

CALORX OLIVE INTERNATIONAL SCHOOL

AHMEDABAD

DIRECTOR'S NEWSLETTER

FEBRUARY 2018

Dear Parents,

Trust all is well at your end.

Republic Day. Republic Day was celebrated on 26 January.

A speech was given on the occasion. The text of the Speech is as follows.

REPUBLIC DAY ADDRESS BY DR COLONEL ATUL BHANDARI
26 JANUARY 2018

Respected Grandparents, Parents, Teachers, Staff and dear children,

On the occasion of the Republic Day of our great country, I extend to each one of you my heartiest congratulations.

I have five points for you.

The first point is about – **The Significance of Republic Day**.

We must be aware of the significance so that it stays fresh in our mind. 68 years ago, on this day, India proclaimed itself as a free sovereign Republic.

Although India obtained its independence on 15 August 1947, the Constitution of India came into effect on 26 January 1950. During the transition period from 1947 to 1950, King George VI was the Head of State. Lord Mountbatten and Dr Rajagopalachari served as the Governor-Generals of India during this period. On 26 January 1950, Dr Rajendra Prasad was appointed as the first President of India.

The Constitution of India was formally adopted by Parliament and India declared itself as a Republic on 26 January 1950, a date thereafter celebrated as our Republic Day.

This day is celebrated all over India with a lot of patriotic fervour. In the National Capital New Delhi, the first event of the day is the laying of a wreath at the Amar Jawan Jyoti at India Gate, by the Prime Minister, to honour the jawans who sacrificed their lives for our country.

Thereafter the President arrives in a motorcade. Soon afterwards, a 21 gun salute is presented. Then, the President unfurls the National Flag and the National Anthem is played. This marks the beginning of the Ceremonial Parade, which starts from Raisina Hill near the Rashtrapati Bhawan, along the Rajpath, past India Gate and on to the historic Red Fort.

I have had the privilege of being a part in this Ceremonial Parade in New Delhi.

The Chief Guest of the Parade is usually a Head of State of another country. This year, Leaders from 10 countries of the ASEAN, ie the Association of South East Asian Nations, are the Chief Guests for today's Republic Day in New Delhi.

This was my first point, regarding the significance of Republic Day.

My second point is – **For Being Successful in Life, it is Important to Learn how to get Along Well with Each Other.**

The American President Theodore Roosevelt said that **the most important single ingredient in the formula of success is knowing how to get along with people.**

We do not automatically possess the skills that help us form good relationships. Building good relationships is important for happiness. Some advice for building good relationships is as follows :

- **Don't try to get involved in everything going on around you.**

- **Once a friendship has started, be a good friend. Respect your friends for what they are and don't criticize them or talk about them behind their back.**

- Give emotional support when your friends need it.

- Communication is at the core of all social interactions. Oral communication involves not only speech and listening, but also non-verbal communication, ie facial expressions, tone of voice and many other body-language signals, that affect the messages sent and received. People pay more attention to *how* people say something, than to *what* they are saying. When the non-verbal message is inconsistent with the verbal message, miscommunication may occur. Miscommunication is at the root of many misunderstandings among people.

- **Talk less, to listen more.**

- **Show the other person that you're really listening and that you care.** Make eye contact and respond appropriately with nods and brief comments like "That's interesting !" or "I know what you mean" or "Really ?" Be friendly, smile when appropriate and encourage the person to keep speaking.

- **Look for common ground.**

- **Avoid sarcasm.**

- Remember that assertive communication is better than aggressive communication. Choose your conversations wisely.

- **Respect the opinions and behaviour of others.**
- **Recognize the value of compromise.**

That was my second point, regarding the importance of being liked by others, for being a Success in Life.

My third point is about – **Proper Conduct and Behaviour.**

Rudeness is a weak person's imitation of strength.

There was a time when people used to strive to be polite and show their good manners in public. Now it seems most people don't care what anyone thinks. What they may not realize is that bad behaviour leaves a lasting impression on anyone who sees it.

Here are some of the common bad manners one sees frequently :

- Not respectfully addressing someone who is elder or senior.
- Not saying sir.
- Not wishing.
- Sending whatsapp messages at 10 o'clock at night, 11 o'clock at night, midnight and 1 am at night !
- Sending rude emails and whatsapp messages which makes one wonder which School this person has studied in and why didn't her parents teach her some manners ?
- Being rude to juniors, under the garb of getting work done.
- Spitting on the road.
- Having loud mobile phone conversations, in front of others.
- Speaking in a voice much louder than necessary.
- Always displaying an aggressive broadside.
- Constantly interrupting.
- Being unpunctual.
- Sending dozens of messages to convey what could have been conveyed in two messages.
- Dressing inappropriately. Not realizing that there is a dress for every place and occasion.
- Allowing children to misbehave in public.
- Not saying "please."
- Not putting the mobile phone on silent, despite being requested to do so.

I request all parents to set a very good example and be excellent role models for their sons and daughters, so that they win the admiration of others for good behaviour, as they go through Life.

That was my third point, regarding always exhibiting good manners and behaviour, if we desire people to respect us and help us go through Life.

My fourth point is that - **Success does not happen on its own.**

Success is not a random occurrence. Success does not happen on its own. You must have a clear vision of what and where you want to be and in what time frame. You must be aware of how to achieve your goals.

You must develop tenacity, patience and determination to hold on to long range goals, despite all odds. **You must have high motivation and continue working despite severe pressure. You must possess mental toughness. You must have the ability to bounce back.**

You have to prepare for a world that is volatile, uncertain, complex and ambiguous. Academic excellence alone will not fulfill this objective.

You have to take active charge of your goals, your vision and your future.

Having a clearly defined goal offers many benefits. It brings a sense of Focus in your life, a life that has become complicated because of too many options. There are too many distractions competing for your attention. Having a goal will clarify your desires and help you to focus only on those activities that will lead you to where you want to go.

Whatever goal you choose to pursue, you must do it with passion. Passion is when you love what you do. Passion is something that you enjoy doing. Passion could be a talent or an occupation.

Be very sure which mountain you want to climb. What's the point of spending your life climbing a mountain, only to discover that you've climbed the wrong mountain ?

So, dear children, select a worthwhile target. You will never be able to hit a target that you cannot even visualize.

Once you have decided on what you want to pursue, once it has been identified, you must take steps to achieve it. You must look for opportunities for the passion to flow. These opportunities will help you identify what additional knowledge has to be gained, what skills have to be acquired and what weaknesses have to be overcome. After doing all that, the end product of all this is what the world calls 'greatness.'

That was my fourth point, that you have to have a well organized and systematic plan, in order to achieve success.

Next, we come to my fifth and last point, ie – **The Importance of Self Discipline in Becoming a Better Person.**

Why are some people more successful, happier and wealthier than others? What is the secret of their success ? What is the magic mantra ? The answer is – Self Discipline.

While there are many reasons which lead us to success, these reasons work only when the person has a sense of Self Discipline. The common bottom line is and always will be – Self Discipline. Successful people are invariably self-disciplined people.

Self-discipline is about managing ourselves. It is about moderation in Life. Self-discipline teaches us to act correctly, to behave respectfully towards others, to exercise moderation in our manner of talking and behaviour. A person shows his pedigree and how civilized he is, by his manner of talking.

In most cases, the typical person looks for shortcuts. We want to be rich and happy quickly. But there is no elevator to success. We have to take the stairs. We must stop this culture of always being in a hurry, of wanting immediate gratification, of speed reading, speed yoga and speed money.

We need to realize that excellence comes at a price. We have to take the steady path and move up one level at a time. That is why Self Discipline is a pre-requisite for high performance in any field.

As a predictor whether a child will be a success, the Self Discipline Rating of the child is of much higher value than the IQ score of the child.

To develop self-discipline, I recommend the following 10 points :

1. When you go back today, write down one professional goal and one personal goal.
2. Schedule your day and week. Then stick to it. Avoid distractions and time wasting activities.
3. Be punctual and make it a habit.
4. Divide time between work, play and relaxation.

5. **Become serious about reading good books**, to gain knowledge.
6. Listen carefully to what others are saying. Become a good listener.
7. **Control your mind** and make it quiet through focus. We must focus our thoughts, think with clarity and arrange our ideas systematically.
8. **Be respectful to your parents, your teachers and your elders.**
9. Take care of your personal appearance. Being well groomed will boost your self-confidence.
10. **Remember that Self Discipline is the key to your personal greatness.**

That was my last point, ie the importance of Self Discipline, to become a success in Life.

Dear parents and children, on this Republic Day, I urge you to achieve greatness, in your Professional Life and your Personal Life. Let each one of us present here today take a pledge to do at least one good thing each week, to improve our country.

There is some good news about our great country. Believe it or not, India is going to be the fastest growing economy in the next 10 years. According to the recent Morgan Stanley Report, India's GDP will hit \$6 trillion by 2027. As India rises, you rise with India too.

Finally on behalf of the School Management, I wish you the very best. My best wishes to each one of you ie the grandparents, parents, teachers, staff and children.

We at Calorx Olive International School develop the complete range of the child's personality, from the physical to the aesthetic and from the cognitive to the spiritual.

Some say that for us the sky is the limit. I think that together, for all of us at Calorx Olive International School, **even the sky is not a limit !**

Thank you.

Jai Hind !

Dr Colonel Atul Bhandari
Director
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