

First to Aid

- Aditi Ganesh

The Indian Montessori Foundation (IMF) organized a workshop on July 15, 2017, at Abacus Montessori School. The 3 hour workshop based on the topic 'First aid: First to Aid' was conducted by K. J. Surya Narayanan, Trainer and Consultant for First Aid since 1987 with the Indian Red Cross Society and St John Ambulance Association & Brigade (India). The workshop was attended by about 35 people which included a mixed gathering of Teachers from different schools, Parents and Students.

Josephine Ramya, a participant of the workshop, felt that remaining calm during an emergency will help the first aider give appropriate aid to the required person. By following simple steps we can handle the situation.

Common misconceptions people have about handling medical emergencies were discussed. For example, rubbing any part of our body when there is a bump is not the right thing to do. In such a case, the heat from the hand gets transferred to the body. The immediate remedy is to apply something cold on it. But then again, ice should never be put directly in contact with the body. It has to be wrapped in a piece of cloth before it is placed on the body.

The talk ended with questions raised regarding immediate help given for choking, insect bites, head injuries and foreign items in the nose.

**The key is not to
panic and focus
on giving
immediate care**



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Books are real and magical, simple and transcendent, right here and beyond, and an essential part of children's lives! We bring you a series of reviews of books suitable for children of different age groups. Watch this space in every issue for a different book!

Book Corner

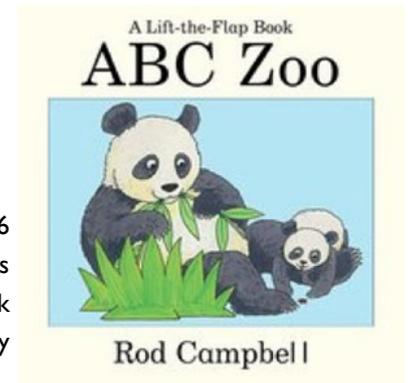
- **Roopa Sundar**

Rod Campbell is a Scottish writer and illustrator of many children's books. He is best known for his classic board book, Dear Zoo. He began designing innovative books in 1980 with flaps and touch and feel elements ideal for young children.

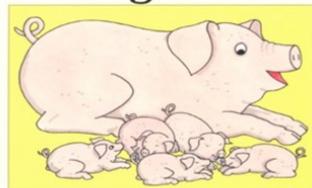
ABC Zoo

Publisher - Campbell Books, 1996
ISBN No - 1-405-02159-4

As the title suggests, this alphabet book takes us through the 26 alphabets with animal names starting with each. Each animal is accompanied by a beautiful illustration of the same. The book also has flaps intermediately that young children will enjoy opening. It is suitable for children between 1 and 4 years.



Noisy Farm



Noisy Farm

Publisher - Campbell Books, 2005
ISBN No - 1-405-05033-0

The story follows Sam, the farm dog as he runs about inquisitively on the farm. He listens to the different sounds and keeps wondering 'What can that be?' And then off he goes to find out. This board book has flaps that children can lift to find what lies underneath, mostly young offspring of the different farm animals.

Each page has a couple of simple sentences with large colourful illustrations about the animals, their young ones, where they stay and also what sounds they make. It is suitable for children between 1 and 4 years. These and other similar books of the author are available on Amazon in paperback, hardcover and board.

Role of Art in a Child's Life

- **Vidhya Ramalingam**

Dr. Pantula Rama is one of the most sought after Carnatic singer who hails from Andhra Pradesh. Globally she is acclaimed as 'The GOLDEN VOICE', and popularly known as 'Nightingale and Melody Queen of Andhra'. She hails from a culturally abundant family of musicians, poets and astrologers. Her father is a violinist and her mother a veena artiste.

She has been honoured with titles like 'Gaana Kalaa Saraswathi', 'Asthana Vidushi of Mysore Datta Peetham', 'Isai Peroli', 'Gayatri Sangeeta Vidwanmani', 'Nada Bhushanam' and numerous more. She is the recipient of many awards such as – 'Senior Outstanding Vocalist', 'Outstanding Lady Vocalist' & 'Best Pallavi Award' from The Music Academy, Madras and 'Ragam Tanam Pallavi Award' – Cleveland Tyagaraja Aradhana Festival. She also holds a Ph.D. in music, in which she researched on 'Shaping of an Ideal Musician through Saadhana'.

Dr. Rama is a child prodigy who started to recognize and identify ragas as early as she was 2 years old. She recalls that, a music competition was held for kids in their neighbourhood and she won a prize in it which made her parents think about formal training for her. She began to learn music at around 4 years under the tutelage of 'Sangeeta Kalasagara' Ivaturi Vijayeswara Rao in Calicut. Then, as her father got posted in various places due to work, she learnt music from her father. Subsequently she got the opportunity to get advanced training under her former Guru in Visakhapatnam.



Dr. Rama started performing since she was eight. From then on she kept travelling to various places to perform concerts. She says, it naturally happened that both performing and learning music went hand in hand for her. She has performed across the country and travels all over the world to do concerts.

Dr. Rama says that there is no appropriate age to learn music. Parents know when to feed their hungry child; likewise they should also identify the interests and strengths in the child and nurture it. She further adds that children should be exposed to music by taking them to various concerts, listening to music along with the child thus helping the child to thrive in an atmosphere of music. She proposes that music can be introduced into the school curriculum, so that all children get the opportunity to learn music but no assessments should be conducted for the same.

Dr. Rama states that music affects the brain in many positive ways. It activates the brain and also enhances other capabilities of the brain. The way the human mind responds to music is inexplicable and it is the solution to most of the quests in us and touches the soul. She strongly feels that music helps the child to evolve in a better way and it takes them to a higher plane if learnt appropriately. It is the flavor and zest to the mundane human life. She further adds that young children should be encouraged to learn Carnatic music and should not be intimidated by the intricacy of the art. It all lies in the understanding. Once understood it is a pleasure and can enjoy the benefits of it.

Of late Dr. Rama has started a movement called 'PaRa – The Supreme' – a continued series of activities that aims to create general awareness of the art of music and openness towards all forms of music. PaRa also aims to introduce practice of meditation. It is a movement 'of everybody, for everybody' to stimulate human evolution through music and meditation. She states that PaRa aspires towards oneness with supreme consciousness without social or religious barriers, enabling a better way of life.

Dr. Rama strongly feels that the parents should be observant and sensitive to the child's talents and recognize and tap that talent as soon as possible

Food is comfort,
security, art,
connects to us on
many levels –
emotionally,
philosophically,
spiritually and most
importantly food is
love! In this series
we bring to you
simple recipes with
tips on involving the
children of different
age groups in the
art of food
preparation

Little Chef

- Kavneet Chadha

POTATO WEDGES

METHOD

- Preheat the oven to 200 degrees centigrade
- Cut each potato into half lengthwise. Further cut each half into 4/5 thick wedges
- Put the oil, salt and pepper into a bowl. Add red chilli powder or paprika
- Then add the potatoes and mix thoroughly. Lay the wedges on a baking tray lined with baking paper
- Bake the wedges for 30 minutes, turning 2-3 times during cooking
- Serve the lovely golden wedges with some milk or tea

PLEASE NOTE: Children below 3 years of age may need collaboration while cutting potatoes. The ingredients need to be measured and prepared for them. Children above 3 years of age can measure out and prepare the dish themselves, with little assistance to start with and independently thereafter.



INGREDIENTS

2 large potatoes

1 tbsp olive oil

Salt and freshly ground pepper

Half tsp red chilli powder or paprika



International Montessori Congress 2017

- Mehak Hemnani

The 28th International Montessori Congress (IMC) took place in Prague between July 27 and July 30, 2017. The Congress' theme revolved around four pillars:

Self: *The basis for peace*

Others: *The family and education for Peace*

Society: *The agents of Social Change*

Universe: *Peace and Ecological Unity*

Several eminent speakers graced the Congress with their views on various topics related to the above theme.

Angeline Lillard elaborated on the development of self, highlighting the characteristics of a leader whereas **Carla Foster** discussed the help that can be offered to children to identify and work towards collective as well as individual goals, fostering leadership. **Baiba Krumins Grazzini** shared her views about cosmic education, an educational approach which was developed by Dr Maria Montessori and Mario Montessori, in response to the specific needs of children aged six to twelve. According to her, this approach helps the children to understand their natural world and also the human society: how it evolved; how it functions; how we all depend on one another.

Since the social pillar of the Congress theme touched upon the adolescents and their important role as agents of change, a few talks focused on the same. **Guadalupe Borbolla** gave ideas about how schools all over the world can create programmes that will nurture children from 0 to 18 in environments where learning is seen as a consequence of growing, maturing and enriching the life of the child. **Scilla Elworthy** offered a method for adolescents to find out what each can best contribute, to develop one's plan of study and life experience, including an exercise where participants are asked to turn to their neighbour and ask each other some simple questions that can be used to help adolescents identify their passion, their skills and their contribution.

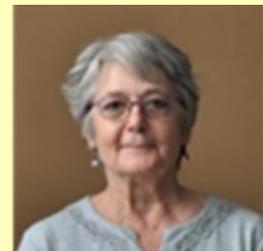
Some others focused on the people that play a great role in shaping a child's future – parents and teachers. According to **Irene Fafalios**, not only the physical but also the emotional environment at home is very important for a child's proper development. She expressed the need to help parents restore balance and bring meaning to their lives so as to enable their children to develop their true character in a less toxic environment. **Paul Gilding** spoke about how educators can unleash a generation which understands and accepts the current global crises and is also equipped with the understanding, values and inspiration to help society not just survive, but to thrive on the challenge and see the transformational opportunity to shape a more harmonious and peaceful world. **Srikumar Rao** gave an inspiring and motivational talk for the teachers. He threw light on the stress that teachers feel and how they can relax and craft their perfect life! The closing speaker of the Congress was none other than **Andre Roberfroid**, the Former President of the Association Montessori Internationale and Deputy Director of UNICEF, France.



Angeline Lillard



Carla Foster



Baiba Krumins Grazzini



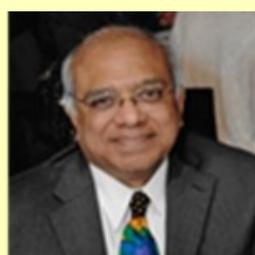
Guadalupe Borbolla



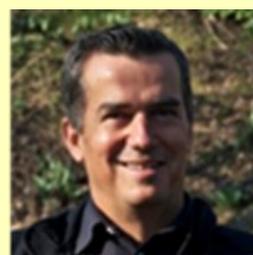
Scilla Elworthy



Andre Roberfroid



Srikumar Rao



Paul Gilding



Irene Fafalios

After the talks, each day, **panel discussions** were held where questions were raised and answered. Afternoons were filled with **breakout sessions** which included workshops, talks and presentations on varied topics from people all over the world.

Family Market, a one-day event provided a good opportunity to introduce Montessori Pedagogy and the Congress to the Czech public at large. A wide range of didactic and Montessori materials were on display and on sale. Parents could enjoy interesting presentations with emphasis on the role of the parent and family. Visitors could see a real Montessori environment in the **Glass Classroom**. This model environment of Montessori education featured three large interactive classrooms where children could be observed working with the materials.



Children working in a Glass Classroom

The Adolescent Summit

During the Spring of 2017, seven Adolescent Summits were held around the world, each addressing one issue fundamental to building a more sustainable world. The Prague Adolescent Summit (PAS) aimed to empower interested students by providing them the tools needed to enact change in their communities and become social and environmental entrepreneurs. Over the course of the Summit in Prague, Montessori and NGO experts guided and mentored the participants.

NAMTA's exhibit for the International Montessori Congress showed the unfolding reality of Montessori's 1907 discovery of the child. The exhibit revealed Montessori's pathway to peace and creates a visual statement of Montessori's legacy throughout history. The walk



The theme of the Congress was Pathway to Peace

was initiated with dramatic origins in Italy (1907) and the Haus der Kinder's healing of war-torn families (Vienna, 1922), then the crusade for education and peace (Copenhagen, 1937), the Erdkinder concept (Amsterdam, 1935), the Adolescent Summits (Global, 2017), and was finally connected to the Lynedoch Eco-Village (Stellenbosch, South Africa 2017).

What they had to say...

Some of the participants of the Congress shared their experience with us in the following words:

*“The Congress this year was predominantly focused on work in Elementary Environments around the globe leading to the culmination of the Adolescent Summit in Prague. It was an enriching experience to learn and understand the numerous ways in which the Adolescents can come together to bring about a social change. The Congress had several keynote speakers share their valuable experience. The numerous breakout sessions gave the delegates an opportunity to choose sessions that were of interest to them. The Congress was well represented by delegates from India and it gave me an opportunity to interact with Montessori and other educators from across the globe.” - **Kavya Chandrasekhar, Bangalore***

*“It was a wonderful experience! Met so many people (teachers, trainers, school owners, book authors, material manufacturers, old-age care givers) from all over the world. Each one of them had a beautiful and inspiring story to tell on how they came into Montessori and their journey in Montessori education till date. I especially had enlightening conversations with Hilla Patel, Irene Fafalios, Carla Foster, David Kahn, Michael Dorer and Lynne Lawrence. The major take away for me from the congress was, awareness of the volume of work that has been happening in the field of Montessori education all over the world and a re-assurance that men can very well be part of this education system. People like David Kahn or Michael Dorer have been Montessori Teachers for over 40 years (even before I was born!)” - **Praveen Kumar Ramanathan, Chennai***



Top: Praveen with members of the Montessori family

Bottom: Michael Dorer signing his book, The Deep Well of Time

*“The congress was a wonderful ensemble of Montessori practitioners from all parts of the world which focused a great deal on the work with the adolescents and it was particularly helpful for my Erdkinder program. A lot of practitioners from various adolescent communities all over the world shared their ideas and practices in the break-out sessions. Dr. Angeline Lillard presented her research on the effect of Montessori education on children and it was quite remarkable. Her scientific study outlines how Montessori education supports the natural growth of the human being. Connecting with various participants and seeing their commitment towards working with children, was truly inspiring!” - **Chaithanya Yalamanchili, Hyderabad***



Vibhuti conducting a break out session

*“The Aging Symposium showed how the aged patients whether at home or day care can engage in meaningful activities and regain their independence and joy of living by using Montessori principles. The Congress started on a bright note by a cultural performance and had great keynote speakers from various backgrounds. The key note speakers re-established the beauty and marvel of Dr. Montessori’s principles, while at the same stressing that we need to be at peace with ourselves first so that we can create peace outside with our work with the children. I got an opportunity to talk on Freedom and Limits at one of the breakout sessions.” - **Vibhuti Jain, Mumbai***

*“The Montessori Congress Prague, was a lovely experience in such a beautiful place. About 1800 Montessori lovers attended the Conference. The eminent speakers shared their experience in the field of Montessori and a few Speakers spoke about life. The most important aspect of this congress was the involvement of the teenage group.” - **Beena Parekh, Mumbai***

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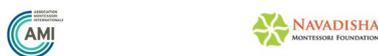
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