

CALORX OLIVE INTERNATIONAL SCHOOL

AHMEDABAD

DIRECTOR'S NEWSLETTER

OCTOBER 2017

Dear Parents,

Trust all is well at your end.

A speech was delivered at Ahmedabad International School. The text of the speech is enclosed.

SPEECH BY DR COLONEL ATUL BHANDARI AT AHMEDABAD INTERNATIONAL SCHOOL

18 AUGUST 2017

"LACK OF
DIRECTION,
NOT LACK OF
TIME, IS THE
PROBLEM.
WE ALL HAVE
TWENTY-FOUR
HOUR DAYS."

- ZigZiglar
KushandWisdom

Dear AIS Faculty Members and Students,

Today, I will talk to you about four points.

My first point is about – **Preparing for the Future.**

Howard Gardener, the Professor of Cognition and Education at the Harvard Graduate School of Education, has some very pertinent views on this. He says that if a person is to have the capability to perform effectively in the future, he or she must have, what he calls – the Five Minds.

The First Mind is – The Disciplined Mind. Research confirms that it takes up to 10 years to master a discipline. To be able to face the future, you must have the knowledge of at least one discipline. If not, you are destined to march to someone else's tune.

The Second Mind is – The Synthesizing Mind that takes information from disparate sources, understands and evaluates the information objectively, and puts it together in ways that make sense. **In today's world, where each one of us faces an information overload, this ability to synthesize information, to separate the wheat from the chaff, is a**

very important trait. We need to have the capability to take in large amounts of information, thereafter 'unclutter' our mind, and focus on what is truly important.

Undoubtedly, the mind that will be most at a premium in the years to come will be the mind that can synthesize information.

The Third Mind is – The Creative Mind that breaks new ground. It puts forth new ideas and shows new ways of thinking. The Creative Mind must be at least one step ahead of the most sophisticated computers.

The Fourth Mind is – The Respectful Mind that welcomes differences between individuals, differences between groups and variations between people of different ethnic backgrounds. It understands these differences and seeks to work effectively with all of them.

In a world where we all are interlinked, where an event in the United States has an almost instantaneous effect in Ahmedabad, our watchwords have to be – Respect, Collegiality and Human Understanding.

The Fifth Mind is – The Ethical Mind, that ponders the needs and desires of the society in which we live. This mind examines how we can serve purposes beyond our own self-interest, and how we can work to improve the life of others in our community.

These Five Minds are already at a premium today and will be at an even greater premium in tomorrow's world. We need to realize that conditions in the world are changing rapidly. Hence it is imperative that the students of today are armed with these Five Minds, so that they can effectively and confidently face the world of tomorrow.

This was my first point, that we must develop The Disciplined Mind, The Synthesizing Mind, The Creative Mind, The Respectful Mind and the Ethical Mind.

Next, we come to my second 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 behavior. 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 prerequisite for high performance in any field.

As a predictor whether a student will be a success, the Self Discipline rating of the student is of much higher value than his or her IQ score.

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.

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 second point, ie the importance of Self Discipline, to become a success in Life.

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

Now we come on to my fourth point and last point – **Utilize Time Well.**

As you go through life, remember that time is a priceless commodity. 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. Successful people do not procrastinate. **They have learned that time control is Life Control** and have consciously chosen to be in control of their life. An elemental truth : Either you will control time, or be controlled by it.

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.

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

Finally, I wish all the students of Ahmedabad International School the very best.

One last bit of advice. **Remember, Success doesn't come to you. You have to go to Success.**

Dr Colonel Atul Bhandari
Director
Calorx Olive International School
Ahmedabad

