

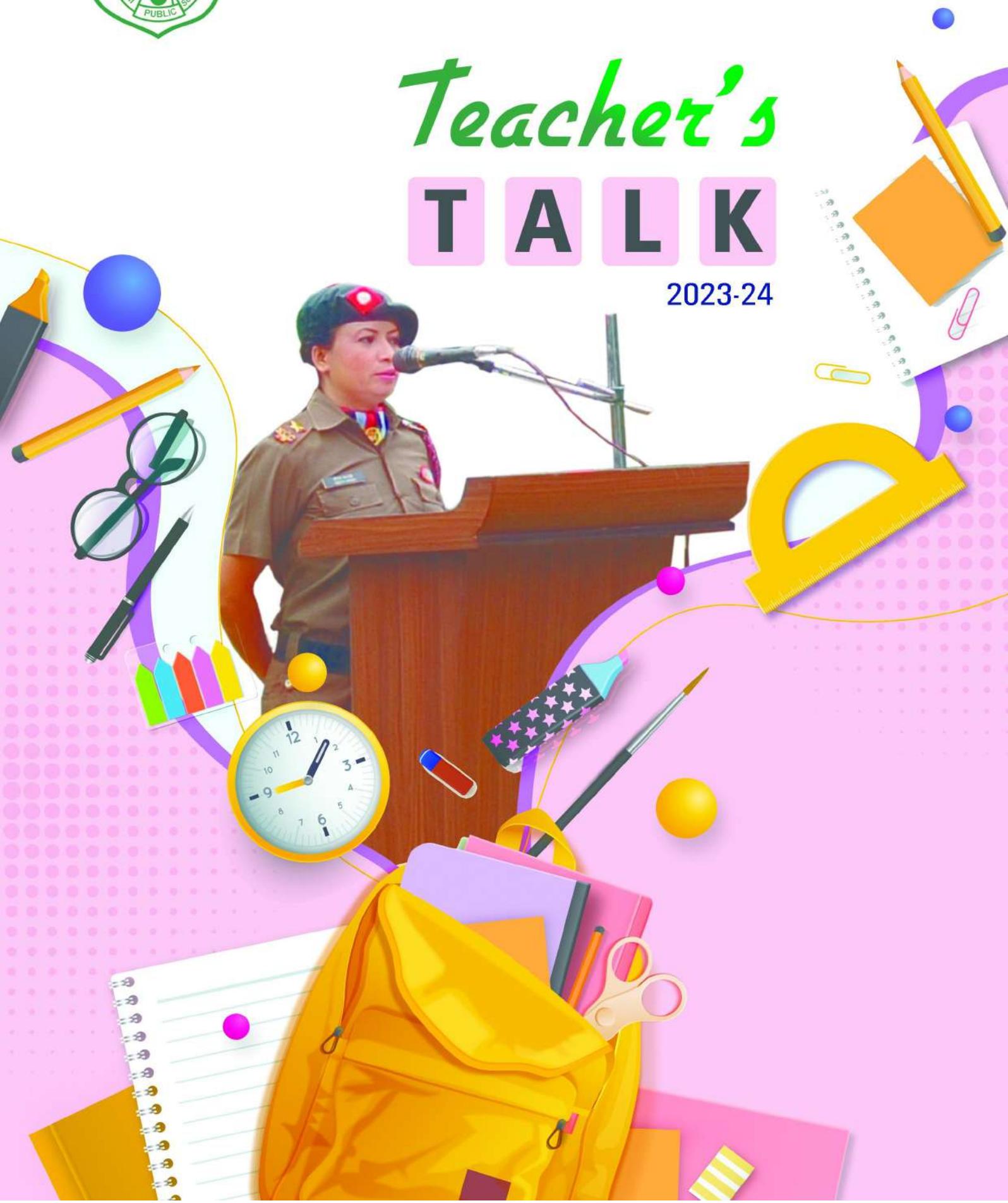


DELHI PUBLIC SCHOOL
NUMALIGARH

Teacher's

TALK

2023-24



Time Management Matrix for Students

AJITH KUMAR A K



We all make New Year resolutions. After an assessment or an evaluation, when we find that we are not at par with the desired benchmarks, again we make promises to perform better next time. But, 97% of the resolutions and promises are broken within two to three weeks. We simply blame that time is not enough to manage all the tasks/activities that are assigned to complete. Why are we so poor in time management? It is no surprise that all of us want to use our time more wisely and more productively.

Today I would like to discuss the time management matrix that shows you the ways to spend your time more wisely. **Use the time management matrix to prioritize your time.**

The time management matrix consists of four quadrants: top left quadrant is quadrant-1, top right quadrant is quadrant-2, bottom left quadrant is quadrant-3 and bottom right quadrant is quadrant-4.

We all want to live our life happily, peacefully and we want to become successful. To achieve those larger goals, we have to set certain goals every year. As students, one of your most important targets is academic excellence as well as holistic development. For that we plan for the whole year.

Now, what I want you to do is, keeping your target in the mind, make weekly plan along with yearly plan.

For that, list out all the activities and tasks you have to perform in a week.

Activities that are important are those that contribute to your goals. **These exist in Quadrants 1 and 2 of the time**

management matrix.

Focusing on **UNIMPORTANT TASKS** at the expense of more important tasks leads to feelings of lack of purpose as you are not moving towards your goals. **These tasks exist in Quadrants 3 and 4.**

Keeping the target in your mind, take one activity at a time and ask a question. "Is it **important** to achieve the desired goal?" Get the answer as Yes or No.

Again, ask "is it **Urgent**?" Get the answer as Yes or No. Now let's fill the Time Management Matrix.

In **Quadrant 1** place all activities that are **Urgent and Important**, in **Quadrant 2** place all activities that are **Not Urgent but Important**, in **Quadrant 3** place all activities that are **Urgent but Not Important** and in **Quadrant 4** place all activities that are **Not urgent and Not important**.

➤ **Quadrant-1** tasks/activities are **Urgent and Important** and these are 'must do' tasks that require

immediate attention! They may be a crunching assessment deadline or the study that you must do for tomorrow's exam. **DO it immediately.**

- **Quadrant-2 activities are Important but not Urgent** for students. They are essential for achieving success in student life. For many, this may be
 - Spending time studying and working towards a career,
 - Completing the assignments/tasks on daily basis,
 - Maintaining and enhancing your health,
 - Sharing time with family and friends,
 - Attending Personal development etc.

Quadrant-2 activities are the scheduled activities.

- **Quadrant-3** tasks are masquerading as important as they are asking for our attention based upon their sense of urgency. However, if you examine them closely, you'll realize that they are not really important ... at least not to you anyway!

Things such as an unannounced visitor, a trivial request or meetings of little value, some phone calls etc. often sit in this quadrant. A good proportion of the emails in your inbox probably belong to this category as well.

They are usually more important for the other person than they are for you. This is why it's tricky.

We need to try and identify tasks in this category and if possible, **delegate** them to someone else so that you can spend your time on the important tasks on your list.

- **Quadrant-4 activities are neither Important nor Urgent** such as:
 - surfing the Internet for various cat videos,

- watching TV longer than you really need to,
- taking unimportant phone calls,
- Spending time on social media such as Face book, Whatsapp, Instagram etc.

These are **time wasters** and try to ignore them.

If you are spending more time in Quadrant 1, that shows poor time management and the cause of the time management problems is spending too much time in quadrant 3 and 4.

The cure for your time management problems is:

- ⚙ Reduce your time in quadrants 3 and 4 and spend more time on quadrant 2. Use your academic planner and your study schedule to do this.
- ⚙ Focus your immediate attention in quadrant 1.

By spending your time on Quadrant 2 activities you devote time to important activities before they become urgent. The problem is that often with so many different responsibilities to juggle, students can become dominated by the tyranny of the urgent. **Overcome procrastination.**

Good student time management involves more time in Quadrant 2.

You can spend more time in Quadrant 2 by:

Studying smarter (rather than longer). Clarify what is important.

Know what your timewasters are. Once you identify them then you set goals to overcome procrastination, manage interruptions, and schedule your time. Use a student planner. Maintain good study techniques.

Thus by prioritizing the important activities and de-prioritizing the unimportant activities, you will be able to manage your time wisely and will be successful in every facet of life.

Read & Write

ANINDITA BARUA



Recently Sunder Pichai, the CEO of Google mentioned that Artificial Intelligence will impact every product in every industry and also impact many jobs. This underlines the need to hone skills which form the core of human intelligence - if we have to succeed in the wisdom economy.

According to Behavioural scientists, broadly we have the conscious and the unconscious minds. It is in the conscious mind that we generate ideas. However, in this era of information explosion we are constantly exposed to various information 24x7 through multiple channels at the touch of our fingertips. This exposure has left us with little space and time in our conscious mind to generate our own ideas as we just keep absorbing the myriad information that keeps coming our way non-stop.

Over time, it percolates into our unconscious mind and influences our behaviours and habits – many of which may not be consistent with achieving our goals. In order to keep our

conscious mind efficient and solve problems effectively, the habit of reading is essential. Reading provides us the repository of knowledge from where ideas emerge. On the other hand, to articulate our ideas in the written form comes from honing our thinking skills. The habit of writing helps us to develop critical thinking skills and evaluate a problem in a holistic manner.

Dear children, as we commence a new academic session, let's reaffirm our commitment to cultivate the habits of **READING** and **WRITING** to achieve our learning outcomes. As the famous philosopher Rene' Descartes mentioned as his philosophy's first principle: **COGITO, ERGO SUM** - which translated in English is – 'I think, therefore I am.' Dear students, quality of your thoughts, the power of your ideas will determine the progress of our society and mankind as a whole. So, keep reading and writing in order to develop thinking skills and innovate.

Benefits of Meditation, Spirituality and Listening Indian Classical Music

ANKUR DEBNATH



Today I want to talk about the benefit of meditation, spirituality and listening Indian classical music..

Music is a universal human trade like any other art form Music has always been viewed from aesthetic prospective I mean we all like music .We will get entertainment from music. But for some people its just a source of entertainment, but some people it is also motivation, inspiration, devotion but for some people it is worship.

Here I want to talk specially about Indian classical music. Indian classical music perhaps one of the oldest form of music ever documented. It takes back to the time of Vedas around 5000 to 2000 B.C one of the four veda i.e samved it talks about Indian classical music that raag system, the taal system, the different nad etc.

Some Raags have healing power. There are certain Raag which helpful for curing some diseases like

- 1) Raag Bageshwari can help curing hypertension.
- 2) Raag Ashawari can help curing breathing problems.
- 3) Raag Bhairav called the morning Raag, so whoever practice this raag in the morning it gives peace and also helps in curing throat diseases.

Today I tell you about one incident happen it is also a documented incident happen during the time of world war 2 when Benito Mussolini who was the dictator of Italy. He was having sleep problem, he has not able to sleep for many days. So, he got to know that one famous Indian classical vocalist that time Pandit Omkar Nath Thakur was having concerts in Rome. So he invited him at his place he humbly asked him that "Pandit ji I have heard that Indian classical have some magic. So, can that magic work on me?" So Pandit ji Smiles and replied that "What is your Problem" Then he replied that "I have'nt slept for a months and no medicine worked on me so far. So I thought To ask you."

Then Pandit ji bought his tanpura the bigger instrument he tuned it and started singing Raag Puriya. Then you don't believe after a few minutes just singing the Alaap i.e the initial

part Mussolini he felt sleep and he was snoring and he slept for many hours. That is the power of Indian Classical music.

Well I am not saying that it only heal things but also it creates positivity in the environment. Some more benefits are there :

- 1) Improves Memory
- 2) Reduce stress level
- 3) Creates a spiritual link
- 4) Improves the presence of mind
- 5) Neutralizes Blood pressure etc.

I would request students to listen to Indian classical music once a day for just 5 minutes before sleeping or in the morning. You will find many links in youtube like Hariprasad ji's Flute, pandit Ravi Shankar ji's Sitar, Bismillah Khan ji's Sahnai and many more. When you listen this really you will see a change in life.

Dear students whatever field you choose ,whatever stream you have always remain positive and always watch your thoughts.

Swami vivekananda said "Watch your thoughts they become action, Watch your action they become habits, Watch your habits they become character and your character lead you to the final destination."

Lets Motivate Oneself



ANKUR SONAR

Dear students me being a teacher, except the subject that I teach, I have a duty towards the nation building process **to motivate my students and never to quit**. Therefore, today I am going to fuel you up with some great motivational lines.

I am so proud of each and everyone of you. We are here today because every single one of you stood tall and said yes, we can; yes, we can learn; yes, we can succeed. You must decide that you would not be defined by where you come from but by where you want to go. By what you want to achieve, by the dreams you hope to fulfill.

For we gather here in times, when the very foundation of our lives, as the new generation has been called upon to remake the world a better place for all. Young people here are not only by the birth certificate but about an approach to life, a quality of mind and a quality of heart. A willingness to follow your passions regardless of whether they lead to fortune and faint and to think what makes a difference.

I will always try to motivate you to everyday so that one change- one difference makes a better place here.

Lastly, I am going to quote some beautiful lines said by Nobel Peace Prize winner in the year 1979, with my utmost respect to Mother Teresa.

- Peace begins with Smile.
- Not all of us can do great things but we can do small things with great love.

सेल्फ टॉक

अनूपा हर्बोला



बातों ही बातों में बहुत कुछ कह जाते हैं हम
बातों ही बातों में बहुत कुछ जान जाते हैं हम
सीखने-सिखाने के लिए बहुत ज़रूरी हैं बातें

पर कभी-कभी कुछ न समझने की बातों को भी कह जाते हैं हम।
आदरणीय प्रधानाचार्य महोदय, मुख्याध्यापिका महोदया सभी
अध्यापक गण तथा प्यारे बच्चों...।

आप सभी को प्रातः कालीन वंदन तथा सभी को राजभाषा हिंदी
दिवस की हार्दिक शुभेच्छा।

विद्यालय की एक परंपरा है कि अध्यापकों द्वारा अपने मन की बातों
को प्रातः कालीन प्रार्थना सभा में प्रेषित किया जाता है। इसी सन्दर्भ
में, मैं आज कुछ मन की बातें लेकर आपके समक्ष उपस्थित हूँ।

अक्सर बातें तो हम सभी करते हैं कभी दोस्तों से, कभी परिवार
वालों से, कभी परिचितों से तो कभी अपरिचितों से, और यदा-कदा
खुद से भी, जब हम अकेले होते हैं। इस बात का अनुभव सभी ने
किया होगा कि हम अनजाने ही खुद से बात करते हैं और यह एक
सामान्य मनोवैज्ञानिक प्रक्रिया है पर आज मैं किसी मनोवैज्ञानिक
प्रक्रिया से सम्बंधित मन की बात नहीं करूँगी वरन सेल्फ टॉक यानि
खुद से बात इस विषय पर बात करूँगी।

खुद से बात अर्थात् अपनी दिनभर की गतिविधियों का मूल्यांकन
करना। जो मुझे मिला है क्या मैंने उसका सदुपयोग किया है यदि हाँ
तो कितना? देश ही सर्वोपरि है, देश द्वारा हमारे लिए कई अधिकार
निर्धारित किये गए हैं और उन्हें हम हक से लेते हैं। उदहारण के लिए
अभिव्यक्ति की आज़ादी, मत देने का अधिकार... अब हमें यह बात
खुद से करनी है कि क्या हमने देश द्वारा दिए गए अधिकारों का

सदुपयोग किया? कहीं हमने इस अभिव्यक्ति की आज़ादी का गलत
प्रयोग तो नहीं किया, कहीं जाने अनजाने हमसे देश के विरोध में तो
नहीं कुछ निकल गया। यही हमें सोचना है कि देश है तो हम हैं वरना
हम शून्य हैं। दूसरा अधिकार वोट देने का... क्या हमने अपने
मताधिकार का प्रयोग किया है यदि किया है तो क्या सही और योग्य
व्यक्ति को हमने चुना है? कहीं स्वार्थ-परता में निहित होकर हमने
गलत दिशा तो निर्धारित नहीं कर ली। अब एक विद्यार्थी के रूप में
भी आपको खुद से बात या सेल्फ टॉक करनी है कि क्या हमने अपने
कक्षा समय का सही उपयोग किया। क्या सभी विषयों के लिए समय
निर्धारित किया है। यदि कोई सवाल या पाठ हमें ठीक से समझ नहीं
आया तो क्या हमने कक्षा में चर्चा के उपरांत उस सवाल के सही
विकल्प को पाने का प्रयास किया यदि हाँ तो कितना? यदि नहीं तो
क्यों नहीं? इसी विषय पर एक छात्र के रूप में आपको सेल्फ टॉक
करनी है। मित्रवत होना बहुत ज़रूरी है और मित्रों की हमें
आवश्यकता होती है हमें सेल्फ टॉक करनी है कि क्या कहीं किसी
शब्द या व्यवहार से मेरे मित्र को ठेस तो नहीं पहुंची। यदि अनजाने में
कुछ भूल हो गयी हो तो क्या मैंने उससे क्षमा याचना की। इसी तरह
की बातें या सेल्फ टॉक हमें अपने अध्यापकों और माता-पिता के
साथ किये गए अपने व्यवहार के बारे में भी करनी है। हमें यह
सोचना है की आज हमारे व्यवहार या कार्य से हमारे माता-पिता,
अध्यापकों को हमारी किसी बात से ठेस तो नहीं लगी होगी। यदि
गलती से हमसे कुछ गलत हो गया तो क्या हमने क्षमा याचना की?
विद्यालय हमारा है और यहाँ की वस्तुएँ भी हमारी हैं और हम सब
इसके मालिक हैं। मालिक का काम सिर्फ वस्तु का प्रयोग करना नहीं
होता वरन उसके रख-रखाव का दायित्व भी होता है। अब हमें खुद से
बात करनी है कि कहीं हमने विद्यालय के सामान के साथ तोड़-फोड़
तो नहीं की, क्या मैंने उस सामान को बचाने/सहेजने का प्रयास

किया। क्या कक्षा से बहार जाते समय हमने लाइट और पंखे के स्विच को बंद किया था, क्या हमने अपनी कक्षा को अध्यापकों के लिए तैयार किया था?

अब आप सोच रहे होंगे कि यह सब तो ठीक है पर यह सेल्फ टॉक करनी कब है? क्योंकि विद्यालय में तो हमें बात करने से मना किया जाता है। यहाँ पर मैं बताना चाहती हूँ कि सेल्फ टॉक समूह में नहीं की जाती है इसके लिए एकांत होना ज़रूरी है। और यह एकांत हमें मिल सकता है जब हमारा मन शांत हो और हम ध्यान में बैठे हों। रात्रि का समय सर्वोत्तम समय है जब हम सेल्फ टॉक कर सकते हैं तो आइए! आज से सेल्फ टॉक को अपनी आदत में शामिल करें और व्यवहार में सुधार लाने का प्रयास करें। सेल्फ टॉक करने से, हमें, हमारी आदतों में सुधार करने का मौका मिलता है यह उन्नत व्यवहार के लिए सर्वाधिक उपयुक्त साधन है। आप दिन भर की घटनाओं के विषय में शांत चित्त से आँखें बंद करके खुद से बातें कीजिये, जिन-जिन बातों के लिए आपके उत्तर सकारात्मक होंगे वे आपको एक अच्छा व्यक्तित्व बनाये रखने के लिए प्रेरित करेंगे तथा कुछ नकारात्मक उत्तर आपको सोचने पर मजबूर करेंगे। यही सोच आपको सुधारवादी बनने में सहायक होगी। इसलिए सेल्फ टॉक की आदत को अपनाएं, आपको व्यवहार में परिवर्तन महसूस

होगा। आप एक सच्चे नागरिक, आदर्श विद्यार्थी व देश के होनहार युवा होंगे। अंत में यह कहूँगी कि इस प्रार्थना को अपनी सेल्फ टॉक का मूल मन्त्र बनायें। इसलिए सभी लोग मेरे साथ इस प्रार्थना का अभ्यास करें-

हे! ईश्वर हमें आत्म-शांति दो

हमें इतनी शक्ति दो जिसे

हम बदल न सकें,

स्वीकार कर सकें।

जिसे बदल सकें,

उसे बदलने के लिए

इतनी हिम्मत, शक्ति और सद्बुद्धि दो कि

हम सही गलत में फर्क जान सकें ...

धन्यवाद!!! आप सभी का दिन शुभ हो

ইতিবাচক সম্ভাৱনীয়তা

আৰাধনা ৰাজবংশী



এবাৰ দুজন প্ৰজাক কিবা গুৰু দোষত ৰজাই মৃত্যুদণ্ডৰ আদেশ দিলে। শান্তিৰ নিৰ্দিষ্ট দিন সমাগত হ'ল। দণ্ড বিহাৰ আগমুহূৰ্তত ৰজাই দুই অপৰাধীক তেওঁলোকৰ শেষ ইচ্ছাৰ কথা সুধিলে। প্ৰথমজনে ক'লে- “মহাৰাজ, আৰু কেইমুহূৰ্তৰ পাছতে মোৰ মৃত্যু হ'ব। এনে অৱস্থাতনো আৰু কি ইচ্ছা থাকিব পাৰে?”

তাৰ পাছত ৰজাই দ্বিতীয়জন কাৰাবন্দীক সুধিলে- ‘তোমাৰ কিবা শেষ ইচ্ছা আছে নেকি?’ বন্দীজনে বৰ উৎসাহিত হৈ ক'লে- “মোক এই সুযোগ দিয়াৰ বাবে ধন্যবাদ। আচলতে মই এনে এটা বিশেষ বিদ্যা জানিছিলোঁ, যিটো মই আজিলৈকে প্ৰয়োগ কৰিবলৈ সুযোগ নাপালো। গতিকে মহাৰাজে যদি অনুমতি দিয়ে, মই মোৰ সেই বিশেষ বিদ্যাটি এবাৰ প্ৰয়োগ কৰিব বিচৰোঁ।”

ৰজাই ক'লে- “প্ৰয়োগ কৰাৰ আগত তোমাৰ বিদ্যা বিধৰ বিষয়ে কোৱা।” বন্দীজনে ক'লে- “মহাৰাজ মই হাতীক উৰণ শিকাৰ জানো।”

ৰজাজন আচৰিত হ'ল। তেওঁ কথাষাৰ বিশ্বাস কৰিবলৈ টান পালে। তথাপি মনৰ সন্দেহ সম্বৰণ কৰিলে আৰু সুধিলে- “তুমি এটা অবিশ্বাস্য আৰু অসম্ভৱ কামৰ কথা কৈছা। ইয়াৰ কাৰণ?”

তেতিয়া বন্দীজনে ক'লে- “মহাৰাজ, আচলতে মই ইতিবাচক সম্ভাৱনাৰ কথা বুজাব বিচাৰিছোঁ মাত্ৰ। এতিয়া মোক যদি আপুনি সুযোগ দিয়ে মই হাতীটোক শিকোৱাৰ বাবে আৰু কিছু বছৰ জীয়াই থাকিবলৈ পাম। এই সময়চোৱাৰ ভিতৰত মোৰ স্বাভাৱিক মৃত্যু হ'ব পাৰে। অথবা ইয়াৰ মাজতে দুৰ্ভাগ্যবশতঃ হাতীটো বা আপোনাৰো মৃত্যু হ'ব পাৰে। আৰু কোনে জানে হাতীটো যদি সাঁচাই উৰিব পৰা হয়, তেতিয়াতো মোৰ জীয়াই থকাৰ বাট সম্পূৰ্ণভাৱে মুকলি হৈ যাব। সেয়ে মই আপোনাৰ ওচৰত এই প্ৰস্তাৱ ৰাখিলোঁ।” বন্দীজনৰ বুদ্ধিমত্তা আৰু সাহসৰ বাবে ৰজাই তেওঁক শান্তিৰ পৰা ৰেহাই দিলে।

শিকিবলগীয়া : মানুহৰ জীৱনত বহু বাধা তথা ঘাত-প্ৰতিঘাত থাকেই। কিন্তু সেইবোৰ সাহস, বুদ্ধি ধৈৰ্যৰে সমাধান কৰিবলৈ চেষ্টা কৰিব লাগে।

The Power of Observation

ASUTOSH DEBNATH



STORY : Once Birbal was sent to another kingdom as an ambassador. The King, of that kingdom, had heard a lot of stories about Birbal's sharp intellect and thought of testing the same.

So, the King made all his ministers dress up like him, and thereafter, they all sat in a line. When Birbal entered the courtroom, he was amazed to see everyone dressed in the same clothes and sitting on a similar kind of throne.

Birbal took a moment to observed everyone very keenly, and then went up to one of them and bowed in front of him. It was the King himself, who was surprised beyond words.

He stood up and asked him how could he guess so? Birbal smiled and answered, "My lord, you showed confidence which no one else did. And not only that the rest of them even kept looking at you for approval. And that gave me the clue that you indeed are the king". The King felt amused and praised Birbal for his unmatched intellect and presence of mind.

Introduction

From the moment we are born, we begin to

observe the world. As infants, we use our senses to explore our surroundings. As we grow, this ability to observe becomes a powerful tool for learning, problem-solving, and discovery. Observation is more than just seeing; it involves using all our senses– to get information. It's about paying attention, being curious, and noticing even the smallest details.

The Importance of Observation

1. **Learning** : Enhances our learning experience. When we pay close attention to something, we learn understand and remember it better.
2. **Problem-Solving**: Observation is a critical component of problem-solving. Whether you're trying to figure out a complex problem of any subject or solving any personal issue, careful observation can provide valuable insights. And all of you have this ability to solve day to day problems. This leads to creativity. Any thing you are doing (solving problems) for the first time that is your creativity and you are creative.
3. **Creativity and Innovation**: Many great

ideas and innovations have sprung from keen observation. Artists, inventors, and scientists often notice things others don't, leading to breakthroughs and masterpieces.

4. **Understanding Others:** Observing people helps us understand them better. It can improve our relationships, empathy, and communication skills. Remember, there's more to what people say; their body language and expressions can reveal a lot.
5. **Immediate feedback:** You can observe certain things to sense the questions & answers.

Developing Observational Skills

1. **Practice Mindfulness :** Start by being present in the moment. Put away distractions and focus on what's happening right now.
2. **Use All Your Senses:** Don't just rely on your eyes. Listen carefully, touch, smell, and even taste when appropriate.
3. **Ask Questions:** Be curious. Ask yourself

questions about what you observe. Why does something look a certain way? What might be the cause of what you're seeing?

4. **Learn from Others:** Talk to experts/teachers/parents in various fields. They often have valuable insights on what to look for and how to interpret what you see.
5. **Games:** Whether you watch or play, you get involve when you observe.

Conclusion

Observation is a skill that can enrich every aspect of your life. It transforms the ordinary into the extraordinary to exceptional. As students, it can make you better learners, thinkers, and problem-solvers. As individuals, it can make you more aware, and creative.

So always observe. Look beyond the surface, and you'll discover a world filled with fascinating details, mysteries, and opportunities for growth. Embrace the power of observation, and you'll find that the world is a far more exciting and interesting place than you ever imagined.

Language Habits

AWAL REZZAK RAHMAN



“Language is the armoury of the human mind, and at once contains the trophies of its past and the weapons of its future conquests.”

By - Samuel Taylor Coleridge

Language is a behavioural habit. Learning a language is like learning some of the behavioural habits of another culture. If you do not notice these habits you cannot learn them or acquire them.

When you're first learning a language – especially if you're young – it's best not to worry about getting everything absolutely right. You'll learn a lot faster if you have the confidence to try to speak and write as much as possible. On the other hand, you might also have heard that it's best to pick on errors and correct them early on, so that a particular mistake doesn't become a habit that you'll struggle to lose later on. But you can't speak confidently if you're constantly thinking about errors to avoid!

So my suggestion is that you focus on gaining one good habit – or to put it another way, eliminating one error – at a time.

I am going to talk about 7 language habits that will help you to improve your written and spoken English.

1. Use the language for something you enjoy

You will be able to learn more quickly if you actually use the language as you learn it. There are lots of ways you can do this, but one of the best is to use it to do something you enjoy. Whether your hobby is travel, sport, music, fashion, art or even reading the news, try to do it in English.

2. Listening and Reading Skills

One of the easiest and most enjoyable ways to improve your listening skills is by listening to songs in the language you are studying. Watching films and shows in English is a great way to improve your level. When you watch films you get exposure to a wide range and variety of accents and vocabulary. I guess most of you here are Marvel comics' fans. Captain America and Iron Man played by Chris Evans and Robert Downey Jr. speaks in American English accent. Whereas Dr. Strange played by Benedict Cumberbatch, who is a British actor speaks in British accent and many more.

3. One point I give a lot of stress on my students

is to **read newspaper editorials.**

A newspaper editor is the most updated person when it comes to the trends of writing English. Because he has to write the editorial every day and he can't repeat writing the same things. New formal styles of expression and new vocabulary can be well absorbed by reading newspaper editorials.

4. Try to imitate

Everyone has an accent, even in their first language and only a tiny minority of people are able to eradicate this in the language they are learning. However, it's good to try to train your ear to hear different accents and to try to imitate them. And again, films and TV shows is a great medium to do that. I would also suggest that if you are picking up an accent, go for the British English, as it is considered as the standardised form of English.

5. Don't worry about mistakes

Everyone tells us that mistakes are part of learning and that is especially true when learning a language. The best learners take risks with the language and try to express themselves even when they don't know the exact words or grammar.

6. Revise your vocabulary

Increasing your vocabulary is one of the fastest ways to improve the level of your English. In order to remember the new words you learn during your English lessons, you must review them regularly and try to use them in your day to day conversation. Research shows that you will remember more if you review the words you learn at regular intervals after the lesson.

7. Be active and take control of your own learning

When in class, try to participate as much as possible. Be determined to use the language and grammar your teacher has presented. Making mistakes is a natural part of the learning process, so don't let that stop you.

Be active rather than passive: find out from your teacher what your strengths and weaknesses are; ask your classmates what they think of your pronunciation; set up an English-speaking club with other students, so you can practise speaking after class. By being active and taking control of your own learning, you will soon start to see results.

I hope these tips will be beneficial to you and help you realise how important English learning is in today's world. Being students of an elite school like DPS Numaligarh, we expect you to speak and write good English.

Be Thoughtful & Change the World

BANDANA BHUYAN



Dear Children,

Don't you feel like to be in an environment where things are well organised, where traffic flow is smooth, where you can get accesses to goods and services with convenience and where people are polite, friendly, helpful and disciplined?

Well, I am talking about a civil society- a society that builds up on what is the topic of my talk today- Civic Sense, other than our six senses, it is a sense related to social ethics. It is consideration for the unspoken norms of a society.

Respect for fellow beings and maintaining decorum in public places has a great role in creating a healthy social environment. Some everyday practices like showing consideration to the elderly, women and the specially-abled, parking without causing inconvenience to others, and disposing of garbage without littering the surroundings.

Civic sense also means being respectful and tolerant of other people's beliefs and practices. The world is becoming smaller with

the technological advancements. But we still see people fighting over religious practices, customs and traditions or eating preference. A society will be healthy only when our practices don't offend others' sentiments and feelings.

We have to be social, mature and unbiased when it comes to situations in public, in the absence of which, there is disorder and anarchy which does not benefit anyone.

So, following practices like getting up to let an elderly or a sick person sit, picking up litter if you see it around and throwing it in the dustbin, switching off the lights and gadgets when not in use, standing in a queue with patience, avoiding abusive and aggressive behaviour, parking your bicycle or your scooty in the right way, taking a quantity of food on your plate only as much as you can eat so that it doesn't go to waste etc are some of the everyday practices which will go a long way in making a healthy society and civilized country in turn.

So, I believe that you will do your bit by making civility an everyday habit and make this planet a happy dwelling for all its inmates.

Introspection

DR. BANDANA DAS



Today I will be talking about the secret how to be happy and how to keep our mind happy and satisfied.

Do you know the most selfish 1 letter word

The most selfish one letter word is I

I phone, I pad, I pod and the men says I paid ---- Jokes apart

What does I stands for- I stands for expectations (apaksha)

I should be treated like this, I should be respected like this, I should be getting this many marks, I should be getting an easy question paper, I like this, I like that I---I---I---

“We are thus living a life of super high expectation”

Do you think our life will be happy when it revolves around I

The more we will live a life of I the more frustrated we will be

Therefore Avoid the selfish I.

Always be realistic, having expectation is not wrong, but understand that everyone will not fulfill our expectation.

To avoid the selfish I we must look into the inner I .

We can look into the inner I when we stop comparison.

2. Avoid comparison

Let me give you an example ,a college going boy failed in his examination ,his father said –look at you friend he has passed with good mark and you have not ,look at your brother he is so obedient and you are not.

We are always comparing. We are always looking at others, by looking at others we have stopped working on ourself.

How mental health can be good ,if our eyes are at others.

When we start looking at others life we feel inadequate”” not enough””

If I was little taller, if I was little smarter, if I was little richer, If I have little more likes in my instagram post than her.

Why to compare?

Remember, we all need to focus on what we have and work on it in our own capacity.

Believe, many of the mental health issues would be sorted to a great extent if we look at our self and instead of looking at others.

Therefore, we all must leave the selfish I and work on the inner I in our own capacity to achieve greater mental health which in turn will lead to success and happiness.

Importance of Reducing Unproductive use of the Internet in School Life

BHOLANATH BHATTARAY



Dear students, I want discuss on the topic that impacts your productivity as a school student. `Each one of you wants to be successful in your life and your daily routine and habits will decide whether you will be successful or happier in your life.

The use of the Internet has hugely impacted your studies in recent years. The Internet can improve your performance on the one hand and on the other hand it has the equal capability to drastically reduce your performance. Your school life is the foundation for your future. Productive habits in your school life will give you confidence in your future.

Some of you spend maximum time using the internet. This habit is the main reason for your low performance and low confidence. Therefore you must use the internet judiciously so that it can improve your performance rather than reducing it. Here are some of the few guidelines that you should adopt in your student life.

1. Reduce your screen time to a maximum of 1 hour in a day, if you are not necessarily involved in any online coaching.
2. Don't be involved in any unproductive work on the internet that is not helping you to increase your value.
3. Try to avoid the use of any social networking website as it may not be necessary for you. Try to avoid any other website or web application that is not required for you.
4. Never share your details like photographs or any other information on social networking sites.
5. Never try to hurt the sentiments of others on the internet by posting anything as everything is being recorded forever.

Take all necessary protection while using the internet.

Benefits of Exercise for the Students

BISWAJIT BORA



Regular physical activity can help Students and improve cardiorespiratory fitness, build strong bones and muscles, control weight, reduce symptoms of anxiety and depression, and reduce the risk of developing health conditions such as: Heart disease. Particularly today's children's need to exercise more because the junk food they consume every day can hamper their quality of life. If you are not healthy, you cannot lead a happy life and won't be able to contribute to the society.

Benefits of Exercise for Students.

Better focus in school. When the brain activates following exercise, it can better concentrate and helps improve memory and information retention. This helps students to perform better and learn more information during lessons.

Improves school attendance. Students who participate in regular physical activity are less likely to get sick and be absent. The immune system gets stronger and ready to fight illnesses better.

Better academic performance. Studies show that students who are physically active get better grades. These students also perform better on regular tests and have higher promotion rates.

Builds a strong, healthy body. Students that develop a routine for physical activity when they are younger lower their risk of obesity, heart disease, high blood pressure, and other life-altering diseases and conditions. This helps them build a healthier and stronger body for a longer life.

Improves sleep quality. Students that participate in physical activity get better sleep and achieve a deeper sleep that helps their body to recover from exercise. Better sleep increases their ability to focus or concentrate

their energy levels, and better manage stress.

Reduces risk of anxiety and depression. Activity helps release endorphins, feel-good hormones, which help reduce stress therefore relieving feelings of anxiety and depression.

Develops better social and problem-solving skills. Participating in activities that include working with others on a team or a group help students develop positive social and problem-solving skills. Students learn to cooperate with others, encourage teammates, and achieve a goal.

Build self-confidence. Finding a skill, activity, or sport a student can find success at helps build self-confidence which helps students try new skills, learn new information

More energy. A body in motion, stays in motion. When a student participates in regular physical activity, they will have more energy and be alert throughout their day. This helps them engage in their learning and enjoy class.

Imagination Versus Knowledge

“ Imagination is more important than knowledge. ”
– Albert Einstein.

BITOPI PHUKAN



Dear children , we can acquire knowledge from various sources such as books, online or offline classes ,lectures ,audio-visual aids, etc. But until and unless we imagine and explore about what we have gathered ,it wouldn't help us to create something new or out of the box. When we use our imagination , it enables us to create good music, paintings, literature, inventions and different forms of art. So, imagination is a very powerful tool that is required in many aspects of our life. On the other hand by simply imagining things ,one cannot convert them into reality. All the inventions and developments that we have today are result of positive imagination by different individuals in the past only. Children ,would you like to follow some simple steps to enhance your imagination ? Sit down without any gadgets such as phones, tablets, television, etc. Just think of what you want to do or create. Your thoughts will start pouring and getting connected .Thus, helping you to design your vision through hard work by combining knowledge and imagination.

Lying Breaks Trust

DEEPIKA ROY



It's a pleasure to stand before you all today. Let's take a moment to reflect on the topic of truthfulness. Truthfulness is being honest with yourself and the world around us. It is the most important value of human character. If we tell the truth, our world and society becomes peaceful and perfect to live. But lies can create unrest and chaos. Dear students, do you remember the story of the boy who cried wolf?

A shepherd boy used to take his sheep up on the hill every day. One day he was feeling bored and thought of playing a prank on the villagers working in the fields. He cried out, "wolf! Wolf! Help me." The villagers came running up the hill and saw the boy rolling with laughter, "ha! ha! Look how I fooled you all." The villagers went back feeling very angry. The next day the boy again shouted, "help, wolf is here!". The villagers again went up the hill. They found the boy laughing. The villagers came back very angry and said that this boy is a liar. Later, a wolf really came prowling around the sheep. The boy screamed out in fright, "Wolf is here!" No one came to help him this time and the wolf ate up his sheep.

Children, no one believes a liar, even when the liar is telling the truth.

If we want to earn the love, respect and belief of everyone, we need to become truthful. So, from today let's promise that we will never tell a lie anymore and be truthful to everyone in our society.

Overcoming Failures

DHRUBA BORAH



Failure is something that is generally not appreciated or liked to be experienced by anyone. However, everybody goes through failure at some stage of their life in different activities.

At times we are not able to pull off something we desire for. We fail to meet our expectations. This may be a class test, a school tournament, a dance competition or a Board exam and so on and so forth. But is failure the end of our journey? Definitely not. It can be the beginning of a new journey with renewed vigour, spirit and determination. When we fail to meet our objective we get disappointed and not able to see the next course of action. At this point we have two options, either sit and regret about failure or bounce back and overcome failure in life.

Successful people are the ones who have bounced back, overcome failure and get back on the track again. Success does not come in one try always. It takes a lot of perseverance and effort to succeed in something. In this process, we sometimes fail. And although this failure can seem very

disheartening, we must not stop there.

As humans we all make mistakes and this leads to failures to achieve the desired goals. Albert Einstein said- 'A person who never made a mistake never tried anything new'. Failure is success in progress.

Failure happens when you stop trying, stop growing and stop learning.

Dr. APJ Abdul Kalam wrote in his famous book 'The ignited minds'-

"Don't read success stories, you will only get a message. Read failure stories, you will get some ideas to get success"

"There is only one thing that makes a dream impossible to achieve and that is the fear of failure' Failure is not a step backward; it's an excellent stepping stone to success. We never learn to move out of our comfort zone if we don't overcome our fear of failure.

Now the question arises how to overcome failure. There is no single recipe for overcoming failure. However, we can engage ourselves in the following ways:-

- 1. Accepting responsibility-** one needs to accept responsibility and overcome the emotional setbacks associated with failure.
- 2. Rebuild self confidence -** Being Strong and building your self confidence again is most important. The important thing you need to tell yourself every single morning is “you can and you will do it again”.
- 3. Analyze the mistakes-** Understanding what went wrong is important. Try to figure out the reason of failure. Analyze, take accountability, accept and learn from mistakes.
- 4. Discuss with your close ones-** Discuss critically all the positives and negatives of your personality. Hearing a harsh criticism about your behavior and work can be a bit demotivating, and even frustrating for few people. But, all you need to do is to positively receive the constructive feedback.
Work on your weaknesses, don't try to ignore them.
- 5. Plan your new approach-** What would you do differently this time? Try to plug all the loopholes of last planning. If your goals are not SMART, rework on those and correct

them. Work on each aspect minutely keeping in mind learnings from the last failure.

- 6. Get back to track-** Get back on the track, the derailed train of your life. Rebuild yourself and restart your journey. Recharge your strengths and build a network and resources to achieve your re-framed goals. Try to uplift your emotional quotient and make a commitment with self that you will give your best with a positive approach.

Keep reflecting time to time where you started and how did you overcome the hurdles and challenges, It will keep you motivated and keep you on track.

At every failure, remember one thing: “This is not the first failure you have faced in life and this won't be the last failure you will face.” Failure and success are part of life. Your ability to overcome failure will determine where you end up in your life.

You will never experience real success until you learn to accept the failures of life. The mistakes done during those failures pave the way for you to succeed. Let failure make you stronger, tougher and more resilient so that you don't just survive it but you'll bounce back stronger and achieve greater success in life.

Importance of Kindness

DIPANJALEE PHUKAN



I hope you all had a restful night and are ready for a new day of learning and growing. As we gather here for our morning assembly, let's take a moment to appreciate the beauty of this new day and the opportunities it brings.

Each morning is like a fresh start, a chance for us to make the most of our time and talents. Remember, every single one of you has something unique to offer, whether it's a friendly smile, a helping hand, or a creative idea. So, let's embrace this day with enthusiasm and a positive attitude.

Today, I want to talk to you about the importance of kindness. Kindness is like a ripple in a pond – it starts with one small act and can spread far and wide, touching the lives of many. Whether it's saying a kind word to a classmate, holding the door for someone, or simply offering a listening ear, these small acts of kindness can make a big difference.

We often hear the phrase, "Treat others the way you want to be treated." This is a fundamental truth. When we show kindness,

we create a more caring and supportive community for ourselves and others. It's a simple but powerful way to make our school a better place.

As you go about your day, I encourage each of you to look for opportunities to be kind. It might be as simple as sharing your notes with a friend who missed class or offering encouragement to a classmate who is feeling a bit down. By practicing kindness, we create a positive atmosphere where everyone feels valued and appreciated.

So, let's start this day with a commitment to kindness. Let's make an effort to be considerate, compassionate, and supportive. Remember, the smallest act of kindness can have a lasting impact. Together, we can make our school a place where everyone feels welcome, respected, and cared for.

Thank you for your attention. Have a wonderful day ahead, and let's make it a great one by spreading kindness wherever we go.

Essence of Music

DIPANJALI CHANGMAI



“Where words fail music speaks.” Starting my speech with this I would like to throw light on how music can change our life from within. Music is a form of melody that suits our body, mind and soul and help us to feel relaxed. When it comes to learning of children, music can kindle our neurones by thousands of times and can of accelerate the learning process. Music can bring back old memories in our present time and helps us to rejoice those beautiful old memories. Music is an effective way of healing the stress and anxiety of everyday life. Music is the only universal language which needs no translation. So listen to music when you are happy or sad to rejoice every moment of your life no matter what the circumstances of your life are. Thus, music gives a soul to the universe, wings to the mind, flight to the imagination and life to every thing.

An Extra Knowledge may give you an Extra Edge in your Effort for Achievement.

DULAL SAIKIA



Let me start with a story. There was a man and everybody respected him, He was very popular and whenever people would see him they would bow down to him. This person studied all the Shastras, Ramayana, Mahabharata, Purana, Upanishad, Veda, he read all and learnt them by heart. Because of people's respect he was very proud of himself and would be considered as superior than others.

One day he was coming from a far away place and was in a hurry to go to his own village. The day was not very good. The sky was covering with the black clouds; wind was blowing and was about to rain. There was also a big river like Brahmaputra on the way which had to be crossed. It was getting dark slowly and the man was almost running with his Shastras in his hand. He reached the bank of the river and saw a poor manjhi (Boatman) was waiting for his passengers. The person said "hey Boatman can you take me to the other side of the river, I have to go to my village. Do you want to be obliged to me as I am giving you a chance to serve me." "Yes of course Maharaj" said the boatman.

The man sat on the Boat and started moving towards the middle of the river. After a while his

ego stroked while he was looking at the boat man. He murmured, "This boat man looks so poor and illiterate. he is wearing only a pagdi and dhoti, so poor. And look at me I am so wise and powerful. He must have not read any shastra it seems." He was thinking all these driven by his ego and attitude. He could not stop and asked the poor boatman, 'hey manjhi have you read Ramayana?' Manjhi replied, 'he maharaj I am a poor man I have't read Ramayana. The man said, than one out of four parts of your life is gone wasted. The Boat moved a little and the person asked the manjhi again. Tell o boat man have you read Mahabharata? He replied, ' No maharaj I haven't read'. The man said two parts out of four of your life is gone wasted. After some time the man again asked him 'have read Ved or Upanishad? The manjhi said, 'he maharaj I am a poor and illiterate man I haven't even seen these shastras.' As he replied he was feeling very bad and humiliated. The man said, 'hey boatman than the three parts of your life out of four is gone wasted. In the mean time boat reached the middle of that big river. Suddenly wind started blowing very heavily, thunder storm surrounded and heavy rain started

come. There was a complete havoc; the big waves started getting into the boat making it tumbling very badly. The man shouted, 'hey boat man be careful control the boat, don't let it capsize otherwise I will die. The boatman shouted amidst the heavy rain and wind, 'Sir, the boat is going out of my control I cannot save it now; Sir you have asked me three questions can ask you one. The man shouted in fear, 'yes, ask.' The manji asked, 'Sir do you know to swim? The man shouted, 'no no no, I don't know, save the boat or I will die. The boatman said 'sir than the four out of the four parts of your life is gone wasted.' Before he could

understand something there was a big wave which hit the boat. It got capsized and sank in the rough water. As the Man could not swim he died and the boatman swam to the side of the river and survived.

Students what we learn from this story. There are various ways you can draw a conclusion to the story, but what I want to tell you is that, sometime some extra skill, some extra knowledge could help us so tremendously in our life. Even these extra skills may appear as your saviour at times giving an extra dimension

to your overall knowledge. We must acquire academic knowledge in order to achieve, we have to be very good in that, but at the same time, if we have some other skills also like games and sports, painting, playing an instrument, singing, writing poems, writing articles, skill of good anchoring, ability to write scripts for various occasions etc. then you should be sure that one of these skills will definitely help you in some ways or other in your endeavour to achieve in life. What we saw in the story is that the man was very knowledgeable but he did not know to swim. If he would have known how to swim that would have saved his life. How an extra knowledge, an extra skill going to benefit you in your future life you even may not be able to understand today at this stage of your childhood. But this is true that knowledge always pays back and gives you more power to compete and to be prepared for the challenges. Therefore I would like to request you all to gain knowledge which lies out of box. You must take up all the activities seriously which you are learning today. Be good at them, polish them to your satisfaction and that will surely help you in your path of achievement by giving you recognition and more confidence.

Procrastination

FARBIN SULTANA AHMED



Today, I want to talk about something that affects each and every one of us: procrastination. We've all been there, putting off tasks, assignments, and responsibilities until the last minute. But what if I told you that we have the power to overcome this common challenge and unlock our true potential?

Procrastination might seem like a harmless habit, a fleeting delay, but it can have a significant impact on our lives. It steals our time, hampers our productivity, and prevents us from achieving our goals. However, the good news is that defeating procrastination is entirely within our control.

First and foremost, awareness is key. Acknowledge when you're procrastinating and identify the reasons behind it. Is it a lack of interest, fear of failure, or feeling overwhelmed? Understanding the root cause empowers you to address it head-on.

Setting clear goals is another crucial step. Break down your tasks into smaller, manageable steps. This not only makes the task less intimidating but also gives you a sense of progress as you complete each step. Celebrating these small wins can provide the motivation needed to keep moving forward.

Creating a structured schedule is paramount. Allocate specific time blocks for different tasks, and stick to them. Treat these time slots as sacred commitments to yourself. Over time, this practice will help you build discipline and make productivity a habit.

Eliminate distractions. In today's digital age, it's incredibly easy to get sidetracked by social media, notifications, and other diversions. When you're working, turn off unnecessary notifications and find a quiet, dedicated space where you can focus entirely on the task at hand.

Accountability can also be a game-changer. Share your goals and progress with a friend, a family member, or a

mentor. Knowing that someone else is aware of your goals can create a sense of responsibility that fuels your motivation.

Remember, perfection isn't the goal—progress is. Fear of not doing something perfectly can often lead to procrastination. Embrace imperfections and see every attempt as a learning opportunity. Done is better than perfect.

Lastly, practice self-compassion. We all have off days or moments of low energy. It's okay to take breaks and recharge. Be kind to yourself and don't let occasional setbacks define your journey.

In conclusion, my fellow students, procrastination is a challenge we can overcome. By increasing our self-awareness, setting goals, managing our time, eliminating distractions, staying accountable, and practicing self-compassion, we can transform ourselves into productive, empowered individuals.

Let's embrace the present moment and make the most of our time here. The future belongs to those who take action today.

Self-Discipline

GEETA DEVI SARKI



Today, I want to talk to you about a topic that is incredibly important for your success both in school and in life: self-discipline and motivation. These two qualities go hand in hand and are essential for achieving your goals and reaching your full potential.

Self-discipline is all about having the ability to control your actions, thoughts, and emotions in order to stay focused and committed to your tasks. It means resisting the temptation to give in to distractions and staying on track even when things get tough. Self-discipline is like a muscle that you can strengthen through practice and consistency.

So, how can you develop self-discipline? Here are a few tips:

1. **Set clear goals:** Start by defining what you want to achieve. Setting specific, realistic, and measurable goals will give you a clear direction and purpose.
2. **Create a routine:** Establishing a daily routine can help you develop good habits and make self-discipline a natural part of your life. Stick to your schedule as much as possible, even when you don't feel like it.
3. **Break tasks into smaller steps:** Sometimes, big tasks can feel overwhelming and demotivating. Break them down into smaller, more manageable steps. This will make the task seem less intimidating and easier to tackle.
4. **Eliminate distractions:** Identify the things that distract you the most and find ways to minimize or eliminate them. It might mean turning off your phone or finding a quiet place to study.

Now, let's talk about motivation. Motivation is what drives you to take action and keep going, even when faced with challenges or setbacks. It's the fuel that keeps your self-discipline engine running.

Here are some strategies to stay motivated:

1. **Find your "why":** Understand why the task or goal is important to you. When you have a strong reason behind your actions, it becomes easier to stay motivated.

2. **Celebrate progress:** Acknowledge and celebrate your achievements, no matter how small they may seem. Recognizing your progress will boost your confidence and inspire you to keep going.
3. **Surround yourself with positive influences:** Surround yourself with people who support and encourage you. Their positive energy will help you stay motivated and focused.
4. **Take care of yourself:** Remember to take breaks, get enough sleep, eat well, and engage in activities that bring you joy. Taking care of your physical and mental well-being is crucial for maintaining motivation.

In conclusion, self-discipline and motivation are key ingredients for success. Developing these qualities will not only benefit you in school but also in all areas of your life. Remember, it's not always easy, but with practice and determination, you can cultivate self-discipline and find the motivation to achieve your goals. Believe in yourself, stay focused, and never give up. You've got this!

Believe in Yourself

JAYEETA DAS



Recently, I have come across a captivating story which I want to share with you all because it holds the deep meaning in it.

A gentleman was passing through an elephant camp and all of sudden he stopped. The gentleman spotted that the elephants weren't being kept in cages or held by the use of chains. All that was holding them back from escaping the camp, was a small piece of rope tied to one of their legs. It was obvious that the elephants could, at anytime, break away from their bonds but for some reason, they did not.

He was perplexed that these are so small ropes that they can break very easily but why they are not using their strength to break the ropes and escape the camp. While his mind was still pondering, he saw a trainer nearby. He stepped towards the trainer and asked, "May I ask why these magnificent animals just stood there and made no attempt to get away – when they COULD easily do that?"

The trainer replied:

"When they are very young and smaller in size we use the same small size rope to tie them and at that age, it's enough to hold them because they couldn't break it. As they grow up, they are conditioned to believe that the rope can still hold them, so they never try to break free .

This amazed the gentle man completely . These animals could at any time break free from their bonds. But just because they believed they couldn't, they were stuck right where they were.

Well.. the story ends here and I hope you all could comprehend moral of the story.

Dear students , just give a thought do you have the elephant mindset? Like the elephants, how many of you go through the same false belief that you cannot do

something and that too simply because you failed at it once before?
Failure is part of learning, so we should try our best in achieving what we want, instead of giving up.

Dear students just remember that, no matter how much the world tries to hold you back from your achievements, always continue with the belief that what you want to achieve is possible and you can achieve it with your hard work and strong determination. Believing in yourself is the most important step in achieving your goal.

So, dear children, what are you waiting for ? Don't you want to come out of that "Elephant Mindset". Stop blaming people or situations and be aware of your unlimited potential. Break free your ropes and start working towards your dreams and goals.

NOW it is the time to STOP FEARING and START BELIEVING !!!

प्यारा बोल

KAKOLI BORDOLOI



एक चिड़िया थी जो रेंगिस्तान में रहती थी। वह काफ़ी बीमार रहती थी। उसके पास खाने-पीने के लिए कुछ नहीं था और साथ ही रहने के लिए घर भी नहीं था। एक दिन एक कबूतर वहाँ से गुजर रहा था तो बीमार चिड़िया ने उसे रोककर अपनी व्यथा सुनाई। कबूतर ने कहा, “मैं स्वर्ग जा रहा हूँ वहीं से तुम्हारी समस्याओं के हल के बारे में पता कर आऊँगा।” इतना कहकर कबूतर स्वर्ग के रास्ते चला गया। कबूतर स्वर्ग पहुँचा तो स्वर्ग के प्रवेश द्वार पर ही उसका सामना देवदूत से हुआ और उसी से उसने उस बीमार चिड़िया की व्यथा कह सुनाई।

देवदूत ने कहा, “अगले सात वर्षों तक उस चिड़िया को वैसा ही जीवन व्यतीत करना होगा उसके जीवन में खुशी नहीं होगी।” कबूतर ने कहा, “जब वह बीमार चिड़िया यह सुनेगी तो वह निराश हो जाएगी। आप इस मुसीबत से निकलने का कोई उपाय बताएँ।” देवदूत ने जवाब दिया, “उसे इस बात को दोहराने के लिए कहना। भगवान! आपने जो कुछ भी दिया है, उसके लिए आपका शुक्रिया।” कबूतर ने उस बीमार चिड़िया से मिलकर देवदूत द्वारा कही हुई सारी बात कह सुनाई। चिड़िया ने कबूतर द्वारा कही हुई बात का पालन किया।

सात दिनों बाद वह कबूतर वह फिर उसी रेंगिस्तान से गुजरा तो उसने देखा कि अब वह चिड़िया बेहद खुश है। वह खुशी से नाच रही थी, गा रही थी। उसकी बीमारी दूर हो गई थी, उस बंजर भूमि में एक छोटा सा पौधा उग आया था और एक छोटा-सा तालाब भी वहाँ बन गया था। कबूतर हैरान रह गया था क्योंकि देवदूत ने कहा था कि अगले सात वर्षों तक उस चिड़िया के जीवन में कोई खुशी नहीं होगी। अपनी इसी जिज्ञासा को शांत करने के लिए वह कबूतर पुनः देवदूत से मिलने स्वर्ग पहुँचा। वहाँ देवदूत ने उसे बताया कि हाँ यह सच है की सात

सालों तक उसके जीवन में कोई खुशी नहीं थी, लेकिन वह चिड़िया हर छोटी-बड़ी बात के लिए “भगवान! आपने जो कुछ भी दिया है, उसके लिए आपका शुक्रिया” बोल रही थी उसी कारण उसका जीवन बदल गया। स्थिति जो कुछ भी हो चिड़िया बार-बार इसी बात को दोहराती रही। इसी कारण उस चिड़िया के मुश्किल के सात साल, सात दिनों में बदल गए।

अगर हम गौर से देखें तो हम भी पाएँगे कि कृतज्ञता के भाव ने किसी के जीवन को सम्पूर्ण रूप से बदल दिया है। अगर हम भी हर स्थिति में “भगवान! आपने जो कुछ भी दिया है, उसके लिए आपका शुक्रिया” ये शब्द दोहराएँगे तो हमारे जीवन को एक नया रूप मिल जाएगा, एक नई शक्ति मिल जाएगी। तो हमेशा जीवन में जो भी पाया है उसके लिए आभारी रहे और अपने आशीर्वादों को गिने, यह निश्चित रूप से हमारे जीवन में सुखद परिवर्तन लाएगा।

इसलिए बच्चों, हमें हमारे पास जो भी उसी में संतुष्ट रहना चाहिए। ईश्वर ने हमें जो भी दिया है उसके लिए हमेशा उनका धन्यवाद करना चाहिए।

अनमोल बातें

कल्पना भराली हजारिका



जब कोई आदर्श का पूँज बन जाता है तो उनका जीवन प्रेरणा का स्रोत बन जाता है। स्वामी विवेकानंद जी का जीवन भी कुछ ऐसा ही था। खासकर युवाओं अर्थात् आपके लिए उनकी सीखें और बातें अनमोल हैं। उनके बताएँ मार्ग पर चलकर आप न केवल सफल हो सकते हैं बल्कि ये देश और दुनिया के प्रति अपने कर्तव्य को निभाने की प्रेरणा भी देते हैं। तो आओ बच्चों उनके जीवन से कुछ प्रेरणादायक बातें जानें -

1. **देने का आनंद अधिक होता है** - उन दिनों स्वामीजी अमेरिका दौरे में थे। वहाँ एक बार अपने लिए बनाई गई सारी रोटियों को कुछ भूखे बच्चों को दे दी। ऐसे में मकान मालकिन के पूछने पर उन्होंने बताया - "रोटी तो पेट की भूख शांत करता है, आज मेरी न सही, इन बच्चों की ही सही। देने का सुख पाने के सुख से कहीं बड़ा होता है।" बच्चों आप सभी जानते ही हैं, सभी धर्मों में इसलिए दान की प्रवृत्ति है।
2. **सामना करो अपने डर का** - एक बार मंदिर से निकलते वक्त बहुत सारे बंदरों ने विवेकानंद जी को घेर लिया और वह डर के मारे भागने लगे। ऐसे में एक वृद्ध संन्यासी से उनसे कहा, "रुको और उनका सामना करो।" ऐसा सुनते ही स्वामी जी तुरंत पलटे और बंदरों के सामने डटकर खड़ा हो गए। तुरंत सारे बंदर भाग गए। अर्थात् बच्चों अगर कोई स्थिति तुम्हें डराए तो भागो नहीं, पलटो और स्थिति या डर का सामना करो।
3. **दूसरों के पीछे मत भागो** - एक बार एक व्यक्ति स्वामी जी के पास आया और कहने लगा कि मैं मेहनत करने के बावजूद भी सफल नहीं होता हूँ। स्वामी जी ने स्थिति को समझते हुए कहा कि तुम जाओ और इस कुत्ते को सैर करा लाओ। जब वह कुत्ते के साथ वापस आया तो कुत्ता बहुत थका हुआ था और व्यक्ति शांत लग रहा था। स्वामी जी के पूछने पर बताया कि यह कुत्ता गली के कुत्तों के पीछे भाग रहा था इसलिए थक गया। तो ऐसे में स्वामी जी ने कहा कि अपनी मंजिल तक खुद पहुँचो, दूसरों के पीछे

मत भागो अर्थात् बच्चों दूसरे क्या करते या कहते हैं, इसकी परवाह ना करो। अपने जीवन, लक्ष्य का रास्ता स्वयं प्रशस्त करें।

4. **चरित्र की उच्चता पर ध्यान दें** - बाहरी दिखावे से दूर रहकर चरित्र के विकास पर ध्यान दें। वस्त्र, शरीर की सुंदरता को बढ़ाते हैं तो चरित्र मानव की सुंदरता को बाँते हैं।
5. **एकाग्रता सफलता की कुँजी है** - एक बार अमेरिका में भ्रमण करते हुए देखा कि कुछ लड़के नदी में तैर रहे अंडों के छिलकों पर बंदूक से निशाना लगा रहे थे पर एक भी निशाना सही न लगा। ऐसे में स्वामी ने उनसे बंदूक ली और 12 निशाने सही लगाए। लड़कों ने अधीरता से उनसे पूछा - "आपने यह कैसे कर लिया।" स्वामीजी बोले- "एकाग्रता।" अर्थात् जो भी काम करें उसे पूरी एकाग्रता, मन लगाकर करें, सफलता अवश्य प्राप्त करेंगे। छात्रों, अगर आप खेल रहें हैं तो, पूरे मन से खेलें और पढ़ रहें हैं तो पूरी एकाग्रता से पढ़ें, तभी सफलता प्राप्त करेंगे।

तो, छात्रों, युवाओं स्वामी के अनमोल बातों को सुनकर जब आप आत्मसात करेंगे तो व्यक्तित्व, चरित्र के धनी बनेंगे।

Back to School Tips for the Session 2023-24

KOMAL DEWAN



- ✓ Reach School on Time.
- ✓ Carry the Almanac to School every day.
- ✓ Dress up Smartly in Complete Uniform.
- ✓ Be Regular & Punctual in Attendance.
- ✓ Take notes during Class.
- ✓ Try to clear your doubts within the Class itself.
- ✓ Revise any new information that you have learned on the same day.
- ✓ Do & Submit your Homework on time.
- ✓ Reduce your Screen Time.
- ✓ Be consistent about your Study Time at Home after School.
- ✓ Get at least 8 hours of Sleep.
- ✓ Take part in Extra-Curricular Activities for your overall Physical, Social, Emotional & Mental Well Being.
- ✓ Do not run while moving in the Corridors.
- ✓ Wish your Teachers & Elders (Elders = Workers Staff)
- ✓ Attend all School Functions & Celebrations without fail as it will help introduce you to a World beyond your Books & Curriculum.

Last but not the least, do not damage any School Property & report any damage if observed.

Three Filters

KULAMANI DAS



The phrase "See no evil, Hear no evil, Speak no evil" first emerged in Japan 17th Century and then was later adopted worldwide as a message of peace and tolerance. Due to Mahatma Gandhi's visual metaphor of the three monkeys, with one of them Covering his eyes, the second his mouth, and the third his ears.

The carvings at Toshogu shrine were carved by Hidari Jingoro, and believed to have incorporated Confucius's Code of conduct, using the monkey as a way to depict man's life cycle. There are a total of eight panels, and the iconic three wise monkeys picture comes from panel 2.

The three wise monkeys have names: Mizaru (the one does not see), Kikazaru (the one that does not listen) and Iwazaru (the one that does not speak). The Zaru ending means both 'do not do' and 'monkey' in ancient Japanese. This is probably why the proverb was portrayed by a statue with three monkeys.

Mizaru, Kikazaru and iwazaru's message concurs with an enlightening story from ancient Greece. It is said that on one occasion, a disciple came to Socrates's house in a state of agitation and stated to him thus: "Master, I want to tell you how one of your friends has been talking about you maliciously..."

Socrates immediately interrupted him:

"Wait did you already examine what you are going to tell me by using the Three Filters test".

"The Three Filters?" asked the disciple, not knowing what he was talking about.

"yes", replied Socrates, "The First Filter is TRUTH. Have you carefully examined if what want to tell me is true in every way?"

"Well no... I heard some neighbors say it."

"But at the very least you must tested it with the second Filter, which is GOODNESS/KINDNESS. Is it at least, this thing you wish to tell me?"

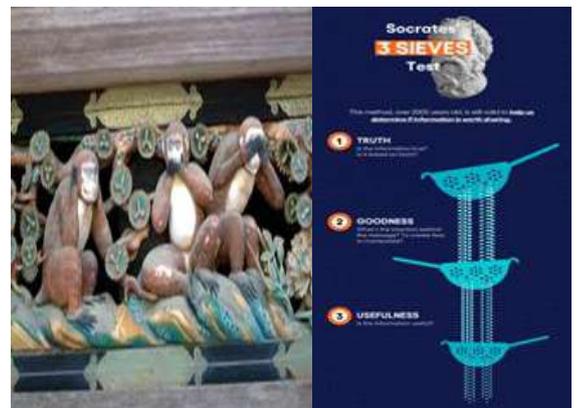
"No, in fact, it is not... It is the opposite."

"Ah!" rejoined Socrates, "So, let us go on to the last one, the Third Filter. Is it NECESSARY/ USEFULNESS for you to tell me that?"

"In all sincerity, no. It is no necessary/ useful."

So the sage concluded, "if what you wanted to tell me is neither truthful, kind nor necessary, it would be best if we consign it to oblivion."

So according to socrates's three filters, before telling some-one anything that might have an emotional effect, we have to check how TRUTHFUL, KIND and NECESSARY it is.



Self Churning

- A New Beginning

LONU GOGOI



1. In the story of Samudra Manthan, the devas along with the Asuras churned the celestial ocean of milk to obtain the nectar. In the process, many beautiful things emerged. In the same way when we churn the milk cream, butter is obtained. In other words, to bring the best in ourselves in every way—whether it is in academics or in our attitude or behavior we need to introspect ourselves.
2. As we mark the beginning of our session 2023-24, as students you all need to renew yourselves with determination to reach new height in all aspects. If you want to see a change you need to learn how to select your thoughts just the same way you select your clothes every day.
3. Churn yourself to bring out the magic present inside you to aim high, break your own barriers and reach for the stars. Besides your academics, your attitude towards your teachers, school, your own peers, support staff of our school and society represent your true self.
4. It is said that your actions are the reflection of your thoughts. What thoughts are being churned in your mind throughout the day gets reflected through the way you greet your teachers, your body language or when you reply them in the class. It is also seen in the way you use the property belonging to the school.
5. Our minds are like garden, it depends how well we want to maintain them. To have healthy plants we need to throw away the weeds, which are basically negative thoughts. Do away with preset notions and have space to grow positive thoughts. This will always take you a long way in the journey of life.
6. Like every session, this session will introduce you to new changes. Changes are challenges to pull you out of your comfort zone. If you are a person who is ready to accept it, you are sure to end up into the best form of yourself.
7. I conclude my thought with the saying that it is all about consistently churning out performances and looking to improve at the same time.

Goal Setting

“Dream is not the thing you see in sleep but is that thing that doesn't let you to sleep.”

– APJ Abdul Kalam

MADHU CHETIA



Goal or Target can be referred as a dream with a deadline. Most often we plan our work for a day, a week, a month or a year but many a times we fail to follow and implement it which results in ending

up with no fruit in our hand. Wasting your time doing nothing is the biggest drawback. At last we are left out with no feeling of any sense of achievement; most importantly there is no improvement in self discipline.

To overcome this despair one thing that is very effective in bringing in change for better within us is setting of clear and meaningful goals. These are the targets that we should give to ourselves.

Goal setting is the first step to initiate positive change in our lives. By setting a clear defined goal in our day to day life, we make commitments to ourselves; develop an action plan that clearly specifies how you intend to achieve them. Thus you become a monitor to analyze yourself for the failures and success in life. You ask why? to yourself. In simple words you become self disciplined. Setting goals also streamline our daily activities. Dear students here are some ways to set a clear goal.

1. Have a clear, specific and measurable goal for short duration such as target to achieve in a day, in a week, in a month and in a year based on the priority.
2. Create a specific action plan for each goal so that you remain updated.
3. Read your goal daily and visualize

yourself on the status of accomplishing it.

4. Reflect on your progress to see if you are on the set target. This will help you know your strength and weakness.
5. Revise your action plan if needed, if it is not working always have an alternative plan but do not give up accomplishing your target.
6. Celebrate your accomplishment, which is very important to boost yourself.
7. Now make yourself ready for setting long term goal and become passionate to achieve it.

Dear students, when we set a goal, we are biologically programming our brain to change or create new ideas. When you focus on your goal and concentrate on every possible way to accomplish it, your neurons get organized, blood circulation to your brain becomes efficient which in turn increases the efficiency of your thinking process.

Goal setting reshapes the brain and different sections communicate allowing you to modify your behavior easily. Thus you become a leader first for yourself and then for the society you live in. At last to wind up

“Agar kisi cheez ko dil se chaaho to puri kayanath usey tumse milane ki koshish mein lag jaati hai.”

The Inspiring Story behind “The Praying Hands”

MATHEW JOSEPH



Today in this morning assembly I would like to share with you a real story of Albrecht Durer -one the most famous Renaissance artists the world has ever seen-. It is a story of how one person's suffering can transform another and even have an extraordinary effect on the world.

Albrecht and his younger brother born in a middle class German family. Both boys wanted to become artists, but their parents could not afford to send them to the art academy as they desired.

One night the two brothers reached an agreement. They would toss a coin, and the loser of the toss would go to work in the coal mines near their home to support his brother during his years of study.

Four years after, they would reverse their roles: the brother who went to school would then be able to work and earn money and would support the other brother to pursue his dream of becoming an artist.

Albrecht won the toss and spent four years in the academy. He learned drawing, painting, and woodcarving and even surpassed his teachers in artistic intelligence and ability.

Four years passed and the time has come to send his younger brother to the art academy to materialise his dream to become an artist. The younger one showed his brother his hands that had been damaged during the past four years.

By seeing his hands which were rough and disfigured due to his hard labour in the coal mines, Durer realized that his younger brother cannot fulfil his long cherished dream to be an artist. It was now impossible for him to do the fine and delicate work of an artist with such hands.

By seeing his brother's sacrifice Durer completely shattered, asked him to pose in prayer for him. He then drew his world famous sketch - the “Praying Hands” as a model for an altarpiece to create for a patron-his younger brother.

This simple drawing, which contains in itself the silent story of brotherly love, sacrifice, and generosity.

It is also a reminder that the greatest sacrifices are often the most hidden but the most pleasing in the eyes of everyone. The sacrifice made by the younger brother for his older brother gave the world the gift of the most iconic painter of the 14th century - Albrecht Durer.

It takes a truly selfless spirit to make silent sacrifices for others, especially for those who will never recognize our generous gift or thank us for the personal cost of our sacrifice.

Choose someone today to receive your gift of time, talent, treasure, or just the gift of your presence. Ask for nothing in return. Seek no thanks or emotional recompense.

Love for Reading

MAYURAKSHI P BARUAH



Among the great habits which we can inculcate within ourselves from our childhood is Reading. Reading is one of the habits that can change the world around you. As it has been rightly said, "A book is a gift you can open again and again." There is no friend as loyal as a book. Reading is an essential skill for children which will help them to learn new things and will make them better individuals. The habit of reading good books enable us to become well educated and informed. Books also help to change our physical and mental fitness in addition to building our lifestyle. Reading a book gives us a kind of pleasure, energy and confidence which we cannot find around any other place. Reading helps us to expand our knowledge and understanding of the world, improves cognitive function , reduces stress levels ,increases empathy and creativity and provides an escape from everyday life. Along with that improved brain power comes an improved vocabulary. Thus reading is a wonderful way to build child's language , social and emotional skills. Just like jogging or exercising everyday can improve our body function, similarly reading regularly improves memory function by giving our brain a good workout Researches found that reading, recalling and even discussing books can indeed make us happier. Reading helps us to empathise, understand situation, people and life as it is. It makes you a wiser person and helps you to enhance your beauty and makes you a beautiful person both inside and outside. So to sum up:

- * Reading is a workout for our brain.
- * It improves our critical thinking.
- * It improves your focus and concentration.
- * It boost mental stimulation.
- * It improves your memory and can help us to gain knowledge.
- * It improves our vocabulary and writing skills
- * It helps you reduce your stress and be more happy.

Therefore culminate the habit of reading books. For that you can start with a mini library in every classroom corner. So during leisure time you can pick up a book and get a reliable partner when you are not engaged in any other classroom activities. Even by looking at a picture book, you can give shape to your creative imagination. So, to end up, I would say, "Today a reader, tomorrow a leader." So lets start our journey of reading books today itself.

एक पैगाम बच्चों के नाम....

मो. अब्दुरहीम



सभा में उपास्थि समस्त श्रोतागण एवं मेरे प्यारे बच्चों आप सभी को मेरा प्यार भरा सुप्रभात। मैं अपने वक्तव्य की शुरुआत एक बड़े ही जाने माने शायर मजरुह सुल्तानपुरी की लिखी एक बहुत ही मशहूर शायरी के साथ करना चाहूँगा।

मैं अकेला ही चला था जानिब ए मंज़िल मगर

लोग साथ आते गए और कारवाँ बनता गया

एक महान नेता या अच्छे लीडर की यही पहचान होती है कि सफ़र की शुरुआत तो वह सबसे पहले और अकेला ही करता है मगर सफ़र के दौरान धीरे धीरे लोग उसके साथ जुड़ते चले जाते हैं।

महात्मा गांधी, मार्टिन लूथर किंग जूनियर, नेल्सन मंडेला, अब्राहम लिंकन, मदर टेरेसा आदि कुछ ऐसे की महान लीडर्स के नाम हैं जिन्होंने सफ़र की शुरुआत तो अकेले ही की थी मगर वे अपने पीछे FOLLOWERS और चाहने वालों की एक बड़ी संख्या छोड़ गए हैं जो आज भी उनके सिद्धांतों और आदर्शों को FOLLOW करती हैं।

आज हर क्षेत्र में एक अच्छे लीडर की व्यापक माँग है। फॉलो करने के लिए हमें फोल्लोवेर्स तो मिल जाते हैं मगर एक अच्छा लीडर मिलना बहुत मुश्किल होता है। तो सबसे पहला सवाल मन में यह उठता है कि लीडर कौन है या लीडर किसे कहते हैं? A LEADER IS ONE WHO KNOWS THE WAY, GOES THE WAY AND SHOWS THE WAY. लीडर वही होता है, जो रास्ता जानता है, स्वयं उस रास्ते पर चलता है और मार्गदर्शक होता है।

एक अच्छा लीडर वही होता है जो FUTURISTIC VISION रखता है और जो हर एक BRILLIANT IDEA को REALITY में बदल कर दिखाता है।

तो आइए जानने हैं कि एक अच्छा या महान नेता बनने के लिए आपके भीतर किन किन गुणों का होना ज़रूरी है।

1. HONESTY AND INTEGRITY:

अगर आप चाहते हो कि आपके टीम मेम्बर्स आपको और अपने काम को लेकर ईमानदार रहे तो आपको सबसे पहले ईमानदार बनना पड़ेगा। अगर लीडर ईमानदार होगा तो इससे उसके टीम मेंबर्स में उसके लिए ट्रस्ट अर्थात विश्वास पैदा होगा जो टीम के सदस्यों को मजबूती से बाँधे रखेगी। अगर किसी व्यक्ति में ETHICS, RULES और CORE VALUES नहीं होंगे तो वह लाइफ में कभी भी सक्सेसफुल नहीं हो सकता है।

2. INSPIRE OTHERS:

एक लीडर के लिए सबसे मुश्किल काम होता है लोगों का समर्थन प्राप्त करना या लोगों द्वारा स्वीकारा जाना। अगर आप एक टीम को लीड कर रहे हो और आप एक महान लीडर बनकर एक चुनौतीपूर्ण कार्य को आसानी से करना चाहते हो तो आपको अपने हर टीम मेंबर्स को INSPIRE करना होगा। जब भी डिफिकल्ट SITUATIONS आते हैं तो टीम मेंबर्स सबसे पहले अपने लीडर को OBSERVE करते हैं यह देखने के लिए कि उस SITUATION में उनका टीम लीडर कैसे REACT करता है उस परिस्थिति का किस प्रकार सामना करता है। अगर वह परिस्थिति का सफलतापूर्वक सामना कर लेता है तो इससे उसके टीम मेंबर्स उससे प्रेरित होकर उसको फॉलो करने लगते हैं। इसलिए SITUATION कैसी भी हो उसको POSITIVELY HANDLE कीजिए। और कोशिश करें कि आपकी पॉजिटिव ATTITUDE आपके BODY LANGUAGE में REFLECT हो।

इससे आप और आपकी टीम किसी भी SITUATION को EASILY OVERCOME कर पाएंगी।

3. COMMITMENT एंड PASSION:

जैसा की मैंने आपको अभी अभी बताया कि टीम मेंबर्स अपने लीडर को अलग अलग SITUATIONS में OBSERVE करते रहते हैं इसलिए अगर आप चाहते हो कि आपका टीम अपने काम और ROLE को लेकर पूरी तरह से COMMITED रहे तो सबसे पहले टीम लीडर को अपने काम को लेकर पूरी तरह से COMMITED और हद से ज्यादा PASSIONATE होना पड़ेगा। अगर आप अपने हर काम को पूरी सिद्धत के साथ समय पर पूरा करेंगे तो इससे आपके टीम मेंबर्स आपकी और अधिक RESPECT करने लगेंगे। आपके COMMITMENT और PASSION को देखकर वे भी बहुत ज्यादा ENERGETIC FEEL करेंगे। जिससे वे खुद ही अपने PERFORMANCE को पहले से बेहतर करने की कोशिश करने लगेंगे।

4. BE TRANSPARENT एंड BE A GOOD COMMUNICATOR :

अगर आप अपने टीम की मदद से कोई बड़ा MILESTONE ACHIVE करना चाहते हैं तो आपको अपने VISION, STRATEGY और GOAL के बारे में अपने टीम मेंबर्स के साथ CLEARLY और PERFECTLY COMMUNICATE करना होगा। जिससे टीम और टीम लीडर की सोच एक होगी और दोनों के बीच एक मजबूत UNDERSTANDING और BOUNDING होगी। जिससे आपको एक साथ ACTION या निर्णय लेने में मदद मिलेगी और आप अपने GOAL को आसानी से प्राप्त कर पाएँगे।

दूसरी ओर एक ग्रेट लीडर बनने के लिए आपको लोगों का TRUST जीतना होगा और टीम मेंबर्स का TRUST जीतने के लिए आपको बिल्कुल TRANSPARENT होना पड़ेगा। INFORMATION को छुपाने की जगह उसे OPENLY अपने टीम मेंबर्स के साथ शेयर करना होगा। जिससे एक TRUST BUILT होगा, और वे आपका STRONGLY SUPPORT करेंगे हर GOAL को ACHIVE करने में।

5. ACCOUNTABILITY:

कई बार लोग DICTATOR और लीडर के बीच CONFUSED हो जाते हैं। कुछ लोगों को लगता है कि दूसरों को आर्डर देना या जिम्मेदारियों को दूसरों पर थोपकर अथवा उनसे अपना काम

करवाना ही एक लीडर का काम होता है। मगर सच तो यह है कि ये सभी काम एक DICTATOR करता है न की लीडर दूसरों को RESPONSIBILITY देने के साथ साथ आपको ACCOUNTABILITY भी लेनी होगी। SUCCESS का पूरा CREDIT खुद अकेले लेने की जगह उसे पूरे टीम मेंबर्स के साथ EQUALLY बाँटना होगा। अगर कोई टीम मेंबर गलती करे तो उस पर चिखाने की जगह उसे समझने की कोशिश करें। और अगर कोई टीम मेंबर अच्छा PERFORM करे तो उसे तुरंत APPRECIATE करें इससे आपके टीम मेंबर्स बहुत अधिक PROUD और RESPONSIBLE FEEL करेंगी।

6. CREATIVITY और INNOVATION:

APPLE कंपनी के FOUNDER STEVE JOBS का कहना है कि “एक चीज़ जो एक लीडर और FOLLOWER को अलग करती है वह है INNOVATION.” एक ग्रेट लीडर बनने के लिए आपको CREATIVE और INNOVATIVE बनना होगा। यही CREATIVITY और INNOVATIVE THINKING आपको दूसरों से एक अलग IDENTITY देगी। जिसके लिए आपको आउट ऑफ़ THE बॉक्स सोचना पड़ेगा, UNIQUE IDEAS को DEVELOP करके उसे REALITY और GOALS में बदलना होगा।

7. EMOTIONAL INTELLIGENCE:

एक GREAT लीडर बनने के लिए आपको SMART तो होना ही पड़ेगा लेकिन एक ग्रेट EFFECTIVE लीडर बनने के लिए आपको लोगों को INFLUENCE भी करना होगा। और लोगों को INFLUENCE करने के लिए आपको उनसे EMOTIONALLY CONNECT होना पड़ेगा। और ऐसा तभी हो पायेगा जब आप अपने IQ LEVEL से ज्यादा EQ LEVEL (EMOTIONAL QUESTION) को INCREASE करने की कोशिश करेंगे।

8. EMPATHY :

कुछ लोग लीडर तो बन जाते हैं मगर वे ग्रेट लीडर नहीं बन पाते क्योंकि वे अपने टीम के साथ CLOSE CONNECTION को CREATE नहीं कर पाते हैं जिस वजह से कई बार टीम मेंबर्स उसे लीडर की बजाय DICTATOR समझने लगते हैं। जिसका नतीजा यह होता है कि टीम मेंबर्स उसे PROPERLY SUPPORT नहीं करते। इसलिए एक ग्रेट लीडर बनने के लिए आपको अपने टीम मेंबर्स के बीच EMPATHY वाली FEELING को DEVELOP करना होगा। उनके PROBLEMS को सुनना होगा,

समझना होगा और साथ ही साथ उसका PRACTICAL SOLUTION भी देना होगा। ऐसा करने पर आपके टीम मेंबर्स भी आपको पूरी तरह से COOPERATE करेंगे, जिससे आपको एक EFFECTIVE और GREAT LEADER बनने में काफ़ी मदद मिलेगी।

कुछ गुण हमारे भीतर आनुवांशिक अर्थात जेनेटिक होते हैं और कुछ गुण हम जन्म के बाद अपने भीतर विकसित करने की कोशिश करते हैं।

एक अच्छे लीडर बनने के लिए विद्यालय और खेल के मैदान से बेहतर जगह और क्या हो सकता है। विद्यालय में विभिन्न प्रकार की गतिविधियों के आधार पर विद्यार्थियों को दिया जाने वाला पदभार (RESPONSIBILITIES) जैसे कक्षा मॉनिटर, हाउस एंड क्लास प्रीफेक्ट, हाउस कप्तान, स्पोर्ट्स कप्तान स्कूल प्रीफेक्ट, कल्चरल हेड आदि एवं प्रतियोगिताओं जैसे डिबेट, नाटक, नृत्य, खेल कूद इत्यादि वो सहायक तत्व हैं जो आपके भीतर छिपे नेतृत्व करने के गुणों को निखारकर आपको एक कुशल नेता या लीडर बनने में मदद करती हैं।

खेल का मैदान हो या युद्ध भूमि, गाँव हो या देश, जल यान हो या अंतरिक्ष यान अगर बागडोर एक कुशल कप्तान या नेता के हाथ में है तो जीत या सफलता के आसार कई गुणा बढ़ जाते हैं।

अंतिम कुछ पंक्तियों के साथ मैं अपने वक्तव्य को विराम देना चाहूँगा।

अगर रखना है कदम, तो आगे रख
पीछे खींचने के लिए, लोग हैं ना
सपना देखना है तो, ऊँचा देख
नीचा दिखाने के लिए, लोग हैं ना
तू अपने अंदर, जुनून की चिंगारी भड़का
जलने के लिए, लोग हैं ना
प्यार करना है तो, खुद से कर
नफ़रत करने के लिए, लोग हैं ना
तू अपनी, अलग पहचान बना
भीड़ में चलने के लिए, लोग हैं ना
तू कुछ करके दिखा, दुनिया को
तू कुछ करके दिखा, दुनिया को
तालियाँ बजाने के लिए, लोग हैं ना

मित्रता

मीना सिंह



“ मित्रता बड़ा अनमोल रतन
कब इसे तोल सकता है धन
धरती की तो क्या बिसात
आ जाय अगर बैकुण्ठ घाम”।

आज मैं आपलोगो को मित्रता का महत्व अर्थात सटसंगति के बारे में दो शब्द कहने जा रही हूँ।

सुभाषितानि में कहा गया है-
जाड्यं धियो हरति वाचि सत्यं,
मानोन्नति दिशति पापम् अपाकरोति।
चेतः प्रसादयति दिक्षु तनोति कीर्तिं,
सत्संगति कथम् किं न करोति पुंसाम्॥

अच्छी संगति जीवन का आधार है। अगर अच्छे मित्र साथ हैं तो मूर्ख भी ज्ञानी बन जाता है। मन की जड़ता का नाश करती है। सत्संगति वाणी को सत्य से सींचती है। सम्मान और उन्नति की दिशा दिखाती है। पापों को दूर करती है। सत्संगति चिन्त को प्रसन्न करती है। इस प्रकार सज्जनों की संगति क्या क्या नहीं करती है। एक अच्छी पुस्तक हजार दोस्तों के बराबर होती है। यह मशहूर कथन था- डा० ए० पी० जे० अब्दुल कलाम का।

वाकई मैं मतलब की इस दुनिया में एक सच्चा दोस्त खोजना बहुत ही मुश्किल काम है। दोस्ती कभी भी अमीरी गरीबी देखकर नहीं होती। दोस्ती तो दो समान विचारों के बीच होती है। दोस्ती सदियों से चली आ रही एक पुरानी परम्परा है। हमारे धर्मग्रन्थ रामायण-महाभारत और गीता में भी इसके अनेक उदाहरण हैं- जैसे- रामायण में राम- सुग्रीव की दोस्ती, राम-हनुमान की दोस्ती, कृष्ण-अर्जुन की दोस्ती।

सच्चा मित्र वही है जो अपने मित्र के लिए जरूरत पड़ने पर सर्वस्व परित्याग कर दे। कर्ण-दुर्योधन का आदर्श मित्र था जिसने निःस्वार्थ भाव से अपने प्राण दुर्योधन के लिए न्योछावर कर दिए।

अभी मैं कर्ण-दुर्योधन की मित्रता संबंधित काव्य पक्तियाँ जो दिनकर जी द्वारा रचित रश्मिरथी से ली गई हैं उसके कुछ अंश प्रस्तुत करूँगी।

प्रसंग उस समय का है, जब महाभारत की लड़ाई शुरू होने से पहले कृष्ण कर्ण को समझाने आते हैं। वे कहते हैं कि- हे कर्ण, तुम तो पाण्डवों के बड़े भाई हो इसलिए दुर्योधन को छोड़ दो और पाण्डवों की तरफ से युद्ध करो। इसके जवाब में कर्ण कहता है कि-ये

हे कृष्ण! जरा यह भी सुनिये
सच है कि झूठ, मन मे गुनिये।

धूलों में मैं था पड़ा हुआ,
किसका स्नेह पा बड़ा हुआ?
किसने मुझको सम्मान दिया,
नृपता दे महिमावान किया?

अपना विकाश अवरुद्ध देख,
सारे समाज को क्रुद्ध देख
भीतर जब टूट चुका था मन
आ गया अचानक दुर्योधन

निश्चल पवित्र अनुराग लिए।

मेरा समस्त सौभाग्य लिए।

कुन्ती ने केवल जन्म दिया
राधा ने माँ का कर्म दिया
पर कहते जिसे असल जीवन
देने आया वह दुर्योधन।

वह नही भिन्न माता से है
बढ़कर सोदर भ्राता से है
राजा- रंक बना करके
यश, मान, मुकुट पहना करके
करतब क्या-क्या न किया उसने
मुझको नवजन्म दिया उसने!
है ऋणी कर्ण का रोम रोम
जानते सत्य यह सूर्य सोम
तन, मन, धन दुर्योधन का है
यह जीवन दुर्योधन का है।
केशव! मैं उसे न छोड़ूँगा।

सच है, मेरी है आस उसे
मुझपर अटूट विश्वास उसे
हाँ, सच है मेरे ही बल पर,

ठाना है उसने महासागर।
पर मैं कैसा पापी हूँगा,
दुर्योधन को धोखा दूँगा?
मैत्री की बड़ी सुखद छाया
शीतल हो जाती है काया
धिक्कार योग्य होगा वह नर
जो पाकर भी ऐसा तरुवर
हो अलग खड़ा कटवाता है
खुद आप नहीं कट जाता है।

मित्रता बड़ा अनमोल रतन
कब इसे तोल सकता धन?
धरती की तो है क्या बिसात
आ जाय अगर बैकुण्ठ
उसको भी न्योछावर कर दूँ

Responsibility

“When you think everything is someone's fault, you will suffer a lot. When you realize that everything springs only from yourself, you will learn both peace and joy.”
—Dalai Lama

MON BAHADUR LAMA



Our life revolves around some gestures that make us social beings. Amongst such things, responsibility is one major activity that our life requires. Students, if you look around the society you will find people who are working in different areas or different fields have got different kind of responsibilities. Starting from a teacher to an engineer, from a doctor to a scientist, from a pilot to an astronaut, from a gardener to a plumber, all have different responsibilities as per their occupation. So, we can say responsibilities are varied occupation wise. Students you must have understood, what I want to mean by the word occupation. Yes, you are right, occupation is nothing but job or profession of an individual.

Now, students if somebody asks you, what is your profession? Then for sure your answer will be I am a student. So we can say by profession you are a student. Students, don't you think like a teacher, like an engineer, like a doctor, as a student you also have some responsibilities in your life.

Students you all are at the beginning phase of your life. Responsibility mostly refers your mindset, attitude and actions that you are expected to demonstrate in the family and social environment. The primary duty or responsibility of a student is learn and acquire knowledge along with improving your intellect and widening your mental capabilities. This is the best time for a student to learn good traits like discipline, obedience, perseverance and respect to elder. Students' one thing you need to understand, school is the best platform and teachers are

the valuable resources that provides opportunities for the development of these qualities which would guide you in the journey of your life.

Here, I would like to request each and every student to knock the door of your mind and heart and ask yourself whether you are utilizing this platform and resources of learning properly or not. If your answer brings a smile in your face then it's well and good. But, if you are finding still a question mark in your answer, then I must have to say that you are not doing your duties or fulfilling responsibilities efficiently.

Students' time never waits for anyone. Come out from your comfort zone. Do your duties, fulfill your responsibilities efficiently and make yourself a non-replaceable element in the society.

With this I would like to conclude my teacher's talk here by quoting a beautiful line by Elbert Einstein "We have to do the best we are capable of. This is our sacred human responsibilities."

स्वामी विवेकानंद के जीवन से जुड़ी रोचक घटना

MOUCHUMEE GAYAN



बच्चों आपने स्वामी विवेकानंद के बारे में तो सुना होगा। उन्हीं से संबंधित एक छोटा-बूझसी घटना में आपको सुनाने जा रही हूँ। ध्यान से सुनिएगा -

जब विवेकानंद अमेरिका जाने वाले थे, वे जाने से पहले अपनी गुरु माँ से आशीर्वाद और जाने की अनुमति लेने पहुँचे। उन्होंने माँ से कहा, - मैं अमेरिका जा रहा हूँ जाने से पहले मैं आपका आशीर्वाद चाहता हूँ।' माँ चुप रहीं। उन्होंने फिर कहा तब भी वह चुप रहीं। तभी माँ ने उनसे कहा कि रसोईघर में जाओ और एक चाकू लेकर आओ। वे गए और चाकू लाकर दे दिया। माँ का चेहरा खिल उठा और उन्होंने तुरंत जाने की आज्ञा दे दी। अब वे हैरान व परेशान हो गए कि ऐसा क्या हो गया कि माँ मान गई। उन्होंने अपनी माँ से इसके बारे में पूछा। तब माँ ने उनकी शंका दूर करते हुए कहा, मैंने गौर किया है कि तुमने धार वाला हिस्सा अपनी ओर लिया और मेरी तरफ हथे वाला हिस्सा बढ़ाया। अपनी परवाह न कर तुमने मेरी सुरक्षा की चिंता की। इससे पता चलता है कि तुम हमेशा लोगों का कल्याण ही करोगे। यह सुनकर स्वामी विवेकानंद माँ शारदाजी के सामने नतमस्तक हुए और उनका आशीर्वाद लेकर अमेरिका चले गए। बच्चों इस घटना से हमें यह सीख मिलती है कि हमें हमेशा दूसरों की भलाई के बारे में सोचना चाहिए।

Inspiration - A Divine Influence

“Nothing is impossible
The word itself says
“i’ m possible.” ”

By - Audrey Hepburn

MOUSUMEE GOGOI



Inspiration is a sweet word that contains immense work force, boundless morale and the desire to prove oneself. There is nothing impossible with effort. The impossible can be achieved through infinite religion and tireless effort. Excellence does not come overnight. Achieving this requires high goals, dedicated efforts and ambitions. All these qualities require motivation to take care of themselves.

I feel very happy and fortunate to be able to immerse myself among a crowd of godchildren in the school. As a teacher, I was able to build a heart-to-heart relationship with the hearts of many children. I had the opportunity to dive deep into the hearts of the children. Through new experiences, I have learned that there are many differences in cognitive development and personality development of each child. Not all children are equal in terms of these characteristics. But every child needs inspiration to shape and take them forward at every step of life.

Through inspiration, every child is able to turn

disability into success. A child who comes out of the confines of his parents or other parents and enters the school premises needs motherly love, trust, assurance of fearlessness and inspiration from teachers to free him from shyness, fear and hesitation.

What will a child do when he enters school? Yes. This can also be a big question. How a child from his mother's womb will take his slow steps in the orderly rows of school, how to say his name, how to pray together with his classmates, how to talk, how to sit together and eat lunch, listening skills and cooking skills How to imitate and sing a verse or song is all the work of a four- or six-year-old child. Children need a lot of inspiration to get everything done.

Inspiration contributes to children who hold themselves back due to shyness and hesitation to showcase their talents in society. Motivation also contributes to abandoning these negative aspects. Inspiration also contributes to building self-confidence. This inspiration is a Divine influence that contains boundless power that can.

This Beautiful World

NAMITA BORAH



Children do you know in which planet you live – yes the Earth. Okay we live in this beautiful world. Can you name some living things around you – Trees, plants, birds, animals..... , so we all live together and we should love and care our plant and animal life.

Being children you are the source of happiness of your home and the society and moreover you are the future of the nation. I will narrate a small story of a 'Grandmother'-once upon a time a grand mother lived in a small village. She was cheerful, kind hearted and a hard working lady. She had 5 grandchildren. One day during summer season it was scorching heat, she collected some saplings of different fruits like mango, guava, olive, coconut etc. She was planting those saplings in her garden. In the meantime 3 persons of her neighborhood was passing by and saw the grandmother who was planting the fruit plants. They were laughing at her at told her –'Aunty you are planting the fruit plants but perhaps you will not be there to eat the fruits'. Grandmother also laughed and told them- 'dear brothers I am planting these saplings for my grandchildren. When they will

grow they will enjoy the fruits. Children see the love of the grandmother toward her future generation.

Now if you are the future of the nation, you are responsible to become a good human being and also to become a responsible citizen of our country. For this you have to develop certain qualities in you. Always be honest and truthful. Follow discipline everywhere at home, at school and at any place. See we all are not perfect and sometimes we will make mistakes,

So try to learn from your mistakes so that you will not repeat again. Obey and respect your parents, elders and all the people who help you for something or the other.

Always love and enjoy whatever you do and think that you can do it. Forget and forgive the mistakes done by your friends and try to motivate them with your good conduct. Above all you should love your country, your motherland or Mother Nature.

I would like to conclude- Be the best, always try to bring out the best from you then our soul become satisfied and the world will be beautiful.

Smile

NAMRATA DOWERAH



Smile is a simple and common gesture that is made a number of times a day by the people. There are many things that bring a smile to our face. For example- a piece of cake, our favourite dress, birthday celebrations etc.

When we are happy from inside, our smile comes out instantly in our face. It not only impacts our personality but also other people. When you smile at someone, you get the same in return.

It is a powerful tool that can change a person's mood. Smiling has a lot of benefits. When you smile often, you are away from anger, stress in studies, not in a mood to fight with your friends etc. One should smile often and makes others smile too. It is very easy to make someone smile and spread smiles. In short, smile is a curve that sets everything straight.

At the end, I would like to say that it takes less muscle to smile than to frown.

Always keep smiling and be happy.

Reach for the Stars - Success Awaits

NATASHA GOGOI



I begin my talk, let me show you some colourful balloons. You must be wondering why am I carrying a few colourful balloons this morning...My dear children, do you love colourful balloons?? How many of you love balloons? Please raise your hands. Excellent!!!! Bingo!!!! Let me start with an interesting story of a balloon seller. Once a little boy, about six years old, came to a balloon seller who was selling balloons on the streets. He asked the balloon seller "Uncle, will the blue balloon go up in the air? The balloon seller said, "Of course, why not? The little boy staring at the yellow balloon again asked the balloon seller, "Uncle, will the yellow balloon also go high up in the air? The balloon seller smiled and said, "Yes, of course 100%." The little boy went on and on questioning the balloon seller "Will the red, pink, green, black, white balloon also go up in the air? The exasperated balloon seller at last said, "Look darling, the balloons don't go up in the air based on their colours. The balloons go up in the air based on what is filled inside of them... the air, the gas. That takes the balloon high up in the air and to the heights of their SUCCESS. My dear children, my key word for today is SUCCESS. What I want to convey today is that, we are all like the different coloured balloons with different abilities, potentials, skills, creativity, interest etc... we all have a very different outside. Every great personality who has created an imprint in the world had the right kind of gas inside their balloons, that is their minds. For example, when you see an iceberg, you see only the tip of the iceberg. Let me take the name of our favourite cricketer, Virat Kohli, your favourite K POP stars like Jungkook, Taemin... You tend to see their achievements, money, popularity, fancy cars, their favourite holiday destinations, homes, accolades and so on of your favourite personalities .In this chimerical world which is as fragile, we only tend to see the tip of the iceberg. We don't see or we don't try to see the enormous iceberg right underneath the surface of the water like the underlying struggles, the failures, troubles, tenacity, resilience... of our favourite heroes. Today's universe is

powered by Facebook, Twitter, WeChat , Whatsapp, Instagram... driven sensibilities, the glitz, glamour, the gore of reality shows in television and the mesmeric allure of gizmos. My prayers today is that as you try to achieve and fly high to the zenith of your success , don't forget to take inspirations from your role models, your teachers, your parents or your favourite near and dear ones. Try to fill your individual balloons with the right amount of gas, air in order to reach and soar high to the pinnacle of success in your life.

My dear children, you all have to see the bigger picture and not get embroiled in a cocoon of petty wishes and dreams. Your world tomorrow is a bigger one and perhaps a better one, and you must be ready for it to shape your tomorrow. With these thoughts, let us open the window to the beginning of 2024 with pristine hopes, creating a new vision on the canvas of our lives by weaving and capturing a gossamer fabric of memorable events.

Across the English Channel

“Education is a lifelong journey whose destination expands as you travel.”
~ Jim Stovall

NIBEDITA DUTTA



Travelling is an incredible part of our life.

It is a fantastic way to rejuvenate our tired soul, break our monotonous routine, learn, and experience life. Travelling is one of the most potent learning guides. When we visit a new place, we not only experience new cultures and new lifestyles, but we also develop a new perspective towards the world. So, recently I had visited my daughter who lives in London. During my trip, I experienced numerous activity patterns of the people there but today I will share with you some of the key attributes that I had noticed. We always talk about punctuality, but barely do we follow it. It was astounding to observe that all the public transport there have very peculiar departure and arrivals times. If you look for the departure of a train, you will hardly see a rounded off departure time like 2 o'clock or maybe 2:30. The timings would be 3 minutes past 2 or maybe 17 minutes past 2 and so on. These odd timings that they have inculcate a sense of punctuality in the public. People are very particular even for a minute. It is there that I practically realised that 10 o'clock and 1 min past 10 o'clock are vastly different.

Another surprising revelation was the patient and disciplined behaviour of the natives. For instance, while waiting at a restaurant or for a bus or even to get up on the train, people have the inherent, tendency to queue up without being told upon. That behaviour of the people makes everything so systematic and easy to do. Another interesting point that I would like to share here is courtesy. When one passes through a door, the person going ahead, even though a stranger will always hold the door for the next person. And the same is reciprocated by thanking them. Even when you are getting down the bus, you thank the driver. Although it is the duty of the driver to

drive you, but showing gratitude is important.

The final highlight of the whole trip was the idea of nature conservation that was followed there. Green patches of trees and shrubs even in the midst of the city have been effectively converted into points of beautification. Another interesting moment was to witness the graft of Newton's apple tree has still been conserved in the campus of the University of Cambridge. Garment showrooms, including the luxury brands display and sell recycled well finished products. At the same time, the community is very conscious about waste disposal that each kind of waste needs to go into their respective coloured bins. Putting a plastic item in a green bin, could incur a fine of 5000 Indian rupees by the municipal corporation there. And I believe that this is how they have been able to maintain such a clean and green environment.

Hence, travelling not only relaxes the mind and the body but also is a worthy mentor teaching us life lessons.

Dignity of Labour

NIKITA CHAKRAVARTY



Dear students, Do you know the reason behind the school being closed two days back on 1st May? Yes, it was International Labour Day or Workers' day.

This day is celebrated internationally as a result of the long protests done by the members of the working class against their poor working hours and conditions. The Day commemorates the contributions of workers and the labour movement.

Dear Children, Please understand that Labour can be both manual and intellectual. Both are equally important and should be respected despite of the nature of the job. The practice of giving equal respect and value to all forms of work is known as Dignity of labour.

It is easy to measure how essential and valuable labour is if we imagine a situation in which peasants give up tilling the land, workers in the cloth-mills go on strike, vendors don't bring any commodities into the market, transport employees go on leave and sweepers decide to enjoy a permanent rest.

Moreover, whatever the brain might devise or plan, without some manual labor it can hardly produce any material results.

Now imagine our school without the didis and bhaiyas. Do you think it can function properly without their help? No, Right! It won't be possible.

So there are certain habits you must practice in school. They are :

1. Always wish them like you wish your teachers.
2. If you need their help, always use words like "Please", "Thank you", etc.
3. Do not litter the spaces cleaned by them.
4. Talk to them respectfully.

Dear Children, Will you follow these? I know you all will. Now I would request our students to wish our didis and bhaiyas with these flowers as a gesture of respect and love for their unconditional services towards the school.

Buddha's Wisdom



PINKY KHOUND

Once the Buddha was sitting outside a village along with one of his disciple when a traveller came up to them and asked –“I m looking to move from my present village – what kind of people live in this village?”

The Buddha asked-“what kind of people lives in your village?”

The man replied “They are mean, cruel and rude”

The Buddha replied – the same kind of people live in this village too.

After sometime another traveller came by and asked the same question to the Buddha and the Buddha asked him “what kind of people live in your village?”

And the traveller said – the people in my village are very kind, courteous, polite, good and helpful.

The Buddha said “you will find the same kind of people in this village too; they are also very kind, courteous, polite, good and helpful.

After the traveller left, the disciple asked the Buddha why he gave two different answers to the travellers, Buddha said- “we see the world not the way it is but the way we are” meaning if we are good by nature we will be able to see the good in other people and if we are not we will never be able to appreciate the goodness in others.

So children remember to be good to others.

Integrity

POOJA DEWAN



Integrity is doing the right thing, even when no one is watching.

In a world where everyone is busy following the trend, we should be cautious of what we are following, because our thoughts impact both our speech and actions. We should in fact build our character on such a solid foundation that no matter trends comes and goes; we are flourishing and growing spiritually, emotionally and mentally.

According to *Matthew chapter 12, verse 33*, "A tree is identified by its fruit. If a tree is good, its fruit will be good. If a tree is bad, its fruit will be bad. Similarly, a person of integrity will be honest in all his/her spheres of life; both personal and professional.

Integrity is the heart of our character. Our character is the foundation of our integrity. We should be more concerned with our character rather than our reputation because our character is what we really are, while our reputation is merely what others think of us.

People's likes and dislikes towards us keeps on

changing with season but God's love for us is unchanging and everlasting. We should rather strive to be right in the eyes of God rather being right in the eyes of men.

Walking in integrity will keep you in good company. You will never find people of low character in the high road. Even if one has all the pleasures in the world but is not a moral and ethical person, one really has nothing. One can't buy it.

No matter how high we climb the ladder of success, how we treat people who has nothing to offer us back in return, ultimately shows our true character. People will not remember us for the designer clothes we wore or the branded cars we drove but they will definitely remember us for how we made them feel. This is why it is so important to be both compassionate and honest in our thoughts, words and actions.

Last but not the least, **a life lived with integrity may lack fame and money but it will act as a light during the darkest days, upon whose light others may follow in years to come.**

Importance of Discipline in our Life

“ Discipline is the bridge between goals and accomplishment ”

POONAM GOSAIN



Starting my speech with this thoughtful quote I would like to throw light on the importance of Discipline in our life.

Discipline is one of the first few lessons that we learn as children. Discipline means to obey rules and behave well. It is training of mind and our body. Discipline reflects in the way you walk, the way you talk and the way you act. So we can say that discipline is necessary in every field of life .It is the key to success.

Discipline is important both in games and studies .In the field the players have to play under discipline. They are bound to follow some rules. A disciplined team always wins the match.

A teacher needs discipline in the class to teach well. A disciplined students always gets good result. When we lead a disciplined life , we are contributing to the country by being a good citizen. Similarly a house without discipline is a mess. Discipline leads to success. It makes our life easier. No nation can develop without discipline .Nature gives us the best example of discipline. The sun rises in the morning and sets in the evening daily. You can't imagine the world if it breaks its routine .So at last we can say that nothing is possible without discipline and everything is possible with discipline.

Learning Decision Making Skills

PRANAB KUMAR SINGH



“The right decision at the right time upon your choice can make your life like flowers; otherwise, it will be as thrones, the first one you will enjoy and the other one you have to bear”

Learning decision making skill to make choices help students to be more independent, responsible and confident. It gives all of you a sense of control over your lives, reducing anxiety and promoting resilience. It encourages as self exploration and helps you to solidify your values.

This skill can help you to fit in your interests and learn more about a field you are genuinely interested in studying. It is extremely important for you to understand your passion and have clarity about the course you are willing to pursue.

Definitely your parents must be concerned about your future. But at the same time parents need to understand and allow children to make their own career decisions. Being a parent they will choose the best things for their children but there are higher chances that the field parents are recommending to child may not be a matter of interest for them.

So children remember that, interest matter a lot when it comes to choosing a career. If you are not interest in something, you won't be able to do it properly. You will feel absent minded every time and start living a sad life, which may lead under performance. Opportunities and abundantly available for you to choose from.

Parents are often eger to see their children settle down in fruitful and economically viable careers. Many parents, while choosing a career for their children, see them as an extension of themselves. They want to realize their dreams through their children.

However, you all must choose your career based on your aptitude skills and passion. You need to remember that what works for you may not works for other. You to discover your strength and interest. Explore yourselves in sports, music, art and other creative pursuits. Think about the suitability of career path based on what you like to do, keep in mind multiple intelligence concepts. Take yourselves to learn beyond the curriculum and text book.

Finally I would like to conclude my speech with a small quote –

'ONCE YOU MAKE A DECISION, THE UNIVERSE CONSPIRES TO MAKE IT HAPPEN'

Tourism in India and our Responsibility

PRARTHANA SARMA



India on the moon, a tour of the moon....these words echoed every household on 23rd August as we saw the soft landing of Rover Vikram on the south pole of the moon. A proud moment right?

India is one of the oldest civilizations in the world with a kaleidoscopic variety and rich cultural heritage. India comprises of 28 States and 8 Union Territories. Like other sectors Tourism is now a priority sector for the Government of India. The Forbes magazine ranked India as the 7th most beautiful country in the 'The 50 Most Beautiful Countries'. According to Ministry of Tourism, India is the 22nd most visited nations in the world and 8th in Asia and Pacific .

Indian tourism has the tagline "**Incredible India!**" along with the slogan "**Atithi Devo Bhava**", which means "Guest is God". This is the tag line of the campaign in India to treat tourists as God and to develop a sense of responsibility towards our guests. States too, have their own slogans to name a few:

- Arunachal Pradesh-The Land of Dawn-lit Mountains Assam- Awesome Assam, Gujarat-Vibrant Gujarat, Haryana-A Pioneer in Highway Tourism, Kerala-God's Own Country, Manipur-Jewel of Incredible India, Meghalaya-Half Way To Heaven, Mizoram -Peace Pays, Nagaland-Land of Festivals, Andaman and Nicobar Islands-Emerald, Blue and You.

- The Ministry of Tourism designs national policies for the development and promotion of tourism. In the process, the Ministry consults and collaborates with other stakeholders in the sector including various central ministries/ agencies, state governments, union territories and private sector representatives. Concerted efforts are being made to promote niche tourism products such as rural, cruise, medicinal tourism such as ayurvedic spas, yoga and meditation and eco-tourism.
- India's G20 Presidency under the Ace Prime Minister of India is seen as a step for India to achieve the vision of being a trillion-dollar tourism economy by 2047. Tourism, along with trade and technology, is being envisaged as a sector to accelerate this development.
- The narrative of rethinking and transforming tourism was initiated by the World Tourism Organisation (UNWTO) on the World Tourism Day in 2022 in Indonesia, which continues under India's G20 Presidency. The Presidency provides an opportunity to India to expand its narrative of inbound tourism with special focus and emphasis on

responsible and sustainable tourism and adventure tourism. This approach aims to harness adventure tourism as a catalyst for employment generation, sustainable tourism practices, and economic growth.

- You all must be wondering why and how is this even remotely related to you as students. Well the truth is you can make a change in how we perceive tourism. Each one can be an ambassador for the town, city, state and the country. But for that you need to love your country first. You must promote the beauty of your place in the smallest and biggest way by speaking about it and making people want to visit your place and country.

First we need to visit all the places around us. Do you know there are more than 40 World heritage sites in India, Chambal River Valley in Garadia, Konark Sun Temple in Odisha, is a UNESCO World Heritage Site, Western Ghats, The Taj Mahal, Agra-The epitome of Mughal architecture, Pangong Tso lake in Ladakh, Valley of Flowers all are an UNESCO World Heritage Site. Adventure tourism like Bungee, river rafting, canoeing, rappelling etc are at your doorstep in Hrishikesh and Coorg, The diversity of our Country can also be found in the different festivals and fairs be it Holi, Diwali, Id, Christmas, Onam, Baishakh, kite festival, Pushkar animal fair, Hornbill Festival, Navratri etc, in its different forms of dances like Bharatnatyam, Kuchipudi, Sattriya, Manipuri, Kathakali, in its martial Art like **Thang Ta, Huyen Langlon, Gatka, Kalaripayattu, Mallakhamb, Sqay** etc .

Let me give you something to ponder on-the similarity of places in India and abroad. Dawki River and Mekong River Laos, Tulips in Srinagar will remind you of Tulips in Amsterdam, The scene of snow-clad mountains at Gulmarg in Kashmir is similar to those in Switzerland, The landscapes of Khajjiar in Himachal Pradesh look like the pastures of Switzerland, the rolling hills in Scotland and Mandi in Himachal Pradesh, can both give the same feel. You don't need to go to the hills of Alaska to ski when you can have it in Auli in Uttarakhand, The allure of the Valley of Flowers in Uttarakhand is in the same league as that of Antelope Valley in the USA. The marvellous Jal Mahal in Jaipur can beat the Trakai Castle of Lithuania on any given day. The falling water gives the same whispering in both of these falls – Chitrakoot Falls in Chhattisgarh and Niagara Falls in Canada : Who said Grand Canyon is only in the USA, we do have our personal Canyon at Gandikota Hills in Andhra Pradesh. Bangalore Castle is said to be inspired by Windsor Castle in England, You don't need to be in Spain to experience underwater sports when it is all in Andaman and Nicobar. The ride in the backwaters of Alleppey in Kerala will be equally soothing as that of the one in Venice at Italy.

To end my speech, I would urge each one of you to travel through the nook and corner of our country, look after our places and keep them clean and beautiful and promote it to the world and make India Globally ahead in tourism. "As they say the world is a book and those who do not travel read only a page"

Nurturing Excellence : Unveiling the Essential Characteristics of an Exemplary Student

PRIYANKA KAUSHIK GOSWAMI

I had read a very amazing Sanskrit verse once, which talked about five qualities that a student must have. Infact , each one of us is a student in our life and that is why we should possess and try to cultivate these five qualities. The verse goes like this:

“Kak chesta bako dhyanam, shwan nidra tathai vacha
Alpahari, grihatyagi, vidyarthi pancha lakshanam.”

1. “Kaka chesta” means the effort of a crow. I'm sure all of us have read the story of the Thirsty Crow who quenches its thirst by collecting pebbles and bringing the bottom water to the rim of the pitcher. Thus, “Kaka chesta” refers to the patience, hardwork and the effort of the crow.

Yes, Dear children, if we have to work on our lives ,if we have to bring what is within ,outside ; we have to go through some painful sharpening of 'kaka cheshta', i.e., hardwork and don't they say that the only place where SUCCESS comes before WORK is Dictionary and that's because S comes before W!

2. The second quality of a student is “bako dhyanam”--- it refers to the focus, the intense focus of a crane.

In life, when we want to focus on what is important, we should allow the small things to pass by. We shouldn't be distracted by the little things, sometimes there will be interpersonal issues and conflicts , sometimes there might be financial crisis, health crisis. So many things keep happening in life, let the small things pass by and focus on what's



important.

3. The third quality is “shwan nidra” –'shwan' means dog & 'nidra' means sleep...thus it refers to 'the sleep of a dog' or to be more precise the alertness of a dog.

Dear children, there's a lot to learn from people, from objects, from situations, from surroundings, we'll only learn when we are alert!

4. The fourth quality of a student is “alpahari”. “Ahar” in Sanskrit means 'food' and 'alpa' means 'less'. So, literally, “Alpahari” means a student should eat less. Now, this is not what is implied by this word though.

We have varieties of 'ahar' like for example-for our tongue we have food, that's the ahar; for our ears sound, that's the ahar, music, talks; for our eyes sights, people, beautiful panoramic

scenery is the ahar. So, for each of our senses, there is ahar. Now what's important is how do we feed our senses! A student should be Alpahari, means that we should be careful of what input we give to our senses because whatever we give actually go and make a very deep indelible impression on our psyche ,on our inner system. So ,DO NOT subject yourself to unwanted things in the world around us ,which will go and occupy your precious mind space; which should not be taken by unwanted , less valuable and less priority things. Your mind space should be reserved for the most important & valuable things!

5. The fifth quality that a student must possess is "Grihatyagi". Griha means home and tyagi means to give up or leave. Grihatyagi means leaving home to go in pursuit of knowledge like the system of ancient eastern India called

'GURUKUL'. But in the modern context, the real implied meaning of this word is different.It's not asking us to leave home rather it refers to leaving one's comfort zone, which is what 'no pain, no gain' means.

So, before I sign off, let's summarize all the five qualities of a student:

1. Kaka cheshta means--- the effort of a crow
2. Bako dhyanam ----- the intense focus of a crane
3. Shwan nidra ----- the alertness of a dog
4. Alpahari ---- giving the right inputs to our senses
5. Grihatyagi -----coming out of our comfort zone

Dear children, these are painful but not unattainable. So, repeatedly remind yourself--- no pain no gain & pull up your socks !

Growth is Painful

PROBIN LIKHARU



Recently I have watched a video in which the resource person was Mr Gour Gopal Das, a famous motivational speaker and accordingly today I have prepared my speech on the basis of my understanding of the video.

Dear children, Imagine a life where everything is fare, everything goes exactly the way you want. Imagine a life where you get what you want when you want and how you want. Where is your evolution? Do you even have an opportunity to work on yourself when everything goes your way? People go to gym to lift weights. People lift weights against gravity. Because they lift weights against gravity their muscles grow. Growth is a consequence of going against gravity and going against gravity means suffering, right? If you put a weight down , no problem , it is just going down, no pain in it but if you have to pick up a dumbbell which is of 25 Kilograms you have to do work against gravity and going against gravity is pain but pain means growth. Now some people will have to go through that

pain and because they are going through the pain just for the hack of going through it, there is no growth. Think of those people going to the gym and just swinging without focusing on their muscles. There is no growth because they are just swinging. The muscle is not even lifting the weight. There is no mind muscle connection. You know? But those who are not just going through it for the heck of it they feel the pain and they enjoy it .They know the importance of going against gravity. They know there are issues in life, they know their problems, they know their challenges and when they consciously try to solve these, that is when growth happens. No pain no gain. There is no question of growth without pain.

My dear children, you can't have a million dollar dream with a minimum wage work ethic. One mantra always you should remember i.e wrong things happen automatically but you have to make right things happen.

Love Yourself, there's no one Better

“ Just be yourself, there is no one better.”

RANJIMA BARUAH



Be yourself and give others something new to copy .We always feel that other people lives seem to be better because we compare with others and if we do so we are insulting ourselves. Comparisons steal our joy. Some real life examples

When we see our friends in a party 'I wish I were as pretty as she'

Sometimes we compare our complexion "I wish I were as fair as my friend."

Boys compare their physic "I wish I also have strong muscles as my friend."

"I wish I were as slim as she"

Instead of comparing to others focus on your own goals. Try ways to be satisfied with whatever you have or you got. Every morning we must Thank God for the beautiful day as God did not compare one to other he has equally distributed his gift to us.

Always remember everyone on our planet is different and special in their own day. We all have unique gifts, talents, unique personality and also style. Never change yourself to impress others. So just be true to yourself, be a good person and treat others the way you would like to be treated. Always be so happy that, when other people look at you they become happy too.

Leadership Skills and Self Assessment

RASHMI KAMAN



My Today's talk will allow you to assess self on your leadership skills because fixing ourselves, whether it be physically, emotionally, professionally or spiritually is our own responsibility. Others can only inspire us, motivate us, facilitate us, help us, support us, and be there for us. But only when we take charge of our life and remove all the unwanted negative elements within us we experience true peace, joy in abundance and growth. When we are aware of what skills we possess then we can upgrade ourselves.

Today I am here to speak on leadership skills which was discovered from the timeless teaching of nature that serve as profound inspiration for our own growth and purposeful existence. There are three types of top leaders. The first is called the Lion leaders. Lion doesn't hunt on its own. It's the lioness that hunt and bring prey for him. So these kind of leaders inspire the people under them to work for them but they plan strategically. There is certain sense of Royalty in their personality. They themselves are not executors but they are initiators. They make other people to work enthusiastically.

The 2nd type of leader is Tiger Leaders – The tiger leader hunt on its own and once it hunts nicely he doesn't have to hunt for another 8- 10 days. It first chases the prey then catches and eats its prey. It hunts very sensibly. They are aware of their needs. So, they plan and work accordingly. Tiger personality leaders do their own work and execute it. They finish the task that they take up. When they achieve their goals then thoroughly enjoys the output and incorporate the learnings from the previous task to plan for next goal.

The 3rd type of leader is Cheetah Leaders. They are the fastest among the lot. However they are not the true leaders. They get exhausted very soon. That's why when cheetah hunts others like tigers share its hunt. Cheetah are sprinters but they're not marathon runners. They quickly struggles to achieve the goals but they quickly give away their goals. So, speed is its strength but not persistence.

So dear students assess yourself what kind of leader are you? Are you a Lion who is bold and authoritative, who inspires and initiates. Or a Tiger Leader who is powerful and strategic, who executes the task independently. Or Cheetah Leader who is quick but shortsighted. Who are fast but lack persistence? Understanding your leadership style allow you to embrace change and transform into the leader you aspire to be.

Believe in Yourself

RENMINE GOGOI



Anita was a bubbly child who grew up within the Himalayan snow in the eastern region of Nepal. The parents of Anita were shepherds. At this point of the year, the sky was blue and the sun smiled down upon the village. The stars in the dark looked brighter. Anita saw a lot of tourists visiting her village. Watching the people visiting her village made Anita inquisitive. She was curious and asked her father the reason behind their visit. Anita's father told Anita that they all had come to climb the mountains. Anita was amazed by their courage she asked her father if it was possible to climb the mountains. Her father told Anita that it was possible to climb the top and that many people do it. Anita became ambitious and told her father that someday she would also climb the majestic mountains. Anita had courage and hope and a burning dream in her eyes.

Life had some other plans for Anita. When Anita was thirteen, she lost one of her legs. Her happy world was destroyed by cloud and sadness. She cried and told her father that she would never be able to climb the mountains. Her father loved Anita dearly. No father can see his daughter in pain and so it was difficult

for Anita's father to see her in pain. Anita's father was devastated, he did not lose heart. Anita's father was courageous and he tried to motivate her. He asked Anita to have self-belief in herself and told her that she can do anything.

One fine day, Anita's father built a peg and a wooden leg that Anita could wear and could walk easily using it. Anita's father told her to never say the word "never". The determined father told Anita to climb the mountains. Anita became very happy and elated. When she wore the wooden limb and tried walking, she fell. Anita was a courageous girl. She stood up and tried to run again but again she fell. The village laughed at Anita and her father. They made fun of their foolishness. Nothing could pull Anita and Anita's father down. Both of them were strong and determined to win against all odds. They continued to practice. After over five years of hard work, Anita finally made it to the highest mountain. Anita made her father and her country proud.

MORAL OF THE STORY – Don't let fear or insecurity stop you from trying new things. Believe in yourself. Do what you love. Have faith in your own abilities, work hard and there is nothing can stop you.

The Fern & the Bamboo :

A story of patience and perseverance in growth

RUMKI SENGUPTA



Dear students, have you ever felt like leaving what you are doing because there is no growth? Have you ever felt like you wanted to give up because things are not going at your expected pace!

Well, whenever you feel low and depressed and overwhelmed with negative emotions because of ups and downs that inevitably come in your life, do remind yourself children of a simple yet profound analogy that is one of my favourite.

A man planted for a bamboo seeds and fern and care for them very well. He made sure that they both got adequate light and water. The man was delighted to see the fern quickly spring out from the earth and grow really fast covering the entire surrounding with bright green colour. But he was disappointed when he saw nothing come out from the bamboo seed. But the man did not give up on the bamboo seed. In the second year the growth of the fern was luxuriant, vibrant and abundant.

But what about the bamboo seed? Nothing came out still. But the man continued caring for the bamboo and did not quit. And in the third year, there was still nothing from the bamboo seed but the man would still not give up. And in the fourth year, the man saw again nothing from the bamboo seed but the man persevered and still would not quit. It was in the 5th year that the man saw tiny sprout emerge from the Earth. The bamboo sprout was insignificant as compared to the fern. But in just 6 months from then the bamboo shoot up to over 100 feet tall. The man realised that the bamboo spent these 5 years in growing its roots. It was those roots

which made it strong and gave it what it needed to survive, thrive and grow. Isn't it true that life does not give anyone a challenge that they cannot handle?

If there is a challenge at the moment you are facing then know for sure that you have the capacity to handle it. Whatever time you have spent dealing with your challenges and struggles you were actually developing the roots.

Just as the man did not give up on bamboo don't give up on yourself. Never quit! Never compare yourself to others. The bamboo and fern are so different yet both make the forest beautiful and each one serving a different purpose. Relax! Your time will come and you will shoot up and rise high as well according to your potential not as someone else's potential. Be patient and keep working on yourself and one day you will shoot up like a bamboo tree too. Remember London is 5 hours ahead that New York but that doesn't make New York slow or London fast. Everything in life happens at right time. Be patient and right time will come to you as well.

Effective Ways/Tips to Practice Mathematics



SALAM ANSARI

Today I am going to speak on effective ways/tips to study Mathematics or practice Mathematics.

1. Clear your basics, for which you need to concentrate your mind and study your textbook actively.
2. Understand first, the derivatives or deductions of formulas or results.
3. Write down and learn the formulas or results.
4. Do not try to mug-up the formulas/results without understanding the logic.
5. Practice the sums taught in the class regularly on daily basis.
6. Show your work or steps on every problem you solve.
7. Give extra attention to word problems.
8. Clear your doubts from your teacher; but before asking the doubts, please try two three times on your own.
9. Do your home-works, but don't stop there. Try to solve some more problems on your own.
10. Check your work or sum once you are finished, that is, please cross-check whether the answers obtained are possible or not.
11. Refresh your memory by going through older problems which you have already done.
12. Apply Mathematics in your real life to solve day to day problems.

The above are few methods/tips by which we can make our subject Mathematics interesting, involving and enjoyable rather than as a burden.

Thank you all.

A Vidyarthi

SANGHAMITRA RAY



Who is a Vidyarthi? A Sanskrit word for student where 'Vidya' -means knowledge and 'arthi' means—the desire to acquire knowledge. The slok that best explains an ideal student is-

Kak chesta, Bako dhyanam
Swan nidra, Tatheva cha
Alpahari, grihatyagi
Bidyaarthi Panch Laakshnam.

It explains the five characteristics or symptoms of a student—

- “Kak Chesta”—A student must put in her/his effort like a crow. As in the story of 'the crow and the pitcher'.. where the determination and consistency of the crow helped it finally quench its thirst. Likewise, a student need to persist until the thirst to achieve the goal is quenched. Should never give up without putting in your best effort.
- “Bako dhynam”- Focus on your goal like a crane (bak). The way a crane stands on one leg, immobile and waits for the big fish. It allows the small fishes to pass by and keeps waiting for the bigger ones. Similarly, if you want to be successful in life (in any field you aspire) then you too have to go through the pain of the gestation period... the time of preparation ...that seems long and tiring but is always rewarding in the end.
- “Swan nidra”- Stay alert like a swan that is a dog. If you watch the activities of a dog you will notice..it appears to sleep but at the slightest movement and noise it springs to life. A student has to have such alertness and agility.. manage your sleep time well enough to get required rest but not to over sleep. Never click the snooze button on the alarm clock.
- Alpahari”- Always consume less ...never over eat. As

too much of food makes you lethargic and you tend to procrastinate your duties. Always give right input to your senses...that is what and how much to see, watch , listen , hear and feel... need to restrict the intake of your senses..... The faculties need to be trained to watch, listen the best and not left alone to explore the wilderness of unwanted weeds of available information...and these days it's available at your finger tips. For instance..You may like to watch your favorite programme..keep listening to the music (k pop) for long hours..it's time to learn to ration this..... and tame our senses.

- “Griahatyagi”- Be ready for change do not to linger on..If one way of learning and understanding does not work find other ways..Must leave the comfort zone and learn to explore.

These traits are not only for the students but for every individual irrespective of age. Even if we acquire a little..it will help us achieve a lot in life.

Spiritual & Revolutionary Srimanta Sankardeva – the Reformer

SARANGA PANI HAZARIKA



Already we heard few words about him about numerous literary works, including dramas, poems, and devotional songs.

As a matter of fact, all great religious prophets of the world, Jesus Christ, Hazarat Muhammad, Gautama Buddha, Guru Nanak Ji are essentially great social reformers. And Mahapurux Srimanta Sankardeva of Assam is also no exception. He was a **great revolutionary Social and cultural reformer**.

Srimanta Sankardeva established a new democratic social order with the Namghar (the Prayer House) at the base and the Satra (central monastery) at the top. His preachings and messages were conveyed to the masses through these democratic channels.

Srimanta Sankardev's innovative teaching methods includes Goonomala, Kirtan puthi, Borgeet, Bhaona had a great impact on various tribes living in Greater Assam.

The greatest of social reforms ushered in by Srimanta Sankardeva is the equal recognition of man irrespective of caste, creed and status. He condemned caste discrimination and other social evils.

His teachings emphasized social equality, compassion, and moral living to establish unity, happiness and universality exhibited by nature. The caste system is a slow poison in our society for ages. Sadly, most of the people talk against it only when it comes to Admission or employment criteria, i.e. Reservation. Otherwise, there are section of people in both sides, even being highly educated, having fantastic academic and professional career can't get rid of caste or social discrimination. Living in an era of Information Technology and Artificial Intelligence, when India is about to reach the moon within a couple of days, such mentalities are really a matter of shame and a big barrier in the path of achieving Sustainable development Goals set by United Nation.

Today, Srimanta Sankardev is admired as a saint and cultural icon not only in Assam but in many parts of the world. Our Prime minister very often mentions Gurujona's name in his addresses and lectures as a great Social reformer. Mahapurux Sankardeva's teachings continue to inspire generations of people. His ideas about social equality, compassion, and moral living had a profound impact on the

history, culture, and society of Assam, and contributions to literature, music and art have enriched the cultural heritage of the region.

He always emphasised on leading a moral life and practicing compassion. We all need to learn this, regardless of whatever is our social identity or religious beliefs. Sankardeva binds all together for a pure and harmonious social living.

Therefore His Devotees believe "Tahanta binai nai nai nai amara Parama Guru"; means (There is no other, no other, no other Supreme Preceptor for us apart from Him).

So anything that ruins the unity and purity of living can never be termed as religion, whatsoever be the claim of its Devotee. If the

people with negative mindset change their thought process, the society will surely change for good.

Harmony and Peace, unity in diversity among people will make our States, our country, our world truly a better place to live in.

I am signing off with the famous words from Bhagavat Geeta Paying my tribute to Mahapurux Srimanta Sankardeva and His Ideology.

मैं प्रकट होता हूँ, मैं आता हूँ, जब जब धर्म की हानि होती है, तब तब मैं आता हूँ, जब जब अधर्म बढ़ता है तब तब मैं आता हूँ, सज्जन लोगों की रक्षा के लिए मैं आता हूँ, दुष्टों के विनाश करने के लिए मैं आता हूँ, धर्म की स्थापना के लिए मैं आता हूँ और युग युग में जन्म लेता हूँ।

Ikigai : Nurturing Your Teens to Unleash their Potential

SATYALAKSHMEE SARMA



Today, I would like to take a moment to talk to you about something very special. It is a concept that can greatly impact your life, both as students and as individuals. It's called "Ikigai."

So, what exactly is Ikigai?

Ikigai is a beautiful Japanese philosophy that centres on finding your "reason for being" or your purpose in life. It is the intersection of four essential elements: what you love, what you are good at, what the world needs, and what you can be paid for. When these elements converge, it leads to a sense of fulfilment and joy in everything we do.

In today's materialistic and stressful world, it can be very difficult to find your 'ikagai'- your reason to get out of bed every morning, something that makes you happy. But there are people in this world, who are over a hundred years, who are active, and happy, doing what they love! If they can be so passionate at their age, why not us?

Now, you might be wondering, how does this relate to students like you?

Well, let me speak in brief:

What You Love: This refers to your passions and interests. It's about identifying the activities and pursuits that genuinely excite and engage you. Think about what you could spend hours doing without getting tired or bored.

What you're Good At: These are your strengths and skills. Consider the subjects or activities where you consistently excel. Recognize your natural talents and abilities.

What the World Needs: This aspect involves finding ways to contribute positively to society or the world at large. It's about identifying problems or needs around you that you're passionate about solving.

What You Can Be Paid For: This relates to potential careers or professions that can provide you with financial stability. It's important to acknowledge that money is a practical necessity in life.

Now, when all these aspects align, or in same line you experience a sense of purpose and fulfilment. As students, Ikigai can guide you towards making meaningful choices in your academic journey and future career. Here's few points....

Selecting Your Path: When selecting your fields of study or extracurricular activities,

consider what you love and what you're good at. This will make the learning experience more enjoyable and can set the stage for a future career that aligns with your passions.

Setting Goals: Ikigai can help you set meaningful goals. These goals could involve improving your skills in areas you're passionate about or contributing to causes that resonate with you.

Motivation and Resilience: When you're engaged in activities that align with your Ikigai, you're more likely to stay motivated, even during challenging times. Your sense of purpose can provide the resilience needed to overcome obstacles.

Exploration: Remember that Ikigai isn't static. It can evolve as you grow and learn more about yourselves. Be open to exploring new interests and skills that might expand your Ikigai's scope.

So, students, as you navigate your academic and personal journey, I encourage you to reflect on your passions, strengths, the needs of the world, and practical considerations. Strive to find that sweet spot where your interests and talents meet a greater purpose. Your Ikigai can guide you towards a more fulfilling and impactful life.

Remember, Ikigai is not an endpoint but a continuous journey of self-discovery and growth. Be open to exploring new paths, taking risks, and learning from failures. Embrace every experience as an opportunity to grow, and always stay true to your values. Your ikigai is waiting for you. So, put yourselves out there, chase your dreams, and let your ikigai shine bright!

Finally, I would like to conclude my speech with a beautiful and motivating quote,

-“Life is not a problem to be solved. Just remember to have something that keeps you busy doing what you love while being surrounded by the people who loves you.”

The Clarity of Purpose

SHILPI HAZARIKA



Nikola Tesla, Subhash Chandra Bose, Mahatma Gandhi. Do you know what they all have in common aside from being great people in their own right? They were all ardent admirers of Swami Vivekananda. His philosophies and teachings are famous the world over for their simple but immense truthfulness and the veracity of his words. Many people have looked to Swamiji for advice and inspiration as to how one may live their life morally, spiritually and with perfect clarity. Here is one such anecdote that will illustrate how Swamiji helped a lost soul with his effortless wisdom.

One day Swamiji was on a walk with his excitable dog when a distraught young man approached him with folded hands and a tear streaked face. Trembling as he prostrated himself at Swamiji's face he said, "O Swami ji! I have long been unhappy as I feel my life has no meaning and any endeavour I take is marred by failure! Please Swamiji tell me how I may find happiness, success and purpose?" Swamiji simply handed the dejected youth the leash of the dog and stated "Bring my dog back to my house and you will have your answer" and walked away. The young man couldn't fathom why Swamiji had entrusted him with this task but not wanting to disobey him he proceeded to walk towards Swamiji's abode. Some time later, dog and man were at the door where Swamiji patiently awaited their arrival. As the man handed Swamiji the leash he noted that while the dog was huffing, puffing and panting while it lay on the floor exhausted, the young man however seemed to have not even broken a sweat. When Swamiji enquired of the man, "How come you are completely fine while my dog looks winded?", the man replied, "As per your instructions Swamiji I was determined to bring your dog here posthaste but it would always tug at the leash and constantly tried to

explore it's surroundings and dilly dallied while I simply walked straight ahead." Swamiji smiled and said, "Therein lies your answer young man! While you walked ahead with purpose and conviction, my poor dog sauntered and walked everywhere but in a simple straight path and is therefore exhausted while you are completely unbothered. Just as you walked with a clear goal of reaching my home, you must walk towards the purpose you have set before you with unflinching desire and supreme determination. If you follow that path you shall not be led astray and you will have succeeded in any and every ambitious desire!"

Swamiji's golden words ring true to this day. The story illustrates a lesson that anyone and everyone should imbibe their purpose into their heart, while they see their goals with unwavering precision and walk forward from a Dream into a Reality moulded by our own hands. I hope you will take this story and use it as an example to take control of your Life and strive to make your dreams come true.

Be a Green Child

SUJATA GIRI



Being a green child means embracing eco-friendly habits and a love for the environment. Reduce, reuse, and recycle-make it a mantra in your daily life. Your Little actions can make a big difference my dear students. By applying these habits into your daily life, you can make a positive contribution to the planet and inspire others to do the same. Being a green child is not just about personal actions; it's about fostering a mindset of responsibility towards the planet earth. Dear students ...Here's a few-step guide to being green.

Use Less Paper: Draw and write on both sides of your paper to save trees. Remember, every piece of paper counts.

Turn Off Lights: When you leave a room, turn off the lights. It's like giving a little rest to our planet.

Recycle Together: Learn about recycling with your friends and family. Kids you can recycle bottles, paper, books, and even toys.

Reuse -You can reuse an item as many times as possible before throwing it away or replacing it in order to save our environment..

Plant trees and flowers: Participate in tree planting activities or create a small garden at home. Try planting a small seed in a pot. Water it and watch it grow. It's like making friends with a tiny tree.

Pick Up the trash: If you see trash on the ground, pick it up and put it in the bin. It's like giving the Earth a little cleaning hug.

Save Water: Turn off the tap while you brush your teeth. Try to take shorter showers. Every drop counts.

Remember, being a green child is like being a superhero for the Earth! Every small action you do makes a big difference. Keep it up!

Be Positive in Life



TOMY PJ

Once upon a time there were two friends walking through the desert. During some point of the journey they had an argument, and one friend slapped the other one in the face. The one who got slapped was hurt, but without saying anything, wrote in the sand;

“Today my best friend slapped me in the face.”

They kept on walking until they found an oasis, where they decided to take a bath. The one who had been slapped got drowned in the water, but the friend saved him. After he recovered from the near drowning, he wrote on a stone;

“Today my best friend saved my life.”

The friend who had slapped and saved his best friend asked him;

“After I hurt you, you wrote in the sand and now, you write on a stone, why?”

The other friend replied;

“When someone hurts us we should write it down in sand where winds of forgiveness can erase it away. But, when someone does something good for us, we must engrave (print) it in stone where no wind can ever erase it.”

Moral of the story:

Don't value the things you have in your life. But value who you have in your life.

Dear children,

We often think or look at the negative sides of people, things or situations and we always ignore positive sides. Let's believe that without negativity no positivity, without bad no good, without day no night and without dark no light.

So children, let's hold the good things tightly and allow to pass away bad moments in our lives. Having this wonderful thought in our hearts, let's go ahead with this short lives of ours positively.

Forgiveness

URBASHI SAIKIA DEWAN



We all live in a society. When lot of people live together, there may be friction , mistakes and clashing of thoughts, which is inevitable. There may be people who harm us, tell us lies, and even defraud us. It could be a member of the family, a friend, or a stranger. Whoever it is, neither they nor what was done to us can be changed. We are limited to forgiving them. Pardoning someone for their errors or wrongdoings is what forgiveness entails.

Forgiveness lets us go of petty feelings such as resentment and anger, and instead elevates us as spiritual beings who are able to overcome negative feelings. We release the hurt we carry within us when we forgive someone. We shall be at ease as a result. On the other hand, when we extend forgiveness to others, we are treated with greater respect. It is a form of self-fulfillment that helps in maintaining our interpersonal harmony .Forgiveness is an act that lets us not revenge or punish for the bad deed or mistake done to us.

For students, forgiveness means not punish your friends for their bad behavior towards you but we need to forget such things and move on in life.

As Bhagawad Gita says, क्षमा वशीकृते लोके क्षमयाः किम् न सिद्ध्यति॥ Meaning - Forgiveness is the power of powerless. Forgiveness adorns the powerful. Forgiveness has controlled this entire world. If you want to see a person who is brave, look for those who can forgive.

Students, I think all of you have heard about Hakuna Matata. Hakuna Matata is a Swahili phrase that became popular with the 1994 Disney film, The Lion King . Hakuna matata" in Swahili means "no trouble" or "no worries" and "take it easy" (literally hakuna: "there is no or there are no"; matata: "worries".). So, if we want to live a life like that and be in the pinnacle of happiness we need to forgive.

Thank You

Good Habits for Students and the Importance of Good Habits



UTPAL BHATTACHARJEE

The habits of a person defines their personality.

Good Habits Allow You to Reach Your Goals:

The first step towards becoming successful is to develop a good habit within yourself.

Habits Set a Foundation for Life: Habits you develop at your young age sets a foundation for what you are going to do in the future.

Habit helps us to lead a balanced life: Building habits in just a few aspects while neglecting others will cause problems in the long term.

Key to a happy living: Good habits help you to stay happy throughout your life.

It helps you stay motivated and encourages you to always do well.

Here are some points of Good Habits for students that everyone must follow:

1. Eating healthy food
2. Regular exercise
3. Maintaining hygiene

4. Studying regularly
5. Good sleep pattern
6. Time management and punctuality
7. Respecting elders
8. Digital distancing
9. Value of food and the impact of wasting resources
10. Writing and reading
11. Helping the needy
12. Importance of honesty and integrity
13. Staying organised
14. Accepting failure and learning from it
15. Outgoing and social
16. Extracurricular activities
17. Family values
18. Sharing with others
19. Humble and grateful

Hope Mentioned points of **Good Habits helps you.**

Importance of Intermittent Fasting

VIRENDRA SINGH GOSAIN



Today I would like to speak on a very important topic i.e. intermittent fasting. Whenever we speak about fasting, People generally think about the religious aspect behind it and do not think of the numerous physiological benefits which an individual may get while practicing fasting. So, first we need to understand the concept of intermittent fasting. It is an eating pattern that cycle between periods of fasting and eating. It doesn't specify which food you should eat but rather when you should eat. Now here is one very important concept for the people who are health conscious. That is the kind of food item which we include in our single diet will determine the usage of our nerve energy to digest food. As we all know that nerve energy has got plenty of important functions to execute like process the information and triggers reaction. So, when we go for fasting or intermittent fasting we save our nerve energy. We all know that to keep our neurons active in our body is very essential for longevity of life. But it gets inflamed in the process of digesting food. While fasting, we save our gut lining also or we give time to get it healed. We have a lining in our digestive system which doesn't allow the poison of our food to get mixed in our blood. If this poison or bacteria gets mixed with our blood then we may have to go through plenty of health issues. As a result of that we may have skin problems, hair loss and plenty of diseases may occur. When we go for over eating because of taste or more appetite there is a chance that our immune system may come into reactive mode. We have around 100 trillion bacteria in our gut lining and these bacteria's helps to digest food, but if any wrong thing is mixed in this part then it may switch over to reactive mode which will

ultimately lead to various kinds of health problems. That's why it is important for gut lining to get sufficient time to get healed. Additionally, intermittent fasting changes hormone levels to facilitate weight loss. Intermittent fasting leads to increase in the release of fat burning hormone. With the regular practice of intermittent fasting we create a healing environment in our body. When we go for overeating or over nutritious diet, our cellular system goes through a burden state.

You may have a question in your mind that how we can start intermittent fasting. Initially you can start practicing it once in a week. You can finish your dinner by 8.00 Pm and can take your breakfast by 9.00 AM. This way we can maintain 12 hours of gap between both meals. By regular practice of intermittent fasting, you start feeling more energetic, you will be getting a good sound sleep; you become more creative in your work. Therefore you should make fasting a part of your life.

