

**CALORX OLIVE INTERNATIONAL SCHOOL**

**AHMEDABAD**

**DIRECTOR'S NEWSLETTER**

**MARCH 2018**

Dear Parents,

Trust all is well at your end.

**Graduation Ceremony.** The Graduation Ceremony was held on 07 March 2018.

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

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

**07 MARCH 2018**

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 – **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 first point, ie the path to success is through Self-discipline.

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My second point is – **Develop a Pleasing Personality.**

A pleasing personality is the fulcrum with which many obstacles can be removed. Simply put, your personality determines whether people are going to be attracted to you and listen to what you say, or be repelled by you.

Your personality is your trademark. You can also say that your personality is like the display window at a departmental store. If people like what they see, they are going to want to come in and spend time there. However, **if the window display is rude or impolite or arrogant, they are going to walk away.** In order to be successful, you need people to give you their time, so make sure your 'display window' is in top shape.

Whatever personality traits you possess, they can be changed and improved. Arrogance, vanity and egoism are never found in someone with an attractive personality. People who are strong in faith are always humble of heart, and these qualities are always admired.

That was my second point, that you must develop a pleasing personality.

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My third point is – **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 chose 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.

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

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My fourth point is – **Overcome Stress.**

We live in ever-changing times. Most people respond to environmental, societal and psychological pressures by feeling anxious, worried or stressed. If you start feeling this way constantly, it will damage your health, both physically and mentally. Many people say that their stress levels are high. Hospital admissions due to stress related issues have gone up. Such things can make a very big impact on your life. While stress is a part of everyday life, it doesn't have to rule your life. Hence, it is important to learn how to deal with issues and challenges in a calm manner. The good news is that there are numerous steps you can take to feel calm and make your life more manageable and happier.

To reduce stress, the first thing to learn is that there is no such thing as perfect, so stop putting unnecessary pressure on yourself.

Second, get organized. De-clutter your mind and your life. Make lists. Put tasks in order of importance.

Third, do not procrastinate. Procrastination can create a lot of stress.

Fourth, accept what you cannot change. The past is over. You made the best decision you could at the time, based on the information you had. Accept what has happened, learn from it and move forward.

That was my fourth point, that we must lead a life of being calm and composed, always.

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Next, we come to my fifth and last 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 last point, that **tough times do not last, but tough people do!**

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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 !

God bless !

Thank you.

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