



Walking briskly is good for the aging brain



Rewards Of Aloneness

As opposed to loneliness, aloneness can be mindful, alive and boundlessly joyful, writes VIJAY HASHIA

Know thyself



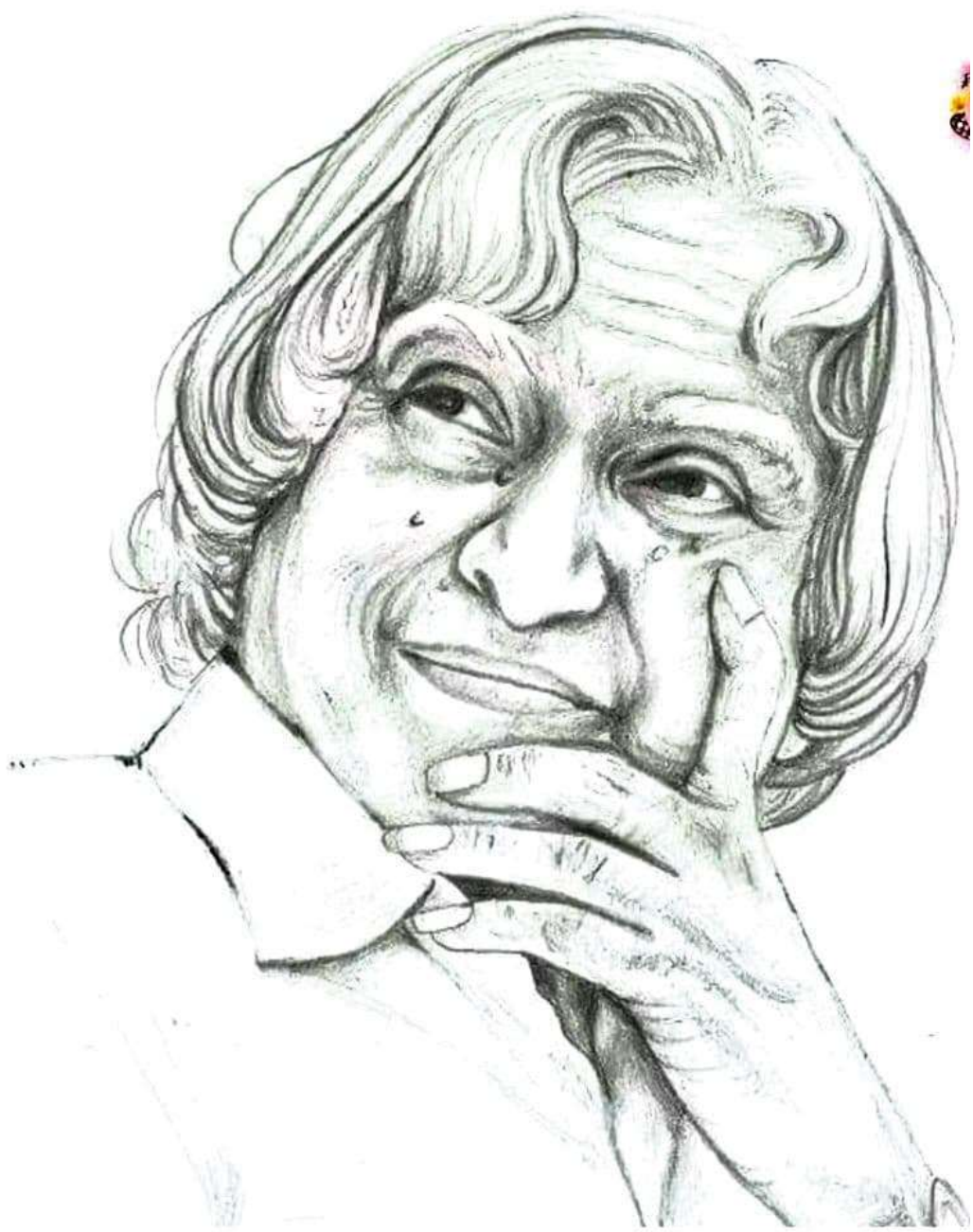
Some asked, "But how will you help?"

I said, "By reaching out with love."



















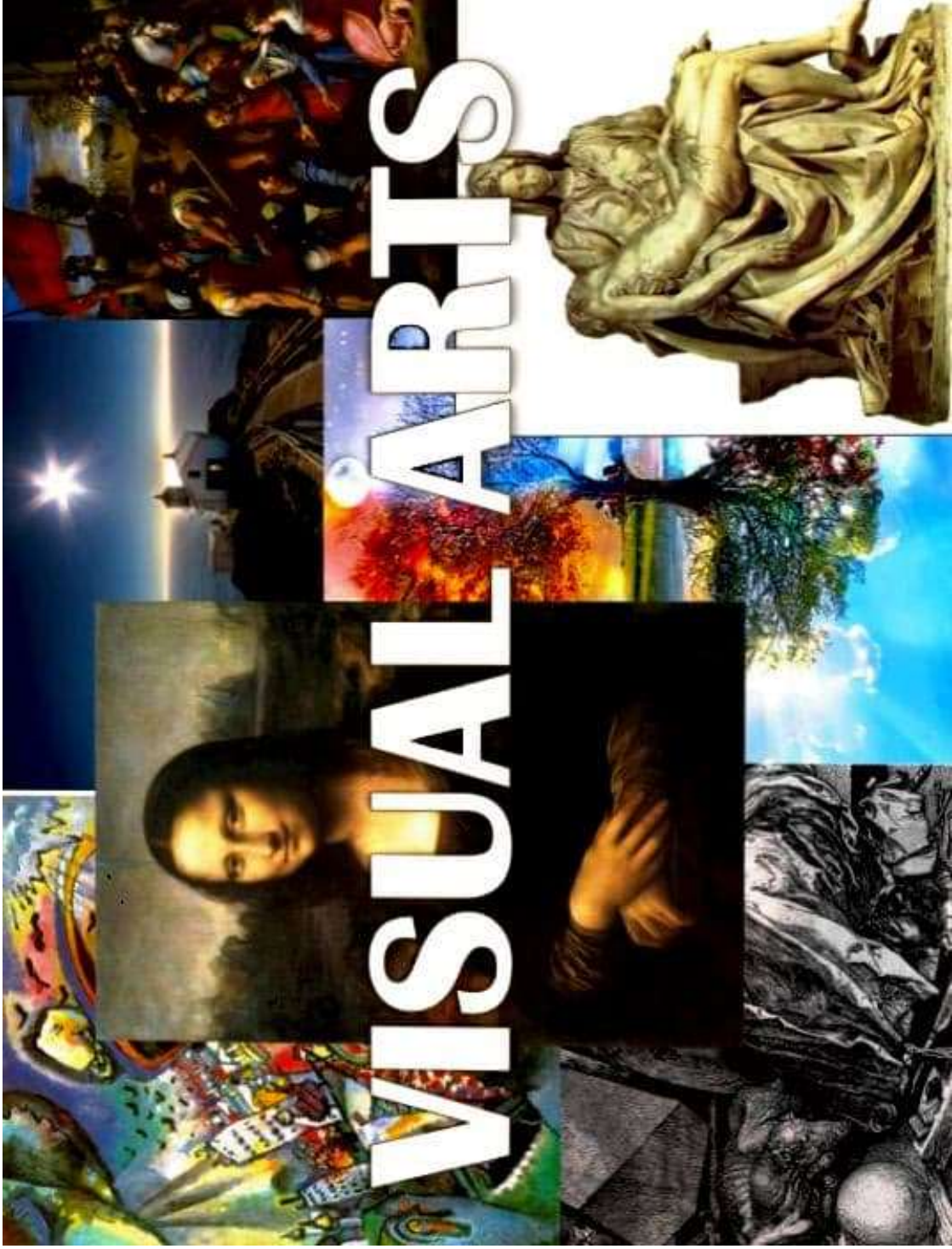


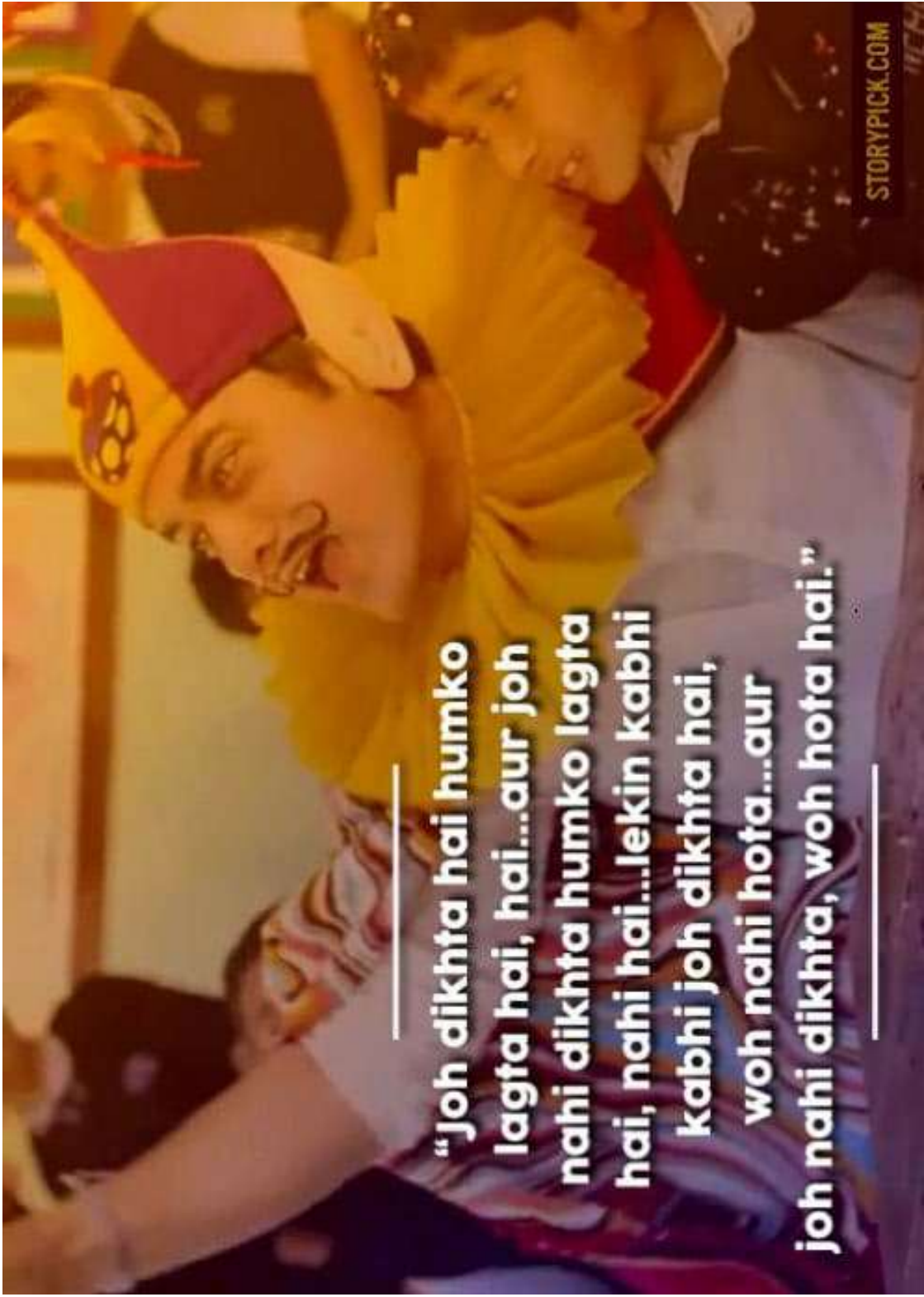






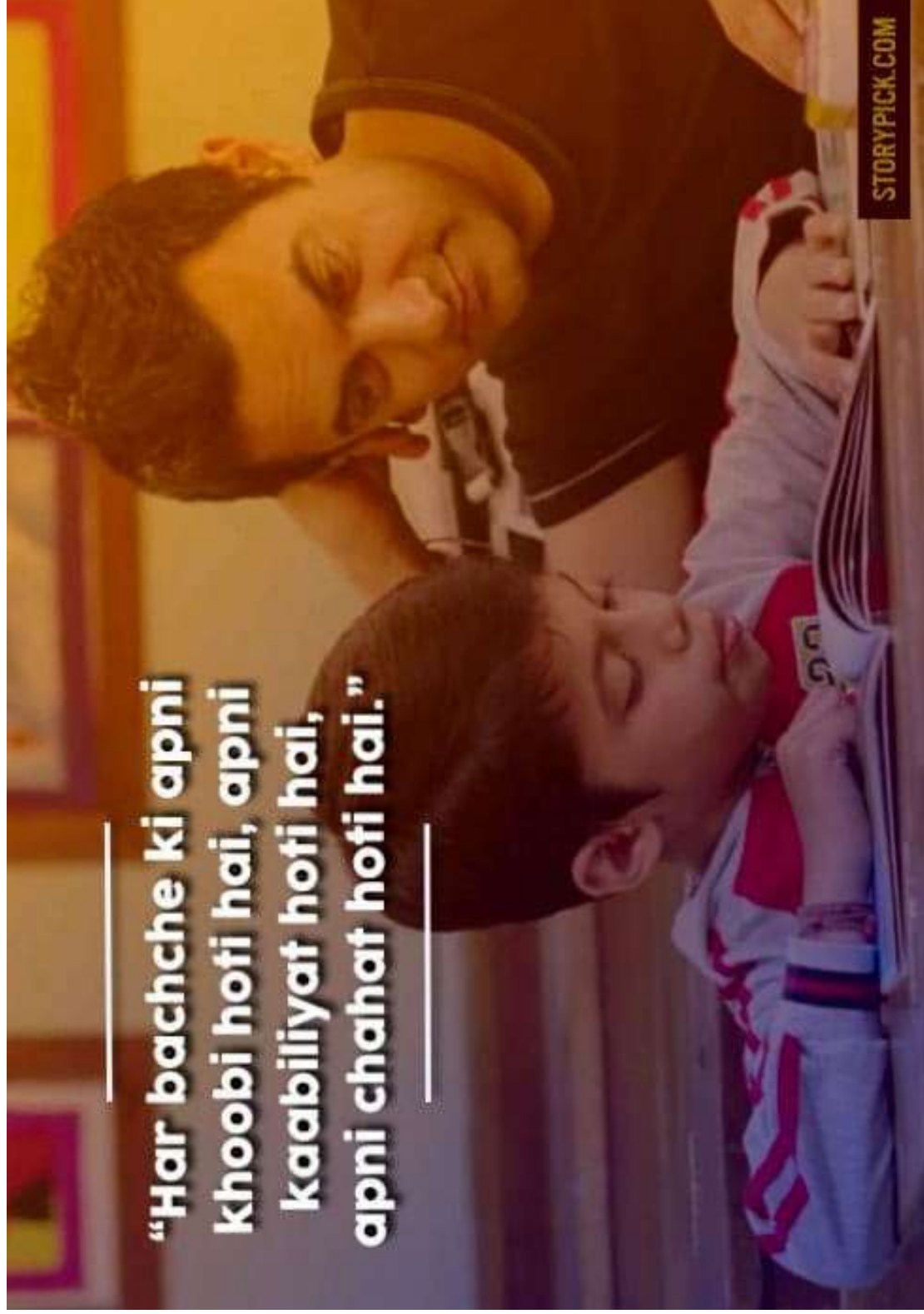






**“Joh dikhta hai humko
lagta hai, hai...aur joh
nahi dikhta humko lagta
hai, nahi hai...lekin kabhi
kabhi joh dikhta hai,
woh nahi hofa....aur
joh nahi dikhta, woh hofa hai.”**

**“Har bachche ki apni
khoobi hoti hai, apni
kaabiliyat hoti hai,
apni chahat hoti hai.”**



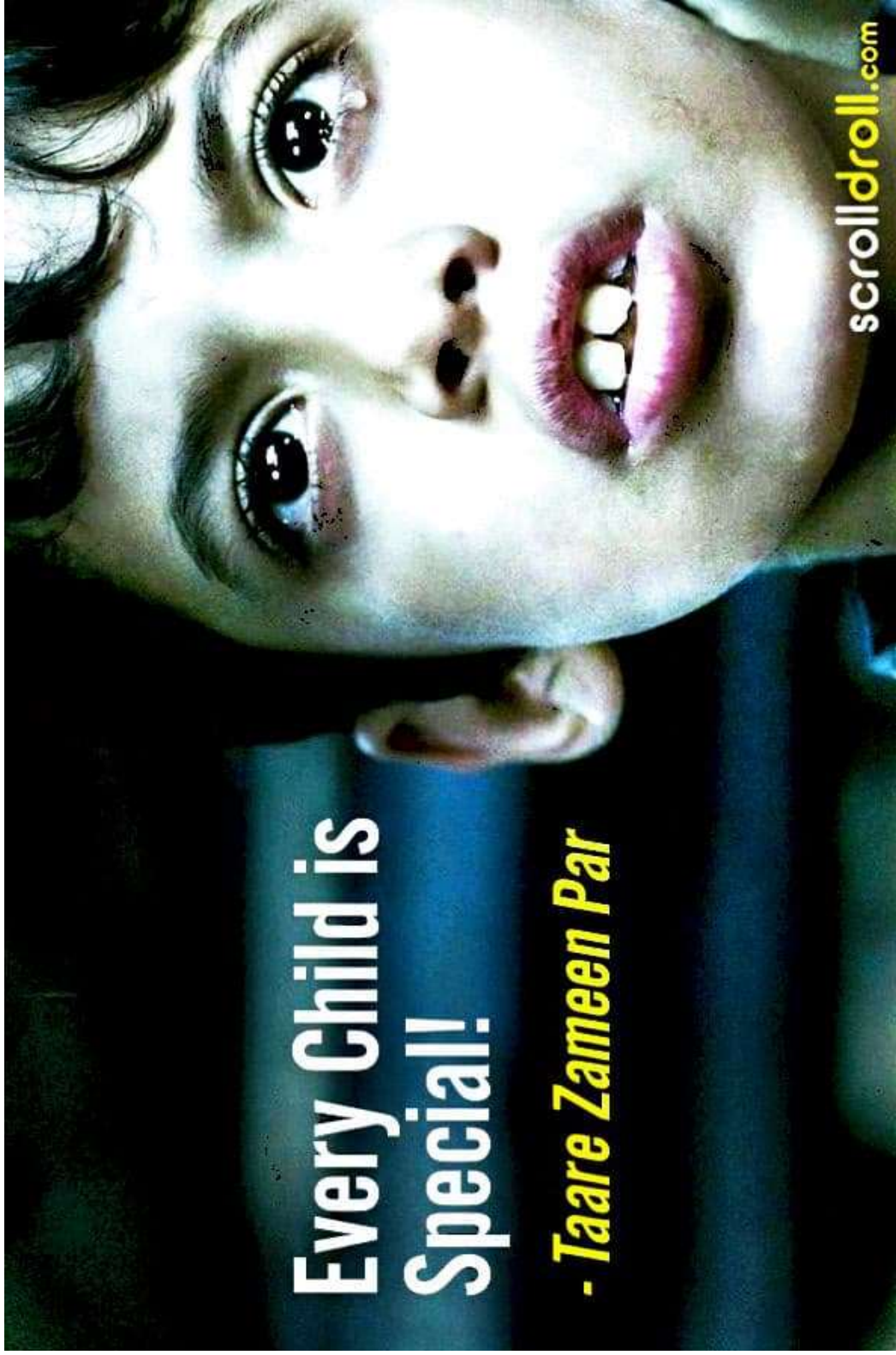




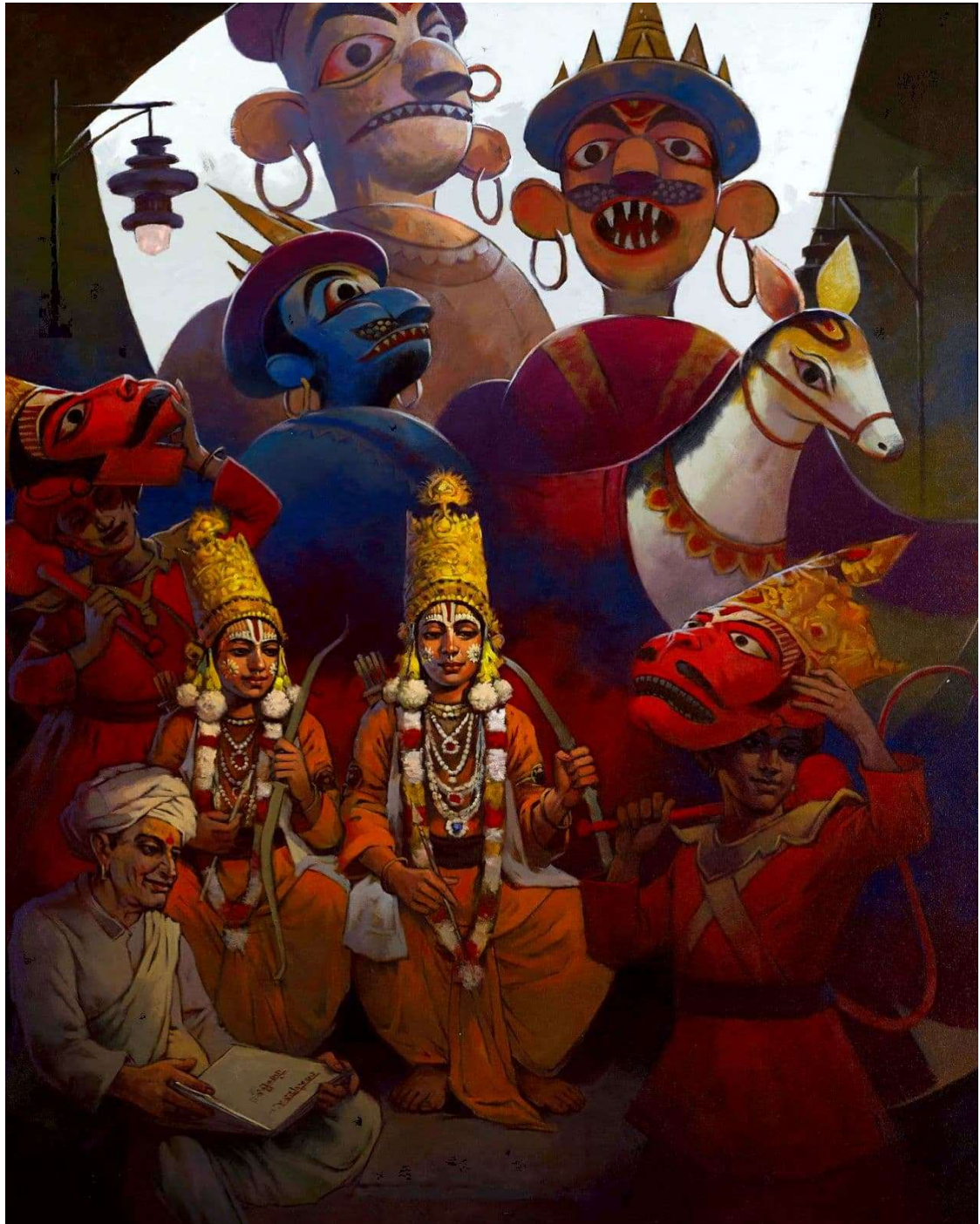
**Every Child is
Special!**

- Taare Zameen Par

scrollldroll.com







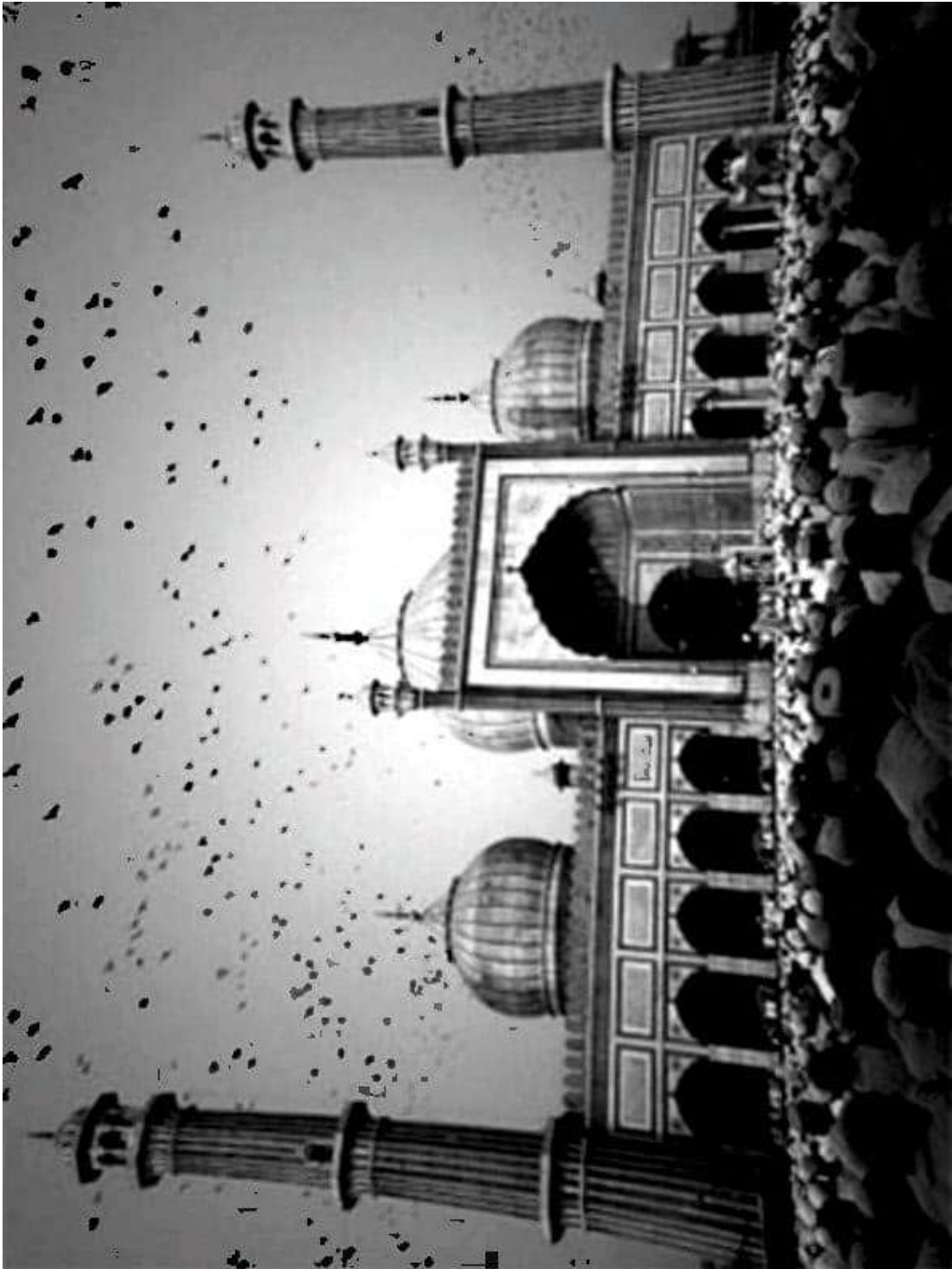












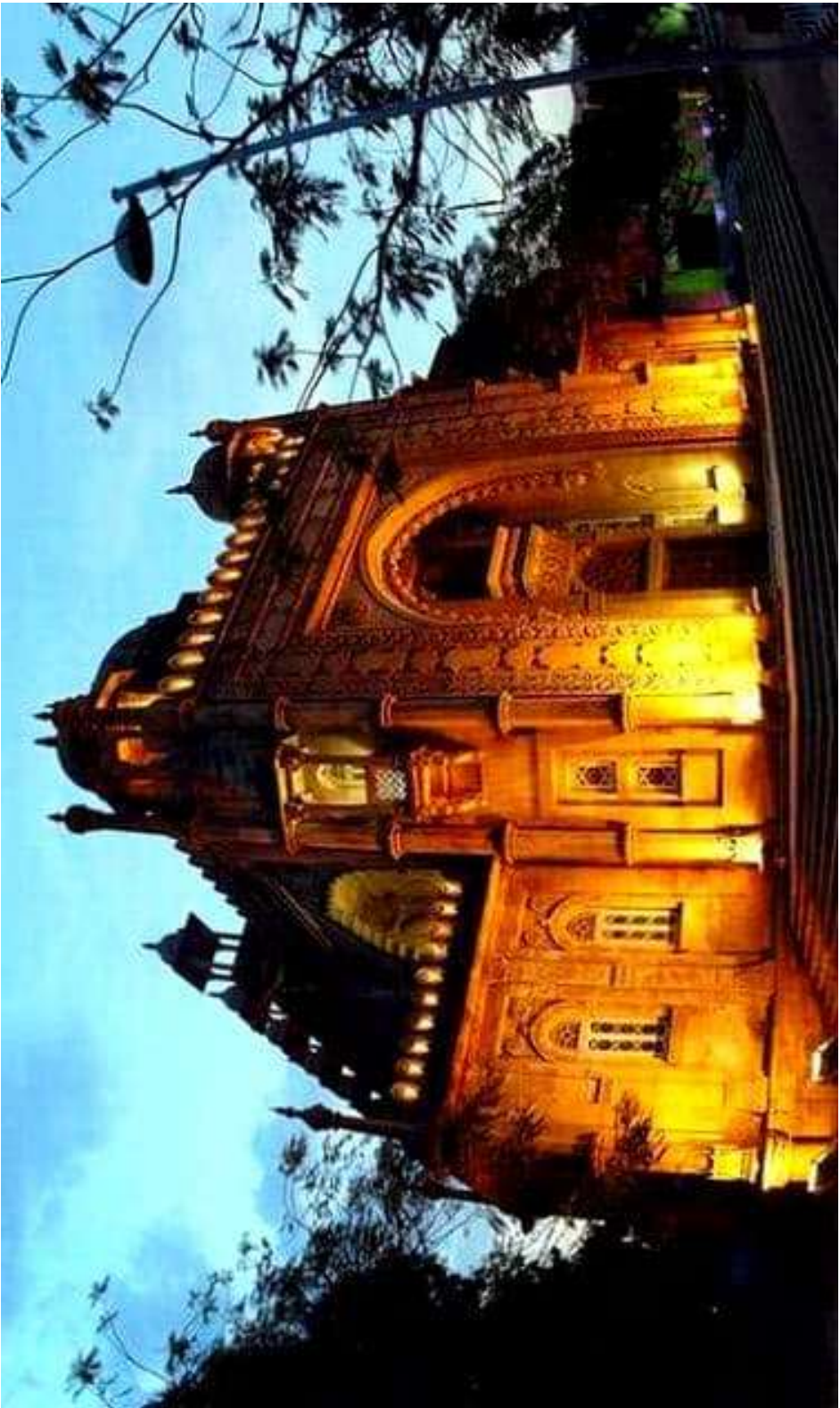


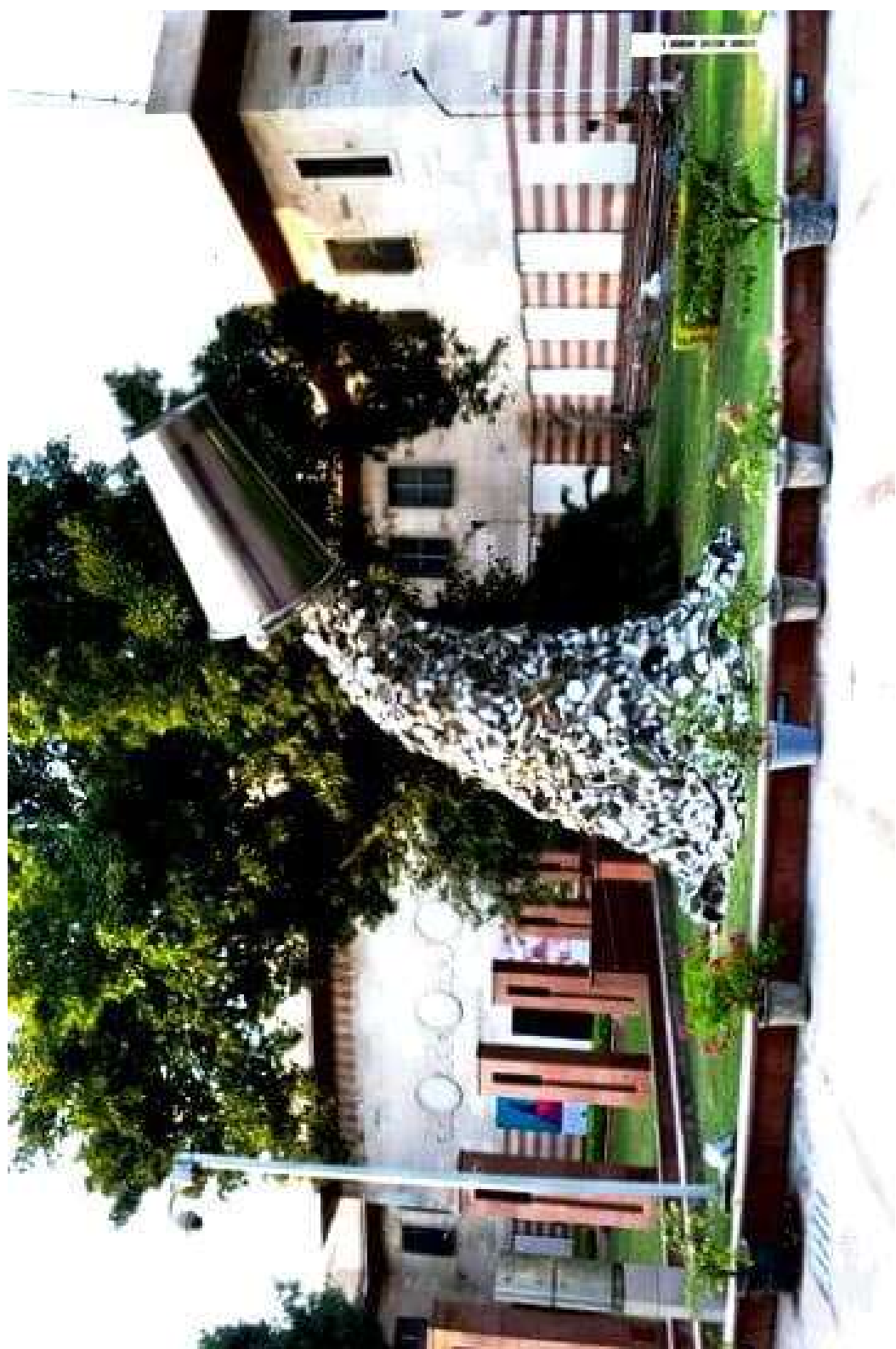


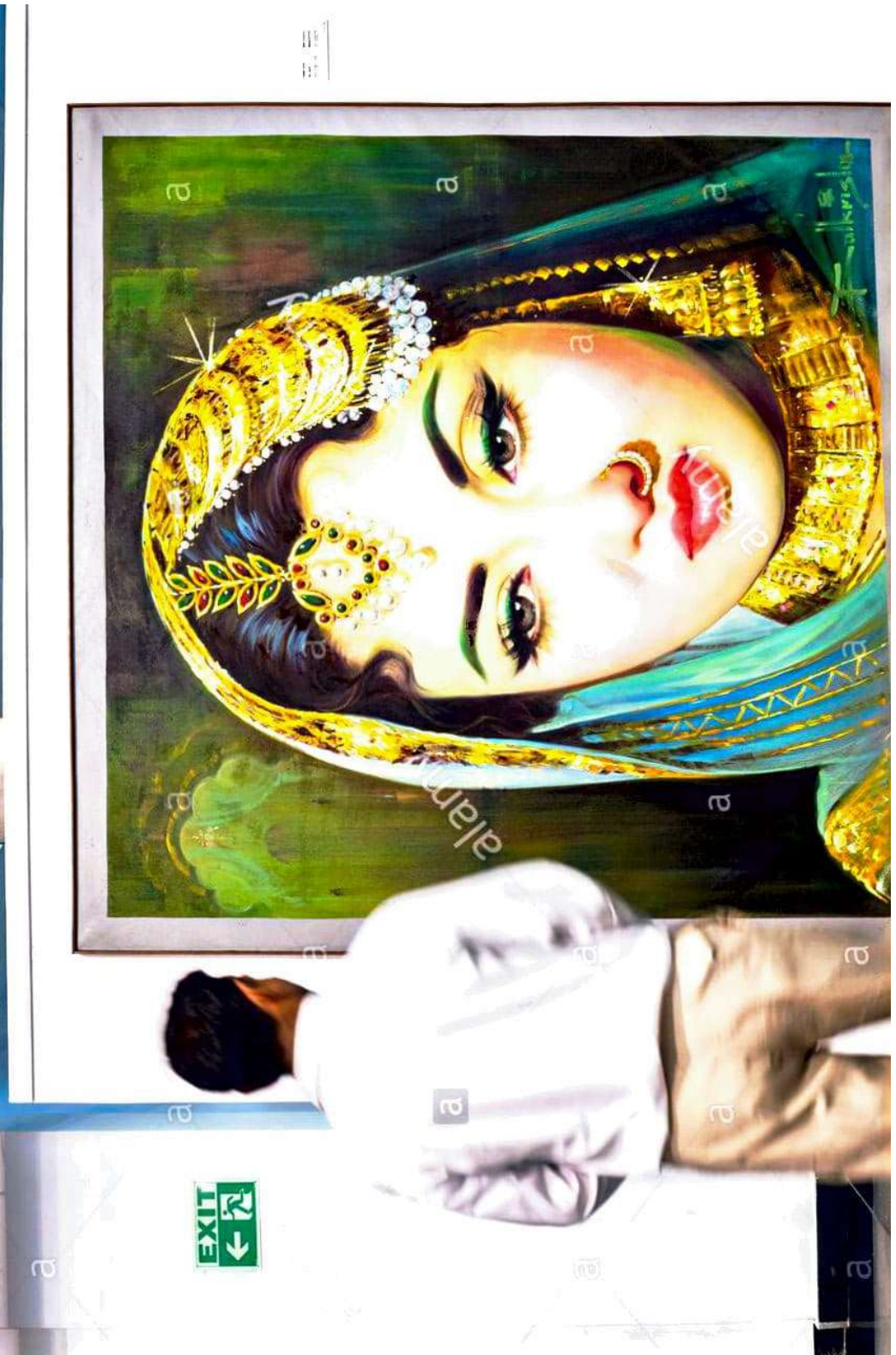














आओ एक
कदम बढ़ाए

भारत की
सेवर बनाए





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**Feminism isn't about making
women strong. Women are
already strong. It's about
changing the way the world
perceives that strength.**

G.D. Anderson



How the Arts Help Students Grow



The Arts Are Motivating

The arts help our students to:

Succeed in School

Students who are involved in the arts are:

4 times more likely to participate in a math and science fair

3 times more likely to win an award for **school attendance**

4 times more likely to be recognized for **academic achievement**

3 times more likely to be elected to **class office**

Succeed in Work

72%

of business leaders say that **creativity** is the number one skill they are seeking when hiring

4%

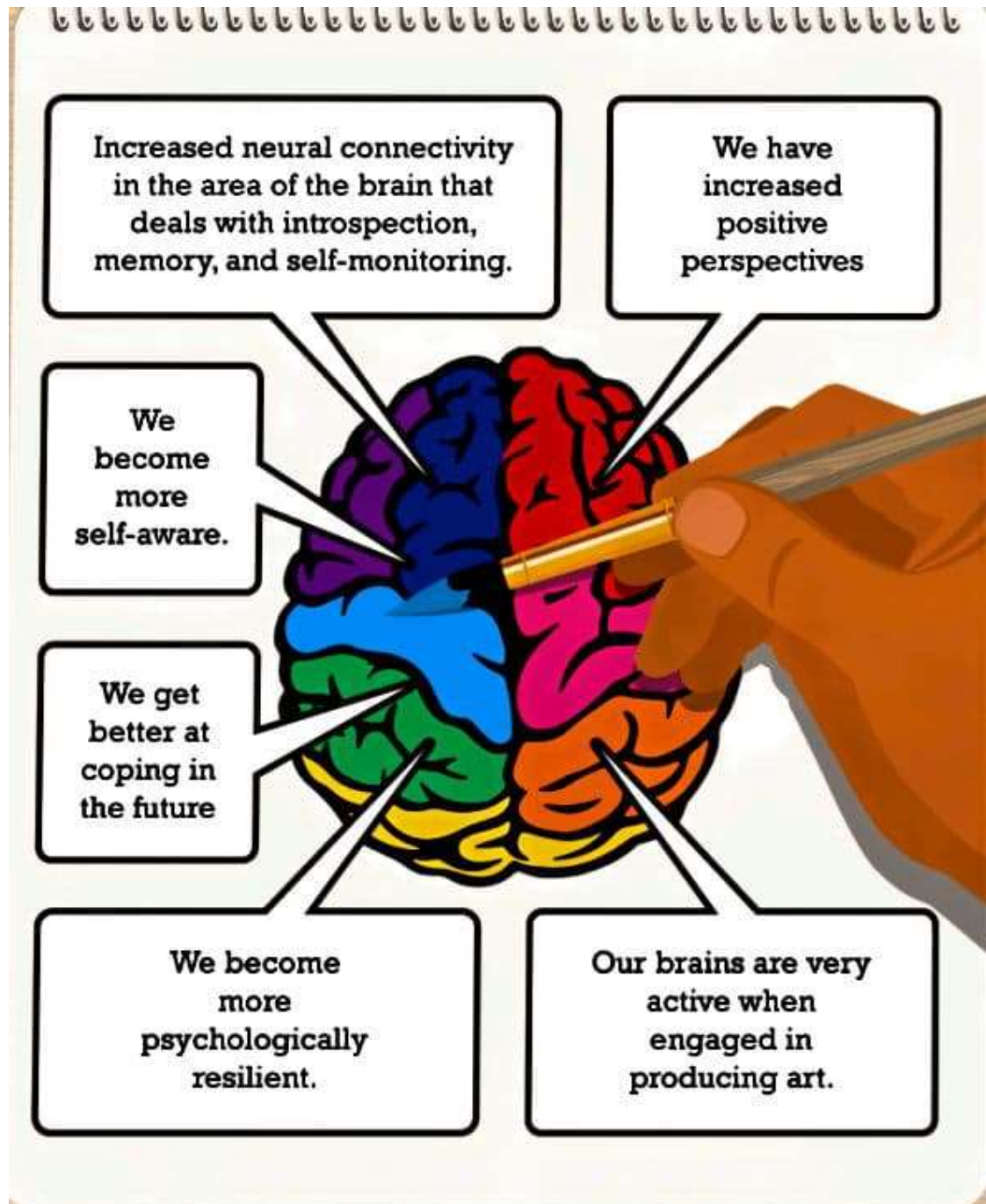
high arts,
low SES

22%

low arts,
low SES

Stay in School

Low socioeconomic status (SES) students with a **high** participation in the arts have a drop-out rate of 4 percent, but their peers with a **low** participation in the arts have a dropout rate of 22 percent.



Think Children Don't Need ART In the 21st Century?

THINK AGAIN!

An Arts Education Teaches Children To...

Collaborate & Cooperate

- Work together
- Compromise for Common Goal
- Take Responsibility for Mistakes
- Understand Their Actions Affect Others
- Realize Their Contribution Is Important to the Success of the Group
- Realize Even Small Contributions Have Value
- Realize Mistakes Happen
- Share responsibility
- Realize Their Contribution Is Important to the Success of the Group

Problem-Solve

- To Keep an Open Mind
- Explore Further Info
- Develop Skills in Reasoning & Understanding
- Estimate Different Possibilities
- Move Forward to New Insight & Understanding
- Be Attentive to Details of Perceptions & Ideas

Self-Directed

- Practice Follow-Through
- Develop Healthy Habits
- Improve Academic Performance
- Persevere

Communicate

- Receive Constructive Feedback
- Develop Language By Talking About Art & Describing Creations
- Improve Skills Through Evaluation
- Communicate Different Emotions
- Realize Feedback is a Part of Learning
- Breakdown the Mechanics of Body Language
- Portray a Character Effectively
- Interpret Visual Information
- Experience Different Ways of Moving

Be Socially Responsible

- Act Responsibly With The Interests of the Larger Community in Mind
- Interpret & Evaluate Others' Perceptions of Reality
- Understand Choices Artists & Designers Make
- Know & Appreciate Diverse Societies

Be Creative

- Think on Their Feet
- Approach Tasks From Different Perspectives
- Interpret Ideas Into New Possibilities
- Take Creative Risks
- Develop a Sense of Innovation
- Practice Creative Thinking Until It Becomes Natural
- Be Original

Organize

- Concentrate & Focus
- Keep a Balance Between Listening & Contributing
- Think About Their Role To the Big Picture of What is Being Created
- Develop Motor Skills
- Think About Their Role & How it Contributes To the Big Picture of What is Being Created

"We live in an age where the most valuable asset is not money but creativity. In a global economy that is constantly changing, the ability to be creative—to spark and imagine new ideas, to think outside the box—is essential for success. It is the key to solving the world's most complex problems, to creating new products, services, and businesses, and to improving the quality of our lives." —Thomas H. Davenport, *New York Times*, August 4, 2019

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