

CALORX OLIVE INTERNATIONAL SCHOOL
AHMEDABAD



DIRECTOR'S MESSAGE

Dear COIS Parents,

Trust all is well at your end.

Improvements

The improvements in COIS during the last one month are as follows:

- **Awards.** COIS has been awarded the 'Most Influential School Brand.' The award was given in Mumbai. The process reviewers were PricewaterhouseCoopers. This is a big feather in our cap!
- **Award.** URS Media and Asia One have conferred on me the award of 'Most Influential Leader in Education.' This has further increased the sense of responsibility I feel, to take COIS to greater heights.
- **Headmistress.** Ms Sujata Paul is now the Headmistress of COIS. Creation of this post will further enhance our focus on Academics.
- **Swimming Coach.** We have hired an excellent Swimming Coach for our children. She is an international awardee who has represented India in Swimming in USA and France.

ANOTHER GOOD DAY FOR COIS



• **Adverse Effects of Mobiles.** Mobile phones have many adverse effects. For the benefit of our children, I wish to highlight some of the adverse effects of mobile phones :

- A mobile phone emits harmful radiation.
- A lot of precious time is lost due to use of a mobile phone.
- It is a major source of distraction for the child.
- It affects concentration in studies.
- It affects the quality of sleep due to addiction.
- It can have an adverse effect on the quality of human relationships.
- In a study conducted by the University of Gothenburg, Sweden, it was found that there is a direct link between the psychosocial aspects and mental health symptoms in children using a mobile phone.
- It increases the risk of illness in the immune system.
- It leads to back pain.
- It increases risk of eye vision problems.
- It can cause memory disturbances.
- It can lead to headaches.

In view of the foregoing, I request all parents to minimize mobile phone usage by the child. We must always emphasize the adverse effects of mobile phones. After all, it is incumbent on us to apprise our children about all health hazards. While we will apprise them in School, I request parents to also apprise them at home.

Thank you.

With best wishes,

Colonel Atul Bhandari
Director
Calorx Olive International School
Ahmedabad