



One day at school, the results of examinations were announced.

Student A, [14 years], gently asked his friend: "Friend, how did your results go?"

Student B, [14 years], sighed: "I studied hard, but now I realize it wasn't enough. My parents are unhappy with my results, and I feel confused about how to truly succeed. How about you?"

Student A smiled with calmness: "Mine are good. But I'm sure you have done better than before, right?"

Student B nodded: "Yes, I prepared seriously before the exams. I even avoided my mobile, TV, and playing with friends the day before."

With a gentle glow in his eyes, **Student A** said: "Friend, I used to live like that too — wasting time on TV and mobile, ignoring my parents, and not helping my siblings, did not pray and meditate regularly. But everything changed after I joined the **SSSSB classes**."

Curious, **Student B** leaned closer: "What happened there?"

Student A replied: "In those classes, Gurus teach us how to balance life by prioritizing what truly matters. They guide us to practice values, not just learn them. Slowly, I began to live differently.

At first, it was difficult to follow this new habit. I practiced for a few days, but then I slipped back into my old ways. Still, I did not give up. I tried again and again, and slowly I began to change.

Now, every morning I meditate — it keeps me calm and patient. In class, I give my full attention to the teachers, so I understand the lessons deeply. At home, I finish my homework first, then I help my siblings with their studies and support my parents with household work."

He continued: I also realized that when I used my mobile phone, I often spent more time than I intended. Because of this, I didn't have enough time left for important tasks. Now, I have better control over it, though it is still a challenge. I try to use it only for studies and for necessary communication with my family."

Student B remarked: "Oh, that's truly amazing."

Student A nodded: "Yes, and because of this, my results improved. I feel more confident. Most importantly my parents are happy."

Curious, **Student B** asked: "But you mentioned SSSSB classes... what exactly is that? Can I join too?"

With joy, **Student A** replied: "In SSSSB classes, Gurus teach us values — discipline, respect, helping others, prayer, and gratitude. Practicing these values makes life brighter and better. Tomorrow is Saturday — come with me. Trust me, you will be warmly welcomed."

Question: Which student are you — Student A or Student B?

Heart-Work: Prioritize your work based on importance. After some time, reflect and share your experience of how it changed your life.