



Birla Vidya Mandir, Nainital
(Sarala Birla Group of Schools)

Dear Parents and Learners

We; your extended family, hope in the foremost that this message would find you all hale and healthy. Developments of the past month are showing that a combination of top-down and bottom-up initiatives works better in tackling as complex and fast-changing a target as containing the pandemic fallout. The times are indeed the toughest and the future of the entire world is nothing but a big question mark. But do you know what the best talent of human being and humanity is-

“We find out some learning, positivity and an unforgettable lesson in everything and we learn to fight back better”.

This man- made pandemic is shining and showing an uncomfortable light on the fissure in society, and showing that **empathy** and **collaboration** are key in the journey ahead. Addressing our students concerns over multiple issues is our priority. There is a sense, as a society, we are not reaching deep within ourselves to help the truly down and out. How greatly the world has shrunken; has become much smaller but our perceptions and positivity have to be manifold.

It is the time of global health crisis and we hope that you must be teaching and telling our most valued learners the importance of hygiene. It is however critical to ensure that our students don't lose confidence and for that reason, dear parents, we request you to develop in them **resilience** and **positivity**.

Help them to build **on gratitude, faith, a rhythmic and productive daily routine** and don't let them miss out on **positivity** and the **universal power of positive thoughts**.

Since the demand of time is not only the academic focus but also to develop them in to an individual who is ready to face even the worst of times, an individual who will not be seeped by negativity but will fight back and rise above all misfortunes and hurdles and above all an individual who will play a vital role in this ever-changing world and will be highly positively responsive of man-made or natural disasters, that god forbid, but would come ahead.

Keeping it in mind, **Birla Vidya Mandir is going to organize online, live sessions;**

“SPEAK THE HEART, UNPUZZLE THE MIND: A SERIES (Teacher-taught live interaction platform). We look forward to all the queries/issues/problems/questions/puzzling thoughts that our kids must be going through.



A time-table for the same has been formulated and posted on the school's website (<http://birlavidyamandir.com/classroom.asp>). It contains the information about:

- ✓ **Days and timings of the session**
- ✓ **Resource person (Name and contact details)**

Sign in to Google Classroom using -----@birlavidyamandir.com id to join the live sessions.

WHAT WE TARGET:

- ❖ **Stopping the learners from ruminating on a stressful event- by offering an open platform, where they can speak their heart out.**
- ❖ **Sharing how mindfulness is a realistic tool and how they could use it.**
- ❖ **Listening to their worries and providing them instant solution/s to it.**
- ❖ **Re-focusing them from 'obsessed over being happy' to 'being happy'.**
- ❖ **Helping them to draft a daily journal of their 'little but important' daily achievements and providing them with a direction for more productive use of time.**
- ❖ **Discussing with them how to create a balance with social media consumption.**

The students are free to ask anything that is or not related with academics. If a learner wishes to talk 'in-person' with the resource person may call on the given number. The calling time will be mentioned in the time-table.

Communication is the key to everything that makes a heart heavy and a mind puzzled and once dented right it provide a solace and a right direction to follow. You are the most important part of our lives, dear learners. We can't ensure a happy and calm future, but we definitely ensure that we will shape an individual in you who will deal with whatever comes ahead with great determination and never-dying zeal. A warrior of all times.

Best wishes!

Anil K. Sharma
(Principal)