

Rotary Club of Secunderabad Sunrise . India

January 2023



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Cover Page

A novice monk in a playful mood at a Temple
in Kathmandu (Nepal)



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Dialysis Status for Dec 2022
GRAND TOTAL : 341

Dialysis Statistics for January 2023
TOTAL DIALYSIS : 391
TOTAL PATIENTS : 41



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EDITOR'S NOTE



You are what you eat - the link between nutrition and stress

Chronic stress can affect the body's use of calories and nutrients in various ways. It raises the body's metabolic needs and increases the use and excretion of many nutrients. If one does not eat a nutritious diet, a deficiency may occur.

What are the effects of stress?

While it's common to feel stressed every now and then, some people live with chronic (long-term) stress - where they are repeatedly exposed to different stressors for an extended period of time. As the body's stress response system is not designed to be constantly activated, the impact of this on health and well-being can be significant.

The following article could guide you further

Rtn. Rajesh Pamnani
Editor (2022-2023).
+91 9849013175

Our Editors (2022-2023)



Ann Seema Jain

W/o Rtn. Lokesh Jain

Qualification Mcom from Rajasthan university
& Home maker.

Ann Mamta Jhavar

W/o Rtn. Sandeep Jhavar

Qualification B.com Hons in Accountancy from
Kolkata University, but that was not an end to my
learning, I aspire to learn something new
everyday.



Ann Ritu Gupta

W/o Rtn. Samir Gupta

BA degree and Masters in Computers, I have
kept myself engaged professionally in our
consultancy firm for foreign education -
providing solutions to students for education
abroad.

Ann Beena Ramnarayan

W/o Rtn. Kappana Ramnarayan

Graduation in commerce from SV University.

I worked with a corporate for a while and had to
give up my career to be a full time mom.



Ann Kanak Kabra

W/o Rtn. Sanjay Kabra

Qualified Company Secretary, Sujok therapist,
certified Angel Practitioner Executive Director
(finance, HR and legal compliances) in Avishkar
Industries Private Limited.

Ann Lopa Mehta

W/o Rtn. Vikram Mehta

I am an educator by profession and a people's
person by heart. I enjoy my work and make sure
to do my best each time.





What is stress ?

Stress is when you feel under a great deal of emotional strain and are unable to cope with certain pressures in life. Understanding how your body responds to stress can be key to managing stressful situations and reducing the impact it has on your health.

What is the root cause of stress?

Don't have much or any control over the outcome of a situation. Have responsibilities that you find overwhelming. Don't have enough work, activities or change in your life. Experience discrimination, hate or abuse.

What are the six main causes of stress?

There are six main areas that can lead to work-related stress if they are not managed properly. These are: demands, control, support, relationships, role and change

Why do we get stressed?

When we encounter something stressful, our nervous system and adrenal glands send signals to the rest of the body to prepare it for a physical response. The symptoms we experience when we get stressed - such as increased heart rate and heavy breathing - are best described as physiological responses designed to ensure our survival.

This hard-wired 'fight or flight' reaction was necessary millions of years ago when survival meant facing life or death threats. But, in the modern world where these types of real threat to our survival are rarely present, day-to-day things such as relationship issues, traffic jams, and demanding children can trigger the body's flight or fight reaction.

The more exposure we have to these stressors, the more intense and frequent our physiological reactions become until we find ourselves feeling constantly on edge. For those who do not adapt their lifestyles to cope, and 'burn off' the effects of their triggered response system, stress can build up and become a health problem.

If you are feeling stressed, it is very likely that you have experienced the following psychological and physical changes.

Effects of stress on the mind:

mood swings , becoming withdrawn, agitation and irritability, anxious or racing thoughts, loss of concentration and focus, feeling tearful

Effects of stress on the body:

muscle tension, nausea/dizziness, increased heart rate/palpitations, appetite fluctuations
disturbed sleep/insomnia, increased blood pressure

You are what you eat - the link between nutrition and stress

These are typically the initial signs that stress is becoming a problem. If it is not effectively managed or treated, it can become chronic, and over time cause serious harm. Long-term illnesses such as depression, diabetes, cardiovascular problems and digestive problems may start to develop, so it's crucial that you seek help as soon as you recognise the signs.

Stress and digestion

The effects of stress on our eating habits and digestion can be significant, leading to appetite fluctuations and digestive problems like irritable bowel syndrome. This is because the activated fight or flight response in the central nervous system immediately shuts down digestion - restricting blood flow, slowing the contractions of the digestive muscles and decreasing secretions needed for digestion. This is so that the body can prioritise more important functions, such as heart and breathing rate in order to prepare the body to attack or escape from a perceived threat. After a stressful period, the human body can go into 'recovery mode' where appetite is increased and food cravings take hold. At the same time, metabolic rates will drop to conserve energy, which means the body is more likely to store fat - particularly around the abdomen. Feeling stressed also leads to an increase in levels of cortisol, which is a hormone that contributes to weight gain. Alternatively, chronic stress can suppress appetite, which can lead to weight-loss. This may also be linked to nervous movements such as pacing, ticks and leg shaking. While some people completely shut down when they are feeling stressed, others unintentionally move more.

Stress and diet

Stress and diet have always been linked. It's possible that someone eating a healthy, balanced diet is going to be far less stressed than someone eating a poor diet. If you're feeling overly stressed, your digestive system is probably under a great deal of strain - making changes to your diet could be key to feeling better physically and emotionally.

Which foods have a negative effect on the body when we're stressed?

Below is an overview of certain foods to avoid which may help to improve symptoms of stress.

Caffeine

A chemical found mostly in tea, coffee and some soft drinks, caffeine reduces our ability to deal with stress. This is because it acts as a stimulant, causing the adrenal glands to release more hormones like cortisol (which are already high due to the strain our bodies are under). High levels of caffeine also contribute to insomnia and nervousness, which are intrinsically linked to stress.

Caffeine consumption can also deplete levels of magnesium (needed for energy production) and metabolism-boosting B vitamins from the body. Substituting coffees and teas for herbal varieties can help reduce your caffeine consumption, and it helps to be mindful of caffeine content in foods such as chocolate.

You are what you eat - the link between nutrition and stress

Foods high in fat and sugar

Cravings for processed and sugary foods may be heightened when you are feeling stressed, but it is important to avoid consuming these in high quantities. Not only can they be detrimental to your overall health, but they can also make you feel worse in the long term. Sugar, for example, will provide a short burst of energy and temporary relief from stressful feelings, but this will be swiftly followed by a 'low' period when your blood sugar levels crash. This can lead to irritability and increased food cravings, which can put a strain on the body.

According to a study published in the British Journal of Psychiatry, high consumption of processed fats can increase the risk of depression. Researchers found that people with diets high in processed fats had a 58% higher risk of depression than those who ate whole foods. Furthermore, processed foods contain high levels of hydrogenated or oxidised fats which can block the production of essential fats needed to protect the cell membrane and nerve health.

Alcohol

Many people turn to alcohol as a means of dealing with stress. While it may have an instant calming effect on the body, in the long-term alcohol increases the amount of stress in people's lives. Drinking heavily can lead to complications such as addiction and can take a toll on overall health and well-being. Sleep problems, nervousness and skin irritations are common side effects of drinking because alcohol makes the body release larger amounts of adrenaline and affects blood sugar levels.

If you know you have a particularly stressful time coming up, then plan for it. Make use of healthy ready meals with chopped and frozen vegetables. One of my favourite meals is ready cooked salmon steak with green salad leaves, a drizzle of olive oil and some oatcakes or brown rice.

Which stress-relieving foods should I eat more of?

Chronic stress can weaken the immune system and affect the body's defences - leaving a person more susceptible to infection and disease. If a stressed person becomes ill, this will put the body under more strain. You can try to incorporate more of the following foods into your diet.

Fruit and vegetables

Eating a diet rich in fresh fruit and vegetables will ensure you get plenty of nutrients and minerals, which is crucial when your body is feeling stressed and using more nutrients than it would normally. Aim to eat at least five portions of fruit and vegetables a day to get a sufficient amount of vitamins and minerals, and focus on foods containing vitamins B, C and magnesium.

* B vitamins - Found in bananas, leafy greens, nuts, seeds, meat, fish and dairy products, these provide the body with energy after a period of stress.

* Vitamin C - The largest store of vitamin C lies in the adrenal glands, which are responsible for the production of stress hormones. Keep these healthy by eating plenty of vitamin C rich foods such as oranges, tomatoes, peppers, leafy greens and broccoli.

* Magnesium - This mineral can help to relax muscles and reduce anxiety, while also playing an essential role in hormone and energy production. Nuts - particularly Brazil nuts - are high in magnesium, as are beans and lentils, whole grains and leafy greens.

You are what you eat - the link between nutrition and stress

Healthy snacks

Eating healthy snacks throughout the day, such as fruit, raw vegetables, yoghurt, nuts and seeds will keep your blood sugar levels stable and your metabolism functioning smoothly. On stressful days it is important to eat little and often to minimise peaks and drops in energy levels, and this includes eating a nutritious, filling breakfast in the morning. For some people, stress can make them skip or forget to eat their meals, and this increases the likelihood that they will reach for processed or sugary foods when they are hungry.

Complex carbohydrates

Eating whole, unprocessed carbohydrates such as wholegrain bread, pasta and cereals, as well as oats and brown rice will help to enhance levels of serotonin - the mood-boosting hormone that helps you to feel happy and more relaxed. Low levels of serotonin in the body are linked to anxiety and depression, as well as poor quality sleep; so keeping this hormone in balance is key for dealing with stress. In addition, complex carbohydrates are digested more slowly than refined, processed varieties, which can help stabilise blood sugars.

Essential fatty acids (EFAs)

Essential fatty acids (Omega 3 and 6) are vital nutrients, which help the body to function effectively - particularly the brain. EFAs also help to moderate the effects of psychological and physical stress. This is because they lower the release of glucocorticoids (hormones released from the adrenal gland) under stressful conditions. To get the right balance of EFAs in your diet, eat sources such as oily fish, nuts and seeds.

Calcium-rich foods

Research into stress and diet shows that calcium may be able to help reduce certain symptoms, such as muscle tension and anxiety. Therefore, including plenty of calcium-rich foods in your diet (such as low-fat milk, yoghurt, sesame seeds, kelp, cheese, leafy greens and broccoli) may be beneficial. Eating these in the latter part of the day is thought to help with absorption.

How can a nutritionist help with stress and diet?

Seeing a professional such as a nutritionist is helpful if you want to make long-term positive changes to your diet and manage stress. A nutritionist will provide tailored nutritional advice and support to ensure all your needs are catered for and your specific goals are met. This will involve an assessment to pinpoint your nutritional needs and what stress-relieving foods will be the most beneficial for you.

As part of your assessment, you will look at triggers and contributing factors, as well as any underlying imbalances such as adrenal hormones and thyroid problems. Following this, you will likely be given a specific eating plan to follow, which may also outline lifestyle changes such as physical activity, which will play an important role in stress management in the long term. A nutritional therapist will look at all aspects of your diet and lifestyle and can help with the way forward.

They will work out what is causing your body to be stressed.

Rotary President-elect R. Gordon R. McNally revealed the 2023-24 presidential theme, Create Hope in the World, today:

“The goal is to restore hope — to help the world heal from destructive conflicts and, in turn, to help us achieve lasting change for ourselves.”



**CREATE HOPE
in the WORLD**



Recruit Rotary Peace Fellow candidates from your community

Districts and Rotary and Rotaract clubs play a key role in recruiting and recommending Rotary Peace Fellow candidates. Each year, The Rotary Foundation awards fellowships to leaders in peace and development to study at one of the Rotary Peace Centers at premier universities around the world. The fellows can earn a master's degree or a professional development certificate. The application will be open early February through 15 May this year, and selected peace fellows will begin their studies in 2024. Find out who is eligible and what they need in order to apply.

If you know any midcareer change-makers or any young professionals who have peacebuilding experience, help them apply for a fully funded Rotary Peace Fellowship. Connect with your district Rotary Peace Fellowship subcommittee chair to learn more about members' role in selecting peace fellows and get involved.

Since the Rotary Peace Centers program began in 2002, more than 1,600 fellows have graduated from our programs. They are now working on peace and development initiatives in more than 140 countries. Many serve as leaders in government, nongovernmental organizations, education and research institutions, peacekeeping and law enforcement agencies, and international organizations like UNICEF, the United Nations, the World Bank, and the International Federation of Red Cross and Red Crescent Societies. Follow the Rotary Peace Centers Facebook page for updates about peace fellows' work.

ACTION PLAN

Data-driven projects

Every Rotary encounter is an opportunity to show people what Rotary can do for them. Isaac B. Owolabi of the Rotary Club of Asheville-Biltmore, North Carolina, USA, explains how his club engages members by focusing on all participants.

Our service projects create greater and more lasting change when we define, measure, track, and analyze data. Clubs and districts can significantly increase their impact by sharpening their focus on a project's goals and the steps needed to achieve them. Try collecting more information on community needs and conducting pre- and post-activity evaluations. Is your club using relevant data to guide decisions? Complete our Action Plan survey to tell us about one of your projects.

MEETING PLACE

Promote the Rotary International Convention in Melbourne

Have you attended a Rotary International Convention and been inspired by the diversity of members who gathered from all over the world? Or by witnessing Rotary's ability to connect people of action to create lasting change in their communities and globally? Share your experience with your fellow members and encourage them to register for the 2023 Rotary International Convention in Melbourne, Australia, 27-31 May. Attending a convention can turn newer members into dedicated Rotaractors or Rotarians who are passionate about international service. Even longtime members gain a new understanding of Rotary. We've assembled resources to help you promote this year's convention. Read up on Melbourne's many tourist attractions and find out why the locals proclaim this vibrant and stately city to be Australia's culinary, cultural, sports, and shopping capital.

MEMBERSHIP

A new resource for district leaders

Leveraging Local Events to Grow Rotary: A Membership and Marketing Guide for district leaders is now available. It explains each step of creating a strategic plan to turn the increased interest that comes from big Rotary events into membership growth. You'll find tips for creating a strong leadership team, getting clubs ready for growth, planning promotions, and approaching prospective members. The guide also has links to these new resources:



My dear Rotarians and Anns,

January is a designated month for vocational services and how better to celebrate! Our club organised a vocational trip for our members and families to a renowned upmarket sweet and confectionery outlet- Almond House. We all had a complete insight of the manufacturing processes of sweets and savouries at their facility at Kukatpally. After the tour of the kitchen, we all had a good time at the restaurant by having the delicacies on offer. The management of almond House was kind enough to give a nice gift hamper to all the member families.

We had a speaker meeting on the last Saturday where the guest speaker Mr Jaganmohan Reddy kept us bound by his talk on the subject “emerging trends in entrepreneurship.”

Guntur calling:

The annual district conference of District 3150, shall be held on fourth and fifth February at Guntur. I am happy to announce that our charter president Rotarian Narendra Gauri has registered as a golden patron and Rotarian KA Ramayya Ji as silver, patron. In addition, five more members of our club shall be attending the Distt conference.

A major breakthrough towards service to humanity- Pushpagiri eye Hospital located in Marredpally had requested us to provide them with surgical microscope for their requirements as they were carrying out, cataract surgeries for the needy, free of charge. I am happy to announce that with the generous grants of BHEL-GE through their CSR funds, we would be getting this project completed very soon, hopefully within February. This surgical microscope comes with a cost of around Rs.36 lakhs. We are thankful to past president Rotarian Srinivas Gumidelli for his untiring efforts towards this.

We also plan to have a fellowship for the member families during this month on 26th. Friends, the single, most important factor in members satisfaction is the club experience- how at home, you feel in your club, how rewarding club meetings are and how engaged you feel in the service projects. At the same time it's very important for everyone in the club to speak up, and listen to one another. We should never be afraid to share with our fellow Rotary member what we expect to get out of our membership and have an open discussion about how to make that happen. We have just five months left to complete this Rotary year. Let us participate more and make the year more joyful and meaningful.

Rtn. Rajhans Banka
President (2022-23).

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January - Vocational Services

Vocational Service Month During this period, clubs highlight the importance of the business and professional life of each Rotarian. Special activities promote the vocational avenue of service.

- Distribute Four way Test
- Distribute Vocational Awards to outstanding individuals, Arrange Vocational Visits
- Awareness seminar on career guidance, Organise / Arrange in Plant Training
- Start Vocational Education / Skill Guidance Centre. Start Part Time Consultancy centre
- Helping Physically Challenged people to gets jobs



February - World Understanding Month

Vocational Service Month During this period, clubs highlight the importance of the business and professional life of each Rotarian. Special activities promote the vocational avenue of service.

- Organise 'MUNA' (Modal United Nations Assembly) at College Level
- Engage in reconciliation of broken families, restoring relationship
- Help How people can live in peace with their families and their neighbours
- Assist Young Single mothors whoare victims of sexually abused through training them with self-help projects. e.g. Opening small business that may help them with their children


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A portrait of Amitabh Bachchan, an Indian actor, wearing a dark blue patterned kurta and glasses. He is pointing his right index finger upwards.

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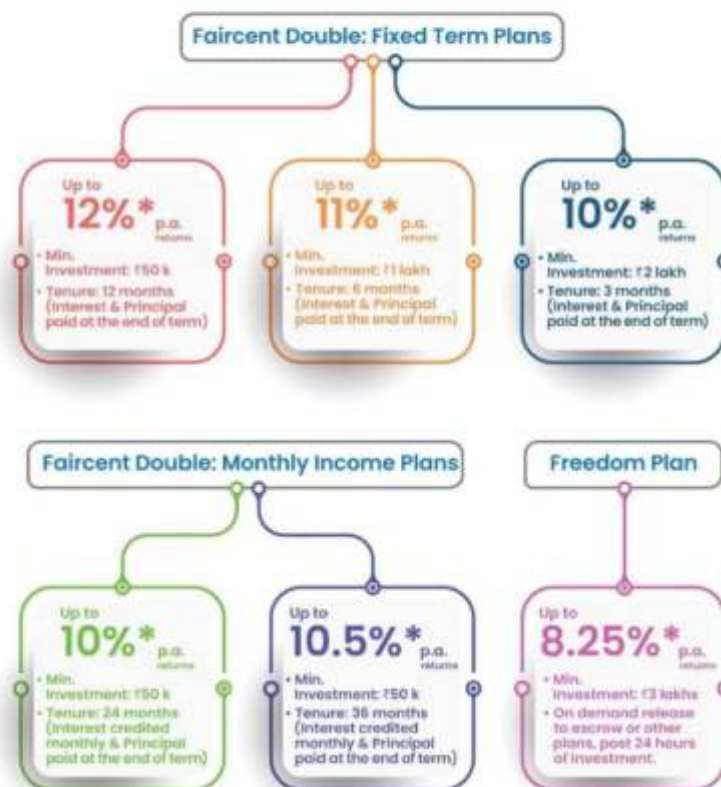
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BIRTHDAYS & WEDDING ANNIVERSARIES - FEBRUARY



BIRTHDAY

01/02- Rtn. Satish Manohar
05/02 - Ann.Sumanlatha Agarwal
07/02- Ann. Kanak Kabra
09/02- Rtn. Samir Gupta
18/02- Ann. Devika
25/02- Rtn. Sanjay Dolwani
26/02- Manish Sharma

ANNIVERSARY

05/02 - Rtn. Manish Agarwal & Sumanlatha
09/02 - Rtn. Rajnish & Keerti Pissay
12/02 - Rtn. Sreedhar Raju & Rama Devi
Rtn. Sarvesh & Neha Gupta
13/02 - Rtn. Vinayak & Sheetal Dhuma
14/02 - Rtn. Ramesh & Sonia Notani
17/02 - Rtn. Ravi & Swati Ladia
20/02 - Rtn. Manish & Indra Sharma
25/02 - Rtn. Anil & Seema Goyal
Rtn. Shyam & Shailaja Gupta





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India is a country with diverse religions where the people a lot of festivals. The country celebrates each and every festival with zeal and enthusiasm.

The Indian calendar, which is the Shaka Calendar, is based on the luni-solar system and has local variation. Indian calendar follows the 12 months and 365 days rule but the names of the month are different from the English calendar. The first month of Indian calendar is known as Chaitra while the last one is called Phalguna.

5 February 2023, Sunday - Guru Ravidas Jayanti



Guru Ravidas Jayanti is an optional holiday observed on the full moon day in the month of Magh month. It commemorates Guru Ravidas, who was born in 1450 in Uttar Pradesh Varanasi. He became a poet-saint, a reformist, and a spiritual figure who founded the Ravidassia religion. He is celebrated for his massive number of followers. People observe this day by taking a holy bath and then proceeding with the performance of a special aarti to seek the blessings of the distinguished Guru. At the Shri Guru Ravidas Janam Asthan Mandir — the leading place of pilgrimage or spiritual headquarters for followers of the Ravidassia religion from communities like Ad-Dharmis, Ramdasia Sikhs, Chamars, Jatavs, and Mochis, a considerable amount of people assemble to celebrate the festival. Guru Ravidas' followers also dress up as him to participate in 'Nagar Kirtan,' which is of significant importance on this remarkable day.

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Mahashivratri - 18 February, 2023, Saturday



Maha Shivaratri is a Hindu festival celebrated annually in honour of the god Shiva. The name also refers to the night when Shiva performs the heavenly dance called Tandava. In every month of the luni-solar Hindu calendar, there is a Shivaratri – "night of Shiva" – on the day before new moon.

Phulera Dooj - 21 February, 2023, Tuesday



Phulera Dooj is a day that is free from all defects. Therefore, on all the auspicious functions especially in marriage ceremonies, on the day of Phulera Dooj, no Muhurta is required. Most marriages are held in India on this day. On this day, the temples of Lord Krishna are decorated with flowers.

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International Awareness Days 2023



International Awareness Days List 2022

Social Media #Hashtag Calendar

Our international awareness days list.

It includes all the fixed UN observance days and all the fixed international awareness days that could be found.

We believe every day should be special, of global interest and a few fun days.

February 2023



2 February World Wetlands Day

Raise awareness about the importance of wetlands for humanity and the planet.

#WorldWetlandsDay



2 February Groundhog Day

According to folklore if it's cloudy on this day, when celebrity groundhog "Punxsutawney Phil" emerges from his burrow, it will be an early spring. If it's sunny Phil will see his shadow and retreat into his den and winter will last another six weeks.

#GroundHogDay

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4 February World Cancer Day

Raise awareness of cancer to encourage its prevention, detection and treatment.

#WorldCancerDay



5 February World Nutella® Day

In 2007 American blogger Sara Rosso founded World Nutella® Day on her blog and it went viral. In 2015 Sara transferred the blog to Ferrero (who make Nutella®) and each year fans share their passion for Nutella® on social media through recipes, photos and messages and each year a new Chief Nutella® Ambassador is appointed.

#WorldNutellaDay



6 February International Day of Zero Tolerance to Female Genital Mutilation
UN campaign to end genital mutilation of girls and women and highlight the dangers of Female Genital Mutilation (FGM) which is an abuse of human rights and can cause fatal bleeding. #EndFGM #ZeroTolerance4FGM #FGMday



7 February Rose Day
The first day of Valentines day celebrations week, especially popular in India.
#ValentineWeek



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8 February Propose Day

Today is the perfect day to announce your love and propose marriage.

#ValentineWeek



9 February Chocolate Day

Chocolate day is the perfectly opportunity to buy chocolates or anything chocolately to express your love.

#ValentineWeek



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Happy Teddy Day!



10 February Teddy Day

Teddy day is the day to give a Teddy that “bears” your message of love.

#ValentineWeek



11 February International Day of Women and Girls in Science

Recognize the contribution women and girls make to science and end bias by promoting opportunities to further their careers.

#February11 #WomenScienceDay



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11 February Promise Day

Promise day is the perfect opportunity to make promises and commitments to your lover and fulfill existing ones!

#ValentineWeek



12 February Hug Day

The day to ask for a hug to express your love and affection. See also World Hugging day.

#ValentineWeek

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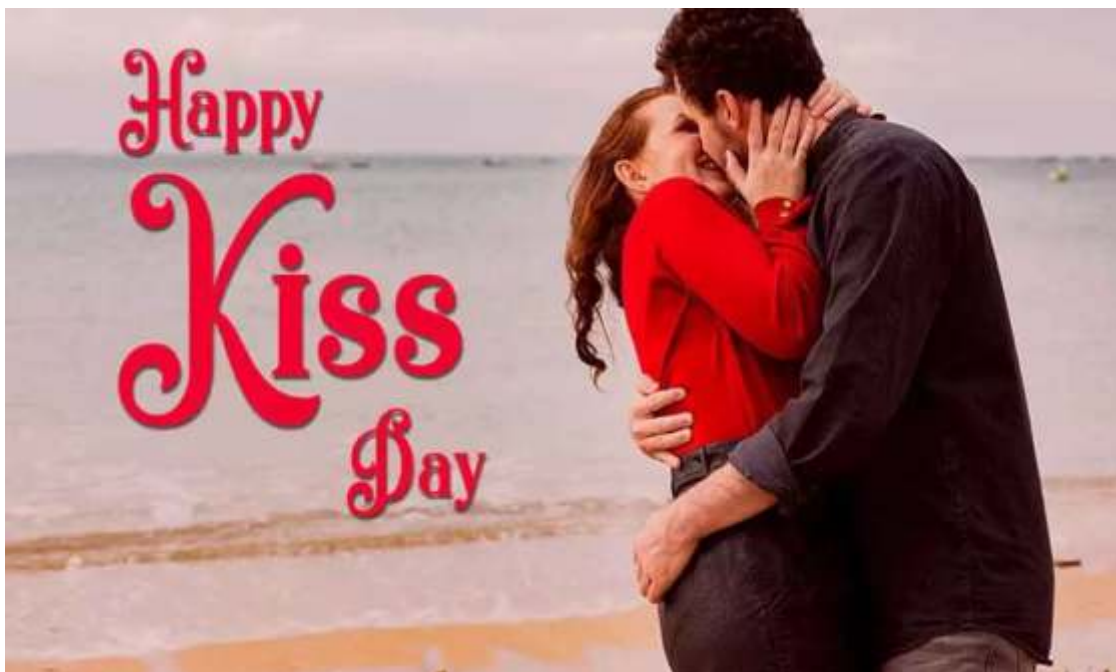
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13 February World Radio Day

Raise awareness of how radio can educate people, provide information, promote free expression and bring people of all cultures together.

#WorldRadioDay



13 February Kiss Day

The day to ask your lover for a kiss.

#ValentineWeek



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14 February Valentine's Day

Originally a Christian feast day Valentines day is the day to express your love with cards, flowers and gifts.

#ValentineWeek



16 February World Voice Day

Everyone is encouraged to assess and maintain their vocal health.

#WorldVoiceDay



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20 February World Day of Social Justice

Raise awareness and support the efforts of the international community to eradicate poverty, promote full employment, decent work, gender equity and access to social well-being and justice for all.

#SocialJusticeDay



21 February International Mother Language Day

Promote the protection and preservation of all languages and promote international understanding, through multiculturalism and multilingualism.

#MotherLanguageDay



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22 February A Day Without News

A day to commemorate the acknowledge the brave and dedicated journalists working in dangerous areas and the risks they take to report the truth. See also World Press Freedom day.

#ADayWithoutNews



22 February World Thinking Day / International Scouts' Day / Founders Day

A day for Girl Guides and Boy Scouts to think about their sisters and brothers around the world and the global impact the scouting movement has made. Held on the birthday of Robert Baden-Powell who founded the Scout movement in England.

#WorldThinkingDay #WTD2023 #LetsGrow

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27 February International Polar Bear Day

A day to raise awareness of the need to conserve polar bear habitats which are threatened by global warming/climate change. Take the Thermostat Challenge at home, work or school to reduce your carbon footprint. Then make every day polar bear day by switching to green energy suppliers, installing energy efficient insulation and smarter technology.

#PolarBearDay



28 February Rare Disease Day

A day to acknowledge and campaign to support EURODIS research on rare diseases and the commercial development of orphan drugs.

#RareDiseaseDay



Child Education

Education is the foundation of a child's future well-being. Children's education creates various opportunities to help them live better lives. It can also help shape the society at large. With the right education, a child can help the country develop and progress at a faster pace.

Technology & Education



"I am bored. What can I do?"

"Can I get extra TV time?"

"There is a new movie on Netflix."

"All my friends have a Nintendo, why don't you buy me one?"

"I don't want to come to your friend's house. Can I play video games when you are gone?"

Do these sentences sound familiar. I'm sure you've heard your children all somebody else's use one or many of these.

In today's technology driven world, children have unlimited access to gadgets and information. The need for quality education and setting the foundation right from a very young age is the need of the hour. Too much information at a young age can have its own advantages and disadvantages. For a young mind to process all this information sometimes can be overwhelming and also challenging. The speed at which things are changing and life is progressing it's very important to create a space for early childhood education which covers not only subject based learning but lot of other elements such as Emotional wellbeing, social behaviour, building confidence, being assertive and exhibiting empathy.

Early childhood education

The concept of early childhood education has picked up only around a decade ago, or may be two decades. As children I don't remember our parents talking about school till we were around 6 years old. All we would do till then is stay home clinging to our parents, listen to stories told by our grandparents and we felt blessed for the monthly visits to the nearby park. Life seemed so much at ease.

- Research states that the brain development of a child starts during the early weeks of pregnancy. And hence arises the need for creating a space and time for toddlers and infants to grow under able under able guidance. it is believed that the initial 5 years of education can have a lasting impact on shaping up the child into a responsible human being.
- While there are a variety of opportunities available for the child, it is very important for the parents to be involved in understanding what works best for the child. It is a proven fact that despite all the learning tools and techniques available, the child best learns amidst the care and affection exhibited by his parents - especially the mother. while there are many early education systems I would like to throw some light on how the Montessori system of education works.

Learning made fun

Education is no longer about one size fits all, and Montessori education recognises this. every child is unique and has to be handled in a way that best suits their personality. Different children learn in different ways, and accommodate all learning styles. The one distinct advantage about Montessori education is that the students are free to learn at their own pace. They are not in competition with the others in the batch and each one of them advances through the curriculum as they are ready. They are guided by the teacher and an individualized learning plan.

An overall development in child's personality can be experienced in a Montessori environment. Hands on Learning techniques, Exclusive materials provided for activities and activity based learning helps the child to register the knowledge without any struggle.



Key aspects of Montessori education:

1. Growing as a responsible person
2. Learning to take care of their own belongings from a very early age
3. Learning to take care of the environment

Choosing a Montessori environment for your child has many benefits. Known for individually paced learning and fostering independence, the Montessori Method also encourages empathy, a passion for social justice, and a joy in lifelong learning.

Given the freedom and support to question, to probe deeply, and to make connections, Montessori students become confident, enthusiastic, self-directed learners. They are able to think critically, work collaboratively, and act boldly—a skill set for the 21st century.

Early childhood is the most critical time for positive intervention. Children's development during this stage is strongly affected by their environment, and that effect continues to exert a strong influence on the rest of their lives.

Education should be focused on nurturing each child's potential by providing learning experiences that support their intellectual, physical, emotional and social development.



Mrs.Rama Gadam

Director-Principle

Cremon Buds –Montessori house of children

cremonbuds@gmail.com

Phone:970477188 /9949469007

Montessori Principles

Individualized Learning

Lessons with the Montessori materials are presented one-on-one based on each child's academic progress. Educators track each child's progress and support them as they progress through the curriculum.



Respect for the Child

This involves respecting the uniqueness of every child, their freedom to choose, to move, to correct their own mistakes, and to work at their own pace. Montessori educators work and interact with children from a place of genuine respect.



Freedom of Movement and Choice

In a Montessori classroom, children are free to move around the prepared environment, work where they feel they will learn best, and discover learning outcomes through hands-on experience. Montessori learning is largely active, individually paced, often self-correcting, and tailored to the needs and interests of each individual child.



Prepared Environment

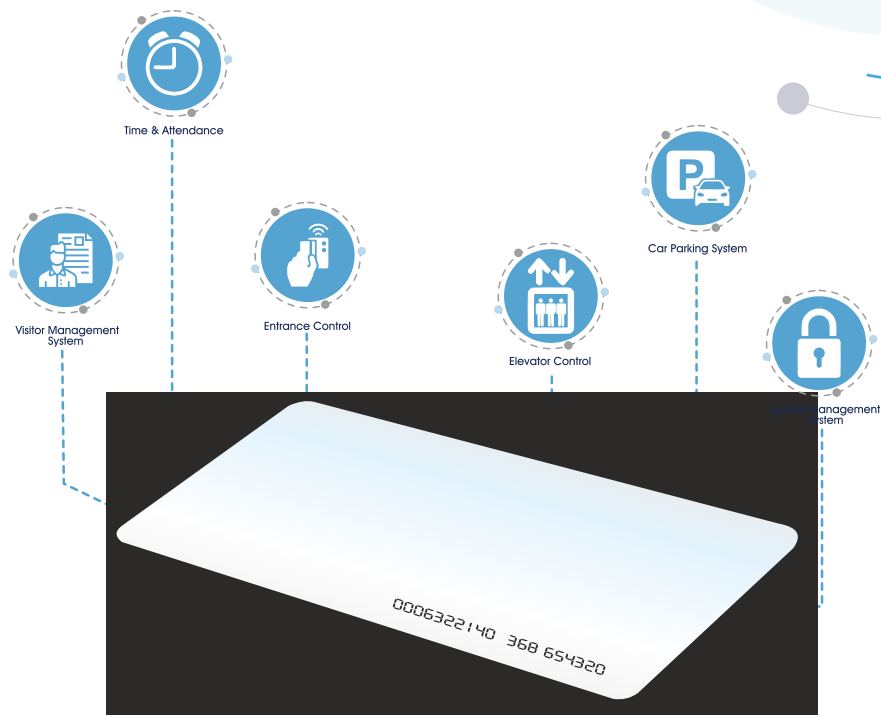
The Montessori classroom is also known as the prepared environment. This is a carefully prepared learning space where everything has a purpose and a place. There is a distinct sense of order which assists children in developing logical thought processes. The fundamental idea is "order in environment and mind." Within this space, children are free to follow their interests, choose their work, and progress at their own pace.

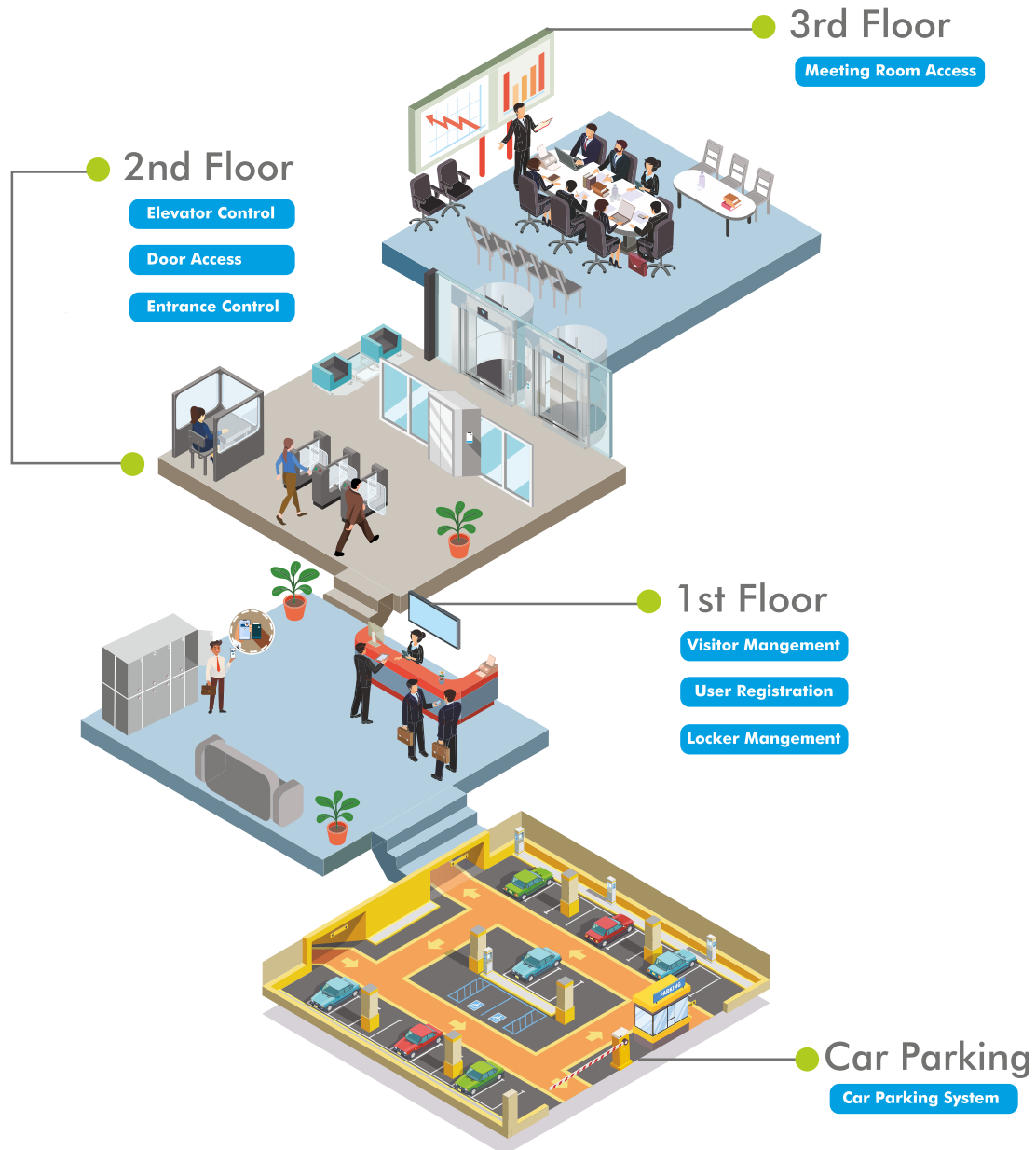



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