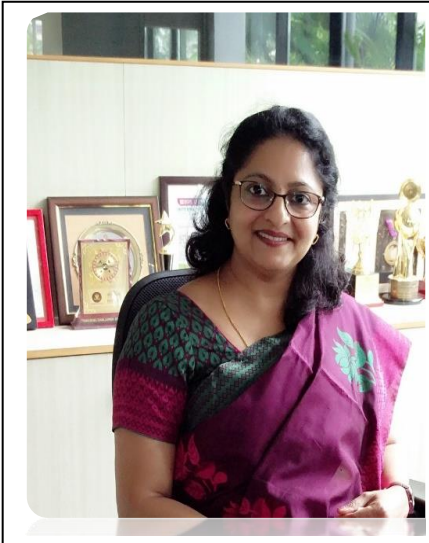




November 2018



Dear Parents and Well Wishers,
Greetings!

As we come to the end of yet another beautiful year, let's be grateful to all who mean a lot to us and for all the memories that we have created this year. Gratitude isn't just about what it can do for oneself, it's also a powerful tool that can impact the people we interact with. Gratitude in Hebrew is actually two words, Hakarat (recognising) HaTov (the good), recognising the numerous blessings and wonders that constantly surround us.

Gratitude should not be just a reaction to getting what one wants, but a heartfelt gratitude, when one notices the little things and looks for the good in all situations. Gratitude transforms our thoughts from -

"I have less" to "I have plenty!".

"I am sad" to "I am so happy!".

Gratitude is like flowing water and knows no boundaries. Gratitude towards one flows to many more, transforming one's perception towards life. We cannot choose our situations, but we can choose our attitude. It is easy to practice gratitude during the good times, but that ease can disappear during our difficult times. And, when we choose to focus on the good, the universe listens and responds by providing us with more things to be grateful for. Research has shown surprising life improvements that can stem from the practice of gratitude. It strengthens relationships, improves health and reduces stress.

Gratitude is contagious and when accompanied by humility outshines all other emotions. That's the magic of gratitude.

Be Happy and Be Grateful! Wish you all a Merry Christmas!

"Thankfulness is the beginning of gratitude. Gratitude is the completion of thankfulness. Thankfulness may consist merely of words. Gratitude is shown in acts"

- Henri Frederic

Amiel

HIGHLIGHTS OF THE MONTH

Talent Congratulations and Wishing many more years of success.



All India Open Karate Championship 2018

Sambhavi of Class IV, secured 3rd Place
Dhruv of Class II, secured 2nd Place
Bhuvan of Class V, secured 1st Place

National Level Abacus Competition 2018

Rishika of Class II, secured 1st Place
Siddarth of Class I, secured 3rd Place

Prayag Sangeeth Samithi, Allahabad.

Samruddhi of Class VIII has secured First Class with Distinction in both Practical and Theory.



Sky Watching



Kannada Rajyotsava



Chennai - Pondicherry Trip



Kindergarten - Proud Parents' Day



With Warm Regards
Principal
School Of India