



**Principal, AIS**  
**MRS. VIJAY LAXMI KUMAR**



**WE'RE HERE TO  
HELP AND LISTEN**

**Website: [www.aisedu.org](http://www.aisedu.org)**

EDUCATION FOR LIFE



## **GENTLE BLOOMING** **S E S S I O N**

**ALUMNI**  
**ON SATURDAYS**  
**11 AM to 1 PM**

**Please Contact Here:**  
**9874160292**

**Counselling Session**  
**Can Help You With:**

- CAREER COUNSELLING •**
- ANGER AND STRESS MANAGEMENT •**
- PERSONAL EMPOWERMENT •**
- POST TRAUMAMATIC STRESS DISORDER •**
- DEPRESSION/ANXIETY DISORDER •**

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# COUNSELLOR

MS. SARINI CHATTERJEE



## TALK IT OUT

### S E S S I O N

## ALUMNI

ON FRIDAYS

11.30 AM to 2.30 PM

Please Contact Here:

**8240554693**

## Counselling Session Can Help You With:

- ANGER AND STRESS MANAGEMENT •
- PERSONAL EMPOWERMENT •
- POST TRAUMAMATIC STRESS DISORDER •
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Affiliated to CBSE, New Delhi, Affiliation Number : 2430166

## "Ad Astra per Aspera."

*Through adversity to the stars*

Dear Alumnus,

Mankind seemed to be in complete command of the planet and its habitat until the Novel Coronavirus – COVID 19 exploded on the world map as the worst pandemic of our times, busting the apprehension. Mother Nature has pushed the refresh button and except mankind every other form of existence is sighing relief. When we mull on our misdeeds the growing realization is disrespect towards peaceful co-existence, consuming beyond necessity, fragmented restoration efforts to name a few. It has also made us realize that we are a miniscule part of a much greater existence, this is also a point in our lives to make amends and take measures, some corrective some responsive.

We are assured that our students - the world of tomorrow have also realized the magnanimity of the crisis and are continuing to respect and revere nature and co habitants as taught to them in school. We are sure that our AISIANS would ensure that the knowledge is also emitted in their immediate vicinity. The small effort to let others know what is happening and what can be done will eventually save us from drowning down to the consequences of being ignorant. We always have learnt from our teachers that one hand extended for help can save humankind from thousands of setbacks. The pandemic can never win to our physical health as well as mental well-being.

We are sure that the life which is waiting for you to bloom will witness plenty of beautiful things and we pray and hope that these dark phases, to just remain as the nightmare for the rest of life. In the meantime, we must be engaged in the continuous process to learn & unlearn in order to get going. The biggest lesson that has been received from this pandemic is the **art of balancing**. We have learnt that we also are a part of the ecosystem and it is our sole responsibility to protect the very balance as we don't exist, but we co-exist with the environment and other belongings of it.

We want you to know that nothing has changed since you have learnt to fly from the cocoon. School- your second home is just a few steps away as it always used to be earlier. Your mentors are just a call away who can be reached on your not so bright days. Connect with us as we are here to mould a safe place to be. Let's build together, the biggest family of **AISIANS**.

Talk it out even if it is too small to share. Reach out to us to know about the **broad career aspects** & open up on **mental –hygiene!**

The power to heal is within you, let just find it out to enlighten the world!

Regards

Principal  
Asian International School

"A TRADITION OF PRIDE PIONEERING IN HOWRAH"