



# THE BEACON

A MONTHLY NEWSLETTER

THIRD EDITION - OCTOBER/2023 (IX-XII)

*From the Director's desk*



Dear Students

It's time to fix your goals and set your sights on a brighter future. Your goals are like a roadmap that will guide you to success, so take some time to think about what you truly want to achieve in life. Here are some tips to help you get started:

**Be Specific:** Instead of vague goals like "I want to do well in school one should be specific and Say, "I want to achieve an A in my maths class this semester."

**Make Them Achievable:** Set goals that are realistic and attainable. It's great to dream big, but make sure your goals are within your reach.

**Set your Deadlines:** Attach a timeline to your goals. This will create a sense of urgency and motivate you to work towards them.

**Break It Down:** Macro goals can be overwhelming. Break them into smaller, manageable steps. This way, you can track your progress more easily.

**Stay Focused:** Avoid getting distracted by other people's goals or the latest trends. Your goals should reflect your passions and aspirations.

**Stay Committed:** Achieving your goals often requires hard work and dedication. Stay committed, even when things get tough.

**Seek Support:** Don't be afraid to seek help and guidance from teachers, mentors, or peers who can support you in your journey.

**Track Your Progress:** Regularly assess how you're doing with your goals. Adjust them if necessary and celebrate your achievements along the way.

Remember, your goals can change and evolve as you do, so don't be afraid to adjust them if needed. Stay motivated and persistent, and you'll excel in your field.

Best of luck for your future endeavors!

Sincerely

**Hemant Saini**  
Director, Marketing & HR

*From the Principal's desk***Dear Students, Parents, and Teachers**

It is with great pleasure that I address you today on the vital subject of values and their significance in our lives. Values are the guiding principles that shape our character, influence our decisions, and ultimately determine the kind of people we become. They are the moral compass that helps us to navigate the complexities of life. As we educate and nurture the future generation, it is essential that we emphasize the importance of values.

Here are some key reasons why values hold a crucial place in our lives:

**Ethical Compass:** Values serve as our ethical compass, guiding us in distinguishing between right and wrong. They help us making morally sound decisions, fostering a sense of integrity and honesty.

**Personal Development:** Values play a pivotal role in personal development. When we align our actions with our values, we experience a profound sense of purpose and fulfilment. This alignment propels our growth as individuals.

**Building Relationships:** Values are the foundation of healthy and meaningful relationships. They enable us to connect with others on a deeper level, fostering trust, empathy, and respect.

**Conflict Resolution:** When conflicts arise, our values provide a framework for resolving differences in a respectful and constructive manner. They help us find common ground and maintain harmony in our personal and professional lives.

**Decision-Making:** Values simplify the decision-making process. When we are clear about our core values, we can make choices that align with our beliefs and long-term goals.

**Community and Society:** Values are not only personal but also have a collective impact. Communities and societies built on shared values tend to be more cohesive, resilient, and just.

**Resilience:** In challenging times, our values can provide us with the strength and motivation to persevere. They offer a sense of stability and purpose even in the face of adversity.

**Role Modeling:** As educators and parents, it is crucial that we embody and instill positive values in our children and students. Our actions and words are powerful models for the values we wish to impart.

**Global Citizenship:** In a rapidly changing world, values like empathy, tolerance, and environmental consciousness are essential for global citizenship. They enable us to understand and contribute to the broader human experience.

In conclusion, values are the bedrock upon which our lives are built. They are not a mere list of abstract ideas but are principles that guide our everyday actions and interactions. As we nurture the next generation, let us prioritize values education, emphasizing their importance and application in real-life situations. In doing so, we can equip our children and students to lead lives of purpose, compassion, and integrity, ultimately contributing to a more harmonious and just society.

Thank you for your attention and commitment to fostering values in our educational community.

Sincerely

**Anil Mukhija**

Principal



# NDA WRITTEN EXAM QUALIFIERS CELEBRATION

On the auspicious occasion of Gandhi Jayanti and Lal Bahadur Shastri Jayanti, Raj International School organized a grand felicitation ceremony for the NDA Written Examination 2023 qualifiers. All the esteemed dignitaries, including Chairman Mr. Rajinder Saini, Directors Naveen Saini, Jitender Saini, and Hemant Saini, the Principal Anil Mukhija, as well as the RIS valued teachers and students, congratulated the five achievers: Sagar Bisht, Naman, Manjeet, Vandana Sharma, and Swati Yadav.

Everyone celebrated this achievement with great zest. The RIS Management honored these students along with their parents with pride for their amazing achievements.

Recognition to Teachers the Chairman of RIS, the Academic Director, and the Principal also congratulated and honored the NDA coaching faculty for their unconditional support and hard work.

## A Meeting of Minds: PTM for Grades IX to XII

Raj International School organized a Parents-Teacher Meeting (PTM) for Grades IX to XII to keep parents updated about their child's academic and overall performance in the Half Yearly Examination and Minor Tests. It is crucial for parents to be involved in their child's learning process along with teachers.

## Felicitation 1st Term, Celebrated Student's Success

The toppers of all classes in the 1st Term were felicitated with certificates for their academic excellence. Parents shared their valuable experiences and appreciated the efforts of the school faculty. The Chief Guest, Dr. Naresh Kaushik, Principal of Bawal Agriculture University, along with the school Chairman Mr. Rajinder Saini, Academic Directors Naveen Saini, Jitender Saini, and Hemant Saini, and the Principal Anil Mukhija, rewarded all the position holders on stage and encouraged everyone with their words of wisdom. All of them congratulated the position holders and wished them to continue their hard work.



# AMATEUR ENTREPRENEUR EXPO 2023

"COMMERCE IS THE EXCHANGE OF GOODS AND SERVICES  
THAT DRIVES ECONOMIES FORWARD."

Raj International School organized an "Amateur Entrepreneur Expo 2023" in its premises with great zest and pleasure. RAJians of grades IX to XII enthusiastically participated in the event, showcasing their innovative ideas and items for sale at over 30 stalls. The stalls displayed a variety of items, including street foods, hot and cold beverages, gift items, books, art and crafts, bakery items, Diwali décor, accessories, fun frames, stationery, household items, cosmetics, and much more.

The Chief Guest, Dr. Naresh Kaushik, along with the school Chairman Mr. Rajinder Saini, Directors Naveen Saini, Jitender Saini, Hemant Saini, and the Principal Anil Mukhija, congratulated all students on their remarkable presentations and skills. The special guests Dr. Naveen Piplani, Mohit Rewadi, and Dr. Kusum Yadav appreciated the efforts of the young entrepreneurs and guided them for future ventures.

Parents, teachers, and students enjoyed the event and shared valuable feedback.



# INTER-HOUSE BADMINTON COMPETITION

“BADMINTON IS LIKE BALLET DANCING. IT REQUIRES A LOT OF CONTROL, STRENGTH, MIND PLAY, AND MEASURED MOVEMENT.”

Raj International School organized an Inter-House Badminton Competition for students of grades XI and XII at the Raj Sports Academy on Tuesday, October 10, 2023. Players from the four houses, Arjuna, Abhimanyu, Eklavya, and Nachiketa, participated enthusiastically and played their best.

The competition was a thrilling event, with players of all skill levels showcasing their talent and passion for the game. The matches were closely contested, and the players demonstrated great sportsmanship and camaraderie throughout the tournament.

**Congratulations to all the Winners!!**

## Grade XI-XII Girls:

I Position - Archika

II Position - Samiksha

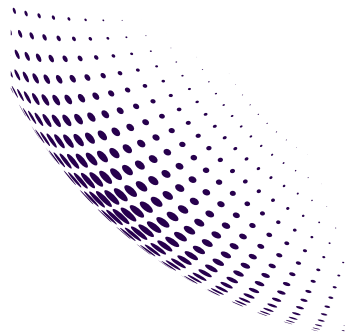
III Position - Pariza, Jeetu

## Grade XI-XII Boys:

I Position - Vansh Sharma

II Position - Vansh Malhotra

III Position - Akshat, Ronit



# RIS ORGANISED WOMEN'S EMPOWERMENT WORKSHOP

"IF YOU EDUCATE A MAN, YOU EDUCATE AN INDIVIDUAL,  
BUT IF YOU EDUCATE A WOMAN, YOU EDUCATE AN ENTIRE FAMILY"

RIS proudly organized a remarkable "Women's Workshop for Self-Discovery and Growth" in the school premises on Wednesday, October 11, 2023. The event was graced by the presence of several distinguished guests, including the Superintendent of Police Rewari, Sh. Deepak Saharan, IPS, as the Chief Guest, and Dr. Kavita Gupta from Ganga Sahay Hospital, Sh. Sourav Rao, District President of Bar Council Rewari, Adv. Ranjeet Singh, Director Vivechana Academy, and Mrs. Sarmistha, Inspector Cyber Crime, as Guests of Honour.

The workshop was a resounding success, with students from all grades participating enthusiastically and gaining valuable insights from the speakers. The dignitaries spoke on a variety of topics related to women's empowerment, including the importance of self-worth, decision-making, access to opportunities, power, and influence.





The school Chairman, Mr. Rajinder Saini, Directors Naveen Saini, Jitender Saini, and Hemant Saini, and the Principal, Anil Mukhija welcomed all the dignitaries and appreciated the efforts of women in the development of the nation as well as in the world. The guests also witnessed the talent of RIS students in varied fields of academic as well as co-curricular activities.

The Women's Workshop for Self-Discovery and Growth was a timely and important event that helped to raise awareness about the importance of women's empowerment. It also provided students with a platform to learn from inspiring women leaders and role models.

RIS is committed to empowering women and girls in all aspects of their lives. The Women's Workshop for Self-Discovery and Growth is just one example of how the school is working to create a more equitable and just society for all.



# RIS STUDENTS SHINE BRIGHT AT SYNERGY-2023

Raj International School organized an educational trip to SGT University Gurgaon for its Grade XI and XII Science and NEET students to attend SYNERGY-2023, a three-day Mega Techno Fest scheduled from October 11-13, 2023. Over 20,000 students from different schools and colleges in Delhi NCR, Gurugram, Panipat, Faridabad, and Rewari participated in the fest to showcase their innovative ideas, academic excellence, and leadership skills through the Science Technical Project Competition.

RIS students Umang, Pariza, and Yogesh presented a working model of DNA fingerprinting displaying all the latest research and developments in forensic science. Their project was highly appreciated by the judges and bagged a remarkable position in the top 6 among over 250 schools.

In addition to the competition, students also had the opportunity to learn about more than 170 academic scopes in the domains of medical science, engineering and technology, mass media, commerce and management, law, fashion and design, etc.

RIS is proud of its students' achievement at SYNERGY-2023. This is a testament to their hard work, dedication, and innovative spirit. The school is committed to providing its students with opportunities to learn and grow and to achieve their full potential.



# A SPECIAL ASSEMBLY TO CELEBRATE DUSSEHRA

On the auspicious occasion of Dussehra, Raj International School organized a special assembly to celebrate the triumph of good over evil. The students of grades IX to XII participated enthusiastically and showcased their remarkable performances.

Ayushi and Lakshita hosted the stage with confidence and grace. The garba girls performed a marvelous Dandiya Dance and presented the nine divine forms of Maa Durga with their mesmerizing dance moves and colorful costumes.

Harshit presented a soulful tabla performance on the Bhajan- Maa Sherawaliye, which captivated the audience. Participants Utkarsh and Rishabh magnificently chanted the Hanuman Chalisa Slokas on the stage, filling the air with their devotion and reverence.

Naman as Shri Ram showcased a wonderful dance performance on Ramayana, depicting the triumph of good over evil with his elegant moves and expressive expressions. Kanishka, Laxita, and Manya presented motivational speeches and poems on the significance of Dussehra and the importance of following the path of righteousness.

The special assembly was a resounding success, and it provided a platform for students to celebrate the festival with joy and fervor. It also helped to inculcate in them the values of righteousness, courage, and perseverance.



# BAL BHAWAN ACHIEVEMENTS

HARYANA STATE COUNCIL FOR CHILD WELFARE, CHANDIGARH organizes various cultural and academic competitions every year on the occasion of Children's Day Celebrations at the District, Zonal, and State levels. This year 2023 the schedule started from 11th October 2023 at the district level at Rewari Bal-Bhawan and from 26th to 30th October 2023 at the Zonal level in Gurugram. Rajians participated in all the events at the district level and qualified for the Zonal and State levels after winning at the district level.

At the Zonal level also, they came up with flying colours and qualified for State level participation.

Here are the details of the winners at various levels...








## DISTRICT LEVEL BAL MAHOTSAV 2023

<p><b>KOMAL</b> D/O Sh. Ravi Prakash <b>1ST POSITION</b> in Solo Dance Group 1</p> 	<p><b>REYANSH</b> S/O Sh. Satbir <b>1ST POSITION</b> in Clay Modeling Group 1</p> 	<p><b>ARYAN</b> S/O Sh. Ashish Kumar <b>1ST POSITION</b> in Best Dramebaaz Group 2</p> 	<p><b>1ST POSITION</b> in Patriotic Group Song Group 2</p> 
<p><b>DIVIJ</b> S/O Mr. Gaurav <b>1ST POSITION</b> in Sketching on the spot Group 2</p> 	<p><b>SAMIKSHA</b> D/O Sh. Sunil Kumar &amp; <b>RHYTHM BHARDWAJ</b> D/O Sh. Ravinder Bhardwaj <b>1ST POSITION</b> in Quiz Contest Group 2</p> 	<p><b>NIDHI</b> D/O Manoj Kumar <b>1ST POSITION</b> in Fun Games Girls Group 3</p> 	<p><b>SAMIKSHA</b> D/O Sudish Gupta <b>1ST POSITION</b> in Poster Making Group 3</p> 
<p><b>BIREN PANWAR</b> S/O Narender Panwar <b>1ST POSITION</b> in Fun Games Boys Group 3</p> 	<p><b>BHUMIKA</b> D/O Sh. Bharat <b>1ST POSITION</b> in Thali/Kalash Decoration Group 4</p> 	<p><b>1ST POSITION</b> in One Act Play/Theatre Play Group 4</p> 	<p><b>1ST POSITION</b> in Group Dance Group 4</p> 
<p><b>JIGNESH DAGAR</b> S/O Pawan Kumar <b>2ND POSITION</b> in Best Dramebaaz Group 1</p> 	<p><b>2ND POSITION</b> in Group Dance Group 1</p> 	<p><b>MAANVI BHARDWAJ</b> D/O Sh. Rakesh Bhardwaj <b>2ND POSITION</b> in Solo Song Group 2</p> 	<p><b>2ND POSITION</b> in Group Dance Group 2</p> 
<p><b>HARSH LATA</b> D/O Sh. Vidhyadher <b>3RD POSITION</b> in Clay Modeling Group 2</p> 	<p><b>HIMANI</b> D/O Sh. Ajay Kumar <b>2ND POSITION</b> in Solo Dance Group 2</p> 	<p><b>YASHASVI RAJPUROHIT</b> D/O Sh. Laxman Singh <b>2ND POSITION</b> in Poster Making Group 3</p> 	<p><b>SAMVEDNA BARIK</b> D/O Sh. Narendra Kumar Barik <b>2ND POSITION</b> in Thali/Kalash Decoration Group 3</p> 
<p><b>HEMANT KUMAR</b> S/O Sh. Manoj <b>2ND POSITION</b> in Poster Making Group 4</p> 	<p><b>NAINSIKA JANGID</b> D/O Sh. Somdutt <b>3RD POSITION</b> in Declamation Group 3</p> 	<p><b>3RD POSITION</b> in Group Dance Group 3</p> 	<p><b>3RD POSITION</b> in Patriotic Group Song Group 3</p> 

# BAL BHAWAN ACHIEVEMENTS

<p><b>ADITI</b> D/O Sh. Jai Bhagwan <b>3RD POSITION</b> in Solo Dance (Classical) Group 3</p> 	<p><b>ADVAY SHUKLA</b> S/O Sh. Arvind Shukla <b>3RD POSITION</b> in Solo Song Group 3</p> 	<p><b>BHUMIKA</b> D/O Sh. Raj Kumar <b>3RD POSITION</b> in Rangoli Group 3</p> 	<p><b>DHRUV KUMAR</b> S/O Sh. Narender Kumar <b>3RD POSITION</b> in Rangoli Group 4</p> 	
<p><b>TANYA</b> D/O Sh. Ramesh Kumar <b>3RD POSITION</b> in Declamation Group 4</p> 	<p><b>NAINSHI</b> D/O Sh. Jai Parkash <b>3RD POSITION</b> in Solo Dance (Classical) Group 4</p> 	<p><b>BHUMIKA SAINI</b> D/O Sh. Manoj Saini <b>3RD POSITION</b> in Solo Dance Group 4</p> 	<p><b>DRISHTI</b> D/O Sh. Raj Kumar <b>3RD POSITION</b> in Sketching on the spot Group 4</p> 	
<p><b>TANVY</b> D/O Sunil Yadav <b>CONSOLATION PRIZE</b> in Handwriting (Hindi) Group 1</p> 	<p><b>ANSH</b> S/O Sh. Arvind Yadav <b>CONSOLATION PRIZE</b> in Diya Candle Decoration Group 2</p> 	<p><b>RITIKA</b> D/O Mukesh Kumar <b>CONSOLATION PRIZE</b> in Handwriting (English) Group 2</p> 	<p><b>ADITI</b> D/O Sh. Jai Bhagwan <b>CONSOLATION PRIZE</b> in Solo Dance Group 3</p> 	
<p><b>MANYA MUKHIJA</b> D/O Sh. Anil Mukhija &amp; <b>NAINSIKA JANGID</b> D/O Sh. Somdutt <b>CONSOLATION PRIZE</b> in Quiz Contest Group 3</p> 	<p><b>KHANAK RAO</b> D/O Sh. Ajay Yadav <b>CONSOLATION PRIZE</b> in Fancy Dress Group 3</p> 	<p><b>CONSOLATION PRIZE</b> in Patriotic Group Song Group 4</p> 	<p><b>KUSUM LATA</b> D/O Sh. Jai Parkash <b>CONSOLATION PRIZE</b> in Solo Song Group 4</p> 	
<p><b>PARINA</b> D/O Sh. Jitender Singh &amp; <b>TANYA</b> D/O Sh. Ramesh Kumar <b>CONSOLATION PRIZE</b> in Quiz Contest Group 4</p> 				

## ZONAL LEVEL WINNER BAL MAHOTSAV 2023

<p><b>1ST POSITION</b> in Quiz Contest</p>  <p>Group 2</p>		<p><b>1ST POSITION</b> in Group Dance</p>  <p>Group 4</p>		
<p><b>1ST POSITION</b> in Solo Dance Group 2</p>  <p><b>HIMANI</b></p>	<p><b>1ST POSITION</b> in Solo Song Group 2</p>  <p><b>MAANVI BHARDWAJ</b></p>	<p><b>2ND POSITION</b> in Solo Dance Group 1</p>  <p><b>KOMAL</b></p>	<p><b>1ST POSITION</b> in Group Dance</p>  <p>Group 1</p>	<p><b>1ST POSITION</b> in One Act Play / Theatre Play</p>  <p>Group 4</p>

# RAJIAN'S WON STATE AND DISTRICT LEVEL COMPETITIONS OF BVP

The Bharat Vikas Parishad organised the state-level group song competition in Palwal on 21st Oct, Saturday. Wherein Raj International School bagged the second position gracefully. Our gems Tanya, Manvi, Kusum, Vanshika, Lakshita, Advay, Divyansh, and Ujjwal mesmerized the audience with their melodious voices and showcased best in all three wonderful rounds of Sanskrit, Hindi and folk songs. We participated in the BVP district-level competition also held on 30th Sep, 2023 and there our RAJians bagged the first position. It's a proud moment for us to share these wonderful achievements with our RAJ Family.



# RAJIAN ANKIT YADAV ACHIEVED AIR 119 IN NDA SSB

**"DON'T COUNT THE DAYS, MAKE THE DAYS COUNT"**

Ankit Yadav, a promising student of Raj International School, secured AIR 119 rank in the final selection stage in NDA SSB. Lt. Ankit Yadav son of Mr. Rajesh Yadav got place in NDA Khadakwasla, Pune.

Ankit Yadav qualified for NDA in his very first attempt this year. The written examination was passed in 2023. In the same sequence, he was also selected in SSB Intermediate with good marks. Now, he has brought glory to his school RIS and family by achieving an amazing feat in the final selection process of NDA SSB. The celebration of the remarkable achievements of Raj International School continues and will continue in the times to come. The school Chairman, Mr. Rajinder Saini, Directors Naveen Saini, Jitender Saini, and Hemant Saini, the Principal, Anil Mukhija along with other valuable members of Raj International School. Teachers and students congratulated Ankit and his family.

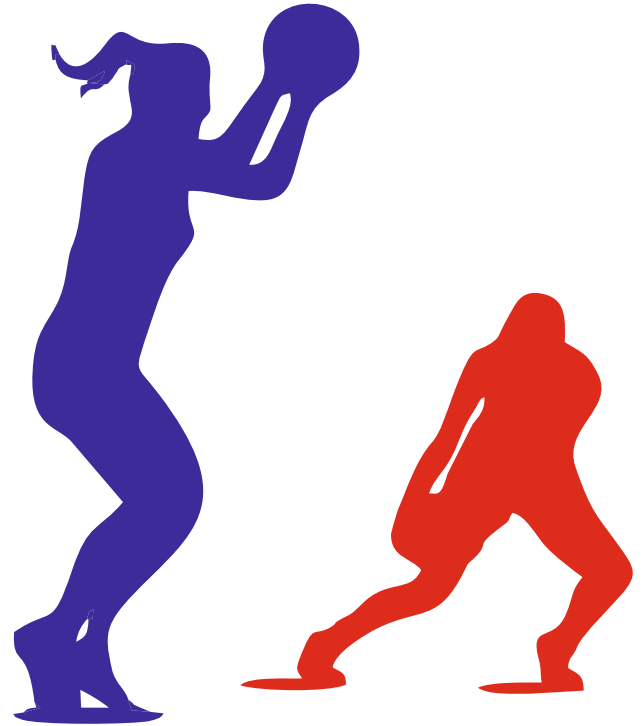
This is a testament to Ankit's hard work, dedication, and determination. He has set an example for all students, inspiring them to pursue their dreams with passion and perseverance.

Congratulations to Ankit Yadav on this incredible achievement!



# RAJIAN NETBALL PLAYERS SHINE AT STATE TOURNAMENT, BAGGED THIRD POSITION

The School Games Federation of India organized the State Netball Tournament at Rao Tularam Stadium, Rewari from 17th Sept. to 19th Oct., 2023. In this tournament RAJian 'Shinepreet' and 'Samiksha' bagged the third position. They were accoladed with bronze medals and certificates. The school Chairman, Mr. Rajinder Saini, Directors Naveen Saini, Jitender Saini, and Hemant Saini, and the Principal, Anil Mukhija congratulated the winners and sports coach Sunil Yadav for his remarkable dedication and extraordinary training.



# INTER HOUSE VOLLEYBALL COMPETITION

RIS organised an 'INTER HOUSE VOLLEYBALL COMPETITION' for the students of grades X to XII in the Raj Sports Academy on 20th October, Friday. The players of all 4 houses Arjuna, Abhimanyu, Eklavya, and Nachiketa participated enthusiastically and played well. In sports like volleyball, setting specific goals can help a player stay motivated and focused. The main objective of this sport is to learn from it that the ball is like a problem that needs to be volleyed back and forth over the net of hard work.

Congratulations to all the winning teams:

- First Position is bagged by Arjuna House
- Second Position is bagged by Eklavya House







## VALUE AND SELF-WORTH

At a student workshop, a motivational speaker begins his speech by displaying a twenty-dollar bill. He asks, "Who wants that \$20 bill?"

When the speaker sees everyone raise their hands, he presses the note. And he asks again: "Who else wants it?"

Everyone in the room raises their hand again. Finally, the speaker throws the twenty-dollar bill on the floor and stomps on it with his shoes. He picks it up and asks again if anyone wants it now.

All his hands go up.

In conclusion, he says that whatever you do with the note, it is still desirable because its value does not decrease.

I hope that you have learned from the motivational story that we heard today that no matter how difficult life's circumstances are, we must never lose confidence in ourselves. Our courage should never be compromised by the difficulties of life.



Mrs. Usha Yadav  
PGT English

## सफलता का मूल मंत्र - आत्म विश्वास

**“अगर खैरात में मिलती कामयाबी तो हर शख्स कामयाब होता,  
फिर कदर ना होती किसी हुनर की और ना ही कोई शख्स लाजवाब होता।”**

हम अपने जीवन में जब किसी नए काम की शुरुआत करते हैं, तो हमसे बहुत - सी गलतियाँ होती है। लेकिन कई बार ऐसा भी होता है कि सब कुछ सही - सा लगता है लेकिन कुछ लोग ऐसे भी होते हैं जो बार-बार होने वाली गलतियों की वजह से हार मान लेते हैं। उन्हें यह लगने लगता है कि जिस काम में वो सफल नहीं हो रहे हैं वो काम करना उनके पहुँच से बाहर है। लेकिन जो लोग अपनी गलतियों से सीखना जानते हैं। वो कभी हार नहीं मानते; बेशक वो काम करने के तरीके बदल देते हैं। हमें ये बात कभी नहीं भूलनी चाहिए कि किसी भी नए काम की शुरुआत कभी भी आसान नहीं होती और वक्त के साथ-साथ हम सब कुछ सीख भी जाते हैं। हमें अपने आप पर विश्वास होना चाहिए कि हम जो काम कर रहे हैं हमें उसमें सफलता अवश्य मिलेगी। अगर हम कुछ नया सोच सकते हैं तो बेशक हम उसे कर भी सकते हैं, लेकिन उसके लिए हमें स्वयं पर विश्वास होना बहुत जरूरी है। शुरुआत में ही हर कोई सफल नहीं हो जाता। जो लोग असफलता से कुछ सीखते है वो जीवन में बहुत आगे तक जाते हैं और जो लोग अपनी असफलता के कारण पीछे हट जाते हैं वो लोग हमेशा बहाने ही बनाते रहते हैं। इसलिए आत्म विश्वास के साथ प्रयासरत रहे, जीवन में अवश्य सफल होंगे।



सन्तोष यादव  
हिन्दी प्राध्यापिका

# POSITIVE PARENTING

Parenting is considered the most important and challenging job in the world. Parents anchor children's lives and help them develop relationships, attitudes, and behavior patterns. Positive parenting is about showing love, warmth, kindness, acceptance, sensitivity, and interest in children.

Positive parenting strategies to raise a successful child:

- Create a safe and interesting environment through storytelling, discussions about day-to-day activities, reading together, walking, playing, doing housework, etc.
- Have a positive learning environment and set realistic expectations for your children. Encourage their talents but accept their limitations.
- Listen to your children, show them affection, and try to find out their fears and reasons for lack of confidence. Ask them if anyone is troubling them.
- Discipline children by using constructive criticism and by setting clear boundaries. Be consistent and fair in enforcing rules and discipline. Cultivate a sense of responsibility and an understanding of right and wrong.
- Encourage independence and responsibility by guiding and asking children to do age-appropriate tasks. Encourage children to make their own decisions and also allow them to experience the outcomes of their choices. Guide them to learn from their mistakes instead of criticizing them.
- Be a positive role model for your children. Children are very keen observers, they observe adults around them, especially their parents and other family members. Be a model by showing values, attitudes, and behaviour, you wish to instill in them.

Parenting is an ongoing journey, which needs to show understanding, discipline, and guidance. Children who do not receive adequate care and protection become vulnerable; they are at greater risk of experiencing physical or emotional harm.

Remember three Fs of Positive Parenting.....“FUN, FIRM and FAIR”

Things to say daily to your children: -

1. I Love You.
2. You make me happy.
3. I am proud of you.
4. You are special for me.
5. I trust you.
6. I believe in you.
7. I know you can do this.
8. I will not punish you for making mistakes.
9. I can solve your problems.
10. I accept the way you are.



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