

**CALORX OLIVE INTERNATIONAL SCHOOL**

**AHMEDABAD**

**DIRECTOR'S MESSAGE**

**MARCH 2017**



Dear Parents,

Trust all is well at your end.

As you would be aware, **Graduation Day** was held for the students of Grade 12, of Calorx Olive International School. A speech was delivered on the occasion. The text of the speech is enclosed.

**GRADUATION DAY ADDRESS BY DR COLONEL ATUL BHANDARI**

**01 MARCH 2017**

Dear Graduates,

It is indeed a momentous day today, when we have reached the ceremonial event to mark the culmination of a long journey, that started approximately 16 years ago. You are now at the threshold of entering a new phase of your life.

Today, I will talk to you about five points.

My first point is – **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.

You must identify your aptitude. It could be in art, in science, in mathematics, in speaking, in cricket, in painting or in creativity in any form.

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 students, 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 first point, that you have to have a well organized and systematic plan, in order to achieve success.

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My second point is – **Be a Lifelong Learner.**

Lifelong learning has been identified as a key competency for being a success in the 21<sup>st</sup> century. It involves self-awareness, unlearning and re-learning about your own self, your profession and about life.

To be a lifelong learner means that the responsibility for learning shifts from institutions to you.

Life gives you what you expect from it. Take a good and hard look at your environment. Your thoughts are shaped by the people you associate with, by the books you read, by the words you speak and by your daily physical surroundings.

When you take steps to make the environment you live in a better one, you will quickly detect how you need to improve in your manner of thinking and acting.

That was my second point, that you will have to be a lifelong learner, if you want to achieve success.

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Now we come on to my third point, ie – **Utilize Time Well.**

As you go through life, remember that time is a priceless commodity. Also realize that hard work, self-discipline and everyday improvements are essential elements for being a success in life.

Most people live as if they have all the time in the world. They wish they had more time, yet, they waste the time that they do have.

We must learn to manage ourselves well, so that we make very effective use of the time we have in our hands. Invest your time only in activities that truly matter.

If you don't act on life, life has a habit of acting on you. So stop living your life by default and start living your life by design.

You need not change your world in one day. Start off by taking small steps. Small, daily steps can lead to excellent results, over a long period.

Remember, if you want good changes to happen in your life, you will have to do good things to ensure it. Doing the same thing every day will not deliver new results. To change the results, you must change the things you do.

Concentrate your day on activities that are worthy of your energy and attention. Focus on important things. Realise the importance of each day.

As you live your days, so you live your life. Do not waste one day, one hour or even one minute. What you do today will very powerfully influence what your tomorrow will look like. Great things do not happen without work and sacrifice.

No matter how much time you have wasted in the past, when tomorrow comes, it is ready for you to make full use of it. So, you can choose that tomorrow will be the day when you start getting up early, exercising, eating health foods, reading good books and becoming a better person.

Take some time to nourish your body through vigorous exercise. Health is something we take for granted, until we lose it. Don't let this happen to you. According to research by Harvard University, every hour we exercise adds another three hours to our life.

This was my third point, that you must make very effective use of your time.

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Next, we come to my fourth point ie – **Learn from your mistakes.**

There is nothing drastically wrong with making mistakes. Mistakes are a part of life and essential for growth. But it is very wrong to keep making the same mistakes over and over again, day in and day out, month after month.

You must learn from your life and move forward in a better direction. You must strive to be a sensible and balanced person.

Some people learn from the mistakes they have made. They are wise. Others don't learn even after they have made mistakes. Such people endure distress over the course of their life.

Remember that life and problems are inseparable. Pain and suffering are a part of life. These are the vehicles for growth. Life's trials are opportunities to collect wisdom.

One important aspect is that no hardship lasts forever. No setback is permanent. No misery lasts a lifetime. It may seem that adversity will not go away, but that's not the truth.

Life has its seasons and chapters. Each one of us has to endure the harshness of a few adverse periods. The hard times are the phases of our lives that shape us into a better person.

That was my fourth point, that tough times do not last, but tough people do!

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My fifth and last point is – **You must have Self-discipline.**

The more disciplined you are with yourself, the easier life will be on you. The stricter you are with yourself, the gentler life will be on you.

What sets successful people apart from others is that successful people lead a life of self-discipline and do certain good things, even though they may not like doing those things.

Self-disciplined people are ready to put off short-term pleasure for the sake of long-term goals. Most people know what they should do in a given situation, but due to lack of self-discipline, they do not take daily, consistent steps to apply their knowledge to realize their dreams.

Successful people are priority-driven. They build all their actions around priorities.

That was my last point, ie the path to success is through self-discipline.

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Finally, I congratulate all our graduates and the proud parents on this day, which marks a culmination of the schooling years, and the beginning of the young boys and girls stepping out into the big world, on the journey of their life. I wish each graduate the very best !

Thank you.

**Dr Colonel Atul Bhandari**  
**Director**  
**Calorx Olive International School**  
**Ahmedabad**