinkle grated cottage cheese on the dosa, put a spoon of oil and let it cook for 2 minutes.

Serve hot with coconut chutney.

*(If you are using non stick tawa, you can avoid oil)



Mrs Kirti

M/O Chinmay Gupta IX-F

M/O Sanaya Gupta LKG-H



FITNESS, HEALTH AND NUTRITION = SUCCESS

We all know that there is a direct relationship between fitness, health and nutrition for all age groups including infants. Nutrition is a key player when it comes to physical, mental and social well being. And it's important for preventing disease. The COVID-19 is affecting every aspect of our lives. So what should we do during these trying times? It's very simple take proper diet and exercise regularly.



Health can be defined as a holistic way of the growth of human body and mind. A healthy person's body is in complete harmony with his mind. We can practise the art of health and wellness by keeping in mind that our bodies are made from living tissues. Those tissues require nutrition to grow, and food we eat is directly responsible for nutrients that reach our tissues. It's applicable for all age groups.

Fitness and balanced diet are not just meant for one age group. Even babies aged 0-12 months need regular exercise and proper diet for healthy growth. Infants and children need daily physical activity because it supports (a) brain development (b) builds strong muscles, joints and bones (c) increases confidence, happiness, and their social skills.



Teenagers, middle and old age people also need to ensure to have proper nutrition, careful eating habits and regular physical activity. Studies have shown that maintaining regular physical activity prevents many diseases like heart disease and diabetes. Even light exercise i.e, walking can be a powerful tool for preventable disease management. Exercise produces endorphins (“feel good” hormone)

which acts as stress reliever and leaves you feeling happy and satisfied. Good nutrition is also very important besides physical activity, no matter what your age is. It gives you energy and can help you control your weight. Maintaining strong social ties is important for aging adults to feel a sense of purpose and avoid feelings of loneliness or depression. The key is to find a form of exercise you love, and it will never feel like a chore again.

In the end I wish to conclude that we may not control everything on our lives , but we can control what we put in our body. Wellness is the complete integration of body, mind and spirit. The realization that everything we do, think, feel and believe has an effect on our state of well-being.

Mr. APPARAO REDDY

T.G.T, NCS



STUDENT TEACHER RELATIONSHIP

In the journey of life ,each and every person in the world has his /her personal experience. Every-day is a new learning experience. Lots of things learnt are felt, absorbed, adopted and few ignored. The most liked things are registered for a longer time in our mind. The reason for this is perhaps an inspiration ,our dexterity in doing the task with ease , and the last may be the necessity .From my 20 plus years of teaching experience, I would like to share few of my thoughts on an important aspect i.e. the student teacher relationship.

We know that the great teacher inspires .So, how does he or she do it? What is it that these teachers do? Every teacher has the same time available with their students ,then how are they managing to do such a wonderful job?

When we observe these classes, we find there is a spark in the eye of every child while they interact with their teacher. There is a lot of involvement found between the teacher and the students. The teacher can engage the students so well that they may not really know the time as they always feel that time has just flown during that period. The students are happy to share their problems



as well as their joyful moments. We find that the students are motivated and inspired by these teachers .They show lot of interest in that particular subject and always love to learn it and so they do not develop a phobia for that subject. The students adore their teacher for his/her content in the subject, passion for his/her profession and the attitude he or she builds up which he/she carries himself/herself in the class. We find that these teachers are self motivated, self disciplined and always have their bit of humour in every walk of their life. These teachers are often self contented but always look forward to improve their skills and embrace new technologies to be at par with the technicalities expected in the present world situations. This proves the fact that behind their vibrant reflections of teaching in the class, there are lots of efforts that are put in by these teachers.



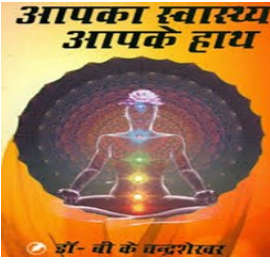
Now the question arises, what do they do basically during the interactions with their students? How do they grab the attention of their audience or students? Let me tell you these are few secrets which when revealed can be followed by many passionate teachers to develop the best teacher- student relationship. Most of the problems are solved when we listen to the other person completely, but we generally try to interrupt the other person's conversation in a haste to voice our opinion. So, the first secret is to develop good listening skills which can be acquired only with a lot of patience and by remaining calm. The teachers must have adopted these techniques or may have in their nature inherently. They always insist on the fact that every problem has a solution and ensure them by giving them the trust that their problem can be solved by discussing with him/her. The pent up negative emotions and fears in the students surface and then over a period of time they are completely erased.

Now I am going to reveal another important secret which is also very useful in the present day world scenario. Establish a heart to heart connection with the students and only through this all the impossible becomes possible. When the heart plays a role synchronously with the mind, all the emotions are balanced and the complete logical evaluation and analysis process works with divinity. The complete control over the situation will be just like the Pied Piper of Hamelin who controlled the rats with his music. So, there will be complete involvement of the students in the class and we can see the students assimilate and follow the instructions with ecstasy and have a joy of learning.

In the recent times, the curriculum is designed in such a way that the student is not burdened with any extra workload but the syllabus is framed in such a way where the pressure is built in the teachers to complete it before time, so as to have ample time for revision. In this process it is really challenging for the teachers to develop the joy of learning along with meeting the target of completing the syllabus. These teachers feel happy in seeing the progress in the performance of every child and are contented as they have also worked along with them throughout the academic year apart from working with high achievers. So, the teacher should work for a cause and not just for the applause.

As we are aware that teaching job is a stressful job, one should strive to adapt to the working environment and work passionately with utmost faith and patience. In my journey of teaching, on contemplating the establishment of good student-teacher relationship, I made an attempt to share my experiences and observations which can motivate and inspire the future generations to become passionate teachers.

Mr. Satya Prasad
P.G.T (Mathematics)



'आपका स्वास्थ्य - आपके हाथ '

बात चली जब स्वास्थ्य की, हमने अपने को परख लिया,
सब कुछ तो ठीक है, अपने -आप में समझ लिया ।
शारीरिक व मानसिक रूप से स्वस्थ रहना हमारे वश में है,

ज्यादा बातों को ना सोचते हुए दूसरों से बात को साझा करना हमारे बस में है।

जब ऐसी बात मन में आए, जब आप विचारों में डूब जाएँ,
बस किसी से अपने मन की बात कह अपने मन को हल्का बनाएँ।

ज्यादा सोच -विचार कर छोटे - से दिमाग पर जोर ना खाएँ।

सोचने से क्योंकि काम नहीं होता, काम करने से होगा ,

और यही बात हमें अपने विचारों में इस्तेमाल करने से होगा।

हम भली - भाँति जानते हैं दुनिया के सारे काम एक दिन में नहीं हो सकते,

तो फिर भला हम थोड़ा आराम क्यों नहीं कर सकते ?

क्या हुआ गर काम थोड़ी देर बाद हुआ,

कम से कम हमने अपने दिमाग को तो शांत किया ।

बस ये छोटी-छोटी बातें अपने जीवन में अपनाते जाइए,

और अपने जीवन के इस बदलाव को महसूस करते जाइए।

सकारात्मक सोच के साथ, आशावादी दृष्टिकोण के साथ ,

अपने जीवन को एक नया रूप देते चाहिए।

और फिर देखिए यह दुनिया कितनी सुहानी है,

इस बात का एहसास अपने साथ-साथ आपके अपनों को भी करवाइए॥

उर्मिला गिल

(टी जी टी हिंदी)



‘शिक्षक’

हम तो अनबुझ बच्चे थे ,
उम्र में भी अभी कच्चे थे,
जैसे कच्ची मिट्टी थे।
फिर माँ ने मुझे यूँ प्यार दिया ,
आँचल में रखकर सवार दिया।
पहला मदरसा घर था मेरा ,
पहली गुरु वह माँ थी मेरी.....
फिर आँगन से स्कूल गई,
शिक्षक ने ऊँगली थाम लिया,,
फिर सही गलत का ज्ञान दिया।
शिक्षक ने ऐसा काम किया ,
एक अनपढ़ को बेमिसाल किया ॥
बच्चों में ऊर्जा भरते हैं,
जिनको हम शिक्षक कहते हैं।
नई राह दिखाते हैं ये सदा ,
नवजीवन संचार बहाते हैं,
राष्ट्र निर्माता ऐसे हैं ,
जिनको हम शिक्षक कहते हैं॥

सदा आभारी हैं हम इनके, जिन्होंने ज्ञान का दीप जलाया है,
हर इंसान को एक बेहतर इंसान बनाया है॥



‘गुरु का महत्व’

हे! ज्ञान ज्योति फैलाने वाले गुरु आपको नमन है,
आप के चरणों में शत-शत नमन है ॥
हर रूप में, हर मोड़ पर आप हमारे मार्गदर्शक हैं,
गर भूल गए हम पथ भी तो आप हमारे पथ प्रदर्शक हैं॥
आपसे ही सीखा , आप से ही जाना,
आपको ही हमने गुरु है माना ॥
न होते आप तो, हम आज क्या होते,
बे मकसद जिंदगी यूँ ही, गुमनामी में बिता रहे होते॥
कैसे चुकाऊँ मोल? होती है कीमत हीरे- मोती की,
पर गुरु होते हैं अनमोल॥
हसरतें, उम्मीदें सब पूरी करने की चाह है,
एक आप गुरु ही ऐसे हैं जो घने वृक्ष की छाँव हैं॥
गुरु न हो तो शिक्षा अधूरी है,
हर उम्मीद, हर एक चाह अधूरी है॥
धरती कहती ,अंबर कहता, कहता यही तराना,
गुरु आप ही पावन ‘नूर’ हैं, जिन से रोशन हुआ ज़माना॥
लेखिका --उषा रानी (एम.ए. साहित्यिक हिंदी)



'कोविड-19 -- ऑनलाइन शिक्षा' बच्चों व परिवार पर इसका प्रभाव

भूमिका: शिक्षा का अर्थ है-सीखना।जिससे मनुष्य की बुद्धि का विकास हो,कुछ नया अनुभव हो- वही शिक्षा है। किताबी ज्ञान को प्राप्त करने के लिए बच्चे स्कूल,कॉलेज जाते हैं और शिक्षा ग्रहण करते हैं। अचानक कोरोना वायरस ने ऐसे पाँव फैलाए कि स्कूल,कॉलेज सब बंद हो गए। बच्चे,बड़े,बूढ़े सभी घरों में कैद हो गए।और शुरु हुई ऑनलाइन शिक्षा।

ऑनलाइन शिक्षा: वाइरस के चलते सब बंद तो हुआ पर थोड़े ही समय पश्चात् सब पहले जैसे ही धीरे -धीरे शुरू होने लगा। सवाल आया बच्चों की पढ़ाई कैसे हो? और जवाब मिला -ऑनलाइन शिक्षा। जी हाँ ,एक ऐसा मंच जहाँ हमारे बच्चे घर में सुरक्षित रहकर अपनी शिक्षा को जारी रख सकते हैं,क्योंकि सबसे बड़ा सवाल था सुरक्षा का। इस तरह की कक्षाएँ बच्चे अपने मोबाइल, लैपटॉप या कंप्यूटर के द्वारा समझ सकते हैं।शिक्षक अपने-अपने घरों में बैठकर बच्चों को विषय संबंधी ज्ञान का प्रसार करते हैं।बच्चे घर में बैठ उसको समझने की कोशिश करते हैं।इस तरह से सामाजिक दूरी का पालन करते हुए बच्चे अपनी शिक्षा को बिना किसी रुकावट के आगे बढ़ा सकते हैं।

बच्चों पर इसका प्रभाव: अचानक इस तरह का बदलाव आने पर बच्चे तो क्या बड़े भी उसे अपनाने में कुछ समय लेते हैं। इस बदलाव ने तो हमारे जीवन को ही बदल कर रख दिया तो सोचिए हमारे बच्चों पर इसका क्या प्रभाव पड़ा होगा? पर अब बच्चे और उनके शिक्षक इस बदलाव को धीरे-धीरे अपनी दिनचर्या का एक महत्त्वपूर्ण हिस्सा मान चुके हैं । अब वे यह जान चुके हैं कि चाहे कुछ हो जाए जिंदगी को सही पटरी पर लाना है।बच्चे इन कक्षाओं को बड़े ही ध्यानपूर्वक सुनते हैं और अपने शिक्षकों के निर्देशों का पालन करते हैं। हमें हर चुनौती का सामना करने के लिए हर क्षण तैयार रहना चाहिए। इस कोरोना महामारी नामक चुनौती का सामना हमारे बच्चे बहुत ही डटकर कर रहे हैं।

दुष्प्रभाव: ज़्यादा स्क्रीन टाइम के कारण बच्चों की आँखों पर गहरा असर पड़ रहा है।कई बार सिर दर्द ,बदन-दर्द की शिकायत करते हैं। उनकी दिनचर्या पूरी तरह से बदल चुकी है। वे दिन-प्रतिदिन चिड़चिड़े होते जा रहे हैं। उनकी सहन शक्ति कम होती जा रही है। छोटी-छोटी बात पर गुस्सा हो जाते हैं।वे अपने -आप को स्कूली माहौल में नहीं ढाल पा रहे।बाहर खेलना,घूमना, व्यायाम करना जैसे बंद- सा हो गया है। बाहरी दुनिया से जैसे उनका अलगाव हो गया है। बच्चे स्कूल के बहुत से क्रियाकलापों को यादकर कभी-कभी उदास हो जाते हैं। उस समय लगता है कि अब बहुत हुआ, मन खट्टा हो जाता है।



परिवार पर इसका प्रभाव: जब परिवार की बात आती है तो परिवार सबसे पहले अपनों की सुरक्षा चाहता है। इस महामारी काल में सबसे बड़ी चुनौती है- सुरक्षा। माता-पिता अपने बच्चों के उज्ज्वल भविष्य के लिए दिन-रात मेहनत करते हैं, फिर उन्हें संकट में कैसे देख सकते हैं? कोरोना के कारण बच्चों का समय बरबाद हो रहा था, इस समय ऑनलाइन कक्षाएँ ही इसका एक मात्र विकल्प था। यही फैसला शायद हर माता-पिता का होगा कि चलो ठीक है-ऑनलाइन ही सही कम से कम हमारे बच्चे सुरक्षित तो हैं।

ऑनलाइन शिक्षा के चलते घर का माहौल तो हम समझ ही सकते हैं। लगभग हम सभी इसी स्थिति से गुज़र रहे हैं। बच्चे सारे दिन घर ही घर में रहने के कारण माताओं को अपने लिए समय नहीं मिल पा रहा। वे सारे दिन बच्चों की हर छोटी- बड़ी ख्वाहिश को पूरा करने में लगी रहती हैं। ऐसा लगता है जैसे पूरा परिवार ही पढ़ाई कर रहा हो। घर ही में स्कूल होने के कारण बहुत सतर्क रहना पड़ता है। माता -पिता की सहन शक्ति भी जवाब देती जा रही है। अब तो शायद वे भी चाहते हैं कि सब पहले जैसा हो जाए।

उपसंहार: अंत में यही कह सकते हैं कि चाहे कैसी भी परिस्थिति आए हमारे बच्चे सुरक्षित रहें और अपनी ऑनलाइन कक्षाओं द्वारा प्राप्त शिक्षा से अपने भविष्य को उज्ज्वल बनाएँ।

'चलो हम सब पढ़ें -पढ़ाएँ, ऑनलाइन शिक्षा को अपनाएँ।'

जीवन के इस बदलाव को खुद भी समझें, और दूसरों को भी समझाएँ॥

उर्मिला गिल

(M/o नमन गिल, XI B)



' The cheerful mind perseveres, and the strong mind hews its way through a thousand difficulties.'

Swami Vivekananda

The current scenario may create in us a sense of ennui, a feeling of boredom or even thoughts of helplessness and hopelessness. We seem to have forgotten the fact that good health encompasses not just the absence of physical and mental ailments but involves healthy habits, thoughts, coping mechanisms and peaceful ways of relating to our environment and to others.

We must not forget that good health is a state of complete harmony of our body, mind and spirit. Through the articles in this magazine it is our sincere endeavour to help our readers get closer to this state of complete harmony and to ensure that you live your life with continued zest and vigour.

Here's to a more cheerful, healthier you!!!!

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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 NCS,

Visakhapatnam.

