

From Head's Desk

September - October 2021



Dear Staff,

Hope you are all doing well. The months of September and October are lined with many festivals and with festivals comes the amazing delicacies that we get to make and enjoy. It is with this respite from the normal routine that I will be working out of my kitchen and not a laptop that excited me the most in the last few weeks, until I realized I couldn't.

I have spent most part of the last ten days in quarantine resting, reading and reflecting. We do know rest is vital for the increased memory, healthier immune system, improved mood and metabolism; and it is not limited to just clocking in the sleep hours. But truly to unplug from the daily routines and thoughts is challenging. It is practice that needs to be built. I listened to a variety of music, watched some amazing documentaries, listened to interesting podcasts and all that helped me feel mentally fitter most times. When I was able to, I spent longer hours chatting with some very dear friends and that uplifted my mood. Propping up a pillow I tried reading all those materials that I had snoozed, bookmarked or kept on my bedside table. I can't check that box completely but nevertheless I did manage to catch up with some great readings. And when I wasn't resting or reading, my mind wandered to multiple zones. What I had heard, read or experienced earlier seeped into my thoughts. And one such story that I had read many moons ago popped up into my mind. Here it is:

During one of his travels, the great poet Kalidasa felt very thirsty and looked around for water. He saw a woman drawing water from a well. He went up to her and asked her for water. She agreed to give him water, but asked him, "Who are you? Introduce yourself."

Now Kalidasa thought that an ordinary village woman was not worthy of knowing who Kalidasa was. So he said, "I am a traveller."

But his lady replied, "In this world there are only two travellers – the Sun and the Moon. Both rise and set every day and keep travelling perpetually."

Then Kalidasa said, "Alright then, I am a guest."

The lady promptly replied, "In this world there are only two guests – Youth and Wealth... both are temporary and hence can only be called as guests."*

Intrigued Kalidasa said, "I am a tolerant person".

Now the lady replied, "In this world only two truly know the meaning of Tolerance – Earth and Tree. How much ever you stamp the earth or throw stones at the tree (for the

fruits), both continue to nurture us.”

Now Kalidasa was completely perplexed. He said, “Fine. I am a stubborn person”. The lady smiled and said, “There are only two truly stubborn personalities – our nails and our hair. We keep cutting them, but they continue to grow.”

Kalidasa had been patient so far, but now in anger he said, “I am a fool”. Now the lady gave a wide smile and said, “There are only two kinds of fools in this world – a King who rules without having any capability or knowledge & a Minister who is a sycophant to such a King and lavishes praises on such a useless king.”

Kalidasa realised that he had been outsmarted. He fell at the feet of the lady and when he touched her feet and then got up, he saw ‘Mata Saraswati’ – the Goddess of Learning and Wisdom.

She said, “Kalidasa, you are wise. But only if you know yourself do you become a ‘Manushya’ (human being). A person without any awareness of self has not reached the pinnacle of being a Human”.

This story truly touches on the importance of being reflective. It is through the process of reflection, taking a step back from what one is doing and asking those deep questions, that one becomes more self aware and a true learner.

On the occasion of our 10th year anniversary celebrations of our School, we are excited, privileged and humbled to invite Dr [Glenn Odland](#) , for a keynote address under the title “A Window to the World”, on **Saturday, October 16th, 2021 at 4.30 PM** on our [YouTube channel](#). I hope to see you all there as we tune into his experiences and exchanges gathered over several decades as an educator and learner.



Happy festive season to you all.
Warm regards,
Priya Dixit

HAPPY
Dussehra



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