



QUEST OF HAPPINESS E-MAGAZINE (2020-21)





In Education since 1986
IGBC Green School Award 2020 (Silver Rating)



AMICUS[®]
INTERNATIONAL SCHOOL

A TRADITION OF EXCELLENCE

CBSE Affiliation No. 430446

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HAPPINESS + POSITIVE ATTITUDE

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Happiness, Joy and Peace are within you!!





ABOUT THE SCHOOL

*"My School Inspires Me to
SOAR HIGH"*

Amicus International School stands high with the educational standards, taking care of each and every student's needs as well as gives a high platform through various means to develop them holistically. Now, it is a privilege to give an Introduction of our School -

- *Amicus International School, Vadodara, has been in Education since 1986.*
- *It is the Second Green School in Vadodara, awarded by IGBC with silver rating.*
- *In our School, we focus on overall development of the students, where we have Smart Classes, Amphitheatre, Toddler's Swimming Pool & well-equipped Math, Science and Computer Labs.*
- *For various skills development of the students, we have an evening club in the School that consists of Dance, Karate & Skating Classes.*
- *Separate courts for Basketball, Tennis, Volleyball and Badminton are there for the students to hone their overall skills.*
- *Keeping Students' safety and security in mind, the School also provides bus facility with GPS, Speed Limit, First Aid, Fire Extinguisher and CCTV cameras.*



Principal's Message

*Have Healthy body and mind
Be happy and kind.....*

*Every day we grow,
physically or mentally,
Think of the stages daily we undergo.*

*What all they show,
We really need to know.
Be it you, me or anybody,
Each of us needs a healthy body.*

*When negativity enters in our mind,
Be calm and meditate,
The peace is always there,
Surely you will find it.*

*Either the mind or the body
Never that should be neglected,
Or else, it's only ME who would be affected.*

*The food and thoughts
Both have to be right,
A healthy life we all should have
Each day and night.*

-Dr. Hema Abhiroop



LIFE: BUNDLE OF EMOTIONS



*Path of Life welcomed me with a bundle of emotions. I took hold of that bundle of emotions and strolled towards the mountains of expectations! Each turn unfolded a new dream: glaring eyes, questioning my **CONFIDENCE**. Thought, whether I could make it to their expectations!*

*Carrying the bundle of emotions, along the path of Life was difficult: but not **IMPOSSIBLE!** My bundle of emotions grew larger as I met friends and foes while I strolled towards the mountain of expectations. With a few I had fun, smiles lingered and laughter echoed. While few surprised me with their unpleasant moves along my path of Life. I knew this unpleasant move was an addition to my bundle of emotions which will make my journey difficult. Took a break, kept the bundle besides the path and decluttered it.*

*Mountain of expectations was waiting for me. Thought for a while, whether I wanted to meet those expectations! Really not: because my **DREAMS** are different. I need to meet my **EXPECTATIONS** rather than meeting others. Ah! We can't make everybody satisfied and happy, it's the truth of Life. But yes, through us let others feel the bliss of **HAPPINESS** and ignite the **RAY OF HOPE**.*

*So, patiently I strolled carrying the bundle of emotions through the path of Life and headed towards the meadow. Each twist and turn had a new story to tell, each stone on the path shouted out loud their woes, morning dew droplets clinging to the blade of grass as if looking for a hope not to fall. All the way long my **PATIENCE** was tested. My steps didn't stop, nor did I rest. Carrying my bundle of emotions walked towards my dreams.*

*Path of Life stored up with many surprises, surprised me. Boughs of trees shaded my path; thunder clouds roared the drum beats as if **APPRECIATING** my moves and for heading towards my dreams and expectations. It's not too late, let's understand you are your best **FRIEND** and **COMPETITOR** - *Unfold yourself, explore yourself, Meet the Real You!**

*Thus, I got introduced to **Me** and this is **WHY** the path of Life **WELCOMED** Me with a **BUNDLE OF EMOTIONS!***

*-Ms. Anila Abby
Pre-Primary Head (AISV)
Pre-Primary Consultant (AISB)*

Positive Attitude In Negative Situation

P. A. I. N. S.



I wanted to share my life's experience about positive attitude in negative situation. In today's world it's difficult to survive. We human beings have different types of attitudes within us (Positive /Negative / Cruel / Arrogant). It depends on us how to react to certain circumstances. A positive attitude gives us power in any circumstance instead of circumstance overcoming the power. In our day-to-day life we meet different kinds of people, in different situations, and face difficult challenges at home, workplace and society.

It depends on us how to be positive with any situation and challenges we face. Always remember positive attitude will reduce stress, will make us proactive in studies/work, create a healthy work environment and better relationships in our social life.

"ALWAYS BE POSITIVE, KEEP SMILING"

-Ms. Nishi Abin

Primary Coordinator and Social Science Educator



મન નો ભાવ,
મુખ નું હાસ્ય,
હૃદય નો સંતોષ,
જીવન ની સંતુષ્ટિ,
લાખો વેડફતા ના મળે,

પણ મફત સ્મિત થી જડે!
ક્યારેક ખોવાય તો આંખ રડે,
વધુ થઈ જાય તોય આંસુ મા વહે!
લૂંટી લો જ્યારે પણ મળે,
નાની નાની આ જ ખુશીઓ થી જીવન છે હર પળે !!



-Ms. Chandni Bhatt

Mother Teacher UKG

Seek Happiness And Find Joy



Joy is more consistent and is nurtured within you. It comes when you make peace with who you are, why you are and how you are. Whereas happiness tends to be externally triggered and is based on other people, things, places, thoughts, and events.

In the modern world, joy is something we experience that is deeper and more meaningful. Happiness is something we feel because of our situation or circumstances. We are happy because something made us happy, but we are joyful because of something within us. The world tells us that we can only be happy if our situation is right. But the truth is far beyond this fact. We can find the same in Bollywood and see many instances. There are people who got everything they ever wanted but are not happy. Contrary to this, on the other hand, many people have little in life but have a true joy that comes from deep within. When you seek true happiness within yourself, you will find and experience true priceless joy in the midst of turmoil of life.

Talking about happiness, a few things stand out. First, we can have inner happiness even when we are in difficult situations. Everything doesn't have to be right in your world for you to experience the feeling of being happy. If you keep your eye on the bigger picture, it's easier to rise above the trials and tribulations of life and still find reasons to be happy. If you keep your focus on God and eternity, it is easier to experience happiness even in challenging times.

We are not meant to merely make it through life. We are supposed to live a life to the fullest. What does that look like? It's happy and joyful. We are not supposed to simply be alive in the sense that our heart is beating, and we have breath in our lungs. We are supposed to have a life that we enjoy with fullness of happiness and joy. Just find happiness within you.

*-Ms. Nisha Massey
English Educator*

“सुख”



सुख એટલે આનંદ , મોઢા પરનું હાસ્થ .
સુખ એટલે સ્વાસ્થ્ય , શરીર ની તંદુરસ્તી .
સુખ એટલે ક્ષમા , દરેક ને માફ કરવાની નીતિ .
સુખ એટલે અનહદ પ્રેમ, માતા - પિતા , ભાઈ -બહેન વચ્ચેનો .
સુખ એટલે ખુશીઓ , જે મારી તમારી નહિ - બધાની .
સુખ એટલે લીલા -લહેર, જિંદગી ની દરેક ક્ષણ ની મજા માણો .
સુખ એટલે સૌભાગ્ય પતિ-પત્ની નું અતૂટ બંધન (ભાગ્ય) .
સુખ એટલે મનની શાંતિ , સુખ એટલે સુવર્ણ યુગ ની શરૂઆત .
સુખ એટલે પ્રગતિની પ્રાપ્તિ

-Ms. Hetal Mahera
Hindi and Gujarati Educator

“जिंदगी अभी बाकी है”



इंसान, जिंदगी अभी बाकी है, तू इस तरह निराश ना हो।
तेरे ऊपर तो ईश्वर का साया है।
अगर तू ही घबरा गया तो, दूसरे जीवों का क्या होगा।
स्वयं सुरक्षित रहकर, दूसरों को भी सुरक्षित रख।
यही तेरा कर्तव्य है, यही तेरा कर्तव्य है।
इंसान तू निराश ना हो जिंदगी अभी बाकी है।
यह मुश्किल वक्त है, आया है चला जाएगा।
ऐसे कितने मुश्किल वक्त आए , जब तूनें इनका डटकर सामना किया।
फिर आज तू क्यूँ घबरा रहा, तेरे ऊपर तो ईश्वर का साया है।
तू यह क्यूँ भूल रहा, मानव रूप में ईश्वर आज भी तेरे साथ है।
चाहे वो डॉक्टर हो या फिर पुलिस वाले हो।
तेरे साथ तो ईश्वर आज भी मानव रूप में घूम रहा।

-Ms. Sangeeta Singh
Hindi Educator

"Birth be my LUCK"



Birth be my LUCK

Childhood be my MEMORIES

Teenage be my AIM

Youth be my LOVE

Adult be my HAPPINESS

Marriage be my DESTINY

Children be my LIFE

Retirement be my PERSEVERANCE

Old age be my CHILDHOOD

Senescence be my GOD.

-Ms. Dhvani Chavan

Science and English Educator

"HAPPINESS"



"Being happy with yourself is the best kind of happiness"

Happiness is something which we can't describe in words. It can only be felt from someone's expression of a smile. It is a signal or identification of a good and prosperous life. The reason why there is so little happiness in the world is dependency. Happiness is not dependent on 'anything' or 'anyone' or found 'anywhere'. We keep delaying our happiness until things are just right in our life. We think we will be happy in the future and then wonder why we are not happy now.

Happiness is only possible when we are able to accept everyone as they are, at every moment, in every situation. That means an end to judging or resisting others, an end to complaining and blaming, an end to criticizing and controlling and an end to competing with anyone. True happiness comes from within yourself. It is basically a state of mind. we can't buy happiness with money and there is no other shortcut to happiness. It is something that you feel from within.

Actually, it is an internal feeling. It is a healthy emotion that helps us to stay fit both mentally and physically. It helps in lowering stress and keeping away from any health issues. The reason for happiness may be different for different people. You just need to find out what actually makes you happy. So, "if you want real happiness in life then, you need to understand that only you can make yourself happy".

-Ms. Dalee Yadav

Computer Educator



“Positive Attitude in Students”

Humanity is going through unprecedented times. The lockdown due to Coronavirus pandemic along with the uncertainty and ambiguity can have a negative impact on one’s mental state.

If you are feeling afraid, you’re not alone. That’s a natural response. There is a lot going on and there are incredible changes happening all around. A kind of fear is what most of us feel. Despite all of these, keeping a positive mindset can go a long way in managing through the difficult times. Let all of us have an attitude that looks for positivity and tries to be optimistic which can help to filter out some of the constant barrage of bad or discouraging news — the figures of the disease and how it’s growing, etc.

Holding onto that positive attitude can help to center on things that provide us with what one needs to make it through this day. It’s really important these days. Below are some of the points for staying well during these stressful periods which can be adopted to lead a normal life during the prevailing situation.

- Maintain routines as much as possible. Whether you are at home or participating in online learning from some relatives’ place, try to maintain your typical schedule throughout the day.*
- Practice healthy habits and the kind of self-care that most benefit you. Getting a healthy amount of sleep, eating well, and moving or exercising regularly.*
- Avoid crowds — but stay connected. School closures can mean you might find yourself distanced from the people you would normally see in the school. If so, make an effort to stay connected through social media, e-mail, texting and video calls. Take advantage of new opportunities available to see friends and loved ones close-by virtually.*
- Seek news only from reliable sources, and only in short stints. Often, these days, we find ourselves over-consuming news and updates. Try not to become absorbed in the coverage for long periods of time, and find opportunities to appropriately disconnect.*
- Take breaks to ease your mind and distract yourself when you start to worry. Play a game. Watch a movie. Take a yoga class. Try some meditation. Start writing. Reading a book helps a lot. Try your hands in any art or craft. Help your parents in doing the household chores together, cooking, baking, gardening, etc. The few things mentioned will help in keeping you engaged throughout the day.*

Finally, if you are feeling down due to what is happening around you, you can always have a chat with your parents, friends and more importantly your teachers.

-Sonali Bakshi

Science and Math Educator

"MENTAL STRENGTH"



Physical strength receives a lot of attention, which is fine, however; the fact that we require a healthy body along with a sound and happy mind can't be given less importance. It is rightly said, "A healthy mind is a healthy body". It is a stereotype that absence of any mental disorder means that the person is mentally fit. This is dangerous misconception.

There are various ways to improve mental strength. Meditation proves to be the best to do the same according to various researches, however; it might not work for a few who are immensely distracted and finding it really hard to even close their eyes. Since we are aware of the fact that personalities of people are different and no one person is the same as another, the ways of attaining mental strength would be different based on different personalities. Mental strength comes from within. No matter how much external help we ask for, we can only progress when we have a determination in us.

"Me Time", is an under-utilized term. Whereas; it is one of the best ways of getting that fresh cold air smashing on your face in a world full of chaos. Introspection and finding a piece of paper where we can acknowledge our feelings and thought process, even if not accepted by the society and our dear ones, gives a sense of calm and self-acceptance.

Mental strength is about our habits; and not sheer motivation. Will power comes and goes in a fraction of second sometimes, but the habits developed over days, months, years don't simply fade away so easily.

The essence is in building a habit and trying our best to stick to those habits while overcoming the challenges and distractions over and over again.

We don't appreciate ourselves often in this crazy world where everyone is in a hurry to run and grab the first seat. Let's take a moment and pat our own backs for being able to make it where we are right now. Self-acceptance and self-love will keep us sane and fit mentally.

"You have been criticizing yourself for years, and it hasn't worked. Try approving of yourself and see what happens." (by Louise L. Hay)

*-Ms. Anshupa Swarupa
English and Social Science Educator*

The Pursuit of Happiness



Once upon a time there lived a princess named Elena, she lived in a huge castle as a home. She had all the luxury of World, chefs from all over the globe to make delicacies of her choice. Maids to take care of her daily needs from waking-up to going to sleep. She had a wardrobe the size of a palace where she had beautiful soft silk clothes of every possible colour with gorgeous and comfortable shoes of every type and design matching. But even though she had every-thing at her fingertips she never found happiness in any of them. Saddened and angry with everything and everyone she one night sneaked out of her castle disguising as a beggar to search for real happiness in her kingdom.

Walking all night on her foot she becomes tired and weak. Hungry and disdain by the travel she sat down under a huge tree to take a breath. There a farmer saw her sitting and went up to her and asked will she like to have some water as she looked tired and sleep deprived. Princess Elena gratefully accepted the offer. The farmer then invited her to his humble abode where he can offer her some food and a place to rest before her onward hard journey on foot, understanding that the farmer didn't recognize the princess she went with him in his small hut as a home. There she was greeted by the wife of the farmer with a warm smile. She offered Princess Elena a vegetable stew. "It's delicious" said Princess Elena that never in her life had she tasted such a delicious soup, when the farmer's wife politely thanked her and said, "it's just your tiredness made my simple soup sweeter". Then Elena was introduced to the daughters and sons of the farmer who were waiting eagerly to be introduced to the new guest at home. The eldest sister offered her some cold water to wash her face and hands, and then the second sister offered her a clean set of simple cotton cloth to change into as her clothes were all dirty due to the travel. All the children started playing different games in the small hut with Elena, by which she never realized how the time flew by.

After a full day of fun, game, food and laughter she realized that now it's time to say good-bye to her new friends. With teary eyes and heavy heart when Elena got ready to leave, the farmer presented her a basket full of apples as a parting souvenir for the remembrance and the journey to the Princess.

While the journey back home did Elena had a smile in her lips and a heart full of memories that taught her that her mistake was that she was trying to find happiness in the materials of comfort she had in her palace whereas the real pleasure lied somewhere else. It's with her Queen mother's tender touch that brought her real peace, her annoying little prince brother's silly games which made her laugh. Her cousins, friends and family were her actual treasure than anything else. It's not the ultimate result, but the pursuit of happiness is what brings one the real happiness and joy of life.

- Ms. Punam Guha Roy
Maths and Science Educator

અમૃત મંથન



સૌથી પહેલા તો મન પ્રસન્ન રાખવા અકારણ પણ હંમેશા ચહેરા પર સ્મિત રાખવું જોઈએ. કોઈને પણ મળીએ તો સ્મિત સાથે જ... આ પણ એક રીત છે સકારાત્મક રહેવાની. પોતાના રોજીંદા જીવનમાંથી થોડો સમય પોતાની મનગમતી પ્રવૃત્તિ માટે ફાળવવો કારણ કે મનગમતી પ્રવૃત્તિ મનને પ્રકુલ્લિત કરે છે. સકારાત્મકતા આપણી અંદર લાવવા કોઈ એક નિયમ જીવનમાં જરૂર લો. નિયમથી તમારી અંદર શિસ્ત, નિયમિતતા જેવા ગુણોનો સંચાર થાય છે જે એક પ્રકારની સકારાત્મકતા જ છે.

આપણને જીવનમાં જે મળ્યું છે અને જે મળવાની અપેક્ષા આપણે રાખીએ છીએ તે બે વચ્ચે જો મોટું અંતર હોય તો આપણે દુઃખી થઈએ છીએ. ખૂબ સરસ મેળવવાની ઝંખના અથવા કાલ્પનિક ઉપલબ્ધિઓની અપેક્ષા આપણને જે મળ્યું છે તેને જોવાની ક્ષમતા નષ્ટ કરી દે છે.

ભય, ગુસ્સો, લાલચ, ઇર્ષ્યા જેવા નકારાત્મક ભાવો મનને સાંકડું બનાવી દે છે. જ્યારે પ્રેમ, સમજદારી, નમ્રતા, રમૂજ, ચમત્કાર વગેરેના ભાવો સકારાત્મક ભાવો છે અને તે મનની ક્ષિતિજોને વિસ્તારે છે, મનને વિશાળ બનાવે છે. ભવિષ્ય અજ્ઞાત હોય છે. પરંતુ તેના વિશે પણ આશાવાદી વલણ રાખો. જો ખુલ્લા મનથી જોવામાં આવે તો દરેક દિવસ આપણા માટે કાંઈક લઈને આવે છે. તેને જોવા માટેની દૃષ્ટિ કેળવવાની જરૂર હોય છે.

જીવનમાં તમને જે કાંઈ મળ્યું છે તેની ગણતરી કરો અને તે માટે ઇશ્વરનો આભાર માનો. કટોકટીભરી ક્ષણોમાં પણ ઇશ્વર પર શ્રદ્ધા રાખો અને તેના તરફ કૃતજ્ઞતાનો ભાવ રાખો. કૃતજ્ઞતાનો ભાવ એ અમૃતબિંદુ સમાન છે જે મનને હળવું અને આશાભર્યું બનાવે છે. જેવું મન હળવું બને કે તરત આસપાસની બાબતો સુખદ લાગવા માંડે છે. તમારા કામો યોગ્ય દિશામાં આગળ વધવા માંડે છે.

સકારાત્મક અભિગમ આપણને શ્રેષ્ઠ વ્યક્તિત્વ પ્રદાન કરે છે, સમૃદ્ધિ અને સફળતા પણ અપાવે છે... માટે જ સકારાત્મક રહો.... સુખી રહો.... સ્વસ્થ રહો...

સકારાત્મક વલણ માટે શું કરવું?

- મહેનત
- સકારાત્મક મિત્રો
- સ્વ આરોગ્ય
- નિયમિતતા
- સકારાત્મક વલણનો ફાયદો:
- હકારાત્મક વિચારવાળા લોકો મુશ્કેલીનું નિવારણ સરળતાથી શોધે છે.
- નકારાત્મક વિચારનારાની તુલનામાં સકારાત્મક લોકોની વચની શક્યતા 15% વધુ હોય છે.
- જીવનમાં દરેક તબક્કે સફળતા મળે છે.

‘‘બાબો અમને જિંદગી ની આગ મા,
આગ ને પણ ફેરવીશું અમે બાગ મા...’’

-Ms. Priyanka Patel
Mother Teacher LKG

“उम्मीद की किरण”



ठहर गई है जिंदगी,
रुक गई रेल गाडी, बस, हवाई जहाज़,
थम गई हर इंसान की चाल !
हो रहा है यह क्यों ?
यह समझ आए ना !
बस यह आस थी,
चाँद को छूने की,
मंगल पर पहुँचने की !
कहाँ गई वो आस ?
ए जिन्दगी, कुछ समझ आए ना !
बता गलती हुई कहाँ ?

ढूँढ रहा हूँ हर सवाल का जवाब!
बस आस न छोड़ना !
उम्मीद की किरण जगाये रखना !
उम्मीद है, एक दिन चलेंगे साथ फिर से !
बच्चे खेलेंगे, हम सब स्कूल चलेंगे फिर से !
हे ईश्वर, सदा कृपा बनाये रखना,
अपने बच्चों का साथ न छोड़ना,
उम्मीद की किरण जगाये रखना.....
उम्मीद की किरण जगाये रखना.....

-Ms. Rojalin Tripathi
Maths and Science Educator

“PEACEFUL MIND”

Success comes with failures, continuous efforts and countless struggles. Every successful person was once chasing one's own dreams. Every life in this beautiful Universe has ups and downs. I believe in the saying that MIND IS A VERY POWERFUL THING. It is always your biggest asset or your biggest liability. It all depends upon how you react to the situations or obstacles that are on your way.

Mental health is where you train your brain. If you train your mind towards positive sides of objectives then negative thoughts will never have their persuasions over you.

I believe that there are few factors affecting peaceful mind or rather to increase your mental ability, that one should be ready for:

- 1) Meditate or pray or just simply give yourself time.
- 2) Embrace the change.
- 3) Be kind and give respect to everyone. Help others to grow.
- 4) Stop Over thinking. Most of the time, it gives a negative impact on one's life.
- 5) Accept failure and learn from the mistakes.
- 6) Take risks.
- 7) Overcome your fears.
- 8) Surround yourself with people who motivate you, have belief in you and encourage you.
- 9) Set goal limits for yourself and push up limits gradually.
- 10) Ultimately you will find greater satisfaction in life.

-Ms. Amrin Tinwala
Mother Teacher-Nursery



संस्कृति हमारी



विश्व में गूंजेगी भारती हमारी
जो है सबसे अनोखी , वह है संस्कृति हमारी
हिम्मत के आगे , हर मुश्किल हमसे हारी
आसमाँ को छूने की , हम रखते है तैयारी
यही है संस्कृति हमारी.....
यही है संस्कृति हमारी.....
टूटे नहीं कभी , उगमगाये नहीं कभी
लक्ष्य को पाने की , हिम्मत टूटे नहीं कभी
फैलाये हर तरफ भारती हमारी
यही है संस्कृति हमारी
यही है संस्कृति हमारी

*Ms. Neha Singh
Music and Sanskrit Educator*

Positive Attitude



*Every day, think as you wake up.
Today I am fortunate to have woken up.
I am alive, I have a precious human life
I am not going to waste it
I am going to use it.
All my energies I will use to develop myself.
To extend my heart, out for others.
To achieve enlightenment for the benefits of others.
I am going to be kind
Which will help to relax my mind
I am not going to get angry
I am going to benefit others.
As Much as I Can.*

*Ms. Simpi Sharma
Admin Executive*

Positive Attitude



Buddha said, 'We are what we think.'

In today's fast-paced lives where one is constantly subjected to competition and even failure, it is imperative to have positive attitude in life to be able to cope with everyday challenges.

Having a positive attitude is not only desirable but is also required for happiness, health and success, it brings optimism and makes it easy to avoid worries and negative thinking. If positive attitude is adopted as a way of life, it brings constructive changes in our lives.

Positive attitude gives us a sense of hope which brings along new energy to do things and accomplish goals with constructive and creative thinking. Positive thinking also gives us the strength to not to give up and inspires us to encounter obstacles and chase our dreams, despite the defeat, to be ultimately successful. It increases our faith in our own ability and brings hope for a brighter future and thus increases our happiness and confidence. It results in a healthy mind and body. A lot of what we eat is connected to what we think. Therefore, positive thinking not only leads to a healthy mind but also leads to a balanced lifestyle. It is true that the journey of our life begins in our minds. Our mind is a garden where we need to sow seeds of positivity and optimism to allow us to live a more fruitful and meaningful life.

*-Ms. Nishtha Yadav
Mother Teacher LKG*

"Happiness"



Today the whole World is talking about Health and Safety, during this Pandemic (Covid-19) period, the world is paused to certain extent. We need to focus on our mental health, peace of mind, positivity and Happiness. So, today I am going to write about the most important aspect of our life that is "Happiness".

The term happiness is used in the context of mental or emotional states, including positive or pleasant emotions vary from cheerful to intense joy.

Through good food and nutrition, we can make our body healthy. Through medicines, precautions and with some medical equipment we can stay safe too, but no one is responsible for your happiness, except YOU yourself. Your happiness will not come to you. It can only come from you. Yoga – Meditation, Exercises - are a source of happiness. At times of anxiety, practice breathing slowly for a few minutes. Try and distance the thoughts that are making you anxious. Think of something calm and peaceful, and slow down your mind. Whenever, feeling angry and irritated- calming your mind, counting back from 10 to 1, distracting yourself helps.

We can improve our mood by focusing on the small things that bring happiness to us each day. Keeping your mobile phone away, or self- imposing screen free time, can help us to balance the negativity with the benefits social media brings. At the end of this article, I only want to say- "Success is not the key to happiness. Happiness is the key to Success."

*- Ms. Rajalakshmi Vaishnav
Mother Teacher-LKG*

Positive Attitude



Attitude is a mental position relative to a way of thinking or being; a learning toward that which you believe. So, today I am going to write about one of the most important aspect of our life that is "Positive Attitude". Positive attitude helps to cope more easily with the daily affairs of life. It brings optimism into your life, and makes it easier to avoid worry and negative thinking. If you adopt it as a way of life, it will bring constructive changes into your life, and makes them happier, brighter and more successful. It is a mental attitude that sees the bright side of life.

People with a positive frame of mind think about possibilities, growth, expansion and success. They expect happiness, health, love and good relationships. They think in terms of 'I can, 'I am able' and 'I will succeed'.

Positive thinking people are not daunted by failures and obstacles. If things don't turn out well or as expected, they will try again. At the end of this article, I only want to say- "Keep your face always toward the sunshine – and shadows will fall behind you".

*-Ms. Nidhi Sharma
Mother Teacher LKG*

Nurturing and Building the Mental Strength



Children are like buds in a garden and should be carefully and lovingly nurtured, as they are the future of the nation & the citizens of tomorrow. No subject is of greater importance than that of education. AISV is continuously working in this direction by providing value based education with positive attitude and laying special emphasis on Character Building, Mental Strength and upholding high Moral Values by creating a positive and supportive environment for learning. I am sure that our school would continue to make a significant contribution in educating the students in such a manner that they will always feel safe, noticed and would face the future challenges boldly in their life.

*-Ms. Punam Patel
Mother Teacher UKG*

Happiness



Happiness....Its the BEST feeling in the world.Its a state of mind,emotion,feeling which keeps motivating us to do our best in what we are good at.For some, happiness comes from the worldly pleasures it brings with it and for some, it's just a hug away.We have forgotten the real meaning of "HAPPINESS".The best part about happiness is that we can be the giver and the receiver at the sametime.For eg:if we share our food with someone needy it not only brings joy in the persons life to whom we are sharing our food,but also it brings immense joy in our life too.Having food alone is so boring,when it can be enjoyed with a great conversation with someone known or unknown.Happiness should be enjoined with family and friends,this will add more joy and fun to their lives with whom you are associated.

We should try to find happiness in small things rather in big things. Like in the morning the first thing we should do is to make our bed,so by doing that if we had a bad day also we would be happy to see our comforting and welcoming bed awaiting us when we go back home. By finding happiness by doing small things,we will value the small things and will not have to the crib about those big things which make us sad.Through sheer hardwork,honesty and faith in God we can get closer to happiness.We should be content and not be greedy to achieve internal happiness.You need to make the right choices to keep yourself as well as your family happy.Its not rocket science,however it's not complicated too.We just need to know our potentials and put it in the right direction and happiness will be at your door step.It should be shared with others whole heartedly without any expectations.

Happiness is willingness to do what you believe in and not in what others want you to believe. Start your day with a positive attitude and end it on a positive note.Dont keep any grudges for tomorrow,coz tomorrow might not come for some,so live in the moment and be happy and make others happy too.Say sorry when you are wrong ,Say thank you,when you see gratitude,Be human and sensitive towards others.Put yourself in others shoes before you hurt them too bad.Dont underestimate others instead give them chance to show their potential.Listen and be heard. Lastly surrender to God before going to bed for everything and pray for a better Tomorrow.

*-Ms. Ajita Singh
Admin Executive*

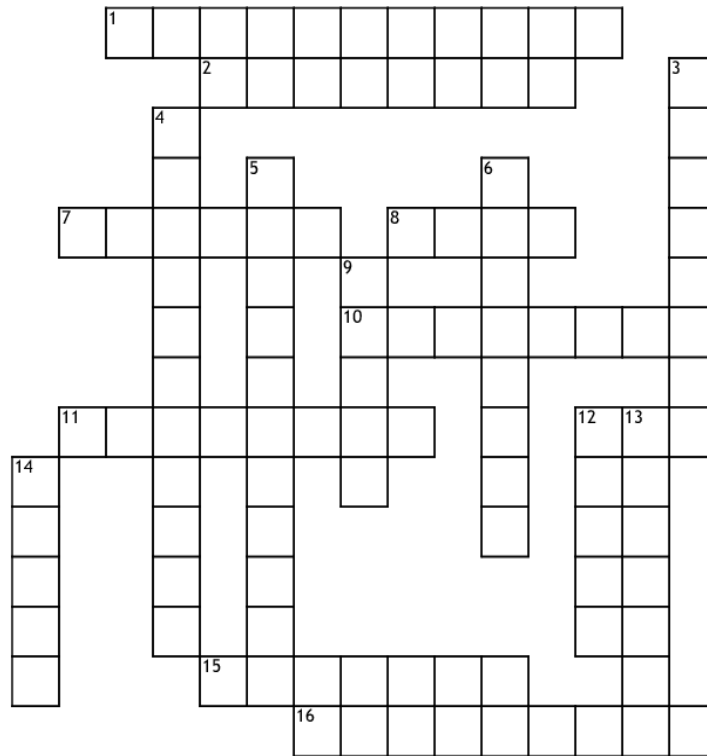


PHOTO GALLERY



GAME ZONE

Attitude of Happiness/Spirit of Optimism



Across

1. Try handing out _____.
2. In all of living, have much fun and _____.
7. The _____ is good news.
8. Life is _____.
10. Cultivate an _____ of happiness.
11. _____ comes with repentance.
15. _____ in yourself.
16. Disobedience never was _____.

Down

3. _____ do not achieve.
4. Don't get _____.
5. Every individual is _____ for his own happiness.
6. Look to the _____.
9. Let our _____ replace our fears.
12. The trick is to _____ the Lord for letting you have the ride.
13. We live in the _____ of times.
14. _____ your blessings.

AMICIAN STUDENTS' ZONE

I CAN WRITE AN ARTICLE/POEM ON Cherish Humanity, before it Perish/Economy and India. Effects of pandemic on economy. This Pandemic has taught me, COVID-19 is a boon or blessing. (ENGLISH, HINDI, GUJARATI)



Mission statement

To nurture the young one in creating the most valued and respected human capital by becoming

- Pragmatic
 - Proactive and
 - Adaptive
- to a worldly educational scenario.

Come walk with me on my road to success!!!