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### **INCULCATING RESILIENCE**

***“The strongest oak of the forest is not the one that is protected from the storm and hidden from the sun. It’s the one that stands in the open where it is compelled to struggle for its existence against the winds and rains and the scorching sun.”***

~ Napoleon Hill

Dear Parent,

As parents and educators, we have all faced an uphill battle to preserve the physical, mental and behavioural health of our children during the tumultuous years of the pandemic. We have made arduous efforts to ensure that our children retain a sense of hope, optimism and wonderment towards life.

In the process, however, children have been pampered and indulged to a degree, that it has made their readjustment to the outside world a challenging endeavour. Since, all their desires and demands were fulfilled with promptness and alacrity, children no longer possess the vital values of independence and individuality. We must therefore take proactive steps to instil essential life skills such as resilience, cooperation, negotiation and self-management in children.

### **Adversities provide us the impetus to hone ourselves, brave all odds and defeat the obstacles that stand in our way**

Instead of providing the child a blanket of security in all situations, as primary caregiver, let your child experience hardships so they can channelise the inner reservoir of strength and courage that they innately possess. While we and our elders were undergoing a period of growth and maturity, we found our way through bumpy pathways, becoming more spirited and determined through the ordeals we faced. Time spent amidst nature was healing balm to the soul. It familiarised us not only with the world around but also with our own true selves.

### **Basking under the iridescent rays of the sun imbues us with multifarious benefits**

It has been observed during dispersal that learners as well as respective parents find it inconvenient to wait under the sun. We should remember that our children must be equipped with the stamina, vigour and fortitude to endure harsh situations. The best of athletes toil in unrelenting heat, with temperatures soaring as high as 47 degree celsius, and go on to win glorious feats at national

and international platforms. As is often said, it is only the test of fire that makes fine steel. Dealing with gruelling challenges helps refine our body, mind and spirit. Furthermore, since our children remain confined to air-conditioned spaces, they are often found to be suffering from low immunity and deficiency of Vitamin D. Adequate exposure to the sun and natural weather conditions acclimatizes them to their environment and furnishes them with essential nutrients, imparting invaluable health benefits.

### **Prioritising the safety and security of learners**

As learners find their ground in the bustling school environment after a prolonged hiatus, it shall take some time for them to aptly recognise their teachers and fall into the habit of following instructions precisely and accurately. Moreover, learners find it difficult to cope with different guardians and van drivers picking them up after school. The institution is taking painstaking efforts to ensure the safe dispersal of over 3000 students, with all protocols in place. Teachers are trying their best to hand over children to their respective parents with utmost caution and circumspection. The security of children is of utmost priority to us and we are willing to take all necessary measures to safeguard our students.

All our endeavours are geared towards facilitating the holistic growth of children in an environment that is joyful, exuberant and congenial to their cognitive, physiological and socio-emotional advancement. As Confucius said, "A gem cannot be polished without friction, nor man perfected without trials". Allowing children to face the storms of life shall prepare them for a rewarding and bright future ahead. With your support and cooperation, we shall be able to achieve this lofty goal with unparalleled success.

Warm Regards

**Suruchi Gandhi**  
**Principal**