

Dear Parents,

Trust all is well at your end.

Independence Day was celebrated in COIS on 15 August 2017. The text of the speech that was delivered on this occasion is enclosed.

INDEPENDENCE DAY SPEECH BY DR COLONEL ATUL BHANDARI

15 AUGUST 2017



Dear Grandparents, Parents, Teachers, Staff and my dear students,

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

Today, I will talk to you about five points.

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

Independence Day is observed every year on 15 August, to commemorate our nation's independence from the United Kingdom on 15 August 1947, exactly 70 years ago.

The UK Parliament passed the Indian Independence Act 1947, transferring power to the Indian Constituent Assembly.

The Viceroy Lord Mountbatten chose the second anniversary of Japan's surrender in World War II, ie 15 August, as the date of transfer of power.

Our independence coincided with the partition of India, in which our country was divided along religious lines into India and Pakistan. This partition was accompanied by violent riots, mass casualties and the displacement of nearly 1.5 crore people.

Millions of refugees trekked the newly drawn borders. There was massive bloodshed and strife. Lakhs of people died in the violence.

The Constituent Assembly of India met at the Constitution Hall in New Delhi on 14 August 1947 at 11 pm. The session was chaired by the President Dr Rajendra Prasad.

In this session, Prime Minister Jawaharlal Nehru delivered the 'Tryst with Destiny' speech, proclaiming India's independence:

“Long years ago, we made a tryst with destiny, and now the time comes when we shall redeem our pledge, not wholly or in full measure, but very substantially. At the stroke of the midnight hour, when the world sleeps, India will awake to life and freedom. A moment comes, which comes but rarely in history, when we step out from the old to the new, when an age ends, and when the soul of a nation, long suppressed, finds utterance. It is fitting that at this solemn moment, we take the pledge of dedication to the service of India and her people and to the still larger cause of humanity.”

Independence Day is celebrated in all States and Union Territories. On this day in 1947, the first Prime Minister of India, Pandit Jawaharlal Nehru, hoisted the Indian Flag above Lahori Gate at the Red Fort in Delhi. Thereafter, every year on this day, the Prime Minister customarily unfurls the Indian Flag at the Red Fort in New Delhi. This is followed by a 21-gun salute, in honour of the solemn occasion. Thereafter the Prime Minister delivers his speech.

Similar events take place in all State Capitals. In some locations abroad, such as New York and other US cities, 15 August has become 'India Day' among the diaspora and the local populace.

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

My second point is – **What Students must do to be a Success in Life.**

Each child must have healthy habits. You must have a bedtime that will give you plenty of sleep, so that you are fresh in the morning. Have a healthy breakfast every day. Exercise. Spend very little time watching TV or playing video games.

Stick to a Routine. You will thrive on a structured routine.

Read a lot. It is often said that children spend the initial years of their life learning to read, and the rest of their life reading to learn. The written word is a gateway to all kinds of learning, and the more you read, the better it is for you.

Reading instills logical and expressive thinking, enhances listening skills, and consequently encourages empathy and sympathy, which are crucial for being a success. Reading and writing skills are essential for being a success in life in the 21st century. Reading stimulates the brain and is more neurobiologically demanding than passive activities like watching TV.

The ability to succinctly and clearly collect one's thoughts and summarize them into an interesting, persuasive narrative is a skill that many want, but few possess. You can get this advantage through reading and writing.

Have Physical Confidence. The benefits of physical activity are known for ages. Exercise also gives a mental stimulus. Experts recommend that children must spend a minimum of 60 minutes a day in vigorous play and exercise.

A successful student has a combination of positive attitude and behaviour, as well as intellectual capacity. A successful student is responsible and active. Successful students get involved in their studies, accept responsibility for their own education, and are active participants in it.

When in class, you must actively listen and ask questions. Successful students ask questions to provide the quickest route between ignorance and knowledge. There are no foolish questions.

Successful students learn that a Student and a Teacher make a team. Be a team player !

Successful students take good notes that are understandable and organized. They read them often. A short review of your notes while the material is still fresh in your mind helps you learn more. The more you learn in class, the less you'll have to learn later. The whole purpose of taking notes is to use them, and use them often.

Successful students 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 : you will either control time or be controlled by it.

Steer your own course. Failure to take control of their own time is probably the Number 1 study skills problem for students. Don't make academics harder on yourself than it has to be. Stop procrastinating.

This was my second point, ie take control of your own time.

Now we come on to my third point, ie – **What Teachers must do to help Children become a Success in Life.**

There are several things teachers must do to help the children become successful.

Help them become good communicators. Encourage Proper Pronunciation. Mispronouncing words is bad for the child's image. Teachers must also help **build the vocabulary** of the child. The more words the child knows and understands, the better he or she will be able to communicate with others.

Teach the children to speak in front of others. Many people develop a fear of standing in front of a group and speaking. Developing an ability to speak in front of others is an asset that pays benefits throughout one's life.

As teachers, we have to give the children the tools to gain success. As President Franklin Roosevelt once said, **"We may not be able to prepare the future for our children, but at least we can prepare our children for the future."**

In Singapore, teachers don't start with 'What do I teach my students ?' They ask – **'What is the behaviour I want to achieve.'**

In Japan, if a child is arrested, the Police call the Teacher before the Parent.

Teachers must vary their teaching methods. This will provide the children with a greater opportunity to learn. Every student has different strengths and weaknesses. Instead of focusing on one method that appeals to a single learning style, Teachers must vary their teaching techniques.

A Teacher must give emotional support to the children. There are days when the child will need your emotional support more than a piece of information. **Connecting with your students on an emotional level makes it more likely that they will listen to your counsel and take your advice** to heart. Students need mentors as much as they need Teachers.

A great Teacher has to be a master of her or his subject. You need to know your craft. In addition to the methodology of teaching, you need to master your subject area. **Learn, learn and keep learning.**

A great Teacher can change a student's life. There are an endless amount of examples that attest the benefits of a strong relationship between a Teacher and the student. Teachers are one of the most influential role models for developing students. **A Teacher is responsible for more than just academic enrichment. A great Teacher must connect with the children** and reach them on multiple levels.

By forging strong relationships, Teachers are able to affect virtually every aspect of the children's life, teaching them the important life lessons that will help them succeed beyond exams.

This was my third point, that Teachers must have an emotional connect with the child.

Next, we come to my fourth point ie – **What Parents must do to help Children become a Success in Life.**

Regardless of wealth, status or personality, parents must make their children do routine household tasks. This will help make their lives better.

If the children aren't doing any household tasks, it means someone else is doing that for them. So **they go through their formative years thinking they are absolved of any work.** Children who do some work in the house, later on in life become employees who collaborate well with their colleagues, and learn to take on tasks independently. By doing their own work, they realize that 'I have to do some work in life, in order to be a part of this world.'

Parents must teach their children how to develop good relationships.

While there is no single recipe for raising successful children, psychology research has pointed out a few factors that predict success.

Unsurprisingly, most of it comes down to the parents.

Here is what parents of successful children have in common :

Researchers from Pennsylvania State University and Duke University tracked more than 700 children between kindergarten and age 25 and found a significant correlation between their social skills as kindergartners and their success as adults two decades later.

The study showed that **socially competent children who could cooperate with their peers,** be helpful to others, understand their feelings and resolve problems on their own, **were far more likely to be successful in life, than those with limited social skills.**

The study showed that helping children develop social and emotional skills is one of the most important things we can do to prepare them for a healthy future.

Parents must also encourage a 'Growth Mindset,' instead of a 'Fixed Mindset.'

A 'Fixed mindset' assumes that our character, intelligence and abilities are static, and we can't change them in any meaningful way. As per this mindset, success is fixed as it depends on our inherent intelligence.

On the other hand, a '**Growth Mindset**' thrives on challenge and sees up's and down's positively, as a springboard for growth and for stretching our existing abilities.

If children are told that they got high marks in an exam because of their innate intelligence, it creates a fixed mindset. If they are told they succeeded because of their hard work and effort, it teaches them a Growth Mindset.

Success at School starts at home. Studies have linked poor academic performance to factors such as a lack of sleep, poor nutrition, obesity, and lack of parental support.

The good news is that those studies also show higher test scores for students who live in homes where healthy habits, regular routines and good communication exist.

Educating a child at home is still a critical part of his overall learning experience.

Dr Barbara Frankowski, member of the American Academy of Pediatrics says - "There's only so much Teachers can do. Parents have to fill in with good support at home."

Teach the children to have self-control. Children who learn how to control themselves will quickly become independent adults.

Each Parent needs to be a role model. Success can be achieved only if you model good habits for the children. "Do as I say, not as I do" does not work.

Be the person you want your child to be. In fact, be a better person than you've ever been in your life, if only for the benefit of your children. It is definitely hard work, but raising a model child is the most rewarding thing you can do.

This was my fourth point, that Parents have to be the role model of what they want their child to be.

Next, we come to my fifth and last point, ie – **What each one of us must do to help make India a Great Nation.**

I have a few suggestions :

1. Don't break traffic rules.
2. Stop littering.
3. Teach good manners.
4. Stop wasting food.
5. Stop wasting electricity.
6. Conserve fuel.

7. Conserve the environment.
8. Teach people not to spit on the roads or in public places.
9. Respect women.
10. Respect our country.

There are many more things we can do, but it's important we convert them from just thoughts in our mind into action.

This was my last point, ie we must be more disciplined as citizens, if we want to be a part of a great nation.

Dear Parents, Teachers and Children, on this Independence Day, I urge each one of you to do something to improve our country. This is the country in which our grandparents live, our parents live, we live, our children live and our grandchildren will live. So let us do whatever we can to take care of it.

Let each one of us present here today take a pledge to do at least one good thing each week, to improve our country.

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 Students.

We at Calorx Olive International School earnestly emphasize holistic development of the child. We assure you, we are committed to preparing your child for the journey of Life !

Thank you.

Jai Hind !

Dr Colonel Atul Bhandari
Director
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