



SEPTEMBER 2019



“Grateful living is important in the world because in our constant pursuit of more and better we can easily lose sight of the riches that lay right in front of us and within us. ~ Guri Mehta.”

Dear Parents,

An expression of appreciation to what life and the world around has given, is a positive emotion that motivates and brings in happiness and peace within oneself and in turn radiates out to others. 'Gratitude' is thus strongly associated with greater happiness. Research by UC Davis psychologist Robert Emmons, author of "Thanks! How the New Science of Gratitude Can Make You Happier", shows that simply keeping a gratitude journal- regularly writing brief reflections on moments for which we are thankful can significantly increase well-being and life satisfaction.

The poem below talks on how we need to be thankful of every situation that life presents us, as these situations bring the better in us.

Be Thankful

Be Thankful that you don't already have everything you desire.

If you did, what would there be to look forward to?

Be Thankful when you don't know something,

for it gives you the opportunity to learn.

Be Thankful for the difficult times.

During those times you grow.

Be Thankful for your limitations,

because they give you opportunities for improvement.

Be Thankful for each new challenge,

because it will build your strength and character.

Be Thankful for your mistakes.

They will teach you valuable lessons.

Be Thankful when you're tired and weary,

because it means you've made a difference.

It's easy to be thankful for the good things.

A life of rich fulfilment comes to those who

are also thankful for the setbacks.

Gratitude can turn a negative into a positive.

Find a way to be thankful for your troubles,

and they can become your blessings.

Warm regards,

Udaya Rajesh

August - Event Highlights

Achievements



School Of India Football team won against Podar International School, 1-0 in U14 category. The Inter school football tournament was hosted by Global Indian International School.



U-16 KSCA 3rd division

School Of India won the match against St. Claret School

Independence Day Celebrations



Silicon Spectrum (Inter School Science fest) 2019

SCIENCE SUPER HEROES: Second Prize - Yuvaan Jain, Class IV

MIME SHOW : Second Prize - Mahi Mittal, Adrita Ganguly, Ashmita Datta and Siddarth G - Class IX

Quiz: Third Prize - Abhinav P Nair, Class VII and Vihaan, Class VI

SCIENCE EXHIBITION: Third Prize - Rachna and Vaishnavi Vipin, Class IX



Pre-Primary Activities

KRISHNA JANMASHTAMI – PRE PRIMARY

