

Dear Students,

Greetings from your Principal. How are you? I hope all is well at your end and with your family members.

I am sure you are missing the school as I am missing you equally. School is not a school without the students. But be sure that you are fondly remembered in my prayers and pray for you daily. Keep yourself in good health both mentally and physically. I hope you can attend daily online classes and understand the concept of each lesson in various subjects. There are a few students who are not joining the online class. I am concerned about your welfare. Remember by attending daily class you will learn much better than you read the lessons on your own.

You are all set to revise for the coming exams. Be sure you prepare well. Some of you may have recourse to cheating and malpractices. It is my earnest request not to indulge in them. If you work hard, you will have good results. Life is not a bed of roses. There are always thorns hurting us in many ways. What is important is that you learn to handle it maturely.

Here below are some of the points to help you how to prepare well for your exams.

1. Train your brain to concentrate. Focus on one thing for a few seconds or minutes.
2. Improve your sleep habits. Have good long hours of sleep not less than 7 hours daily.
3. Make time for exercise. Break the monotony of life. Take small breaks.
4. Spend time in nature. Look at the flower or any creatures around and observe them without getting distracted.
5. Give meditation a try. You have learnt a lot of mudras. Put them to use and spend at least 10 minutes of the day in meditation.
6. Listen to music and soothe yourselves.

To be successful people, we need to be honest. Honesty is not just about telling the truth. Honesty promotes openness, empowers us and enables us to develop consistency in how we present the facts. Honesty sharpens our perception and allows us to observe everything around us with clarity.

I take this opportunity to request you to pay the Tuitions fees till October without fail before the exams. Probably, due to oversight have not paid in time. Gently remind them to do the needful at the earliest. Thanks to those who have paid already. Stay blessed. I wish you all the best in your forthcoming Term One Exams.

With warm regards,
Maria Swati a.c.

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