

MANAGE YOUR MONOTONY

Dear parents,

It has been more than a month since lock down began. Some of you had shock waves; some had worries, some confused about how to handle this period. We did face challenges at different times and at different age but this is a common challenge we are all facing from the time we got to know about our Universe in our mind.

In the first week we had difficulty in adjusting to the availability of too much time in hand. Earlier we were running from work to home and home to work. 24 hours were not sufficient to do all our planned tasks. We longed for weekends. We wished we had more hours in a day. So we decided to make the most use of this new gift- TIME. We cleaned, dusted every room to our fullest satisfaction. We remodeled our homes. We did whatever was not possible on the regular days.

Then the lockdown extended and slowly monotony crept in. As we are at home we took the obligation of preparing tasty dishes and enhance our gourmet skills. Now we find that we are only held up in kitchen, cooking time to time. Another big blow is that the serials which we followed, the characters that were soo close to our heart are not visiting our house anymore.

Let us not ignore the fact that WhatsApp is the rescuer and the enslaver at this most difficult time. Lots of self help stuffs are circulated every now and then suggesting you to make the best use of the time. We wish to execute many of the forwarded suggestions in our life. But practically are we doing it???

It is because the brain is so struck in the monotony that we are unable to break it. The sudden push into the "left alone" situation demanded our brains to work fast and establish a new set of tasks.

Once the mind is practiced and adjusted into this, it again becomes a routine.

- ❖ What we have to understand is that our brain has to be challenged always.
- ❖ Do stuffs that excite you and give you simple pleasure.
- ❖ Open to the unexplored part in yourself. Take time to learn a skill that you always wanted to but never had an opportunity. It can be anything from tailoring, painting, Rangoli, Mehendi, etc..... There are many step by step guidance found in YouTube to pursue your skill. Make the best use of time.
- ❖ If you are unable to decide what to do then take a piece of paper and jot down all the things that interests you, prioritize it and start doing it from the NO 1
- ❖ Never postpone, never surrender to your old pattern.

STAY HOME.... STAY SAFE..... till we meet next week with more interesting information.

IN PURSUIT OF HAPPINESS

Mrs. T. SUKANYA, School Counsellor

BEAT THE BOREDOM

Hi Kids,

I believe all of you are enjoying the unexpected long term of holidays. Although you are not allowed to go out and play, you are playing games in the mobiles, tabs and laptops. Considerable amount of time is spent on watching TV.

Some of you are attending online classes and improving your knowledge and skill. Apart from this, the school is taking utmost care to see that your academics are not disturbed and so they send home works every day. Many of you might be missing your friends and some might be missing the PT periods. So to compensate that Brain Gym exercises will be sent every week.

What is Brain Gym?

Brain gym exercises are a series of simple exercises that boost brain function.

Why Are Brain Gym Exercises Good?

1. They make you smarter and sharper.
2. They boost your confidence levels.
3. They improve your self-esteem.
4. They revitalize your natural healing mechanisms.
5. They restore health and harmony.
6. They help improve eyesight.
7. They increase creativity and communication skills.
8. They give you a boost when you face disappointment or rejection.

EXERCISE 1 - MARCHING IN PLACE

1. Stand straight with your legs hip-width apart, shoulders rolled back, chest up, and look ahead.
2. Lift your right leg off the floor and bend your right knee slightly. Place your right leg softly on the floor.
3. Lift your left leg off the floor and bend your left knee slightly. Place your left leg softly on the floor.
4. Do this 30 times. You can use a chair as support if you find it difficult to march without support.

EXERCISE 2 - BACK WALKING

1. Choose a furniture free place.
2. Walk a few steps forward and stop.
3. Walk backwards (without turning your head to look behind) and reach the starting point.
4. You can do this in your stairs too. Climb up and reach the top and climb down walking back.
5. Do this 20 times.

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IN PURSUIT OF HAPPINESS

Mrs. T. SUKANYA, School Counsellor

BURST THAT STRESS

Dear teachers,

Hope you are all good. Many of you desired to be at home... take care of your loved ones, cook tasty dishes, perform the household chores and be a house wife. Your collective wishes have been granted by the Universe. And of course you are also doing a great lot to your students. At this moment you are holding the paddles of work and home and steering the boat very efficiently.

Kudos to all of you !!!!!

Many times I have thought of sharing some of life uplifting information with you, but couldn't do it due so many reasons. Now we are in a period of change- the nature rejuvenating and changing itself. It means that the force to change is favourable - both internal and external.

First let me start with our body.

Our body is the most wonderful creation of God. It has many secrets in itself. Although Physiology, Anatomy, Pathology, etc study about the structure and function of our bodies they fail to explain the exact healing process. The body has an internal doctor who attends to all pains and illnesses'. Although we take medicines for chronic illnesses' it is not without side affects... So what's happening....? Why is our body creating or attracting many kinds of dis-eases? Yes, it is rightly said. Split the word dis- ease, it means that your body is not at ease with some internal thing.

Please read the following:

- If you don't listen to your dissatisfaction, she talks to you with a headache
- If you don't listen to your anger she talks to you with gastritis
- If you don't listen to your fear, she talks to you with constipation
- If you do not hear your desire to say "no" she talks to you with stomach disorders
- If you don't listen to your passion, she talks to you with an infection
- If you do not listen to your creativity and your talent they speak to you with weight gain
- If you do not listen to your affectivity she talks to you with dermatitis
- If you don't listen to your spirituality, it talks to you with the body that gets sick.

We should never forget to listen to each other (body and us).

Every unheard emotion leaves a mark on the body..... The body is the mirror of our soul.....

Every night before going to bed, thank your body for supporting you with all the physical activities that you were involved for the day. Suppose you experience pain or discomfort in any part of your then place your hands on that part and assure "I AM THERE FOR YOU". Breathe into that part and also feel the energy flowing from your hand to that part. You can be rest assured that the pain will vanish by next morning. Please try it...

STAY HOME..... STAY SAFE..... till we meet next week with more information to ease ourselves.

IN PURSUIT OF HAPPINESS

Mrs. T. SUKANYA, School Counsellor