



RAMJAS INTERNATIONAL SCHOOL

Sector IV, R. K. PURAM, NEW DELHI - 110022

Circular No.: RIS/2025/7/001

Date: 02 July 2025

Subject: Implementation of Daily Positive Affirmations

Dear Teachers,

In accordance with CBSE's latest directive for the academic session 2025–26, we are implementing the practice of daily positive affirmations to support the holistic development of our students. These short, meaningful phrases aim to build emotional resilience, a strong self-image, and a mindset rooted in optimism and empathy.

All class teachers and assembly coordinators are requested to ensure that students recite the following affirmations every morning during the school or class assembly:

1. I am calm, confident, and capable of achieving my goals.
2. I respect myself, my parents, my teachers, my schoolmates, and everyone around me.
3. I take care of my body and mind to stay happy.
4. I believe in honesty, hard work, love, and compassion.
5. Success is certain for me always.

Additionally, students should be gently encouraged to repeat these affirmations before going to bed each night. You may display these affirmations in the classroom and ask children to write in their almanac.

Let us work together to nurture emotionally strong, respectful, and self-aware learners.

With regards,

Ms. Richa Sharma

Principal