

guruvani

MALA SOOD, principal, Arvind Gupta DAV Centenary Public School, Model Town

'Thoughts must be optimistic, positive'



Name a book which has inspired you most
Secret by Rhonda Byrne.
"Life is an echo; what you send comes back."

You have quite an energy-consuming job. How do you stay fit? Or what is your fitness mantra?

I think self-knowledge is the key to happiness. When you have an inspired thought, you must trust it and act on it. We can build our lives only on the foundation of our own nature, our own values, and our own interests. I am grateful to the school community for new ventures, circumstances, events which bring innovative outcomes, thus bringing joy, satisfaction and strength. I have always believed that physical well being is a transparent prognosis of mental health. The secret of my happiness or fitness mantra is that I never ever give up. Thoughts have energy and power, so they must be optimistic and positive. In any circumstances, you must stay positive and believe that you can get through it and YOU WILL.

Be committed to what you are doing.

Have a big dream, a vision and reach for the sky.

Do what you love and you can never feel exhausted. Believe in your dreams, have faith in their achievement and you will be blessed with eternal wellness. Commit and conceive. Fitness of mind is the fitness of heart. So fitness is my life; Happiness is my prize.

Principals are often portrayed as stern, tough or a no-nonsense person. What is your softer side? How often do you manifest this softer side of yours?

A strong connection between the work and the vision of the team can help individuals see purpose and assure ownership in the process. School leaders – principals and teachers – need to work together and commit to a collaborative culture.

Discussion moves the conversation forward. Dialogue invites multiple perspectives, values and explorations of biases and assumptions, questions the status quo and entertains new ways of knowing and being.

What, according to you, is the essence of education? What's your advice to the students?

Essence of education is understood as a form of learning whereby, knowledge, skills and habits are etched in the mind of an individual through instruction, training, sharing and communication. Expanding consciousness is the essential purpose of education and life. The power of introspection and the ability to achieve goals and dreams are the keys to fulfil the essence of education that is to develop free-thinkers. Have faith in yourself and your beliefs. Set out on a journey and don't be afraid of the storms because your survival through them is your survival to bliss.

If given a choice, which award would you yearn for outside your profession?

Naturalist award. Humanity has been engaged in a struggle. I am always inspired by my staff and students to face the struggles of life. The chief idea of humanity, however, in modern times is the preservation of nature, the bounties of bliss and wonders!