

CLASS VI-VIII

JOIN US FOR A SPLENDID SATURDAY

21st NOVEMBER, 2020

REPORT ONLINE ASSEMBLY

NO PAIN NO GAIN- THE WINGS OF ENLIGHTENMENT ARE BORN OUT OF PATIENCE AND STRUGGLE

**PAIN IS A GIFT. INSTEAD OF AVOIDING IT,
LEARN TO EMBRACE IT. WITHOUT PAIN
THERE IS NO GROWTH.**

LORD BUDDHA



*Pain is inevitable.
Suffering is optional.*

CLASS VI & VII
TAKE AWAY FOR THIS WEEK

Anything that we get in life without pain is not real success. The famous saying “No Pain, No Gain” was delivered to the students in today’s assembly. When it comes to life’s obstacles or exams, only our hard work helps to sail through, and get rid of the hurdles. Examples of butterfly, Milkha Singh and Mary com were discussed in the class. Audio - video links were shared to enrich our classroom discussion.

There is no such endeavor that comes without efforts. It is the pain we take inside and hard works we give outside that shows us the end results in life.

TAKE AWAY FOR THIS WEEK



The story of the butterfly

A man found a cocoon of a butterfly. One day a small opening appeared. He sat and watched the butterfly for several hours as it struggled to squeeze its body through the tiny hole. Then it stopped, as if it couldn't go further.

So the man decided to help the butterfly. He took a pair of scissors and snipped off the remaining bits of cocoon. The butterfly emerged easily but it had a swollen body and shriveled wings.

The man continued to watch it, expecting that any minute the wings would enlarge and expand enough to support the body. Nothing happened!

In fact the butterfly spent the rest of its life crawling around. It was never able to fly.

What the man in his haste did not understand was that the restricting cocoon was a way of forcing the wings into the wings so that for flight once that was achieved.

Without taking action, happiness will never come, no matter how long you wait. A life without peaks and valleys is a fairy tale. Reality is strict, because it is a test of how things.

This is the test it is his hardest things. Therefore, you should not allow obstacles to be bothered about to realize but rather welcome them as challenges and see them as opportunities to bring out successful yourselves.

It's story

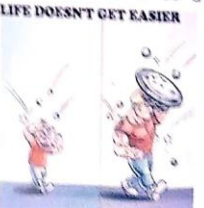
TIME

PEARLS OF WISDOM

There is no self-improvement without effort.

Without taking action, happiness will never come, no matter how long you wait. A life without peaks and valleys is a fairy tale. Reality is strict, because it is a test of how things.

This is the test it is his hardest things. Therefore, you should not allow obstacles to be bothered about to realize but rather welcome them as challenges and see them as opportunities to bring out successful yourselves.



LIFE DOESN'T GET EASIER

YOU JUST GET STRONGER!

(The Leaky Bucket)

Success is an iceberg

Resilience

Failure

Sacrifice

Disappointment

WHAT PEOPLE WANT ARE

Education

Hard work

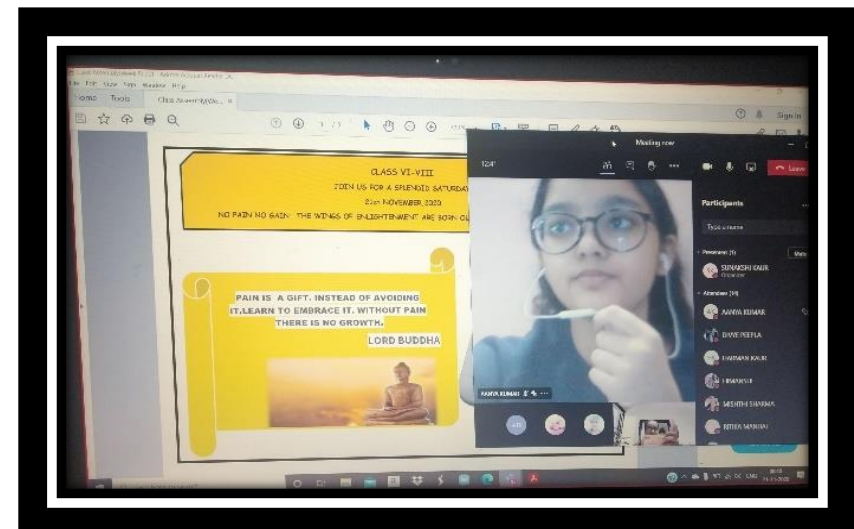
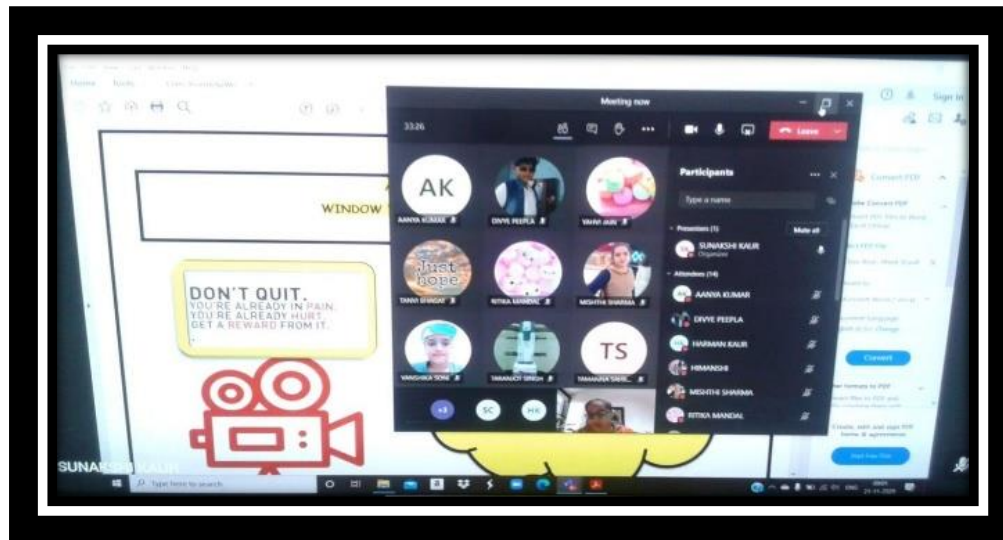
Good habits

Success!

CLASS VIII TAKE AWAY FOR THIS WEEK

No man has attained success without pain. It takes a lot of efforts to meet success. Great men have showed us the path to success is painful but always promising. The students proved this saying by their stories that nothing great and noble can be achieved without a good deal of effort, struggle and sacrifice.

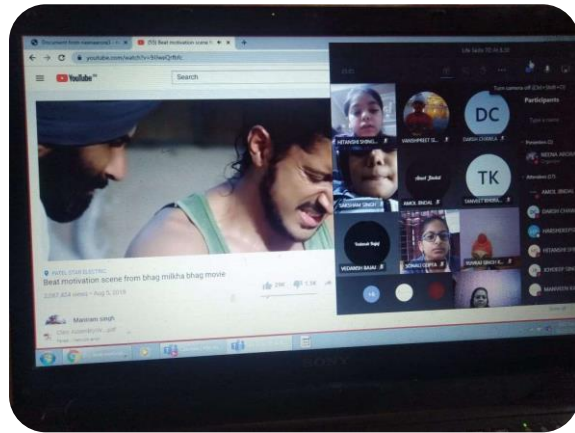
Anything that we get in life without pain is not real success. If we had heard the famous motto “No Pain, No Gain” we would have also known the results we can see out of hard work and the pain we take to reach success. Great men have showed us path to success is painful but always promising. If we are ready to overcome all the obstacles in front of us we can easily see the door to success. Even when it comes to our exams, only when we work hard to get good marks, we can score well. If we are not so serious about our life, there is no wonder we keep lagging in all walks of life. So, it is always better to accept pain to enjoy success.



AUDIO VISUAL AIDS

WINDOW TO THE WORLD OF WELLNESS

DON'T QUIT.
YOU'RE ALREADY IN **PAIN**.
YOU'RE ALREADY **HURT**.
GET A **REWARD** FROM IT.



ADVERSITY BRINGS WITH ITSELF THE LESSONS THAT NO SCHOOL CAN TEACH

MUNSHI PREM CHAND

NO PAIN, NO GAIN

definition

you have to work hard if you want to achieve something

example

I really hate studying, but I want to get into a great university. No pain, no gain.



No pain no gain

Sacrifice distractions – TV, whats' app, facebook etc.,

Disciplined approach of study

Be fresh during the time of exam – each day

Come out of fear

Reading / Analysing More

Systematic way of preparation

