

Story of 12.12.12!

This special day welcomed us with open arms. It was a luring day which was even better than yesterday! Just imagine that!

Unlike yesterday, the apprehensiveness was gone. We were more



energetic and excited than yesterday knowing that there would be loads of fun activities to be completed.



Jokes were shared amongst ourselves and we had many more friends that yester-

day. The bond of friendship was much stronger.



We had four main activities : Leadership, Healthy Eating, Creativity and Entrepreneurship.



Each group was to complete the four activities in a different order during



the course of the day.

One participant eagerly described the



atmosphere saying that they ' are in high spirits and there is definitely no feeling of drabness.'

Another added enthusiastically : ' we are all proud members of the NICE family.

By Donna Pierre, Veronique Casimir, Tina Vellien, Chanvind Custea, Harshind Madlani ,Sita Babooram, Sohawon Hadjra & Jameer Fawwaaz

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Interview



Poonam Mootia –National Champion for Taekwondo – Advisor MYS

Qu'est ce qui vous motive à faire du taekwondo?

C'était interessant de faire quelque chose que les filles n'ont pas l'habitude de faire. Je voulais faire partie de ce monde du combat car pour moi ça représente la force d'une femme. J'ai aimée participer à des compétitions nationales et internationales. Je pense que j'ai fait la fierté des femmes combattantes et de notre pays.

Jusqu'a maintenant que pensez-vous des performances des participants?



Les jeunes sont très motivés, ils ont beaucoup

Our budding journalists taking the interview

d'énergie et sont très dynamiques. Le sport les aidera à fuir les fléaux comme la cigarette et l'alcool.

By Donna Pierre & Veronique Casmiir



Moment of the day!

Mr A. Mihidan's words of wisdom appropriately captured the moment of the day:

'When stressed during exams, leave everything, go to a silent corner, meditate and say mmmmmmm...'

By Sohawon Hadjra & Jameer Fawwaaz



MIE Staff

Kaviraj Goodoory
Mangala Jawaheer

MIE Trainees

Aurelie Mikale
Ayesha Fakeerbacus
Sharvin Pursoty
Vishmi Jaganah
Veela Nallepen
Lucette Salomon

Technical Support

Rajen Koylessur

NICE Journalists

Harshid Madlani –Goodlands SSS

Babooram Sita– Forest Side SSS (Girls)

Pierre Donna Martine– JM Frank Richard SSS

Hadjra Sohawon– DR Maurice Cure

Jameer Muhammad-M.A.F Darwin College

Tina Vellien-GRSC College

Custnea Chandvind– Presidency College

Casimir Marie Veronique– JM Frank Richard SSS

We are on the Web!

<http://www.mie.ac.mu>

This newspaper has been produced by NICE participants under the guidance of MIE staff and trainees.

Youth -to- Youth

ENSAM NU KAPAV :D



Quote of the Day!

“Une equipe n'est pas faite d'une personne, elle est un tout...quand on joue ensemble dans un esprit d'equipe, de discipline et de respect”

Mr M. Avinash & Mr J. Kureembukus

activities.

There was also a strange kind of glass on a cover with a very weird greenish solution and a circle was drawn around it.

The mystery was short-lived. Apparently, we were to pretend that the green solution was Uranium. We had to use ropes to solve the problem and not to spill the solution.

Finally, in a fun way, we understood the importance of team spirit, creativity and leadership.



Pottery

By Sita Babooram & Harshid Madlani

Healthy Eating & Entrepreneurship

The nutritionists emphasized on the importance of healthy eating which includes having a balanced diet.



Healthy Eating

What was interesting here was that they gave us explicit examples of balanced meals. Then we played interesting games.

Firstly, we were divided in groups

and each group was given a specific task concerning exercises.



Exercises

Secondly, we stood in front of

one another . An empty bottle was placed in the middle and each member of each group had to get the bottle. This activity was fun and entertaining.



Inspiring talk

Mr Beehari Maheshwar from the Ministry of Youth and

Sports inculcated us into the culture of entrepreneurship. He explained to us the steps that will enable us to become future entrepreneurs in the future. He used Richard Branson to inspire us and inspire us, he surely did!

By Jameer Muhammad and Hadjra Sohawon

Leadership and Creativity



Team work

We were ushered into the room unknowing what was going to await us. On entering the class, we were puzzled seeing ropes everywhere with people setting up the

Quotes of participants

We are all proud members of the NICE family !