

**Reflections and Aspirations through Pariksha Pe Charcha at M.K DAV Public
School, Daltonganj**

Continuing the journey of Pariksha Pe Charcha , a thoughtful and introspective activity titled “Letter to Myself” was organised for the students encouraging them to reflect on their past experiences and envision their future goals.

During the activity, students penned heartfelt letters addressed to themselves recalling their learning journeys, challenges faced and lessons learnt. They also expressed their aspirations, dreams and personal goals along with words of self-motivation and encouragement for the future. The exercise provided a quiet space for self-reflection and helped students connect emotionally with their academic and personal growth.

The activity proved to be deeply enriching, fostering self-awareness, confidence and a positive outlook towards examinations and life beyond the classroom.

The Honourable Principal, MRS.INDRANI CHATTERJEE remarked that the “Letter to Myself” activity was conceived as a quiet pause in the academic routine allowing students to look inward and connect with their personal journeys. She explained that reflecting on past experiences and envisioning future goals helps students gain self-awareness and emotional maturity. Emphasising the value of introspection, she encouraged learners to draw strength from their experiences and move ahead with confidence, purpose and self-belief reiterating the school’s commitment to holistic development.

