

Date: 28/10/2025

**Dear Students,
Blessings!**

Lately, I've been interacting with parents, teachers, and some of you as well. I've noticed a growing concern — many of you seek *freedom* and don't want your parents or teachers to command you. Isn't it true? Some may disagree, but most of you will relate. This desire for freedom often becomes the root of distance, disagreement, and frustration.

But, my dear students, remember this: **freedom is not free — it has to be earned.**

Let me explain.

When you have clarity about your goals, you naturally become self-disciplined. **Self-discipline leads to true freedom.**

Always remember, discipline is the key to success. Those who master it can conquer the world.

- **Discipline in health:**

If you are disciplined in your diet and exercise, you'll be healthier — and a healthy mind can exist only in a healthy body.

- **Discipline in emotions:**

If you can control your emotions, you'll handle life's challenges more effectively. Everyone experiences **anger, fear, and jealousy** — they are part of being human. But controlling them requires just two minutes of daily practice in **deep breathing or meditation**.

When you're angry or afraid, your body releases cortisol and adrenaline, making your mind restless. Deep breathing reduces these hormones, helping you stay calm and in control, and by doing so you will be responding not reacting.

Always remember: **Respond — don't react.**

If you master your emotions, you can transform:

 **Anger into constructive action**

 **Fear into preparation**

 **Jealousy into inspiration**

A calm mind stays focused and productive.

Without clear goals, you'll procrastinate and waste time on social media, video games, and other distractions. When teachers or parents try to guide you, your habits may resist — leading to misunderstandings and strained relationships. Eventually, negative emotions take control, resulting in frustration, failure, and even depression.

To avoid this, always set a clear goal.

Break it into small, daily objectives.

Follow a routine — it saves you from wasting time deciding *what to do next*.

Respect time — everyone has only 24 hours a day. How you manage those hours determines your success.

For example, spending just 2 hours a day scrolling on your phone adds up to **730 hours a year!**

Imagine what great things you could accomplish with that time.

So, remember: **If you respect time, time will respect you.**

Start with the hardest tasks first. Don't procrastinate.

At first, self-discipline may feel difficult or restrictive, but with consistent practice, it becomes your greatest strength. Discipline shapes your habits, sharpens your focus, and builds the foundation for lasting success. As you stay disciplined, you begin to experience true freedom — the freedom to make your own choices, to achieve your goals, and to live a life of purpose and confidence.

So, dear students, remember: **freedom is not about doing whatever you want — it is about having control over yourself.**

Be self-disciplined, stay focused, and earn the freedom that lasts a lifetime.

All the best!

Renu Srivastava

Principal

St Teresa School

Indirapuram, Ghaziabad