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Editor-in-chief's note



“If you want to make God laugh, tell him your plans,” the saying goes.

Speaking of which, I am sure we all had plans for 2020. Nothing like an unforeseen pandemic to really pull the wheels out from all of it.

Yet as I sit here working from home while trying to work amidst a 7 year old and 4 year old, while helping out in the kitchen, I know I'm only one of the millions of people who are going through this.

All this at-home time has made one thing glaringly evident: Technology, with its whole internet-based ecosystem, has played a very useful and important role in mitigating the misery of this disaster. Social distancing has become de rigueur. We are all pushed now to embrace technology, have a strong infrastructure and it's not any more good to have. It is the way forward.

I'm realizing the idea of our shared humanity, of our interconnectedness on this planet has pretty much been a bunch of lip service up until this point, hasn't it? But now we are quite literally all in this together, our brothers' keepers, working to combat an invisible enemy. The one-on-one time we are going to spend with our family – the conversations, the stories and the laughter at the most unexpected times – is a gift and I hope it makes us all better human beings.

Shankar Jambulingam

Founder & CEO

Jarulss Software Solutions Pvt Ltd

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Editorial Team

Managing Editor

Janani Nagarajan

Design

Eighty Twenty D&C

www.the8020.in

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NOTE: PLEASE CHECK APPROPRIATE ARTICLES FOR IMAGE CREDITS

MARKS ARE JUST NOM83R5 & GR+DES ARE JUST ALPHABET!

Have you always felt there's more to education and learning than the marks sheets and grades? Well, here are some skills that can't be merely measured using numbers or grades and it's value is beyond just scoring high.

These skills have to do with how we connect with each other, and with the world around us. In many ways, they're also about building relationships.

With this in mind, let's look at the skills that are beneficial to everyone—student, educator, parent among others.



1. Problem Solving

The world is changing dramatically. You would be coming across problems that you wouldn't have imagined yet. However, we face challenges

that require skills to define a problem, design an appropriate solution, and put it to effective use.

Problem-solving skills help you to tackle anything from writing a shopping list to designing and realizing their biggest dreams.



2. Critical Thinking

It's about thinking independently, responsibly, and productively. The way we think about the world, ourselves and each other affects more than just personal experience. It has a part in defining the future of everything and everyone and the entire world—this is the “Ripple Effect.”

It's been a part of many cultural philosophies for thousands of years, reminding us that how we choose to think and act influences our whole world.

We don't have to be overwhelmed by it, just simply be aware of it as it guides our critical thinking practices.

3. Leadership

Understanding leadership is one of those beneficial lifelong learning skills that can change people's lives. After all, one who leads isn't just one who manages things.

Natural leaders are an asset in any classroom. Anyone whose attitude moves from "I can do it" to "we can do it" makes everybody better. It's their independence and willingness to take responsibility for making good things happen, not just simply getting things done. That's why leaders see more, do more, and learn more.



4. Communication

In the digital age, communication has transformed beyond face-to-face interaction. We communicate using technology more than ever. Even so, whatever medium we choose there are skills we can acquire to help us communicate more effectively. Having communication skills means less stress, more productivity, and better relationships.

5. Collaboration

Working in groups is a hallmark of the digital. Collaborative abilities have a permanent place among the most beneficial lifelong learning skills all students should develop.



6. Curiosity

Developing curiosity is undoubtedly one of the most beneficial lifelong learning skills you can have.

Simply put, without curiosity, there is no learning. Nurturing curiosity can lead to moments where a learner says, "Wow, I never expected that in school." This is exactly the kind of reaction that indicates kids actually can fall in love with learning



Every women is a warrior, She has a story, and a purpose

International Women's Day
2020 campaign

Theme of 2020

#EachforEqual

An equal world is an enabled world. Equality is not a women's issue, it's a business issue. Gender equality is essential for economies and communities to thrive. A gender equal world can be healthier, wealthier and more harmonious - so what's not great about that?

Here are 5 high achieving women of the Educational Sector
with a purpose in India:

Vimla Kaul

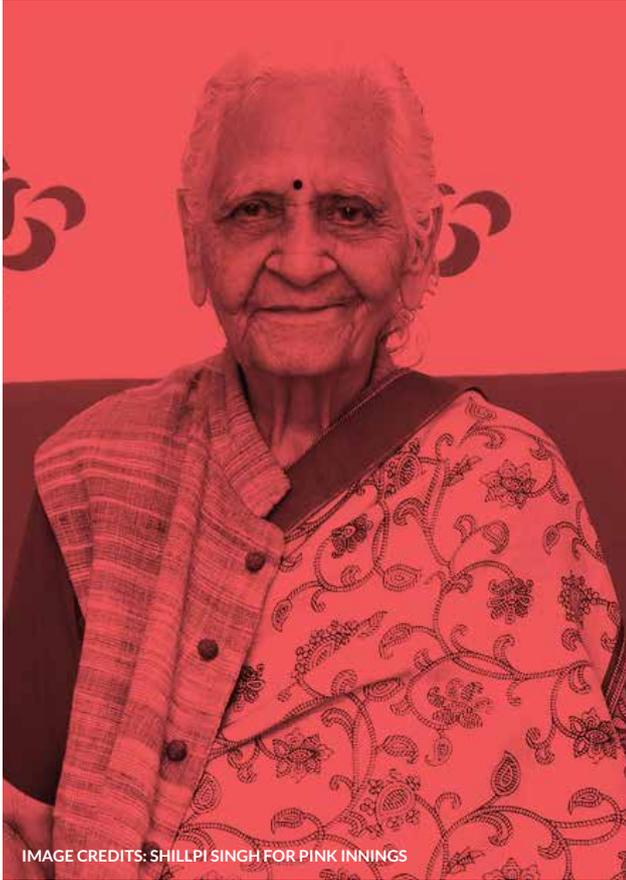


IMAGE CREDITS: SHILLPI SINGH FOR PINK INNINGS

In 1993, post her retirement as a government school teacher 20 years ago, she decided to contribute to charity, not sure what to do. She decided to educate under-privileged children in Delhi. She established a school named Guldasta in 1993 in a Municipality Park in Delhi.

All their parents mostly work as maids or drivers, servicing the middle class housing colony across the road. Students are taught English, Science, Math and Environment. They own one computer and offers extra-curricular activities like yoga, dance and drill. She doesn't know to say no to any child. Her main aim is to teach every child properly

She carried on her struggle in spite of almost no support or encouragement from the society.

There are happy stories where her students are earning a living as a mechanic, waiter or as a computer graduate. Vimla is happy she can give the kids a childhood that they deserve.

Roshini Mukherjee

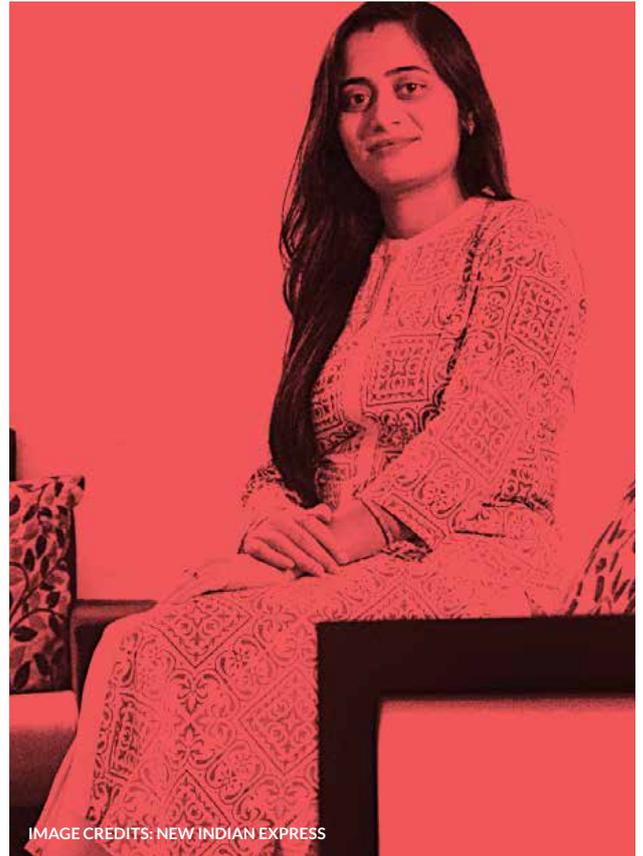


IMAGE CREDITS: NEW INDIAN EXPRESS

Quit her well-paid IT job and established Examfear education. Internet has the power to change the world, with a purpose !

Being employed in Wipro, she began to upload her teaching videos in Youtube. After getting great response, she decided to dedicate her entire time towards ExamFear.

Simple teaching methods are a key to brilliance. She explains the concepts of Physics, Chemistry, Maths, and Biology, using examples from daily life. She uses pictorials and animations to simplify things. Her lessons are followed by questions and answers to help students apply the concepts learnt. Willingness to learn was all she wanted to change a student's life

Geeta Dharmarajan



IMAGE CREDITS: MEETA AHLAWAT, THEHINDU

Geeta established Katha 28 years ago. Starting out as a one woman establishment, today Katha runs schools for the underprivileged children in about 252 slums in various locations like Delhi, Arunachal Pradesh, Haryana and Maharashtra.

An award-winning writer for children and adults, she has over 30 years of professional experience having served at the India Today Group of Companies, The University of Pennsylvania and INTACH, before Katha. Her deep interest in how children and communities learn led to her starting Katha in 1988. With many of Geeta's students joining colleges and several have gone to pursue professions like Doctors, Engineers and teachers. Over 9,00,000 children helped out of poverty, 21,500 of them in IT and 90,000 women earning money through their skills, Geeta is not about to slow down any time soon.

Vasudha Prakash



IMAGE CREDITS: YOURSTORY.COM

While doing her Ph. D in USA, her heart was set to do research papers on special schooling in India. After an appearance on a programme in India, a lot of parents reached out to her, telling her of the dearth of special schools in India. She founded V-Excel - a learning centre which teaches medical, vocational and educational skills to persons with special needs.

She began with 11 students in 2001, which has today changed the lives of over 35,000 individuals across the nation.

Under her guidance, the V-Excel Educational Trust now services around 450 children in Chennai and 4,400 in the rural areas of Tamil Nadu. She is also a professional counsellor who devotes a lot of her time to counselling parents of children with special needs.



Mukta Dagli

At 7, she lost her sight due to meningitis. However, with grit and determination, she went on to get a diploma in teacher's training for the blind and a BA degree in Arts. She wanted to do something for the women in blind community.

She opened Pragnachaksu Mahila Seva Kunj- a nonprofit school for blind and visually impaired women in 1995 in Surendranagar, Gujarat. 400 students have graduated with skills like Computer coding in different languages and teaching apart from Braille studies. Some have become Electrical Engineers, Beauticians and Chefs. And there is no charge for learning!

Muktaben and her husband decided never to have kids of their own but adopt abandoned blind girls and give them a better life.

If our society gets many more of such wonderful, God-sent teachers, India is sure to become a progressive, forward-thinking nation.



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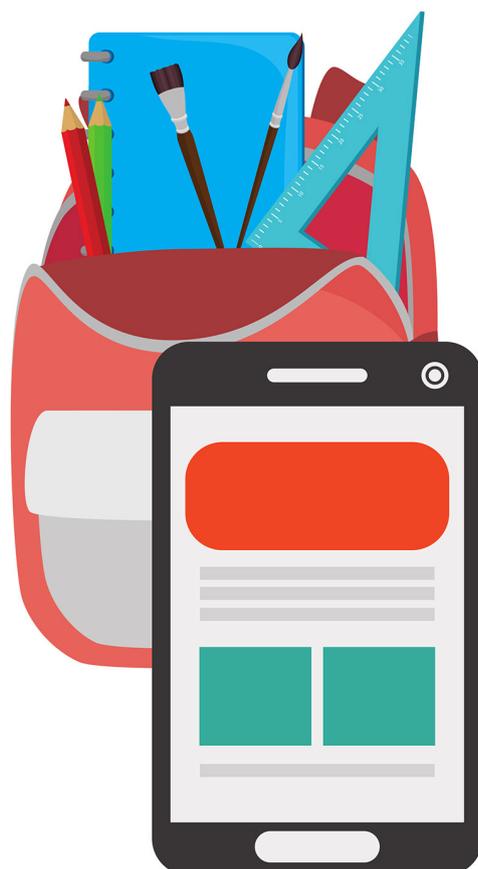
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Tête-à-Tête with Fr. J. Stalin Raja M.A, B.Ed

Principal, St. Francis higher secondary school, Akhnoor, Jammu



1. How do you measure the school's growth?

We measure it with both our academic success and the student retention rate. An happy and successful environment always thrives.

2. Using technology to support curriculum and development, how has Neverskip reformed your school?

They have bridged the gap and parents are able to receive timely information.

3. Conflict-resolution and communication are important parts of school management. What are your values while communicating with parents?

There is always a common shared value between us and the parents – the wellbeing of children.

4. How would you help non-economically privileged students mentally feel to climb up the ladder in this competitive world

By making them a part of the school and uplifting them with quality education

5. Education for all – how do you view the importance of this in this day and age?

Education is a fundamental right for everyone, the school management strongly believes in it

6. How important is the social and extra-curricular calendar as the academic calendar?

For the holistic growth of the students, the social and co-curricular activities are as equal as academics

7. Who is a successful student according to you?

A successful student is one who is hardworking and respectful.

8. What are the top 5 signs of a good school in your opinion?

- A value system of service to humanity
- Quality education as a pillar
- Focus on moral and ethical values of education
- Providing an equal platform for children from economically struggling backgrounds
- Focus on good infrastructure



Hello SUMMER Holidays!



The school year is almost done!

Wow... it went by so fast, right?

Every summer, we wonder about the same question: should students keep working during the summer to avoid dulling their minds?

**Or should they be granted this time to have fun?
Here's the cheat answer: Both!**

After an intense school year, students deserve to rest and have some fun.

At the same time, we need to keep our brains working to make sure the start of the next year is a complete success!

Summer holidays should be wholesome:



Create a Memory book of the best moments of the year

One pleasurable activity is to get students to create a memory book to remember all the fun you had! Get your children to think about and reflect on their school year. Ask them questions like:

- What is their favourite memory
- Evaluate what they did well during the school year
- What was one thing they learned that they will remember most from the year

Sneak in the math!

Make everyday life about maths. This one is really fun, super simple, and it requires no real planning!

A trip to the supermarket?
Make it about Math.

One dozen banana costs Rs.60.
How many bananas can I buy with Rs.100? Ask your child to guess.
The visual representation of the items will also aid their learning.





Have a "Chill Day", Please!

With all that activity planned, kids will also need some down time. Make sure you plan some days where you just chill, watch some movies, read some books, and take it easy.

Visit the family, roots are important

Nobody can do for little children what grandparents do. They're sort of sprinkle stardust over the lives of little children. Psychologically, the importance of grandparents in the harmonious growth and development of children is undeniable.

Children who are close to their grandparents learn many funny stories about the childhood of their parents and thus develop their sense of belonging to the family.



Last but not the least involve your kids in cooking. Let them help to roll a dough or clean coriander leaves. If they are big enough teach them to make simple dishes or lay out the table for food, fill the water in bottles or arrange vegetables and fruits. Let them clean their own toys and room. Remember, children will find their own fun. Let them get bored. Left to their own choices, not long after crying boredom they'll find something exciting to do.

CONSCIENCE LEARNING

Why conscience learning is the need of the hour for children growing in the digital age!

So, what is conscience?

Conscience is an 'internal 'voice that obliges us to act with kindness, respect, and fairness and to make things right as best we can when we do not

OR

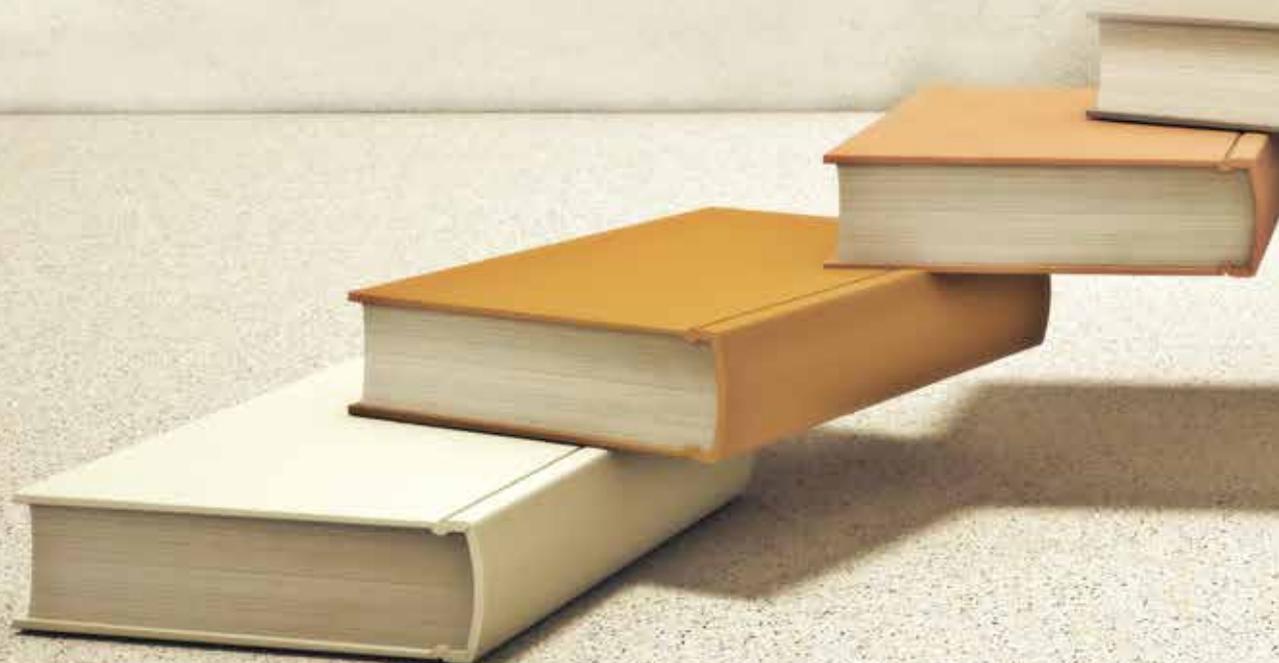
The feeling that you know and should do what is right and should avoid doing what is wrong, and that makes you feel guilty when you have done something you know is wrong.

Conscience begins in early childhood with compassion and sympathy followed by empathy. Compassion is an emotional experience synchronized with the emotions of another. Watch the faces of children when you read a book that arrives at an emotional moment.

For example, if your face reveals the sadness felt by a character as you read, you may see their facial expressions mirroring your own. You have drawn them into the story, and they are in compassionate harmony. Together, compassion,

sympathy, and empathy form the foundations of conscience during early childhood

Children from the age of 0 to 7, are highly malleable and their subconscious is heavily influenced by life experiences which are majorly dependent on their parents. However, being a role model in today's age is double the challenge, thanks to the exposure of the digital platforms which makes children susceptible to certain conundrums.





Role of teachers of young children:

Although parents have a central role in the formation of conscience, teachers can make a unique contribution. We could be the first person outside of a child's family to have a special part in the child's life. We are also free of the dependence between children and their parents. Furthermore, we supervise and guide a caring community of other children

that provides opportunities for social engagement and practice.

Nurturing conscience is not something we achieve with a boxed curriculum or canned lesson plan. We can teach social skills and help them understand the difference between right and wrong. But we cannot teach children to feel sorry for what they have done. The core of conscience—the will or motivation to be kind—has to be caught not taught. We don't

teach children to be happy. They are happy because they experience something joyful. In the same way, children accept our invitation to care by experiencing care personally.

Motivating children to want to care also depends on proving that we are worthy of their admiration. Our influence as teachers, to make a real difference in the lives of children, depends on their respect for us. We demonstrate strength by:



1. Making principles of kindness, respect, and fairness an important part of classroom life



2. Making what is important clear and simple for children



3. Providing responsive, compassionate discipline





How parents help germinate conscience?

Parents must form a strong bond with their children and communication is the key element that effectively reinforces this connection. A child should be able to talk to his/her parents who will help them understand the nature of their actions. For instance, if they are taught that cyber bullying is wrong or hurting someone physically or emotionally is not the act of a virtuous person, they will think twice about taking that action.

The conscience will be at work here, telling them this is wrong. The spiritual path is a constant guiding

light in a child's heart but paving the right direction towards that light is the job that parents have to fulfill for the betterment of their children.

The right path to growth:

Since the current age of easy availability and instant gratification can have a profound effect on how children imbibe situations, they can be robbed of their thinking and cognitive ability, a parent can tune in with the child and love him unconditionally and accept him wholeheartedly, sans any judgment. After all, a child with great self-esteem & self-love quotient and who has a connect with the divine through some or the other spiritual practice is not vulnerable to

bad decisions.

Keeping the parent-child relationship as a bidirectional one instead of hierarchical is also very important to remain connected with the child so that in grown-up stage, it is easy to step into a situation if we need to maintain the conscience in the child.

Above all this, the most important thing is to grow, evolve and heal personally as an individual for the parent to set the right role model for the child in a physical, mental, emotional, spiritual and psychological sense.

INTERESTING THOUGHTS ON



Fun and fooling is the flavour!!

April 1. This is the day upon which we are reminded of what we are on the other three hundred and sixty-four.

- Mark Twain

Who doesn't like a good laugh, now and then?

It is a day when both children and adults pull pranks on their friends and loved ones, and try their best not to get tricked themselves.

The day epitomizes the funny side of human nature.



How it all began?



While there is no conclusive proof as to how and when April Fool's Day began, there are many theories about the day. One theory states that during ancient times, the Romans used to celebrate a festival called Hilaria, also known as the 'day of jokes'. The festival was celebrated to worship Cybele, the Greek mother of gods, and people took part in parades and masquerades, and enjoyed a few good jokes on that day. It was celebrated on the first day of the vernal equinox.



Some classic prank ideas:

- Go for the classic April fool's prank—jump out and scare someone who least expects it!
- Strategically pat someone on the back while leaving behind a sticky note!

Facts About April Fool's Day:

April Fish!

The most famous prank by the French, the originators of Fool's day

is to stick a paper fish on someone's body without their knowledge and to shout "April Fish." Sounds so childish and exciting and fun right??

A two days celebration!

In Scotland, people celebrate two days as fools' days! The second is called "Taily day," in which people play pranks only using one's back part.

That is , they stick papers saying, "Kick me" and so on to one's back and enjoy! This drama is endless, isn't it? Royal fool's day!

The Korean royal family is allowed to lie and play pranks on April first.

Gmail was a joke! Fools mail !

Google launched Gmail on the eve of April fool's day, and everyone thought that it was a prank due to its unbelievably good features!

But the Google really launched the mail king of today!

While all this is fun, as adults we sure know where to draw the line.

**Parents in
India say a mix
of Digital &
Experiential
learning is best
for children**

DESIGN

RESEARCH



9 out of 10 parents in India say a mix of digital and experiential learning is effective for children.

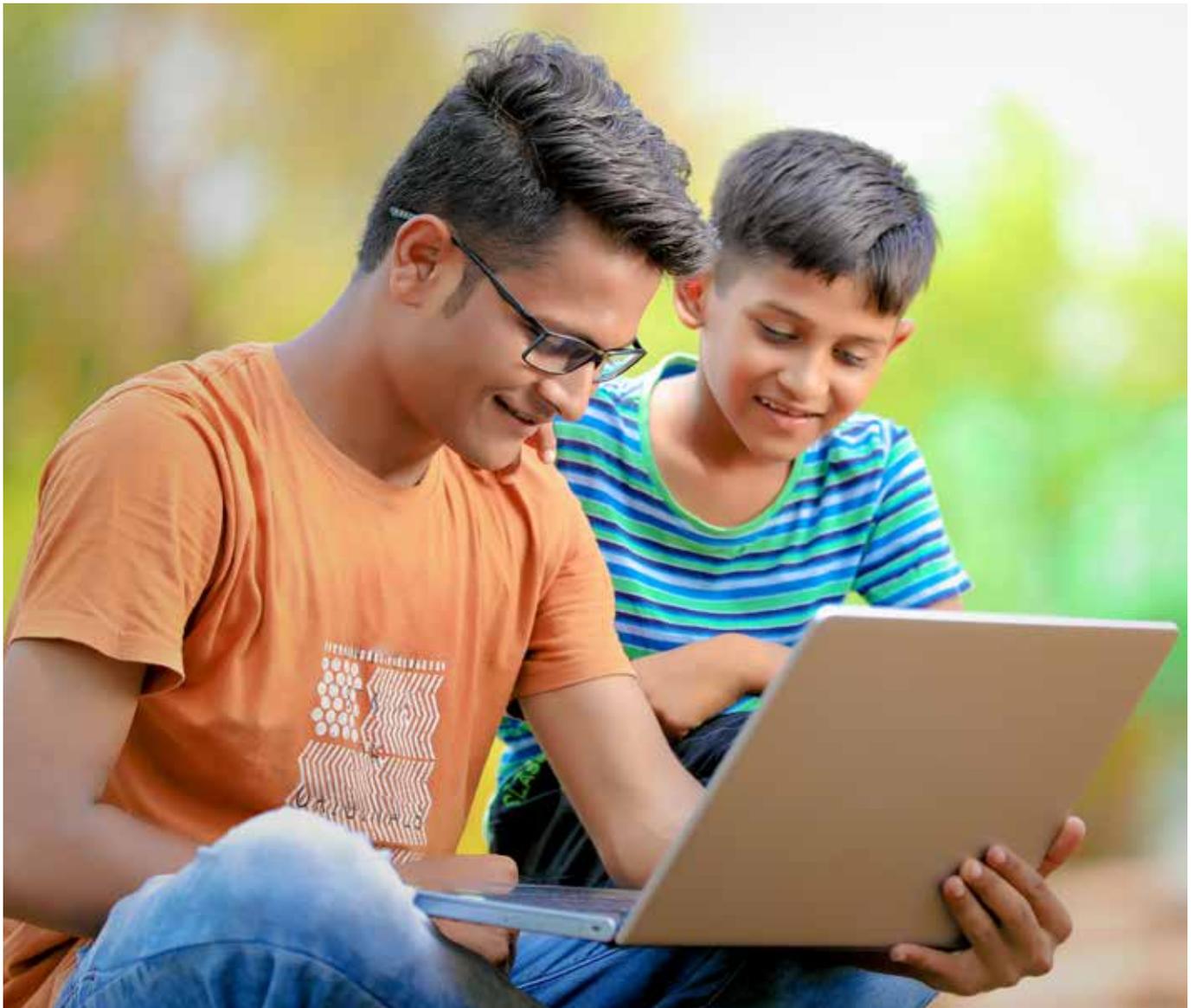
According to the HP New Asian Learning Experience Study, millennial parents in India are deeply concerned about how their children should go about the learning process so as to make them future-ready.

They feel that digital learning will help children know more about different cultures and ideas.

As per the survey, 63 % of the parents think that it will also aid them in becoming more creative. Close monitoring and moderation are highly required in this method.

On the other hand, experiential learning is just going to add to the personality of children as it will give them practical knowledge about a particular subject. About 64% of the parents in India say that the experiential method increases the time children invest in studying whereas 57% believe that it helps in improving comprehension. While parents in India believe that digital technology can expose their children to new cultures and ideas, they also believe that such exposure should be closely monitored and moderated. The impact of experiential learning is complementary to digital learning as it provides knowledge along with the idea of implementation which aids in the overall development of children.

The combination of technology and experiential education is, at its core, an attempt to future-proof today's learners to thrive in an uncertain future.



Here are some examples of how technology can be used in experiential learning.

• **Facilitating collaboration**

Online technologies allow students to collaborate with students and teachers through instant messaging and online writing, valuable for questions and sharing new discoveries.

• **Focused resources**

The development of digital resources that support students with the curriculum and the learning outcomes planned for the experience, with access to these resources where or whenever needed.

• **Documentation**

Technology allows us to document

components of the learning experience for reflection and analysis using various forms of media, including video, sound and photography.

• **Digital game-based learning**

This type of learning can be highly motivating and engaging for kids. For example, the use of software models those replicate real-world conditions.

Students thrive when supported with constant practical feedback, often from the very tools they wield, rather than the grades they receive. It is immersion in a practical and reflective environment that helps them form an understanding of themselves and the world around them.

Back to Roots

Children should know about farming!

How to teach?

Have a terrace garden at home:

All you need are small pots that can stand on window-sills or be placed in a corner of your kitchen. You can sow something like mustard, mints, or tomatoes, based on the space you have. Pick a good spot for your survival garden. The spot you pick must also get at least six hours of

sunlight daily and have good soil and irrigation. To get started growing at home, start in and around the home: Plant herbs in a window sill if you must. Pot potatoes in a grow bucket and grab them from a handy side pocket. Deck your deck or patio with edible pots. Commit to growing something on your deck, patio or porch.

Sow one at a time :

Select the right seeds and plants. Learn what grows best in your region. Consider a theme garden of foods and grow only the foods that you want to eat and that make sense growing together. For example, start with tomatoes and grow a pizza, grow

a salad, or grow a salsa garden. Below you'll find a list of ten easy foods to grow. Pour the water daily

Trip to local market and farms:

Drive down to the local market, to show her how farmers bring their produce and sell it to the consumers.

As a result, she will understand about seasonal foods and their journey from farm to plate. This is something she would never learn by walking through the aisles of the supermarket, picking packaged food.

Learn 6 easy foods to grow.

Not everyone has the blessing of a green thumb, but you can take comfort knowing that there are ten easy foods to grow at home.



1. Coriander: Window sill farmers can rejoice! If you have a garden, you can let them loose and they will grow nearly by themselves.



2. Green beans: An easy to farm food, because green beans process nitrogen from the air rather than pulling it from the soil, so it's a wonderful way to fertilize your soil.



3. Spinach: This is the easiest plants to grow at home. It's easy to grow fenugreek spinach indoors. Choose a flat container and some damp kitchen towels and you're halfway there. This will make a delightful roti.



4. Peppers: You can provide an ornamental touch with brightly coloured peppers even in containers, but you must choose the proper size pot for peppers.



5. Potatoes: They grow in just about any dirt and weather condition. It's super easy



6. Sprouts: What could be easier than growing sprouts? In as little as five days, you can start and reap a small harvest of crunchy salad toppings.

An interview with
**DEEPAK
THOMAS**
SD Eaden , Vadalur



1.What is the best part of being a principal?

Children are the most rewarding part of my job. They provide a continual flood of blessings in my life. To teach is to touch the future. I make certain that the future I touch is touched gently and with great reverence for the possibilities inherent in each student.

The thing I most enjoy is serving as the ambassador for the mission and vision of our school.

2.What are the three most important goals you have set for yourself?

Be real. Be supportive. Be a good communicator.

3. What has been the best part of carrying forward your father's legacy?

I learnt discipline, dedication, and determination from my father. The attitude of finding joy in the shaping of the young minds is what inherited from my father and now it will be our legacy together.

4.Could you give examples of how you organize your day to meet your commitments?Do you have a morning routine?

START EARLY: I organize my day to ensure that I have an hour of "alone time" each morning. If everyone arrives at 8:00 a.m., I arrive at 7:00 a.m.! I set friendly boundaries to ensure my time is respected. For example, I keep my door closed for this hour and ask those I work with to help me preserve this time to prepare and organize my day.

In that hour, I make sure to make a list of the items I plan to accomplish as the day progresses. This single hour allows me to open my office door and step into the day with a feeling of achievement!

5.Running a school requires constant innovation in academics, infrastructure, events etc. Could you share with us some recent differentiators of your school?

Constant improvement is the key to success. In this endeavour, we have introduced a few infra structural development and enrichment programmes. Here is a glimpse of the innovative techniques we are implementing to make learning effective, engaging and fun.

i) Inculcating empathy and resilience through events

By involving the students in various events and organizations such as science clubs, Literary clubs, Eco-clubs etc

ii) Innovation in academics

- a) Language Lab
- b) Student App System
- c) School Web Streaming
- d) CCTVs in all 3 Locations

iii) Implementation of various skill programme by experts.

- a) Hand writing training
- b) Motivational seminars for X, XI, XII by Motivational Speakers.
- c) Special Awareness Programme for Girls by Medical Department.

To conclude this year we took more collective steps towards our vision.

6. A student of today is so technologically involved and isolated,

how does your school inculcate empathy and resilience to your students?

We teach our children how to make friends, including the skill of empathy, or feeling another's pain. We encourage our children to be a friend in order to get friends. At school, we watch to make sure that one child is not being isolated. Connecting with people provides social support and strengthens resilience. Some find comfort in connecting with a higher power. So we teach them the importance of prayer in accordance to their religious beliefs.

7.How do you encourage students to use technology responsibly?

Our teachers demonstrate, guide, and help students practice appropriate and professional behavior while actively participating in authentic learning experiences using blogs, wiki spaces, learning management systems, online research, and much more.

8.How important do you perceive is parent-teacher communication in school?

Positive communication between parents and teachers help improve academic performance. Also, by having more contact with parents, we learn more about students' needs and home environment. Involved parents also boost teachers' morale. So we have a 360 degree growth path for the child.



IMAGE: DEEPAK THOMAS, SD EADEN , VADALUR

TECHNOLOGY

can never replace great teachers, but technology in the hands of great teachers is transformational.



Neverskip!

Neverskip class offers smart boards that enhance students's learning experience.

KIDS ARE GREATEST OBSERVERS.

With the pandemic going on young children have wild imaginations.

In times of stress and disrupted routines, it is normal for people of all ages to experience signs of distress. For young children, this may include increased clinginess, tearfulness, nightmares, temper tantrums, constant hunger or not feeling hungry. Out grown behaviours would be returning such as thumb-sucking or bed-wetting.

How can you help your child during this time?

There are few ways to support children in the face of stressful circumstances.





1. Ensure physical and emotional safety. This includes ensuring their physical needs are met (food, shelter, healthcare) as well as providing emotional safety by providing accurate information in age-appropriate language.

Children are going to ask 100 questions, trust their questions and politely answer them. Keep re-assuring them that they are safe. Allow them to talk about their worries, emotions ! Keep checking on it. Limit their news/ media exposure i.e. Don't watch the news / talk about the situation in front of the kids. Create a predictable routine for them. Be their best friend , at this point of time Instil confidence.

2. Building and maintaining healthy relationships.

They are in an hyper active phase. Sitting in a place for a longer periods is not possible with them. You know what , at the end of the day, humans are social creatures, and social connection is critical to maintain. Consider including a daily “family meeting” in your schedule, which could also include time to connect remotely via phone or video call with distant family members.

Strengthen connections with supportive adults such as caregivers, family members, classmates , teachers, and coaches, neighbors as well as peers. Text, email, letter writing, telephone, or video-calls are all great for this purpose. These help children to build resilience

3. Supporting and teaching skills for coping and emotion regulation is important to building resilience in the face of this and other stressors.

This includes helping children learn how to express emotions in words, engage in positive activities. Use relaxation strategies such as deep breathing, access social

support, and solve problems.

Keeping in mind these key components can help children not only get through this stressful time but also grow and thrive.

Children don't have enough knowledge to react to COVID 19. If children are showing signs of stress, it is a reflection of those people's stress the child comes into contact with.

Bring in examples that they can experience :

- Make a summer life at home! Get in the summer food at home . It's the Mango season ! Bring it on !
- Share your childhood stories
- Make them watch ancient historical movies in cartoons
- Teach them the varieties of mangoes and involve them in household chores
- Show them videos of how the earth is healing, as we are indoors Keep telling them that “You are a warrior, you are saving your life and the world, by staying inside home“

Expose them to only positivity and hope.

It's just a phase, we will come over this !

Let's cope up with Corona and not crumble





This lockdown
has allowed
Mother Nature
to heal herself

There is a shift underway in our society,
What if it is one that is favorable for us?
What if the virus is an ally in our evolution?

In our remembrance of what it means to be connected, humane, living a simpler life, to be less impactful/more kind to our environment.

Pat on your back !
You are under lockdown, saving you, your family and the world !

Be proud of you !

You are sitting at home , roof covered , food on your table, a job on the go , your child doing their school activities from home and access to technology.

Aren't you blessed in abundance ?
Be thankful for the positive life you are leading.

Nature has its own ways of reminding humankind that it needs to preserve and respect resources

1. Clearer waters in canals of Venice (*Recent images below*). Locals have noticed how clear the water appears perhaps due to the lack of motor boats and general population and pollution.

These clearer waters have even led to wildlife appearing in the canals with swans, fish,dolphins and more spotted in recent days.



IMAGE CREDITS: MARCO CAPOVILLA



IMAGE CREDITS: MARCO CAVILLA



IMAGE CREDITS: PAOLO CAREDDU , YOUTUBE



IMAGE CREDITS: WWW.WALKTHROUGHINDIA.COM

2. Ozone hole is shrinking - If we keep adhering to this protocol then the ozone hole is projected to recover – at different times, in different parts of the atmosphere. In some regions, we think it might happen in the next couple of decades and in others much later in the century.

3. Animals takeover cities during self-isolation- And when humans are away, the animals come out to play!

Boars in Barcelona, Sheep and horses in Italy, Elephants in Kerala, Dolphins off Malabar Hill & Marine Drive in Mumbai, Black panther, sloth bears in the neighborhoods of Ooty

(First image on the left: A Black Panther in Manas, Wildlife Sanctuary, Assam.)

4. Delhi's air quality is getting better, people of Delhi are waking up to breathe the cleanest air quality of the year. *(Second Picture on the left: Delhi on March 22, 2020 during the Janata Curfew).* Their air quality has moved from “worse” to “better”. Chennai summer is experiencing cool breeze in the late evenings. Air pollution goes down in Europe by 40%

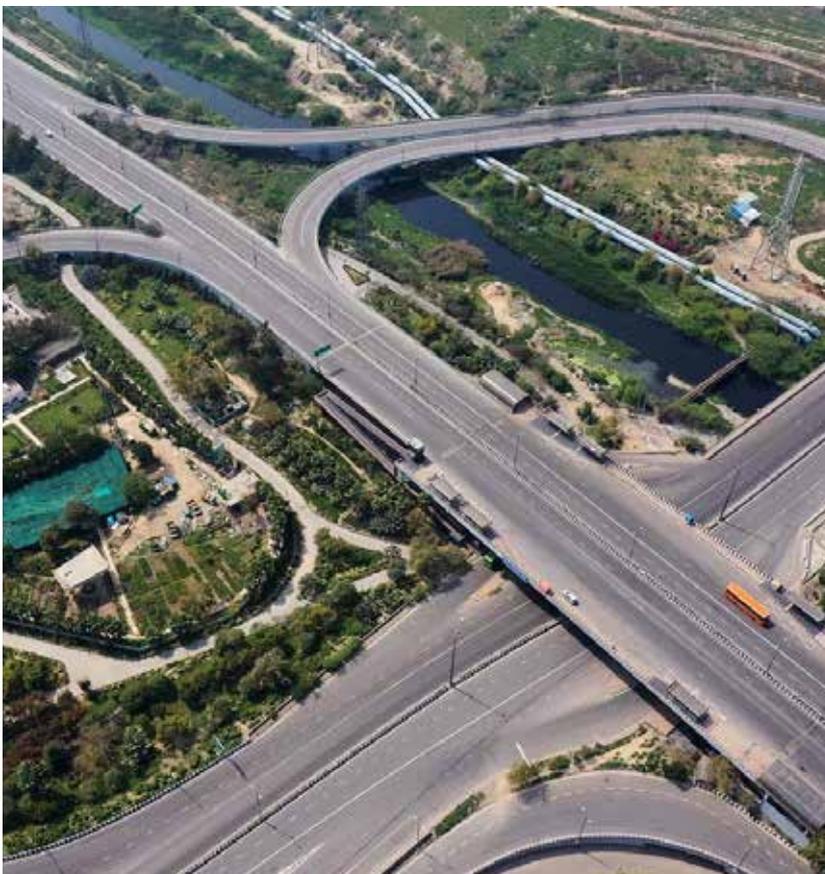


IMAGE CREDITS: PRAKASH SINGH/AFP VIA GETTY IMAGES
WWW.FORBESINDIA.COM

There is hope in that, by acting fast and at all levels of society, we will be able to scale back at least part of the unfolding disaster. Only we cannot afford to wait for the next report to remind us that the time to act is now.

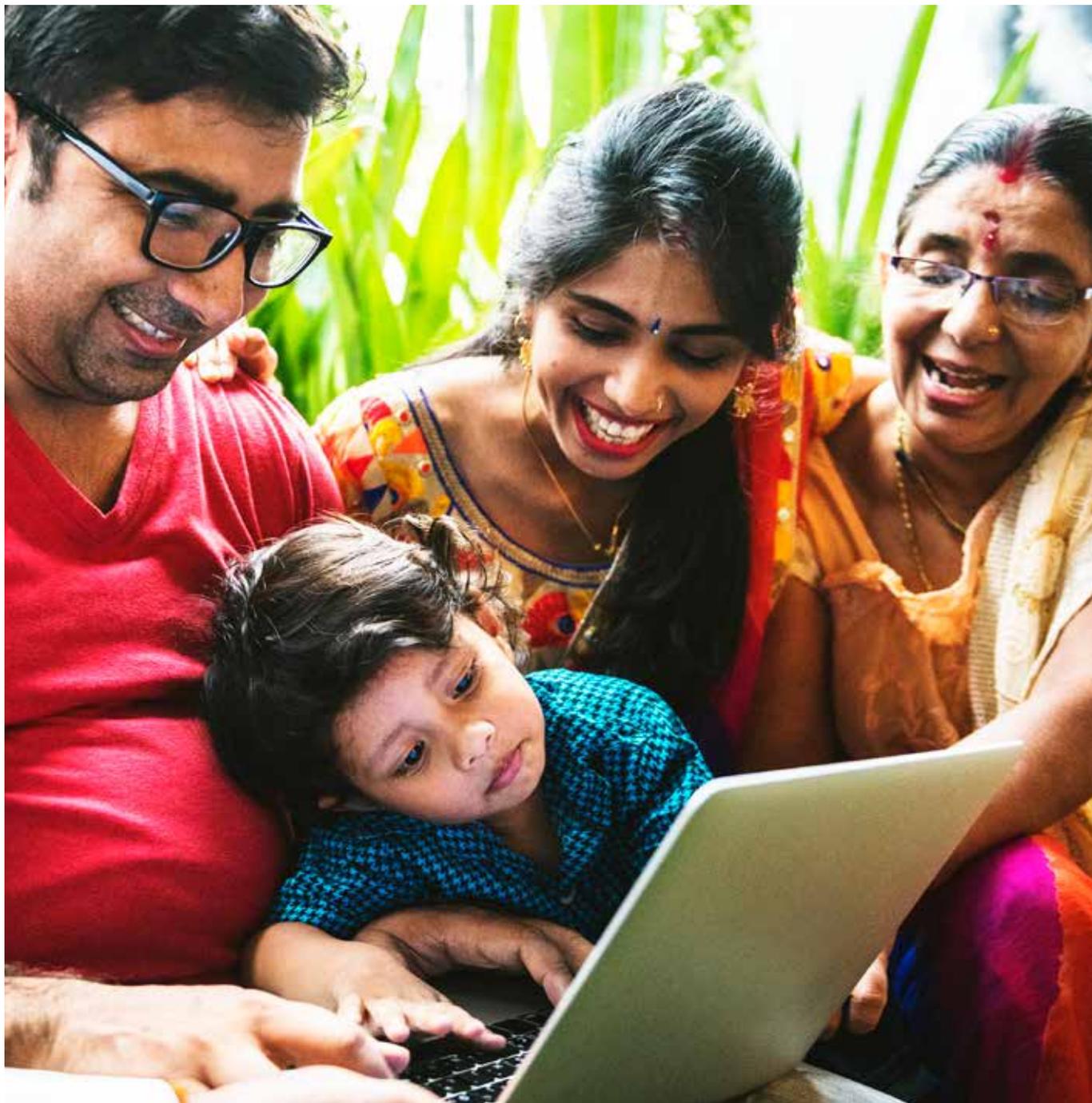
Social media has been flooded with pictures and videos which show that birds, wildlife and aquatic species that were not daring to venture into human territory have started to appear in the open. They are out to announce their rights over nature and the environment.

Humanity will eventually halt the spread of the virus, but its effect is going to be felt for generations. The past few weeks have demonstrated humans can, and will, radically alter habits, lifestyles, and patterns of behaviour when needed.

World has slowed down, so nature is breathing a sigh of relief.

Together @ Home: Lets embrace the harmony

Important Note : Keep your cool during Quarantine



We're all cooped up together.
How do we deal?

Let's choose happiness, peace and
harmony

As parents, balance your home
priorities, have a plan running in your
brain . In still a sense of hygiene in
your house and a sense of community

Follow Rules : 20 sec hand wash
,sanitize , wear your masks

Come up with strict schedule and
rule book. Always, keep up a spirit
of adventure and fun around Eg
:Spontaneous activities such as
cutting veggies , setting up home
garden and telling stories with a
homemade dessert in the evenings,

with appropriate social distancing,
of course, can make the current
situation feel less daunting and
isolating.

Kids could get bored easily / get
exhausted with the entire schedule
/ may not obey the schedule / throw
unusual tantrums . Instill a level of
comfort , harmony and peace at home.



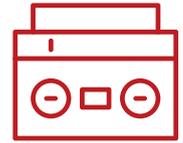
1. Have all meals together.



2. Plan 1 hour play time together.



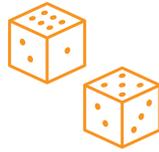
3. Watch a movie together.



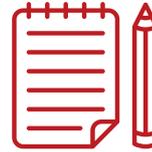
4. Have a family dance party.



5. Role down who is going to do what daily chore at home.



6. Dust off the board games.



7. Each of you practice thank you and gratitude. Write down in a note.

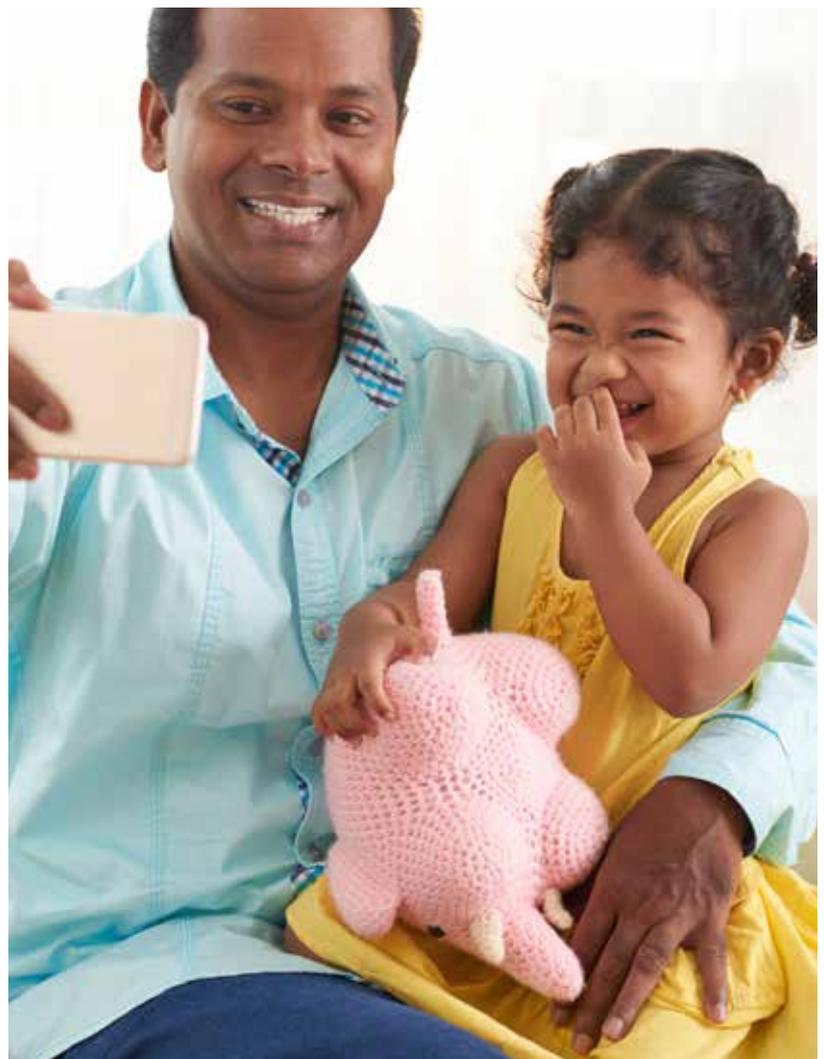


8. Talk to one of your long lost pal , old friends etc..

Here is a smart method that may help to happily co-parent during WFH period. This is a simple time management technique for surviving in a world of never ending distractions. Its Simple | Effective | Flexible.

Let's take a quick look at the simple approach -

- Pick a task that needs to be done
- Set a timer for 25 minutes
- Work on the task until the timer runs out
- Put a check mark on paper when the timer runs out
- Take a short break
- Take a longer break every 4 Pomodoros. After working for about 4 Pomodoros, ie, about 2 hours, take a longer break of about 20-30 minutes.



Life is going to be crazier in every phase , let's clasp it with hope , happiness and see this as an opportunity to spend quality time with our family.

MONTH-END PAYROLL

EATS UP ALL YOUR TIME?

Calculation of **salaries, deductions, special benefits** and final payment of salaries NEFT/cash/or cheque.



Customised and simplified at
your convenience

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