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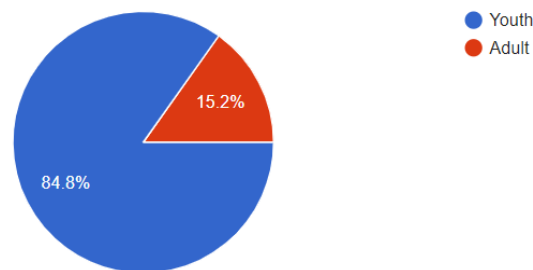


## 2020 Online Contests: A Huge Success!

The North South Foundation conducted its first ever online contests! The contests had a wide range of subjects, including math, science, geography, history, vocabulary, the anatomy of the human brain, impromptu speaking, and spelling. Nearly 5000 contestants participated in the online events.

Besides the multiple choice tests for all the bee contests on August 15-16, this year included a unique "Impromptu Speaking" contest with zoom room settings to challenge contestants to deliver a 150 second speech with one minute to prepare. More than 35 judges from Toastmasters international club and local volunteers served as judges and provided feedback to the contestants.

Close to 200 volunteers helped out during the 2020 Online Contests. More than 80% of the volunteers were NorthSouth Youth Alumni!!



# Spelling Corner

## Vacillate

To be hesitant of the right thing to do



## Etymology

The word vacillate derives from the Latin word vacillatus, the past participle of vacillare (to sway unsteadily). The first recorded use of the word was in 1597.

## Usage

He had vacillated on the issue for so long that his partners made the decision for him.

# Online Spelling Bee

In another first for the organization, the North South Foundation conducted its first ever online spelling bee contests this year. Several past champions and alumni of the Scripps and North South Spelling bees organized the bees, put together the word lists and served as pronouncers and judges. Junior and Senior Spelling Bees featured a written test for Phase 1. Phase 2 featured 4 oral non-elimination rounds.

**About 140 volunteers from across the country volunteered their time to serve as judges & room monitors in 17 Junior Zoom rooms and 15 Senior Zoom rooms.**

The top 23 scorers of the Senior Spelling bee contest moved to Phase 2 Final round that was broadcast live on Facebook. These 23 students, 15 of who had perfect scores of 34 and the rest scored 33, showing the enormous strength of the contestants who participated in the event.

**Vayun Krishna won the contest after 7 rounds of competition. The winning word was "sievert". Ekansh Rastogi, Surya Kapu, Srinidhi Rao, and Tarini Nandakumar, were tied for runner-up.**

This Online Spelling Bee brought thrills and smiles to participants and parents alike. Though the event was conducted online, all contestants and viewers on live stream experienced the anxiety, suspense and excitement of an in-person event. The stellar speller cast of judges made it more interesting and offered a very high quality experience to everyone. This event was the most watched spelling bee online on Facebook in 2020, building on the success of the June AAPI bee which was also conducted by NorthSouth. Thanks to all participants and volunteers who made this a memorable event.

**Siyona Mishra - Chief Judge**  
**Naysa Modi - Pronouncer**  
**Akshra Paimagam - Associate Chief Judge**  
**Pranathi Jammula - Laptop Judge**  
**Jairam Hathwar - Dictionary Judge**  
**Savitha Rajiv - Host**



Siyona M



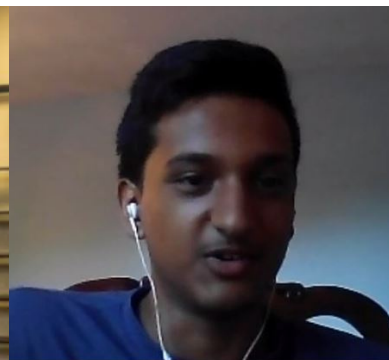
Naysa M



Akshra P



Pranathi J



Jairam H



## Kudos to the Contests Management Team led by Krishnan Gowri



A few minor technical glitches aside, the overall response from the contestants and parents were very positive. Below is a sample of the comments received from parents:

*"My sincere thanks and congratulations to the entire North South Leadership team and all the volunteers who took on one of the biggest challenge of their lives and worked tirelessly just so you could provide a forum for kids all over the country a new ability to contest in these competitions"*

*"I am amazed at the innovations and new processes and tools that were put in place so fast"*

*"They all worked perfectly and without a glitch"*

*"Well deserved kudos to everyone involved."*



The Foundation is grateful to all for their overwhelmingly positive support of the online contests.

Though Covid put a damper on the 2020 onsite contests, we can be proud that nothing can stop us in our quest for knowledge and online contests have opened another door to continue our journey.

This entire experience is a true reflection of the Foundation's grit and its unwavering commitment to Empathy, Excellence and Education.

## A Parent's Perspective

The parent sat and observed his kids in the Vocabulary contest.

"A", said the older one. "I'm sorry, the answer is B," said the North South proctor.

A few contestants later, the parent's younger son was up. He received his vocabulary word. "B", he said. "I'm sorry, the answer is D," said the North South proctor.

The parent sighed, knowing that his kids had not prepared so intensely for this particular event. He wondered when they'd get the "bug" and want to really learn the material, the way they did for spelling, and the way they got excited about math problems.

What would it take? Feedback on the kinds for words they missed? Something else, to engage them and get them excited about continuous learning, even for a subject like vocabulary?

*Here's the thing: that parent was me, and the children were my 2 sons a few years ago.*



As parents and volunteers, many of you have shared with us that you need feedback for your children – so they know what they can work on for the future. You've asked about synchronizing learning standards between our coaching classes and our contests. You've explained that you want more opportunities for creative expression of learning as well.

We've been listening. We saw some wonderful demonstrations of creativity with our Panacea Challenge. Our online contests, which spans 3 weekends, will feature feedback to all participants in early September, so they can find out areas they can work on for the future. Additionally, Praveen Goli and Krishnan Gowri are working incredibly hard so that our coaching material and our contests are based on similar subject matter, consistent with international standards.

As a parent, this is all exciting to me as I look at what's ahead for my own children. As Foundation President, this evolution in our approach is a top priority. I look forward to continued feedback from all of you!

All the best,  
Bal Natarajan, M.D.





# Spotlight: Dr. Viji Susarla, Ph.D., Clinical Psychologist, Self-Improvement Through Awareness (SITA)



Dr. Viji & her family have been supporters of NorthSouth for almost 25 years! She is a clinical psychologist practicing in Chicago since 1995 under the name Self Improvement Through Awareness pc (SITA). She specializes in Mood and Anxiety Disorders, ADHD, PTSD, and other mental disorders.

She founded **Manodarshan**, a foundation whose mission is to promote mental health awareness in our communities and eradicate stigma through community engagement, service and research. She has made over 40 presentations in mental health.

As part of North South free webinar series, Dr. Viji presented the topic of **"Talking to children about COVID-19"** on April 5, 2020. The outbreak of Coronavirus or COVID-19 has caused a great deal of stress to everyone around the world. This has been hard especially for children.

Dr. Viji explored options of how to talk to children of different ages about the pandemic, giving them facts without overwhelming them and how parents can prepare themselves to work during these unprecedented times. The goal of this discussion was to explore how be effective in coping with this adversity, coming out stronger as individuals, families and communities. The webinar was very well received!

## Recording of the webinar Presentation material

Dr Viji is conducting the survey below and is requesting NorthSouth family members to participate.  
**Impact of Coronavirus Pandemic on Psychological Symptoms: A Survey**



Free Webinar on 9/13 @ 3PM EST:  
"How Volunteering Changed My Life? It can Change Yours too!" by Feroose, V.R. on Sunday, September 13th, 2020  
Register [here](#)!



# Universal Values Update

## Our New Curriculum

The Universal Value coaching team is revamping the values line up for the fall coaching season. (Email about Registrations will be sent out in September).

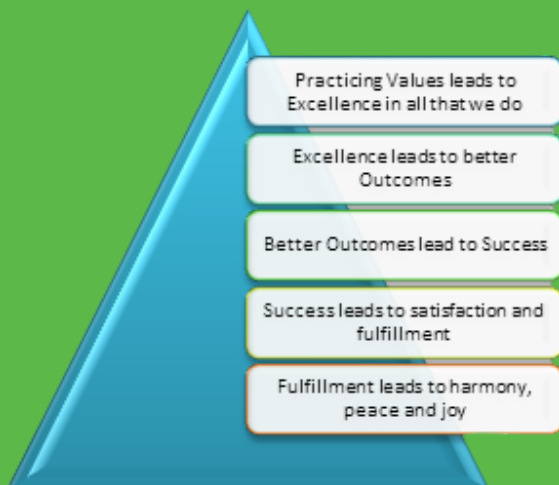
Focus topics:

- 101 – Tune the Senses [Receiving inputs from the World].
- 201 – Tune the Mind [Processing inputs received from the World].
- 301 – Tune the Actions [Responding to the World]

We will be introducing you to some of these new values. Do you have some interesting stories or videos that you can share?

- Observe without Judgement
- Manage Emotions
- Endure difficult experiences
- Have unflinching commitment

Please email those to **[valuesnsf@gmail.com](mailto:valuesnsf@gmail.com)** or to **[anbu.ponniah@northsouth.org](mailto:anbu.ponniah@northsouth.org)**

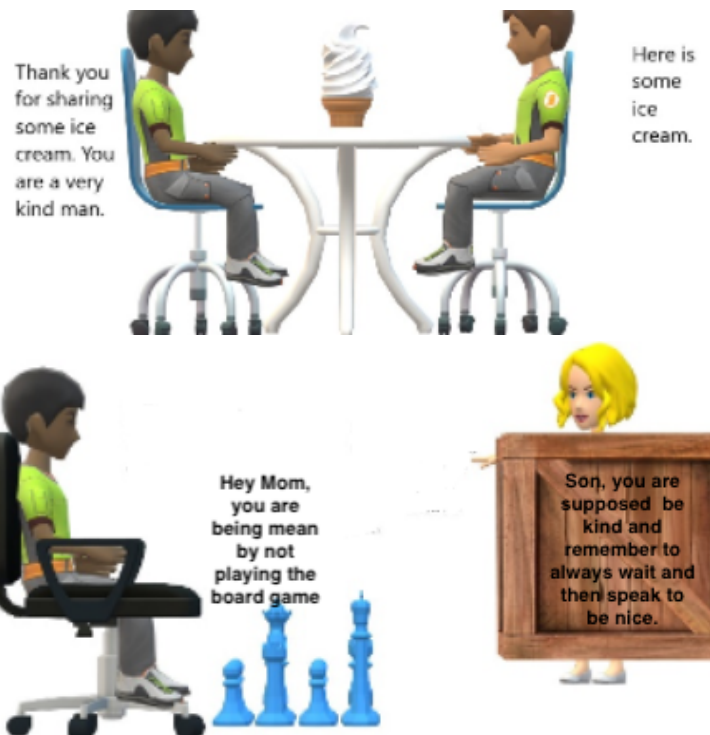


## We Are looking for Coaches

We are on the lookout for new coaches. We provide all the material and we have a weekly coach meeting where we discuss each value. You can choose a convenient hour (same time/day every week) to hold your classes. If you enjoy engaging young children in a talk and facilitate them understanding how to practice universal values, you are the right candidate.

High School Juniors/Seniors who have gone through 201 (Tune the Mind), are welcome to be coaches.

## Bhavish Jagani's UV Values Artwork



# COLLEGE PLANNING

## WORKSHOPS by

North South Foundation in partnership with AcceptU ([www.acceptu.org](http://www.acceptu.org)) is offering the following targeted college admission workshops. AcceptU founders and team members have been college admission officers in various Ivy League and other prestigious universities.

Ivy League Q&A and Case Studies Sat,  
09/12/2020 1:00PM

Ivy League Q&A and Case Studies Sun,  
09/13/2020 1:00PM

Inside College Admission Office Sat,  
10/10/2020 1:00PM

Inside College Admission Office Sun,  
10/11/2020 1:00PM

Please register online by selecting "Register for Online Workshop" from the Online Workshop tab on the Parent Functions page. All inquiries should be sent to [workshops@northsouth.org](mailto:workshops@northsouth.org).

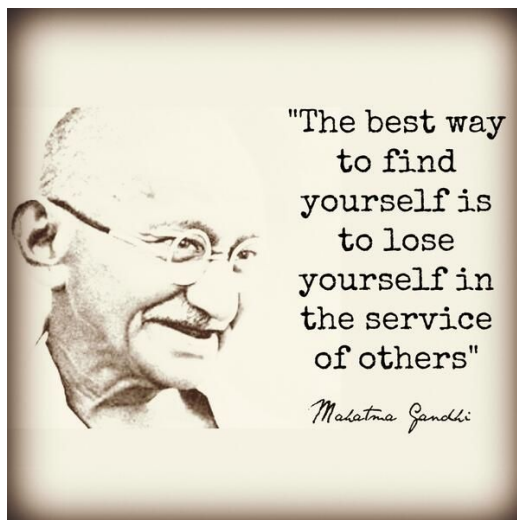
# NorthSouth Coaching Recruitment

North South Foundation is looking for coaching volunteers for its Fall online coaching programs across several subjects. Check out this [video](#) to learn about the benefits of being a coach for the Public Speaking program.

Learn more about the coaching program [here](#).

*"I have been volunteering for NSF for the past 4 years and I am very proud to be part of the NSF family. Very humbled that my efforts are helping students in US and in India"*

## Sign Up Today!!





# Perplexing Puzzles

Congratulations to Ankur Nitin, Ramkumar Babu, and Sheehan Banka for getting 2 out of the 3 puzzles correct. The first reader to email the correct answers to [newsletter@northsouth.org](mailto:newsletter@northsouth.org) will get a shout-out in the next newsletter!

## Solutions

### Puzzling Poem

The poem described a mirror.

*Bouncing Light  
Reflecting*

These two lines describe how a mirror interacts with light.

*Left to Right*

Mirrors appear to switch the viewer's left and right.

*Revealing*

Mirrors show people what they look like.

*Making more  
All a lie*

The reflections shown by mirrors aren't real.

*Trick of light  
Who am I?*

Mirrors reflect light.

### Idiomatic Image

The image showed a customer exchanging their leg for a product. The idiom was "It costs an arm and a leg."

The path shown in the image does have an **Euler Circuit**--a path which uses every link (connection) just once and ends up where it started.

### The Hikers

## This Week's Puzzles

### What Am I?

*My life can be measured in  
hours*

*I serve by being devoured.*

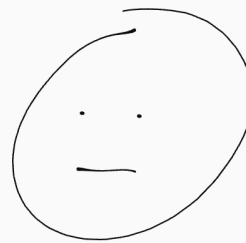
*Thin, I am quick.*

*Fat, I am slow.*

*Wind is my foe.*

What idiom does the following image represent?

IT



*I'm pretty sure  
that's a day.*



Why is it impossible to solve this Rubik's cube?

Hint: Nine pieces make up a side, so there must be nine different pieces with the same color.



# Online Contests Zoom Rooms Photo Gallery

