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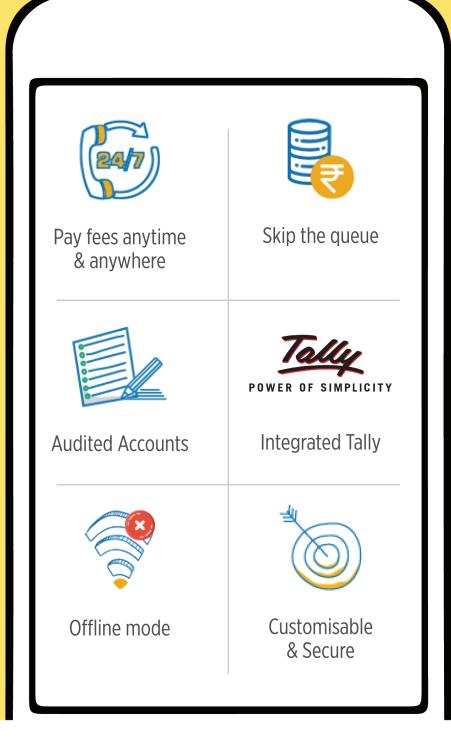
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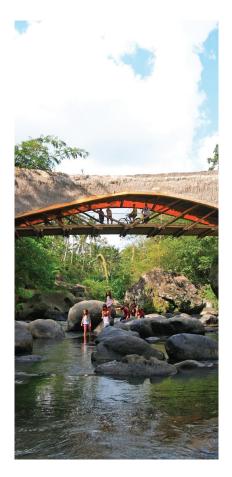
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**Cover photo by** Antriksh Kumar Published by

Jarulss Technology Solutions

#47, Razak Garden Road, Arumbakkam, Chennai, Tamil Nadu 600106

Printed by

Print Links - Chennai | 21/66, Muthaiah Steet,

(Opp. Corporation Hospital) Royapettah. Chennai - 600 014.

Phone: +91.44.2847 1915



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### Editor-in-chief's note



It gives me and my team at Neverskip, great pleasure in presenting to you the first edition of our quarterly magazine. When we first started our journey a decade ago, we never imagined we would gain the trust and love of so many wonderful people like you in such a short span of time. It is your constant support, encouragement and motivation that has resulted in this magazine being a reality today. We want you to enjoy the articles in them and let us know your thoughts on how to make it better as we 'evolve'. We are a technology firm that cares about making school management effortless. With this experience and also meeting many thought provoking leaders and veterans in this journey, we now bring to you a host of articles ranging from modern day parenting, psychology, management techniques to what's new in the technology world. We have a young dynamic team that has put together this quarterly issue with a lot of effort and love. We continue to seek your guidance and well wishes as we keep evolving.

I wish you would share my joy in reading the first edition of EVOLVE



# **Technology**

#### AN INDISPENSABLE EDUCATIONAL TOOL

he number of devices and uses for technology in the classroom has been steadily increasing over the years. According to a recent survey of 2,500 educators, 60% of teachers expect to use more technology in the classroom than in the past this current school year. Three out of four say they use some sort of technology each day in class, with as many as 80% reporting that technology is a positive in the classroom.

The most popular technology used in classrooms has been small laptops and tablets. Apple iPads and other tablets were adopted early by many schools because of their easy interface and touchscreens. Tablet apps can allow for fun learning in young students and has found many new uses with disabled students.

In recent years, Chromebooks have become the go-to classroom device due to their low cost, various hardware options, and simple web-based operating systems. These small laptops also provide educators with control over students activities and can be pre-programmed with education apps. Students are able to use Chromebooks for everything from group collaboration on spreadsheets and documents to research opportunities. Chromebooks can be especially useful in schools where students have limited access to devices and Internet at home.

Tech-savvy teachers have also been adopting SMART Boards in the classroom in recent years. These computer-connected white boards use a projector and

"We need technology in every classroom and in every student and teacher's hand, because it is the pen and paper of our time, and it is the lens through which we experience much of our world."

DAVID WARLICK

specialty pen sensors to allow writing on computer programs such as AutoCAD or PowerPoint as well as recording all written notes. Teachers can explain a concept on the board during class then save the lesson plan so that students can re-watch it later at home.

Some educators have been experimenting with virtual or augmented reality. Students can use high-end tech, such as Google Glass or low-end Google Cardboard VR headgear, to enter to three-dimensional locations. History students can visit far off locations via free apps or explore current events with new software.

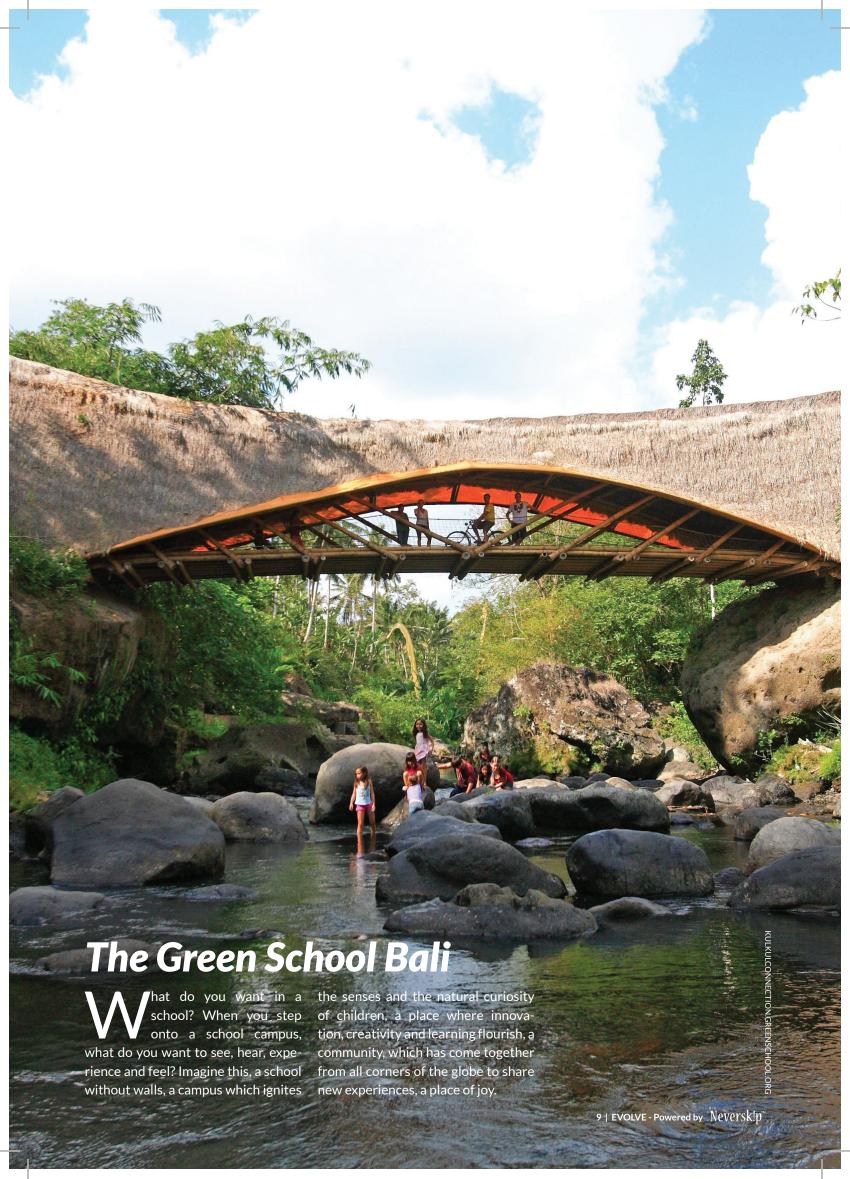


Using technology in the classroom dates back nearly 100 years when radio stations began broadcasting on-air classes, according to Purdue University. Since then, innovations such as the overhead projector, the calculator, desktop computers, CD-Roms, and countless other inventions have transformed the teaching landscape.

#### Keeping up with the times

While it is true that the Internet provides access to questionable games or other inappropriate content, it is also an entryway to excellent educational resources, research and homework help. There is an abundance of information at a child's fingertips that was formerly only accessible through a library located far away.

Well, times have changed and will keep changing. Technology seems to attract young minds, but like in the case of chocolate or ice cream, moderation and responsible consumption is the key, isn't it?



Seeing children learning by doing, hearing deep and meaningful student discussions, experiencing daily growth as a whole person and feeling the joy of being part of a vibrant community of learners is the Green School experience.

Innovation doesn't always have to mean high-tech. Imagine a school without walls, nestled between rainforests and rice paddies, built solely from bamboo and powered by the sun. The Green School in Bali has made it its mission to educate students on sustainability, using a holistic approach.

After watching "An Inconvenient Truth," John and Cynthia Hardy,

an American couple living on the Indonesian island of Bali, decided to sell their jewellery business and build a completely green school to teach the next generation how to live sustainably. Since opening in 2008, the Green School has grown to teach 400 students from kindergarten to high school, even offering a boarding option.

Traditional topics, like maths and languages, are combined with experiential classes. including cooking, gardening, and even traditional Balinese mud wrestling. The teachers are as diverse as the students, coming from all around the world to teach at Green School and learn about its mission and values.

It is becoming much more than just a school; it is turning into a community. More and more parents are building houses within walking distance of the campus in a green, sustainable way, using the principles their children learn at school.

The school aims to act as a model for Bali and the world, and to rise a new generation of global green leaders.

The concept is based on three simple principles: be local, let the environment lead, and think of your grandchildren's future.

Creativity often springs from the confluence of disparate ideas and events. •



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ALL YOU NEED TO KNOW ABOUT THE

# Blue Whaile

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Pelcome to the Blue Whale Challenge. I shall be your curator and take you on a journey, the one you have never experienced before. I shall assign a task everyday to you – something cool and adventurous like slashing parts of your body, watching a horror movie, killing an animal or waking up at a strange hour. I will need photograph proof of you completing a task that I've assigned to you. Don't even think of morphing or faking it, I just will know and I shall punish you for breaking the rules. Welcome to the ultimate game, let us begin.



#### How it works?

A group administrator assigns daily tasks to members, which they must complete over 50 days. The horrific tasks include self-harming, watching horror movies and waking up at unusual hours, but these gradually get more extreme. On the 50th day, the controlling manipulators behind the game reportedly instruct the them to commit suicide.

What one must note, you can only be part of the game if an administrator contacts you and enlists you as a potential whale, or candidate. Secondly, the challenge operates very covertly and underground.

While renditions of the 50 tasks that are part of the game are available online, the challenge cannot be 'played' unless you finish each task and send proof to the administrator, who will then assign the next task.

#### Why teenagers?

Because they are a vulnerable demographic! They go through physical and mental changes around their teen years. The only way a teen would get hooked to self-harm, isolation and ultimately suicide is, if they were already experiencing depressive episodes. They are likely to seek external or online validation

only if they looking to escape from the real-world for some reason.

# Why can't the 'game' be blocked?

First up, it is far from being just a game. The game is not from a single source or unit that is managing it. Though the inventors of the game have been put behind bars, many wonder how the game is still spreading. It is simply because of the various parallel games that have now been created and these curators are spread far and wide across the world.



#### SIGNS TO LOOK OUT FOR:



1. A recent tendency in the child to stay aloof



2. Any change in diet or sleep pattern of child



3. Any cuts or wounds on the body



4. Staying up at night and around wee hours in the morning



4. They talk about running away from home or about death in general

5. If you are tracking your child's activity on the internet, you can lookout for the words such as 'F57' or 'F40' or the other names by which the game is addressed, that is, 'Quiet House', 'The Silent House', 'Wake me up at 4:20am' or 'The Sea of Whales'

Though the best of police and law enforcement authorities are trying to block access to the 'game', the game is so scattered and decentralized that banning it is close to impossible. Tracking the IP addresses of the curators have also not yielded in desirable results.

#### **FOR PARENTS:**

Talk to your children

#### 1) Create the right scenario:

Make sure you both have time to talk, the atmosphere is relaxed. Ensure it is a conversation and not an interrogation.

#### 2) Listen:

Do not make it a monologue. Listen to their versions, concerns and experiences.

#### 3) Acknowledge their worries:

Do not dismiss their concerns. This will only shut down the conversation and make them reluctant. Acknowledge that every concern of theirs is genuine, but it can be confronted and tackled together.

#### 4) Together practise saying no:

Rehearse with them to stand up to peer-pressure. Encourage them to be confident of who they are.

#### 5) Be a friend:

As them if they find a friend in you. A friend they wouldn't have to look for validation. Let them know that they can always come to you if they have any concerns.

A good fix for this dangerous game starts with having real conversations around mental health of teenagers. They need strong support systems in order to be open about challenges and difficulties they face. •

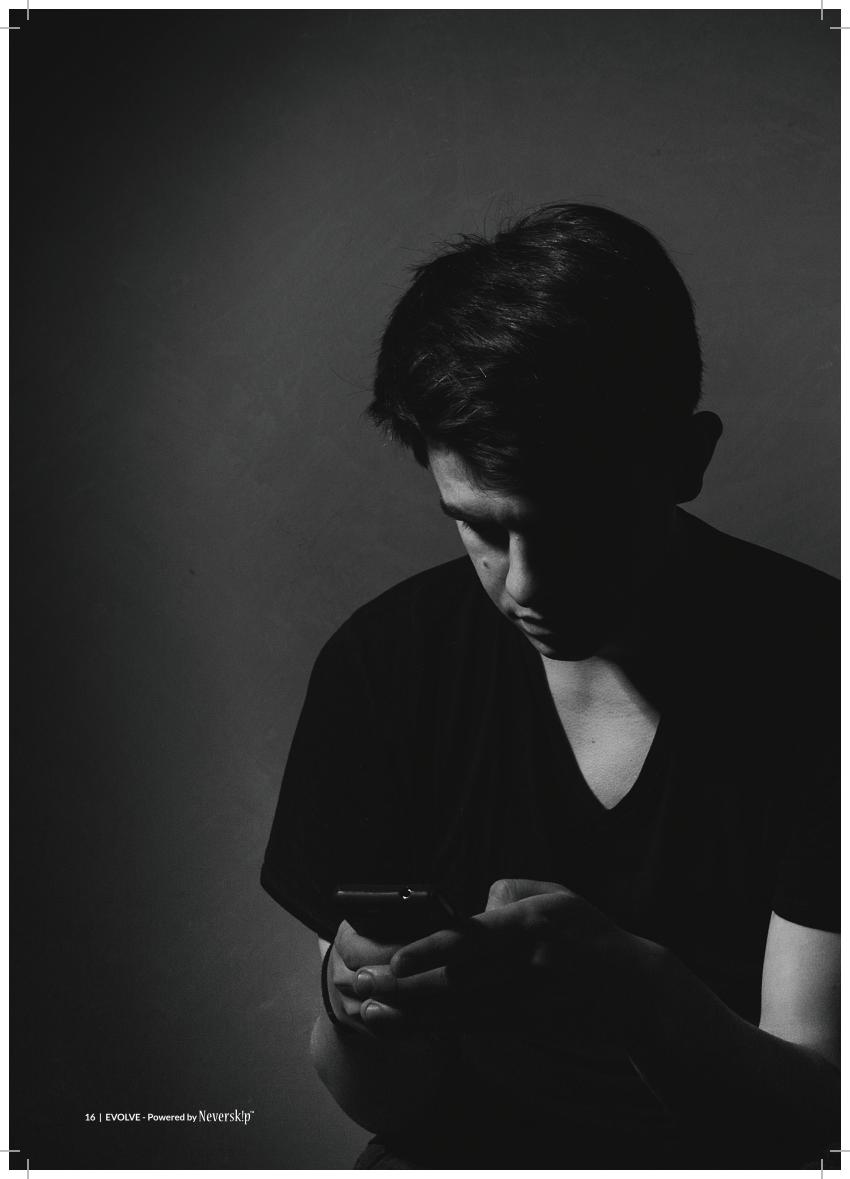


# WORRIED ABOUT YOUR SCHOOL WHILE ON A HOLIDAY?

Available 24/7 to collect and send messages.
Please note our emergency number 0888028005 to contact us any time.







# IS YOUR CHILD FIDDICTED TO TECHNOLOGY?

MOTHER CALLING HER SON

"Time for dinner, Rahul!"

NO ANSWER.

"Dinner, Rahul!"

NO ANSWER.

"Rahul?"

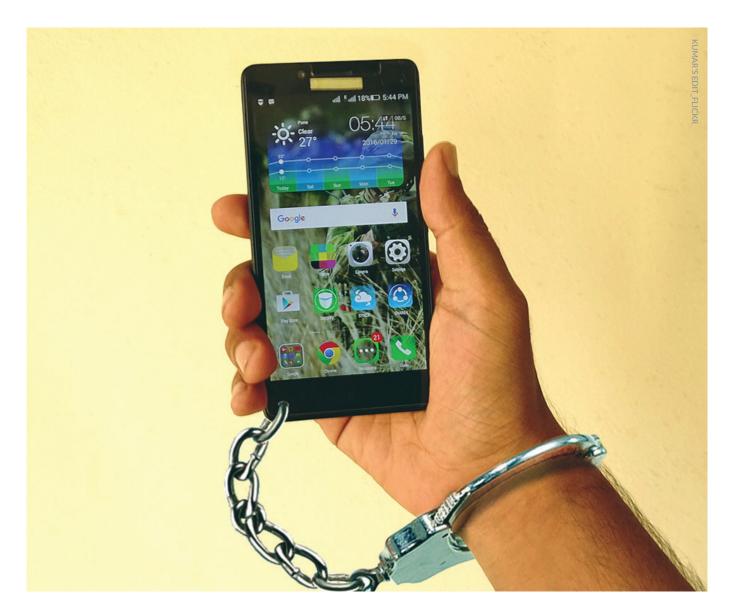
Rahul is on the mobile phone or maybe he is playing one of those computer games again.

Either way, he's not paying attention.

Is this just the typical of children in this age?

Or is it worse?

Is Rahul actually addicted to the mobile phone?



# ow to tell if your child is showing signs of a technology addiction?

The easiest way to tell is if there's a mood shift. Do you see your child in a depressed mood, withdrawn, isolated and irritable?

Doctors say that there are some obvious pointers to internet addiction such as low levels of real-life engagement with peers and adults, and, sometimes, parental neglect. "When you give your child access to technology, it should not be because you cannot spend time with him. In the meantime, with information at his fingertips, the child begins to think he knows everything", says Dr. Mehta, a well known psychiatrist.

# So how can a parent wean a child off of technology if it's been overused?

For a parent, it's about setting a clear message. We set rules new pencils, new book, new colour pens and we have new rules for technology as well. It should be as normal as doing those other things. One needs to set the expectations ahead of time.

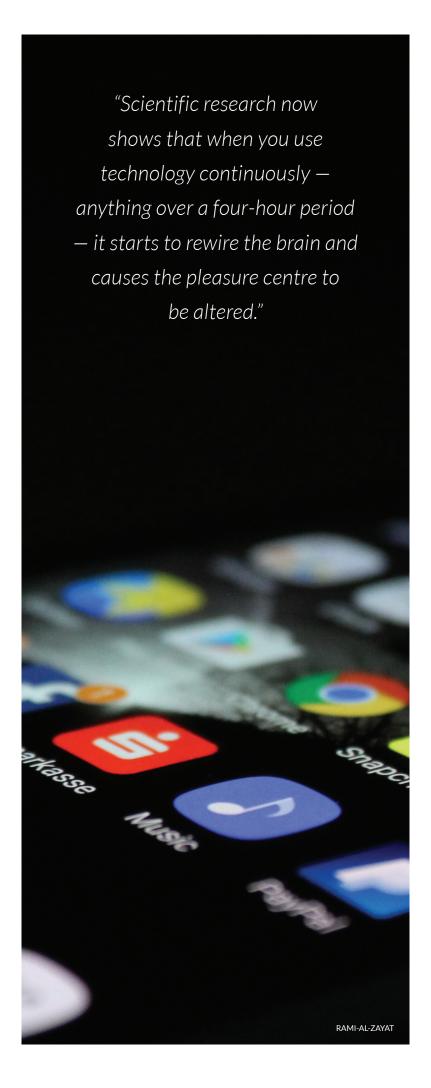
One of the things parents don't know is that scientific research now shows that when you use technology continuously — anything over a four-hour period — it starts to rewire the brain and causes the pleasure centre to be altered. If you put an image of the brain of a technology-addicted youth next to one of a youth addicted to a substance, such as drugs or alcohol, you can't tell them apart.

# Suggestion 1: Technology-free Tuesday

Start a technology-free Tuesday, where kids learn they can take a day off from technology. Or you can set specific times — around dinner and lunch — when gadgets should be off. At home, a role-model is important. Don't be on technology all the time yourself.

# How do you track if your child is following the guidelines you've set?

Every internet service provider has programs that can help parents monitor; it allows them to read text messages or shut down internet data when they're in school.



# Suggestion 2: Ask for their phones at night

Our recommendation is to ask kids to hand over their phones at night. Don't let them sleep with their devices. If they're unable to part with them or leave them off for a specific amount of time, that's a sign.

Consider Steve Jobs, founder of the company Apple - he didn't let his kids use iPads. Bill Gates didn't give his kids mobile phones until they were 14. The guys developing the technology industry understand where to draw the line.

# What are other potential dangers of addiction or overuse?

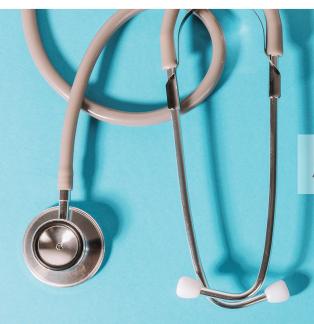
When you tap into the addiction centre of the brain, there's increased potential for suicide, anxiety, and depression. And there's a loss of academic potential. Cases of children turning suicidal over not owning a gadget of their choice even in Tier II cities like Trichy is getting more common. There this example of a boy who attempted suicide twice, simply because his parents didn't get him the phone that he wanted. Parents often complain that their kids are asking for gadgets that cost Rs.25,000 to 30,000 [because their friends have them].

#### **Instant Gratification**

These digital natives see internet as a basic necessity. In the bargain, there is a compulsive desire to not wait for something to happen. Instant gratification is terrible for a child, because they don't get to grow up to know how difficult it is to achieve or buy something.

#### B.A.L.A.N.C.E

It's important to start teaching our children balance. We need to develop the ability to be connected without letting it get out of our control. •



## All you need to know about

# NEET

he National Eligibility-cum-Entrance Test (NEET) was notified by the Medical Council of India (MCI) for admission to MBBS and postgraduate medica courses. NEET was established to create a centralized standardized, all-India medica entrance exam for students Aspirants need not attempt numerous entrance exams each with its own syllabus and

pattern, which only adds to their tension and stress, and of course, costs substantia amount of money in the form of registration fees. However the reactions of the public and state governments have not been encouraging. Many states believe that NEET intrudes into their own admission processes

This is a brief timeline of the events leading up to NEET:

2010

The proposal for a common medical entrance exam is presented following the language barrier posed by AIPMT.

03

2013

2012

Supreme Court scraps NEET.

Dental Council of India (DCI) and Medical Council of India (MCI) propose to introduce NEET. It gets delayed due to opposition from CBSE.

2016

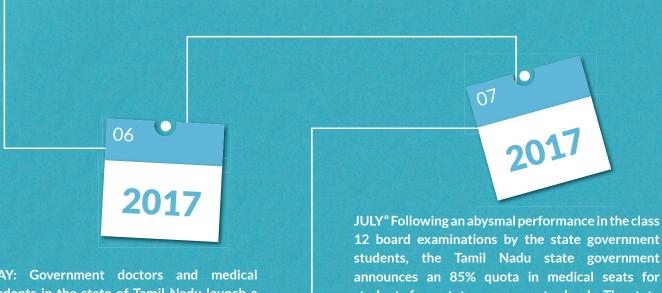
2016

05

MAY: The first phase of NEET conducted by the CBSE witnesses a turnout of six lakh candidates across 52 cities. Private colleges will not be allowed to conduct separate exams for medical admissions, rules the SC.

President of India signs an order to put the common medical entrance examination on hold for a year.

The apex court decides to hear out a petition by the MCI regarding a common medical entrance test and gives NEET the green signal. NEET conducted in 2 phases.



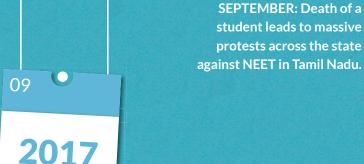
MAY: Government doctors and medical students in the state of Tamil Nadu launch a protest the state government's decision to scrap the 50% post graduate quota and the implementation of the NEET entrance exam.

12 board examinations by the state government students, the Tamil Nadu state government announces an 85% quota in medical seats for students from state government schools. The state government's decision leaves merely 15% of the medical seat quota for students hailing from CBSE and other boards. Same struck down by the courts.



AUGUST: The Tamil Nadu Government seeks complete exemption from NEET. NEET curriculum is designed to suit CBSE students and would put state board students to a disadvantage, claims the state government.

The Supreme Court decides to hear Tamil Nadu state government's plea to exempt the state from NEET examinations for the current year



AUGUST 22nd: The Supreme Court turns down the Tamil Nadu government's plea for exemption from the NEET examinations for aspiring medical students

At the core idea of NEET, the judiciary assurances and promises and fake news and rumours have led to a lot

of dissatisfaction amongst students. Whenever a change is made from status quo there is meant to be a lot of inertia associated with it.

and talent. Focus and determination in knowing about the syllabus and their goals. •





- By Derrick Meador

Being a principal has its challenges. It is not an easy profession. It is a high-stress job that most people are not equipped to handle. A principal's job description is broad. They have their hands in virtually everything related to students, teachers, and parents. They are the chief decision maker in the building.

What makes a great principal stand out?

# urround themselves with good teachers

Hiring good teachers make a principal's job easier in virtually every aspect. Good teachers are solid disciplinarians, they communicate well with parents, and they provide their students with quality education. Each of these things makes a principal's job easier.

As a principal, you want a building full of teachers that you know are doing their job. You want teachers that are 100% committed to being effective teachers in every aspect. You want teachers who not only do their job well but are willing to go above and beyond the core requirements to ensure that every student is successful.

Simply put, surrounding yourself with good teachers makes you look better, makes your job easier, and allows you to manage other aspects of your job.

#### Lead by example

As a principal, you are the leader of the building. Every person in the building is watching how you go about your daily business. Build a reputation for being the hardest worker in your building.

You should almost always be the first one to arrive and the last one to leave. It is essential that others know how much you love your job. Keep a smile on your face, maintain a positive attitude, and handle adversity with grit and perseverance. Always maintain professionalism. Be respectful to everyone and embrace differences. Be the model for fundamental qualities such as organization, efficiency, and communication.

#### Think outside the box

Never put limitations on yourself and your teachers. Be resourceful and find creative ways to meet needs when issues arise. Do not be afraid to think outside the box. Encourage your teachers to do the same. Successful school principals are elite problem solvers. Answers do not always come easy. You have to utilize the resources creatively you have or figure out ways to get new resources to meet your needs. A terrific problem solver never dismisses another person's idea or suggestion. Instead, they seek out and value input from others cooperatively creating solutions to problems.

#### Work with people

As a principal, you have to learn to work with all different types of people. Each person has their own personality, and you must learn to work effectively with each type.

The best principals are able to read people well, figure out what motivates them, and strategically plant seeds that will eventually blossom into success. Principals must work with every stakeholder in the community. They should be skilled listeners who value feedback and use it to make recognizable changes. Principals should be on the front lines, working with the stakeholders to improve both their community and school.

#### Delegate appropriately

Being a principal can be overwhelming. First of all, it shifts the burden of responsibility from you, freeing you up to work on other projects.

Next, you can strategically make individuals responsible for projects that you know fit their strengths and will help build their confidence. Finally, delegating reduces your overall workload, which in turn keeps your stress level at a minimum.

# Create and enforce proactive policies

Every principal should be an adept policy writer. Each school is different and has their unique needs in terms of policy. Policy works best when it is written and enforced in such a way that very few want to take the chance to receive the attached consequences. Most principals will spend a large part of their day dealing with student discipline. Policy should be seen as a deterrent to distractions that interrupt learning. Successful principals are proactive in their approach to policy writing and student discipline. They recognize potential problems and address them before they become a significant issue.

# Look for long-term solutions to problems

A quick fix is seldom the right solution. Long-term solutions require

more time and effort in the beginning. However, they typically save you time in the long run, because you won't have to deal with it as much in the future. Successful principals think two to three steps ahead. They address the little picture by fixing the large picture. They look beyond the specific circumstance to get to the cause of the problem. They understand that taking care of the core problem may head off several smaller issues down the road, potentially saving both time and money.

#### Become an information hub

Principals have to be experts in many different areas including content and policy. Successful principals are a wealth of information. They stay up-to-date on the latest educational research, technology, and trends. Principals should at least have a working knowledge of the content being taught in each grade for which they are responsible. They follow educational policy at both the state and locals areas. They keep their teachers informed and are able to offer tips and strategies concerning best classroom practices.

Teachers respect principals who understand the content they are teaching. They appreciate when their principal offers well thought out, applicable solutions to problems they may be having in the classroom.

LANSCHNEIDER
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#### Maintain accessibility

As a principal, it is easy to get so busy that you shut your office door to try and get a few things done. This is perfectly acceptable as long as it isn't done a regular basis. Principals must be accessible to all stakeholders including teachers, staff members, parents, and especially students. Every principal should have an open door policy. Successful principals understand that building and maintaining healthy relationships with everyone you work with is a key component to having an outstanding school. Being in high demand comes with the job. Everyone will come

to you when they need something or when there is a problem. Always make yourself available, be a good listener, and most importantly follow through on a solution.

#### Students are the first priority

Successful principals keep students as their number one priority. They never deviate from that path. All expectations and actions are directed to better students both individually and as a whole. Student safety, health, and academic growth are our most fundamental duties. Every decision that is made has to take the impact it will make on a student or group of

students into account. We are there to nurture, counsel, discipline, and educate each and every student. As a principal, you must never lose sight of the fact that students should always be our focal point. •

Derrick Meador has been in the education field for sixteen years. He taught middle school science for seven years and has been a principal for the last nine years. Derrick's experience has been in both a middle school and elementary school setting.

ARTICLE COURTESY: WWW.THOUGHTCO.COM/DERRICK-MEADOR-3194224





"Heights by great men reached and kept were not obtained by sudden flight but, while their companions slept, they were toiling upward in the night" t would have not been easy as a Founder and Chairman of a leading Indian school to have made it to the top easily. How did your childhood experiences contribute to it?

My childhood was full of struggles and sufferings due to the poor financial condition of my family. But this did not hold me back from working hard to achieve my ambition of becoming a teacher. The spirit in me of becoming a teacher right from my childhood has definitely propelled me and I haven't stopped - I first became a teacher, principal and then the founder and chairman of Zion & Alwin group of schools in Chennai.

# Who has been your inspiration in this journey?

My mother late Mrs. Chellammal was my inspiration. She sacrificed her comforts and minimized her needs to educate all the seven children of the family. She specifically encouraged and motivated me to become a teacher. After my brief service in the Indian Air Force as a regular combat personnel, a white collar job from Airport Authority of India was inviting me but it was my mother who stood by me and encouraged me to take up teaching as it was my dream.

Your awards are very inspirational. To be a national awardee wouldn't have been easy. How important is recognition for a teacher? Because teaching profession is often known to be a thankless job, enough appreciation is not given.

I disagree with the question that teaching is a profession and it is a thankless job. Teaching is not a profession - it is a noble and one of the most sacred services in the world. Every student sees God in a

teacher. For my dedicated services and the overall development of the children out of all private schools in Tamil Nadu, I was the only Principal to be honoured with National Best Teacher award. It continues to be a very special moment in my life that Dr. A. P. J. Abdul Kalam, the Former President of India honoured me with it.

You have been one of the pioneers in India to adopt technology in schools. When did you realise the necessity? Why is it important?

With the advent of technology in the 21st century, benefits of the technology must reach children. Hence I took personal efforts to integrate technology and pedagogy for imparting a holistic and comprehensive education system to the children.

What would be your advice to parents in helping balancing technology at home for children?

Parents at home can select educative and informative programme from various TV channels and from the Internet. It is also necessary for students to be updated with latest information especially in science and technology fields.

Your advice for children who are addicted to technology - this is an era of instant gratification, how does one balance it?

Getting addicted to the negative side of the technology, would undo all the good work done by schools. Therefore, students should be effectively engaged in various extra and co-curricular activities, community services and technology should be only a part of the entire cycle.

Your advice for young budding principals of India - on policy making and value systems

A principal of a school should act as an electromotive force keeping together his staff. He or she should be a role model, trend setter, besides being the best teacher and academic administrator of the school. He or she must be quick in decision making and act as a bridge between the management and staff for seamless and smooth functioning of the institution.

Your association with Neverskip.

We have been partners for a few years now. They have been able to execute and perceive exactly what I have in mind.



## **KNOW YOUR UNIVERSITY**

he Indian education system has been a rigid one for ages. Students have been choosing science. engineering, medicine. arts, commerce, law - and that's it. However, the new generation in India has the opportunity to study biology with classical literature, economics with psychology, languages with data science, or art and history with science and mathematics. The flexibility and interdisciplinary nature of the education allow students to learn by making connections between ideas and concepts across different disciplinary boundaries. This further helps the students to select their own subjects for specialization later on. Their learning gets deepened as they

are able to reflect on the connections between what they are learning across different disciplines. For instance, students will easily discover the commonly shared themes in art, literature, history, mathematics, and sciences (pure and applied). This kind of education is very effective in making the students to gain constructivist paradigm and apply the knowledge gained in one discipline to another as a way to deepen the learning experience.

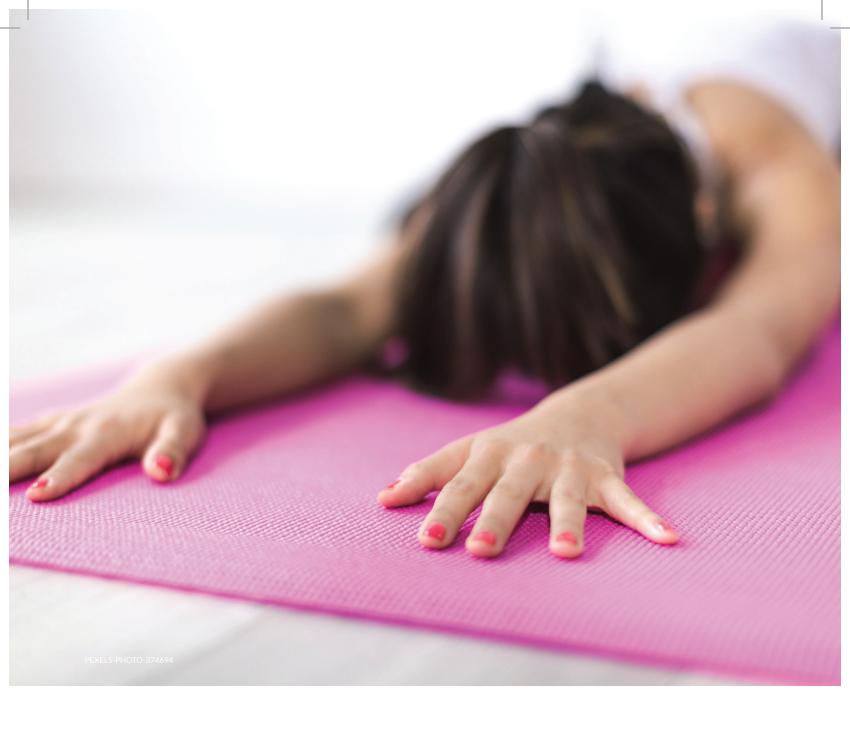
One such popular interdisciplinary field is liberal arts. Liberal arts programs offer a multidisciplinary course that includes an eclectic mix of subjects from different disciplines

such as the humanities, science, and commerce. These programs cover many unrelated topics and concepts, so students may lack depth, but they gain a varied perspective. These prepare the students to develop and apply critical thinking skills by looking beyond the traditional disciplinary boundaries to consider viewpoints and compare and contrast concepts between different subject areas. Consequently, students will learn how to consolidate knowledge by synthesizing ideas from many angles while exploring new and exciting topics.

Here are some universities with information on it.•

COLLEGE	ANNUAL TUTION FEES (INR)	WEBSITE
Ashoka University	7-8 Lakhs	www.ashoka.edu.in
Symbiosis School of Liberal Arts	3-5 Lakhs	www.ssla.edu.in
Flame University	6 Lakhs	www.flame.edu.in
Jindal school of Liberal Arts and Humanitites	7-8 Lakhs	www.jslh.edu.in
Chirst University	3-4 Lakhs	www.christuniversity.in
Auronya University	10 - 15 Lakhs	www.auronya.in
Azim Premji University	2-3 Lakhs	www.azimpremjiuniversity.edu.in
NMIMS	2-3 Lakhs	www.nmims.edu
Tata Institute of Social Studies	40,000 - 60,000	www.tiss.edu.in
Lady Shriram college for women	16,000 - 30,000	www.isr.edu.in
St. Stephen's College	30,000 - 35,000	www.ststephens.edu
Loyola College	10,000 - 50,000	www.loyolacollege.edu

SOURCE: WWW.STOODNT.COM



# Mogasanas

oga is a gift to mankind and is practiced since ages for obtaining a healthy mind and body. Teaching yoga asanas to children is a wonderful way to encourage them to a healthy lifestyle. You can start adding few postures in daily games and teach them while playing and during

playfully remains in a child's mind forever.

Read on to find top 12 yoga postures which can be practiced by children and which prove beneficial for their wholesome development.

#### How to start?

Step 01

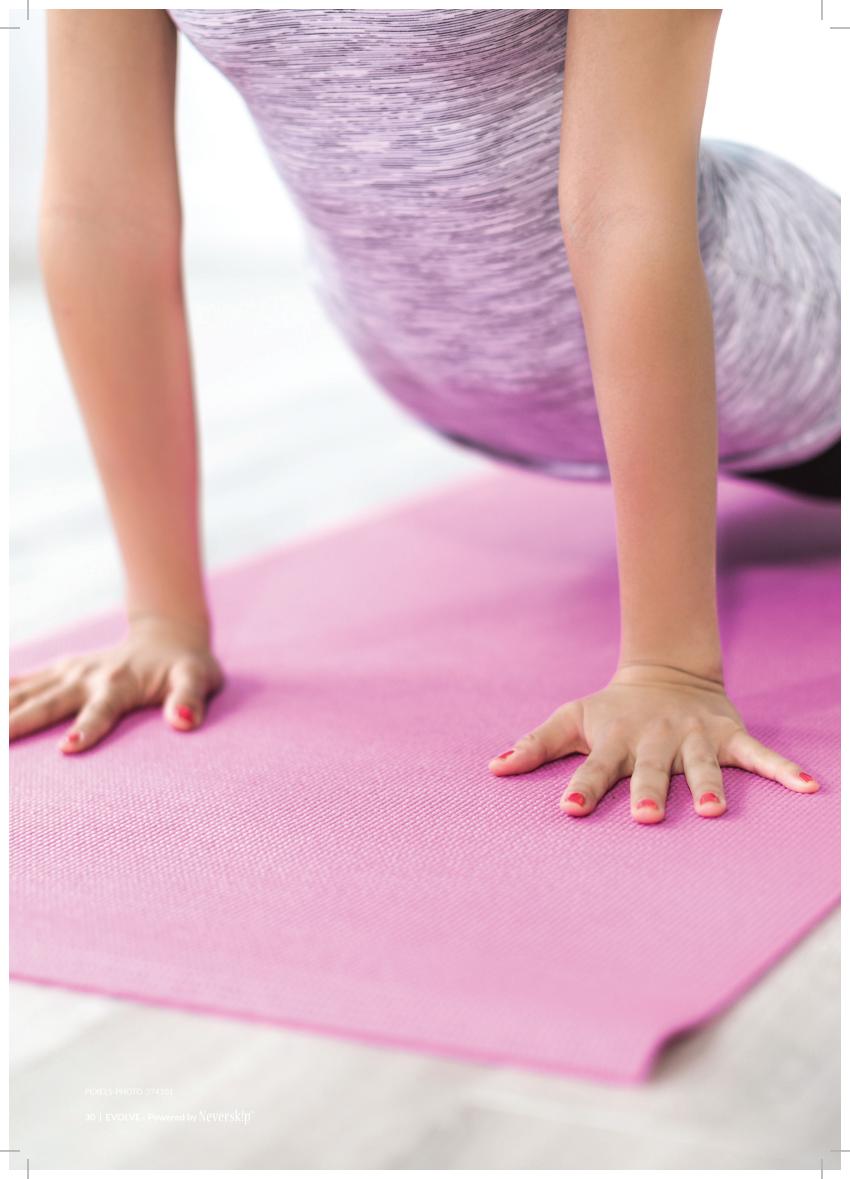
Start with investing very less time as 1 minute per excercise. Total time can be around 15 minutes.

Step 02

Encourage the children to posture in the right way paying attention to the breathing.

Step 03

Make sure the children do the yoga and aasanas in a half full or empty stomach





#### 1. NECK ROLLS EXHALE

Drop your right ear to your right shoulder, look down toward your chest. Inhale, drop left ear to left shoulder, look up. Repeat the other direction.

#### 2. NECK STRETCHES

Inhale, look ahead. Exhale, look right. Inhale, look ahead. Exhale, look left. Repeat.

#### 3. SHOULDER LIFT

Inhale, raise shoulders toward your ears. Exhale, completely let go.

#### 4. SHOULDER STRETCH

Bring your palms together and reach your hands up toward the ceiling. Inhale, reach up. Exhale, draw your hands to the right. Inhale, come back to center and reach up. Exhale, draw your hands to the left.

# 5.BACK AND SHOULDER STRETCH

Interlace your fingers and turn your palms up. Inhale, reach your hands up toward the ceiling. Exhale, bend your elbows as your draw your right elbow to the right. Your left elbow will come behind your head. Inhale, straighten your arms and you reach your palms toward the ceiling. Repeat with the other side.

#### 6. SEATED CAT-COW

Place your hands on your thighs. As you inhale, draw your chest forward and your shoulders back. Look up. Exhale, round your spine and draw your shoulders forward. Look down toward your navel. Repeat 5 times.

#### 7. LEG STRETCH

Straighten one leg and hug the other to your chest. Flex the foot of your straight leg. Repeat with the other side.

#### 8. ANOTHER LEG STRETCH

Bend left knee and place left ankle on top of right thigh. Interlace your fingers under your right thigh. Sit up straight and draw your left knee down towards the ground.

#### 9. SEATED TWIST

Place your right hand on your left knee or left armrest. Inhale, lengthen your spine. Exhale, twist to your left, drawing your left shoulder back. Look back over your left shoulder. Repeat on the other side.

#### **10. BENT KNEE DROP**

With knees bent, place your heels on the edge of your seat. Inhale. Exhale, drop knees to the left. Inhale, center. Exhale, drop knees to the right. Inhale, center.

#### 11. MIDRIFT STRETCH

Hug both knees to your chest. Press your hands against your shins as you lengthen your spine by lifting the crown of your head toward the ceiling.

#### **12. SEATED SAVASANA**

Close your eyes and let go of the noise and other distractions. When thoughts come to you, let them go. •

# Hey Ajay, where are you?

Are you still in class?

# Dad creates app that forces kids to see parents' texts.

ReplyASAP takes over a phone screen and demands attention. Now.

hildren are growing up with access to several resources like games, videos etc. that they do not feel the need to pay attention to what their parents have to say.

Parents who provide their children with emergency mobile phones have noticed as a pattern that the children increasingly have a habit of simply not replying to their texts. Not because they're terrible kids, but, just that they are doing something more interesting on their phone -- like playing a game.

Technology expert Nick Herbert also a parent, found this a bit frustrating. This pushed Herbert to develop an app called ReplyASAP

This is an app (currently available only on Android) that forces your child to reply to your texts.

Herbert says, "I wanted to be able to set an alarm on my son's phone that rings even on silent mode."

??????

Reply soon!!

I'm on my way to your class..... call me when you see this.....

## answer the phone ajay....

Mom...Im still in class and my phone is in silent...I just finished a test here....

I told dad i'll be late...

Oh, who likes to hear an alarm in the midst of doing something? Nobody! And which teen would enjoy a phone screen being taken over by a message that reads, "Call your dad now!"

The teen is then offered only two choices: snooze for three minutes or cancel. But then parents get a notification that they've been snoozed or cancelled.

Herbert insists that ReplyASAP is meant to be used only in emergencies. This isn't about annoying your kids all the time.

This is not just about forcing your child to reply. It is simply a means of getting an important message to your child, even when they have their phone on silent, and for the parent to know they have seen the message. Equally, it can be helpful for kids who

need to reach their parents with an urgent request – emergency money, for example.

The app can go beyond parent-teen relations. It's a way of ensuring that an urgent message - say, between someone and an elderly family member or just between friends who are organizing an event - will be seen.

Currently, ReplyASAP -- which costs \$1.27 to have one person connected (and more if you want more people) - enjoys only a 2.4-star rating.

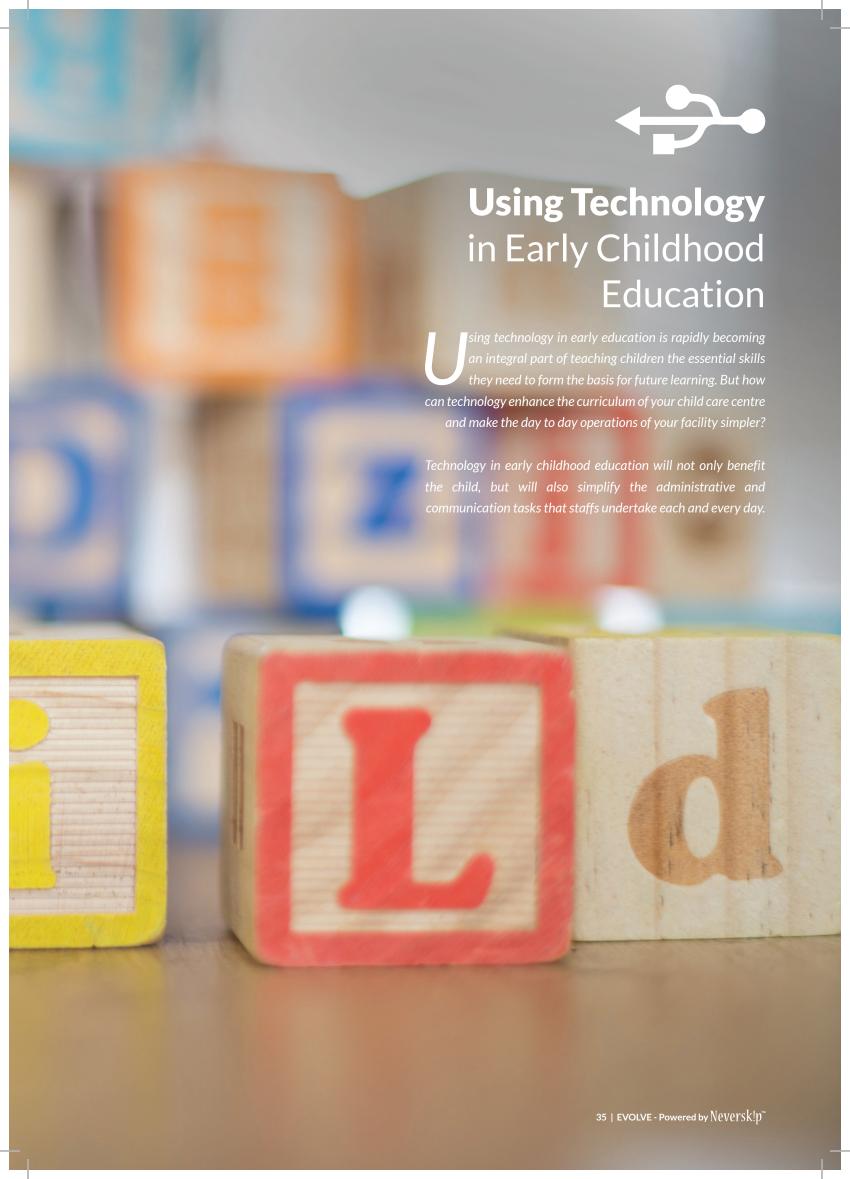
Once you've agreed to something, there's no switching it off when you feel like it.

At least, that's how good relationships should work. •

"I wanted to be able to set an alarm on my son's phone that rings even on silent mode,"

- HERBERT





#### **Learning Tool**

There are several online educational programs available to assist in a child's development of reading, letter and sound recognition, counting, patterns and classification. Using the internet and computers in a supervised environment can also teach children research skills and how to locate information.

#### **Administration**

Technology can greatly benefit the staff of a child care centre when it comes to administrative duties and reporting. The average child care worker spends 45 minutes per day on documentation, taking valuable time away from the children. With software created with child care staff in mind, reporting time can be drastically reduced, as information can be easily entered into a tablet or mobile device rather than recorded on paper.

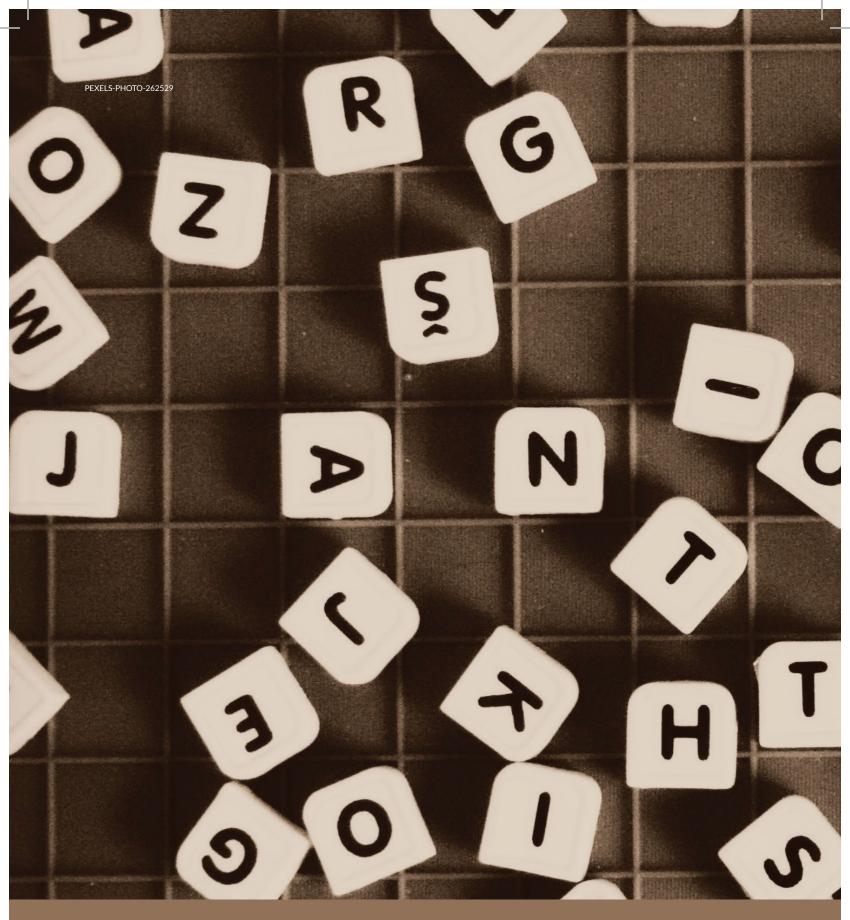
#### **Communication**

Platforms such as the Preschool app designed specifically for the needs of child care providers make it convenient for caregivers to stay in touch with parents while they are at home or work. Parents appreciate real-time email communications and updates about their child's progress. Caregivers can easily share photos, videos about each individual child directly with their parents. This bridges the gap of missing important milestones in their child's development while they are away at work.

As child care technology continues to progress, it will no doubt become an even more integral part of early childhood education. •



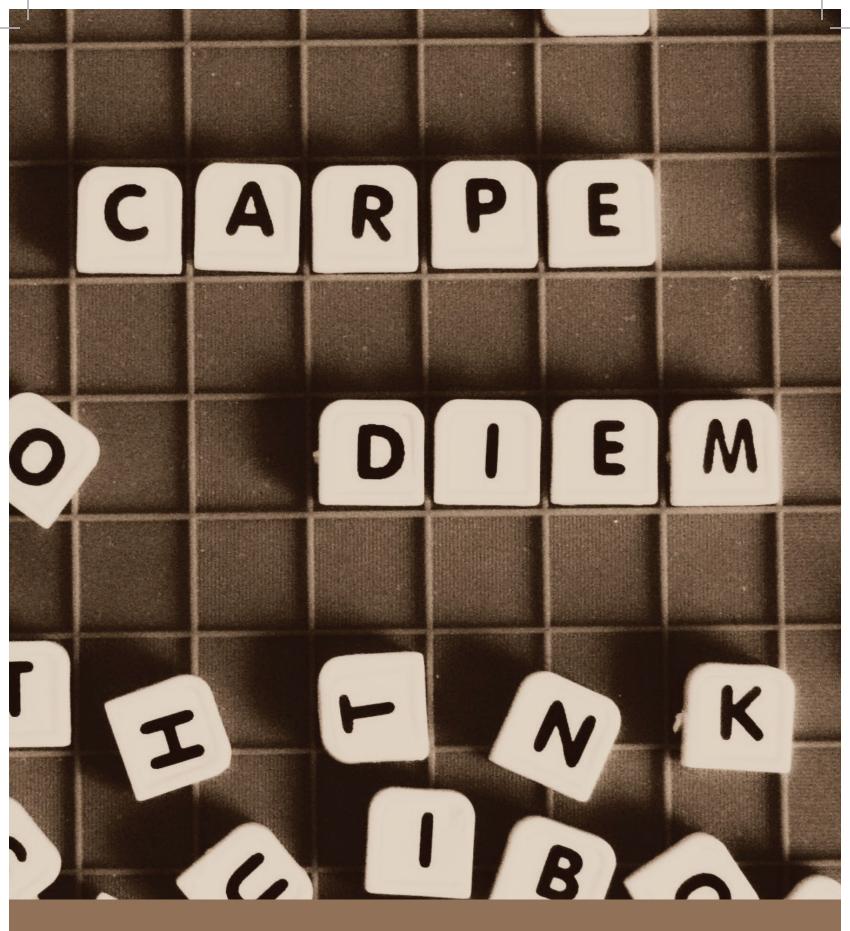




HELPING STUDENTS

OLIVE

THEMSELVES



"This book is not designed as a road map; rather, it should serve as a compass to point us and our students in the right direction."

- LARRY FERLAZZO



I work so hard at trying to get these kids motivated.

Some are, but so many aren't. They just seem to want to get by—
if that. I try to encourage them— I'm their biggest cheerleader!

But it can get so tiring. I feel like I'm pushing a rope with some
of my students. Why can't they just want to achieve instead of
having to be pushed into it?

I work so hard at trying to get these kids motivated. Some are, but so many aren't. They just seem to want to get by—if that. I try to encourage them—I'm their biggest cheerleader! But it can get so tiring. I feel like I'm pushing a rope with some of my students. Why can't they just want to achieve instead of having to be pushed into it?

Ferlazzo then offers background information and perspective that teachers can use to develop a better academic understanding of the issues behind the statement. Readers will also

find sample lesson plans and resources that can be used with students to help develop the skills necessary to work through the initial question or concern.

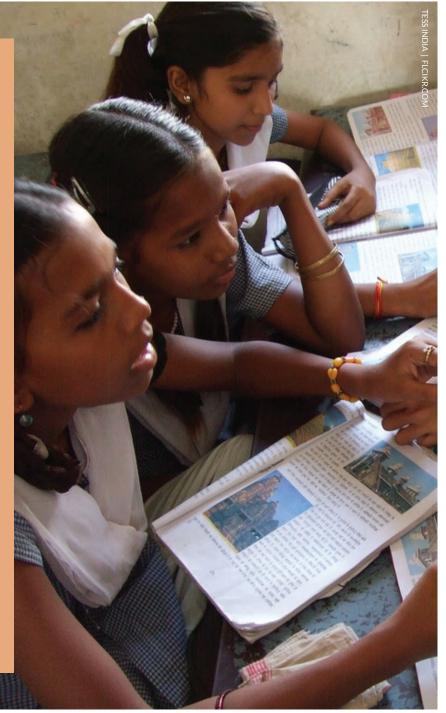
Tips in the first section included how teachers can develop relationships with students, how to start off the year on the right foot, and how to deal with a disruptive student. Many of the suggestions were strategies that many teachers might be already using in their classrooms.

The vast number of resources listed in every section and the extensive references section at the end of the book ensure that if readers want to continue to develop background knowledge about motivating students, there are plenty of opportunities to do so.

The lessons and sample tools provided are very detailed. Even with the higher reading levels of the materials and the seemingly challenging concepts focusing on concepts like metacognition. •

### **IN SUMMARY:**

- Veteran teachers will find many opportunities for affirmation of current practices as well as new ideas to help students develop metacognitive strategies for learning and developing life skills.
- Beginners in the upper middle school will appreciate the concrete lesson examples that will help them stride through some of the trickiest times in the school year and school day.
- And anybody in education can use Helping Students Motivate Themselves as a go-to book when you are looking for good ways to respond to that sad, familiar comment: "These kids just don't want to learn!" Larry Ferlazzo can help you turn that into an action question: What can we do differently to help these kids be more enthusiastic about their learning?



# 

				8	4		1	
5	1			9	7			8
	8					9		
1	4				2	3		6
3		8	6		9	5		1
9		5	4				2	7
		1					6	
4			1	6			8	9
	7		9	2				

http://1sudoku.com

n° 123551 - Level Easy

	5		6	7				
		2		1				
	6	4	5		3			7
		7		2	1			4
2			8		4			3
3			9	5		2		
4			7		5	1	9	
				4		6		
				8	6		3	

http://lsudoku.com

n° 219779 - Level Medium

9		6		4				8
4					2		3	
	7			3	8			6
	9				3	1	5	
8			4		1			2
	1	4	7				9	
7			3	6			8	
	6		1					9
3				8		6		1

http://lsudoku.com

n° 14622 - Level Easy

3		5		4				
					5	1		
		6			2	9	7	5
6		3	2	8				
	8			5			6	
				1	3	2		9
5	1	4	3			7		
		8	5					
				7		4		3

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n° 215148 - Level Medium



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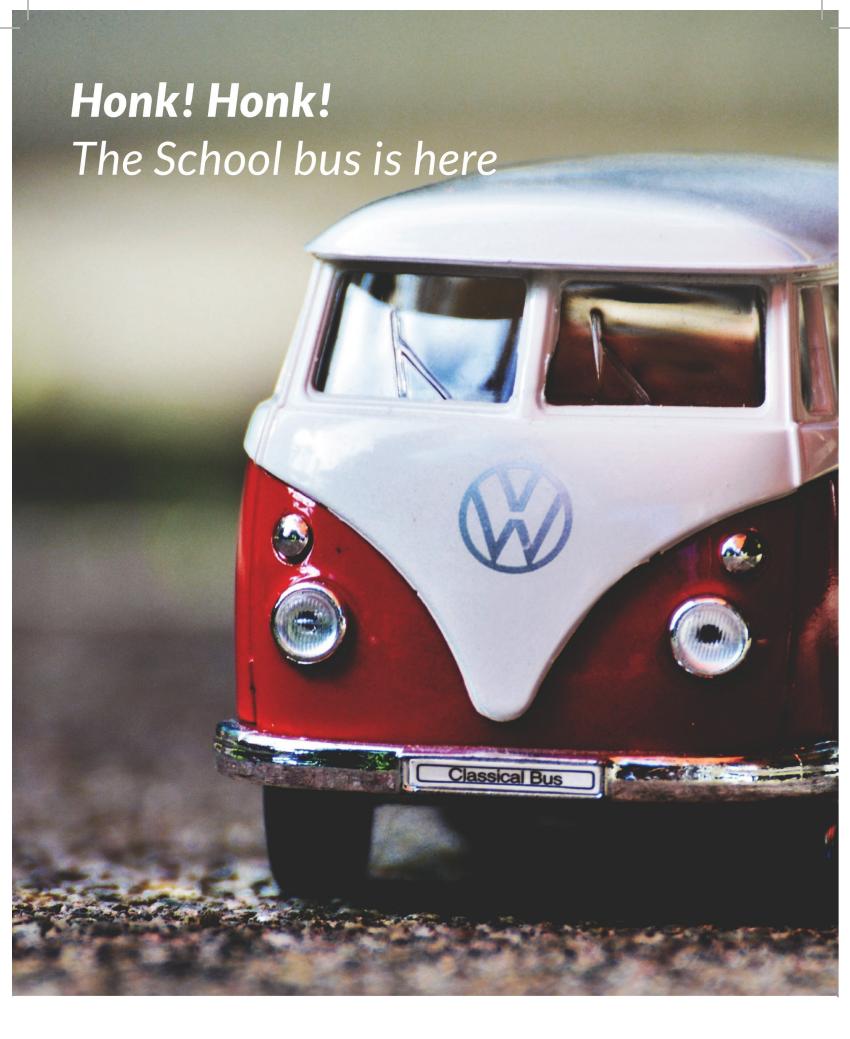
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