

# OUR SCHOOL MOTTO



## "CHARDIKALA"

The motto expresses the ethos of the school.

**'To be cheerful in sorrow, to be hopeful in despair.'**

High spirits. High morale.

High inspirations. High aspirations.

Striving for higher goals. Striving for higher realms.

Striving for higher avenues. Striving for higher dreams.

State of forgiveness. State of fearlessness.

State of contemplation. State of bliss.

Path of determination. Path of positivity.

Path of progress. Path of victory.

**Always to be**

**IN 'HIGH SPIRITS', 'EVER PROGRESSIVE',**

**'FORWARD LOOKING', 'ALWAYS EVOLVING'**





## HEALTH AND HAPPINESS CURRICULUM



**"HAPPINESS IS THE ULTIMATE GOAL OF EVERYONE'S LIFE"**

The School aims to create healthy, happy, mindful and responsible individuals. For this purpose, there is Health and Happiness class every day for the students where teachers facilitate in building their resilience, mental well-being, self-esteem, social sensitivity, communication skills & enhanced ability to lead a socially productive life.

Good health and happiness are prerequisite for children to continue their learning process efficiently.

Health and Happiness refer to the physical, mental, social, emotional and spiritual well-being of an individual.

Healthy and Happy learners learn better, while poor health can have a detrimental effect on school attendance and overall academic performance.

Health and Happiness program in the school focuses on enhancing life skills and promoting responsible and healthy behaviour among students.

