

The Times of India featured an insightful article by the principal, 'Navigate Life's Adventure', exploring the essence of true happiness. It highlighted the joy found in everyday moments—playing, reading and nurturing balance between body and mind. Emphasizing mindfulness and a positive outlook, the article inspired readers to embrace life's journey with gratitude and fulfillment.

NAVIGATE LIFE'S ADVENTURE

Happiness is not a distant dream; in fact, it is something that we, ourselves can create - here and now! It can be found in the little things around us — playing with friends, sharing laughter, quiet peace of reading a good book, or even marvelling at



nature's beauty. In the present technology-driven world, it would be good for us to find our own individual balance with respect to the time spent on technology and outdoors, as both are important for survival. Also, do remember to care for both, your body and mind. In this context, it

would be good to be forgiving, kind and compassionate towards yourself.

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