

# Teachers' Talk

2024-25



DELHI PUBLIC SCHOOL  
NUMALIGARH

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Agnes Kamei

# Ownership

When we treasure a gift, we genuinely value it deeply. We take extra care to keep it in good condition, protecting it from damage or being misused.

Today, I would like to talk about an important concept that can profoundly impact our lives, i.e. **The Sense of Ownership**. When we take ownership of our time, our goals, our decisions, our responsibilities and the facilities we have, we build the foundation for a successful and fulfilling future. Ownership helps us take control of our destiny.

When we develop a sense of ownership, it will transform our approach to learning, our behaviour, our mindset towards school's property and our personal belongings in a very different way. Here's what happens when students embrace ownership:

## 1. Improved Academic Performance

Students become more motivated to learn because they see their education as their own responsibility, not something imposed on them. They engage more in class, ask questions, and seek help when needed, leading to a deeper understanding of the material. Ownership encourages students to prioritize tasks, complete assignments on time, and study effectively, which improves their grades and reduces stress.

## 2. Personal Growth and Responsibility

When students embrace ownership, Students learn to take responsibility for their actions, whether it's completing homework, following rules, or treating others with respect. They become more resilient in the face of challenges, understanding that setbacks are opportunities to learn and grow rather than reasons to give up.

## 3. Positive School Environment

Students who feel a sense of ownership are more likely to take care of school property, keep classrooms clean, and respect shared resources. They contribute to a positive school culture by being kind, supportive, and collaborative with peers, teachers, and staff. Embedding the idea of classroom culture could amplify this sense of ownership even more.

## 4. Development of Life Skills

Students who have the sense of ownership will learn to tackle challenges independently, developing critical thinking and problem-solving skills. They become more proactive in setting and working toward personal and academic goals. Ownership helps students develop self-discipline, as they learn to manage their time, resist distractions, and stay focused on their priorities.



## 5. Stronger Relationships

Students who take ownership are more likely to respect their teachers and classmates, leading to healthier and more productive relationships. They become better team players, understanding that their contributions matter and that working together leads to better outcomes.

The list can go on. If we have the feeling of ownership, No tasks will be too difficult, no situations too tough to handle. Everything we come across will be well taken cared.

**In conclusion**, ownership is a powerful mindset that every student can adopt. When we embrace ownership, we stop being passive participants in our education and start becoming active creators of our future. Let's all strive to be people who take ownership—not just for ourselves, but for the betterment of our school and our community. Let's all strive to cultivate this sense of ownership, making our school a place where everyone feels responsible, respected, and ready to achieve their best. Let us change our mindset, let us own it up whatever we do, or whatever we use. Then we will see the difference.





Ajith Kumar A.K.

## Know Your 'self'

Let me quote the Arabian Proverb that states as follows:

*"He who knows and knows that he knows, is Wise; Follow him.*

*"He who knows not and knows not that he knows not, is a fool; shun him. "*

*"He who knows not and knows that he knows not, is a student; Teach him."*

*"He who knows and knows not that he knows, is asleep; Wake him. "*

### Let's understand the proverb in detail:

The first statement is *"He who knows and knows that he knows is Wise; Follow him."*

That means if you have learnt a topic and if you know that you have understood what you have learnt it and if you can apply the gained knowledge in real life situations then you are wise. If you are wise, others will follow you as you can analyse any situation and apply the acquired knowledge for problem solving in different contexts of life. Please remember that simply gathering information by rote learning may make you knowledgeable, but not wise.

For example, if you are given a task of constructing a penalty box in the foot ball field, you need to draw a box of measurements 44 yard x 18 yard. For this you can make use of the properties of a rectangle or Pythagoras theorem or method of construction of perpendiculars. Here, you analyse the situation and apply the gained knowledge. So you are wise in that area. The transformation from knowledge to wisdom depends on the depth of understanding, applying and analysing of atopic with critical thinking and creative thinking. Thus, knowing what you know is very important on the path of learning.



The second statement is *"He who knows not and knows not that he knows not, is a fool; shun him."*

Many a time it is found that students do not know the topics taught and unfortunately they do not know the fact that they do not know. They, therefore, unable to focus on their grey areas of learning which leads to failure in attaining the desirable learning outcomes. The best example of students in this category is those students who come out of the examination hall and claim that they have performed well, but once the result is declared, they may get very poor grades/marks. We must try ourselves NOT to be in this category by knowing what we know and what we do not know.

The third statement says *"He who knows not and knows that he knows not, is a student; Teach him."* Students in this category know what they do not know. So they know exactly where they have to work hard as they are aware of their weakness. The most important part of learning is to know what you do not know. They are always ready to learn.

The last statement says *"He who knows and knows not that he knows, is asleep; Wake him."*

Students in this category need motivation as they do not know the fact that they know the concept, they do not know that they have the calibre to solve their problems. They can be motivated by providing them the anecdotes of great people or giving them the opportunities to watch/ read the examples of exemplary life of great people who believed in themselves. Once they are motivated, they can do wonders.

The above proverb emphasises to know oneself. You must know what you know and what you do not know. To learn, one must have self awareness. Knowing our own strengths and weaknesses enhances our learning.

To achieve excellence in academics, one must divide the topic learnt into various subtopics. Categorise the learning outcomes of each sub topic and have a checklist to know whether the outcomes are achieved or not. To know that, ask one self, "whether I have understood the topic or not?" If the answer is "yes", then reflect on the concept comprehended, generalise the concepts and apply the gained knowledge to solve the problems in real life situations. If the topic is not understood, with the help of peers, parents and teachers relearn the topic.

Knowing oneself is of utmost importance as you are the only one who know you as others judge you on account of their moods and needs. According to the great philosopher Socrates "To know thyself is the beginning of wisdom." It is very important to know you strength and weakness to achieve excellence in life. Know your strength, keep working to make them even stronger and know your weakness and limitations, accept them and go beyond them by constant hard working.

Please remember that your ego may be the biggest hindrance on the path of learning. So sacrifice your ego and don't hesitate to clarify your doubts and learn new things. Learning is possible only when you have the humility to say 'I don't know'. This is about having the courage to experience one's 'empty valley space' of not knowing and being the beginner. That truly is the moment of beginning of new future of recreating self with every new experience.

Remember that overcoming your ego's resistance to learning is a gradual process that requires self-awareness, persistence, and a willingness to challenge yourself. Be patient with yourself and celebrate your progress along the way. Then you will find that learning is enjoyable.



Anindita Barua

## 3R: A success Mantra

environment. In other words we have to keep on learning, relearning and stay relevant with the new emerging knowledge and ways of doing things. So, that is '**Relevance**'

And the third **R** is about '**Research**' that means decision making based on evidence. How do we make decisions?

What kind of decisions we make determines what kind of outcomes we will achieve in life.

How do you make decisions? Is it based on instincts or is it based on data? Is it based on evidence?

That is where you must have the aptitude to research on matters which concern you. As a student, as a professional in the future, as a responsible citizen you must have evidence. You must have data. You must also understand that today we are living in a world where we have big data. It's a world of Big Data. So, how do we decipher meaning or how do we become informed is based on interpreting this big data.

We must know the tools, the technology so that we make better decisions.

So, children **Rigour, Relevance and Research**, these are the three most significant approaches towards life and the '**Success mantra**'

Dear children, I do hope that applying this success mantra of **RRR you will be able to live a vigorous and fulfilled 'Naatu Naatu' life.**

Okay, tell me how many of you have not heard about **RRR**? I am sure all of you have heard of **RRR**. Yes, it is the blockbuster Telugu movie. But today the **3R's** I am referring is not the movie but it is a '**Success Mantra**'.

If you have to develop mastery over any skill, if you have to build competency, you have to put lot of effort.

Malcom Gladwell in his bestseller 'Outlier' mentioned about the **10,000 hours rule**. According to him at least 10,000 hours are required to develop mastery. To become a Sachin Tendulkar, or a Mozart, or a Einstein or our own Late Dr. APJ Kalam, everyone, whoever has mastered in their field has definitely put effort to practice to hone their skills more than 10,000 hours.

So, effort is about the first **R** i.e. '**Rigour**'. We must prepare ourselves to go through the rigour of practicing and learning in order to go into the depth of our chosen field to develop mastery.

The second **R** is '**Relevance**'. That if we have to be contributing in our success, as a student to achieve the learning outcomes, later as we grow up as a professional to make a successful career or as a responsible citizen we have to stay relevant to our



## अपार शक्ति है - क्षमा



Ankur Debnath

में आपके सामने एक ऐसे गुण के बारे में बात करने के लिए खड़ा हूँ जिसमें अपार शक्ति है - क्षमा।

हमारे जीवन में अक्सर ऐसे क्षण आते हैं जब हमें किसी के शब्दों या कार्यों से चोट पहुंचती है। स्वाभाविक रूप से, हमारी पहली प्रतिक्रिया क्रोध, नाराजगी, या बदला लेने की इच्छा हो सकती है। यह भावनाएं हमें अंदर से घेर लेती हैं और हमें मानसिक अशांति का अनुभव कराती हैं। लेकिन इस परिस्थिति में भगवद गीता हमें एक गहरा और अलग दृष्टिकोण सिखाती है। यह ग्रंथ न केवल युद्ध के मैदान पर अर्जुन के संदेहों का समाधान करता है, बल्कि हमें जीवन के हर क्षेत्र में सही मार्ग दिखाने के लिए भी प्रेरित करता है। गीता के अनुसार, क्षमा एक ऐसा गुण है जो हमें क्रोध और द्वेष से मुक्त करता है, और हमें आंतरिक शांति की ओर ले जाता है।

भगवान कृष्ण ने अर्जुन को समझाया कि क्षमा कमजोरी नहीं है, बल्कि यह व्यक्ति की आंतरिक शक्ति और आध्यात्मिक परिपक्वता का प्रतीक है। यह गुण हमें जीवन के उन छोटे-मोटे झगड़ों और गलतफहमियों से ऊपर उठने की ताकत देता है जो अक्सर हमारे मन और आत्मा को बोझिल कर देते हैं। भगवद गीता के अनुसार, जब हम क्षमा करते हैं, तो हम स्वयं को उस मानसिक और भावनात्मक बोझ से मुक्त कर लेते हैं, जो हमें नकारात्मकता में जकड़े रखता है। क्षमा का अर्थ है अपने मन को शांत रखना, और दूसरों की गलतियों को पीछे छोड़ते हुए, जीवन में आगे बढ़ना।

छात्रों के रूप में, आप जीवन के एक ऐसे चरण में हैं जहाँ आप रिश्ते बना रहे हैं, सीख रहे हैं और बढ़ रहे हैं। इस यात्रा के दौरान, आपको दोस्तों, सहपाठियों या यहां तक कि शिक्षकों के साथ असहमति या संघर्ष के क्षणों का सामना करना पड़ सकता है। उन क्षणों में, भगवद गीता की शिक्षाओं को याद रखें। क्रोध के स्थान पर क्षमा को चुनें। दूसरों की खातिर नहीं, बल्कि अपने मन की शांति के लिए बड़ा इंसान बनना चुनें।

आइए, हम सभी इस महत्वपूर्ण गुण को अपने जीवन का हिस्सा बनाएं, ताकि हम न केवल दूसरों के प्रति, बल्कि स्वयं के प्रति भी अधिक दयालु और सहिष्णु बन सकें।

अंत में मैं क्षमा पर आधारित चार पंक्तियाँ गाना चाहता हूँ।

माफ़ी मांगो, माफ़ करो,  
दिल को हल्का, साफ़ करो।  
गुस्सा छोड़े, प्यार बढ़ाओ,  
मन की कड़वाहट को मिटाओ।

माफ़ी है एक उपहार,  
दिल से जो कर दे सवार।  
दुश्मनी को दूर भगाए,  
सुख-शांति फिर से लाए।



Ankur Sonar

## Celebrating Progress

Acknowledging and celebrating how we have grown and have changed is something many of us rarely do, especially if we have a perfectionist tendency. Perhaps we have been making enormous progress in an area that has been historically difficult for us. e.g. our anger, introvertness, etc. But we must experience that, just one moment of failure, one return visit to some deeply ingrained behavior patterns, that we tend to make ineffective and discount all the improvement we have made! Dear children, as we acknowledge and celebrate our progress more often, perspective is regained and personal power and peace return to us.

### How to apply and activate – Celebrating your progress

- Identify some areas that have been or still are difficult for you and write down some specific ways you have grown and made progress celebrate it with a friend, parent anyone you like over a cup of coffee, or buy yourself a small and useful gift.
- Try to seek perspective by reading a book, talking to a friend, or praying.
- Rather than trying to rid yourself of perfection, than it to inspire you to do well and to bring discipline into your life.

Remember this, my dear child, to say yourself. Whenever I fail, I will remember how I have succeeded in the past and will try again. I chose to acknowledge and celebrate the progress I am making. I will end my talk by quoting Education is our passport to the future, for tomorrow belongs to the people who prepare it today.



# নিয়ম



গোঁবাধনা বাঁজবংশী

এটা সুখী ছাত্র জীবন গঢ়িবলৈ প্ৰয়োজন হোৱা কেইটামান সোণালী নিয়ম

১. স্বাস্থ্যক প্ৰাথমিকতা দিয়া : পৰ্যাপ্ত নিদ্ৰা, ভান খাদ্য খোৱা, আৰু নিয়মীয়াকৈ ব্যায়াম কৰা উচিত। শাৰীৰিক কন্যাগ হৈছে মানসিক আৰু আৱেগিক স্বাস্থ্যৰ আধাৰ।
২. সঠিক সময় ব্যৱস্থাপনা : অধ্যয়ন, বিশ্রাম, আৰু মনোৰঞ্জনৰ মাজত এক সাম্যতা বজাই ৰাখিবলৈ এখন সময়সূচী তৈয়াৰ কৰিব নাগে।
৩. পৰিকল্পনা ব্যৱস্থা : পৰীক্ষা আৰু গুৰুত্বপূৰ্ণ কাম তথা তাৰিখবোৰৰ পৰিকল্পনা কৰা উচিত। ই মানসিক চাপ হ্ৰাস কৰি দক্ষতা বৃদ্ধি কৰে।
৪. জ্ঞানৰ প্ৰতি আগ্ৰহী হৈ থাকো : কেৱল পৰীক্ষাৰ নিয়মৰ ওপৰত নহয়, শিকাৰ ওপৰত ধ্যান কেন্দ্ৰীকৃত কৰা। বিষয়বোৰৰ প্ৰতি এটা সঁচা আগ্ৰহ পুষ্টি কৰা আৰু শ্ৰেণীকোঠাৰ বাহিৰতো জ্ঞানৰ সন্ধান কৰা।
৫. ধনাত্মক সম্পৰ্ক গঢ়া : সুকৰ্মত বন্ধুক সমৰ্থন কৰা, প্ৰয়োজনৰ সময়ত শিক্ষকক সহায় বিচৰা-এনেধৰণৰ অভ্যাস গঢ়ি ধনাত্মক সম্পৰ্ক গঢ়ি তুলিব পাৰি।
৬. ধনাত্মক মনোভাব বজাই ৰাখা : আনৰ নগত তুলনা কৰাৰ বিপৰীতে নিজৰ সফলতা আৰু অগ্ৰগতিৰ ওপৰত গুৰুত্ব দিয়ক। কৃতজ্ঞতা আৰু ধনাত্মক মনোভাব পুষ্টি কৰা।
৭. বিশ্রাম নোৱা : নিজৰ ওপৰত অধিক চাপ নিদিবা। মনৰ পুনৰ্ভাৰ কৰাৰ বাবে নিয়মীয়াকৈ বিশ্রাম নোৱা, যাৰ ফলত অধিক উৎপাদনশীলতা আৰু সুখ পাব পাৰি।
৮. আত্মবিশ্লেষণ : নিজৰ কামৰ বিশ্লেষণ কৰা, বিশেষকৈ যেতিয়া পৰিকল্পনা অনুযায়ী কৰা নহয়। ভুলৰ পৰা শিকা, কিন্তু নিজক অধিক সমালোচনা নকৰিবা।
৯. অবিদ্যাতনিক ক্ৰিয়াকলাপত সক্ৰিয় থাকক : নিজৰ ৰাপ তথা আগ্ৰহৰ ক্ৰিয়াকলাপত অংশগ্ৰহণ কৰা। এইবোৰে এক সৃজনশীল আৰু চাপমুক্ত কৰি ৰখাত সহায় কৰে।
১০. সাম্যতা বৰ্তাই ৰাখক : শৈক্ষিক, সামাজিক জীবন, আৰু ব্যক্তিগত সময়ৰ মাজত সাম্যতা বৰ্তাই ৰখা উচিত। দীৰ্ঘম্যাদী সুখ নাভ আৰু সফলতাৰ বাবে অতি প্ৰয়োজন। এই অনুশীলনবোৰে আপোনাৰ ছাত্র জীবনক এক সফল আৰু আনন্দময় অভিজ্ঞতাত পৰিণত কৰিব পাৰে।



# Imagination



Asutosh Debnath

Let me ask few questions:

First : When you divide 484 by 4, what is the answer?

Second : In the morning if your back is towards the sun and if you turn Right, now in which direction you are facing.

Questions are easy. Now it is not a matter of only accuracy it is also (speed) how fast you get the correct answer. And for accuracy and speed today I am going to discuss one technique, and that technique is “**IMAGINATION**”. To get some solution to problems or successfully face the situation, it depends on how fast you can imagine or think in the right direction.

## What is imagination ?

Imagination is the ability to create pictures in our minds, visualize things that don't exist yet. It's the power that lets us explore new ideas, solve problems in creative ways.

In Imagination our mind combines knowledge, memories, and emotions to create something new. It's the mental playground where you can explore hypothetical scenarios or generate solutions to problems.

All the inventions and discoveries—the airplane, the light bulb, or even the stories of Harry Potter. These all are someone's imagination.

Use your imagination to explore, to question, and to innovate. It's your most powerful tool for learning.

Improving your imagination is like exercising a muscle.

### Here are some ways to enhance your imagination:

1. **Read Widely and Often:** Books, magazines, newspapers etc. when you read, imagine it, it can transport you to different worlds, introduce you to new ideas, and inspire your imagination.

2. **Engage in Creative Activities:** Try activities like drawing, writing, music, or even cooking—anything that allows you to create something new. These activities engage your brain in imaginative thinking.
3. **Ask “What If?”:** Whenever you encounter a problem, idea, or situation, ask yourself, “What if?” This simple question can open up a world of possibilities and push your imagination to think beyond the obvious.
4. **Play Games and Puzzles:** Basketball, Football, tennis, chess. Games, especially those that require strategy or creativity, can stimulate your brain and encourage imaginative thinking.
5. **Surround Yourself with Inspiration:** Be around people, environments, and ideas that inspire you. Inspiration is the fuel for imagination.
6. **Challenge Your Assumptions:** Don't just accept things as they are. Question your assumptions and try to imagine alternatives.

### Some key benefits of imagination in studies:

1. **Deeper Understanding:** Imagination allows you to visualize concepts and ideas, making them easier to understand. By creating mental images,



you can grasp complex topics more effectively.

2. **Improved Memory:** When you use your imagination, it helps you remember information better.
3. **Enhanced Creativity:** Imagination encourages creative thinking, which can lead to new ways of approaching problems or assignments. Can also lead to innovative solutions in science, math, and other areas.
4. **Problem-Solving Skills:** Imagination helps you think outside the box when solving problems. You can imagine different approaches or scenarios, leading to more effective and innovative solutions.
5. **Stress Reduction:** Engaging your imagination in learning can make studying will be more like an adventure. This shift in perspective can reduce stress and anxiety associated with studying, leading to a more positive learning experience.

6. **Enhanced Writing skill (and Communication):** For subjects that require writing or presentations, imagination can help you create, making your communication more effective and engaging.

In exam you get QP 15 MINUTES before, that time if you can imagine the answers that you have to write or the diagram you have to draw, while writing the exam automatically you will write better.

**Conclusion :** So students, Incorporating right imagination at the right time into your studies can make learning more effective, enjoyable, and rewarding, ultimately leading to not only greater academic success but also lead a successful and happy life.





Awal Rezzak Rahman

# Benefits of Reading NEWSPAPERS for Students

In an age dominated by digital screens and instant information, the habit of reading newspapers might seem like a relic of the past. However, its relevance remains unparalleled, especially for school kids who are constantly learning. In my talk I will delve into the benefits of reading newspapers for students and understand why it's not just a beneficial habit but an essential one for schoolchildren.

Reading newspapers daily is a habit that every student should cultivate as there are multitudes of benefits of reading newspapers that help a student become an all-rounder, advance in academics and career, and achieve excellence in life. It becomes their means to update themselves with everything that's ongoing in their city, state, country, and the world.

Daily newspaper reading can enhance one's knowledge base, language skills, and vocabulary and overall make a person more adept at articulating oneself eloquently. Not only this, but there is a wide range of benefits of reading newspapers that one can reap. You make an informed decision when you are updated with the news and an informed decision is always better than a careless one.

Here is a list of 10 major advantages of reading newspapers in a student's life that will want you to add this useful habit to your daily routine.

- 1. Updates General Knowledge:** The newspaper has pieces on various topics and themes, covering from current events and politics to culture, entertainment, science, and tech. It supplements school education and shows its application in diverse sectors of society so that students' learnings from school are ingrained in their minds. It also keeps the students well-informed about the events that are taking place around them.
- 2. Enriches Vocabulary & Public Speaking Skills:** The best way to learn new words is by seeing them used in a piece of writing. This way the context in which a word is used and its meaning are both clear to the reader. When you read the newspaper, you come across many new words to add to your vocabulary that you immediately check it out in Google or look in the dictionary. Newspaper reading helps students accumulate knowledge about various subjects and helps



them become better public speakers as it gives them a well-informed background and allows speakers to discuss a wide array of topics with confidence.

3. **Better Reading Speed & Comprehension:** With complex & lengthy articles, newspaper reading demands an individual to use their critical thinking to analyse and evaluate the written pieces and form a well-rounded opinion. It pushes the readers and makes them adept at handling complex texts. This makes them perform better in academics.
4. **Awareness of Current Affairs:** When you are aware of the current events, you are able to strike a conversation with any one and find common grounds or a debating topic to start an interesting discourse. Knowledge has become crucial in today's world as the more informed one is, the more power one holds.
5. **Cultivates a Global Perspective:** Newspapers usually have a section dedicated to international news which provides students with a broader perspective on affairs taking place around the world and makes them understand cultural diversity.
6. **Boosts Writing Skills:** Good writers are avid readers first. The more exposure students get to well-written articles, editorials, and opinion pieces, the better their writing skills will become as they learn about style, structure, and persuasive techniques employed by professional journalists.
7. **Offer Cognitive Benefits:** Reading regularly, including daily newspapers, has a host of benefits, such as better memory, good concentration, improved problem-solving

abilities, creative thinking, logical reasoning, and more.

8. **Useful Ideas about Research & Projects:** Newspaper reading can provide valuable information for research to students for their essays, assignments, and projects, particularly in subjects that require the study of current affairs, and related to history, social sciences, and more.
9. **Career Advancement:** Students become well-informed through newspaper reading and better equipped to make the most of their future career opportunities in their field of interest which could be journalism, politics, law, academia, or more. This further puts emphasis on the importance of reading newspapers for students as provides them with career growth.
10. **Connection with Community:** The city section of the newspapers helps students connect with their communities and be updated about the events taking place in their own city. It makes the young generations feel a sense of belonging when they see local features in the paper that are related to their locality.

### Conclusion

Reading daily makes a student an active learner by activating his/her curiosity and imagination and thus we can say that the role of newspaper in education is a crucial one. Readers are future leaders and if you are someone aspiring to lead in the future, you should make sure that newspaper reading is the morning ritual that you never miss. Give your mind exercise and the challenge of finishing reading the newspaper cover to cover within an hour.



# The Gift of L I F E



*Bandana Das*

I would like to talk about the most precious gift we have been given in this life and that is the gift of life itself. Each one of you is unique, special and capable of making a positive impact in this world.

But sometimes, life can be challenging, you may face obstacles and setbacks and it can be easy to lose sight of your goals and dreams. That's why it's important to remember that life is not about the destination but about the journey. Always believe in yourself and our abilities. Choose faith over doubt, choose hope over despair and choose action over contemplation and believe me it can create miracles.

A beautiful poem written by Walter .D. Wintel has the power to motivate you every time you feel low, the words have the power to get you back up in action again.

It goes—

If you think you are beaten, you are.  
If you think you dare not, you don't!  
If you like to win, but think you can't!  
It's almost certain you won't.  
If you think you'll lose, you're lost.  
For out in the world we find success begins with a fellow's will.  
It's all in the state of mind.  
If you think you are outclassed, You are  
You've got to think high to rise.  
You've got to be sure of yourself before you can win a prize.  
Life's battles don't always go to the stronger or faster man,  
But sooner or later the man who wins  
Is the man who thinks he can.

Always remember that life give us challenges, we have to be a rubber ball so that we bounce back in life again and not a glass ball that breaks when faced with challenges.



# Being a Good Listener, Obedient, and Disciplined in Class



*Bandana Bhuyan*

I want to share some thoughts on how being a good listener, obedient, and disciplined in class can help us become better versions of ourselves.

Listening is a powerful skill. When we truly listen to our teachers and classmates, we not only gain knowledge but also learn to respect others' perspectives. Being attentive helps us grasp concepts faster, reduces misunderstandings, and fosters effective communication.

Obedience plays an important role in shaping our character. Following instructions and respecting rules teaches us responsibility and accountability. It doesn't mean we lose our individuality but that we embrace a sense of order and cooperation, which are essential for growth.

Discipline, on the other hand, is the foundation of success. A disciplined student manages time well, stays focused, and works consistently toward goals. It helps us develop self-control and the ability to make better choices.

When we combine these qualities—listening, obedience, and discipline—we not only excel academically but also grow as individuals. These habits prepare us for challenges, enhance our relationships, and build our confidence.

So, let us strive to adopt these qualities in our daily lives and become the best versions of ourselves. Together, we can create a positive and inspiring environment for everyone.



*Bholanath Bhattaray*

## Quantum Computing

I want to take a moment to introduce you to something very fascinating, something that sounds almost like magic but is actually rooted in the field of computer science.

You all are using computers in your daily life. Computers are being used for almost all fields including super computers for handling very complex job.

All these computers are called classical computers. But If I tell there is a different type of computer which is so powerful that is billions or trillions times faster than the most powerful super computer exist in the earth today.

Yes I am talking about Quantum Computers a mega technology that will completely change the human life in next decade.

Quantum computing is a new type of computing that uses the strange rules of quantum physics to solve very complex problems which seems to be impossible in today's date.

Now, you all know of bits, which are either 0 or 1. Everything text, audio, video, photograph, music

that you do in the computers stores in the form of binary digits. Whereas quantum computer uses qubits instead of bits where both 0 and 1 can be present at the same time. It's very strange but true. If I give an analogy of it that you can switch light ON and OFF at the same time.

Well, quantum computers are not just faster; they're smarter in solving very complex problems. They could help us design new medicines, predict weather more accurately, create uncheckable security systems, and even better understand the mysteries of our universe.

Quantum computing is yet to reach the final stage of commercial application. Billions of dollars being invested for its research and development. You must have heard, recently google has developed a Quantum chips willow which is so powerful that it can do a complex job in under few minutes and the same job would take one of today's fastest supercomputers trillions of years.

The journey of quantum computing is just beginning, and the future looks bright and full of potential. Stay curious and keep exploring!



*Biswajit Bora*

## Talk on Arunima Sinha

Arunima Sinha, an Indian mountaineer and former national-level volleyball player, is the first female amputee to climb Mount Everest, achieving this remarkable feat in 2013 after losing her leg in a train accident. In 2011.

Arunima Sinha was thrown off a moving train by thieves who tried to steal her gold chain, resulting in the amputation of her left leg.

Undeterred by her disability, she trained rigorously and, in 2013, became the first female amputee to reach the summit of Mount Everest, inspiring people worldwide.

Arunima's story is a testament to the power of determination and resilience, demonstrating that physical limitations do not define one's ability to achieve extraordinary goals.





*Bitopi Phukan*

# Homework

Everything you do now is for your future.

An important set of tasks that is assigned to you by your teachers to be completed at home is termed as homework or home task. How many of you enjoy your homework?

Homework can be in the form of reading a chapter, creative writing, solving problems or exercises related to the day's lesson, drawing, learning a poem or any other skills like singing, dancing, yoga, art and craft, etc. to be practiced at home after school.

It is valuable for students as different sets of homework can help you to learn by practicing what you have learned in the class. Doing homework on time and seeking parental guidance and elders support will surely help you all to

- Become Self- Disciplined
- Good Time Managers
- Better Problem -Solvers
- Independent Learners
- Confident Students.

So, to be ready for tomorrow's opportunities, do your homework today. Learn, refine your skills, and focus on growth.



# Digital Slavery



Debojit Boruah

Education is the foundation of a successful life. It is during childhood that a person's character, intellect, and values begin to take shape. Early education provides the knowledge and skills needed to navigate life, but more importantly, it instills curiosity, creativity, and a love for learning.

Imagine a world where children are deprived of education. Without it, they lack the ability to read, write, and think critically. Education is not just about textbooks and exams—it is about learning essential life skills, social interaction, and problem-solving. It teaches children empathy, discipline, and resilience, which are crucial for personal and professional success.

Times ago children were also used and engaged in different works as child labour. Child labour is a major issue that deprives millions of children of their childhood, education, and future opportunities. It is not just a social problem but a violation of basic human rights. The government plays a crucial role in stopping child labour for several reasons. Hence several laws were made to ban child labour across the globe.

**But do you think that are you all still free from all kind of labour work or slavery?**

In today's world, many argue that humans have become **digital slaves**—highly dependent on technology, controlled by algorithms, and exploited for data and attention. While technology brings convenience, it also raises concerns about **addiction, surveillance, and loss of autonomy**.

Digital slavery refers to a state where individuals **lose control** over their time, choices, and privacy due to excessive dependence on digital systems. It manifests in various ways:

**Tech Addiction** – Social media, gaming, and entertainment trap people in endless content cycles.

**Surveillance & Data Exploitation** – Companies and governments collect and monetize user data, often without consent.

Because of this digital slavery, instead of focusing on their studies, students are spending hours on apps like YouTube, Instagram and leading to **poor concentration and academic decline**.

With instant access to Google, children no longer develop **critical thinking and problem-solving skills**. Instead of learning how to research and analyse, they rely on **quick answers and shortcuts**, which weakens their ability to think deeply *and* independently. Instead of reading books or practicing writing, children spend more time scrolling through social media and watching videos. This reduces their **reading comprehension, vocabulary, and writing abilities**, making it harder for them to perform well in school. So it is the high time to search for your freedom and make yourself free from the loop of digital slavery.

I will like to end my speech with a quote:

**“Education is the key to unlock the golden door of freedom.”** – George Washington Carver.



# O U R Attitude



Deepanjali Phukan

I want to talk about something important—our attitudes. The way we think and act each day affects how we feel at school, how others see us, and how we see ourselves. Recently, I've noticed some attitudes that need a little change. This isn't about blaming anyone—it's about making our school a happier, more respectful, and caring place.

First, let's talk about respect. Respect means treating others the way you want to be treated—whether it's your friends, teachers, or even yourself. Sometimes, I've seen moments where people haven't been respectful, like saying hurtful things or not following rules. Respect is something we should show every day by listening, being polite, and taking care of our actions.

Next, let's think about responsibility. Responsibility is more than just doing your homework. It means owning your actions and thinking about how they affect others. Instead of blaming someone else when things go wrong, it's important to take responsibility, fix mistakes, and try harder next time.

Another thing we should talk about is apathy, which means not caring. When we stop caring about our work, our school, or each other, we lose chances to learn and grow. Remember, every one of you matters, and what you do makes a difference. So, even when it's tough, keep caring and stay involved.

Finally, let's talk about kindness. Kindness can make our school a better place. It's more than just being nice—it's about caring for others. Helping a friend, speaking up when something's wrong, or even just smiling at someone can make a big difference. I've seen many of you being kind, and I hope you keep it up.

So today, I want you to think about your attitude. Are you being respectful? Are you taking responsibility? Are you staying engaged? Are you showing kindness? Your attitude is your choice, and every day, we can choose to make our school a better place.



Deepika Roy

## Believe in Yourself

I come today with the story of HOPE.

Once upon a time in a far away land, there lived a little seed named HOPE. Hope dreamt of becoming a mighty tree, reaching for the sky and spreading its branches wide. But looking at its small body it was filled with doubts and fears. Hope felt very small and insignificant. As Hope was about to close its eyes in despair, a gentle breeze whispered to Hope, "Believe in yourself, little seed. You hold the power to grow into something extraordinary."

Hope smiled and opened its eyes and started to grow slowly and slowly. Hope became a plant. Hope looked at himself and worked harder to make himself stronger. Hope pushed its roots deeper into the soil and stretched towards the sunlight. Hope faced many challenges like harsh weather and hungry pests who wanted to stop him, but Hope did not stop. With each passing day, it grew stronger, its leaves dancing joyfully in the wind.

And then, one glorious morning, Hope blossomed into a magnificent tree, standing tall and proud. Its branches offered shade to tired travelers, its fruits nourished hungry people, and its beauty was loved by all.

Dear children, like the seed of Hope, each of you holds incredible potential within. Believe in yourself, embrace challenges as opportunities for growth and never give up on your dreams. For just like Hope, with patience, hard work and a sprinkle of magic, you too can achieve anything. So, spread your wings, fly high in the sky and go and achieve what you dream of.

I wish you all lots of happiness and success in your life.



*Dhruva Borah*

## Do you compare with others ?

"Always be a first rate version of yourself and not a second rate version of someone else."

How often do you compare yourself to others? Well. I must say for most people it happens far too often. Comparing ourselves to one another is just part of human nature. We often talk about who is more smarter, who's more attractive, who's more brighter and so on and so forth .It happens everywhere school, colleges, home, working place etc.

Comparison is an unwanted thought which comes consciously or unconsciously but something which we really cannot control. What we can control however is the way we react to this thought."Do we sit and worry about someone else being more successful than us. Do we recognize our capabilities and know that we are also successful in our own way? "It is a choice we have to make. As long as our life is not affected in any negative way, I don't think comparison is a very big problem. You can just allow the thought to come without giving it much prominence and it will go away as fast as it came.

Comparing yourself to other students can have both good and bad consequences. On one hand, comparing yourself with others can provide motivation and a healthy sense of competition. It

can also help you set realistic goals by understanding what others are achieving and where you stand in comparison. It can help in adopting good qualities from others while remembering not to lose your original self.

However, constant comparison can also have negative effects on your mental health and well-being. It can lead to feelings of insecurity, low self-esteem, and demotivation It's important to remember that everyone has their strengths and weaknesses. When you start comparing yourself to others it may not always give you an accurate picture of your own progress and abilities.

The root cause of most problems and unhappiness in our lives come from the expectation we have from others or when we compare ourselves to those around us.

Instead of constantly comparing yourself to others, it may be more beneficial to focus on your own goals, progress, and personal growth. All you can do is do your best with the inherent qualities you have. Celebrate your own achievements, no matter how small they may seem. Remember that your journey as a student is unique to you. Comparing yourself to



others should not be the sole measure of your success or failure.

Can you compare the flight of an eagle with the beauty of a peacock or with the voice of a parrot? Definitely not. Similarly no two human beings are same.

Everyone is born with a unique blessing whether it's a talent, a personality, or appearance. Count your blessings and be grateful that there are so many people who dream of having a life like yours."

People will never stop judging you. It's you who have to face the uncertainties and master your mind to accept yourself.

You can choose to be positive and optimistic, or negative and pessimistic. Ultimately, it is up to you to create our own unique identity and to be the best person you can be.

If you wish to compare, compare how you were yesterday with how you are today.

Compete with yourself so that you become a better person than the previous day.

I would like to end my talk with the saying: 'there is no comparison between the sun and the moon. They both shine when it's their time. They have their own uniqueness and relevance. Similarly embrace your own individuality and be the best you can.





*Dipanjali Changmai Das*

# Time Management for the students

We are going to learn something very important that can help you do well in school and have fun every day. It's called time management. Time management means learning how to use your time wisely so you can do all the things you want and need to do.

Let me explain with a story:

There was a little boy named Rohan. Every day, he wanted to play, do his homework, and watch his favorite cartoon. But because he didn't plan his time, he would forget to do his homework or miss his playtime. One day, his teacher taught him about time management, and his days became much better!

Here are some tips to manage your time like Rohan did:

**Make a Plan:** Start your day by deciding what you want to do. You can write it down or tell your parents. For example, "I will study, play, and read my storybook today."

**Do Important Things First:** Homework should come before playtime because it helps you learn better.

**Use a Clock or Timer:** Check the time when you start doing something and try to finish it within a set time. For example, 20 minutes for homework.

**Take Breaks:** After studying, take a short break to rest or play. It will keep you fresh and happy! **Sleep on Time:** Sleeping early gives you energy for the next day.

Remember, students, time is like gold. If you use it well, you can do so many things in a day! Let's all promise to try time management starting today.



## Our Bharatiya Culture



*Dulal Saikia*

The topic on which I am going to speak to you is very relevant in today's context and is very important for all of us. Let's we all discuss this topic and give a thought about it.

We recognize and respect our Artists, Writers, and all those people who work relentlessly to uplift our culture and to preserve them. What we do to show our respect and care for them? We set up big statues, we observe their birth days, sometimes we take out processions with banners and placards, and we put their photographs on the school walls, at homes or sometimes at various other places. Basically this type of things that we do to show our respect and gratitude to them for their great work towards the society and the country as a whole.

But students I want to ask you, do you think that these are sufficient or enough to show the respect and love to those great people from our side? Do you think that just offering garlands on their statues and just taking out a procession in their name is all that we should do? Children this will be absolutely wrong if we think like that. Our responsibility towards our culture and cultural icons doesn't end there. I believe the best way to give respect to our cultural icons is by learning their creations, Music, Art, Dramas, by reading the books which have been written for us. The true respect will be when we will try to put their work in the forefront of the society or community and we feel proud of them.

Our Bharatiya culture is very rich. Our culture is our community's identity. Be it our instruments, songs,

dances, literatures, paintings, rituals, festivals, all these have so much knowledge to offer to us. It is our soul responsibility to preserve all these components of our great Indian Culture. Borgeet, Lokgeet, Satriya nritya, Kuchipudi, Baratnatyam, Classical Music, Our Shashtras, Shlokas all these are the treasure trove of our great culture and we must respect them, learn them and preserve them. Preserving a culture is not just about safeguarding the past but ensuring its relevance and vitality for the future generations.

If we look at the strong nations, advanced communities we find that these nations and their communities are very conscious and sensitive about their own culture and heritage. Germans, Chinese, British, Russians, Japanese, Jews, French all these communities love their language, culture and heritage more than anything. They always try to spread them among the people who do not belong to them. We have to ask to ourselves that do we Indians also have the same feeling for our own languages, and culture. How much we try to spread our own culture to the people who do not belong to it. Over the years we have seen that there are many Indians who take no time to embrace others culture, they take no time to change their identity and then they stop celebrating the traditional Indian music, dance, festivals, rituals etc. Children, this is absolutely wrong on our part. By doing this we lose our identity and we are no longer connected to our root. Further it breaks the bridge connecting generations and destroy the values, behaviors and aspirations of people. So this type of practices must be stopped in order to protect the identity of our country and all communities living here.

We must ensure that nothing should be appearing as a threat to our culture and traditions which has evolved in thousands of years from the time immemorial. We must ensure the involvement of all the individuals, families and institutions in preserving and spreading our great Bharatiya culture and heritage. We all must share our responsibilities to make it possible for our culture to thrive, thereby keeping our identity alive.

Dear students I earnestly request you to work towards this and achieve this goal.



# Respect & Responsibility



Farbin Sultana Ahmed

I want to talk about two fundamental values that are essential for our personal growth and the well-being of our school community: **Respect and Responsibility**.

Respect is the CORNERSTONE of any healthy relationship, whether it's with your friends, family, teachers, or even yourself. Respect means valuing others' opinions, ACKNOWLEDGING THEIR FEELINGS, and treating everyone with kindness and consideration. It's about recognizing the worth of every individual and appreciating their unique qualities.

Respect isn't just about how we treat others; it's also about how we treat ourselves. Self-respect means **taking care of your body and mind, setting healthy boundaries, and believing in your own worth. When you respect yourself, you are more likely to make positive choices and stand up for what you believe in.**

**Here are some simple ways to show respect in our daily lives:**

1. **Listen actively:** Pay attention when someone is speaking and show that you value their THOUGHTS AND OPINION.
2. **Be polite:** Use kind words and manners in your interactions.
3. **Appreciate differences:** Embrace the diversity around you and learn from others' perspectives.

4. **Take care of SCHOOL PROPERTY AND your environment:** Treating school facilities and materials with care shows that you respect the resources provided to YOU and keep our surroundings clean.

Responsibility is about being accountable for your actions and understanding the impact they have on others. It means doing your duties with dedication and integrity, whether it's completing your homework, helping a friend, or participating in school activities.

**Here are some ways to demonstrate responsibility:**

- **Be reliable:** Follow through on your commitments and promises.
- **Be proactive:** Take initiative to solve problems and help others without being asked.
- **Own your actions:** If you make a mistake, acknowledge it and learn from it.
- **Contribute positively:** Participate in class, help your peers, and engage in school events.

**WHY ARE THESE VALUES IMPORTANT?**

**When we show respects and take responsibility we build trust with our peers, teachers and the community. A respectful and responsible attitude contributes to a positive and supportive school atmosphere where everyone can thrive.**

Respect and responsibility go hand in hand. When we respect others, we are more likely to act responsibly towards them. Similarly, when we take responsibility for our actions, we earn the respect of those around us. Together, these values create a positive and supportive school environment where everyone can thrive.

**In conclusion,** let's make a commitment today to practice respect and responsibility in our daily lives. THESE VALUES ARE NOT JUST FOR SCHOOL, BUT FOR EVERY ASPECT OF OUR LIVES. By doing so, we can build a BETTER ENVIRONMENT FOR OURSELVES AND THOSE AROUND US.

Remember, every small act of respect and responsibility contributes to a larger culture of kindness and integrity.



Geeta Devi Sarki

## Importance & Advantages of NCC Certificates

### Benefits of NCC 'C' certificate.

#### INDIAN ARMY

In every regular course of the IMA, 32 vacancies are reserved for the 'C' certified holders.

The cadets with 'C' certificate are exempted from CDS examination conducted by UPSC. But for this, the cadet must have 'A' or 'B' grade in 'C' certificate.

NCC 'C' certification offers you 10–15 bonus marks in paramilitary forces recruitment.

- If you have NCC 'C' certificates, then your written exam will be waived off for the post of Soldier GD.

#### PUBLIC SECTOR

Many organizations from the public sector give advantages to the cadets with 'C' certification.

Apart from this, many companies from private sector consider the NCC certificates as an advantage. When you mention the NCC 'C' certificate in your resume, it gives a hint about your personality. So, we would suggest the students should join NCC not only to join Indian Armed Forces but to be a disciplined person.

Jaihind.

NCC stands for National Cadet Corps, a training program. It is open to the students at schools and colleges. It's a voluntary program and any student can join it. This program teaches students to follow a disciplined life. It's a Tri-Services Organization and engaged in grooming the youth in India to become patriotic citizens. NCC training offers many benefits to the trainees. After attending a minimum of 75% of NCC training, the students get a certificate from NCC according to their level. These certificates help the students in their career.

During the training of NCC, cadets get the basic military training. This training is conducted to develop the interest of young students in all three forces: the army, navy and the air force of India. NCC offers the platform to the students so that they could check their abilities to join the Indian Defense Services. That's why one of the benefits of the NCC certificate is that the cadets get some relaxation during army selection. According to the National Cadet Corps, the main aim of NCC is to create an organized, trained and motivated youth. With this aim, NCC not only creates soldiers for the nation, but it also develops the leadership skills in the youth.



Jayeeta Das

## Don't Chase Butterflies

I am going to share a beautiful story.

A young boy asked his grandfather, "Grandpa, I want to be a star, I want to be in movies. When I grow up, I want to see the world, drive nice cars, and live in a house made of glass. Yes, I really want to be successful and great. So tell me, how do I chase all my goals, and catch them faster?"

The grandfather stopped for a moment, turned around, and then spotted a huge and super beautiful butterfly dancing on a flower. At once, he said, "Oh, my God! What a magnificent butterfly! Now, hurry... hurry and chase after it! Make sure you catch it! Don't let it fly away!"

The young boy hurriedly ran to the butterfly, but as he tried to take hold of it, the butterfly suddenly flew up into the wind. He ran after it, trying to catch it, but it was flying so fast. He ran around and around the garden until he got tired, and then he could no longer see the butterfly. With broken heart, he returned to his grandfather, wheezing,

"I couldn't catch it, grandpa! It flew away!"

The grandfather smiled for a moment, then held the young boy by his hand and took him to a corner and then he whispered into his ear,

"Listen, boy, let me teach you a lesson, a valuable life lesson. If you spend your time chasing butterflies, they'll fly away. But if you spend your time creating a beautiful garden, the butterflies will come to you. You see... that butterfly is like your goals in life.

So, dear children, in our journey of success, it's very easy to get caught up in the pursuit of immediate goals, the fleeting butterflies of life. However, the real magic happens when we focus on building something very strong and substantial, akin to cultivating a vibrant garden.

Success is not something that you run into by accident. It takes a lot of preparation and hard work, it takes sacrifice and self-discipline. So in every step of your life, try to build something beautiful and meaningful, whether it's a project, a skill, or a relationship. Become the best version of yourself and success will automatically come to you."

So, dear children, put down that butterfly net and start nurturing your garden.



काकोली बोरदोलाई

## रंग-बिरंगे फूलों का बगीचा

एक बार की बात है, एक एक गाँव में एक सुंदर बगीचा था। उस बगीचे में सुंदर फूल खिले थे - गुलाब, सूरजमुखी, कमल और कई अन्य फूल। हर फूल का अपना रंग, खुशबू और आकार था। गुलाब लाल था, सूरजमुखी पीला और कमल सफ़ेद। सभी फूल अपनी अपनी विशेषताओं पर गर्व करते थे और सोचते थे कि वे सबसे अच्छे हैं।

एक दिन बगीचे में तूफान आया। तेज़ हवाओं और बारिश ने कई फूलों को नुकसान पहुँचाया। जब तूफान थमा, तो बगीचे के माली ने देखा कि कई फूल दूट गए हैं और बगीचा बिखरा हुआ है। माली ने सभी फूलों को एकत्र किया और उन्हें एक साथ मिलाकर एक सुंदर गुलदस्ता बनाया।

जब फूलों ने देखा कि वे एक साथ मिलकर कितने सुंदर लग रहे हैं, तो उन्हें यह समझ आया कि उनकी विविधता में ही उनकी ताकत है। हर फूल ने अपनी विशेषता को पहचानते हुए एक - दूसरे का सम्मान करना शुरू किया। अब वे जानते थे कि उनकी विविधता ही उन्हें खास बनाती है और एकता में ही उनकी शक्ति है।

तो इस कहानी से हमने यह सीखा कि जिस तरह हर फूल अपनी सुंदरता और विशेषताओं के साथ खूबसूरत है। ठीक इसी तरह हर एक बच्चा अपने अनोखे गुण क्षमताओं और विशेषताओं के साथ विशेष होता है। बच्चों की विविधता की समाज की असली ताकत है। किसी का गणित में मन लगता है, तो किसी की कला में रुचि होती है। कोई खेल कूद में माहिर होता है, तो कोई संगीत में। हर बच्चे की अपनी पहचान और खासियत होती है और इन्हीं से मिलकर समाज एक समृद्ध और बहुरंगी चित्र बनाता है।

किसी ने सच ही कहा है -

बगीचे में खिले हैं फूल, हर रूप और रंग में,  
हर एक की अपनी पहचान, अपनी खुशबू अपनी धुन में।  
गुलाब की लालिमा, चमेली की सफ़ेदी,  
हरसिंगार की महक और सूरजमुखी की चमक।  
हर फूल की अपनी कहानी अपनी पहचान,  
फिर भी सब मिलकर बनाते हैं, बगीचे का स मान।  
विविधता में एकता का यह सुंदर संदेश,  
हर फूल की अपनी जगह, अपनी विशेषता अपना परिवेश।  
बगीचे में खिले हैं फूल, हर रूप और रंग में,  
हर एक की अपनी पहचान, अपनी खुशबू अपनी धुन में।





कल्पना भराली हज़ारिका

## चुनौतियाँ - मैं हूँ ना!

आज मैं आपके सामने एक प्रेरणादायक कहानी सुनाऊँगी -- एक युवती संघर्षों से लड़ - लड़ कर, हारकर अपनी माँ के सामने आती है और कहती है कि -

जीवन के संघर्षों ने उसे तोड़ दिया है वह हार चुकी है .... अब उससे और परिस्थिति नहीं संभलती .....

माँ भी अपनी बेटी की इस बात से काफी परेशान थी ..... ऐसे में उसे जिंदगी का एक बहुत ही महत्वपूर्ण सबक देने के लिए रसोईघर में ले जाती है ....

गैस ऑन करती है .... तीन भिन्न बर्तनों में वह पानी गर्म करती है.... एक बर्तन में गाजर .... दूसरे में अंडा और तीसरे में कॉफी पाउडर डाल देती है...

और कुछ देर तक इन सब के उबलने का इंतजार करती है।

कुछ 20 मिनट बाद गैस बंद करती है और फिर तीनों बर्तनों से एक-एक कर पहले से गाजर , दूसरे से अंडा और तीसरे से थोड़ी सी कॉफी, पानी निकालती है

फिर माँ सबसे पहले गाजर को अपनी बेटी को छूकर अनुभव करने को कहती है... गाजर नरम हो गई है और अंडा सख्त हो चुका था.....

कॉफी पाउडर ने अपना रंग छोड़ा और पानी लाल हो गया।

तब माँ ने अपनी बेटी को समझाना आरंभ किया कि तीनों वस्तु जिनको गर्म पानी में डाला गया उनको एक ही प्रकार की समस्या, चुनौतियों से गुजरना पड़ा अर्थात् गर्म पानी..... लेकिन तीनों का व्यवहार अलग-था।

माँ ने सवाल किया- या तुम उस गाजर की तरह हो, जो सख्त तो है पर जो समस्या से जूझने, चुनौतियाँ आने पर नरम पड़ जाती हो, हताश हो जाती हो , अपनी ताकत खो देती है ? या उस अंडे की तरह हो जो पहले तो नरम था लेकिन गर्म होने के पश्चात सख्त बन

गया। या उस कॉफी की तरह हो जिसने उस पानी के रंग को ही बदल दिया अर्थात् कठिन परिस्थिति को अपने अनुकूल बना लिया।

अब बच्चों, आप ही विचार कीजिए क्या आप कॉफी है? जो जीवन में कठिनाई आने से, समस्याएँ आनेसे परिस्थितियों को ही बदल देते हो। जीवन में निराशा, हार, कठिन समय में जहाँ तुम्हारी परीक्षा होती है वहाँ तुम खुद को इतना ऊपर उठाते हो.... परिस्थितियों से लड़ते हो कि परिस्थितियों तुम्हारे सामने झुक जाती है। अब यह आप पर निर्भर है कि आप जीवन में आने वाली विपरीत परिस्थितियों का कैसे सामना करते हैं।

ऐसे कई उदाहरण हैं जिन लोगों ने अपनी कमजोरी को ही अपनी ताकत या अवसर के रूप में प्रयोग किया। जो स्थिति उन्हें चुनौती देती थी उसे ही इस्तेमाल कर जीवन में सफलता प्राप्त की। जैसे अरुणिमा सिन्हा, प्रसिद्ध चलचित्र कलाकार मिस्टर बीन्स अर्थात् रोवन एटकिंसन आदि। अरुणिमा सिन्हा एक दुर्घटना में अपना एक पैर खो चुकी थी, पर हिम्मत नहीं। अपनी कमजोरी को एक अवसर की तरह प्रयोग कर प्रथम दिव्यांग महिला बनी जिन्होंने एवरेस्ट की चोटी पर चढ़ाई की। रोवन भी हकलाते थे। यही हकलाना उनके अभूतपूर्व अभिनय का अनोखा अंदाज बन गया।

अंत में मैं कामना करती हूँ कि आप सभी के जीवन में चुनौतियाँ हो, आशाएँ हो, प्रयास हो, खुशियाँ हो, हार हो, जीत हो, जो आपके जीवन को सुदृढ़ बनाए।



*Komal Dewan*

## The Three Golden Rules of Life

No matter what you do in life, dear students, make sure of these three things: -

1. The first and most importantly, irrespective of how big or small your goal might seem to the world, make sure that you pursue it with sincerity and honesty. If you are sincere towards your goal, you will achieve it!
2. The second is that no matter how rich or powerful you might get. True success is only achieved when you are a good person at heart. So always make sure that you are a good human being first!
3. And third and most importantly. Be happy with what you do. Because there is no price tag to happiness. All of you should aim that you need to be happy, irrespective of wherever you are studying, whatever you are doing.

Wishing you all the very best for your new academic year 2024-25!





*Kulamani Das*

## A Great Leadership Lesson

In a Class: Digit 9 slapped to digit 8. Digit 8 said why did you hit me? Digit 9 said I am greater /senior than you. So I can hit you. By listening this statement digit 8 hit digit 7, digit 7 hit digit 6, digit 6 hit digit 5, digit 5 hit digit 4, digit 4 hit digit 3, digit 3 hit digit 2, digit 2 hit digit 1. 0 was watching. Then he thought let me go and sit one corner of the class. Then 1 digit said do not worry 0. I will not hit you I will sit on your side. Then 0 became 10. 0 said you made me great. Why? Greatness is not that who feels himself great. Greatness is that one who makes other great. Person became great not by his age but by his thought. A person became great by his knowledge. Having a proper attitude and vision and making the right use of adversity make a difference. There is a story of two shoe – salesmen who were sent to a place where people wore no shoes. One salesman felt there were no business prospects there, while the other identified opportunity in the huge virgin market for shoes. Every tree feels the force of the wind. The ones with strong roots withstand all forces, while the weaker ones get uprooted.





Kumar Diuck Dev

# Decision Making

Imagine this scenario: You're the class monitor, and your best friend has made a mistake. Will you choose to inform your class teacher about it, knowing it's your responsibility? Or will you decide to drop the issue, advising your friend not to repeat the mistake? Which path will you choose?

Now, let me ask you another question. With your final exams approaching, you have almost a month to prepare. Today, after school, will you choose to follow a well-structured study routine to stay ahead? Or will you spend your time scrolling through shorts on social media or playing games, thinking, *"There's still plenty of time to study later"*?

Life often puts us in situations where we must make a choice. Whether it's choosing the right friends, deciding how to use our time, or standing up for what is right, every choice shapes who we are and what we become.

Today, I want to talk about an essential life skill—**'Decision-Making'**.

The decision-making process is a reasoning journey based on our values, preferences, and beliefs. It's a skill we can improve through practice and learning, and it plays a critical role in solving problems across many areas of life. The decisions we make today lay the foundation for tomorrow. Every small choice acts like a stepping stone toward a bigger picture—our dreams and aspirations. When we make decisions, we take ownership of our actions. This fosters self-confidence and independence. A good decision, even in a challenging situation, empowers us to trust our abilities and develop problem-solving skills and critical thinking. A good leader is known for their ability to make wise and timely decisions. Whether in school, work, or daily life, decision-making demonstrates responsibility, foresight, and confidence—all qualities of a strong leader.

Now the question is how can you improve your decision-making skills?

Here are a few important steps -

## **1st - Gather Information and Consider All Options**

Before making any decision, it is essential to gather all relevant facts and explore the available options. A well-informed decision starts with a clear understanding of the situation.

For example, if you're deciding on a career path, researching the fields that interest you and learning about the required skills, opportunities, and challenges can give you clarity.

## **2nd - Weigh the Pros and Cons and Evaluate the Outcomes**

After gathering information and identifying your options, the next step is to assess the advantages and disadvantages of each choice. This helps you understand the potential benefits and risks involved. To do that you can use **SWOT Analysis Method**. SWOT is an acronym that stands for **Strengths, Weaknesses, Opportunities, and Threats**. This method is a powerful tool for decision-making that helps us evaluate a situation or choice by considering its **Strengths, Weaknesses, Opportunities, and Threats**. Before making any decision, ask yourself:

- What are the benefits of this choice?
- Are there any risks or disadvantages?



- What opportunities could this open up for me?
- Could this decision have unintended consequences?

This step ensures that your decision aligns with your goals and values.

### **3rd - Be Aware of Your Emotions** (and How They Might Influence Your Decisions)

Our emotions can heavily influence the choices we make. Being aware of your emotions means pausing to reflect before deciding. Ask yourself, "Am I thinking clearly, or are my emotions clouding my judgment?"

For instance, if you're angry, it's better to wait until you calm down before responding to a difficult situation.

### **4th - Think Creatively About the Problem**

Sometimes, the best solution isn't obvious. Thinking creatively allows you to explore unique and innovative approaches to solving a problem. Creative thinking pushes you to step out of the box and find solutions that are not only practical but also tailored to your needs.

### **Decision-Making Traps –**

We make countless decisions every day, both big and small. But sometimes, making the right choice isn't easy. We often feel confused or stuck because of certain challenges that can hold us back from making the best choices. These can be called as 'decision-making traps'. Let me share a few common traps and how to overcome them. Have you ever experienced searching for a product online, spending a lot of time browsing through countless options, comparing features, and reading reviews, only to end up choosing nothing at all?

### **Yes, the first trap is - Stimulus Overflow.**

In today's world, we are often overwhelmed by too many options and an abundance of information. This situation, known as stimulus overflow, can lead to decision fatigue, making it difficult to choose or act. With so many options, it's easy to feel paralyzed, overthink, or make impulsive decisions that aren't optimal. The Solution for this is to: Simplify the decision-making process. Narrow down your options

to the top 5 choices based on your priorities. This helps reduce overwhelm and allows you to focus on what really matters.

### **2. The second trap is - High-Performance Pressure and Permanent Stress**

High-performance pressure comes from the constant need to meet expectations, whether it's at school, work, or in personal life. It can lead to a condition of permanent stress. To overcome this, you need to train your brain to handle stress by stepping out of your comfort zone regularly. Practice emotional management through techniques like mindfulness, meditation, or deep breathing exercises. You can seek support from mentors, teachers, or experts to gain clarity and reduce pressure.

### **3. The third trap is - Perfectionism**

Perfectionism is the tendency to seek flawless decisions or outcomes, which can delay action or even lead to indecision. People with this mindset often hesitate to move forward because they fear making mistakes or believe they need all the information before deciding. The solution is to embrace the idea that no decision will ever be 100% perfect. As top decision-makers do, aim for about 80% confidence in your choice. Take action, and if errors occur, adjust along the way. Remember, progress is more important than perfection.

### **Conclusion:**

We all make mistakes now and again - after all, we are just human, and no one is flawless. Even if you make poor judgments, reflecting on them can help you improve your future decisions. Try to figure out what went wrong and how you might avoid making the same mistakes in the future. Lessons learned from prior failures can open doors to new ways of approaching problems and possible alternatives, ultimately assisting you in mastering the art of decision-making.

I would like to conclude my speech with the words of Albus Dumbledore from Harry Potter: "It is our choices that show what we truly are, far more than our abilities."



# 3 C's - CONSISTENCY, COMMUNICATION, CONGNIZANCE



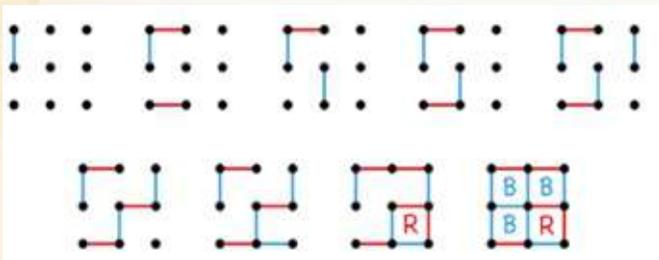
Lonu Gogoi

As we march into the new academic session of 2024-25, let's take in few drops of wisdom to create an ocean of learning generated from these wonderful assemblies.

The most incredible and awaited periods in the school is the games class followed by the library classes.

I think we all will agree that In school during time free periods at one time we have all played the game of dots and lines to make boxes or tic-tac toe which was always fun.

Well there is a deep concept behind all these small games. Let's take the game of dots and lines and view it from the point of students that is you all who come to the school with a purpose. So, the question is can you find your purpose in school.



The dots which are fixed are your academic requirements. These dots represents all the assignments, projects, CW and HWs given to you from time to time.

The lines on the other hand represents your effort, which you need to draw carefully to make a box in the game. While as students it represents your effort that you put in while doing all the assigned work given to you.

The squares that are formed in the game represents the opportunities that you are creating for yourself. These opportunities exist right in your classes. What you are good in is seen right in the class.... Like some are good in speaking, some have flair for writing or drawing... and so on. Your mentors that is your teachers and principal provide you with the platform to harness your potentials to create these opportunities for you to create your own squares

All you have to do is concentrate on the 3 C's -  
CONSISTENCY, COMMUNICATION, CONGNIZANCE

CONSISTENCY means every work or assignment given should be done with dedication, skill and effort.

COMMUNICATION helps to make your goals known to others when you communicate with them.

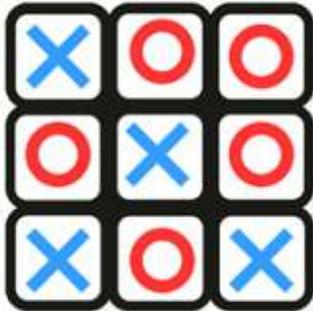
CONGNIZANCE is all about knowing your academic strengths and weaknesses.

Try to give your best efforts and you will create the boxes for your future. Try to be best version of



yourself by applying the 3 Cs. You need to create the squares to win the game. These squares created are the purpose of you being in the school which in return will help you to be ahead of others in the race of life.

In the same way the tic-tac-toe game teaches us the importance of decision making and consequences.



Snake and ladder game helps you to understand that life is dual. And you need to face both ups and downs. But your hard work and sincere efforts will help you to climb the ladder of success while your laziness, inattentive attitude will cost you the snake.



Make this academic session as a year for learning, unlearning and relearning new ideas and creating new potentials for oneself by adding humbleness and gratitude. Say good morning and thank you to the didis and bhaiyas you meet the moment you enter the gates of the school.





Madhu Chetia

# Learning to T h i n k

Well, we often think about what has happened in our past or is happening in present and what may happen in the future. We think when we are alone or sometimes when we are with friends and family members. Although it is more a kind of discussion rather than thinking especially in a group. Whatever is the condition one should have a scientific way of brainstorming. So children how many of you think deeply in terms of why it happen and how it happen. Correct way of thinking make us alert, realistic and logical. In fact thinking in the way of 'How' and 'Why' makes you to analyze any situation in your life and that is how you prepare yourself to face the situations in the future.

Now, how to learn thinking? Here are certain ways that will teach you to think and improve your thought processes.

- Well the answer to know about how to learn thinking highlights the role of repeated questioning from different angles, reading, writing and self reflection. This will improve the blood circulation to your thinking part of the brain and will guide you in proper channel. This is how you become intelligent.
- Every time you encounter a problem, just that there is a situation. Allow your mind the freedom to solve the problem. Sometimes it is a slow process. Don't give up easily.
- Recognizing your weaknesses is the starting point of learning as it makes you to think and

find out alternative solution or an idea.

- Update your information sources, List the facts, organize them and identify the essential characteristics.
- Compare and contrast. Analyze how and why.
- Relate the facts with one another which will help you to think the conclusion.
- Cause and effects, think about the root cause and impacts of an event
- Thinking about thinking that is recognize what kind of thinking is required as per the instructions. This will help you think what is right and wrong.
- Always be conscious at every move which you make and stop being a day dreamer.

Hence through proper thought processes you are able to reflect, reason, speculate and develop conception, judgment. So dear children first you learn to think and then you learn the process of acquiring new understanding, knowledge, behavior, skills, values, attitude and preferences.

Remember thinking process is the ability and efficiency of a human brain. So think, be conscious and be aware of your surroundings. Then only you can take right decision and leave the impression of being a human in real sense.

***At last I quote" The people who are crazy enough to think they can change the world are the ones who do" by Steve Jobs.***



Madhurjya Borgohain

# Cyber Bullying

## What is Cyberbullying?

Cyberbullying that takes place over digital devices like cell phones, computers, and tablets. Cyberbullying can occur through SMS, Text, and apps, or online in social media, forums, or gaming where people can view, participate in, or share content. Cyberbullying includes sending, posting, or sharing negative, harmful, false content about someone else.

### Types of cyber bullying:

1. Harassment: Offensive, rude or insulting messages.
2. Denigration: Sharing fake information.
3. Stalking: Repeatedly sending messages that include threats of harm.
4. Cyber grooming refers to the process by which an individual, often an adult, uses the internet to establish an emotional connection with a child in order to gain their trust and prepare them for sexual exploitation. It can take many forms, including sending messages or images that are inappropriate for children, encouraging a child to share personal information

### Here are examples of cyberbullying

- Sending mean texts or IMs to someone.
- Pranking someone's cell phone.
- Hacking into someone's gaming or social networking profile.
- Being rude or mean to someone in an online game.
- Spreading secrets or rumours about people online.
- Pretending to be someone else to spread hurtful messages online.
- Sharing embarrassing pictures or videos online. Sharing someone else's private information online.

### Legal policies or programs developed to help stop cyberbullying include:

- Bullying prevention programs
- Cyberbullying education courses for teachers
- Procedures designed to investigate instances of cyberbullying
- Support systems for children who have been subject to cyberbullying

### Negative health consequences of cyberbullying are:

- Depression
- Anxiety
- Stomach pain and digestive issues
- Sleep disturbances
- Difficulties with academics
- Violent behaviors
- High levels of stress
- Inability to feel safe
- Feelings of loneliness and isolation
- Feelings of powerlessness and hopelessness

### Where to complain:

cybercrime.gov.in helpline number 1930



*Mathew Joseph*

## Seeing OPPORTUNITY in Obstacles

I would like to share with you a small story published by University of Science and Technology, Mehahalya in its website to motivate their students to work hard.

Once there was a king who was curious but wealthy. He decided to test his people to know who has a got a good attitude in life and who would spare some time for the progress of his kingdom.

He placed a huge boulder right at the middle of the road and hid in a nearby place to see if anyone would make an attempt to move it off. He saw some wealthy merchants and courtiers passing by the road. None of them made any attempt to move it off but simply walked away while some others blamed the king for not maintaining roads. Later, a peasant came the way with a load of vegetables and saw the boulder. He kept his load down and tried to move the boulder away. After strenuous effort, he succeeded in moving it away. He saw a purse lying in the place of the boulder. It contained many gold coins and a note from the king which read 'this is the reward for the person who moves the boulder away.

Now I would like to highlight the fact that It is quite common for us to run away from hindrances/problems/ obstacles in our way. But this story clearly shows the importance of seeing an opportunity in every obstacle which might improve our condition. Therefore, let us try to invest some time to remove obstacles on our way and experience many unseen presences.



Mayurakshi P. Baruah

## Being Happy With Whatever You Have

Let me start my talk with a story, which I hope you all will like it. Once in a big jungle there were two birds talking among themselves beside a small stream. One bird was crow and the other bird was a swan. The crow said to the swan "You are very lucky as you have white feathers and a yellow beak, and look at me, I have black colour in my body throughout, and so I don't look beautiful." Then the swan replied, "I am not happy with my colour, I like the colour of the parrot as it has two colours, red and green." Then the crow went to the parrot and said to her that she might be very happy with the colours she has. Then the parrot replied, "I am not happy with my colours, instead I like the colour of the peacock as it has multiple colours on its body." Next the crow approached the peacock and tells the peacock that she is so beautiful with all the magnificent hues on its body. The peacock replied, "I am not happy with my

beauty, instead I envy you for your freedom as you are not caged." According to the peacock, the crow is the luckiest bird as it is not caged by others, but the peacock is caged for its beauty and so it doesn't have the freedom to move about. So dear friends we should be happy with whatever we have.... Everyone is unique in their own way and should feel blessed in the way we are. So let's conclude with "When you love what you have, you have everything you need."





Md. Abdur Rahim

## एक पैगाम बच्चों के नाम ....

सेब नीचे ही क्यों गिरा? क्या इंसान आसमान में उड़ सकता है? क्या मंगल पर जीवन है? हमारा मस्तिष्क कैसे काम करता है? ये वो सवाल हैं जिनमें से कुछ के उत्तर हमारे पास हैं और कुछ की हमें तलाश है।

नेशनल इंस्टिट्यूट ऑफ हेल्थ ने अपने शोध में यह कहा है कि एक नवजात शिशु में 100 बिलियन से भी अधिक न्यूरोन्स होते हैं जो कि एक औसत युवा के दिमाग का मात्र एक चौथाई ही है। मैंने आपसे यह जानकारी क्यों साझा की है यह आपको मेरी कहानी को सुनकर समझ में आ जायेगा।

सभा में उपास्थि समस्त श्रीतागण एवं मेरे प्यारे बच्चों आप सभी को मेरा प्यार भरा सुप्रभात।

आज मैं आपको कोई कहानी नहीं सुनाऊंगा बल्कि आपको अपने बचपन की एक सच्ची घटना के बारे में बताऊंगा। घटना बहुत ही रोचक है इसलिए आप सभी से अनुरोध है कि इस ध्यानपूर्वक सुनिएगा।

तब मेरी उम्र कोई 5-6 वर्ष की रही होगी। मुझे बहुत अच्छी तरह से याद है 30 फरवरी साल 1950 कि वह गर्मियों की शाम। रविवार का दिन था और स्कूल में दीपावली की छुट्टियाँ चल रही थी। मैं अपने दोस्तों के साथ आँख मिचोली खेल रहा था। छुपाने के लिए मैं पास ही के एक बंद पड़े टूटे-फूटे से पुराने मकान के भीतर चला गया। जहाँ अब कोई नहीं रहता था। और वहीं छुपकर बैठ गया। तभी मेरे मन में एक विचार आया क्यों ना इस खंडहर के भीतर घूम कर देखा जाए कि यहाँ कौन-कौन सी चीज हैं? कमरे में काफी अंधेरा था और सूरज ढलने के कारण अंधेरा और अधिक गहरा गया था। तभी अचानक मेरे पैर से कोई चीज टकराई। मैंने दोनों हाथों से उसे टटोलकर देखा तो पाया कि वह एक छोटा सा डिब्बा था।

पुरानी होने के कारण वह काफी बुरी हालत में धूल से सनी थी। मैं उसे उठाकर अपने घर ले आया। उसे बहुत अच्छी तरह से साफ किया। उसके ऊपर लगी धूल को हटाया। तो पाया कि वह छोटा सा पिटारा अर्थात डब्बा बहुत ही सुंदर था। मेरी इच्छा हुई कि मैं छोटे से डिब्बे अर्थात बक्से को खोल कर देखूँ कि उसके भीतर क्या है? जैसे ही मैंने बक्से को खोला उसमें से एक सफेद प्रकाश बहार निकली और उसी के साथ उसमें से एक आवाज आई "मैं एक जादुई पिटारा हूँ। तुम मुझसे जो भी माँगोगे मैं तुम्हारी इच्छा को पूरी करूँगा। यह जादुई डिब्बा जिसके पास भी होता है मैं उसकी मनोकामना पूरी करता हूँ।" यह सुनते ही मैं काफी खुश हो गया और सोचने लगा कि मैं इस जादुई डिब्बे से क्या माँगूँ? मैंने सोचा क्यों न उससे चॉकलेट और मिठाइयाँ माँगी जाए। और मैंने ऐसा ही किया। अगले ही पल मेरे सामने चॉकलेट और मिठाइयाँ आ गई।

आज भी वह जादुई डिब्बा मेरे पास है और जब कभी मुझे किसी भी चीज की जरूरत पड़ती है मैं उस जादुई डिब्बे से माँग लेता हूँ और कभी-कभी जादुई डिब्बे की मदद से मैं किसी गरीब और जरूरतमंद की भी मदद कर देता हूँ।

MORAL OF THE STORY यही है कि हमें दूसरे लोगों और जरूरतमंदों की मदद करनी चाहिए। तो उम्मीद है आप सभी को मेरे बचपन की यह सच्ची और अनोखी घटना बहुत पसंद आई होगी और आप भी इससे प्रेरित होकर दूसरों की मदद करेंगे। तो बच्चों अब आप मुझे यह बताइए कि आप में से कितने लोग उस जादुई डिब्बे को देखना चाहते हैं? जो लोग देखना चाहते हैं वह कृपया अपना हाथ ऊपर उठाएँ।

प्यारे विद्यार्थियों अगर आपने मेरी बातों को बहुत ही ध्यानपूर्वक सुना होगा तो आप पाएँगे कि मेरी बातों में तथ्य और सत्य की कमी है। मेरे



द्वारा बताये गए तथ्य और सत्य में काफी अंतर है जैसे 1950 में मेरी उम्र 5 या 6 वर्ष की थी, 30 फरवरी की तारीख जो पूरी तरह से झूठी है, फरवरी के मौसम में गर्मी का अनुभव और दीपावली की छुट्टियों की बातें यह तथ्य भी पूरी तरह से गलत हैं, और जादुई डब्बे की बात तो पूरी तरह से काल्पनिक और बेबुनियाद है जिसमें कोई भी सच्चाई नहीं है।

आज के इस AI के युग में किसी भी जानकारी को प्राप्त करना काफी आसान हो गया है। जरूरत है बस एक लैपटॉप, कंप्यूटर या स्मार्टफोन की जिसमें इंटरनेट की सुविधा हो और अगले ही पल आपके पास जानकारियों का ढेर लग जाएगा। पहले जानकारी प्राप्त करना या एकत्र करना काफी कठिन या दुसाध्याय कार्य था। मगर अब कठिनाई कुछ और है अब हमें जानकारियों के ढेर में से सही जानकारी ढूँढकर निकालना होता है। जो अपने आप में एक चुनौतीपूर्ण कार्य है और इसी समस्या का समाधान करने के लिए आपके पास तीन चीजों का होना अत्यंत आवश्यक है वह तीन चीज हैं - मूल स्रोत अर्थात् **लिसनिंग और रीडिंग स्किल**, दूसरा है **क्रिटिकल थिंकिंग** और तीसरा है **रिस्पांस** अर्थात् **स्पीकिंग स्किल**, प्रश्न पूछना अथवा उत्तर देना।

पढ़कर या सुनकर प्राप्त हुई जानकारी में आपको यह पता लगाना होगा कि प्राप्त जानकारी का मुख्य या मूल स्रोत क्या है? फिर आपको **क्रिटिकल थिंकिंग**, सूझबुझ और वैज्ञानिक चिंतन अथवा चेतना के आधार पर प्राप्त जानकारी का सूक्ष्म अध्ययन करना होगा अर्थात् आपको प्राप्त जानकारी में तथ्य और सत्य है भी या नहीं और अगर है तो कितना है ये समझना होगा।

**रिस्पांस** अर्थात् **स्पीकिंग स्किल** के रूप में आप तीन मुख्य सवाल पूछ सकते हैं क्या, कब और कैसे? स्पीकिंग स्किल के तहद प्रश्न पूछने पर दो चीजें हो सकती हैं पहली, प्रश्न का ठीक-ठाक उत्तर मिलने पर आपकी

सभी शंका जाती रहेगी या मिट जाएगी और आपको आपके प्रश्न का उचित उत्तर मिल जाएगा दूसरी स्थिति यह हो सकती है कि आपको तथ्य और सत्य में अंतर या दोनों में कोई मेल या सामंजस्य न दिखे ऐसी स्थिति में आपको समझ जाना चाहिए कि कुछ गड़बड़ है अथवा जानकारी पूर्ण रूप से गलत अथवा निराधार है।

कक्षा हो या खेल का मैदान, सड़क से लेकर संसद तक सवाल पूछिए। जिस प्रकार क्रिकेट के मैदान में डीआरएस के माध्यम से खिलाड़ी अंपायर के निर्णय के साथ-साथ खेल के परिणाम को भी बदल देने की क्षमता रखते हैं। ठीक उसी प्रकार कक्षा में पूछे गए सवाल से आप अपने जीवन में परिवर्तन ला सकते हैं। शिक्षा का उद्देश्य ही बच्चों के भीतर अलग-अलग स्किल को डेवलप करना है और आपको यह समझना होगा कि स्किल चाहे कोई भी हो उसके विकास की शुरुआत गहन चिंतन, मंथन, प्रयोग और कथन के निरंतर प्रयासों से ही संभव हो सकता है। याद रखिए आप अपने आसपास मौजूद जो कुछ भी देख या घटित हो रहे छोटे से छोटे परिवर्तन जिसे आप महसूस कर पा रहे हैं वह किसी न किसी के विचारों और प्रश्नों का ही प्रतिफल और परिणाम है।

इसलिए मेरे प्यारे विद्यार्थियों सवाल पूछते रहिए क्योंकि गूगल भी कहता है “पूछने से सब होगा।” सब होगा या नहीं इसका दवा तो मैं नहीं कर सकता लेकिन आपको इतना भरोसा जरूर दिला सकता हूँ कि आपके बोलने से बहुत कुछ हो सकता है, बहुत कुछ बदल सकता है, सवाल पूछने से न केवल आपका ज्ञान बढ़ेगा बल्कि आपके साथ-साथ दूसरों को भी इससे फायदा होगा। एक स्लोगन मलाला यूसुफ ने दिया था - “वन चाइल्ड, वन टीचर, वन बुक, वन पेन, कैन चेंज द वर्ल्ड” और एक स्लोगन आज मैं आप सबको इस मंच से देना चाहता हूँ।

**“एक व्यक्ति, एक विचार, एक प्रश्न पूरे संसार को बदल सकती है।”**





मीना सिंह

## आत्मविश्वास की गुँज

आपको ही करना है। अपने लक्ष्य को पाने के लिए तुम्हें एक कविता सुना रही हूँ शायद कभी काम आ जाए -

मैं आपके पास सिर्फ दो शब्दों को लेकर आयी हूँ। एक है - आत्मविश्वास और दूसरा है - अहंकार।

हाँलाकि ये दोनों ही शब्द एक ही परिवार के सदस्य हैं लेकिन दोनों की सोच एकदम अलग है। आत्मविश्वास कहता है - मैं अच्छा हूँ। अहंकार कहता है - सिर्फ मैं ही अच्छा हूँ। आत्मविश्वास कहता है - मैं हार नहीं सकता। अहंकार कहता है - मुझे कोई हरा नहीं सकता। आत्मविश्वास कहता है - मैं हर मुकाबले के लिए तैयार हूँ। अहंकार कहता है - मेरा कोई मुकाबला ही नहीं कर सकता।

कहते दोनों हैं करते भी दोनों हैं लेकिन आत्मविश्वास की गुँज सफलता तक जाती है और अहंकार की गुँज विनाश तक। इसलिए बच्चों, आत्मविश्वासी बनो अहंकारी नहीं।

आत्मविश्वास वह पत्थर है जो आदमी को तराशकर हीरा बना देती है लेकिन अहंकार मनुष्य को विनाश की तरफ ले जाती है। इसलिए आत्मविश्वासी बनो अहंकारी नहीं। क्योंकि सफलता उसी के कदम चूमती है जहाँ आत्मविश्वास है।

जीवन संघर्षशील है। जब तक जीवन है तबतक संघर्ष है। अभी मैं खास कर दसवीं और बारहवीं के बच्चों को कहना चाहती हूँ कि (क्योंकि ये बच्चे कुछ दिनों में यहाँ से दूर चले जायेंगे) बच्चे कभी भी किसी समस्या के आने पर हतोत्साहित नहीं होना है। उसका डटकर मुकाबला करना है और अपने लक्ष्य तक पहुँचना है। किसी भी विकट परिस्थिति हो उसका सामना करना है।

आप दुनिया के किसी कोने में चले जाओ, समस्याएँ मुँह बाएँ खड़ी होगी लेकिन आप अपने को वहाँ से कैसे निकालोगे ये

मुट्टी में कुछ सपने लेकर  
भरकर जेबों में आशाएँ  
दिल में है अरमान यही कुछ कर जाएँ - 2  
सुरज सा तेज नहीं मुझमें  
दीपक सा जलता देखोगे  
अपनी हद रौशन करने से  
तुम मुझको कब तक रोकोगे - 2  
मैं उस माटी का वृक्ष नहीं,  
जिसको नदियों ने सींचा है।  
बंजर माटी में पलकर मैंने  
मृत्यु से जीवन खींचा है।  
मैं पत्थर पर लिखी इबारत हूँ  
शीशे से कब तक तोड़ोगे - 2  
मिटने वाला मैं नाम नहीं  
तुम मुझको कब तक रोकोगे - 2  
इस जग में जितने जुल्म नहीं  
उतने सहने की ताकत है।  
तानों के भी शोर में रहकर,  
सच कहने की आदत है।  
मैं सागर से भी गहरा हूँ,  
तुम कितने कंकड़ फेंकोगे - 2  
चुन-चुन कर आगे बढ़ूँगा मैं  
तुम मुझको कब तक रोकोगे - 2  
झुक-झुक कर सीधा खड़ा हुआ  
अब फिर झुकने का शौक नहीं।  
अपने ही हाथों रचा स्वयं  
तुमसे मिटने का खौफ नहीं।  
तुम हालातों की भट्टी में  
जब-जब भी मुझको झोंकोगे  
तब तपकर सोना बनूँगा मैं  
तुम मुझको कब तक रोकोगे - 2



Mon Bahadur Lama

## Growth Mindset

A growth mindset helps you

1. To embrace challenges instead of avoiding them.
2. To learn from mistakes, instead of feeling discouraged.
3. To put in more effort instead of going up easily.
4. To accept feedback as a tool for improvement rather than criticism.
5. To stay motivated to achieve long term goals despite difficulties.

### How to develop a growth mindset for academic success or success in other areas.

1. Believe in the power of yet. Instead of saying I can't solve this Math problem, say I can't solve this problem yet. This simple shift in thinking builds a positive attitude towards learning.
2. Embrace challenges. Don't be afraid of difficult subjects or tasks. See them as opportunities to grow. Remember, easy work doesn't make you smarter, but challenges do.
3. Put in consistent effort. Students, success comes from consistent effort, not just from intelligence. That's why we use to say hard work beats talent when talent doesn't work hard.
4. Surround yourself with growth minded people. Always spend with those who inspire and motivate you. Positive influences can shape your mindset to do better. Always be curious and see new knowledge.

Students, a growth mindset isn't just about studies, it applies to all aspects of life. So, students instead of wasting time in finding faults in others. We should work on becoming best version of ourselves. It's easy to point fingers but it's very difficult to look within and grow. Choose the tougher path. It leads to greatness. Remember, your abilities are not fixed, they are expandable."

One day, former President Dr. APJ Abdul Kalam was addressing a group of students, when a curious young boy stood up and asked him, "Sir, what is the toughest and easiest job in the world?"

Then, Dr. Kalam thought for a moment and replied with a smile, the easiest job in the world is criticizing others. Anyone can do it without any effort. The toughest job in the world is accepting own mistakes and to improve yourself. It takes courage to accept own mistakes, hard work to change and become better person. Most people avoid this because it requires effort, patience and self-discipline. Most people one should have a mindset of growth, which is a powerful tool for improvement.

### What is a growth mindset?

A growth mindset is the belief that our abilities and intelligence can be developed with effort, learning and persistence.

Now, a question arises here, why is a growth mindset important?



मौसमी गायन

## मेहनत और धीरज

विद्यार्थियों आज में आपके सामने भगवान बुद्ध से संबंधित छोटा-सा प्रसंग सुनाने जा रही हूँ। यह उस समय की बात है जब वे अपने अनुयायियों संग किसी गाँव में उपदेश देने जा रहे थे। उस जगह पहुँचने से पहले रास्ते में उन्हें कई सारे गड्ढे खुदे हुए दिखाई दिए। ऐसे में एक शिष्य ने उनसे पूछा, “इतने सारे गड्ढे खोदने का रहस्य क्या है?” गौतम बुद्ध ने नम्र होकर जवाब दिया कि किसी व्यक्ति ने पानी की खोज के चलते इतने सारे गड्ढे खोदे हैं। यदि वह धैर्यपूर्वक एक ही जगह में गड्ढा खोदता तो उसे पानी आसानी से मिल जाता। आगे गौतम बुद्ध ने समझाया कि कड़ी मेहनत के साथ-साथ धीरज का होना भी ज़रूरी है।





Mousumee Gogoi

## Benefits of Drinking Water

Water — a Precious Gift of Nature, vital to humanity's existence. All living things must have water to survive. Around 60 percent of the Human body is made up of water, and around 70 percent of the planet's surface is covered by water. Besides being an important part of the fluids in our body, water is needed by each cell to work. Our blood, which contains a lot of water, carries oxygen to all the cells of our body. Without oxygen, those tiny cells would die, and our body would stop working. Water is also in lymph, a fluid that is part of your immune system, which helps us to fight off illness

Drinking water has numerous benefits. Water is crucial for many bodily functions, such as

- Water helps food move through our digestive system. Drinking water helps prevent constipation and indigestion.
- Water helps our body absorb nutrients from food.
- Water helps regulate our body's temperature. When our body heats up, water stored in our skin turns into sweat and evaporates, which cools us down.
- Drinking water helps keep our skin healthy, bright, and younger. Dehydration can make our skin look wrinkled and deflated.
- Water helps our kidneys and other vital organs function properly.
- Water can help us perform better physically and mentally. Water helps improve our cognitive abilities, such as learning, remembering, and focusing
- Drinking more water may help us to lose weight by increasing our metabolism.
- Drinking water lubricates joints: Water cushions and lubricates our joints.
- Drinking more water can help with low blood pressure.
- Drinking more water can help control diabetes.
- Drinking more water can help prevent urinary tract infections.
- Drinking more water can help prevent migraines.

Getting enough water every day is important for our health. The amount of water we should drink depends on several factors, including: our age, our sex, our activity level, our height and weight, and our health conditions. Insufficient drinking and excess loss of water from our body can cause dehydration, which may lead to unclear thinking, mood change, overheating, constipation, and kidney stones so we all should drink enough water every day. Our body needs more water when we are in hot climates, more physically active. Running a fever, having diarrhoea or vomiting.



*Namita Borah*

## Dreams That Inspire to Achieve

Yesterday is but today's memory and tomorrow is today's dream. Children, today I am going to tell you a story of a milkmaid and her dream. Once in a village there lived a milkmaid who used to earn her living by selling milk. Every day she used to go to sell milk holding a pot on her head. She always dreamt of becoming rich and famous. One day while going on her way suddenly a thought came into her mind "with the money that I will get after selling milk I will buy a hen which will give eggs and the eggs would hatch to give me a lot of chicken. Then I will sell them to buy piglets and kids. When they will grow I will go to the market to sell the pigs and goats. With the money I will buy a cow who would give me more milk. With the profit I will become rich and buy a beautiful necklace for me. When I will wear the necklace and go around the village other girls will be jealous of me. Oh what a fun it would be!!"

All the while she was dreaming and she was unaware of her surroundings. Suddenly she tripped over a stone and fell and so did her milk full pot. The milkmaid became very sad as all her dreams have been shattered. Had she been more careful she would have earned the money.

With a pensive mood she went home and narrated the entire story to her father. Father replied "See my dear, dreams inspire us to achieve goals, but to reach those goals we must do our job with full sincerity and dedication. Dreams can come true only through hardwork."

Like the milkmaid we all have dreams and it is very essential to have dreams from within. Dreams help to make our future plan. But a dream does not become reality through magic, it takes determination, involvement and hard work. Then only our dreams come true. Sometimes it might take a long waiting period for which we need to have short term goals.

So dear students, aim higher and dream. Future belongs to those who dream but also work hard with patience and perseverance.



Namrata Dowerah

# Happiness

Happiness comes from within. It is something that you feel from within. It is basically a state of mind and feeling of joy. Happiness is a feeling of pleasure and positivity. When someone feels good, proud, excited, relieved or satisfied with something, that person is said to be happy. Feeling happy help a person to relax and to smile. Happiness is usually the opposite of sadness.

Now, what makes you happy as class 1 and class 2 students?

You feel happy when you share things, your tiffin, helping your family and specially helping your friends.

So, always try to remain happy without any fight with your friends, brothers or sisters. Always stay positive and you will automatically remain happy.

If you believe in yourself anything is possible. Always remember one thing- 'For every minute you are angry or having a fight with others you lose sixty second of your happiness'. So, do not waste your time with bad things.

Always keep smiling and try to remain happy.





Natasha Gogoi

## Mistakes — A Refinement

Let me begin today's teacher's talk with a hand up and hands down activity by asking you a few questions. How many of you think you have made at least one mistake during your summer break when dealing with your parents or your near and dear ones? How many of you think you have made a mistake in your PT -1 exam? Well... we all tend to make mistakes because of our super-duper enthusiasm and energy. But children don't lose your confidence after making a mistake. Never be fearful of making mistakes in your life because mistakes do not define us, instead they refine us in whatever we do and that refinement is called experience.

We must never lose our hope or our confidence after making or realizing our mistakes. Now, tell me children, how many of you like to take the back seat as a passenger or are fascinated to drive your dream cars when your age permits?

You know children, when we take the back seat as a passenger, we have a choice to do so many things like – talk, sleep, chat, text messages, eat, drink, and see the billboards and so on. But the driver, who is driving cannot see here and

there, cannot sleep, chat or text messages while driving. You know why??? If the driver gets distracted, then you know what would be the consequence- an accident. Similarly, as a student, in your life's journey, if you are at the back seat as a mere passenger, you will tend to get distracted from your surroundings; you will never be able to achieve what you want, be it in your work, duties or personal life. So, if you want to avoid getting distracted, we have to start playing the role of a driver. If you want to achieve your goal, the zenith of success, your ultimate destination, you need to play the role of a driver in your life. You have to take the charge of your life's journey. By the way, getting charged here does not mean drinking a full bottle of energy drink like 'Sting' or 'Redbull' and giving you the wings to fly. The way you don't forget to charge your mobiles, laptops or any gadgets, similarly you need to charge your life with positivity, happiness and acknowledging your mistakes. So pay attention to all your errors, no matter how big or small they might seem

Remember that each error can be an opportunity to build your mental muscle and become somewhat better in your near future.



*Nikita Chakravarty*

# Advertisement, Marketing and Manipulation

Do you recall the last time you saw a visual in the TV or social media which attracted you so much so that you ended up buying it?

If you believe the data, companies spend 17 billion dollars annually on marketing to children. The food industry alone invests nearly 2 billion dollars annually to brainwash kids into thinking that products like potato chips or wafers or noodles are healthy snacks. They use familiar characters of Disney or Marvel or a Doraemon on the face of the products to make it desirable.

Students, you are the largest influence on food, entertainment, etc and advertisers know this and they exploit it. We can't change them but what we can do is educate and protect ourselves from these manipulations.

Now, why do marketing companies target kids? There are three primary reasons—

1. Children are vulnerable to advertisement.
2. Companies want to build brand loyalty from a young age.
3. They influence family purchases.

According to the marketing strategies, young buyers are put into different categories such as Primary market, Influence market and future market.

Influence market is the one in which companies exploit children for something they are really good at that is pestering. Brands or companies actually refer to this as “Pester power”. From a marketing standpoint this is a child’s ability to nag/pester the parents (customers) to buy something for them (consumers).

Let’s take Apple and the iPhone as an example. Apple’s marketing strategy is a masterclass in creating desire and exclusivity. The sleek design, innovative features, and high-quality materials make the iPhone a coveted item. Apple’s advertisements often focus on the lifestyle and status associated with owning an iPhone, rather than the product itself. When iPhone was introduced it was seen as if “It is a product for the class and not the mass” which made the masses chase the product more as they were the victims of the strategy of exclusivity.

So, the next time you are buying or going to invest your parent’s money in a product, give it a thought whether it’s actually something you need or you are made to believe that you need it. Be smart and make smart choices.



*Pallabi Borah*

## Family

I am going to speak few lines on Family.

Family is always a number one priority in our life and we should always think of ways to give back to them in non-material ways. They are our first school and their teaching has strengthened our bond with them and their love makes us feel good always. Family plays a very important role in our life with the help of the love. I have a wonderful family too. Family plays a crucial role in every one's life. Family is a source of love & support. The family includes parents, siblings, and sometimes extended relatives. They share joys, sorrows and every day moments.

Parents guide and nurture siblings to play and argue. Together they create an unbreakable bond.





Pinky Khound

## Foresightedness

Once upon a time in a faraway forest there was a pond where three fishes lived, each one of them had a special quality- one was 'far-sighted, the second was a 'quick-thinker' and the third one was 'who relied on luck for everything. Out of them the first fish always planned ahead, the second fish was always resourceful and quick, and the third fish always depended on luck to get him out of trouble.

One evening some fishermen passed by the pond on their way home. 'Look this pond is full of fish' they cried. 'Today the day is done and our fishing nets are full of fish, but tomorrow at sunrise we will come here to catch all the fish.

When the three fishes heard this the first fish called everyone and said -'we must leave the pond tonight or we will be dead tomorrow at dawn.

The second fish said 'Friend you are right, you had always said that one day this will happen. Though this pond is our ancestral home we must leave it behind. It is time to move away.

But the third fish only laughed -'You cannot mean this seriously' he said, 'how can we leave our wonderful, comfortable pond just because a few fishermen happened to pass by and said a few words?' Yes, it is true we will all die-not tomorrow not by being caught by these fishermen but some day of old age. We can't just abandon our home like this! Who knows the fishermen may never come! Besides, no matter how far we run if we are fated to die then die we will. So leave if you want to, my friends but I will stay here.

So, the other two fishes gathered their families and friends and left for another pond that very night.

Next morning at Sunrise the fishermen came and cast their nets, and true to their word, caught every fish in the pond, thus the third fish and his family and friends all died in the fishermen's net.

So children we as individual should prepare for any upcoming events in our life, for example the biggest event that is coming your way is your Half Yearly/PT-2 Examination and like the first two fish you should prepare for it and get ready rather than working like the third fish, doing only selective study and waiting for your luck to shine. It is always good to think ahead, because....

'The one who anticipates disaster and plans ahead to save himself,

The one who spots it coming close and steps aside in time-  
These are the ones who will survive to live long and happy lives

But the one who trusts to fate and chance  
And does not think to help himself  
Such a one will be destroyed when calamity comes.'



*Pooja Dewan*

## Kindness is a Superpower

- When Sudha Murthy was a little girl, she lived with her grandparents in Karnataka.
- Sudha Murthy's grandparents earned their livelihood through farming. They had paddy fields and used to store the paddy in granaries.
- There were two granaries. One at the front of their house and the other at the back of their house. They would store the good quality rice which was white in colour in the front granary and the low quality rice which was red in colour in the back granary.
- As a little girl Sudha observed that whenever any poor and needy would come to their home asking for food they would always offer the best quality rice, the one white in colour.
- Sudha's curiosity got the best of her and finally one day she asked her grandmother that why she and grandfather would offer the best quality rice to the poor and needy, but reserve the low quality rice for themselves.
- Sudha's grandmother smiled at her and said something which Sudha remembered for life.
- Sudha's grandmother said that, 'In life when you get an opportunity to help someone, always give the best in you, not the second best. Because, God does not live in the temple, mosque or church. He is with the People. So, when we serve people with whatever we have, we have served God'.
- Sudha held unto these beautiful teachings imparted to her by her grandmother. She grew up to be the first female engineer to be employed in the Tata Engineering and Locomotive Company. She served as the chairperson of Infosys Foundation. She was also awarded Padma Bhushan Award in the year 2023.
- Hence, in life if there is anything you can be, BE KIND...! **Make kindness your superpower.** Because, Love and Kindness are never wasted. They always makes a difference.



*Poonam Gosain*

## Health is Wealth

I want to talk to you about a very important topic: "Health is Wealth." You may have heard this phrase before, but do you know what it really means?

Being healthy is not just about feeling good physically, but also mentally and emotionally. When we are healthy, we can think clearly, learn new things, and enjoy life to the fullest.

On the other hand, when we are not healthy, we can feel tired, grumpy, and demotivated. We may struggle to focus in class, participate in activities we love, or even spend time with our friends and family.

So, why is health considered wealth? Because good health is the foundation upon which we can build a happy, successful, and fulfilling life. When we have good health, we have the energy, vitality, and resilience to pursue our passions, overcome challenges, and achieve our goals.

Now, I know some of you may be thinking, "But teacher, I'm already healthy. I don't need to worry about this." However, health is not just about being free from illness or disease. It's also about making healthy choices, developing good habits, and taking care of our mental and emotional well-being.

So, what can we do to prioritize our health and well-being? Here are a few tips:

- Eat a balanced diet that includes plenty of fruits, vegetables, whole grains, and lean protein sources.
- Stay hydrated by drinking plenty of water throughout the day.
- Exercise regularly, whether it's playing sports, riding a bike, or simply taking a walk.
- Get enough sleep each night, aiming for 7-9 hours.
- Practice stress-reducing techniques, such as meditation, deep breathing, or yoga.
- Surround yourself with positive people who support and uplift you.

Remember, taking care of our health is an investment in our future. By making healthy choices and developing good habits, we can build a strong foundation for a happy, successful, and fulfilling life.

So, let's make a commitment to prioritize our health and well-being, starting today!



Prachurjya Plavon Kashyap

# The Four Pillars of Success

Success is something we all strive for, but how do we achieve it? Whether in academics, teaching, or life in general, success is built on four strong pillars: **Hard Work, Discipline, Perseverance, and Integrity.**

## 1. Hard Work – The Foundation of Success

*“There is no substitute for hard work.”* – Thomas Edison

Success doesn't come overnight. It requires dedication, effort, and patience. Students must put in their best efforts in studies, just as teachers work hard to shape young minds.

## 2. Discipline – The Bridge Between Goals and Achievements

Discipline is what keeps us moving forward even when we don't feel like it. A well-disciplined person manages time effectively, follows routines, and stays focused on goals. In school and life, discipline ensures consistent progress.

## 3. Perseverance – The Power to Keep Going

*“Success is not final, failure is not fatal: It is the courage to continue that counts.”* – Winston Churchill

Challenges and failures are part of life. What matters is our ability to rise every time we fall. Perseverance teaches us resilience, making success a reality.

## 4. Integrity – The True Measure of Success

Honesty and strong moral values define true success. A person with integrity earns trust and respect, which are more valuable than any material success. In school, integrity means being honest in exams, respecting others, and standing by what is right.

To be successful, we must work hard, stay disciplined, never give up, and always uphold integrity. If we strengthen these four pillars in our lives, success will follow.



Pranab Kr. Singh

## Believe in Yourself

According to tradition, Gautam Buddha offered the answer on one of his many journey: “No one saves us but ourselves. No one can and no one may. We ourselves must walk the path. It is better to conquer yourself than to win a thousand battles”.

A very cheerful good morning to the respected principal sir, Teachers and my dear students. How charming and beautiful today's sunrise and indeed every sunrise is a new opportunity we should not miss it.

Today, my teachers talk topic is **believe in yourself** and how to make the most of life. As a teacher, I am privileged to be able to observe the potential that each and every one of you possesses. I want you all to imagine that life is like a canvas, and every day we are given a brush and paint to create our own masterpieces. The colours we choose, the strokes we make and the design we create, will all come together to form a beautiful pictures of our lives.

But sometimes, we may feel lost or stuck and we may not know what colours to choose, that's why it is important to remember that life is not just about the destination, but about the journey. The journey is full of ups and downs, twists and turn but it is through these experiences that we grow and learn.

Let me talk about the life story of Vincent Van

Gogh, one of the most iconic painters of the 19<sup>th</sup> century. Vincent was always drawn to the art despite his family objections, rejections by the art world, he pursued his passion for painting and today his works are some of the most famous and valuable in the world. So children embrace your struggles and use them as opportunities to grow and learn. Life is not a competition with others, but a journey to became the best version of yourself. Remember life is a canvas and it's up to you to create the masterpiece that is your life. I want you to know that you have within you all the skills and abilities needed to achieve anything you want in life.

I encourage you to have a growth mindset, to never stop learning and to always keep pushing forward, no matter what challenges come your way. Each and every one of you is unique, special and capable of making a positive impact in this world. Just go ahead, believe in yourself and humming the song ....**We shall overcome, we shall overcome, we shall overcome, some day. Oh deep in my heart I do believe, we shall overcome, some day.**



Prarthana Sarma

## Leadership Skills

Throughout history, the world has produced great leaders like Mahatma Gandhi, Martin Luther King, Barack Obama, and the list goes on. So what is common between all these leaders that make them truly great? What is the quality of all these leaders that made people believe in them?

Well, the answer is that they could guide huge populations of people for the greater good. A quality leader will always think about people and help them in solving problems and that's what all the great leaders in the past have done.

Here are some pointers you can practice to develop leadership skills:

- Leadership is a process: It's not easy to become a great leader overnight, and it involves facing challenges like failure, discomfort, and fear.
- Leadership is about selflessness: Great leaders are selfless and focus on the greater good of society.
- Leadership is about learning from mistakes: A true leader learns from their mistakes and tries to correct them.

- Leadership is about respect: A good leader respects their team members and helps and guides them when needed.
- Leadership is about gratitude: A good leader practices gratitude and respects people regardless of their profession.
- Leadership is about communication: A good leader has excellent communication and interpersonal skills.
- Leadership is about decision making: A good leader can make tough decisions and take responsibility for their actions.
- Leadership is about adaptability: A good leader can adapt to changing circumstances and find solutions to challenges.
- Leadership is about integrity: A good leader has integrity and ethical values to earn the trust and respect of their team.
- Leadership is about confidence: A good leader has strong self-confidence and inspires others to follow them.
- Leadership is about strategic planning: Great leaders can plan strategically and anticipate future trends to adjust their organization to changing industry tastes and preferences.
- A good leader is not about commanding people to do their work but it is always about helping people to get the work done.

Leadership is always about impacting people in such a way that it will help them to reach their goals. It is about having the ability to decide on the worst picture possible. It is about seeing the bigger picture for a better future. Leadership is linked to communicating with the team and finding the answer. It is about showing determination towards your goal, it is about listening to the team and helping each other to find a solution, and above all leadership is about earning respect from the team and accepting the challenge without fear.

Hope you inculcate leadership qualities to not only lead but also become a better individual yourself.



Priyanka Kaushik Goswami

# The Role of MORNING ASSEMBLIES in School Life

Today, we come together once again for our school assembly, a time-honored tradition that holds immense significance in our school community. While it may seem like just another event on our busy calendars, I want to take a moment to emphasize why these assemblies are so much more than that.

## 1. Communication of Important Information:

First and foremost, assemblies serve as a powerful symbol of *unity and togetherness*. In this fast-paced world, where we're often pulled in a hundred different directions, the assembly provides us with a rare opportunity to pause, come together as one, and celebrate our shared identity as members of this school community. Assemblies are an efficient way to disseminate important information to the entire school population. This could include announcements about upcoming events, changes in school policies, or reminders about deadlines.

Beyond mere symbolism, assemblies also play a practical role in *communication*. It's during these gatherings that we have the chance to disseminate important information that affects each and every one of us. Whether it's upcoming events, changes in school

policies, or simply reminders about deadlines, the assembly serves as a platform for keeping us all informed and connected.

## 2. Cultural and Educational Enrichment:

But perhaps most importantly, assemblies are a time for inspiration and celebration. They're a chance for us to shine a spotlight on the incredible achievements of our students and staff, whether it's academic success, athletic prowess, or acts of kindness and service to others. Just a few days back we witnessed the felicitation of one of our *bhaiyyas* by Principal Sir for his act of honesty. Nothing can be more effective than such pragmatic examples in front of our eyes for fostering values in our lives! By celebrating these achievements publicly, we not only honor the individuals involved but also inspire others to strive for excellence in their own lives.

Furthermore, assemblies provide us with opportunities for *cultural enrichment and personal growth*. Through guest speakers, performances, and presentations, we're exposed to new ideas, perspectives, and experiences that broaden our horizons and challenge us to think critically about the world around us.



### 3. Promotion of School Values and Ethos:

Finally, assemblies are a reflection of our *school's values and ethos*. They're an opportunity for us to reaffirm our commitment to respect, kindness, inclusivity, and excellence in all that we do. In this way, the assembly serves as a reminder of who we are and what we stand for as a school community. Starting from the commands of the commander, with which the entire school teeming with children of different age groups when walk in line to their designated areas, it reflects the daunting discipline of the Army through you children; it reinforces in you those minute habits which once if they become incorrigible, they will entirely transform your personality, your achievements, your life as a whole to a different level altogether, which you'll not realize now but I'm 101% sure you will thank your school later! Within a structured time frame, the students get exposure to the discipline through the falling in lines followed by the prayer, thought of the day, news, special item, birthday wishes, mahamrityunjay mantra, and finally concluding with our tribute to our nation! The School Assembly encapsulates all!!

### 4. Opportunities for Student Involvement:

Assemblies provide students with opportunities to participate and showcase their talents. Whether it's through performances, speeches, or leading certain segments of the assembly, students can develop confidence and leadership skills.

### 5. Celebration of Traditions and Rituals:

Our school has traditions and rituals associated with assemblies, such as singing the national anthem, reciting a school pledge, or observing moments of silence. These rituals can instill a sense of pride and belonging among students.

### 6. Platform for Important Discussions:

Assemblies can serve as platforms for addressing important issues affecting the school community. Whether it's bullying, mental health, or current events, assemblies provide opportunities for open dialogue and education.

So, as we gather here today, let's remember the importance of this moment. Let's embrace the opportunity to come together, to communicate, to celebrate, and to grow. Because ultimately, it's through events like these that we strengthen the bonds that hold us together and reaffirm our shared commitment to the ideals that define us as a school."

Finally, I would impress upon my stand by saying—

**It's easy to stand with the crowd, but the school Assemblies will give you the courage to shoulder responsibilities, and, if need be, stand all alone."**





Probin Likhari

# Innovation

Now a days we talk much about twenty first century skills. One of the most important skill we need to develop is innovation and creativity. Today I am going to talk about innovation. **Innovation is defined as the process of bringing about new ideas, methods, products, services, or solutions that have a significant positive impact and value. It involves transforming creative concepts into tangible outcomes that improve efficiency, and effectiveness, or address unmet needs.**

I'll talk about one brainstorming technique which all of you should try. It is called **SCAMPER**. **SCAMPER** is an acronym for **Substitute, Combine, Adapt, Modify, Put to other use, Eliminate and Reverse**.

I'll try to give few examples for better understanding of it.

Let us start with **S. S** for **Substitute**.

This approach means substituting the problematic part with another to solve the problem or achieve an advantage.

It can be the properties it can be the time or place, people, feelings or attitude.

Say example Can changing the brand logo improve the image of a product?

Take another example, if we talk about a spoon we use, can we change the material from metal to bamboo to make it lighter for children, also cheaper and more eco-friendly?

Next is **C. C** for **Combine**.

What can be combined? It can be one product with another, it can be the combination of different objectives, talents, resources or activities.

For example cell phones have combined phone features with camera, radio and what not! But before 20 years it was just a device which was used to make only phone calls.

Next is **A. A** for **Adapt**.



Can we use borrowed features? Can you use ideas outside your field of work?

For a product, what can be added to survive in the market? Cars now have built in wi-fi, sunroof, GPS, ventilated seats and what not! All of you know **FORD** had to leave India as they could not justify the cost of their vehicles, as within that price tag other car makers provide better cars in terms of features and specifications.

Next is **M, M** for **Modify**.

What can be modified?

It can be the modification of features, size, duration, pricing etc.

All of you can see the modifications done in our morning assembly. Modifications done in cars in automobile industry, modifications in the techniques in constructing roads, bridges, buildings etc. to improve the quality of the product.

Next is **P, P** for **Put to Another Use**.

Can a product or idea be used for other purposes?

Can we use this basketball court for some other purpose other than playing basketball and conducting morning assemblies? Please think of it. Can we use a counter in our classrooms which is normally used in banks for counting notes? During COVID-19 pandemic, coffee filters being used as filters in masks for faces. You may be surprised to know that some manufacturers started using the charging port of their

phones as the audio output.

Next is **E, E** for **Eliminate**.

What can be removed? What are non-essentials? Can we simplify our idea to reduce cost, time and effort?

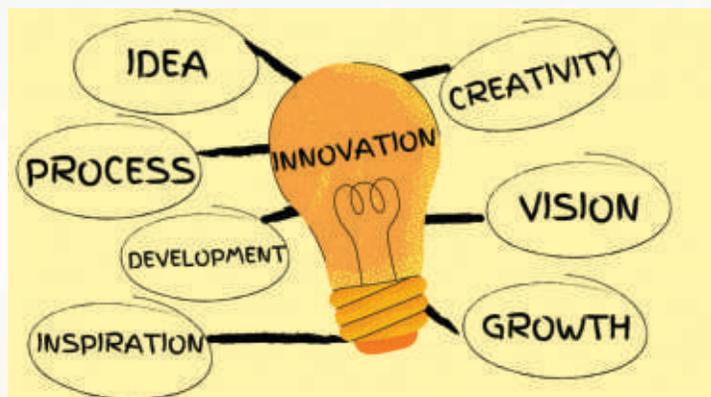
Removing cigarette lighters from cars and providing the space for charging devices discourage tobacco use. Removing engine from a car in electric cars making the driving cost low and eco-friendly. Just imagine the weight of a TV, Picture quality and sound quality 15 years back. Big vacuum tubes or valves were used to make those and now the use of electronic chips make it lighter and cheaper without compromising the quality.

Finally **R, R** for **Reverse or Rearrange**.

Is there any possibility of interchanging components of a system? Can we reverse the order of a happening?

For example plastic bags were once a revolutionary solution for many shoppers to avoid paper packs but now we discourage using plastic bags. So if you again want to go back to paper packs or look for alternatives you have to innovate. As now we just can't think of cutting trees for paper bags, so what can be the alternatives of plastic or paper bags? Just think of it.

Dear children these are just few examples and questions I wanted to put in front of you to make you understand about SCAMPER to incorporate innovation into your daily life.





*Ranjima Baruah*

## Friendship

“Friendship is born at that moment when one person says to another: What! You too? I thought I was the only one.”

Friends are like the sunshine on a rainy day. They make life happy and fun. Friendship means caring, sharing and laughter together. When we have friends, we don't feel alone. We play together, tell stories and also help each other when we need it. Friends are the most precious gift to all of us. We should always understand its importance. We should always be kind to our friends and listen to them. If we see our friend is sad, we can cheer them up with a smile or a joke. When we are with our friends we feel safe and secure. They always ready to support each other and provide good knowledge and advice. It is with our friends that we can share our feelings which would otherwise cannot be shared with family. The only memories that we have of our school and colleges is that of our friends and the good times we had. Friendship is built on trust, honesty and also mutual respect. We should support our friends in both good and bad times. Friends form the most important part of our childhood and the kind of friends we surround ourselves with will help us shape our personality. We must always understand the value of friendship and remember that true friends always stand together and helps wherever and whenever needed.





# Sustainable Existence by Mastering Fundamental Skills



Rashmi Kaman

I'm here to discuss the importance of learning and applying basic skills to our everyday lives in order to live a sustainable existence.

How many years make up a generation, do you know? Usually, the durations range from 20 to 25 years. These generations are now represented at our school: Baby Boomers, Gen X, Milennneial or Gen Y, Gen Z, and the most recent is Gen Alpha. They have something unique to teach each generation.

The Alphas of today are so used to digital technology that they are significantly more proficient than their parents at using Google and cellphones. This does not, however, mean that our elder generations lack insight. In fact, many skills that were deemed essential just a few generations ago are now viewed as highly specialized. People now pay to master skills that were formerly thought to be commonplace home activities. I want to use a short narrative to illustrate this.

Baboons and monkeys erupted in frantic celebration upon learning of the death of the guy who had once chased them out of the corn fields. There was no maize in the next years. Then when they discovered, with anguish, that the deceased man was the farmer! When you are gone, people will understand the significance of what you have done, even if they don't perceive it now. **Some of our adversaries are a necessity.**

Two generations ago, these 10 skills were shared by everybody. These skills aid in our capacity for tolerance. Numerous benefits of tolerance that support human welfare and social peace include:

**1. Sewing :** Wearing clothes that they had made themselves was common in the past. Basic knowledge of sewing techniques was necessary for this. No one knew the brand name. Sewing buttons and tearing clothes were commonplace in the past. Sewing offers a mental respite from those pessimistic ideas. It facilitates the processing of emotions. It's a great method to relieve tension! In addition to improving handwriting abilities and attention span, hand-stitching a needle through fabric and hand-knotting thread also enhances hand-eye coordination.

**2. Gardening:** was not a hobby for most people, but rather a necessity for survival. Vegetable gardens provided the food. People were aware of when and how to plant vegetables. The whole family would adore these. Gardening on a regular basis can significantly improve one's health. Gardening can improve your quality of life, lower stress levels, and encourage mindfulness. It enhances one's ability to be patient, prepare ahead, and take responsibility.

**3. Making Preserves:** In an era before refrigerators, making preserves was essential. Making pickles, smoking meat, and canning food were all customary. Many people produced cheeses, sausages, curd, and other foods. All of these preserves helped them get through the winter. People can extend the shelf life of perishable goods, reduce food waste, and encourage sustainable food management techniques thanks to this capability. Food preservation reduces food waste, landfill waste, and our environmental effect.

**4. Carpentry:** These days, carpentry is a specialist trade. But for the generation of our grandparents, it was typical. It was assumed that men would use tools. In an emergency, they could always fix furniture. Carpentry teaches us important skills like measuring, scaling, balancing, and using force. It also teaches us how to solve problems while keeping design features in mind. The field also provides opportunities for specialization, advancement, and self-employment.



**5. Mechanical repair:** In the past, cell phones were unreliable. An automobile might break down in the middle of nowhere. And the mechanics were the main focus of the cars back then. Everyone was therefore presumed to be conscious of their inner workings. Many household appliances could be fixed at home by our grandparents. People purchase cars these days, but they lack fundamental technical understanding about automobile repair, such as how to change a tire. Being able to operate, fix, and maintain equipment and tools encourages thoroughness and attention to detail. It enhances your ability to solve difficulties and make efficient use of your hands. It imparts skills in communication, time management, and attention to detail.

**6. Knitting:** Crocheting and knitting have been relegated to hobbies. But in the past, this skill was essential. They used warm clothes, rugs, and handcrafted trinkets. These days, we are used to buying them. Knitting reduces stress. Knitting is a self-care hobby that enhances brain function, creativity, and mental health. As a tool for mindfulness, cognitive stimulation, and even social interaction, knitting is a satisfying way to unwind while staying active.

**7. Penmanship:** In the past, most writing was done by hand, so it was important that it be readable. Writing with ink was difficult and required practice. This is why old postcards and letters look so beautiful. Learning calligraphy is a great way to boost your self-esteem because it pushes your creative instincts and forces you to use your imagination. The ancient art of writing has lost importance in a time when our fingers are constantly tapping away at our phones.

**8. Navigation:** GPS has spoiled us. The majority of young people cannot read maps at all. Many accidents that happened as a result of people following GPS mindlessly when exploring unfamiliar places have been reported in the news recently. But it used to be crucial to read maps. Routes had often had to be committed to memory. Addresses were also committed to memory. Being able to move around easily also creates more opportunities to cultivate critical skills like self-esteem, leadership, and self-reliance.

**9. Memorization:** In the past, memorizing routes and maps were just two examples. Additionally, memorizing phone numbers was required. People used to have address books and telephone directories. They didn't always bring it, though. Photographs of everything were not reliable enough for them. Nowadays, the majority of people even forget their passwords. Memory tricks allow you to access long-term memory and expand working memory. These techniques can also help you remember some concepts for years or even your whole life. Finally, memory tricks like this lead to higher level thinking and comprehension. Make reading a habit to acquire effective memorization techniques that will help you in the classroom.

**10. Being Bored:** This might seem unexpected. But these days, this one skill is practically non-existent. Our grandparents knew how to keep themselves entertained. They didn't provide on-demand movie streaming. All they had was literature, TV, and radio. But they also remained quiet for a while. A sign that something needs to change is boredom. Being bored motivates you to engage in more fulfilling pursuits. It makes it possible to feel creative and try new things. According to experts, boredom offers a number of benefits, from reducing stress to boosting creativity and productivity.

According to studies, these abilities are critical for maintaining a sustainable life and mental well-being. Our mental health is declining despite the fact that we are connected to our devices all the time. Perhaps older generations have anything to teach us? To what extent do you possess these abilities?

Numerous benefits that promote social harmony and human well-being will result from these abilities. It will increase our resilience, lessen stress and anxiety, improve our social connections, develop understanding and compassion, encourage collaboration and creative problem-solving, and give us a feeling of direction.





Rumki Sengupta

## Challenges Make Life Interesting and Overcoming Them Make Life Meaningful

In the middle of a beautiful CITY there was a museum. The floor of the museum was laid with marble tiles and right in the center foyer, there was a huge marble statue that was a part of display. Many people around the world visited the museum and admired the beautifully crafted statue.

One night the marble tiles on the floor started talking to the statue- "Hey statue, we are originally from the same town, picked up from the same mine and transported on the very same lorry and brought to the very same sculpture then why do all the people round the earth come just to step on me while they admire and praise you so much?"

The marble Statue replied – "Do you recollect how he started to work on you first, how they started using his tools on you first, simply to turn you in a masterpiece. But you resisted. You started falling apart." "Of course, I do remember. I hate that guy. How could he use those sharp tools on me? It hurt so badly." Replied the marble tiles.

The marble statue continued – "That's right. When you couldn't take the pain of his tools, he decided to work on me instead. I knew at once that if I had to be something different. I would have to bear the pain. Thinking so, I bore all the pain of his sharp tools he used on me. My friend, there is a price to everything in life. Since you decided to give up halfway you cannot blame anyone who steps on you now." My dear students, do remember life as a sculpture, wants to make a masterpiece out of you.

The question is whether you are ready to handle every test, every hard work, every trouble, every failure all the pain that come from the life's sculpting tools and become a masterpiece or do you grumble and crumble down simply becoming a tile.

That's what decides whether people step on you or admire you as you become a role model for someone to emulate.



*Salam Ansari*

## Life & Moral Values

All of us come to school to learn. Now the question is what are we going to learn? Is it only our mathematics, science, languages or something more than that?

What is the most important thing we need to learn? So, dear students it is the **moral values** which we should learn and imbibe in our day to day life, because moral values are the key components of a person's character. It guides us to make decisions and judgments. It gives us a sense of what is right and what is wrong?

Now here I am with a few moral values required for us at all ages to lead a successful life.

1. **Respect:** If we respect our peers and elders there is no doubt we will be benefitted from it.
2. **Honesty:** Honesty is always the best policy and we must tell the truth regardless of whatever mistakes we may have committed.
3. **Family:** A family is an integral part of everyone's life. It is therefore important for us to help our parents and other family members.
4. **Inspiration and Hard-work:** Inspiration and hard-work culminates success in life. It is proved that success is 1% inspiration and 99% perspiration i.e. sweating or hard-work.

5. **Adjustment and Compromise:** When absolutely necessary we should learn to compromise and adjust but not at the cost of our own life, resulting in harm to ourselves.
6. **Compassionate Nature:** Compassion is the sensitiveness to the need of other people i.e. extending a hand of help to the needy.
7. **Justice:** We must have a sense of justice and speak out whenever we sense wrong doing towards ourselves or others.
8. **Religious Tolerance:** We should have sense of equality regardless of caste, creed and religion.
9. **Cheating and Theft:** We should understand that whatever the reason is, cheating and theft are legally and morally wrong and amounts to stealing something that belongs to someone else.
10. **Forgiveness:** We discourage abusing, hurting or harming others not only in physical but also emotional, psychological and mental. We encourage to apologize and forgive people who hurt us.

If we follow moral values we can lead a successful life.



Sanghamitra Ray

## Am I Empathetic ?

If you want to learn 21st century skill to survive and excel you must learn an important life skill that is empathy along with creativity, critical thinking, collaborating etc these are indeed tough to acquire without empathy.

We certainly know the meaning of empathy, but do we apply it in our daily life? The word '*empathy*' means the ability to imagine what someone else is feeling or thinking.

It's a very common word and we take it for granted. Dear children, I think it's very important for you to think carefully and act accordingly and school is the best place to learn.

Do very simple things when you are in school.

1. When a friend Falls, trips Please do not laugh. It is really painful to see you laugh at someone else is in pain. Instead go check if your friend is hurt. That's being humane. Now, that I do not mean the whole class to run together; one his enough to find out.
2. Share your friend's tiffin but don't snatch it, leave something for him or her...think a little, your friend may be hungry too. Do share... there's no need to snatch food ...dirty the classroom, dirty the table and then ignore. You live behind a lot of mess for the bhaiyas, which is again not right and expected of a 'Dipsite'. Right?
3. Your friend may leave behind a textbook, notebook by mistake in the classroom. If you happen to see it keep it safe don't play pranks. And hide it somewhere. Your friend may be desperately looking for it everywhere and you will perhaps. Think ... You are having some fun... That's not empathy... Think, will your parents appreciate such a conduct?
4. You are blessed to live in this beautiful environment of plenty. Many aren't. So during daylight we clearly do not need the corridor lights switch them off if you see one lit. We may not be paying the Bills. But remember when we waste resources we deprive someone else, his or her right **to access**.
5. Nor we need the Assembly area fans when there is nobody around switch them off you will **save some power for someone else to use**.
6. Keep the washroom ready for the next one to use. Flush. Don't leave it for Didi and Bhaiya.
7. Turn off the tap after use. Don't leave it on. **Remember our water table is receding** at home. Use a mug while brushing. You will save the planet from **desertification**. You may not know. Many countries are becoming dry in the world. They have less ground water. Now you must be thinking... here in North East we need not worry about it and it's our birth right to use water the way we want... Please think otherwise.... Be judicious. Use as much as necessary only.



*This year's World Environment Day campaign focuses on land restoration, desertification and drought resilience under the slogan "Our land. Our future. We are #GenerationRestoration".*

*Only observing Earth Day, displaying chart work, role play etc. will not make us restore. This generation need to do some 'real work'.*

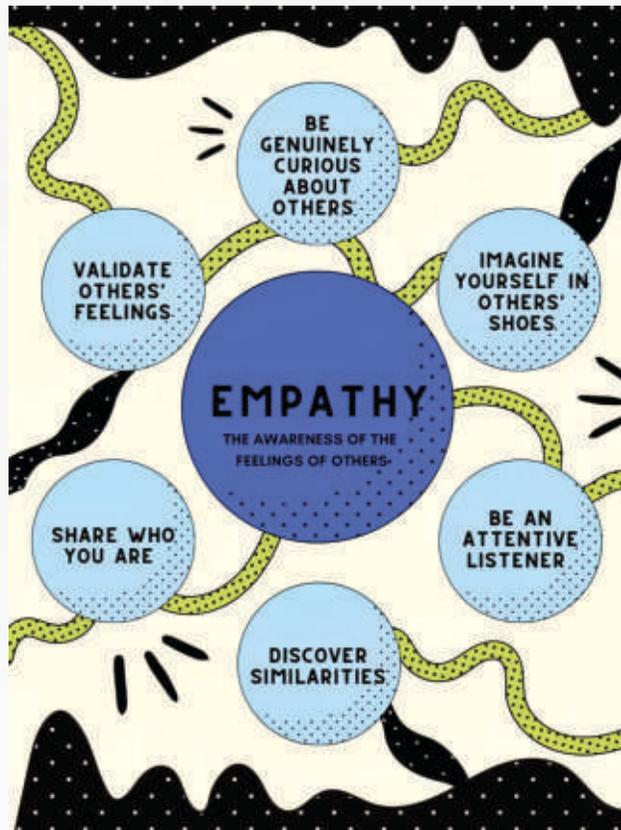
*Our land, our future can be taken care of when we are empathetic towards the nature...use less and reuse.*

Save the planet... Empathise with others..

How rightly someone said...." **if you use less there... will be more for everyone.**"

When you learn to empathize with the nature you will be learning another important life skill by default that is the skill of **Civic literacy** and **social responsibility and account ability** to your fellow beings and mother earth.

So my dear children today, I leave you with these thoughts to ponder upon ....and time to time ask yourself... "Am I being empathetic?"





Saranga Pani Hazarika

## Choose Life, Choose Happiness and Make Someone Smile

As your teacher, I have the privilege of not only guiding you through textbooks but also encouraging you to explore the world beyond the classroom walls.

I want to talk to you about something that's at the very core of our existence: **Happiness**. It's a word we all know, a feeling we all chase, but sometimes, in the hustle and bustle of life, it can feel mysterious. So, let's take a moment to reflect on what happiness truly means and how we can cultivate it in our lives, our school.

**First and foremost**, happiness is not a final destination; it's a journey. It's not about reaching a specific goal or acquiring material possessions. True happiness is found in the small moments, the simple pleasures, and the connections we make with others. Think about the last time you felt truly happy. Maybe it was sharing a laugh with a friend, accomplishing something you've been working towards, or simply enjoying in the warmth of the sun on a beautiful winter morning, helping your parents at home or may be appreciation you received from subject teachers for completing all the summer holiday homework. These moments, however short but makes our life beautiful and meaningful.

**As your teachers**, we want nothing more than to see each and every one of you happy and fulfilled. But we also understand that life can be challenging. There will be ups and downs, triumphs and setbacks, moments of joy and moments of sorrow. And that's okay. It's all part of the human experience.

So, how can we find happiness amidst the chaos of life? It starts with gratitude. Take a moment each day to reflect on the things you're thankful for, whether it's your family, your friends, your health, or the opportunities and facilities you've been given by DPS Numaligarh. Cultivating an attitude of gratitude can transform your perspective and open your eyes to the plenty of blessings all around you.

**Next**, prioritize the things that bring you joy. Whether it's pursuing your passions, spending time with loved ones, or engaging in activities that make your heart sing, make time for the things that light you up from the inside out. Life is too short to waste on things that don't bring you happiness.

But perhaps most importantly, remember that happiness is a choice. It's not something that happens to you; it's something you create for yourself. Choose



to focus on the good in the world, to find beauty in the ordinary, and to spread kindness wherever you go. By choosing happiness each and every day, you'll inspire others to do the same and create a ripple effect of positivity that spreads far and wide.

So, my dear students, as you navigate the twists and turns of life, remember that happiness is not a destination to be reached, but a journey to be embraced. Find joy in the little things, cultivate an attitude of gratitude, and choose happiness each and every day. And know that your teachers are here to support you every step of the way.

We all should work hand in hand for creating a **Happy School**. We spend a lot of our time here, learning, playing, and growing together. But what makes a school truly happy?

**Firstly**, a happy school begins with respect and kindness. Imagine how wonderful our school would be if everyone treated each other with respect. Whether it's your classmates, teachers, or staff, showing kindness and understanding makes our environment positive and welcoming. Remember, a small act of kindness can go a long way!

**Secondly**, for a school to be happy, it needs to be a safe space for everyone. This means feeling safe not just physically, but also emotionally. If you ever feel worried or upset, it's important to talk to someone you trust. Our school, DPS Numaligarh is a place where you should feel supported, where your voices are heard, and where you are free to express yourself without fear. But one shouldn't misuse the freedom of speech while expressing the feeling. It should be expressed with due respect.

**Then**, a happy school grows with the active participation of everyone. Join in Co-curricular activities, and events that interest you. Whether it's sports, arts, music, or academics, getting involved helps you build friendships, discover new interests, and contribute to our school community. When everyone participates, the school becomes a vibrant and exciting place to be.

**Look around you**, our school is filled with students from different backgrounds, with different talents and interests. A happy school is one where we celebrate these differences rather than fear them. Accept what makes you unique, and appreciate the uniqueness in others. This diversity makes our school richer and more interesting.

**Very importantly**, having a positive attitude is a key to happiness, not just in school, but in life. There will be challenges, but how you approach them makes all the difference. Stay optimistic, encourage your peers, and don't be afraid to ask for help when you need it. Together, we can overcome any obstacle.

**Remember**, a happy school is one where there is a balance between work and play. Yes, studying is important, but so is having fun! Make time to relax, play with friends, and enjoy your hobbies. This balance helps keep your mind fresh and ready to learn.

**Lastly**, let's remember to be grateful. We are fortunate to be part of this school, with teachers who care about your success and peers who share this journey with you all. Take a moment each day to appreciate the little things, whether it's a beautiful day, a good grade, or a friend's smile. Gratitude brings happiness and contentment.

Before signing off, I want to remind you that each one of you plays a part in making our school a happy place. By being kind, respectful, active, and positive, you contribute to the happiness of everyone around you. Let's work together to ensure that our school is not just a place of learning, but also a place of joy, growth, and friendship.

The happiest people don't have the best of everything – they just make the best of everything. With that I am signing off for today and let's continue to make our school the happiest it can be!

Thank you for joining me on this journey of happiness in the morning Assembly, and may your travel for the rest of the day be filled with wonder, excitement, and endless memories of Happiness.



Satyalakshmee Sarma

# Mindfulness

**“Mindfulness isn’t difficult. We just need to remember to do it.” – Sharon Salzberg**

I want to share a simple yet powerful technique to help us manage distractions and improve our focus—mindfulness. Mindfulness is the practice of being fully present and engaged in the moment, without judgment. It’s like training our brains to pay attention to what we’re doing right now, rather than getting lost in thoughts about the past or future. This might sound easy, but with the constant buzz of notifications, endless to-do lists, and our busy school environment, staying focused can be challenging.

Imagine you’re trying to study for a test, but your phone keeps buzzing, your friends are chatting, and your mind is wandering to what you’ll do after school. It’s hard to Concentrate, right? Mindfulness helps us manage these distractions.

## How to Practice Mindfulness

Here are a few simple steps to get started with mindfulness:

- **Pause and Breathe:** When you notice you’re getting distracted, stop for a moment and take a deep **breath**. This helps to calm your mind and bring your attention back to the present.

- **Notice without Judging:** Pay attention to what’s distracting you, but don’t judge it. Whether it’s a thought, a noise, or a worry, simply acknowledge it.
- **Refocus:** Gently bring your attention back to what you were doing. It might be your homework, a conversation, or simply listening to this speech. The key is to practice bringing your focus back, again and again.

## Coming to the Benefits of Mindfulness

Research shows that mindfulness **can improve attention, reduce stress, and enhance our overall well-being**. By practicing mindfulness, we can better manage distractions, stay focused on our goals, and create a more peaceful, productive school environment.

So, let’s give it a try right now. I request everyone to close your eyes if you’re comfortable, take a deep **breath** and slowly let it out. Feel the air entering your lungs and leaving your body. Notice how you feel in this moment. Now open your eyes.

I encourage you to incorporate mindfulness into your daily routine. Start with just a few minutes each day and gradually increase the time as you become more comfortable.

Remember, mindfulness is a skill we can all develop. It’s about being present and making the most of each moment. Let us recall once again the three simple steps – **Pause the Breathe, Notice without Judging and Refocus**. Let’s embrace it and see the difference it can make in our daily lives.



Shilpi Hazarika

## Letting Go

I want to talk about a powerful concept that has the ability to transform our lives. It's a simple yet profound idea that can help us break free from the shackles of negativity, anxiety, and stagnation. No matter how rich, intelligent or strong a person is, they may lack growth and prosperity if they do not adopt a particular trait in their lives. That is 'LETTING GO'.

Holding on to things that no longer serve us can be incredibly debilitating. Whether it's a toxic relationship, a bad habit, or a grudge, clinging to these things can prevent us from moving forward and living our best lives.

When we hold on to something, we invest our emotions, energy, and time into it. We become attached, and that attachment can lead to suffering. We become stuck in a cycle of pain, regret, and longing.

But what if I told you that there's a way to break free from this cycle? What if I told you that letting go can be the key to unlocking a happier, healthier, and more fulfilling life?

Letting go doesn't mean forgetting or excusing. It means releasing negative emotions associated with a situation. It means acknowledging that something served its purpose & it's time to move on.

When we let go, we create space for new experiences, relationships, and opportunities. We open ourselves up to growth, learning, and transformation. We allow ourselves to heal, to forgive, and to love again.

But letting go can be hard. It requires courage, self-awareness, and a willingness to confront our fears and insecurities. It requires us to confront the unknown and to trust that everything will work out for our highest good. So, how do we let go? How do we release the things that hold us back?

First, we must acknowledge our attachment.

Second, we must accept our emotions.

Third, we must choose to let go.

Finally, we must take action. We must take steps to create space for new experiences and relationships. We must take care of ourselves and prioritize our well-being. Letting go is not a one-time event; it's a process.

It's a journey of self-discovery, growth, and transformation. It's a journey that requires patience, kindness, and compassion.

In conclusion, letting go is a powerful tool that can transform our lives.



Sujata Giri

## Magic Words

words  
have  
power

I want to share something very special with you. It's about 'The Magic Words.' These are words that have the power to make our world a happier place. Can you guess which words I'm talking about? Yes, it's 'please,' 'thank you,' 'sorry,' and 'excuse me.'

Let's start with 'please.' When we say 'please,' we are being polite and asking for something in a kind way. It shows respect to others. Next is 'thank you.' When someone does something nice for us, saying 'thank you' shows our gratitude. It makes the other person feel happy and appreciated.

Now, let's talk about 'sorry.' Sometimes, we might make a mistake or hurt someone's feelings. Saying 'sorry' is very important because it helps us make things right and show we care. Finally, 'excuse me' is a word we use to be polite when we need to get someone's attention or pass by.

Remember, using these magic words can make us kind and respectful to everyone around us. Let's try to use them every day to spread kindness and happiness.



# Being Your Own Constant



Tomy PJ

“Be your constant. Stay true to yourself and work hard to maximise what life offers you.”

I would like to talk about an empowering and essential concept in our ever-changing world: **being your own constant.**

In life, we often find ourselves surrounded by change. Whether the changes in our personal lives, our careers, or the world around us, change is inevitable. While change can be exciting and bring new opportunities, it can also be unsettling and challenging. This is why it's crucial to have a constant—a stable foundation that we can rely on no matter what happens. And who better to be that constant than ourselves?

**Being your constant means having a strong sense of self.** It means knowing who you are, what you stand for, and what you want from life. It means having confidence in your abilities and trusting your instincts. When you are your constant, you are not easily swayed by external circumstances or the opinions of others. You remain true to yourself, even in the face of adversity.

**Here are a few ways to cultivate this inner stability:**

1. **First of all, Self-awareness:** It takes time to understand your strengths, weaknesses, values, and passions. Reflect on your

experiences and learn from them. The more you know about yourself, the more grounded you will feel.

2. **Secondly, Self-care:** It prioritizes your physical, mental, and emotional well-being. This includes eating well, exercising, getting enough sleep, and taking time to relax and recharge. When you care for yourself, you build resilience and are better equipped to handle life's challenges.
3. **Thirdly, Self-compassion:** It helps to be kind to yourself, especially during difficult times. Acknowledge your mistakes and learn from them, but don't be too hard on yourself. Remember that everyone makes mistakes and that they are growth opportunities.
4. **Fourth, Goal-setting:** It enables you to set clear and achievable goals for yourself. Having a sense of purpose and direction gives you something to strive for and helps you stay focused. Celebrate your achievements, no matter how small, and use them as motivation to keep moving forward.
5. **And finally, Adaptability:** While it's important to have a strong sense of self, it's also important to be flexible and open to change. Life is unpredictable, and being able to adapt to new situations is a valuable skill. Embrace change as an opportunity for growth and learning.

In conclusion, being your constant is about finding stability within yourself. It's about being confident, resilient, and adaptable. When you are your constant, you can navigate the ups and downs of life with grace and strength. So, take the time to invest in yourself, and remember that you have the power to be your anchor in this ever-changing world.

As we approach the end of 2024, I hope this festive season brings you joy, warmth, and cherished moments with loved ones. May your Christmas be filled with laughter, love, and all the things that make your heart happy. I wish you a merry Christmas and a bright, prosperous New Year ahead!



*Urbashi Saikia Dewan*

## Success begins with Simplicity

I am going to deliver a very short speech. I hope you will try to listen and understand.

Children, a few days ago when the school reopened, you all could see in every nook and corner, the beautiful fluffy light silk cotton seeds were there, do you all remember? Imagine, it's just from one tree, the seeds spreaded to whole of the school. I think ,all of you know the reason why ? It's because they were light and fluffy. Similarly ,if we are in a flight, we need to travel light. So, higher is your destination, lighter should be your luggage and I know each one of you want to reach higher, escalate and progress for your dreams to come true.

For this we need to think in two aspects: our needs and our wants . Needs are anything which is required for our survival and wants are what is desired by us. If our wants need to be fulfilled, our needs need to be fulfilled first. We need simple things - air, water, food, clothing and shelter. If we do not have these it's difficult for us to survive. For example, if I am a student, I need my food, tiffin, my pencil box ,my uniform, my books and my bag. If I do not have any of these it might be difficult for me to study. So, these are my needs . Now if I want an expensive pencil box , more than 2 / 3 sets of different types of colour

pencils, pens of different brands, these are my wants. We can limit our unnecessary wants and for this we should work smart , then we can limit ourselves to leave aside the unnecessary things and also the behaviour of others towards us which demotivates us . If we can do so, we can surely concentrate in ourselves leaving behind our luxuries and worries to fly higher for our dreams to come true. Here smart work means we need to plan to fix our big goal, make smaller goals to reach the higher goal , be honest with ourselves ,make time bound strict routine, persistently concentrate to work hard on it and most important of all is, to keep ourselves motivated we must always think positive.

Dr APJ Abdul Kalam said –

“ Luxuries and lies have high maintenance. But truth and simplicity are well maintained without costs.”

He has further added ,quote “We are born with a divine fire in us. Our efforts should be to give wings to this fire and fill the world with the glow of its goodness” unquote.

With this positive thought, I thank you all for your patience. Wish you all the very best in your lives!



*Utpal Bhattacharjee*

# Importance of Hard Work

I want to talk about Importance of Hard Work.

**1. It gives you Self-Satisfaction:**

Hard work is the key to both success and self-satisfaction. When we do hard work, we can achieve our goals, which leads to self-satisfaction.

**2. It Creates Positivity in You:**

We must always remember that positivity and motivation come from hard work. When you work hard, you come one step closer to your dreams, and that gives you positivity. Hence, you need to work hard and be positive all the time.

**3. Hard Work makes you Grow in Life**

Hard work makes us push our limits and do better than what we used to do. When we work hard, we learn many things, and it makes us grow in life.

**4. It makes you Respected in the Society**

You can always see that someone who works hard is always respected at school/workplace and in general life. People take hard workers seriously, respect them and also value there.

I hope the above mentioned points on the importance of Hard Work helps you.





Virendra Singh Gosain

# Struggle Brings Potential

A very good morning to Respected Principal Sir, Headmistress Ma'am, Esteemed Colleagues and beloved Students. As the sun rises on this beautiful morning, I am filled with gratitude for the opportunity to stand before you all to deliver my teacher talk.

Today, I want to share with you an important idea that has the power to transform the way we view challenges and difficulties in our lives: **the concept that struggle brings potential**. It's easy to see struggle as something negative, something to be avoided at all costs. However, it's important to recognize that struggle can actually be a catalyst for growth, development, and the realization of our full potential.

When we face challenges and obstacles, we are forced to stretch beyond our comfort zones, to tap into our inner reserves of strength, resilience, and creativity. These struggles push us to think differently, to problem-solve, and to innovate in ways we never thought possible. In essence, struggle acts as a crucible, shaping us into stronger, more capable individuals.

It is through adversity that we discover our true potential. Just as a diamond is formed under

immense pressure, our greatest strengths and qualities often emerge in the face of our greatest challenges. Embracing struggle allows us to discover hidden talents, cultivate new skills, and develop a deeper understanding of ourselves and the world around us.

Moreover, overcoming struggles instills in us a sense of accomplishment, confidence, and perseverance that can propel us towards even greater achievements in the future. By reframing our perception of struggle as an opportunity for growth and self-discovery, we can harness its transformative power to reach new heights of success and fulfillment.

So, the next time you find yourself facing a difficult situation or obstacle, remember that struggle brings potential. Embrace the challenge, learn from it, and allow it to propel you towards a brighter, more promising future.

With these words I conclude my teacher's talk. Let's all strive to see the potential that lies within every struggle we face, and use it as a springboard towards personal growth and success.

# Teachers' Talk

2024-25



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