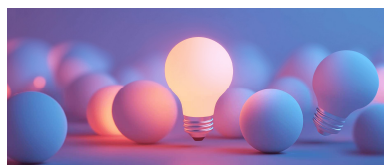


I Am Unique – Tapping into Your Skills

Have you ever heard that somewhere in the world there may be people who look just like you? They might share your features, but here's the truth — they are still not *you*. And that's your superpower. In a world of billions, there is only one person with your exact mix of thoughts, talents, experiences, and dreams. You are not meant to be a copy of someone else. Role models can inspire us and show us what's possible, but they are not blueprints for our lives.

Many successful people found their way by understanding their unique strengths. **Dr. A.P.J. Abdul Kalam** was a curious child who loved learning how things worked. That curiosity grew into a passion for science and led him to become one of India's most respected scientists and later the President of India. **Mary Kom**, coming from a small village, discovered her talent in boxing despite many challenges and became a world champion. Their journeys began with simple interests that they chose to explore seriously.



Even in school, your strengths show up in everyday moments. You are the one who makes others laugh when they are stressed, the one who keeps group work organized, the one full of creative ideas, or the one who cares deeply about animals and nature. These are not trivial things — they are clues about your natural abilities. The important thing to remember is that skills do not grow by accident. We do not discover our strengths by staying only in our comfort zones or spending all our free time on screens. Real growth happens when we try new things, make mistakes, and learn from them.

Here are some ways to discover your skills:

- Try different activities like sports, music, art, theatre, debate, or coding
- Volunteer for school events or community service
- Notice what excites you and makes you lose track of time
- Ask teachers, friends, or family what they think you are good at
- Take small risks, like speaking in public or joining a competition
- Learn from failures instead of giving up
- Balance screen time with real-world experiences

One day, you might create something new, solve problems in your own way, or inspire others simply by being your true self. **The world doesn't need another copy of someone else — it needs you.** So go ahead to explore, experiment, and learn. Your unique potential is waiting to be discovered.

With Best Wishes,

Health and Wellness Department

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