



JUNE 2021 (VOLUME - I)

SHADOW SPEAK



**NAVY CHILDREN SCHOOL
VIZAG**



Dear Parents,

Home is the first school and School is the second home.

This saying has come true with the new normal which had to adapt from 2020. The pandemic has altered our life including our school system, teachers, children and parents. Let's avoid the negativities and look into positivity.



Through the monthly editions of SHADOW SPEAK, we have been able to get the parents weave-in with the school. The June month's theme was ENVIRONMENT.

As a country, we have revered and worshipped natural elements, rivers, and trees — but somewhere along the way in our pursuit to industrialize and globalize, we adopted the arrogance that has been the very cause of rapidly changing climate and human suffering. As individuals, we need to rethink what we buy and use and manage our consumption of all resources responsibly. The nation is worried on how to build back our economy however let us not forget the cost of losing our fragile ecosystems that provide us good health, clean air, water, and food. Well-balanced ecosystems rich in biodiversity are then building blocks to human existence, health, peace, and progress.

Dr Parul Kumar

Principal,

Navy Children School,

Visakhapatnam.



“Life comes with many challenges. The ones that should not scare us are the ones we can take on and take control of.”

– Angelina Jolie



The pandemic can be aptly described as a challenging time. It has altered life of students, parents and teachers. More than a year has passed and things still remain uncertain.

Our homes have become schools and parents have become part time to full time teachers. The entire school system is going through changes to meet the ideals of education, aspirations of parents and the society at large. The ideas that were unimaginable are a fact and we have to live with it now.

E-Learning has emerged as the best way of imparting education and this E-Magazine ‘Shadow Speak’ is a great way to communicate and showcase your creativity.

I thank all who contributed to this endeavour and hope to see you all soon – refreshed and rejuvenated.

Jai Hind

Mrs. Vijaya Negi
Vice Principal,
NCS, Vizag.



ENVIRONMENT

“Environment means everything that surrounds us “. This is the statement we are very much aware of. However we don't mean it. We the human beings consider environment as if it is made only for us and we could mould it as per our perceptions and desires. Where as we consider as if its not in our backyard and someone else may act for its wellness somewhere. ‘Human beings’ what we consider ourselves as the greatest creation of the creator, we should not forget that we are the last creation as per the so called Theory of Evolution. In spite of abusive and exploitative, we should be grateful and consider ourselves blessed and fortunate enough as the outcome of Mother Nature. Our primary concern and objective should be the love and care towards her in abundance as we receive from her. Now its time to show the responsibility and commitment to all the lives that surrounds us.

The damage we cause to the environment is a consequence of how we are within ourselves. If we realize that maintaining our inner climate is in our hands, we will understand that taking action for the environment is also in our hands. Wherever we are, we must do whatever we can. This is the time to show the strength of our humanity. First of all we need to sow the seeds of consciousness in everyone's mind about the greatness of the environment that nurture the living world.

Pollution is the contribution we have been awarding our environment. Pollution of all sorts is a major threat to the environment. It has adverse effects on natural environment along with its flora and fauna. It alters the natural genetic codes of the organisms dwelling in its polluted surroundings. Pollution affects not only the food chain but also ruins the food web. It endangers and also responsible for the extinction of the living species. The plantation, restoration of forest and maintenance of green trees are the vital ultimatums to save the degenerating environment. Deforestation has to be discouraged at any cost. Agro forestry is another good option to be opted and currently it's in its swing to be adopted by lots of farmers in our country. Some of the primary factors that bother the environment are- over population, pollution, global warming, climate change, genetic modification, ocean acidification, etc. .

Apart from the natural environment, there also exists a man-made environment which is related to technology, work environment, aesthetics, transportation, housing, utilities, urbanization etc. The man-made environment affects the natural environment to a great extent which we all must protect together. The components of the natural environment are used as a resource, but it is also exploited by humans to fulfil some basic physical needs and purpose of life. We should not challenge our natural resources and stop adding so much pollution or garbage to the environment. We should value our natural resources and use them within the natural discipline.

Mother Nature has set the ambience for all of us and accepts us unconditionally. On the contrary we have been showing the aggressive, the inhuman side of ours and trying to mould and obtain supremacy over her. This leads to the devastating disasters or so. The ongoing pandemic is one of such epitome of so called manmade disasters. This pandemic has been doing a mass destruction. On the contrary our environment has been flourishing and at its best after a long period of time.



Worldwide spread of COVID-19 in a quite short time has brought a dramatic decrease in industrial activities, road traffic and tourism. Restricted human interaction with nature during this crisis time has appeared as a blessing for nature and environment. Reports from all over the world are indicating that after the outbreak of COVID-19, environmental conditions including air quality and water quality in rivers are improving and wildlife is blooming. India has always been a hub of pollution with huge population, heavy traffics and polluting industries leading to high air quality index (AQI) values in all major cities. But after declaration of lockdown due to COVID-19, quality of air has started to improve and all other environmental parameters such as water quality in rivers have started giving a positive sign towards restoring. Improvement of air quality and environment during pre and post lockdown of this pandemic situation can be easily differentiated. Although the pandemic situation is out of control for human beings but the positive side of it has made us to reconsider our lives and reorganize it in a way that has less impact on our planet. The situation today is a “reset” for nature and mankind, giving us a prospect to observe and analyze in and around.

The environment and human beings are incomplete without each other, that is, man is completely fearless on the environment, without environment, man cannot even imagine his life. Therefore, for the accomplishment of material happiness, a man should avoid exploiting nature.

Air, water, fire, sky, land are the five elements on which human life rests and we get all of this from the environment. The environment not only takes care of our health as a mother but also provides us with mental peace and happiness. The environment is an integral part of human life, therefore, we should always be ready to protect the environment.

Therefore, we can see that the environment plays a far more important factor in shaping the life that we can imagine. It is responsible not only the physiological well being but also enhances the psychological aspects of the living beings. Promoting a healthy and clean environment is the basic need of any individual living in this planet earth. Living in a healthy environment will help our coming generations to lead a healthy life.

As far as the laws of existence are concerned there is no good and no bad, no crime and punishment. It is just that for every action there is a consequence. Mother Nature is so generous, if only we give her the chance, she will restore everything in absolute abundance and beauty.

We cannot fix yesterday, but we can create tomorrow for the generations to come...

Thanks giving,

Anurupa and Sunil Patra

Proud parents of Shrinidhi Ashrita

UKG- R.



ENVIRONMENT

"Nature is beautiful preserve it and restore ecosystem ...

A clean environment is very necessary to lead a peaceful and healthy life. But our environment is getting dirty day by day because of some negligence of human beings. An environment is the natural surroundings which helps life to grow, nourish and destroy on this planet called earth. Natural environment plays a great role in the existence of life on earth and it helps human beings, animals and other living things to grow and develop naturally. But due to some bad and selfish activities of the human beings, our environment is getting affected. It is the most important topic that everyone must know how to protect our environment to keep it safe forever as well as ensure the nature's balance on this planet to continue the existence of life. All living things that live on this earth come under the environment. Whether they live on land or water they are part of the environment.

The environment also includes air, water, sunlight, plants, animals, etc. Moreover, the earth is considered the only planet in the universe that supports life. The environment can be understood as a blanket that keeps life on the planet safe and sound. We truly cannot understand the real worth of the environment. But we can estimate some of its importance that can help us understand its importance. It plays a vital role in keeping living things healthy in the environment. Likewise, it maintains the ecological balance that will keep check of life on earth. It provides food, shelter, air, and fulfills all the human needs whether big or small. Moreover, the entire life support of humans depends wholly on the environmental factors. Besides, it also helps in maintaining various life cycles on earth. Most importantly, our environment is the source of natural beauty and is necessary for maintaining physical and mental health. The environment gives us countless benefits that we can't repay in our entire life. As they are connected with the forest, trees, animals, water, and air.

The forest and trees filter the air and absorb harmful gases. Plants purify water, reduce the chances of flood maintain a natural balance, and many others. The environment regulates various natural cycles that happen daily. These cycles help in maintaining the natural balance between living things and the environment. Disturbance of these things can ultimately affect the life cycle of humans and other living beings. The environment has helped us and other living beings to flourish and grow for thousands of years. The environment provides us fertile land, water, air, livestock, and many essential things for survival.

G.USHA RANI

M/o GOPIKA



CREATIVITY FROM WASTE

Hi Kids!! I strongly believe in the 3 R's i.e Reduce, Reuse and Recycle. This practice I bring it to practical usage by making creative & interesting stuffs from things which normally are considered as waste along with my son, Daksh. I strongly recommend and encourage you to participate in this joy of thinking that “nothing is WASTE” with your parents.

My source of inspiration is from the Rock Garden at Chandigarh. I would like to tell you a story about the same.



“ Once upon a time, in the year 1957, One Uncle named, Mr. Nek Chand was there. He loved to venture out to collect materials from demolition sites around his city near Sukhna Lake. He enjoyed to spend his spare time, recycling the collected materials and creating pottery covered concrete sculptures of dancers, musicians, animals et. This was his favourite hobby. Though, this work without permission of the State Government is considered to be illegal, but for 18 years he continued to do the same secretly until 1975.

His creative work now spread to more than 12-acre (4.9 ha) (VERRRRRY BIG PLACE) was later discovered by the Government officials. His work was in danger of being demolished, but he was able to get public opinion on his side. Finally, in 1976 the park was inaugurated as a public space and Nek Chand Uncle was given a salary, a title ("Sub-Divisional Engineer, Rock Garden") and 50 laborers so that he could work full-time, on his passion. The Rock Garden, even appeared on an Indian stamp in 1983. The Rock Garden is still made out of recycled materials. With the government's help, Nek Chand Uncle was able to set up collection centres around the city for waste, especially rags and broken ceramics.“



Do ask your parents, that once its safe to go on holidays, to take you to the ROCK GARDEN, so that you can appreciate and understand that “WASTE IS BEAUTIFUL”. I have attached few beautiful photos of the ROCK GARDEN at Chandigarh: - Also, here are few of the things which I have made using cardboard/ Coconut shell/ paint bottle/ plastic bottle etc, which my son, feels proud to display in and around the house.



Thank you children, for reading my article !!! Hope you too engage in more DIY (Do it Yourself) & contribute less waste !!!!

Divya Subramanian
M/o Daksh Subrmanian - I-E
NCS, Visakhapatnam



IMPORTANCE OF ENVIRONMENT

Everything present around us is our environment. It includes all living and non-living things in our surroundings. The life of humans and animals is entirely dependent on environment. It nourishes us. Environment plays a major role in giving birth to new life, in the growth of a life, survival of the life and overall well being of any life. It provides us with fresh air that we breathe, water that we drink, food that we eat and almost all the resources for our survival.

Environment also provides us with several other natural resources that are very important to for our survival. It includes sunlight, atmosphere, land, water, plants, animals, sea life, minerals, different species and everything that occurs naturally on earth.

It provides us with the resources such as fuel, metals and most of energy to use. We humans in the search of progress have forgotten its value and importance. We are constantly degrading and destroying it. Human activities are the root cause of environmental imbalance. The pollution has lowered the quality of all natural components of environment. The depletion of ozone layer, greenhouse effect, climate change and global warming are very issues with which environment is suffering from. In last five decades human beings have polluted air, water and soil to large extent. If human activities continue to exist like this, the day is not far away when they will be no more. Even the very existence of all living forms will be wiped off. Environment has given a lot to us and in return we have only degraded it. It is true that we cannot repay but we can then some steps to save it.

It is our duty to save trees because trees provide us oxygen and purify the air present in environment and help regulate the balance of earth. We need to plant new trees and stop deforestation to save it and make it healthy. Instead of burning fossil fuel and using non-renewable resources let's switch to Eco-friendly energy resources and say no to pollution. The most effective way to save it is to spread awareness. We all need to contribute to save the environment by planting trees, saving trees, saving water, reducing plastic usage and by saving all natural resources.

Vinod Yadav
Father of Kritagya Yadav
Class – 5 'R', Roll no.- 13
Navy Children School, SVN Colony



ENVIRONMENT

If you want to learn about the health of a population, look at the air they breathe, the water they drink, and the places where they live."

– Hippocrates, the Father of Medicine, in the Fifth Century B.C.

It may seem like we live entirely in a man-made world. Cities, towns, homes, schools, cars, roads, and computers are all man-made. But the natural world or should I say the 'real world' is all around us, all the time. The only thing which is omnipresent is our environment!

There is an old Native American saying that goes "We do not inherit the earth from our forefathers, we borrow it from our children". This brings to my mind a question on what kind of planet are we going to leave our kids in? Conversely, and more importantly, what kind of children would we be leaving our planet to?

Raising children in a fast-paced techno-savvy world like this can certainly be challenging. There are so many issues to focus on – social development, education, emotional skills, social responsibilities and so much more. As a result, somehow somewhere down the line, we forget about our beautiful planet and all of its voiceless vote less inhabitants. So how do we inculcate compassion towards fellow inhabitants of our planet in our children and raise environmental awareness? So, let's join our hands to build a better and greener tomorrow. Here are a few examples on how to make our little ones more environmentally responsible

Teach them the three R's: Reduce, Reuse, Recycle — Three great ways we can eliminate waste and protect our environment!

Waste, and how we choose to handle it, affects our world's environment. The waste we create has to be carefully controlled to be sure that it does not harm our environment and our health.

Teach them to save water:

Ask them to be more cautious using the electricity

Give them "experience" gifts:

Instead of toys that will soon be discarded or clothes that he'll quickly grow out of, give your child an experience he won't forget. Take your kids camping or rock climbing or bird watching. Tell them the importance of caring for our feathered and furry friends.



Gardening:

The best way to help your child learn is by practicing the values that you teach. By taking care of indoor plants or understanding the importance of compost pit, by keeping a small pot where you can compost the daily kitchen waste, you can bring them close to the cleaner and greener future.

Don't Litter:

Your child would have noticed and experienced the waste on the streets around him. Therefore, teach him to take a conscious step against this.

Educate your child on the local flora and fauna:

Maintain a small scrapbook of the trees around your neighbourhood (press their leaves and flowers), the resident animals (either a fallen feather or a picture) and teach him about habitat loss and how they are surviving in an increasingly unfriendly and non-green environment.

Our kids are little warriors who do not complain and are trying their best to cope up with the current situation even when they do not understand the pandemic in its entirety. Kids have proven to follow safety guidelines and protocols way better than some adults have during this pandemic. From wearing masks to washing their hands regularly, children are doing it all without too much complaining. This, even when so many of them are too young to even begin to comprehend what is happening. They have been truly amazing. If it is so hard for us to give up the normalcy. Imagine how hard it must be for the little ones, who are not getting their fair share of school life and playing outdoors. Yet they choose courage over comfort. faith over fear.. and happiness over everything!

So we owe them this! Lets pledge to make our earth our environment greener, happier and healthier and also involving the future caretakers in this mission by making these little warriors understand the importance of environment and by making them environmentally responsible.

To our little warriors..Bravo, Kids! Take a bow! This too shall pass! Nothing but good times ahead!□

Mrs Apoorva Rai

M/o Master Aarav Rai - LKG B

NCS, NSB, Visakhapatnam



ENVIRONMENT DAY

When we hear the word “Environment”, the first picture which comes to our mind is Greenery. But are we able to keep up or rather maintain that image? This Article is created with the hope that it will introduce a new ideology in the mindset of at least one. As we know that every citizen of the Planet has faced a serious series of problems in the Covid Era. Humanity came to acknowledge the importance of various natural factors like “Oxygen”, “Food”, “Fuel” and Commodities. These all indicated that nature plays it’s vital role in this peculiar yet obvious, sophisticated yet simple, cycle of ecosystem balance. These were nothing but mere consequences of our past deeds.

“On June 5 every year, the Nature empaths around the globe celebrate World Environment Day, encourage awareness, and observe its protection. Since 1974, World Environment Day has been celebrated, engaging governments, businesses, and citizens in an effort to address pressing environmental issues, with participation from over 143 countries annually.” Not only this month, should we depict our awareness throughout the life. Let’s trace back the origin, “The Why?” of Environment Day.

“World Environment Day came into existence in 1972 by the United Nations Assembly on the first day Stockholm Conference held on the human environment and later in 1974, the day started to be celebrated with the theme "Only One Earth". The idea for rotating the center of these activities through selecting different host countries began in 1987. In 2013, the anthem was launched on the occasion of World Environment Day in New Delhi. Over the years, the day became a global platform for raising awareness and taking action on urgent issues from marine pollution and global warming to sustainable consumption and wildlife crime.”



“The earth is all we have in common.” Some of the common yet significant steps can be taken by each of us, which would eventually improve the state of the planet. We should come up with ideas which are achievable by one and themselves. For Instance, we could add a touch to our house with “Sister, “Botany””. This would not only beautify our space, but also add up to the greater good. We could also go against our “laze and haze,” and throw each and every bit of trash into that Dustbin, Mate;). Even under longer Vision, if we plant a tree on each and every birthday of a family member, this would gradually sum up to give a powerful and impactful aid to environment. So it’s time that we join hands, and work towards Our great Mother Nature! To conclude, let’s take inspiration from this well-said quote:-

“On each birthday of your children, PLANT A TREE

Contribute to the environment and gift them A HEALTHY LIFE FOR FREE.”

**Lal Bahadur ,CPO
F/o Anaya Garg
Class- 2D**



EFFECT OF COVID-19 ON ENVIRONMENT

1. Environment plays an important role in healthy living and the existence of life on planet earth. Earth is a home for different living species and we all are dependent on the environment for food, air, water, and other needs. Therefore, it is important for every individual to save and protect our environment.
2. There are many **factors of environment** like temperature, food, pollutants, population density, sound, light, and parasites. Environmental factors are significant contributors to population health across the life course. Early life exposures can lead to diseases later in life. Environmental chemicals are ubiquitous in our environment and can be found in air, food, drinking water, and consumer products.
3. **Environmental pollutants** can cause health problems like respiratory diseases, heart disease, and some types of cancer. People with low incomes are more likely to live in polluted areas and have unsafe drinking water. And children and pregnant women are at higher risk of health problems related to pollution.

How COVID-19 has changed the face of the natural world?

4. On the human front, most pandemic-related news has been negative. So far, COVID-19 has caused the deaths of more than 3 million people worldwide, and that number could be significantly higher given how challenging it is to track every COVID-19 death.

Wildlife and COVID-19: The good

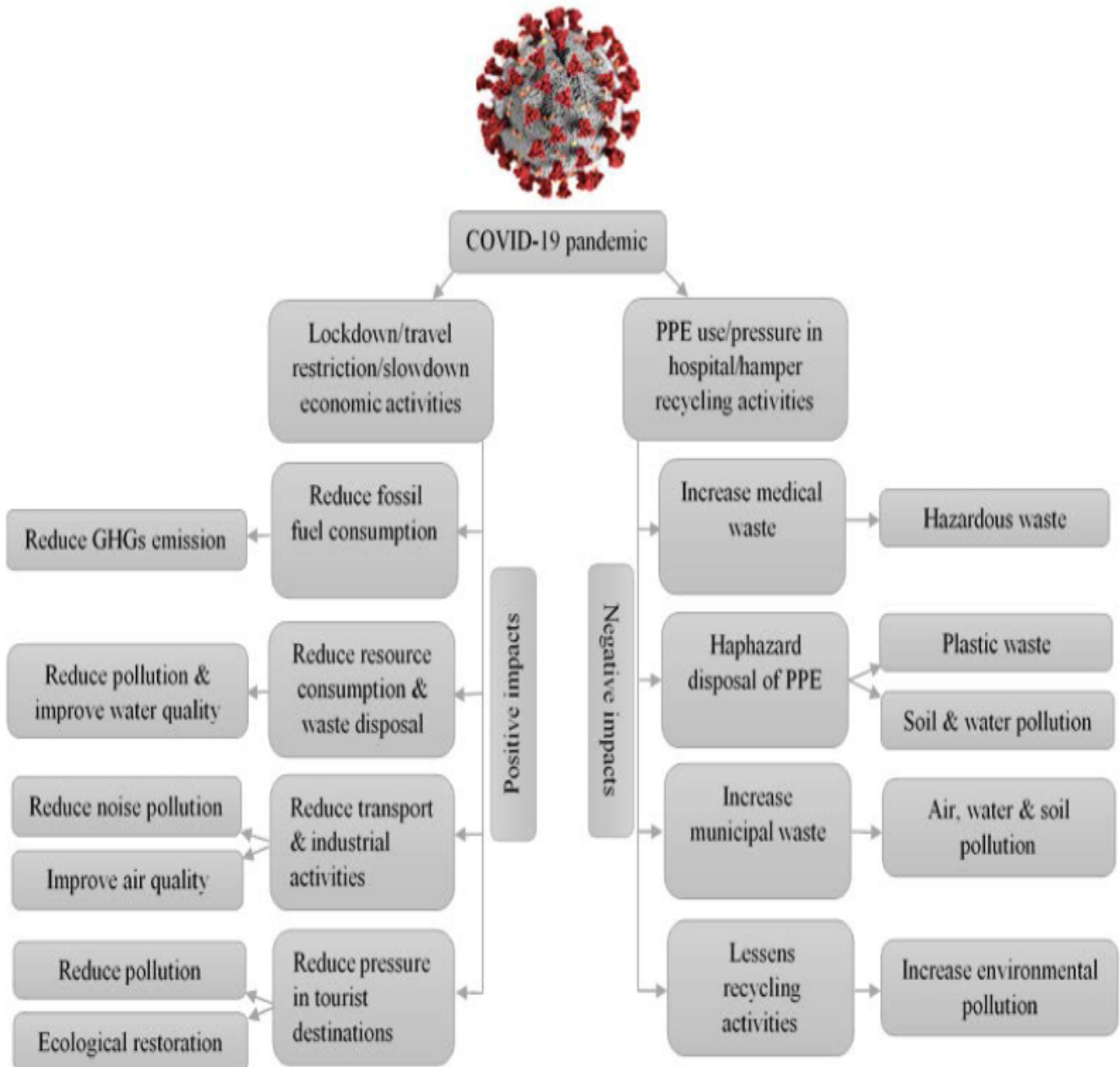
One major and predominately positive benefit of the pandemic for wildlife is less human travel. Due to the significant reduction in journeys, fewer people are hitting and injuring or killing wildlife on roadways. A study analyzing roadkill data from 11 countries found that roadkill rates fell by more than 40% during the first few weeks of the pandemic restrictions in Spain, Israel, Estonia, and the Czech Republic. A reduction in water travel and activity reduced the risk of ships striking and injuring or killing marine animals.

Wildlife and COVID-19: The bad

6. Few researchers found that reduced human disturbance relating to lockdown has benefitted invasive alien species by interrupting the actions that people were taking to control them.



The pandemic restrictions have also reduced the work of conservation and law enforcement organizations that care for wildlife and protected areas.





Effects of COVID-19 on our Environment:

Positive Environmental Effects:

1. Reduction of air pollution and GHGs emission: As industries, transportation and companies have closed down, it has brought a sudden drop of greenhouse gases (GHGs) emissions. Besides, global coal consumption is also reduced because of less energy demand during the lockdown period.

2. Reduction of water pollution: Water pollution is a common phenomenon of a developing country like India, and Bangladesh, where domestic and industrial wastes are dumped into rivers without treatment. Consumption is also reduced, especially from the textile sector around the globe.

Usually, huge amounts of solid trash are generated from construction and manufacturing process responsible for water and soil pollution, also reduced. Moreover, owing to the reduction of export-import business, the movement of merchant ships and other vessels are reduced globally, which also reduces emission as well as marine pollution.

3. Reduction of noise pollution: The quarantine and lockdown measures mandate that people stay at home and reduced economic activities and communication worldwide, which ultimately reduced noise level in most cities.

4. Ecological restoration and assimilation of tourist spots: Over the past few years, tourism sector has witnessed a remarkable growth because of technological advancements and transport networks; which contribute significantly to global gross domestic product (GDP)

Negative environmental effects:

1. Increase of biomedical waste generation: Since the outbreak of COVID-19, medical waste generation has increased globally, which is a major threat to public health and environment.

2. Safety equipment use and haphazard disposal: To protect from the viral infection, presently people are using face mask, hand gloves and other safety equipment, which increase the amount of healthcare waste.



3. Municipal solid waste generation, and reduction of recycling: Increase of municipal waste (both organic and inorganic) generation has direct and indirect effects on environment like air, water and soil pollution.

4. Other effects on the environment: Huge amount of disinfectants are applied onto roads, commercial, and residential areas to exterminate SARS-CoV-2 virus. Such extensive use of disinfectants may kill non-targeted beneficial species, which may create ecological imbalance.

Directly or indirectly, the pandemic is affecting human life and the global economy, which is ultimately affecting the environment and climate. Though the impacts of COVID-19 on the environment are short-term, united and proposed time-oriented effort can strengthen environmental sustainability and save the earth from the effects of global climate change.

Mrs. Archana

(Mother of K. Anay L.K.G - 'A')



MY DAUGHTER'S PRIDE

“I was calling you for so long, where were you?”, These were the words I always heard from my mother when I came home after spending hours at a field covered with grass and huge trees, I was young, very young to be honest just about the age of my daughter now, but I’ve seen so much more than her by then, I played under huge trees and open yards of green grass of temples, I picked up a few kittens who didn’t have their mother, got them home in a shoe box and hid them from my mother.

Times have changed in a way that none of us ever imagined, we all want to give a happy and beautiful childhood to our kids, I am one of such parent too, but when I look at my kid, her happiness is short lived as we try to give her happiness with soft toys, expensive stuff and anything which is artificial none of them ever catches her attention for not more than a day, at times I look at my pictures and look at her when we both were of the same age and see that my happiness was more pure and lasting cause I had the opportunity to be near to Mother nature. I started my schooling in the lush greenery filled neighborhood of Kerala, I remember the helmsman in the small boat, who would take me to the other end of the small rivulet to my school everyday.

In days like these when everything is so uncertain because of the pandemic I wish soon I have an opportunity to introduce my tiny sweet heart to Mother Nature where she would be even more cherished and cared for by Mother Nature. The Nature around has so much of goodness hidden in its lap which would keep our kids safe and healthy for a very long time and also would nourish their souls and give them the inner beauty, strength and the peace much needed in today’s world. Unfortunately, with the growing population, urbanization, industrializations we have harmed the nature so much that we lost the balance with the nature around us and off late it has made us realize that its better if we get a check on our deeds else what we are leaving behind for our kids is not what we would really like them to see or go through. I always feel guilty when I look at my kid and see her yearning to go out and play, she is four and I never had the opportunity of taking her for a picnic. Isn’t it our fault that our kids are deprived of all the good things that we once experienced and the thought scares me what if we never get the chance to let them know how it feels to roll in the grass, run behind grasshoppers and butterflies, the fun of collecting fruits like trophies from large trees and when they look behind and see the tree standing there smiling proudly with a swollen bosom filled with pride of being able to give such sweet blessings.



Its high time we care for the green living beings around us and the other species which have equal rights to coexist with us on this planet, else it's not far that we will not only be buying Oxygen cylinders for the sick but for all those who exist, let's not get to a point where survival would stand as a question every moment, but if we don't stop our exploitation that day is not far.

On this very day lets promise that we would include some more green members into our family, it doesn't matter how much space we have, lets have one plant or one tree. My daughter loves pets and she decided to have a rose plant and a tomato plant as her pets, we have set up two pots recently and she planted them with her tiny hands, she waters them everyday and I am proud to see her feeling responsible for them, when there was a tiny green fruit in it I saw the same glimmer of happiness in her eyes- the one that I had as a child, pure and innocent. She ran up to me and said, look mama..!

“ I' VE RAISED THEM, WHAT A BEAUTY!”

That pride was priceless and immense. Let's give them a chance to know their green friends and let them protect each other.

V.Mary Mrudula
(Mother of Nihira Uttara Tulsyan)
LKG-R
NCS 104



OCEAN - MARINE POLLUTION

The oceans cover more than 70 per cent of the surface of our planet and play a key role in supporting life on earth. They are the most diverse and important ecosystem, contributing to global and regional elemental cycling, and regulating the climate. The ocean provides natural resources including food, materials, substances, and energy.

Marine Protected Areas contribute to poverty reduction by increasing fish catches and income, creating new jobs, improving health, and empowering women. Increasing levels of debris in the world's seas and oceans has a major and growing economic impact.

Oceans, seas and other marine resources are essential to human well-being and social and economic development worldwide. Their conservation and sustainable use are central to achieving the 2030 Agenda, especially for small island developing States. Marine resources are particularly important for people living in coastal communities, who represented 37 per cent of the world's population in 2010. Oceans provide livelihoods, subsistence and benefits from fisheries, tourism and other sectors. They also help regulate the global ecosystem by absorbing heat and carbon dioxide (CO₂) from the atmosphere. However, oceans and coastal areas are extremely vulnerable to environmental degradation, overfishing, climate change and pollution.

UNEP is working to develop a coherent approach to measuring the ocean condition and the drivers, pressures, impacts and responses. This is through promoting the measurement of the ocean SDGs where UNEP is the custodian and through working to develop an approach for better ocean accounts.

Chanda singh
M/o Yashraj Singh
Class-4H



That one small step....

Everywhere on social media we see about saving earth/nature in the month of June. But people forget the owes they had taken to save nature as July comes by.

Last weekend we had a small family trip to Thotlakonda Beach. I wanted to show my little one " what sea is ".

What have the humans done to the Nature?

The plastics washing my feet on the shore along with the water. The worst and disgusting part was, diapers / sanitary napkins washing my feet.

Initially I was not interested to write an article for the school. E-magazine as there was no spark in me to write.

“What should I show my little one as sea? Should I tell her, beach is a dump yard ? Is it what we have left them for their future? “

This was the spark that made me write this small piece of information for awareness.

Though people are little skeptical to talk about this topic, I thought this might change mindset of atleast few parents and children which might lead to a better environment for future generations to come.

These days a product gets sold by how an advertisement attracts one's mind rather than how useful it is. Yes , I am speaking about advertisement that happens for sanitary napkins and diapers (No brand in specific).

The thought that cloth is unhygienic and sanitary napkins (made of plastic) is hygienic is fuelled into the mind of parents and children. But the hygiene of environment is totally forgotten.

Also, the risk of infection is same in both the cases if not used in right manner.

Next comes diapers. On an average 300 diapers are used per month by a month old baby.

Number of babies ?? Number of diapers disposed ???? OMG!!!

How much our environment can take?



Not only reusable sanitary napkins even reusable diapers are available again no specific brand. There are many cloth diapering brands and cloth sanitary napkins. Personally I have used both for self and my little one, they are hygienic and safe to use.

As a mother when I was looking for cloth diapering options, I was astonished to know that it's the mothers who are the owners of the cloth diapering brands.

"Isn't it true a mom knows better how another mother (mother earth) will feel?"

If you are wondering about how to reuse them? These days we get washing machines which has helped us with various functionalities like anti-viral mode, temperature setting, pre-wash, etc which will help in cleaning the cloth diapers or sanitary napkins easily. So, this shouldn't be a hurdle to switch to this sustainable way of life.

Hope I have enlightened many of your minds about implementation of reusable sanitary napkins and cloth diapering into our lifestyle.

Let us all keep in mind that every day is environment day and every month is environment month.

Mrs.Vamanee.S.C

TGT, Work Education.



प्रकृति की महत्ता

प्रकृति का तांडव देख आज मानव घबराया,
चारों तरफ बस उसे निराश चेहरा ही नजर आया।
प्रकृति से खिलवाड़ करते समय,
यह विचार मानव के मन में क्यों नहीं आया?
यह प्रकृति है ,बदला लेगी शायद अब समझ में आया।
आज के इस माहौल को देखकर मनुष्य तिलमिलाया,
और अंत में देखो वह प्रकृति की शरण में आया।
बना बना जड़ी बूटी के काढ़े ,अपनों को बचाया।।
शायद उसको समझ में आया ,यह प्रकृति की है माया,
प्रकृति से खिलवाड़ कर कोई रास्ता नजर ना आया।
अब पहचानकर इस प्रकृति की महत्ता को,
मानव ने यह संदेश पूरे विश्व में फैलाया।।

उर्मिलागिल

M/o(नमन गिल XII B)



मनुष्य प्रकृति से है, प्रकृति मनुष्य से नहीं.....

जी हाँ! इसमें कोई दो राय नहीं क्योंकि मनुष्य ही प्रकृति की सर्वश्रेष्ठ कृति है। इसलिए उसका अस्तित्व पूर्ण रूप से प्रकृति पर निर्भर करता है। हमें स्वस्थ रहने के लिए स्वच्छ हवा, स्वच्छ जल एवं शुद्ध आहार की आवश्यकता होती है। तभी हम विकार रहित जीवनयापन कर सकते हैं। परंतु प्रश्न यह है कि क्या हम पूर्णतया स्वस्थ हैं? अधिकांश उत्तर नहीं में होंगे। क्योंकि हम निजी स्वार्थ के लिए लगातार प्रकृति का दोहन कर रहे हैं। इसे भी अस्वस्थ कर दिया है। इसलिए गांधी जी ने भी कहा है-“प्रकृति के भंडार में हर किसी की ज़रूरतें पूरी करने के यथेष्ट संसाधन हैं, पर किसी की लालच को पूरा करने में यह भंडार असमर्थ है।” मनुष्य बेसब्रा हो गया है तभी यह नौबत आ रही है। एक तरफ दिन-प्रतिदिन प्रदूषण बढ़ता ही जा रहा है जैसे- फैक्ट्रियों, वाहनों, वातानुकूलित मशीनों एवं विचारों का आदि। इसका कुप्रभाव पर्यावरण पर पड़ता है। पर्यावरण (परि+आवरण) यानी हमारे चारों ओर का आवरण। हम सब और हमारी दुनिया- पंचतत्व (पृथ्वी, आकाश, वायु, जल, अग्नि) इन्हीं तत्वों से मानव शरीर की रचना हुई है। हमारा जीवन वन, वृक्ष, नदी, पहाड़, झरने, समुद्र, पशु-पक्षी आदि से आवृत है। इन सभी तत्वों और पदार्थों का समग्र रूप ही पर्यावरण है।

पर्यावरण कोई आधुनिक संप्रत्यय नहीं है वरन वैदिक काल से निरंतर चला सिद्ध है- “वाने वन समूहे प्रतिष्ठते इति” अतः प्रकृति के प्रति प्रेम, संरक्षण, आत्मानुभूति तथा किसी को भी हानि न पहुँचाने का भाव, जो साहित्य एवं पाठ्यक्रमों में बहुतायत पाया जाता है। जिसमें प्रकृति के अनावश्यक दोहन-शोषण का विरोध किया गया है। बस आवश्यकता है उसे व्यवहार में लाने की।

जो प्रकृति हमारे मन में सुख, शांति, तृप्ति, आशा जैसे सुंदर रसों का संचार करती है, जिससे हमारा रोम-रोम खिल उठता है, उसका बचाव करना प्रत्येक नागरिक का सच्चा धर्म है। पर्यावरण का संबंध भौतिक और जैविक व्यवस्था से है। यदि प्रदूषण पर लगाम नहीं कसी गई तो प्राकृतिक संपदा के साथ-साथ मनुष्य का अस्तित्व भी खतरे में पड़ सकता है। हमें किसी भी स्थिति में इसे बचाना है, क्या बचाना है?- गाँव में खेत, जंगल में पेड़, शहर में स्वच्छ हवा, पेड़ों में घोंसलें, अखबारों में सच्चाई, राजनीति में नैतिकता और प्रशासन में मनुष्यता आदि। क्योंकि ये सभी घटक एक दूसरे से प्रत्यक्ष या अप्रत्यक्ष रूप से जुड़े हैं। तो आइए हम सब मिलकर प्रण लें कि हम प्रकृति और पर्यावरण की दिलो-जान से रक्षा करेंगे।

मानव हो तुम! दिखलाओ संवेदना प्रकृति के रक्षक बनकर

माता है प्रथम हमारी मत करो संहार भक्षक बनकर

नहीं तो अनंत पीड़ा तुम्हें ही सहनी होगी

ये तूफान, बाढ़, महामारी की सीमा तुम्हें ही तय करनी होगी

आओ मिलकर प्रकृति का सम्मान करें

पहले प्रकृति को बनाएँ स्वर्ग

फिर मंगल और चाँद की बात करें

-मालती देवी(पी आर टी हिंदी)



पर्यावरण

पृथ्वी पर रहने वाले सभी जी पर्यावरण के अंतर्गत आते हैं चाहे वे जमीन पर रहते हो या पानी पर वे पर्यावरण का हिस्सा है। पर्यावरण में हवा, पानी, पौधे, जानवर आदि भी शामिल हैं।

पृथ्वी को ब्रह्मांड का एक मात्र ऐसा ग्रह माना जाता है जो जीवन का समर्थन करता है। पर्यावरण को एक कंबल के रूप में समझा जा सकता है।

हम वास्तव में पर्यावरण के मूल्य को नहीं समझ सकते हैं लेकिन हम इसके कुछ महत्व का अनुमान लगा सकते हैं। यह पर्यावरण में जीवित चीजों को स्वस्थ रखने में महत्वपूर्ण भूमिका निभाता है।

मनुष्य का संपूर्ण जीवन समर्थन पूरी तरह से पर्यावरण कारको पर निर्भर करता है। यह पृथ्वी पर विभिन्न चक्रों को बनाए रखने में मदद करता है।

पर्यावरण प्राकृतिक सुंदरता का स्रोत है और शारीरिक और मानसिक स्वास्थ्य बनाए रखने के लिए आवश्यक है।

अंत में हम यह कह सकते हैं कि पर्यावरण ही है जो हमें जीवित रख रहा है पर्यावरण के आवरण के बिना, हम जीवित नहीं रह पाएंगे।।

मनीष कुमार
F/o गरिमा कुमारी (यूकेजी क्यू)



हरियाली फैलाओ, प्रकृति बचाओ

हरियाली फैलाओ, प्रकृति बचाओ
वन्य जीवन तू धन्य है, सिखाता मानव को अनुशासन है।
लेकिन मानव यह सब भूल चुका,
निजी स्वार्थ हित दानव बन चुका।
काट पेड़ों को वह, धरा को निर्जन बना रहा,
खुद अपने हाथों, अपने पैरों पर कुल्हाड़ी मार रहा।
एक दिन ऐसा आएगा, तू अपने में ही मिट जाएगा ,
अब भी समय है जाग हे! कलयुगी मानव जाग।
संभल नहीं तो पछतायेगा , एक दिन ऐसा विनाश आएगा,
तब तू भी न रहेगा और न ही हरी भरी वसुंधरा ,
उस दिन के आने की मत कर प्रतीक्षा, हे! कलयुगी मानव जाग ।
छोड़ अपने स्वार्थ को, रोक पेड़ों के विनाश को,
क्योंकि पेड़ और प्रकृति ही जग की शोभा हैं।
प्रकृति है तो जीवन है और जीवन है तो हम हैं ।
हरियाली फैलाओ, प्रकृति बचाओ !!

रीना देवी

M/o शौन, एल के जी -आर



Team NCS thanks each of our readers for taking time out to read Shadow Speak. 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.

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