

AIMING 
AT
EXCELLENCE

Aids to School Assemblies

Dr George Kaitholil



CONTENTS

Foreword	5
Introduction	7

QUALITIES AND VIRTUES

1. Accept Others.....	17
2. Accountability	18
3. Adaptability.....	19
4. Admit Your Faults	20
5. Advice of the Wise.....	22
6. Aiming Right	23
7. Appreciate Others	24
8. Authenticity.....	26
9. Awareness of Self.....	27
10. Be Active.....	28
11. Be Caring	29
12. Be Good Citizens	30
13. Be Hopeful	32
14. Be Optimistic	33
15. Beauty	34
16. Be at Your Best	36
17. Brotherhood	37
18. Character	38
19. Charity.....	40
20. Cheerfulness.....	41
21. Cleanliness	42

22. Conscience	44
23. Conserve Nature.....	45
24. Courage	46
25. Courtesy	48
26. Determination.....	49
27. Dialogue	50
28. Dignity of Work	52
29. Discipline	53
30. Diversion.....	54
31. Don't Be a Loner.....	56
32. Dutifulness	57
33. Ecology	58
34. Endurance	59
35. Enthusiasm	60
36. Envy Destroys.....	62
37. Exercise.....	63
38. Face the Challenges	65
39. Faithfulness	66
40. Family (Home).....	67
41. Forgiveness	68
42. Fortitude.....	70
43. Freedom	71
44. Friendship	72
45. Generosity	74
46. Gentleness.....	75
47. Goal in Life.....	76
48. Get Rid of Guilt.....	77
49. Gossiping Is Mean	79
50. Good Manners.....	80
51. Gratitude	81
52. Happiness.....	83

53. Help the Needy.....	84
54. Honesty	85
55. Honour	86
56. Hope.....	87
57. Hospitality.....	89
58. Humility Is Beautiful	90
59. Hurt No One.....	91
60. Idleness Doesn't Pay	93
61. Imagination	94
62. Jealousy Is a Disease.....	95
63. Justice.....	97
64. Kindness.....	98
65. Kind Words	99
66. Laughter	101
67. Laziness Brings Trouble.....	102
68. Leisure Time	103
69. Love	105
70. Love for Animals	106
71. Love for Nature.....	108
72. Maturity.....	109
73. The Media and Its Use	110
74. Meekness.....	112
75. Mission in Life.....	113
76. Mix with Good People	115
77. Mobile Phones.....	116
78. Moderation.....	118
79. Neatness	119
80. Non-Violence	120
81. Obedience	122
82. Opportunities.....	123
83. Optimism.....	125

84. Parents.....	126
85. Patience.....	128
86. Patriotism.....	129
87. Peace.....	130
88. Perseverance.....	132
89. Politeness.....	133
90. Prayer.....	135
91. Prejudice Out.....	136
92. Promoting Peace.....	137
93. Quitters Are Not Winners.....	139
94. Reading.....	140
95. Reconciliation.....	141
96. Relaxing.....	143
97. Religious Tolerance.....	144
98. Respect for Life.....	145
99. Respect Your Elders.....	147
100. Responsibility.....	148
101. Right Speech.....	149
102. Risk-Taking.....	151
103. Sacrifice.....	152
104. Self-Control.....	154
105. Self-Knowledge.....	155
106. Self-Reliance.....	156
107. Serenity.....	158
108. Service Before Self.....	159
109. Silence.....	161
110. Simplicity.....	162
111. Sincerity.....	163
112. Society.....	165
113. Speak Good Words.....	166
114. Spirit of Service.....	168

115. Sportsmanship	169
116. Strength	170
117. Success	172
118. Suffering	173
119. Sympathy	174
120. Take Care of Public Property	176
121. Take Leadership	177
122. Team Work	178
123. Thankfulness	180
124. Tolerance	181
125. Truthfulness	182
126. Understanding	183
127. Unity	185
128. Values	186
129. Virtues	187
130. Vision	189
131. Waste Not, Want Not	190
132. Wisdom	191
133. Work	192
134. You Are Unique	194

IMPORTANT SCHOOL EVENTS

135. School Opening Day	196
136. Children's Day	197
137. Sports Day	199
138. Parents' Day (26 July)	200
139. Teachers' Day (5 September)	202
140. School Closing Day	203

IMPORTANT CIVIL DAYS

141. New Year's Day (1 January)	205
142. Day of the Girl Child (24 January)	206

143. Republic Day (26 January).....	208
144. World Day of Social Justice (24 February)	209
145. World Woman's Day (8 March)	211
146. World Day for Water (22 March)	212
147. May Day/Workers' Day (1 May).....	214
148. Ambedkar Jayanti (14 April).....	215
149. Independence Day (15 August).....	217
150. Forgiveness Day (7 September)	219
151. Thanksgiving Day	220
152. World Food Day (16 October)	222
153. United Nations Day (24 October)	223
154. Aids Day (1 December)	225
155. Human Rights Day (10 December).....	226
156. Father's Day	228
157. Mother's Day (2nd Sunday of May)	230

IMPORTANT RELIGIOUS FEASTS

158. Makar Sankranti / Pongal	232
159. Eid e-Milad (Prophet's Birthday)	233
160. Maha Shivaratri.....	235
161. Holi	236
162. Vasanth Panchami	238
163. Good Friday	239
164. Easter Sunday	241
165. Mahavira Jayanti	242
166. Buddha Purnima	244
167. Eid ul Fitr	245
168. Raksha Bandhan.....	247
169. Feast of St Alphonsa (28 July)	248
170. Janmashtami	250
171. Feast of Blessed Teresa of Kolkata (5 September)..	251
172. Ganesh Chaturthi (Vinayak Chaturthi)	253

173. Onam.....	255
174. Gandhi Jayanti.....	256
175. Dussehra/ Vijayadasmi	258
176. Bakrid	259
177. Diwali / Deepavali	261
178. Muharram	263
179. Guru Nanak Jayanti (28 November)	264
180. Christmas (25 December)	266