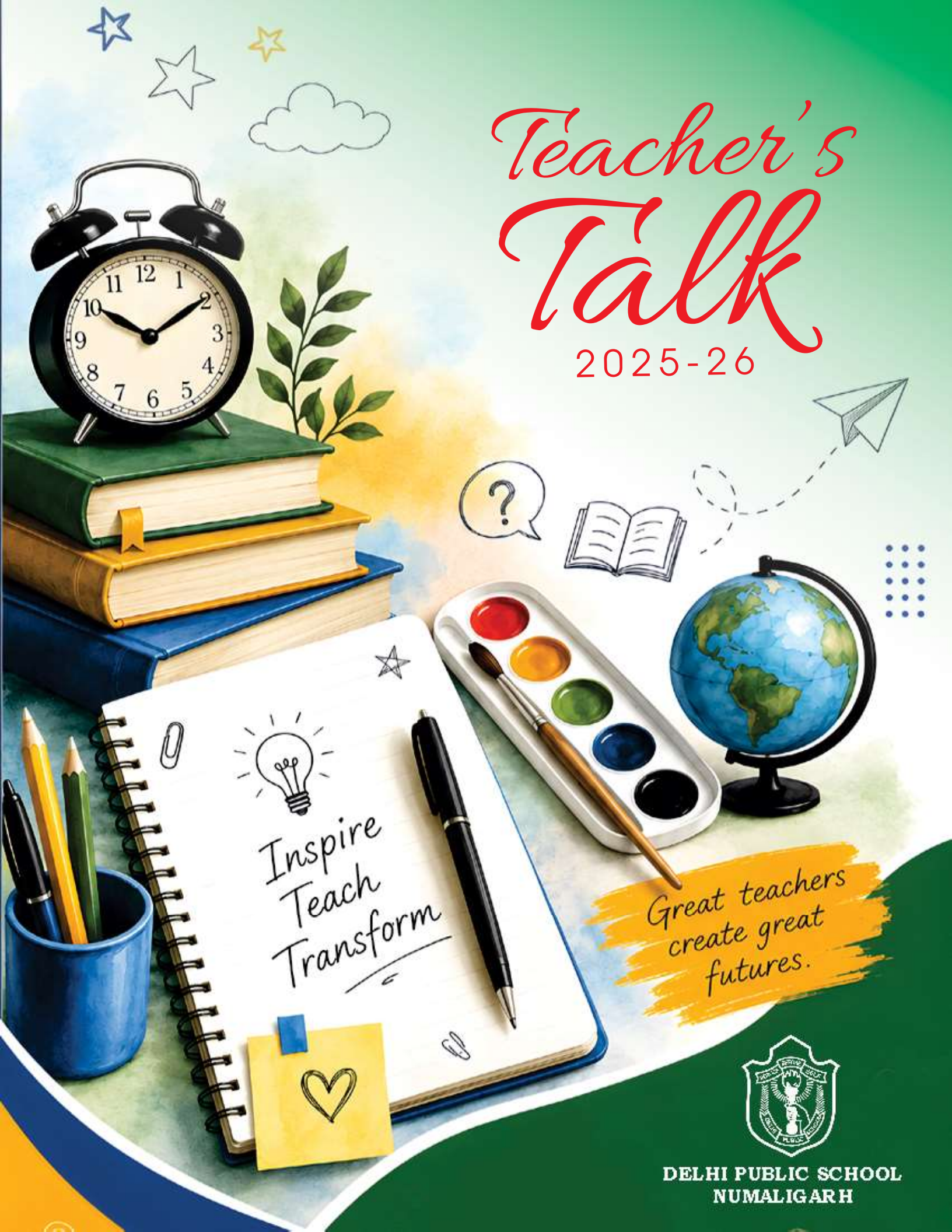


Teacher's Talk

2025-26



Great teachers
create great
futures.



DELHI PUBLIC SCHOOL
NUMALIGARH

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THE UNEXAMINED LIFE IS NOT WORTH LIVING (Socrates)



Agnes Kamei

In today's fast-paced world, we are constantly connected — texting, scrolling, and engaging with endless information. We often spend so much time looking outward — learning from books, updating with the latest fashion, imitating the hairstyle, following trends from social media—but how often do we take time to look into ourselves? Many of us standing here must have regretted for not being able to score well in our previous exam, or not being able to deal with our emotions, actions, and thoughts, or

failing to achieve our targets, and so on. What did we do to solve?

Today, I would like to talk about something that may seem simple but holds immense power — **the art of introspection (Examining our inner self)**. As we embark on this new academic journey, let's take a moment to pause, reflect, and embrace **introspection**, a powerful tool that helps us grow, evolve, and refine the way we think, act, and learn. We need to step back and ask: Who am I? What drives me? What are my strengths, my weaknesses, my fears, and my dreams?

A new academic session is an opportunity for renewal — a time to shed self-doubt, embrace curiosity, and fuel our passion for knowledge. It is a fresh start that allows us to learn from our past experiences, acknowledge our mistakes, and strive toward becoming better versions of ourselves. We need to foster the optimum usage of the facilities we have. Let us set a target, strive forward, and make every day a better day. Let us not be stagnant.

Introspection should help us grow, not just academically or professionally, but as individuals. It will allow us to recognize our own mistakes, improve upon them, and set goals that align with our true selves. If we are sincere in our effort, nothing can stop us.

Some of the greatest minds in history —

scientists, writers, leaders — all practiced introspection. They questioned their own ideas, beliefs, and limitations, which led them to push boundaries, make groundbreaking discoveries, and bring about change. So, introspection is not just self-reflection — it is a gateway to personal and intellectual progress.

But how do we practice it? It's simple. Take a moment every day — maybe at night before sleeping or in the morning before starting your day—just to ask yourself, How did I feel today? What did I learn? What could I have done differently? Write it down if you want. Over time, you will see patterns, identify habits, and most importantly, understand yourself better.

As students, you are at a stage where growth is constant. The more you understand yourself, the more confident, resilient, and successful you will be. I encourage you all to take that step inward. Know yourself. Improve yourself. And most importantly, believe in yourself.

Before I conclude, I urge each one of you — students and educators alike — to embrace introspection. Take time to reflect on your journey so far, set new goals, and walk into this year with confidence, determination, and an open heart for learning. Let's make this academic session a period of growth, achievement, and transformation!

Thank you, and let us have a fantastic year.



LESSONS FROM A PENCIL

Learning happens everywhere. It is the process of acquiring new knowledge, behaviours, skills, values, attitudes, or preferences. It can be achieved through various methods, including studying, practicing, and experiencing new things. Let's explore a few powerful lessons from a simple, familiar object—a pencil.



Ajith Kumar

Lesson-1: What's truly important actually lies within you.

The pencil has two aspects to it. Its outside is a beautiful, colourful wooden casing. And the inside is lead which is its very substance, the purpose for which the pencil is made up of.

Similarly in our lives as well, we have the outside. The outside is about our personality, our looks, our presence.

The inside is about being a genuine, sincere person.

The outside is about charisma, our style, our presentation, our mannerisms, how we speak, how we communicate.

The inside is about our character, our morals, our integrity, the principles that we hold sacred in our lives.

The outside is about valuables. In the world today, we are accepted more for what we have than who we are. We are accepted more for what we wear than who we are. We are accepted more for what we drive than who we are. We are accepted more today for where we live than who we are. Valuables seem to be so crucial and overtly emphasized in the modern society.

The inside is about our values.

A pencil without a good quality lead is not much useful even if its outside casing is very attractive and colourful.

So, Dear Children, while we focus on the outside, we shouldn't forget the inside. We live in the real world, so the outside is important. But our focus on the outside should never be at the cost of our inner world.

There is a great need to find the right balance between our personality and being a genuine person, between our charisma and our character, between our valuables and our values. So, the first lesson we can learn from the pencil is, what's of true importance lies within you.

Lesson-2: Bring the best out of you.

Everything on this earth has a purpose, whether it is a living or non-living thing. The very purpose of a pencil is to leave an impact on the objects where it contacts, simply by writing or drawing. Only when the lead comes out of the casing can the pencil actually make an impact on the paper by writing.

Similarly, in our lives as well, unless what is within us comes out, we will not be able to make an impact either on our own lives or on those of others.

Please remember that your personality can

impress others but being a genuine person can inspire others, your charisma can impress others but your character can inspire others, the valuables we possess can truly impress the world but the values that we hold and live by can inspire the lives of others.

So, the second amazing thing that the pencil teaches us is that unless what is within us does not come out, we cannot make an impact.

Lesson-3: No Pain, No gain

To get the best out of a pencil, we need to get the pencil lead out. For that, we need to sharpen the pencil. If it could feel, pencil undergoes a painful phase to get its best out. So, we can learn third lesson from the pencil that unless we do not sharpen our skills, unless we do not leave the comfort zone and work hard, what is within us will not come out. Please remember the saying, “no pain, no gain”. Without enduring pain or effort, one cannot reach his true potential.

Lesson-4: Rectify your mistakes and go ahead

When you write with a pencil, you will most certainly end up making mistakes. What is truly great is that right behind the pencil is attached an eraser and you can actually correct that mistake and once again write the right thing. This teaches us that challenges and failures are not merely obstacles but essential components in the journey towards self-improvement and maturity. Encountering and overcoming mistakes builds resilience and deepens understanding. This mindset encourages optimism and perseverance, especially during moments of regret or failure. It empowers individuals to view life as a series of

fresh starts where one can continuously refine their character and goals. Developing this perspective can foster greater emotional strength and patience during difficult times.

Lesson-5: Be in the safe hands

A pencil by itself cannot create art, poetry, or plans; it requires the hands of an expert, such as an artist, architect, or writer, to fulfil its potential. Similarly, when you become instruments in the hands of your teachers, mentors or experienced trustworthy guides, you can have a significant impact on your life as well as on other's lives, regardless of their external differences such as colour, nationality, gender, or appearance. Be always in the hands of trust worthy people. Be in good company. Remember, you are described by the friends you have.

Dear students, Let's summarise the lessons that we have learnt from the pencil today:

- ***What is important is what's inside of you.***
- ***Everything you do will always leave a mark, so bring the best out of you.***
- ***In life you will undergo painful sharpening, which will only make you better and useful.***
- ***You can always correct the mistakes you make.***
- ***To be the best, you must allow yourself to be held and guided by the hand that holds you.***

Remember the lessons learnt from the pencil, practice those in your life, then you will find that life is beautiful and meaningful and you will serve the purpose for which you are on this earth.



CREATIVITY AS LEARNING OUTCOME

A hearty welcome to all of you to the new academic session 2025-26. Last Friday – the 18th of April was a holiday as we observed Good Friday. That day, I came across two very interesting news. The first one was a video where the former CEO of Google Eric Schmidt mentions that within the



Anindita Barua

next one year there will be no programming jobs because all sorts of programming work will be done by using artificial intelligence. The second news was about Infosys firing 240 trainee engineers. It was the second time within 2 months that Infosys laid off large number of campus hires. The reason given was that although they have the required qualifications but even after going through multiple rounds of elaborate training these engineers could not meet the level of competencies that are required to perform their tasks.

Dear children, these two news items highlight the reality of the era of artificial intelligence. Qualifications and certificates alone does not guarantee a job. One needs to have the relevant knowledge, skills and competencies to be able to effectively perform in a job and thus have job security. According to various surveys conducted in companies belonging to different industry sectors like technology, IT, health sector, manufacturing, banking, and other sectors reveal that in this era of AI if we have to be meaningfully and gainfully employed, then we must possess one very essential

factor of human intelligence - that is creativity. Creativity is the ability to create something new, which is of value to others, by connecting different knowledge. So, to be creative, first you have to build depth of knowledge in each of the subjects that you learn; second, you should be able to draw connection amongst these subjects, and the third step is to be able to apply these inter-connected knowledge while solving our day-to-day problems. This is how innovative solutions emerge and only by remaining innovative you can navigate the era of AI.

Hence, as you start the new academic session please focus on building depth of knowledge in each subject and develop a mindset for combining diverse knowledge while seeking solutions to problems. This is the way to train yourselves to be creative and each one of you can become creative through practice.

Wish you the very best for your creative pursuit.



DON'T COMPARE YOURSELF WITH OTHERS



Ankur Debnath

आज मैं आप सभी से एक महत्वपूर्ण विषय पर बात करना चाहता हूँ, जो है, - Don't Compare Yourself with Others “अपने आप की तुलना दूसरों से मत करो।”

बच्चों, हर इंसान की अपनी विशेषता होती है। कोई पढ़ाई में अच्छा है, कोई खेलों में, कोई संगीत में, कोई कला में और कोई नेतृत्व (leadership) में। जैसे बगीचे का हर फूल अपने रंग और खुशबू से अलग होता है, वैसे ही आप सभी की भी अपनी अलग पहचान है।

लेकिन जब हम अपनी तुलना दूसरों से करने लगते हैं, तो दो बातें होती हैं या तो हमें घमंड हो जाता है कि हम सबसे अच्छे हैं, या हमें निराशा होती है कि हम किसी से कम हैं। दोनों ही बातें हमारे लिए हानिकारक हैं। सच्चाई यह है कि हमें केवल अपने कल के आप से तुलना करनी चाहिए। हर दिन खुद से यह सवाल पूछिए “या मैं कल से आज बेहतर हूँ?” अगर हाँ है, तो आप प्रगति कर रहे हैं।

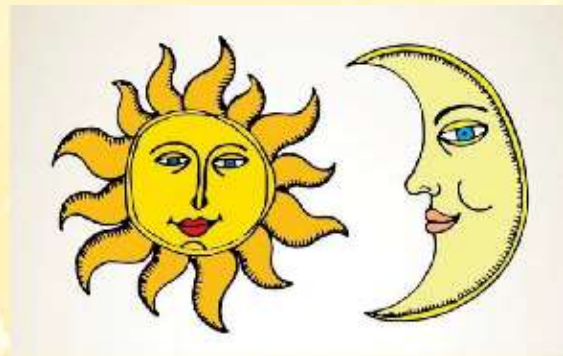
यदि आज आपने कम अंक प्राप्त किए हैं, तो अगली बार और मेहनत कीजिए। यदि आज आपका गाना सही नहीं हुआ, तो अभ्यास कीजिए और कल बेहतर गाइए। यदि आज आप खेल में हार गए हैं, तो निरंतर अभ्यास कीजिए और कल जीतिए। छोटे-छोटे प्रयास, लगातार अभ्यास और आत्म-सुधार से ही हम बड़ी उपलब्धियाँ पा सकते हैं। याद रखिए बच्चों - “Comparison kills joy, but self-improvement

builds success” तुलना से खुशी समाप्त हो जाती है, लेकिन आत्म-सुधार सफलता का निर्माण करता है।

अंत में उसी विषय पर आधारित चार पंक्तियाँ गाना चाहता हूँ

मैं अनोखा हूँ, तुम अनोखे हो,
सबके अपने रंग हैं।
तुलना करके क्या मिलेगा,
हम सब जीवन संग हैं।

कोई सूरज जैसा चमकता,
कोई चाँद की ठंडी छाँव।
कोई नदिया सा बहता रहता,
कोई पर्वत जैसा ठाँव।





THE POWER OF YOUR SUBCONSCIOUS MIND



Ankur Sonar

Let me ask you something:

Have you ever failed at something—not because you were not smart enough—but because deep down, you believed you could not?

- If yes, you are not alone. But here is the truth you were probably never told:

- Your thoughts shape your life.
- This is not just motivation — it is science, and it is the core message of the powerful book “The Power of Your Subconscious Mind” by Dr. Joseph Murphy.

Q. What Is the Subconscious Mind?

Your mind has two parts:

The conscious mind — the part that thinks, plans, and worries.

The subconscious mind — the part that quietly listens, believes, and acts.

Here is the key:

Your subconscious mind does not argue — it accepts what you consistently tell it.

If you keep saying, “I’m bad at math,” it will make that true for you.

But if you say, “I’m improving every day,” your mind will start helping you grow.

How Does This Apply to You as a Student?

- Before an exam — don’t say: “I’ll probably fail.”
- Instead, say: “I have studied well. I will do my best. I have got this.”
- Nervous about speaking in class?
- Do not say: “I always mess up.”

Instead, say: “I’m calm, confident, and clear.”

Why? Because when you feed your subconscious with positive thoughts, It gives you focus, memory, and energy in return.

Three Simple Tools You Can Use Daily:

1. Positive Self-Talk

Say something empowering to yourself every morning:

“I am focused. I am capable. I learn quickly.”

2. Visualize Success

Before a big test or event, close your eyes and imagine doing well.

3. Feed Your Mind Before Sleep

The last thought before sleep is like planting a seed.

Say: “Tomorrow will be productive. I’ll do great.”

Finally- The Power Is in You

You don’t need to be perfect.

You don’t need to be the smartest person in the room.

But you do need to believe in the power of your thoughts.

As the Author said:

“Change your thoughts, and you change your destiny.”

Start saying, “I will. I am learning. I am growing.”

Because the most powerful tool for your success... is not in your hand — It is in your mind.



डिजिटल डिटॉक्स डे



Anupa Harbola

आज मैं आपके समक्ष अपनी टीचर्स टॉक लेकर उपस्थित हूँ।

आजकल एक ट्रेंड बहुत ट्रेडिंग है, डिटॉक्स और हम में से बहुत से लोग अपने घरों में डिटॉक्स पानी का सेवन करते भी हैं। इसे बनाना भी बहुत आसान है। पानी में खीरा

गाजर चुकंदर, अदरक, नींबू, हल्दी, पुदीना डालकर आठ से दस घंटे छोड़ना है। बस तैयार है डिटॉक्स वाटर पीने के लिए। इस पानी को जिसे हम डिटॉक्स पानी कहते हैं पीने से शरीर बहुत सारे विषाक्त पदार्थों से मुक्त हो जाता है या यूँ कहें कि हमारा इम्यून सिस्टम इंफ़ुव हो जाता है।

अब इतना सब डिटॉक्स के बारे में सुनकर आप ये सोच रहे होंगे कि ये कोई विषय है टीचर्स टॉक के लिए।

बच्चों डिटॉक्स तो एक इशारा है मात्र है ...। जिस प्रकार डिटॉक्स वाटर जरूरी है हमारे शरीर के डिटॉक्स के लिए ठीक उसी प्रकार से डिजिटल डिटॉक्स जरूरी है हमारे मानसिक स्वास्थ्य के लिए। संचार माध्यमों के विकास ने हमारे लिए बहुत सारे मार्ग सुगम कर दिए हैं जैसे पढ़ाई, कोई जानकारी, सीधा प्रसारण, शॉपिंग सब कुछ उपलब्ध है एक क्लिक में। जब जहां भी चाहें हम डिजिटल माध्यमों का प्रयोग कर सकते हैं। पर इसका असर यह हुआ है कि हमको इसकी लत लग गई है जो इसका दुष्परिणाम है। हम घंटों अपना समय मोबाइल में बिता देते हैं। हमारे आसपास क्या हो रहा है यह हमें पता ही नहीं होता। जहां मोबाइल, इंटरनेट जैसी चीजें हमारे लाभ के लिए थीं हमने इसका अधिक प्रयोग कर अपने पैरों में खुद ही कुल्हाड़ी मार ली है और हम नींद की कमी, चिड़चिड़ापन, अवसाद सोचने की शक्ति का कम होना जैसी बीमारियों से घिर गए हैं। यदि हम इन सब से निजात पाना चाहते हैं और जीवन को खुशनुमा

बनाना चाहते हैं तो हमें डिटॉक्स वाटर की तरह डिजिटल डिटॉक्स को अपनाना पड़ेगा। और इसकी रेसिपी भी बहुत आसान है। हर दिन कुछ देर की दूरी बस... और हो गया डिजिटल डिटॉक्स। इसके अलावा यूनेस्को द्वारा भी डिजिटल डिटॉक्स के लिए कुछ उपागम बताए गए हैं...

1. व्हाट्स ऐप स्टेटस से दूरी :

इसका पहला कदम है क्योंकि नए जमाने का इंसानी स्वभाव कि हम हर छोटी से छोटी अपनी गतिविधियों को स्टेटस में लगा देते हैं ताकि लोगों को हमारे स्टेटस के बारे में पता चले। फिर हम ये भी देखते हैं कि कितने लोगों ने इसे सीन किया है। इस वजह से हम अपने दिन का लगभग दो घंटा बिता देते हैं। इसलिए नो स्टेटस नो टेंशन। न रहेगा बांस न बजेगी बांसुरी।

2. पढ़ाई करते समय मोबाइल को डी एन डी मोड पर रखें। ताकि कोई आपका ध्यान न भटकाए।

3. सप्ताह में कम से कम एक दिन नो टेक्नोलॉजी दिवस मनाए। इस डे को आप कभी भी अपनी सुविधा के अनुसार मना सकते हैं।

4. सबसे महत्वपूर्ण सोशल मीडिया से तुलना न करें। याद रखें कि रियल रील से अच्छा है।

धन्यवाद,

आप सभी को हैप्पी डिजिटल डिटॉक्स डे।



HONOR YOUR COMMITMENTS WITH INTEGRITY



Aradhana Rajbanshi

Once there was a boy named Joy. One day, the Principal of the school gave seeds to all the children and announced that the one who grew the best plant would become the next head boy or head girl of the school. After a week, the children brought back beautiful plants. But Joy's pot was empty. The Principal then revealed that the seeds had been boiled and could never grow. Only Joy was honest, and because of his integrity, he was chosen as the leader.

The story teaches us that honesty and values are more important than success. True integrity always earns respect and trust.

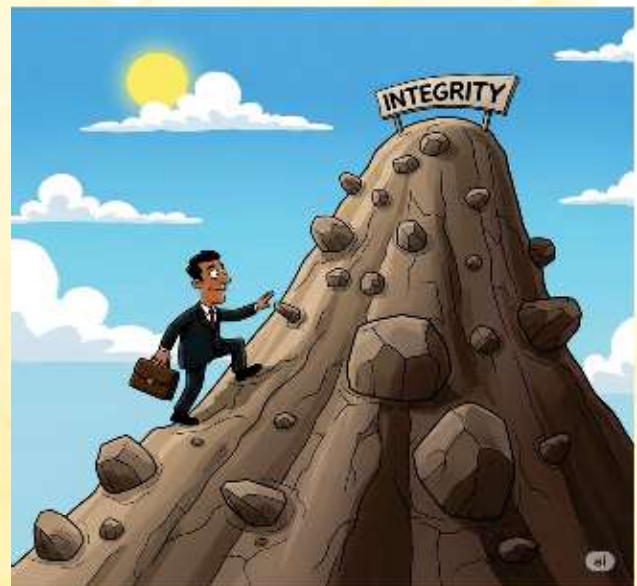
Integrity and Values

Integrity means being honest and truthful in thoughts, words, and actions. A person with integrity stands firm on what is right, even when no one is watching. It is the foundation of trust and respect in life.

Values are the guiding principles of life that built our character and behaviour. They include

honesty, respect, kindness, responsibility, discipline, empathy, and fairness. Together, integrity and values make a person strong, trustworthy, and respected. They help in building good relationships, achieving success with dignity, and contributing positively to society.

Be a good person, but do not waste your time proving it.





GOOD MANNERS



Ashajya Boruah

A little sweetness can certainly pay off in life. Good manners are the oil that lubricates the friction of interpersonal relations and help to create a happy and prosperous society.

One may have millions of dollars in their bank account, but if they lack good manners and morals in life, they are not truly successful. As the saying goes, "Good manners open doors that the best education cannot."

Dear students,

Humans are the highest and most unique creation of God in terms of intelligence. As you all know, we have the ability to think, speak, and act accordingly. Therefore, it is important to know how to behave well with others.

Good manners mean treating others with politeness and showing proper behavior in public. A well-mannered person respects the feelings and sentiments of others.

Dear students, we should always be polite and humble. When needed, we must use words like "sorry," "thank you," and "please." We should treat our parents and elders with respect and kindness. Using abusive language should be strictly avoided, and we should cultivate the habit of sharing with others.

Practicing good manners throughout the day brings positivity into our lives. It adds quality to our character. When we have good manners, people are naturally drawn to us. Even if

someone speaks to you harshly, do not respond in the same way. Instead, maintain calmness and create positive interactions with your friends and in public places.

Soon, you will become popular and achieve success in your field.

With this, I conclude my speech.





IMPORTANCE OF NEGATIVE THINKING

Dear students what is your favourite food, it might be pizza, burger, Biryani etc.

Can you tell me what the common ingredient in all these food items. Which is necessary without which you will not get the taste, but if it is too much, it will spoil the taste?

The ingredient I'm talking about is the salt.

Like salt my topic..... **IMPORTANCE OF NEGATIVE THINKING.**

Daily morning you reach school in time, you submit your HW on



Asutosh Debnath

time, specially during exam time sit for studies yourself... A negative thinking comes to your mind if I don't do my work or if I do not study then.....!!!!!!

Sometimes your teacher or parents make you aware of the negative aspect, but the smart or intelligent students are one who themselves analyse the negative and positive aspect of various situations and work accordingly.

Some benefits of a certain level of negative thinking:

1. **Risk Awareness:** Negative thinking helps in identifying potential risks and dangers, allowing for better preparation and informed decisions.
2. **Realistic Expectations:** It can help people give up unrealistic ambitions and hopes that may lead to disappointment, encouraging them to focus on achievable goals.
3. **Critical Evaluation:** By questioning things and considering the worst-case scenarios, individuals can weigh the pros and cons of decisions more effectively. Considering both positive and negative outcomes leads to smarter choices.
4. **Protection from Disappointment:** Preparing for negative outcomes can provide a sense of comfort and a protective buffer against the pain of unexpected letdowns.
5. **Better decision-making:** Thinking about potential obstacles and worst-case scenarios helps you make more informed and thoughtful choices. This prevents poor decisions.
6. **Improved preparation:** Imagining what could

go wrong is a way to prepare for challenges ahead.

But excessive or uncontrolled negative thinking can be harmful

It can lead to mental health issues, stress, depression, anxiety etc.

To avoid this there are methods like :

Meditation, talking to some one or doing some physical activity.

The important thing is to balance...YOUR THOUGHTS..

It's not about doubting yourself endlessly — it's about using your doubts or negative thinking as fuel for preparation. A little bit of fear can make you careful. A little bit of doubt can make you research. And a little bit of imagining what could go wrong can help you avoid mistakes before they happen.

In short: Positive thinking moves us forward. Negative thinking protects us along the way. The wisest person is the one who uses both.

Negative thinking, when balanced with awareness and action, is not a weakness — it's a warning system. It helps us prepare, reflect, and grow stronger by facing reality, not avoiding it."

So students..always try to analyse the situation yourself...Slight negative touch can save you from big problems.

Negative thinking is a natural and useful human survival mechanism that, it helps people to plan, anticipate problems, and make careful decisions. A healthy dose of "realistic thinking" is an adaptive trait for avoiding danger and achieving goals.



THE ATTITUDE OF AN ALPHA



Awal Rezzak Rahman

Ever wondered what truly makes someone a leader worth following? It's not about dominating others or displaying aggressive behaviour.

I want to talk about having an "alpha attitude." The alpha mindset is often misunderstood as being loud, intimidating, or controlling. In reality, it's about standing firmly in your own power while elevating those around you. It's the perfect balance of strength and empathy that makes you both respected and approachable.

Before you jump to conclusions, let's redefine what that means for you as students. This isn't about being a bully or dominating others. That's toxic, outdated thinking based on flawed science. A true alpha attitude is about commanding respect, not demanding it. It's about leading your own life with confidence, integrity, and purpose.

So what does a healthy alpha attitude look like in a student's life? It means cultivating these powerful traits:

Unshakable self-confidence.

- An alpha student is comfortable in their own skin and doesn't need external validation. They know their worth and focus on their own

growth rather than comparing themselves to others.

- When you walk tall, speak clearly, and maintain eye contact, you project confidence that others naturally respect.

Decisiveness and action.

- Beta students are often paralyzed by indecision, waiting for someone to tell them what to do. The alpha student, however, takes charge and makes things happen.
- This doesn't mean being rash. It means setting clear goals, breaking them into manageable steps, and taking action now. You must remember the words of Henry Ford: "Whether you think you can, or you think you can't, you're right".

Emotional self-control.

- An alpha student has mastery over their emotions. They don't lose their cool or lash out in anger. Instead, they handle disputes calmly and respond thoughtfully rather than impulsively.

- When you remain centered under pressure, you are perceived as a solid rock, and that commands respect.

Resilience and a hunger for growth.

- The alpha attitude means learning from mistakes instead of complaining or blaming others.
- When faced with setbacks, you don't crumble. You take responsibility, adapt, and move forward stronger than before. This resilience turns obstacles into opportunities.

Empathy and respect for others.

- This is the critical difference between genuine leadership and toxic dominance. A true alpha student treats everyone with dignity, respect, and kindness, regardless of their social standing.
- They lead by example, inspiring those around them. They listen actively to others and are

compassionate toward their feelings. This balanced approach creates a magnetic presence that draws people to you naturally.

A strong sense of purpose.

- The ultimate alpha attitude comes from having a vision that is bigger than yourself. It's about being on your own path and not seeking validation from anyone else.
- As students, your purpose might be to excel academically, master a skill, or build a fulfilling life. Whatever it is, live it and breathe it every day.

So, as we navigate our student lives, let's redefine the idea of being "alpha." It's not about being the loudest voice or the most aggressive person in the room. It's about being the most confident, the most disciplined, and the most empathetic. It's about leading yourself first, so that you can then inspire others.

Let's strive to build ourselves up and, in turn, lift up everyone around us. Thank you.





EXAMS DON'T DEFINE YOU, HABITS DO



Bandana Das

Let's be honest — some of you are scared of the exam next week. Some of you think one bad paper means you're a failure. I'm here to tell you: **that's a lie.**

An exam is just a photograph. It captures 3 hours of your life. **But your habits are the full movie.**

Think about it. Sachin didn't become great because of one match. He became great because of 10,000 hours in the nets. Every single day. Rain or shine.

Your marks in December don't decide your future. **What you do every day from August to November does.**

If you study 30 minutes daily, that's a habit. If you copy homework last-minute, that's also a habit. If you check your phone every 5 minutes, that's a habit too.

The scary part? **Your habits don't care about your goals.** They'll take you where they're programmed to go — whether you like it or not.

So stop asking, "What will I score?" Start asking, "What did I do today?"

Did you revise for 20 mins? Habit point.

Did you ask one doubt? Habit point.

Did you choose your book over reels once?

Habit point.

Those points stack. And one day, without you noticing, you become the student who tops. Not because of luck. Because of habit.

Exams will come and go. But the person you become while preparing — disciplined, focused, resilient — **that person stays forever.**

So forget the exam fear. Build the daily habit. The marks will follow you, not the other way around.

Your movie is still being filmed. Make sure today's scene makes you proud.





DIGITAL FOOTPRINT

I am delighted to talk to you about a topic that is becoming increasingly important in our lives — Digital Footprint.

We all use the internet every day — to study, chat with friends, watch videos, play games, or scroll through social media. But have you ever stopped to think — what are we leaving behind when we go online? Just like we leave footprints on sand or mud when we walk, we leave digital



Bandana Bhuyan

footprints every time we use the internet.

A digital footprint is the trail of data we create while using the internet. This includes the websites we visit, the photos we upload, the comments we make, the videos we like, and even the things we search for on Google. Sometimes this is done knowingly — It's called active digital footprint. Other times, it's happening quietly in the background — like your IP address being logged or cookies tracking your behaviour. This is called passive digital footprint.

Now you may wonder — why should I care?

Here's why:

What you post online stays online. Colleagues, employers, and even future relationships may one day look at your digital presence. A careless post today can become a regret tomorrow. A mean comment, a misleading photo, or inappropriate content — even if deleted — might have already been saved or shared by someone else.

So what can we do? Let me share some simple yet powerful guidelines for using digital technology sensibly.

1. Think before you post. Ask yourself — is it true? Is it kind? Is it necessary?

2. Protect your privacy. Use strong passwords, avoid sharing personal details, and adjust privacy settings on social media.

3. **Be respectful online. The internet has given us a platform to voice our ideas and opinions, not to bully others. Using taunts or sarcasm only fuels a vicious cycle of hatred and hostility.**

4. Be mindful of your screen time. Technology is a tool, not a replacement for real relationships, outdoor play, or studies.

5. Pause and verify. Don't believe or share everything you see online. Fake news and misinformation spread quickly. Be a responsible digital citizen.

Being digitally smart doesn't mean avoiding technology — it means using it wisely, respectfully, and responsibly.

Remember, you are the author of your digital story. Let it be one that you're proud of.

Let your digital footprint reflect the best version of who you are.

Stay safe — both offline and online.



ROLE OF SOCIAL SCIENCE IN DAILY LIFE



Bhaswati Borah

Before I begin, I want you to pause for a moment and think about how you have started the day today. The food you ate, the road you took to come to school, the news your parents discussed at the breakfast table, the rules you follow in the classroom-have you ever wondered what connects all of these? They are not just random parts of our routine. They are the

threads of a larger fabric that shapes our lives. And that fabric is Social Science.

Today I would like to speak about the role of Social Science in real life- because it is not just a subject of boring long answers, map and civics chapters. It is a guide that silently prepares us to live wisely and responsibly in the society.

These are the following reasons for this:

1. Firstly, when you check the weather before planning a picnic or understanding why Assam receives heavy rainfall-you are applying Geography.
2. Secondly, when you learn from the freedom struggle of our country and feel proud of leaders like Mahatma Gandhi-you are connecting History. It reminds us that the freedom we enjoy today was earned with great effort and sacrifice.
3. Again, when we manage our pocket money, compare prices before buying something online, it is Economics working in our daily life. Understanding needs and wants help students to make better choices instead of spending impulsively.
4. Last but not the least, when you respect your parents, follow school rules, it is civics guiding us. Even something as simple as not littering in public places shows us that we understand our

responsibility as citizens.

Here two lines from the great song of Dr. Bhupen Hazarika suddenly comes to my mind. I would like to sing just two lines from the song-

*"moi dekhisu onek gagansumbi ottalikar xari,
tar saa tei dekhisu onek grihohin noro-nari"*

The literal meaning of these lines are-"I have seen many rows of sky touching buildings and along with them, I Have also seen many homeless men and women. These lines highlights the gap between rich and poor. Social Science will help you to understand the gap. It will make you an empathetic member of society. It will give you the knowledge to understand what is happening around us instead of blindly believing and judging everything.

Most importantly, it teaches us about the values like Equality, Justice, Unity and respect for Diversity. In a world that feels divided, these values help us to stay grounded.

Dear students, Social science is not just a subject to secure marks in examinations. Is it beyond this. So, next time you open your social science textbook, remember you are not just studying chapters, you are learning life skills.

Thank you and have a wonderful day ahead.



OUR COUNTRY: OUR IDENTITY, OUR RESPONSIBILITY



Bholanath Bhattarai

I want to talk to you about something very special and important and requires every body's attention.

Dear children have you ever thought about what a **country** truly means to you?

Stop for a while and think.

A country is not just land and borders. It is your home, the place where you are born, where you grow, and where you learn the values that shape your lives.

A country gives its citizens identity. Just like your name tells people who you are, your nationality tells the world where you come from. It is part of your identity and pride. For example, when someone says, "I am Indian," or "I am American," or "I am Russian," they are proudly saying they belong to a land with a rich history, culture, traditions and power.

The most important thing is a **strong and powerful country** provides its citizens **protection** from internal and external threats. It also supports its citizens with quality education, affordable and reliable healthcare, stable economy, robust infrastructure, freedom and rights and so many other opportunities.

These are not things to take for granted. This is not possible automatically. To achieve this we as citizens **must work hard to make our country better.**

Our country also expects us to fulfil our duties — like obeying the law, respecting others, helping the community, showing patriotism, supporting the country's unity, sovereignty and wellbeing.

We must love our country — not just by singing the national anthem or waving the flag, but by doing simple, everyday things: being **honest**, being loyal to the country, **helping others**, **studying well**, **protecting the environment**, and **respecting our differences.**

Remember, a country is only as strong as its people. And that means you. You are the future of your country. Your actions, your choices, and your attitude will shape the country you live in.

So let's be proud of our country, and let's work together to make it a place of peace, progress, and unity for everyone.



ARUNIMA SINHA



Biswajit Bora



Arunima Sinha's short story is a real-life tale of resilience.

This is a story of the triumph of will. A story of courage, determination and dedication. A story of hope and resilience in the face of challenges. In 2011, twenty four year old national level volleyball player Arunima Sinha was thrown off a moving train by thieves for refusing to hand over the gold chain she was wearing. She lost her left leg when a train went over it. As she lay in the hospital bed, with one leg amputated, Arunima Sinha took a vow that many would think impossible. Her goal, from that day onwards, was not just to become adept at walking with a prosthetic leg but scale the highest point in the world – Mount Everest. In 2013 she did just that, becoming the first Indian female amputee to achieve this feat. It was a feat – which many would consider impossible – that not only brought back her self-confidence but made her an inspiration for everyone back home. In 2015, she was awarded the Padma Shri, the fourth highest civilian award in India.

Swami Vivekananda has always been an inspiration for me. His quote, "ARISE, AWAKE AND STOP NOT TILL THE GOAL IS ACHIEVED" inspired me a lot in making my dream come true.



TEMPLE OF LEARNING, GROWTH AND SELF - DISCOVERY



Bitopi Phukan

Every morning we start our day by thanking the Almighty for our precious life on this beautiful earth. Our abode of knowledge, Delhi Public School, Numaligarh is not mere a concrete building where we only come to just read and write – it is a temple of learning, growth and self- discovery.

Just like a shrine our Alma mater is also a sacred space for our intellectual and personal growth. It's our second home where we all are like the members of a huge family. DPSN facilitates a nurturing environment where each one of us grows, learns and thrive standing like a huge banyan tree providing shade, shelter and nourishment to all who come under its canopy. Our teachers always try to develop strong roots in our students to anchor and connect deep to our community and the world around us.

Dear children, Do you take out a little time and put some effort to care for our beautiful school property for every one's well- being and success?

Our support staff members are constantly working to maintain a clean and safe environment. As students it is your prime duty to keep your classrooms, furniture, corridors, playgrounds clean and tidy and report if any damage or disrespect towards our school property is seen. We need to understand the value of preserving these valuable

resources to ensure future generations to enjoy the positive and supportive learning environment.

It's my sincere request to all my dear students to collaborate with us and your parents to build up and maintain our temple with love, respect and dedication. Let us pledge to help our school stand tall and proud so that everyone feels welcome supported and inspired .





BEST VERSION OF YOURSELF



Chamei Gonmei

You are the best version of yourself when you are kind, honest, and willing to learn. Don't compare yourself with others. Every child is special in their own way. Believe in yourself, try your best, and remember that your effort matters. You are unique, you are capable, and you are the best at being you.





DIFFERENCE BETWEEN STUDYING AND LEARNING



Deepika Roy

Let me start with a question: Have you ever studied really hard for a test – burned the midnight oil, highlighted your textbook like it was an art project- and then a week later, forgotten everything you memorized?

Yes, it happens to all of us.

That, my dear students, is the difference between studying and learning.

Studying is what we do when the exam is in two days and panic has set in. We re-read notes we barely understand, we open books and hope that cramming the night before will work some kind of miracle. It's like downloading information that deletes itself after the exam.

But learning-ah, learning is different.

Learning is what happens when you're actually curious. When you ask **Why** instead of just what or when. It's when you understand a concept so well that you can explain it to someone else-even your younger sibling, who never listens.

Learning sticks with you. It doesn't disappear after the test. It shows up later, when you're facing a real world problem, having a conversation or even playing a quiz game with friends.

Let's put it in a very simple way: **Studying** is like reading a recipe and thinking - ah, I know how this is made. **Learning** is actually cooking the dish...making mistakes...acknowledging the mistakes...running to someone for help and finally knowing exactly how to *make it better next time*.

Now don't get me wrong children - studying and memorizing do help when we need to prepare for a test. But if **that's all** we do, then we're missing the bigger picture. Education is not about tests and grades. It's about having- *a thinking mind, a questioning brain, wanting to create something new and growing up to be a responsible human being.*

So, let me leave you with a thought

'Let's not just *study* to survive school. Let's *learn to thrive in life*.'





COPING WITH STUDENT LIFE



Dhruba Borah

In my talk today I would like to highlight few points on coping with your student life.

Don't let one success or failure define you.

The whole point of being a student is learning, improving yourself, developing a well balanced personality and gaining knowledge. I think you will all agree that all of these things have no limits. The process of learning does not stop when you've scored full marks in a test, neither does it stop when you've done terribly in another. You should be curious, passionate and willing to learn more. You should focus on the process involved rather than thinking about the end product.

Be true to yourself

Know your likes and dislikes. ! Knowing others is intelligence; knowing yourself is true wisdom. Believe in yourself. There's nothing that drains your willpower faster than trying to be someone you're not. Be honest with yourself and others about your thoughts, feelings, and values, and donot compromise your principles to please

others. You need to acknowledge your own strengths, weaknesses, and flaws, and accept your true self without judgment.

Don't stop asking questions.

You cannot expect to learn by just reading and highlighting things in your text book. You have to start questioning why things are a certain way, why aren't they the other way around. Asking questions demonstrates a willingness to learn and grow. It helps develop a positive attitude towards challenges and setbacks.

Learn time management.

When given a lot of work, don't look at it as a burden and complain. Make time for it. If you want to watch a movie or go for outing, do go for it, but be responsible enough to come back home and finish the assignment that is due tomorrow. If you learn the technique of time management at an earlier stage you are definitely at an advantage position because it's a skill you'll probably use frequently in your adult life.

Learn for the sake of knowledge, not just for exams.

Learning should be driven by curiosity and a thirst for understanding, not just by the pressure of exams. No marks in this world can describe the amount of knowledge you own. Knowledge helps you to understand concepts deeply and apply them in real life situations like problem-solving and innovation. It can help you to live a better fulfilling life and deeper understanding of the world around you.

Making right choices.

As students you need to make various decisions throughout your educational journey. Be aware that every choice has consequences. A decision you make today could affect your life tomorrow, a week from now or your whole life. The choices you make define your path. It can lead you either towards your goals or away from it thereby influencing your success, happiness, and well-being. It is not what life throws your way, it's how

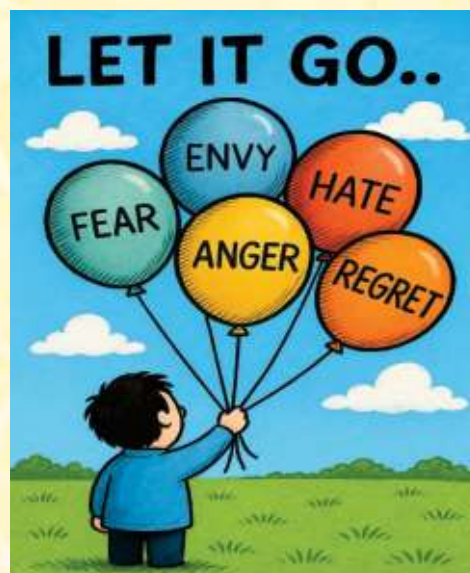
you deal with those circumstances that matters.

Don't compromise on your mental or physical health.

Your physical and mental health are the engines that drive every achievement in your life, including your career success. Learn to cultivate happiness in your life. We have been given the gift of life, which should be the very source of our happiness. Happiness can be the joy you feel growing toward your potential.

Happiness will not come to you from any external source. Your happiness comes from within, from your mindset. Success and happiness are deeply connected but not always dependent on each other. True happiness comes from finding meaning and joy in what you do, not just achieving goals. Develop a mindset in which both happiness and success can go hand in hand, creating a balanced and rewarding life.

Hence be happy, be optimistic, be grateful, thank your parents for sending you here, thank your teachers and the school for uplifting you.





HOW TO CONTROL OTHERS' ANGER



Dipanjalee Phukan

I want to speak to you about something very important in our daily life: **how to control others' anger**. We all know that anger is a natural human emotion. But sometimes, people around us – our friends, classmates, parents, or even teachers – may get angry. The question is, what should we do when someone else is angry? Should we also get angry? Or should we learn the art of calming them down?

Let me tell you something – **anger is like fire. If you add more fire, it will burn more. But if you pour water, it will slowly cool down.** In the same way, if we answer anger with anger, the problem grows bigger. But if we answer anger with calmness, patience, and understanding, the problem becomes smaller. **Anger is like fire** It can burn relationships, peace, and happiness if not handled carefully. But fire can also give light if controlled wisely. So, when someone around you is angry, **don't add more fire — add calmness**

Mahatma Gandhi once said, *"If anyone slaps you, offer your other cheek."* This means that if someone speaks to you angrily, you should respond with kindness and a smile..

You know, sometimes your mother gets angry. When you ask her for something and she scolds you, at that moment you can do something sweet — recite a poem, like

মা মোক মৰম কৰা
মনটো দেখোন বেয়া লাগি আছে অথনিৰে পৰা।
কেতিয়াবা মই খেলি থাকিলেও হঠাতে ওলোৱা আহি
মোৰ খেলা চাই মোৰ ফালে চাই তুমিচোন থকা হাঁহি।
হাত বুলাই দি মূৰ কপালত কোলাত দেখোন লোৱা,
'সোণাইটি মোৰ বুলি মা তুমি' দুগালত চুমা খোৱা।
কেতিয়াবা আকৌ কাষলে গ'লেও মোক দেখোন কোৱা মা....
কাম আছে মোৰ আমনি নকৰ.. আঁতৰ আঁতৰি যা...
ইমান যে মোৰ বেয়া লাগে মা ইমান যে খং উঠে
তেতিয়া তোমাক মাতিবলৈ মোৰ মনেই নাথাকে মুঠে।
মা মোক মৰম কৰা....
মনটো দেখোন বেয়া লাগি আছে অথনিৰে পৰা।

It will make her smile and the anger will disappear.

Dear students I would like to say some steps to Control Others' Anger

1. **Stay Calm Yourself** – The first step is self-control. If you also lose your temper, then two angry people will only create more trouble. A calm person becomes like a mirror where the angry person can see their mistake.
2. **Listen Patiently** –
3. **Speak Softly** –.
4. **Show Empathy** –.
5. **Avoid Argument** –.

6. **Give Them Space** – Sometimes, silence is the best medicine. If you feel that the person needs time, step back for a while. Once they cool down, you can talk peacefully.

Students, remember that when someone is angry, instead of increasing the distance with loud arguments, we should reduce the distance with kindness and soft words.

Now the question is why **we should control others' anger? We should control others' anger?**

- To keep peace in our family.
- To build better friendships.
- To create a healthy classroom environment.
- To make society more understanding and less violent.

So, dear students, remember this golden rule:

Anger cannot be defeated with anger; it can only be cooled with patience, respect, and love.

From today, let us not only control our own anger but also learn to calm others when they are angry. In this way, we will become peacemakers, not troublemakers.

I would like to conclude my speech with my few lines.

খং নামে চণ্ডাল জানিবা বন্ধু
বংৰ লগতে খণ্ডো যে আছে
আমাৰ দেহৰ শিৰাই শিৰাই।
খং যেন একুৰা জুই, বাঢ়ি যায়
মাথো বাঢ়ি যায় পুৰি জ্বলি বণ্ডো হয় ছাই।
গৃহ কন্দল, অপৰাধ বাঢ়ে, বন্ধুত্বও বাগৰে শত্ৰুতালৈ
কি ভুল কি শুদ্ধ....
খবৰ লোৱাৰ কাৰো আহৰিয়েই নাই।
কৰে সকলো ছাঁৰখাৰ, বহু আশা যেন অকালতে শুকায়।
বন্ধু সেয়ে খঙক খঙেৰে নহয়,
নিৰ্বাপিত কৰিবা তোমাৰ মনৰ শীতলতাই।
মিঠা শব্দ, কোমল মনৰ প্ৰকাশে
শীত পেলাব পাৰে নিমিষতে
কঠিন হৃদয়খনিও, খংৰ স্ফুলিংগও নুমাৰ হঠাতে।
এনেয়ে নকয় বন্ধু 'কথাতে কটা যায়, কথাতে বাঁটা পায়'
জীৱন নদীৰ ঢল দিয়া বোৱাই,
মৰম-চেনেহ, দয়াৰে, ক্ষমাৰে, ধৈৰ্যশীলতাৰে...
দেখিবা বন্ধু বাটৰ কণ্টক আঁতৰি ফুলিব
জীৱনৰ থলপদ্মজুপি, আশাৰ পদূলি শুৱাই।





ZUBEEN GARG



Dipanjali C. Das

Helping others is a very good habit. When we help someone, we make them happy—and we feel happy too!

We can help our parents at home, our teachers in school, and our friends in class. Always remember: a helper is a hero. So let us try to be little helpers every day.

Today, I want to tell you about a very special person from Assam—Zubeen Garg. He was a very famous singer. He sang songs in many languages like Assamese, Hindi, and Bengali. One of his famous Bollywood songs is “Ya Ali” from the movie Gangster.



But Zubeen was not only a great singer. He was also a kind and helpful person. He loved music, nature, and people.

Whenever there were floods or people were in trouble, he helped them. He gave money, food, and support to many poor families. During the Covid time, he even gave his house to help patients. People loved him not only for his songs, but also for his big, caring heart.

So children, let us learn from him. Let us be kind, helpful, and caring.

A small help from you can bring a big smile to someone's face!

Zubeen is no longer with us physically, but his legacy will live on. Now, let us try to feel his presence amidst us by singing his most loved song ‘Mayabini’.



INFLUENCE OF HABITS IN LIFE



Dulal Saikia

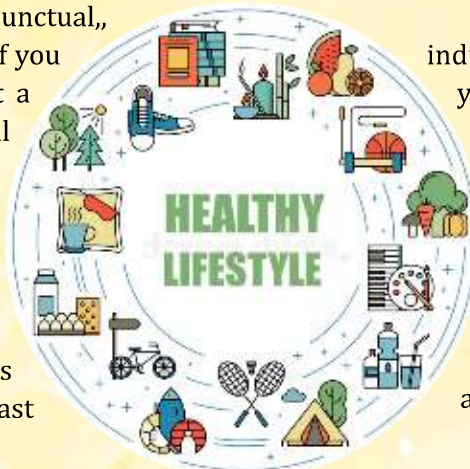
I will speak a few words on the topic "Influence of habits in life."

Habits play a very powerful role in shaping your life. Your good habits will make you a successful person in the future and your bad habits will do everything possible to ensure, that you do not become a successful person in the future. Habit means what? Habits are the actions which you repeat every day, and these repeated actions become like automatic after certain period of time and you start doing those actions every day without even thinking. Good habits like Studying regularly with a focused mind, speaking politely to others, being helpful and compassionate for needy people, respecting elders and having love and respect for juniors, being disciplined and punctual,, are some of the qualities which if you impart in your life and make it a habit than these good habits will ensure you a beautiful life in the coming days and you become a successful person.

Children you must try to grow these good habits in your high school days. Because Habits which grow during school days last

for a long long time and are very difficult to shed off. So pl. do not develop the bad habits or you will find it very difficult to get away from these bad habits which you have acquired during your school days. Some of the bad habits which children acquire during school days are, Lying, Laziness, Not taking seriously his duties, lack of focus during study time, uncontrolled mind, Unpunctuality, Mobile phone addiction etc.... these negative qualities become habits for many students and because of that,, that they struggle in their day to day life. Slowly as time pass by these negative habits stay permanently in their nature leading them to bigger problems in their future life to come.

Therefor my dear students do not indulge in bad habits. Always keep yourself safe from these negative habits and control yourself from mingling too much with the people who have these negative habits. Remember, your action today will pave the way to success tomorrow. So acquire good habits, and live a respectable and enjoyable life in the future.





THE TINY WORD “YET”



Farbin Sultana Ahmed

I want to start today with a quick question: How many of us have looked at a difficult Math problem, a complex Sanskrit Shlok, or a tough sports drill and thought, ‘I can’t do this’? Most of us, right? But today, I want to suggest a small addition of one tiny word: ‘Yet.’”

“In the world of psychology, this is called a Growth Mindset. Often, we believe our intelligence or talents are fixed—that we are either ‘born smart’ or we aren’t. But science tells us that our brain is like a muscle; the more we challenge it, the stronger it gets.

When you say, ‘I don’t understand Physics concept,’ you’ve closed a door. But when you say, ‘I don’t understand this concept yet,’ you’ve opened a path for growth.

Think about it:

The greatest cricketers didn’t start with a century; they started with a shaky stance.

The best coders didn’t start with an app; they started with a ‘Syntax Error.’

Even the famous scientist Thomas Edison didn’t fail 1,000 times to make a lightbulb; he just

found 1,000 ways that didn’t work yet.”

“As students, you often feel the pressure of exams, grades, and competition. You get discouraged by a low score in a unit test or a critical comment on your projects. But remember, school is not a place where you have to be perfect; it is a place where you come to get better.

Don’t be afraid of making mistakes. A mistake is just evidence that you are trying. If you knew everything already, you wouldn’t need to be in school! Instead of hiding your weaknesses, face them. If you’re not good at public speaking — yet — stand here where I am standing today. If you aren’t a great artist—yet—keep sketching.”

“So, as we head to our classrooms today, let’s make a pact. Let’s stop using the word ‘impossible’ and start using the word ‘process.’ Replace your ‘I can’ts’ with ‘I’m learning how to.’

Believe in the power of ‘Yet,’ because your potential is not a fixed point—it is a horizon that keeps expanding as you move forward.

Have a great day ahead.



EFFECTIVE STUDY HABITS

I'd like to talk to you about something that can make a significant difference in your academic performance and that is effective study habits.

Why Effective Study Habits Matter?

Well, Effective study habits definitely help you understand complex concepts and retain information. It helps you to learn and manage your time more efficiently and most importantly it can reduce stress and anxiety related to exams and assignments.

Now let me discuss some of the effective Study Habits and the first one in the priority list is-

- Setting SMART goals. SMART is an acronym that stands for Specific, Measurable, Achievable, Relevant, and Time-bound.
 - a. Specific: Clearly define what you want to achieve.
 - b. Measurable: Quantify your goals so that you can track progress.
 - c. Achievable: Set realistic goals that challenge you but are attainable.
 - d. Relevant: Align your goals with your values and priorities. Ask yourself does achieving this goal matter to you?
 - e. Is this goal a priority for you? If the answer is yes, then the goal is relevant to you.
 - f. Time-bound: Set a specific deadline or time frame for achieving your goal to stay focused and motivated and yes, write your goals down and make them visible.
- Create a study schedule and stick to it.
- You must use some active learning techniques like summarizing the key points in your own words,



Jayeeta Das

creating concept maps, or may be Peer teaching that is teach someone else what you've learned.

- You must revise regularly. Regular revision helps solidify your learning and retain information.
- You should seek help when needed. Don't hesitate to ask your teachers, classmates and parents for help.

Tips for Effective Study

1. Identify a quiet, distraction-free space for studying.
2. Use technology wisely: Utilize digital tools and apps to organize notes, set reminders, and track progress.
3. Take some breaks in between to recharge and avoid burnout.
4. Stay organized. Keep study materials, including notes and assignments easily accessible.

Someone rightly said, "Small disciplines repeated with consistency every day lead to great achievements gained slowly over time."

Now, I'd like you to reflect on your current study habits. What works well for you? What areas you can improve. Let's work together to develop effective study habits that will help you achieve your academic goals.



विश्वास



Kakoli Bordoloi

जहाँ संवाद होता है, वहाँ संघर्ष नहीं टिकता।

आदरणीय प्रधानाचार्य महोदय, शिक्षक गण एवं मेरे प्रिय विद्यार्थियों, हम सब जानते हैं कि विद्यालय में पढ़ाई के साथ-साथ आपस में मित्रता और सहयोग भी उतना ही ज़रूरी है। कभी-कभी छोटे-छोटे मतभेद संघर्ष का रूप ले लेते हैं।

विद्यालय जीवन में हम लोग केवल पढ़ाई ही नहीं करते, बल्कि मित्रता, सहयोग और अनुशासन भी सीखते हैं। कभी-कभी छोटी-छोटी बातों पर व्यक्ति के बीच मतभेद हो जाते हैं। खेल के मैदान में जीत-हार, कक्षा में बैठने की जगह, या किसी मज़ाक को गंभीरता से लेना- ये सब संघर्ष का कारण बन सकते हैं। ऐसे समय में व्यक्ति का व्यवहार अलग-अलग होता है; कोई गुस्से में तुरंत प्रतिक्रिया देता है, कोई चुप हो जाता है और दूरी बना लेता है, कोई रोने लगता है या शिकायत लेकर शिक्षक के पास पहुँचता है। यह सब इस बात का संकेत है कि हम लोग अपनी भावनाओं को नियंत्रित करना सीख रहे हैं। एक छोटी-सी कहानी से इसे समझा जा सकता है। दो मित्र खेल के मैदान में गेंद को लेकर झगड़ पड़े और एक-दूसरे से बात करना बंद कर दिया। शिक्षक ने समझाया कि खेल का असली उद्देश्य जीतना नहीं, बल्कि आनंद लेना और मित्रता को मज़बूत करना है। जब उन्होंने यह समझा, तो उन्होंने माफ़ी माँगी और फिर से अच्छे दोस्त बन गए। इस घटना से यह स्पष्ट होता है कि संवाद और धैर्य से हर संघर्ष का समाधान संभव है।

संघर्ष से निपटने के लिए सबसे पहले हमें शांत रहना

चाहिए और गहरी साँस लेकर खुद को संयमित करना चाहिए। गुस्से में तुरंत प्रतिक्रिया देने से समस्या और बढ़ जाती है। इसके बाद बातचीत का रास्ता अपनाना चाहिए - अपनी बात स्पष्ट रूप से कहना और सामने वाले की बात ध्यान से सुनना। यदि समाधान स्वयं न हो पाए तो शिक्षक या किसी बड़े से मार्गदर्शन लेना चाहिए। क्षमा करना और आगे बढ़ना ही सच्ची मित्रता का आधार है। हमें दूसरों की भावनाओं का सम्मान करना चाहिए, सहयोग और मित्रता को प्राथमिकता देनी चाहिए और छोटी बातों को बड़ा मुद्दा नहीं बनाना चाहिए। दूसरी ओर, अपशब्द या हिंसा का प्रयोग नहीं करना चाहिए, गुस्से में तुरंत प्रतिक्रिया नहीं देनी चाहिए और गलतफहमी को बढ़ावा नहीं देना चाहिए। बच्चों, हम ऐसा विद्यालय देखना चाहते हैं जहाँ हर व्यक्ति एक-दूसरे की भावनाओं का सम्मान करे। जहाँ सहयोग और मित्रता का वातावरण हो और हर कोई सुरक्षित और प्रसन्न महसूस करे। जहाँ पढ़ाई के साथ-साथ अनुशासन, संवाद और समझ भी उतनी ही महत्वपूर्ण हो। ऐसा विद्यालय ही सच्चे अर्थों में शिक्षा का मंदिर बन सकता है।

निष्कर्ष: संघर्ष जीवन का हिस्सा है, लेकिन उसे सही तरीके से संभालना ही असली शिक्षा है। जब हम लोग धैर्य, संवाद और समझ का रास्ता अपनाते हैं, तो न केवल संघर्ष मिटता है बल्कि मित्रता और सहयोग और भी गहरा होता है।

“धैर्य और संवाद ही हर संघर्ष का सबसे सशक्त समाधान है।”



मित्र धर्म



Kalpana B. Hazarika

छात्रों आप सभी ने मित्रता की होगी? मित्र हमारे जीवन का अभिन्न अंग है और मित्रता करते समय कुछ बातें करणीय और कुछ अकरणीय होती है अर्थात् मित्रता का एक धर्म होता है। परंतु क्या आपने कभी विचार किया है कि यह 'मित्र धर्म' है क्या? आज मैं आपके समक्ष अपने जीवन के अनुभवों के आधार पर 'मित्र धर्म' का पालन करते समय कुछ करणीय और अकरणीय बातों पर प्रकाश डालना चाहती हूँ।

पंचतंत्र में कहा गया है - "जो व्यक्ति न्यायालय, शमशान और विपत्ति में साथ देता है, उसको सच्चा मित्र समझना चाहिए।"

मित्रता मौसमी नहीं होनी चाहिए। आवश्यकता पड़ने पर जुड़ गए और खतरा होने पर छोड़ दिया। मित्रता सदैव निस्वार्थ भाव से की जाती है। स्वार्थ पूर्ति के लिए की गई मित्रता भयानक हो सकती है।

अनावश्यक या मिथ्या प्रशंसा करना, गलत निर्णयों को बेतुकों तक से सही साबित करना, यह मित्र धर्म नहीं है। एक प्रसिद्ध गाना है - "जो तुमको पसंद वही बात करूँगा, तुम दिन को अगर रात कहो, तो रात कहूँगा।" सावधान ! ऐसा कहने और सोचने वाले मित्रों से। ऐसे बुद्धिहीन और अविवेकी मित्र आपको संकट में डाल सकते हैं। ऐसी मित्रता न दूर तक और न देर तक चलेगी।

मित्रता प्रशंसा, उपहारों की आश्रित नहीं होती। समय-समय पर लोगों के सामने प्रशंसा करना या महँगे उपहार देकर मित्रता को बनाए नहीं रखा जा सकता। यह व्यापार होगा। मित्रता में वस्तुओं का आदान-प्रदान नहीं वरन सच्ची भावनाओं, समर्पण, विश्वास आदि का आदान-प्रदान आवश्यक है।

मित्र आपकी शक्ति बने। आपको उस भय ना लगे। मित्र आपके राजदार बनें। अवसर आने पर आपके राजों का पर्दाफाश कर आपका भयादोहन ना करें। किसी भी परिस्थिति भी मित्रता को बनाए रखना आपकी विवशता ना बने। ऐसा कहते हैं - "सच्चा मित्र दुर्लभ है, सच्ची मित्रता उससे भी दुर्लभ है।"

मित्रता ऐसी हो कि धूप में छांव बने, प्यास में पानी बने, अकेलेपन में साथी बने, डूबते का किनारा बनें। सच्ची मित्रता कृष्ण - सुदामा की तरह हो जो सहायता करें, कृष्ण - अर्जुन की तरह हो जो उपदेश देकर धर्म का रास्ता दिखाएँ; राम - सुग्रीव की तरह संकट में निष्ठा पूर्वक साथ दे; युधिष्ठिर और विदुर की तरह परामर्श दें, मार्गदर्शन करें; कर्ण - दुर्योधन की तरह सम्मान दे, अधिकार दें; कृष्ण - द्रौपदी की तरह सम्मान की रक्षा करें और सावित्री- सत्यवान बनकर जीवन पर आए संकट को दूर करें।

एषः एवं मित्र धर्मः।



SPOT THE GLIMMERS



Komal Dewan

We all have triggers – things that can make us feel upset, stressed, or annoyed. But life also gives us glimmers – small moments that make us smile and feel good.

A glimmer could be your friend saving you a seat, getting a nice compliment, hearing your favourite song, finding a snack in your bag, or simply sharing a laugh with someone.

The more we notice these little happy moments, the easier it becomes to find joy in everyday life. So, instead of only focusing on what's going wrong, try spotting the glimmers around you.

They may be small, but they can make a big difference.





MORNING ASSEMBLY SPEECH: THE POWER OF CONSISTENCY



Kumar Diuck Dev

"Do not go gentle into that good night...

Rage, rage against the dying of the light."

These immortal lines by eminent poet Dylan Thomas have always been a reminder to me—a reminder that life demands effort, courage, and above all, consistency. Success does not arrive with one moment of brilliance; it arrives with thousands of small, disciplined moments.

Dear students, today, I want to highlight the importance of '**Consistent Hard Work**'.

We often work the hardest when we are struggling—when the path is tough, when failures push us, when life forces us to fight. But the real test comes not when we are at our worst. It comes when we are comfortable. Because comfort is silent... It slowly pulls us away from our dreams. It makes us forget our vision, our goals, our purpose. It feels good in the moment, but it steals our future.

Consistency means waking up every day—good day or bad day—and still choosing to move forward. It means doing what needs to be done even when you don't feel like doing it. It means reminding yourself that temporary pleasure should never be more powerful than long-term success.

Think of any great achiever—athletes, scientists,

artists, leaders—none of them achieved success by working hard once. They achieved success by working hard every day. The world rewards not those who work occasionally, but those who are consistent, those who keep going when the excitement fades, those who stay disciplined when comfort tries to distract them, those who "rage against the dying of the light," not with anger, but with determination and purpose.

Dear students, dreams are not achieved by chance. They are achieved by choice. Choose to be consistent. Choose to show up daily. Choose to keep moving forward—slowly, steadily, persistently. Because consistency turns ordinary people into extraordinary achievers.

Let us promise today: no matter how comfortable life seems, no matter how easy it becomes to relax and forget—we will not go gentle into that comfort. We will keep striving, keep learning, keep growing. As Dr. APJ Abdul Kalam famously said, "**Dream is not that which you see while sleeping, it is something that does not let you sleep.**" Let that relentless drive be your consistency, and one day, success will stand exactly where your persistence leads it.



LET US LIVE A PROGRESSIVE AND MEANINGFUL LIFE



Madhu Chetia

"Dream is not that you see in sleep, dream is something that does not let you sleep"

- Dr. APJ Abdul Kalam.

When we talk about our aim in life, we all think for a while and then introspect ourselves and try to figure out what we would like to become in our future. Some of us are confident about the answer whereas some really seems to be confused about our desires as in what form we would like to see ourselves in the future. Dear children, having a clear aim in life is quite essential because it provides you direction, focus to work in that direction as well as motivation to achieve your aim and place yourself in a definite position in the society. Even to those who have a concrete dream in your life, it acts as a roadmap that turns abstracts to achievable, measurable and actionable steps. So dear students we all should dream to the highest star in the sky and then only we reach somewhere near to it. So here is short poem why we all should dream and have an ambition in our life.

*"Hold fast to dreams
For if dream die
Life is a broken winged bird
That cannot fly"*

*Hold fast to dreams
For when dream go
Life is a barren field
Frozen with snow."*

Having just a dream is not sufficient we should in fact have a strong desire, determination or eagerness to achieve our dream. We should urge ourselves to work hard, persevere through difficulties and strive for excellence or advancement. As Dr. APJ Abdul Kalam has guided us to achieve our dream by saying that it should be a passion that will take away our sleep and make us more realistic and calculative to reach the accuracy in life. Dear students, please stop procrastinating and being superficial in life rather face the world with challenges, dive into the depth of the reality which will make you stronger and more connected to life. Here are some steps which would really help you to define yourself towards a clear ambition and achieve your dream.

- Know your strengths and weaknesses.
- Define your vision what you want to achieve based on your strengths and interest. Work upon your weaknesses through practice and hard work.
- Write down your dream in detail to create tangible image of your success.

- Set smart goals which are measurable, achievable, realistic and time bound to track your progress in each and every step.
- Outline the steps specifically, resources and skills required to bridge the gap between where you are and where you want to be.
- Divide large projects into smaller, manageable, daily or weekly actions to maintain momentum.
- Commit to doing at least one thing every day that moves you closer to your aim.
- Cultivate a positive mindset and trust your ability.
- Learn from the mistakes and overcome challenges by adopting alternative action plan.
- Take support from experienced people, mentor and well wishers.
- Acknowledge your smallest progress and celebrate to boost yourself for the next milestone.
- Thus finally you see the changes coming your way and converting you from vague to confident and clear personality within you. You become a dedicated and purposeful to turn your deepest aspiration into reality. Your life becomes meaningful as we know that we have only one life to live as nobody has seen after death. So let us worth it.





SELF CONFIDENCE



Madhurjya Borgohain

Self confidence that defines one's positive behaviour, positive thinking, positive attitude and one's ability to do. Self confidence is the important key in our life to be successful. We have different level of self confidence some having strong, someone having moderate and some having weak.

Being confident does not mean you will never fail; it means you learn from failures and try again. Self confident people accept mistakes and use them to improve. They do not fear failure but see it as a chance to learn and grow.

To improve our self confidence we need to follow some rules and regulation :

1. Discipline : Discipline teach us the Time management, means how to utilize the time in efficient manner.
2. Hard work: Hard work that make us strong physically and mentally.
3. Practice : Practice make you perfect in respective field
4. Smart work : Smart work defines the recent

technology we must adopt it like Artificial Intelligence.

At the end practice make you perfect, perfectness develop your self-motive, self-motiveness improve your confidence and self confidence help you to be successful.





VALUE YOUR PRESENCE : BE THE SCARCE ORANGE



Mathew Joseph

In this assembly, I would like to share with you a truth we often overlook: the more you make yourself available to everyone, at every moment, the less you are valued.

Think of a market where oranges flood the stalls—prices tumble. When the same orange becomes rare, its price goes up. The orange has not changed but its availability changed.

You are that orange—unique, precious, and full of potential. If you are always on call, people start to take you for granted, and your worth can fade in their eyes. Choose to be scarce, not because you are aloof, but because you protect your value and focus your energy where it truly matters.

Remember:

- Be selective with your time.
- Invest in moments that uplift you and others.
- Guard your worth—it is not measured by how often you are present, but by the impact you make when you are.

Your real competition is not with anyone else; it is the person you were yesterday. Strive to be better, healthier, and happier each day. Keep smiling, keep laughing, and keep serving—because a life lived with purpose shines brighter than one lived in constant availability.

So, let us promise to be intentional about when and how we show up. Let us become like the scarce orange—cherished, sought after, and truly valuable.



TEACHER'S TALK ON FORGIVENESS



Mayurakshi Purnam Baruah

I am going to speak on an important gesture i.e Forgiveness. Forgiveness is indeed a big term, but its really just about giving someone and yourself a new start. So let's begin with a story.

So, in the story we have two characters Lily and Sam. They were best friends. They loved drawing and painting with their favourite poster colours. So, one day Sam painted a dinosaur and was excited to show Lily. So, he ran to Lily, but Woops! He slipped and fell down on the rainbow painting that Lily was making. Lily got angry and shouted at Sam, "You ruined it" Sam's eyes got watery. He said, "I am sorry! I didn't mean to hurt you"

For few minutes, they did not talk to each other. Then Lily remembered the beautiful time Sam and herself spent together playing in the park, drawing in the canvas together, going to school together and so on. So, she took a deep breath and said "Its Ok, lets make a bigger rainbow together along with a flying dinosaur". Then they sat together and started drawing with great fun.

So children, never carry a heavy backpack for a long time. It will hurt you. Forgive everyone and make the world a little brighter together.





एक पैगाम बच्चों के नाम कर्म का फल

“होय बुराई तें बुरी यह कीनौ निरधार।

खांड खनैगौ और कौं ताकौं कूप तैयार।”

सुप्रभात, प्यारे बच्चों! यह समझना थोड़ा मुश्किल था, मगर इतना मुश्किल भी नहीं है।

श्रीकृष्ण कहते हैं-

बस कर्म तुम्हारा कल होगा

और कर्म अगर सच है तो

कर्म कहां निष्फल होगा

हर एक संकट का हल होगा

वह आज नहीं तो कल होगा।।

लेकिन इस कठिन दोहे का हल आज और अभी होगा। तो आइए, इस दोहे को आसान और सरल रूप से जानने व समझने की कोशिश करते हैं।

भावार्थ :

इस दोहे में कवि वृंद कहते हैं कि दूसरों का बुरा करने से हमेशा बुरा ही फल मिलता है- यह एक निश्चित सत्य है। जो व्यक्ति किसी और के लिए गड्ढा खोदता है, वह गड्ढा अंततः उसी के लिए तैयार हो जाता है। अर्थात् दूसरों को हानि पहुँचाने की योजना अंत में स्वयं को ही नुकसान पहुँचाती है।

संदेश :

यह दोहा “कर्म का फल” सिद्धांत को बहुत सरल और प्रभावशाली ढंग से समझाता है- **जैसा कर्म, वैसा फल।**

इसे आप **न्यूटन के तृतीय नियम** के साथ जोड़कर समझ सकते हैं, जो यह कहता है-

“EVERY ACTION HAS AN EQUAL AND OPPOSITE REACTION”

यह नियम बिल्कुल सीधा, सरल और व्यावहारिक है।

तो आइए, इसे **एक छोटी-सी कहानी** के माध्यम से और भी बेहतर तरीके से समझने का प्रयास करते हैं।

प्रेरक कहानी : “खोदा हुआ गड्ढा”

एक जंगल में एक चालाक लोमड़ी रहती थी। वह हमेशा दूसरों से आगे निकलने के लिए गलत रास्ते अपनाती थी। उसी जंगल में एक मेहनती और सच्चा हिरण भी रहता था, जिसे सभी जानवर प्यार करते थे।

लोमड़ी को यह बिल्कुल अच्छा नहीं लगा। उसने सोचा- “अगर हिरण मुसीबत में पड़ जाए, तो सब मेरी तारीफ करेंगे।”



Md. Abdur Rahim

एक रात लोमड़ी ने हिरण के रोज़ के रास्ते में एक गहरा गड्ढा खोद दिया। वह मन ही मन खुश हो रही थी। लेकिन सुबह होने से पहले ही अँधेरे में खुद लोमड़ी उसी गड्ढे में गिर पड़ी। उसकी चीख सुनकर सारे जानवर इकट्ठा हो गए। हिरण भी वहाँ पहुँचा। हिरण चाहता तो बदला ले सकता था, लेकिन उसने बिना कोई द्वेष रखे लोमड़ी को बाहर निकाल लिया।

लोमड़ी शर्म से झुक गई और बोली - “आज मुझे समझ आ गया कि - “खांड खनैगौ और कौं ताकौं कूप तैयार।”

यानी “जो दूसरों के लिए गड्ढा खोदता है, वही सबसे पहले उसमें गिरता है।”

जो व्यक्ति दूसरों को नुकसान पहुँचाने के लिए उनके रास्ते में गड्ढा खोदता है, दरअसल वह अपने लिए ही कुआँ तैयार कर रहा होता है। जीवन में किया गया कोई भी कर्म- अच्छा या बुरा- हमारे पास लौटकर ज़रूर आता है।

दोहे से मिलने वाली शिक्षा :

इसलिए हमें हमेशा याद रखना चाहिए कि -

दूसरों के प्रति किया गया व्यवहार, हमारे जीवन को तय करता है।

क्षमा, दया और अच्छाई ही सच्ची जीत है।

इसलिए जीवन में कभी किसी का बुरा न सोचो, क्योंकि कर्म का फल हमें अवश्य मिलता है।

समापन पंक्ति :

और अंत में जाते-जाते बस इतना कहना चाहूँगा -

“मुद्ई लाख बुरा चाहे तो क्या होता है, वही होता है जो मंजूरे-खुदा होता है।”



DISCIPLINE

“Discipline is the bridge between goals and achievement.”

Dear students, today I am going to talk about a topic which is being discussed very frequently among teachers and that topic is nothing but Discipline. The reason it is being discussed so often is because this is an area where you really need to work and improve.

Let me begin with a small observation from our daily life. Nowadays we often see that for very small issues students become angry very quickly.

Sometimes a small misunderstanding between friends turns into arguments, and arguments even turn into fights. A small joke, a small push in the corridor, or a small disagreement during a game suddenly becomes a big problem and sometimes even inappropriate or foul language is used. I am pretty sure most of you have experienced these types of issues.

Now think about it for a moment. Was the problem really that big? Is this the right way to react? Most of the time, the answer is No. What actually creates the problem is the lack of patience and discipline.

Real life also teaches us the same lesson. Imagine a situation, where a cricketer is on the ground / field and crowd is shouting or the situation becomes tense, the player cannot lose control at that moment. If the player reacts in anger, the team may lose the match. Instead the player stays calm, focused and disciplined. That is how success comes.

Similarly, imagine a driver on a busy road. If the driver becomes impatient and reacts to every small mistake made by others, it may lead to accidents. But a disciplined driver remains calm and makes safe decisions.

In the same way, as students your biggest responsibility right now is learning and building your future. When discipline is missing attention



Mon Bahadur Lama

shifts from studies to unnecessary arguments, distraction and conflicts. Slowly focus decreases and academic performance also starts going down.

But when discipline is present, everything changes. A disciplined student controls emotions, chooses respectful words, listens carefully in class and stays focused on goals.

Discipline helps you remain calm in difficult situations and guides you to make the right decision.

Students, remember one more important thing. Whenever you have a problem with someone, communication is the best solution. Instead of arguing or fighting, talk to that person calmly. Try to understand each other. Many misunderstandings can be solved simply by talking politely.

A disciplined student always chooses discussion over conflict and understanding over anger.

So my dear students try to increase your patience, respect each other, avoid using foul language, maintain discipline and communication to resolve your problems peacefully.

Because, the habits you build today will shape the person you become tomorrow.

Thank you have a wonderful day ahead.

Jai Hind!!



कर्माबाई की खिचड़ी



Mouchumee Gayan

विद्यार्थियों, भक्त शिरोमणि कर्माबाई की कहानी राजस्थान के मारवाड़ क्षेत्र की ऐसी कथा है जो बताती है कि भगवान भाव के भूखे होते हैं, छप्पन भोग के नहीं। कर्माबाई का नाम भगवान जगन्नाथ के अनन्य भक्तों में सबसे ऊपर लिया जाता है। इनका जन्म राजस्थान के नागौर जिले के कालवा गाँव में एक जाट परिवार में हुआ था। इनके पिता भगवान श्री कृष्ण के बड़े भक्त थे और उनको भोग लगा कर ही भोजन ग्रहण करते थे। एक दिन इनके पिता किसी काम से बाहर गए और भगवान की पूजा अर्चना व भोग लगाने की जिम्मेदारी बाई कर्मा को सौंप गए। अगले दिन भोली करमा ने खिचड़ी बनाकर भगवान को भोग लगाया तो भगवान ने ग्रहण नहीं किया। उसने भगवान से कहा, भगवान आप भोजन नहीं करते तो मैं भी नहीं खाऊँगी। करमा उस दिन भूखी रह गयी। दूसरे दिन फिर खिचड़ी बनाई और भगवान के फिर से भोग लगाया। दूसरे दिन भी कोई नतीजा नहीं निकला। तब उसने कहा कि, यदि आप नहीं खायेंगे तो मैं न तो खिचड़ी खाऊँगी और न भोग लगाऊँगी। भूखी रहकर प्राण त्याग दूँगी। करमा की निश्चल भक्ति

और जिद के आगे भगवान साक्षात् प्रकट हुए और कर्माबाई की खिचड़ी खाने लगे। इस तरह कर्माबाई अपनी अनूठी वात्सल्य भक्ति के कारण इस संसार में प्रसिद्धि प्राप्त कर संभवतः 1691 में एक दिन परमात्मा में विलीन हो गयी। आज भी जगन्नाथपुरी के मंदिर में करमा बाई की प्रीत का यह ज्वलंत उदहारण देखने को मिलता है। कर्मा बाई की खिचड़ी का भोग प्रतिदिन भगवान को लगता है। वह भगवान में आस्था रखने वालों के लिए एक सन्देश छोड़ गयी कि बाह्य शुद्धता के स्थान पर आत्मा की शुद्धता तथा भगवान से सच्ची प्रीत से प्रभु की प्राप्ति सम्भव है।





IMPACT OF MOTIVATIONAL QUOTES ON CHILDREN'S LIVES



Mousumee Gogoi

"East or west, we are the best."

"Try and try, till you fly."

"Do your part, be smart"

"I can do, yes it is true."these are the few motivational quotes for encourage the children.

Motivational quotes play an important role in shaping a child's mindset and attitude. They inspire them to believe in themselves and their abilities. Positive quotes encourage confidence and reduce fear of failure. They help children develop a growth mindset and love for learning. Motivational words can improve self-esteem and emotional strength. They teach

important values like honesty, kindness, and hard work. Quotes about perseverance encourage children to keep trying despite difficulties. They can reduce negative thinking and promote positive behavior. Inspirational messages also help children set goals for their future. Reading motivational quotes daily builds optimism and hope create a supportive and encouraging environment. Overall, they help children grow into confident, responsible, and successful individuals.

At the last we say

"Be polite, shine bright"

"Never fear, success is here."





THE POWER OF GOOD HABITS



Namita Borah

Any action that you perform regularly as a part of your routine can be called as habit. A habit is a routine behavior, thought or action that is repeated regularly and tends to happen subconsciously, often automatically. Habits shape our life, that is why cultivation of good habits is very important. Good habits are the foundation of a successful, healthy and happy life. The habits you develop as students will mould you as a person in future. Waking up early, eating healthy food, staying physically active, completion of homework and class work on time, active listening and interacting in teaching learning process, developing right posture, being punctual are the examples of good physical and academic habits. However being kind, polite, respecting elders, being truthful and honest are the examples of good moral habits. Good habits will lead us to achieve our goals.

Sometimes knowingly or unknowingly we develop some bad habits like nail-biting, poor hygiene, excessive screen time, habit of eating junk food, laziness and so on. We can replace such bad

habits with positive actions. For example screen time may be reduced by developing reading, creative writing, art and craft works. Junk food may be reduced by healthy and home made food. Bad posture, laziness and jealousy may be reduced by constant self- motivation and self- discipline. Self- motivation is the internal drive to maintain productivity. Self- discipline is the ability to control impulses, emotions and behaviours to stay focused on positive things. Consistency is the key to form good habits.

Good habits are not just about doing things right, they are the building blocks of a bright future. Good habits build a strong character, develop our self- confidence, a strong body and sharp mind. So it is essential to form good habits at an early stage of life and I hope you all will focus to develop good habits which will result in positive attitude.

Hence good habits are the pillar of our personality development.



FRIENDSHIP IS THE GOLDEN THREAD THAT TIES THE HEART OF ALL THE WORLD



Namrata Dowerah

I am going to talk about **FRIENDSHIP**...it is a special bond built on trust, (means your believe) love and understanding. A true friend always stands by us in good times and in bad times too. They make us laugh a little louder, feel a little stronger and live a little better. Friendship is not about how long you have known someone, but how much you have connected and shared. It brings joy and happiness whether at school, home or anywhere in life. Having a friend makes every moment happier and enjoyable. It is one of the most beautiful relationships in life.

A true friend always encourage us to do our best. They listen, giving good advice without expecting anything in return. That is why it is always said that : A friend in need is a friend indeed". With this I want to recite a small poem on friendship.

Friendship
I had a box of crayons
All shiny, Straight and new.
I lent a friend one crayon,
And ...oops...it broke in two!
My friend said she was sorry,

But I said, "I don't care,
'cause now we both can colour
With one crayon...we can share!

So, children always try to keep your friendship strong by helping, encouraging , listening and without fighting for small , small things . And you should never complain about your friends...instead try to keep the bond of friendship everlasting.

With that, I want to finish my talk with a quote : Side by side or miles apart clear friends are always close to the heart.





THE CASE OF $7-1=0$



Natasha Gogoi

I am going to talk about a perplexed Math problem / mystery that seems a little...off: The Case of $7-1=0$. Now, your logical brain is probably screaming saying 'Haah! No way! That's Six! and you are obviously correct. Mathematically, $7-1=6$. But what if today we look at it from a different perspective? I am sure the Math teachers present here are raising their eyebrows about this statistical anomaly. But trust me, it isn't just about playing with numbers. We all know there are seven days in a week, full of potential, learning, growth and joy. Now, imagine from those seven days, just one day you choose to fill your life with laziness, procrastination, negative attitude and the list goes on...Then, what will be the consequence? Think about it: You wake up on Monday, full of hope, ready to conquer the world. As the seven days gradually unfolds, suddenly out of the blue, one tiny inner voice whispers to you, "That home assignment is so boring, I'll just put it off until Saturday night or you will just think, I will binge watch one Netflix show, Dramabox ... just one more episode, .. just one more episode and Poof! It turns out to be Sunday night

and you haven't done anything. You are struggling with your incomplete work. Your entire week, all seven beautiful days, feels like it's been wiped clean, leaving you with a grand total of Zero accomplishments. To wind up, let me draw an analogy. It's like you have been served at Dominos seven delicious slices of pizzas with different toppings but you spent all valuable time complaining about that one slice that had a pineapple toppings and before you realized it, all the other slices are gone and relished by your friends or your near and dear ones and you haven't tasted anything at all. So, children, the major takeaway is that you should embrace all the seven days like the seven different flavoured pizza slices even the one with the pineapple toppings which you don't like it at all and make every single day count. Don't let one negative attitude, one moment of procrastination subtract all the values and happiness from your entire week. So, go forth and make your upcoming weeks filled with glorious, non-zero sum!



OVERCOMING EXAM STRESS, PEER PRESSURE, AND BUILDING SELF-BELIEF



Nikita Chakravarty

Evaluation and assessment is an inevitable and important part of the school system. As exams approach, it is natural to feel nervous. However, we must remember that exams are only a measure of our preparation, not our worth as individuals.

I would like to talk about three challenges that many students face—exam stress, peer pressure, and self-belief.

A single test cannot define our intelligence, talents, or future. Instead of worrying about results, focus on consistent effort and learning. Success follows those who work sincerely and remain calm under pressure.

Another challenge is peer pressure. We often compare ourselves with others—their marks, achievements, or popularity. But each one of us is unique. Just as different flowers bloom at different times, every student has a different pace of growth. Do not let others decide your dreams or your self-worth. Have the courage to make choices that are right for you.

Most importantly, believe in yourself. Self-belief is the foundation of all success. There may be times when others doubt you, but never allow their doubts to become your reality. Every great achievement in history began with someone who

believed they could do it. Remember, confidence does not mean never failing. It means having the courage to rise again after every setback. Mistakes are not signs of weakness; they are opportunities to learn and improve.

Dear students, whenever you feel stressed, remember this: you are stronger than your fears, greater than your challenges, and capable of achieving wonderful things. Trust your efforts, stay positive, and keep moving forward.

Believe in yourself, and the world will eventually believe in you too.





A SMILE



Pallabi Borah

I want to talk to you about something incredibly simple, entirely free. Yet profoundly powerful. It is a curve that sets everything straight a SMILE. It is a reflection of joy, kindness and gratitude.

Now I am going to narrate a short and simple poem on Simple

I smile when I am happy

I smile when I am glad

I even smile big & bright

After I have been sad

I smile when I wake up, & smile to start my day

A smile is a happy thing to do to start me on my way.





THE POWER OF WORDS AND THE CHARACTER WE BUILD



Pinky Hazarika

"Someone once said, 'Watch your words, for they become your actions; watch your actions, for they become your character.' Let's talk about how the words we use are the building blocks of who we are becoming."

I am standing here today to have a serious, heartfelt conversation with all of you about something I have been hearing more frequently in our hallways, in our classrooms, and on the playground.

I am talking about the rise in the use of foul language, swearing, and disrespectful, 'crude' language among students.

Now, I understand that sometimes these words are used to look 'cool', to fit in, or simply out of frustration. But I want to talk about what those words actually mean for you.

Remember children, words are not just sounds; they are reflections of your thoughts and your character. When you use foul language, you are not showing how mature or tough you are. In fact, it often shows the opposite- it suggests a lack of self control and a limited vocabulary to express your feelings.

A school is a community, a place of safety. When coarse language is used, it makes peers uncomfortable and creates a toxic atmosphere. It shows a lack of respect for the person you are speaking to, and for the person listening.

Keep in mind that people often judge you by the language you use. In the real world- in interviews, in future careers, and in professional relationships- proper communication is essential. A habit of swearing can severely limit your opportunities and tarnish your reputation.

I want you to understand that true strength is having the power to express your anger, your excitement, or your frustration without resorting to vulgarity. It takes maturity to think before you speak.

Let us make a pledge today. Let's make our school a 'Zero-Foul Language Zone'. Let's replace the slang and the bad words with thoughtful communication.

You all are capable of greatness, and your words should reflect the greatness that is within you. Let's raise the standard of our conversation, and in doing so, raise the standard of our character.



THE POWER OF THE MIND



Pinky Khound

I would like to share a few thoughts on the topic - "The Power of the Mind."

Have you ever noticed that before we win or lose in life, the battle is first fought in our minds? Our mind is the most powerful tool we possess. It can either become our greatest strength or our biggest obstacle.

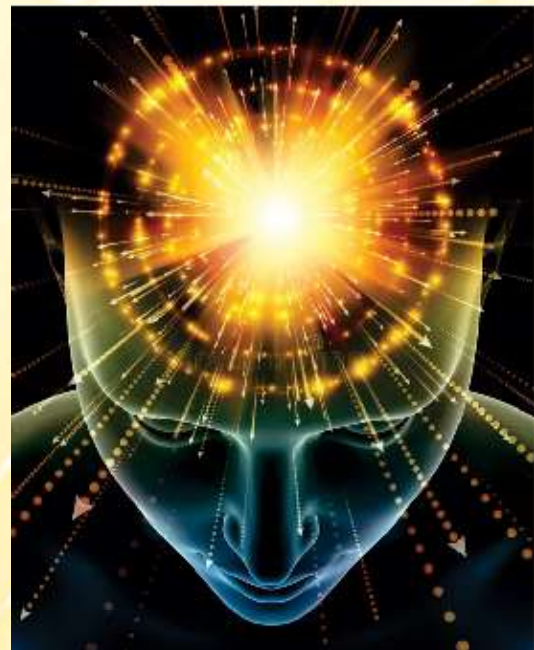
Every successful person was once an ordinary individual who chose to believe in themselves. Whether it is scoring good marks, excelling in sports, learning a new skill, or overcoming failure, everything begins with a single thought: "I can do it."

There will be times when life becomes difficult. We may face failure, criticism, or disappointment. But remember, failure does not define us. What truly matters is how our mind responds. A positive and determined mind turns problems into opportunities and setbacks into steppingstones.

Our thoughts shape our actions, our actions build our habits, and our habits create our future. So, feed your mind with confidence, kindness, gratitude, and hope. Believe in your abilities even when others doubt you, and never compare your journey with someone else's.

Every morning, remind yourself: "I am capable. I am learning. I will keep improving." These simple words have the power to transform your attitude and your life.

Let us all make a promise today to think positively, dream fearlessly, work sincerely, and never give up. Because when the mind believes, the impossible becomes possible.





LAUGHTER, THE BEST MEDICINE



Pooja Dewan

I would like to write about something simple yet powerful, laughter.

We often hear the saying, "*Laughter is the best medicine*". While laughter may not cure every illness, it certainly helps us feel better. A good laugh reduces stress, lifts our mood, and brings people closer together.

Think about a time when you were upset or worried. Perhaps you had a difficult test, misplaced something important, made a mistake or had a disagreement with a friend. May be you later you laughed thinking of it. Or maybe someone told a funny joke, shared a silly story, or made a funny face and suddenly you felt a little better. The problem may not have disappeared, but your heart felt lighter.

There is another beautiful lesson that laughter teaches us. It takes great humility and courage to laugh at our own mistakes. Not everyone has the strength to do that. When we can smile at our own errors instead of beating ourselves for it or being embarrassed about it, we show confidence and maturity.

Little children are wonderful example of it. They fall, make mistakes, cry for a moment, and

then move on without holding on to their pride. As we grow older, our egos often make us afraid of looking foolish. But true growth comes when we accept our imperfections, learn from our mistakes, and carry on with a smile. When we learn to laugh at ourselves, we become happier, kinder and more resilient. I believe it also helps us to truly live in the moment and embrace life for what it is.

Hence, let's laugh more often, in fact everyday and be kinder to ourselves as well as people around. You may never know that your laughter may lift someone's spirit; it may act as a light someone may truly need during a rainy day. It may be a rainbow to someone's cloud.





I CAN!



Poonam Gosain

How are you all today? I am so happy to see your smiling faces. Every morning is a fresh start. It gives us a new chance to learn, to grow, and to become a little better than yesterday.

Before I tell you today's story, let's all say three magical words together.

"I CAN DO IT!"

Come on, say it loudly...

"I CAN DO IT!"

Wonderful!

Now, listen carefully to this little story.

The Little Seed

Once, there was a tiny seed sleeping quietly under the ground. One day it looked around and thought, *"I'm so small. How will I ever become a big tree?"*

The sun smiled at the seed and said, *"Just keep trying."* The rain gave it water, and the earth kept it safe.

Slowly, the seed started growing. It wasn't easy. Sometimes the wind was strong, and sometimes the weather was hot. But the little seed didn't stop. Every day, it grew just a little bit.

After many days, the tiny seed became a

strong, beautiful tree. Birds built nests on its branches, children played under its shade, and everyone admired it.

The little seed had become a mighty tree because it never gave up.

Children, what does this story teach us?

Just like the little seed, each one of you is growing every single day. Today you may find reading, writing, or maths a little difficult. That's okay! Learning takes time.

Don't say, **"I can't do it."**

Instead, say, **"I can't do it yet, but I will keep trying."**

Remember:

Every time you practise, you become better.

Every mistake teaches you something new.

Every kind word makes someone's day brighter.

And every small effort brings you one step closer to success.

So, promise me one thing today. Whenever you face something difficult, don't give up. Take a deep breath, try again, and believe in yourself.

Now, let's all say together with confidence:

"I can learn. I can try. I can do it!"

Excellent! I believe in all of you, and I know each one of you can do wonderful things.

Have a happy day, keep smiling, keep learning, and always remember...

"Yes, I can!"



SCHOOL

It's an absolute privilege to stand here today to speak about a topic that is close to all our hearts — **School**.

For many, school is much more than just a place where we impart knowledge. As educators, we don't just teach subjects like math, science, or literature — we shape the minds and character of the next generation.

When we think about school, we often recall our own experiences — the classrooms, the friendships, the challenges, and the growth. But, it's not only about what happens within the four walls of a classroom. It's about the relationships we build, the lessons we teach, and the environments we create.

School as a Safe Haven

For many students, school is a safe place, a second home where they feel valued and understood. It's a space where curiosity is nurtured, and individuality is celebrated. As teachers, we hold the privilege and responsibility of fostering an environment where every child feels seen, heard, and empowered to express themselves.

School as a Bridge

School is also a bridge — a bridge that



Prachurjya Plavon Kashyap

connects the past, present, and future. We stand at the crossroads of history and innovation, teaching not only the lessons of yesterday but also equipping students with the tools and skills to build tomorrow. We are the ones who prepare them for challenges they haven't even imagined yet. Through our guidance, they learn not just facts, but also critical thinking, resilience, empathy, and creativity.

School as a Community

We must remember that school is more than just a physical structure. It's a vibrant community — one where collaboration, teamwork, and mutual respect thrive. Our roles as educators extend beyond academics. We are role models, mentors, and even friends to our students. We are the architects of a culture that values integrity, hard work, kindness, and determination.

Every day we walk into our classrooms, we have the opportunity to make a lasting impact on our students. Whether it's through a word of encouragement, a shared laugh, or a lesson learned from failure, we are molding not only their intellect but also their character.



SMALL ACTIONS MATTER



Prarthana Sarma

I hope all of you are feeling bright and cheerful today.

Today, I want you to think about a simple question:

Do small actions really matter?

This morning, I want to share a small thought with you. We all know that success is important — whether in exams, sports, music, or anything we do. But do you know what is even more important than success? **Consistency.**

Let me give you an example:

“Think about sharpening a pencil. If you try to sharpen it too quickly or press too hard, it will break. But if you sharpen it gently and steadily, bit by bit, the pencil becomes sharp and useful. In the same way, if we work consistently every day, even in small amounts, we achieve lasting results without breaking down.

Sometimes we wait for a big moment to prove ourselves. But the truth is, life is built on small, everyday choices—

- listening carefully in class,
- finishing homework on time,

- being kind to a classmate,
- even just greeting someone with a smile.

In the same way, learning a new subject, improving in sports, or even becoming a better person does not happen in one day. It happens when we do small things every day—

- studying regularly,
- practicing sincerely,
- being kind and helping others.

So, my dear students, whether you are in Class 3 or Class 12, remember:

- **Do small things well, every single day.**
- **Don't wait for the big moment—create it with your daily efforts.**
- And above all, **be kind**, because kindness makes us truly successful human beings.

“Great things are not done by impulse, but by small steps taken every day.” A single drop may look small, but many drops together can fill an ocean. In the same way, your small efforts, repeated every day, will shape who you become. So, remember:

“What you do every day matters more than what you do once in a while.”



TALENT VS PRACTICE



Priyanka Kaushik

I would like to talk to you about something that often sparks debate: **Talent vs Practice.**

We often admire someone and say, *"She's so talented!"* or *"He was born to do that!"* — whether it's in music, sports, academics, or art. Talent is a natural ability, a gift. It gives someone a head start. But here's the truth — talent alone is not enough.

Let me ask you this: Here's person A, who is talented but never practices, and there is person B, someone less talented BUT works hard every single day — who do you think will succeed?

The answer is: **B the one who practises.**

There's a famous saying by Thomas Edison: *"Genius is one percent inspiration and ninety-nine percent perspiration."* That means hard work, repeated effort, and consistent practice are what that really lead to success.

Even the most gifted Sportsmen, like Sachin Tendulkar, Cristiano Ronaldo or, Hema Das or Mary Kom, don't rely only on talent. They train for hours every single day. Great musicians like whether Dr. Bhupen Hazarika, Lata Mangeshkar, Arijit Singh, even for that matter Beethoven practiced scales for years. Toppers don't just "know" the answers — they study, revise, and correct themselves constantly.

Here's something I want all of you to remember:

"Talent may open the first door, but only practice can keep you inside."

So don't worry if you're not the most naturally gifted in something. You can always improve. You can always grow. That's the power of practice.

To those who feel discouraged when they see someone more "talented" than them — don't be. Practice with focus and dedication, and you'll be surprised at what you can achieve.

And to those who *are* talented — remember, without practice, even the brightest star can fade.

Let's all aim to be learners who practise, who persevere, and who never give up.





INSPIRING OTHERS



Probin Likhari

Dear children, All of you have seen beautiful butterflies and you know, a butterfly is so full of colours and so beautiful but the truth is the butterfly does not know how beautiful it is. You know, it cannot stand like us in front of a mirror to see its reflection right? It needs somebody to tell the butterfly that it is beautiful. You know what sometimes we are like butterflies, just like butterflies colours, we too have been given different colours by almighty God. Colours may vary from person to person but yes we got different colours in the form of different qualities, different capabilities in different fields. Just like a butterfly needs someone else to tell that it is beautiful, we need people, we need those, who can identify and

recognize our colours, recognize our capabilities. We need people, we need someone who can see the significance in us and fire that significance. You know why? because significance that we can do something, we have something, gives us value. There are times when we may struggle to see our own worth. In such moments a reminder from a trusted well wisher can rekindle our self-belief. So my dear children we believe you can also be that someone who can motivate and inspire others atleast one of your friends sitting next to you in your class. Remember good people inspire themselves but great people inspire others. So inspire someone today, may be your action can change that person's life forever.





GOOD HABITS



Ranjima Baruah

Firstly I would like to remind you about very important healthy habits which will lead you to be success in your future

- 1) Always eat breakfast
- 2) Eat more fruits and vegetables
- 3) sweetened drinks
- 4) Limit screen time, read more books
- 5) Increase your physical activity
- 6) Eat meals together as a family
- 7) Always remember to thank GOD for the beautiful day
- 8) Respect elders and Love others as you love yourself

Good habits also help us to do better in school and work. Being organized, managing time wisely and studying regularly lead to better results and less stress.

In our social life also good habits like being kind, honest, and respectful strengthen good relationship.

Good manners and habits are necessary in life as they help to grow in personal and professional life. A person is judged by his behavior. Being polite, humble, respectful are good manners person with good manners earns love and respect of all. Good manners cost nothing but they help us a lot.

“In a nutshell,

Your Health, Wealth, Happiness, Fitness and Success depend on your good habits”



THE POWER OF 1%



Rashmi Kaman

Imagine having a magical piggy bank. Rather than merely retaining the funds you deposit, it doubles the total sum each day. For instance, on the first day if you invest Re 1/- next you will see Rs. 2, on the second day if you add another Re1/- you will notice Rs. 4 on the third day, and so on... This

demonstrates the power of compound interest. It appears that nothing is occurring for an extended period, and then suddenly..... huge exponential growth. Your daily efforts function in precisely the same manner. The tale of two friends, Leo and Maya, in high school, reveals their contrasting attitudes toward life.

Leo aimed to become fit and improve his grades, yet he craved instant gratification. He would “burn out” after studying for 10 hours nonstop the night before an exam, and then he would do nothing for the next two weeks. He attempted to exercise for two hours, then becomes extremely sore and ends up on the couch for a week watching Netflix.

Maya, however, was distinct. She wasn't the brightest in her class, nor was she inherently athletic. Yet, she grasped the “Exponential return of effort”. Maya spent 20 minutes daily studying right after school each day. She exercised for 10 minutes each morning. In the first month, there were no results. Leo ridiculed her, saying, “20 minutes?” “You're hardly studying, Maya!”

Maya simply smiled and continued on. She understood that putting in a little more effort was related to growth, not rivalry.

3 Months afterward.....

Leo was having difficulty with the advanced course work. His intermittent, intense studying

caused him to forget everything he “crammed.” He felt inundated and drained.

1 Year later.....

Maya was not only succeeding; she was at the top of her class. She developed a habit of consistency that rendered success unavoidable. Her 10-minute morning workouts had changed her energy and fitness, not by extraordinary effort, but through consistent small decisions.

Leo found himself questioning how Maya had “gotten so lucky,” while Maya was aware that it wasn't mere luck. It was the rule of improving by 1% each day.

The takeaway from this are –

1. Small actions compound either positive or negative outcomes –

Missing a single workout isn't significant. However, engaging in that behaviour for a year negatively impacts your health. In the same way, reading 10 pages daily may appear slight, yet it amounts to around 15 books annually.

2. Consistency > Intensity - Attending for 15 minutes each day is more effective than having a three-hour session once a month.

Small efforts + Consistent actions = HUGE OUTCOMES



CIVIC SENSE



Renmine Gogoi Upadhaya

Here, Civic means City or Town and the word Sense means, being aware. Thus Civic Sense is an awareness of the Norms of our Society. Like respect for the Law and other Members of the Society, maintain Etiquette while dealing and interacting with others and discharging our duties as Citizens of the Country.

Only through our responsible behavior and Awareness the Nation can achieve collective well-being.

One of the basic aspects of Civic Sense is to respect Public Infrastructure. Honesty, Integrity and Respect for diversity will lay the foundation for a harmonious Society where Individuals Co-exist peacefully.





ATTITUDE OVER ATTITUDE

It's an absolute joy and pleasure to be here this morning with you all....

Let me start my teachers' talk with a favourite story of mine. There was a little boy, 6 years old, who came to a balloon seller who was selling balloons on the street and he asked the balloon seller, "Uncle, will this red balloon go up in the air?"

The balloon seller said, "Of course, it will". The boy asked, "The blue one?". The seller said, "100%, it will". The boy asked again, "The pink one?" The seller told, "Most certainly, it will".

Children, you know, they may sometimes keep on asking funny questions!!

This little boy kept asking "Will the black balloon go up, Will the yellow balloon go up...?"

The exasperated balloon seller said, "Look dear, 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 gas, the air, that's what takes the balloon to the heights of success..".

Boys and Girls, we are all different coloured balloons, with different abilities, different skills, different background, different upbringings, different family cultures, different opportunities, different challenges, different resources.

We all are very different outside. But guess what? Everybody who has reached the heights of success and has made a mark in the world hasn't made it based on the colour of the balloon, hasn't ever done it based on resources or opportunities, hasn't ever done it based on skills, hasn't ever done it what they have just learnt in schools and universities. These are all the colours of the balloon and are extremely important.

But, everybody who has left a mark in the



Rumki Sengupta

world and has made the world a better place, are the ones who had the right kind of gas (i.e., right attitude) inside their balloons.

As we sort our outside, it is very crucial and important to fix our inside. Because, only those people who have their inside/mind sorted and fixed have reached high up in the sky.

Which is why, don't they say- "**It is not our aptitude, but our attitude that decides our altitude in our life.**" We definitely need aptitude. Our school, colleges, our teachers have definitely given us the aptitude but along with that they have also given us the right attitude by their own examples.

When you see an iceberg, you only see the tip of the ice berg on the surface of the water, don't we? The achievements of others, their success, their popularity, their accolades, their wealth, money. It is only the tip of the ice berg which is unseen to the eyes of the world. But right beneath the surface there is a huge humongous ice berg which is unseen to the eyes of the world. These are their failures, the patience, the determination, the grit, the troubles, the struggles, the resilience, their tenacity.

All of these is what makes the little tip sustainable and seen to the outside world.

So, my dear students, please do remember it takes a lot of sleepless nights, perseverance, your right attitude to become successful in life.



POWER OF CONCENTRATION



Salam Ansari

Avery warm good morning to every-one. I am going to speak on “how to build and increase concentration power in studies or in any other work of our life”.

To improve concentration while studying, we need to focus on **minimizing distractions**, **prioritizing sleep and nutrition**, and **utilizing effective study techniques**. Engaging in **physical activity and mindfulness practices** can also enhance focus and concentration.

Let us see these points in detail.

1. Minimizing distractions: For this we need the following

- i) Study environment: Choose a quiet, organized space free from clutter and unnecessary visual distractions.
- ii) Technology: Turn off phone notifications, silence your phone and consider using website blockers or app blockers to limit distractions.

2. Optimize sleep and nutrition: Aim for 7-8 hour of quality sleep each night, as sufficient sleep is crucial for cognitive function. Eat healthy meals and snacks that provide sustained energy and stay hydrated by drinking sufficient water.

3. Employ effective study techniques:

Following methods are very useful

- i) Pomodoro Technique: It means study in focused intervals (for e.g. 25 minutes) followed by short breaks.
- ii) Active Recall: Test yourself on the material you are studying rather than just passively reading.
- iii) Spaced Repetition: Review materials at increasing intervals to reinforce memory and improve retention.
- iv) Mnemonics: Use memory aids like acronyms, acrostics, and visual imagery to help recall information.

4. Incorporate mindfulness and physical activity: That is

- i) Mindfulness: Practice mindfulness techniques like meditation or deep breathing to improve focus and reduce mental clutter.
- ii) Exercise: Regular physical activity improves blood flow to the brain, enhancing cognitive function and mental clarity.

So, concentration and focus is essential for us to succeed in our life.



THE ART OF NOT GIVING UP

"Success is not final, failure is not fatal.

It is the courage to continue that counts."

I take my stand to speak about a topic which is very close to my heart — never underestimating yourself.

First of all, let me ask you something.

Have you ever looked at a difficult maths problem and immediately thought, "I can't solve this"?

Have you ever raised your hand to answer a question but then slowly put it down because you felt your answer might be wrong?

Or have you ever seen someone else answer confidently and thought, "They are smarter than me?"

If your answer is "Yes", then congratulations — you are absolutely normal. Every person who has ever succeeded has felt the same at some point. The only difference is that they didn't stop trying.

And that is why I say not giving up is an art, and the first step to mastering this art is never underestimating yourself.

Just like any other art, it takes practice, patience, and belief in yourself.

Many a times, when I teach a topic, I see something completely different. I see students who ask the most unique, unexpected, and creative questions. Sometimes you ask questions that even make me pause and think deeper.

That curiosity, that spark tells me that you are creative, you are thinkers, you are amazing, and you are far more capable than you sometimes believe.

Let us look at the example of Thomas Edison.

He failed more than a thousand times before

inventing the electric bulb.

But imagine — what if he had stopped questioning? What if he had stopped experimenting?

The world might still have been lingering in darkness.

We can also take the example of our favourite cricketer M.S. Dhoni. From being a ticket collector to leading India to victory, his journey was built on belief and persistence. He did not let circumstances define him.

Thus, we see that every mistake, every wrong answer, and every failed attempt is actually a step towards learning and growing.

So promise yourself today:

You will not quit.

You will not compare.

And most importantly, you will not underestimate your brilliance.

Because I already see what you sometimes fail to see — a classroom full of creative, capable, and truly amazing individuals.

So keep questioning, keep trying, keep believing.

Thank you. Have a great day ahead.

Jai Hind!



Sampriti Hazarika



ARE WE ON THE RIGHT SIDE OF THE ROAD?



Sanghamitra Ray

“Look left, then right, and then keep to the left as you walk down or up the road”. All of us have heard such instructions, haven't we? But what if I tell you this is not the safest way to walk?

How many of you have heard people going for work and never returning home? Elderly people meeting with accidents during their morning or evening walks?

Do you know India records one of the highest road accidents in the world? Among various reasons, walking on the wrong side of the road is one that we need to talk about today.

In India, we drive on the left side of the road. That means vehicles come from behind you on the left. So, when you walk, you should walk on the right side of the road — facing the oncoming traffic. This way, you can see the vehicles approaching you, and the driver can see you too.

Think about it — if you walk with your back to traffic, you have no warning and no

time to react. One moment of distraction, and tragedy can strike. But if you walk facing traffic, you gain precious extra seconds to step aside, to save yourself.

This isn't just a traffic rule — it's a rule of survival.

Unfortunately, thousands of pedestrians lose their lives every year — not because they are careless, but because nobody told them this simple habit.

So I urge each one of you — make it a habit. Walk on the right. Tell your parents, your siblings, your friends. They may laugh at you. Give reasons and be the 'change maker'. They will understand and act accordingly.

Change may not happen instantly but gradually it will.

Small habits, practised consistently, save lives.

Please remember — “the road does not forgive mistakes, but a good habit, protects you every time”.





OUR PARENTS

I want to share some thoughts on a topic that is very close to all our hearts —

Let me share a short story with you.

Once upon a time, there was a poor boy who sold small things door-to-door to earn money for his studies. One day, he felt very hungry but had no money left. So, he decided to ask for some food at the next house. A young girl opened the door. Feeling shy, instead of asking for food, he asked, "Could I have a glass of water?" The girl realised he was tired & hungry, so she brought him a big glass of milk.

The boy drank it slowly and asked, "How much do I owe you?"

The girl smiled and said, "You don't owe me anything. My mother taught me never to accept payment for kindness."

Years passed. The girl became seriously ill and was sent to a big hospital in the city. The doctor worked very hard to treat her. After a long treatment, she finally recovered.

When the hospital bill came, she was worried it would be very high. But when she opened it, she saw only a note:

"Paid in full — with one glass of milk."

The Doctor was the same boy once she offered a glass of milk when he was hungry.

Children, Our parents are like that girl — they give us love, care, and sacrifices without asking for anything in return. We should always remember



Saranga Pani Hazarika

their kindness and repay it, not with money, but with our love, respect, and gratitude.

Parents are the most precious gift from God. We become the greatest joy for our parents, right from the moment we announce our presence in our mother's womb!

As soon as we are born, they hold our hands and never let go. They care for us, guide us, and protect us more than anyone else in the world. When we are babies, they lose their sleep to look after us. As we grow, they work hard day and night to give us food, clothes, education, and a comfortable life.

Many times, they hide their own needs and dreams so that they can fulfil ours. A mother's love is like warm sunlight that gives us life, and a father's love is like a strong tree that gives us shade and protection. Their love is selfless — they never expect anything in return except our happiness.

Parents experience intense pain when their children suffer or fail to attain their goals.

But sometimes, we forget to appreciate them. We might argue, get angry, or feel they don't understand us. We argue about Generation Gape. In those moments, we should remember one thing — whatever they say or do is for our safety, our good, and our future.

Loving our parents doesn't mean only saying "I love you." It means showing it through respect, obedience, and care. Help them in small things — keep your room clean, study sincerely, greet them with a smile, and listen when they speak. Even small actions can bring great joy to their hearts.

It is of no use, if we don't take care of our parents in real world and show off in virtual world that is social media wishing Happy Mother's Day or Father's Day!

My dear students, there is a famous saying "Tomorrow Never Comes". So don't wait for tomorrow — start today. Make them proud with your good behaviour, honesty, and hard work.

Our parents may not be as tech-savvy as we are, but they are the reason we exist and have the opportunities we do today. Their sacrifices and wisdom laid the foundation for our lives.

Remember, as someone once said, "We never feel the love & affection of a parent till we become parents ourselves." So, value them now, love them now, and cherish every moment with them.

I am singing off with the words

"Love, respect and obey Your Parents."

Wish you all a Happy Sadbhavana Divas,
Have a Pleasant day ahead.





ECHOES OF COURAGE: UNSUNG HEROES OF NORTHEAST INDIA'S FREEDOM STRUGGLE



Satyalakshmee Sharma

We live in a free nation today, enjoying the fruits of independence. But this freedom did not come easily—it was earned through years of struggle, countless sacrifices, and the unyielding courage of our freedom fighters. While some names like Mahatma Gandhi, Subhash Chandra Bose, and Rani Lakshmibai are celebrated nationwide, many others remain hidden in the folds of history. These *unsung heroes*, especially from India's Northeast, deserve our deepest respect and remembrance.

Assam's Brave hearts

Soon after the Treaty of Yandaboo in 1826, Assam witnessed its first sparks of rebellion. Leaders like **Gomdhar Konwar** and **Piyali Phukan** rose against British rule. During the Revolt of 1857, **Maniram Dewan** and **Piyali Barua** embraced martyrdom for the motherland.

The Quit India Movement of 1942 added new chapters of sacrifice. **Kanaklata Barua**, only 17, was gunned down while attempting to hoist the tricolour in Gohpur. On the same day, **Bhogeswari Phukanani**, a mother figure to many, also laid down her life in the name of the nation. Among those who followed this path of courage was **Kamala Miri**, another brave soul who sacrificed her life during the Quit India Movement, proving

that even ordinary villagers could rise to extraordinary heights when the call of the nation came.

And then there was **Kushal Konwar**—a man of truth and principle. Falsely accused, he became the only martyr in India to be hanged during the Quit India Movement. Walking to the gallows with calm dignity, he immortalised the spirit of resistance.

Arunachal's Forgotten Wars

Arunachal Pradesh's history holds the memory of six major wars against the British, often overlooked in mainstream narratives. The **Anglo-Khamti War (1839)**, the **Anglo-Abor Wars (1858, 1859, 1893-94)**, and the **Anglo-Wancho War (1875)** saw fearless tribal resistance. Heroes such as **Matmur Jamoh**, **Ranuwa Gohain**, **Taji Mideren**, and **Moje Riba** fought valiantly, defending their land and dignity.

The Warrior of the Khasi Hills

From the hills of Meghalaya rose **Tirot Singh Syiem**, the legendary chief of Nongkhlaw. When the British attempted to build a road

through Khasi territory without consent, Tirot Singh resisted fiercely. In 1829, his warriors fought valiantly against the colonial forces, launching the Anglo-Khasi War. Even though betrayed and captured, Tirot Singh remained a symbol of pride and resistance for the Khasi people, remembered today as one of Meghalaya's greatest freedom fighters.

From the Hills of Nagaland and Manipur

In Nagaland, a young girl emerged as a symbol of defiance—Rani Gaidinliu. At just 17, she led her people in revolt against colonial forces. Arrested and imprisoned for years, her dream of freedom never faltered. Pandit Nehru, moved by her courage, called her the *"Daughter of the Hills."*

Manipur's story is written with the blood of heroes like Bir Tikendrajit Singh, the "Lion of

Manipur." His leadership during the Anglo-Manipur War of 1891 and his eventual execution ignited the flame of resistance across the region. His name became a rallying cry for freedom.

The Unwritten Legacy

From Assam to Arunachal, Meghalaya to Nagaland, Mizoram to Manipur—the soil of the Northeast is rich with tales of sacrifice. These heroes may not always find mention in textbooks, but their spirit runs through the veins of our nation. They remind us that freedom was not handed down—it was fought for, suffered for, and ultimately earned.

So, let us remember not only the leaders we know well, but also the ones history almost forgot. For as long as we honour them, their sacrifices will never be in vain.





RESILIENCE



Shilpi Hazarika

I want to talk to you about Resilience. We have often heard the proverb "If at first you don't succeed, try and try again." But has anyone ever considered how should we go on? In the face of a daunting task or a seemingly insurmountable obstacle, it would seem almost prudent to quit. However, it is precisely in these situations that our mettle is put to the test and those same insurmountable obstacles which once seemed impossible to overcome, give way to those who persevere by dint of their unyielding Resilience!

To illustrate the power of Resilience, let me share with you **The Story of the Donkey**. A farmer's Donkey, old and tired, once fell into a deep well. The farmer, seeing the predicament, decided that the Donkey was too old to rescue and that the well would need to be covered up. He called his neighbours for help, and they began to shovel dirt into the well.

At first, the Donkey cried out in pain as the dirt landed on its back. But then, something amazing happened. With each load

of dirt that fell, the donkey shook it off its back and took a step up. It would shake the dirt away and use it to lift itself higher in the well. The farmer and his neighbours continued to shovel, and the donkey continued to shake off the dirt and step up. Eventually, the Donkey had stepped high enough that it was able to hop out of the well.

The Lesson of Resilience.

The donkey's stubborn refusal to stay down, even as it was being buried, is a powerful lesson in Resilience. In the face of certain doom, the donkey's tenacity led him to quite literally climb out of the jaws of Death. And so we learn that those whose wills are unshakeable and find succour in the root of resilience, their efforts will certainly bear fruit. So children always remember, if the old Donkey can do it....**SO CAN YOU.**





THE IMPORTANCE OF GOOD HABITS



Sujata Giri

I want to talk about **good habits**.

Good habits are the small things we do every day. They help us become healthy, kind, and responsible children.

Let me ask you a few questions. Did you brush your teeth before coming to school today? If yes, raise your hand! Very good! Did you wish your parents or teachers "Good Morning" today? Wonderful! These are simple but very important good habits.

We should wake up early, keep ourselves clean, come to school on time, listen carefully in class, complete our homework, and be kind to everyone. We should also use the magic words "Please," "Thank you," and "Sorry," because kind words make everyone smile.

Children, every good habit you practise today helps you become a better person tomorrow. Even one small good habit can make a big difference.

So, let us all promise to follow good habits every day and become kind, happy, and responsible children.





BEING PROFESSIONAL

When we talk of being a professional, it means being skilled and proficient in one's area of work. The same applies to students as well.

For a student being professional means acquiring the skills in academics, sports and all other activities related to a student's life, in an organised manner.



Sushmita Barua

There are many factors that lead one to such heights of professionalism, the primary one being self discipline.

However, today i will dwell on another factor that plays a very crucial role in leading one to the path of success.

When i say success, i would also like to mention here that success is a perception. The foundation of success is always good moral values that make us first, good human beings and then the rest follow.

Coming back to the often overlooked factor leading to success, that i was talking about...well its patience...

The ability to accept or tolerate delay or problems in our efforts, by remaining calm and positive is what we understand by patience.

Imagine you are seated at your table and struggling to solve a mathematical problem or may be seeking solution to any problem in any other subject. Now, you have two choices ahead...either you become anxious and give up saying you cannot do it or you can work on it and derive at a solution. Which would you prefer...well the former is easy yes, but the latter is even easier if and only if you decide to hold on to your patience.

Thus patience develops concentration, it builds up the attention span for any particular work

at hand, it builds up confidence thereby leading us to achieving our desired goals in life.

Patience also boosts self control, helps us stay focused on our goals.

Patience increases our satisfaction thereby leading to happiness and happiness leads to a healthy body and mind.

Now how do we inculcate patience in us... well its very simple...

1. Practise mindfulness which means being in the present moment without being judgemental. Its like focusing on the journey, rather than the destination.
2. Shift your perspective from the negative to the positive.
3. Acceptance of situations. When you accept you learn to work on it and develop it to suit your purpose.
4. Practise meditation
5. Enough sleep...yes, you've heard me right. Sleep enhances your metabolism and keeps your mental health in balance strengthening your memory and aiding in emotional regulation.

Thus we see that patience is a virtue that can lead us to achieving our goals.

Patience is indeed the companion of wisdom.



HARD WORK IS THE KEY TO SUCCESS



Tomy P. J.

I am here to speak on a truth as old as civilisation itself. That's **HARD WORK IS THE KEY TO SUCCESS.**

We live in a world that loves shortcuts. We scroll through highlight reels of overnight success stories, viral fame, and instant gratification. And yet, behind every name we admire — every scientist, artist, and leader. Here lies an untold story of sweat, sacrifice, and great effort.

Thomas Edison failed over a thousand times before he gave the world the light bulb. When asked about his failures, he said he hadn't failed — he had found a thousand ways that didn't work.

My children, that is the spirit of hard work. It is not the absence of failure. It is the refusal to be defined by it.

What is hard work, really?

Hard work is not merely long hours or physical work. It is showing up — even when motivation has left the building. It is choosing discipline over comfort, consistency over convenience, and purpose over pleasure. It is the farmer who rises before dawn, the student who reads one more chapter. Hard work is a habit of the mind as much as it is a labour of the hand.

Why is it the key to success?

Talent is common. Opportunity visits many. But hard work? Hard work is rare. And that rarity is precisely what makes it powerful.

Hard work builds skill — because repetition sharpens ability. Hard work builds character — because struggle teaches patience, humility, and resilience. It builds credibility — because the world trusts those who earn their place. And hard work builds confidence — not the hollow kind that collapses under pressure, but the deep confidence that comes from knowing you gave everything you had.

Abraham Lincoln was born in poverty, lost eight elections, suffered two business failures, and had a nervous breakdown — before becoming one of the greatest presidents in history. He didn't succeed despite his hardships. He succeeded through them.

However, is hard work enough?

Some will ask — what about luck? What about privilege? These are fair questions. Yes,

circumstances matter. Yes, not all paths are equal. But hard work remains the great equaliser — the one variable in life's equation that we most directly control. We may not choose where we start, but hard work determines how far we go.

And as the great Seneca once said, "Luck is what happens when preparation meets opportunity." Hard work is that preparation.

Children, let me have a word with the dreamers here:

Your dreams are valid. But dreams without effort are just wishes. The gap between where you are and where you want to be is filled with one thing — work. Hard, honest, passionate, persistent work.

So wake up a little earlier. Stay a little longer. Learn one more skill. Try one more time.

Because every drop of effort you pour into your goal today is an investment that will pay dividends tomorrow.

In closing

Success is not a door that opens with luck. It is a door that opens with a key — and that key is hard work. It has no substitute, no shortcut, and no replacement.

So let us not wait for the perfect moment. Let us work so hard that success has no choice but to find us.

"The secret of getting ahead is getting started." — Mark Twain.





OUR CHOICE TO HAPPINESS



Urbashi Saikia Dewan

The choices we make, big and small, define our journey, shape our experiences, and influence the world.

It's a question for you all? What's a choice you've made that shape will your life?

So, children what comes after A, B and after C is D.

I think all of you know that ,Life is between the B and D . Its meaning is that the life we live is the choices between Birth and Death. Its our choice how we live our life.

Our choices shape our experiences, influence our emotions, and ultimately determine our sense of fulfilment and happiness.

Essentially, happiness isn't just something that happens to us—it's shaped by the choices we make every day. Each decision you make influences your happiness, even in small ways. Happiness thrives in the little things we do every day! Cultivating positive habits can significantly enhance your overall well-being. Here are some simple yet powerful daily habits to boost happiness:

1. **Start your day with Gratitude that is thankfulness/ appreciating anything that we have in our life either big or small.**
2. **Begin each morning with a clear and simple goal**
3. **Practice Mindfulness that is Focus on the present instead of worrying about the future and limit negative thoughts**
4. **Connect with our friends or family**
5. **Small Acts of Kindness that is Helping others, even in small ways, creates a sense of purpose**
6. **Nourish Your Mind & Soul by reducing time spent on excessive social media or negative news or in video games**
7. **Move Your Body, Exercise, even a short walk, dance etc**
8. **Having purpose , even in small tasks, brings satisfaction and happiness**
9. **Eating good healthy food to stay healthy because healthy body brings happiness to our mind and soul.**

A happy life is built one day at a time! So, children, find out, what is that habit you already practice that brings you joy and by practising it. Always Be Happy.



DISCIPLINE – THE BRIDGE TO YOUR DREAMS



Utpal Bhattacharjee

I want to share something simple yet powerful — Discipline.

Discipline is not about punishment; it's about self-control and consistency. It's the habit of doing what needs to be done, even when you don't feel like doing it.

Think of your goals as a beautiful garden. Motivation is the seed — it gives you the desire to start. But discipline is the water and sunlight — it keeps your dreams alive every single day.

Motivation may fade when things get tough, but discipline will carry you forward.

So, start small — wake up on time, complete your homework, respect rules, and be kind to others. These small acts build the strong character that leads to success.

Remember: "Discipline is the bridge between goals and achievement."

Let's cross that bridge together, starting today.





TOGETHER EVERYONE ACHIEVES MORE



Virendra Singh Gosain

I am here to deliver my teachers talk about a fundamental principle that underpins not only our academic pursuits but also our personal growth and societal development — TEAM, which stands for “Together Everyone Achieves More.”

In our journey through life and learning, collaboration and unity are indispensable. When individuals come together with a shared purpose, their combined efforts create a force far greater than the sum of individual contributions. This is the essence of teamwork.

Why is teamwork so vital?

Enhanced Learning: When students work together, they exchange ideas, clarify doubts, and deepen their understanding.

Development of Soft Skills: Collaboration fosters communication, empathy, responsibility, and leadership.

Achievement of Common Goals: Whether it's a classroom project, sports event, or community service, working as a team ensures success.

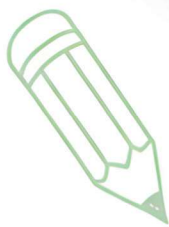
Building a Harmonious Environment: Respecting diverse viewpoints and supporting one another creates a positive atmosphere conducive to growth.

As educators and students, it is our collective responsibility to nurture the spirit of teamwork. Teachers can guide students to value cooperation over competition, while students can learn to appreciate the strengths of their peers.

In conclusion, I urge everyone present today to remember that success is not solely individual achievement but a collective effort. When we embrace the spirit of TEAM, we unlock our true potential and pave the way for a brighter, more inclusive future.

Let us all strive to embody the principles of teamwork in our daily lives, both within and beyond the walls of this institution. With these words I conclude my teachers talk. Have a great day!!!!





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