

















	January								
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3	1								

February S M T W T F S 4 5 6 3 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28







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26	27	28	29	30					

October									
S	M	T	\mathbf{W}	T	F	S			
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24	25	26	27	28	29	30			
31									

	November							
S	M	T	W	T	F	S		
	1	2	3	4	5	6		
7	8	9	10	11	12	13		
14	15	16	17	18	19	20		
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28	29	30						

December							
S	M	T	W	T	F	S	
			1	2	3	4	
5	6	7	8	9	10	11	
12	13	14	15	16	17	18	
19	20	21	22	23	24	25	
26	27	28	29	30	31		

YOU CAN'T POUR IT ONLY TAKES FROM AN 5 MINUTES TO compty) HAVE A HEALTHY TAKE CARE SNACK, BE SURE TO STOCK UP OF YOURSELF ON YOUR FAVOURITES.

There are never more than 24 hours in a day. Don't try to pretend" otherwise ©

3 deep breath's can calm you down. Try it right now. Don't you feel better?

100% 0 teachers feel overwhelmed from time to time. Know you are not alone and its Ok, OK?

ZERO- Number of people who will benefit if you burn out. Taking care of YOURSELF is not a selfish act.

You only need 1 other person to start a support group. Is there someone you can ask for help today?

YOU CAN'T POUR FROM AN TAKE CARE OF YOURSELF FIRST.

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			intention for the month.					
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	NOTES TO SELF
Take time to do what makes your soul happy	27	28	29	30	31	1	2	
	3	4	5	6	7	8	ସ	
k, what you sav - M.K. Gandhi	10	11	12	13	14	15	16	
Happiness is when what you think, what you say, and what you do are in harmony M.K. Gandhi	17	18	19	20	21	22	23	
s is when wh t you do are	24	25	26 Republic Day	27	28	29	30	
Happines	31	7	2	3	4	5	6	

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Saturday

Intention for the month:

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Be Prositive, Patient Se Pensistent	31	1	2	3	4	
ent, not only erstand his lamurti	7	8	q	10	11	
5 5 2	14	15	16	17	18	

14	15	16	17	18	19	20

21	22	23	24	25	26	27

28	1	2	3	4	5	6

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NOTES TO SELF

Right education should help the student, not only to develop his capacities, but to understand his J. Krishnamurti own highest interest.















	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	NOTES TO SELF
LIFE IS TOUGH BUT SO ARE YOU	28	1	2	3	- 4	5	6	
don't get to fill Khaled Hosseini	7	8	q	10	11	12	13	
ooks. You don't : colors Khale	14	15	16	17	18	19	20	
Children aren't coloring books. You don't get to fill them with your favorite colors Khaled Hossein i	21	22	23	24	25	26	27	
Children o them wit	28	2 9 Holi	30	31	1	2	3	

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EVERYTHING THAT IT IS.

Teaching is awakening young minds to moral principles, ways

of knowing and modes of action so that they can find their own path and pursue it with confidence. - Rohit Dhankar



















Intention for the month:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	NOTES TO SELF
28	29	30	31	1	2	3	
					Good Friday		
4	5	6	7	8	ସ	10	
11	12	13	14	15	16	17	
18	19	2€	21 Ram Navami	22	23	24	
25	26	27	28	29	30	1	
Mahavir Jayanti	www.aeced.org.in/		5 /accedmumbai	www.mumhaiaeced			

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NOTES TO SELF

Intention for the month:

CIAND TALL wear a crown Se grown

Sri Aurobindo

better by example than by beautiful speeches.

disinterestedness, unselfishness, patience, endurance, perseverance, peace, calm, self -control are all things that are taught infinitely

Perfect health, sincerity, honesty, straightforwardness, courage,

Sunday Wednesday Monday Tuesday Thursday Friday Saturday q Id-ul-Fitr Buddha Purnima

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>>>> June 2021

Intention for the month:

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	NOTES TO SE
NEVER, EVER UNDERESTIMATE THE IMPORTANCE OF HAVING Acady Fauch	30	31	1	2	3	4	5	
t I can make it the way ale of changing the world Professor Krishna Kumar	6	7	8	q	10	11	12	
1 '. <u>~</u>	13	14	15	16	17	18	19	
I am not doomed to live life as it is bu I want. During my lifetime I am capal as much as the world has changed me.	20	21	22	23	24	25	26	
I am not doom I want. During as much as the	27	28	29	30	1	2	3	

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SELF



rainbow

There can be no keener revelation of a societys soul than the way in which it treats

its children. – Nelson Mandela

in someone else's cloud.











Intention for the month:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	1	2	3
4	5	6	7	8	প্	10
11	12	13	14	15	16	17
18	14	20	21 Id-ul-Zuha	22	23	24
25	26	27	28	29	30	31

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	NOTES TO SELF
1	2	3	4	5	6	7	
8	q	10	11	12	13	14	
10	10	11-77	10	10	9.0	হে:1	
15	16	17	18	19	20	21	
Independence Day	23	24	25	Muharram 26	27	28	
42	2,5	<u>८</u> म	23	20	4	23	
29	30	31	7	2	3	<u>4</u> i-	
	, , , , , , , , , , , , , , , , , , ,						
	Janmashtami						

to carry on a real war against war, we shall have to begin with the children. – M.K. Gandhi If we are to teach real peace in this world, and if we are

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
29	30	31	1	2	3	4 H	NOTES TO SELF
	-						
5	6	7	8	q	10	11	
12	13	14	15	16	17	18	
19	20	21	22	23	24	25	
26	27	28	29	30	1	2	
20	4	20	4 '3		'	4	
	I.	I.		l .	I .		\

WE are what we repeatedly

Grown-ups never understand anything by themselves, and it is tiresome for children to be always and forever explaining things to them. - Antoine de Saint-Exupéry

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Teaching children: kindne empathy and compassion not simply a lesson learn the classroom. They are values that children need to see an experience frequently

The highest education is that which does not merely give us information but makes our life in harmony with all existence. - Rabindranath Tagore

















>>>> October 2021

Intention for the month:

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	26	27	28	29	30	1	2
ı							M.K. Gandhi's Birthday
	3	4	5	6	7	8	q
	10	11	12	13	14	15	16
	17	18	19	20	21	Dussehra 22	23
	12	10	11	20	21	22	20
			Id-e-Milad				
	24	25	26	27	28	29	30
	31	1	2	3	4	5	6

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NOTES TO SELF



















>>>> November 2021

Intention for the month:

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	NOTES TO SELF
ľ	31	1	2	3	4	5	6	
					Diwali			
	7	8	q	10	11	12	13	
	14	15	16	17	18	1។ Guru Nanak's Birthday	20	
	21	22	23	2 4	25	26	27	
	28	29	30	1	2	3	4	

It is time for parents to teach young people that in diversity there is beauty and there is strength. —Maya Angelou

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One of the pre-requisites for children becoming proactive and responsible citizens is the availability of enough role models inside and outside the school. - Azim Premji

















>>>> December 2021

Intention for the month:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	1	2	3	4
5	6	7	8	4	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25 Christmas
26	27	28	29	30	.31	1

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NOTES TO SELF