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FAIRGAZE

PAGES 20 | COMPLIMENTARY COPY | NEW DELHI

# SCHOOLASTIC NEWS

IMPACT-FOCUSED SCHOOL COMMUNITY MAGAZINE

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**Father's Day Special**  
**Captured & Created**  
**Culinary Chronicles**

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WHERE IDEAS  
**TAKE FLIGHT**

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# Content

## Editor's Note.....3

Students' Corner

STUDENTS' CORNER ▶

4

Jaypee Public School, Noida, Celebrates Excellence



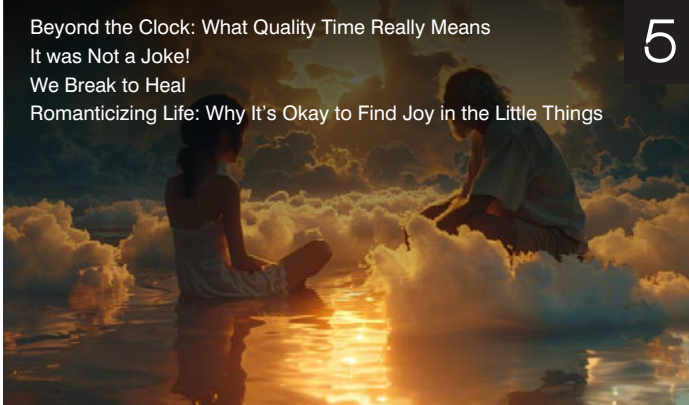
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The ceremony featured addresses from the Vice President and the Principal, congratulating the students on their exemplary performance. Students shared their success stories, while proud parents expressed gratitude to the school authorities.

## ▶ VOICES WITHIN

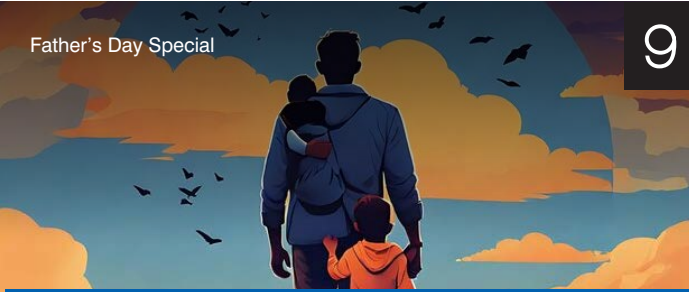
Beyond the Clock: What Quality Time Really Means  
It was Not a Joke!  
We Break to Heal  
Romanticizing Life: Why It's Okay to Find Joy in the Little Things

5



Father's Day Special

9




FairGaze Offerings

School Membership Program

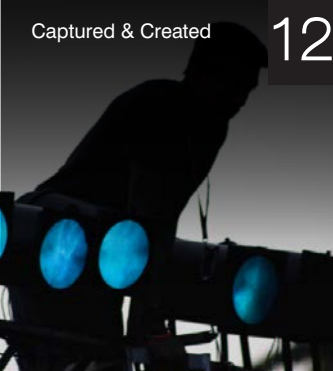
Recent FairGaze Engagements

10



Captured & Created

12



Culinary Chronicles

The Diversity of Indian Cuisine

13



FairGaze Patron Schools

14



A Stage For Every Talent:

Find Yours & Shine!

16

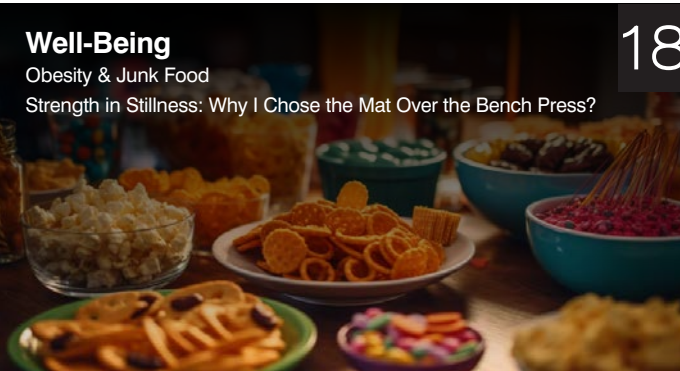


Well-Being

Obesity & Junk Food

Strength in Stillness: Why I Chose the Mat Over the Bench Press?

18



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# Editorial Lead

Dear Schoolastic News Readers,

Welcome to the June edition of Schoolastic News! Last month, we truly celebrated the spirit of India's Unity in Diversity, and the enthusiasm and preparedness of our students served as a source of courage and inspiration for all. Through our continued engagement with the Model United Nations, we deepened our understanding of dialogue and diplomacy in action.

This month, we are especially proud to feature student voices from across the country who have risen to meet challenges with creativity and confidence. From innovations to thoughtful essays, our young contributors continue to amaze us with their insight and empathy. As editors, one of our greatest joys is witnessing how young minds engage with real-world issues—not just through academic excellence, but through compassion, vision, and a desire to make a difference. These are the changemakers of tomorrow, and we are honoured to showcase their work.

We also take this opportunity to thank our school partners, educators, and student mentors who make each edition possible with their continued cooperation and support. Your encouragement keeps the spirit of student journalism alive and thriving. As always, we invite readers to stay tuned for exciting announcements and opportunities in the coming weeks—there's much more to look forward to as we move ahead together.

As you turn the pages of this edition, you'll discover highlights from the North, East, and Northeast India Inter-School MUN 4.0, along with compelling reasons to participate in the upcoming YS FairGaze MUN 3.0 in Punjab—which officially marks the launch of the FairGaze MUN Tour 2025–2026.

A special appreciation goes to **Ms. Asha Dalal, PGT English at Swarnprastha Public School, Sonipat**, for her insightful article, "Beyond the Clock: What Quality Time Really Means." You'll also be delighted by the powerful poetry and thoughtful articles contributed by students. Don't miss the opportunity to get involved in our upcoming World Environment Day campaign.

On this special occasion, we wish a very Happy Father's Day to the torchbearers and everyday heroes in our lives—our fathers. Lastly, we extend our heartfelt congratulations to all the students for their outstanding achievements in the Class X and XII board examinations.

Here's to another month of growing, questioning, creating, and connecting. Let June be a reminder that every small effort matters, and every voice has the power to spark change.

Warm regards,  
**Bhavna Sharma**  
Editorial Lead  
[info@fairgaze.com](mailto:info@fairgaze.com)

# ◀ STUDENTS' CORNER ▶

## Jaypee Public School, Noida, Celebrates Excellence



Jaypee Public School, Noida, celebrated the academic excellence of its Class X and XII students with a felicitation ceremony. The Vice President Education, Dr. R.S. Panwar, and Principal Ms. Anjali Malik graced the occasion along with parents, media partners, faculty members, and students. Top achievers were recognized for their outstanding performance in the CBSE Board Examinations. Class XII toppers Agrima Karn and Bhoomika Tyagi (94%) Science stream, Aryan Tyagi (97.4%) Commerce stream and Shashwat Pandey (92.8%) Humanities stream, and Class X toppers Nayonika Reddy Peddireddy (98.8%), Yash Agarwal (98.6%), Shagun Sable (98.2%), and in the special category, Bhargavi Muthireddy (97.8%) were honoured with appreciation certificates and saplings.

The ceremony featured addresses from the Vice President and the Principal, congratulating the students on their exemplary performance. Students shared their success stories, while proud parents expressed gratitude to the school authorities.

The event concluded with a vote of thanks, acknowledging the students' hard work and inspiring their peers to strive for excellence.

## EMBRACING A STARRY NIGHT



When caught in the webs of despair and struggle,  
And burdened by life's never-ending demands.  
Don't let your thoughts wander and juggle,  
Call out for me; watch for my endearing hands.

Every Van Gogh has a starry night,  
A turbulent period with a flicker of hope.  
Beauty, anxiety and turmoil of nature, all at sight,  
Yearning through vibrant designs and stars with scope.

Through every hardship, I'm here with you,  
Our hearts connected; we master the cascade of pain.  
We rise together like a phoenix, forever new,  
In such havoc, we grow together without a strain.

-By: Muthu Navaneetha Krishna P.

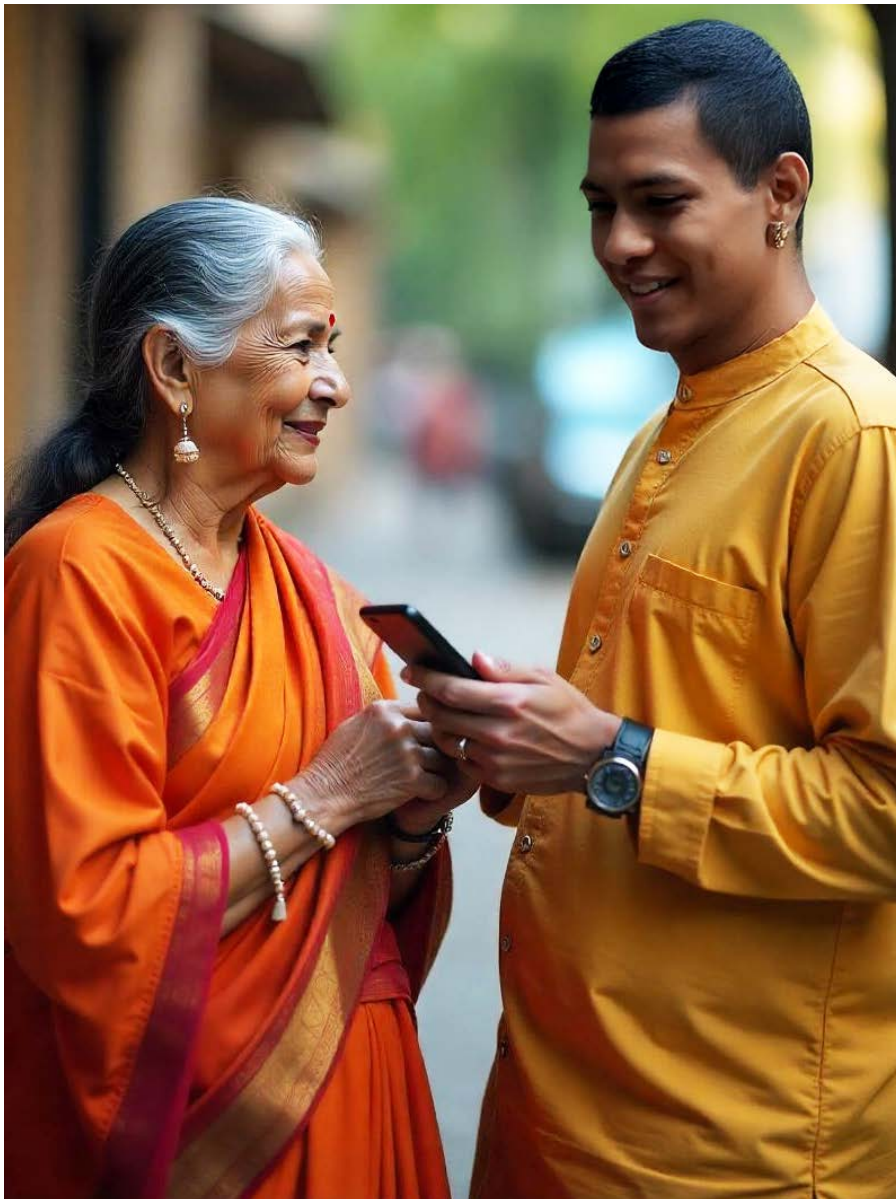
Class – 11

Delhi Public School, Bengaluru South



VOICES WITHIN

# BEYOND THE CLOCK: WHAT QUALITY TIME REALLY MEANS



Last month, my son came home for a short break from his MBBS first-year classes. We did not do anything special – no big outings or celebrations. One evening, we were simply talking in

the kitchen while I was cooking his favourite dish, and he kept talking about his college, hostel, and his little struggles in his medical life. I was just listening, smiling, and enjoying the moment.

That one hour felt like gold.

That's what quality time means to me.

Life gets busier as children grow. The hugs become shorter, conversations become less frequent, and time together becomes rare. But that's when it becomes even more precious. It is no longer about spending hours or the whole day together – it's about being fully there in the moment you do get.

In today's world, we believe in the give-and-take policy. We often measure relationships in time spent together. But actually, it's the quality, the depth, and the feeling behind that time that matters more.

Even my son, though now busy with studies, always finds a few minutes to talk to me every day.

That small habit makes a big difference - it reminds me that our bond is still strong, even as he grows. Quality time is not just for children. It is needed in all relationships - between parents and grown-up kids, between husbands, siblings, friends, and most importantly with ourselves.

So let us stop chasing quantity; let us start focusing on presence, attention, love, sympathy, empathy, and honesty in the moments we get. Because we never know which moment might be our last, so enjoy every moment and spend quality time with your loved ones.

By:  
**Ms. Asha Dalal**  
PGT English  
Swarnprastha Public School,  
Sonipat



VOICES WITHIN

## IT WAS NOT A JOKE!

"It was just a joke, don't be so dramatic"  
But how can I not be, when the joke  
Hit my heart like a dagger dipped in sugar

"It was just a joke, don't be so negative"  
But how can I not be, when the joke  
Was like a pebble hitting still water

The rippling thoughts invading my sanity  
As if the slip of the tongue,  
Was just how Freud intended it to be

"It was just a joke"  
These words hit harder than the joke itself  
Playing like a broken record player

Parroting each syllable  
My mind tracing, absorbed  
Like a moth to a flame

The joke was a match, and my mind hay  
Raging fire engulfing my mind in a somber stillness  
I became a surgeon of conversations

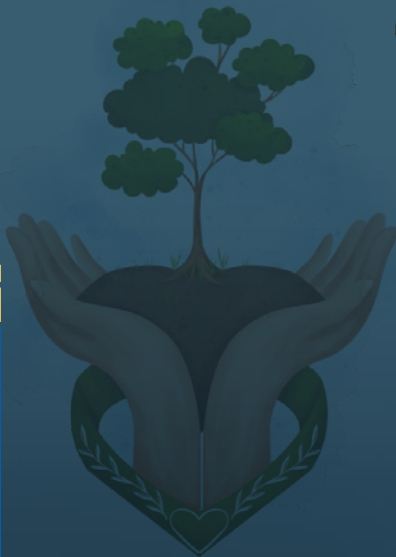
From the ashes,  
I molded armour  
Now I carry my vulnerability like a sword

The fire didn't destroy me,  
Instead, it cleared space for something new  
My revived self-esteem

I matured as time passed  
The ashes nourished the ground  
Where my healed self-bloomed

You hear "just a joke"  
But I internalise it as courage,  
To feel every word and make the most of it.

By: Preet Sawhney,  
Class - 12, Orchids The International School,  
Bahalgarh





VOICES WITHIN

## WE BREAK TO HEAL

Our bodies shatter into pieces on the marble floor, As if made of glass—so delicate, so fragile.

But within those pieces lies our soul,

Which learns to reconcile, no matter how tiny the pieces are.

The ends were sharp.

You couldn't hold them, even if you tried,  
For they would make you bleed.

Perhaps what they needed at that time wasn't comfort,  
But time. Time to become whole again.

The glass didn't just shatter on its own—

The burdens it carried must have been heavy.

Yet who knew that would only strengthen its core?

For the glass returned, new and unbroken,  
Its cracks are now filled with life.

And perhaps that's what they meant

When they said you just need time alone.

Time to touch your own broken pieces,  
To feel the sorrow.

The pieces were always meant to be felt—

For we break to heal,

To rise again  
As our own.

By: Aditi Saxena,

Class - 10, Aravali International School,  
Sector - 85, Greater Faridabad





VOICES WITHIN

# ROMANTICIZING LIFE: WHY IT'S OKAY TO FIND JOY IN THE LITTLE THINGS

Lately, I've been thinking a lot about how we're always waiting for something -  
The next big moment.  
The perfect day.

That one thing that'll finally make everything feel magical.

But what if the magic's already here?  
Not in some big milestone, but in the tiniest, quietest parts of life that we usually scroll past.

Like...

The way the sunlight slips through the curtains in the morning and lands on the floor is just right.  
Or how peaceful it feels to make your favourite cup of coffee and actually take time to sip it.  
That moment when your playlist matches your mood and suddenly, a regular walk feels cinematic.

I'm starting to realize I don't always need an occasion to enjoy things.  
I can wear my favourite earrings on a Tuesday.  
I can buy flowers for myself with no reason at all.  
I can romanticize my little morning routine like it's a scene from a movie.

Not for anyone else. Just for me.

I used to think this was silly.  
Like, what's the point of lighting a candle when no one's around to see it?  
But now? I light it anyway.  
Because it makes the room feel softer.  
And I deserve softness — even if it's just me, in my space, figuring things out.

Romanticizing life isn't about pretending everything's perfect.  
It's about choosing to see beauty in the in-between.  
It's noticing the sky at 5 PM.  
Laughing at a meme and actually letting yourself laugh.  
Taking photos of random shadows on your wall just because it made you pause for a second.

I think we all crave something that makes life feel fuller.  
And maybe, just maybe, it's not always found in the "big" stuff.  
Maybe it's in how we carry ourselves through the small, unnoticed parts of the day.  
So if you ever feel stuck or like your life isn't exciting enough - Try slowing down.

Look around.  
Make a moment out of nothing.

Because sometimes, the little things aren't so little.  
They're the most real!

By: Dolis, B.Com (Hons) First Year, Atma Ram Sanatan Dharma College | Delhi University



FATHER'S DAY SPECIAL

# MY FATHER: ROLE MODEL IN REAL LIFE



As the saying goes by John Wooden, "Being a role model is the most powerful form of educating". Though often fathers neglect it because they get so caught up in making a living, they forget to make a life.

A role model is a person whom we aspire to be, someone who inspires us, encourages us, and impacts our lives in the most profound way. We adhere to our goals of being like them, which helps us from deviating from our paths.

Anyone can be our role model, be it from our home, or be it from any educational field, or creative field. Instead of calling them Role Models, I call them heroes, REAL LIFE heroes and not REEL LIFE heroes. And I am proud that my hero never let me down. That person, in my life, is not any motivational speaker or an actor, but my father. The value of the relationship I share with my father speaks louder than any language ever could. My father is everything in my life. His constant support and hard work

towards my interests and hobbies have always motivated me to pursue my interests with more enthusiasm. He has been there for me right since the day I stepped into this world. My father never compared my brother and me and has always treated us equally. He always thinks of others before himself. He loves to help people. When one of his colleagues was tested positive for COVID-19 along with her husband and one-year-old child, and were admitted to AIIMS Rishikesh for almost 21 days, my parents, till the family recovered, supplied daily meals to them and even assisted in buying essential things for them. They literally risked their lives and helped them. One day, when I grow up and become a successful person, I would like him to know that I will take care of the family and others like he has done till now. My father exemplifies both personal integrity and exceptional parenting. He makes me strive to become a better person each day, and by ensures that I do not deviate from my goals. I still seek his advice before making any decision in life. Though at times his scoldings felt like unnecessary to little me, all those scoldings were not in vain, and indeed, they made me a better person than ever. My father has been the best role model I could have ever asked for, my real-life hero.

By:  
**Bhavi Goyal**  
Class -12

DSB International Public School,  
Rishikesh

# FAIRGAZE OFFERINGS

## School Membership Program

The School Membership Program helps the school instill experiential learning, holistic development, skill building and financial literacy in children further preparing them for their life after school.

available as a standalone engagement activity

### 1. ONLINE WORKSHOPS

Conducted by professional mentors for students, teachers and parents focused on knowledge and skill building.

available as a standalone engagement activity

### 3. COUNSELLING SESSIONS

Organized for school children with expert counsellors to highlight and destigmatize important mental health issues

available as a standalone engagement activity

### 4. SUSTAINABLE DEVELOPMENT GOAL CAMPAIGNS

Led by eminent educationists and esteemed judges. Intricately designed to promote and implement UN SDGs in the school community.

available as a standalone engagement activity

### 2. FAIRTALKS

Panel discussion organized on integral subjects around the education of India, covers ideas and perspectives from eminent panel of educationists.

### 5. CUSTOMIZED ONLINE SCHOOL NEWSLETTER

Covers all school activities, events and achievements of the school, engages children to fetch stories/content of the school further furnished and designed by FairGaze.

### 6. MODEL UNITED NATIONS & VARIOUS EVENTS & CONTESTS

FairGaze organizes MUN for students of member school who role-play as UN delegates and simulate a session.

Children get opportunities to show case their talent in various creative contests by FairGaze.

available as a standalone engagement activity

### 8. SCHOOL'S MEDIA COVERAGE & PROMOTIONS

FairGaze brings the schools' activities, events highlights, mission and vision of the school leaders outside to the entire K-12 fraternity.

### 7. STUDENTS' JOURNALISM TRAINING & SCHOLARSHIP PROGRAM

FairGaze trains students on journalistic skills, hosting webinars, hosting MUN, audience management etc.

### 9. BRAND EXPOSURE

FairGaze has partnered with Dabur, Decathlon, Fortis, etc to bring sponsorships and organize students' focused engagement activities & contests.



## RECENT FAIRGAZE ENGAGEMENTS

### FAIRGAZE MODEL UNITED NATIONS

## NORTH, EAST & NORTHEAST INDIA INTER-SCHOOL MUN 4.0



Training for MUN is like sculpting a sword in fire- each clause, speech, and crisis tempers the mind to cut through the peculiarities with diplomacy. The training sessions in continuity for North, East & Northeast India Inter-School MUN 4.0 took place at **Modern School, Vaishali, Ghaziabad**, in which FairGaze MUN Lead Trainer Mr. Vansh Tyagi turned pages of the book titled *Pioneering Model United Nations*. The same training sessions exclusive to delegates were conducted in online mode, during which the delegates were provided with light on skills for competing with diplomacy and knowledge.



The North, East & Northeast India Inter-School Model United Nations 4.0 commenced with an inspiring Opening Ceremony on 17<sup>th</sup> May 2025 and 24<sup>th</sup> May 2025. The event was graced by the distinguished **Chief Guest, Ms. Sonu Kundra, Principal of Modern School, Vaishali, Ghaziabad**, along with esteemed members of the Executive Board. The ceremony began with a tribute to the goddess of knowledge and wisdom, setting a tone of reverence and purpose.

The conference featured four dynamic committees—UNESCO, UNSC, UNGA, and UNDP—each upholding the highest standards of diplomacy and engaging in productive debates throughout the sessions. Under the guidance of experienced Executive Board members, the delegates successfully passed well-crafted resolutions, marking a significant achievement for each committee.

The Closing Ceremony honoured the outstanding performances with cash prizes and certificates, presented by the erudite **Chief Guest, Mr. Gourav Mohanty (Lawyer, Author, and Stand-up Comic)**, and the **Guest of Honour, Dr. C.B. Mishra, Principal of Prudence School, Ashok Vihar**.

With the conclusion of the Closing Ceremony, the curtains were drawn on the memorable journey of the North, East & Northeast India Inter-School Model United Nations 4.0—until its next edition.



### SCHOOLS PARTICIPATED

Shiv Nadar School, Gurugram  
 Lamdon Model Sr Sec School, Leh  
 Mahindra United World College, Pune  
 Lady Andal School, Chennai  
 Delhi Public School, GBN  
 Delhi Public School, Bangalore East  
 Vivekananda Kendra Vidyalaya (NEEPCO), Bokuloni  
 Heritage Xperiential Learning School, Gurugram  
 Step by Step School, Noida  
 SG Public School, Vaishali, Ghaziabad  
 Bal Bhavan Public School, Mayur Vihar Phase – 2  
 Vandana International School, Dwarka  
 Mount Columbus School, Dakshinapuri

SKD Academy, Vrindavan Yojna, Lucknow  
 Happy English School, Sharad Vihar, Karkardooma  
 Ahlcon Public School, Mayur Vihar  
 Delhi Public School, Noida  
 Delhi Public School, Gwalior  
 Fortune World School, Greater Noida  
 Modern School, Vaishali, Ghaziabad  
 GD Goenka International School, Greater Noida (West)  
 Ashoka Universal School, Nashik  
 Chettinad Hari Shree Vidyalayam, Chennai  
 The Wisdom Global School, Haridwar  
 Prudence School, Ashok Vihar  
 Springdales School, Dhaula Kuan

Delhi Public School, Eldeco, Lucknow  
 The Shri Ram Universal School, Palava Phase-II  
 Acharya Ambalal V Patel Junior College, Mumbai  
 VIBGYOR High School, HSR Layout, Bengaluru  
 DAV Public School, Jamshedpur  
 Modern School, Barakhamba Road  
 Modern Vidya Niketan Sr Sec School, Faridabad  
 Blue Bells Model School, Gurugram  
 Ryan International School, Sohna Road  
 IES Public School, Bhopal  
 Mayo College Girls' School, Ajmer  
 St. Paul's Inter College, Shahjahanpur





## SOURCE OF LIGHT

The photograph captures a light technician in silhouette, working diligently during an event set up. It highlights the often-unseen efforts of the workforce behind the scenes, who remain in the shadows to ensure every detail is perfectly illuminated, bringing the event to life.

BY: DR. NITHIN KALORTH, ASSOCIATE PROFESSOR – SCHOOL OF CREATIVE MEDIA BAHRAIN POLYTECHNIC

## THROUGH YOUNG EYES



BY: SHIVAAY MISHRA

CLASS - 1

BILLABONG HIGH INTERNATIONAL SCHOOL,  
VADODARA

BY: DIYA SHARMA  
CLASS - 8  
HAPPY ENGLISH SCHOOL,  
KARKARDOOMA





# THE DIVERSITY OF INDIAN CUISINE



## REGIONAL DIVERSITY and its relation to the food we eat:

- **NORTH INDIA:** This region is known for its flavour of rich and creamy gravies. The gravies can be both savory and sweet. For example, we have 'malai kofta', which is slightly on the sweeter side, while the holy grail 'butter chicken' is made with rich and creamy flavor and is on the savory side.
- **SOUTH INDIA:** This region is known for its fermentation. We have dosa, idly, and vadas which are made from fermented batter of rice and dal. 'Podi masala' is one of the most used forms of masala, which is eaten in the south of India. This masala varies in taste and spice level based on the southern state it's being eaten in.
- **EAST INDIA:** This region is known for the different ways to cook meat and the traditional making of desserts. People living in the east have a soft corner for fish and mutton. They usually enjoy dishes like 'pakhala bhat', 'macher jhol', etc. There are some amazing desserts from this region which I personally love like 'chom-chom', 'roshogulla', and 'mishti doi'.
- **WEST INDIA:** This region is known for how spicy the dishes can get. 'Misal pav' and 'goan curries' are the spiciest amongst them all. These dishes really know how to test your spice tolerance.

Indian food is not just about its taste, but it has a story behind it and the long preparation and use of ingredients.

Indian cooking is all about the usage of old and traditional methods. Indian cuisine has rich and diverse flavours, which modern India cherishes. This reflects our history dating back 8000 years, with cultures interacting within the Indian subcontinent.

Indian cooking is known for its long hours of preparation and the utensils/crockery used in its making. Every dish has a different story to tell by the way it is been prepared. If we take 'dal makhani', it is slowly cooked on the stove for hours to get the beautiful and creamy texture, whereas 'butter chicken' gets a smoky taste to it only after charcoal is mixed with clarified butter, and the smoke gets trapped in the flavours.

The utensils used by modern India today were made 10,000 years ago:

- 'Handi' is used to make delicious biryanis
- 'Tandoor' is a technique used to give a smoky effect and crispy tandoori parathas

- In South India, 'Uruli' is used by people in home cooking and in Ayurveda to make traditional medicines

- 'Parat' is used to mix all the ingredients and let them marinate

Indian cuisine has helped build strong international connections, with the spice trade having influenced many foreign cuisines in Europe and the Middle East.

Indian food is heavily influenced by creed. The Jain goddess known as 'Ambika' is named after the fruit Mango (aam). All festival in India always starts with food and end with food.

After Diwali, a festival of 'chhappan bhog' is celebrated in the northern part of India, which consists of 56 dishes that are made and offered to the God Vishnu. This is to show how grateful we are for the food we are receiving.

'Garam masala' is one of the most common and widely used spices in Indian cooking. It is a mix of seven different spices dried and blended together.

By:

**Mahee Sabharwal**  
Class - 10

VIBGYOR High, HSR Layout  
Bengaluru, Karnataka





# JAYPEE PUBLIC SCHOOL, NOIDA

JAYPEE GREENS, WISHTOWN, SEC 128, NOIDA

CBSE AFFILIATION NO. 2131880



**Super Speciality School In Computer Science & Emerging Technologies**



RANKED AMONG  
**TOP 5**  
POPULAR SCHOOLS IN  
NOIDA AND GREATER NOIDA  
BY

★ ★ TIMES NOW ★ ★



## ADMISSION OPEN 2025-26

### PRE SCHOOL TO CLASS XII

#### EXCELLENCE

#### PROGRAM

Access to Ramanujan Universe –  
**high performance computing facility** at Jaypee University

Exposure to **CV Raman Scientific Innovation Lab** & Niti Aayog's Atal Tinkering Lab for shaping ideas into working models



**Transportation Available**

for Noida, Greater Noida,  
Noida Ext. & Delhi

Day Care Facility Available



#### NEW FEATURES

##### CSET

Super Speciality Program in Computer Science & Emerging Technologies for Class VIII onwards

##### STEM SOURCE

JEE & Pre Engineering Preparation Program for Class IX Onwards

##### ENTREPRENEURSHIP

Established Centre for Youth Entrepreneurship by Think Startup & CBSE

#### PROFESSIONAL SPORTS ACADEMIES

Shooting • Football • Basketball • Skating • Chess • Badminton

#### SCHOLARSHIPS & SPECIAL OFFER

- TRP Scholarship • Jaypee SHINE: Upto 5 Lakh • Referral Policy Benefits
- Admission Fee Concession Upto Class I • Admission Fee Relaxed for Class XI

#### PRINCIPAL ANJALI MALIK'S MESSAGE

The system of education should work as a catalyst in making each child a balanced human being having his core strengths embedded in the learning experiences. We at JPS, Noida thrive to map academic excellence with a good human value system, which in myriad ways is ingrained in the culture of the school.

Scan To Register



**CALL TO ENROLL NOW!**

**9958284006**

**0120-4195958, 4195959/71**

admission.jpsnoida@jaypeeschools.edu.in  
jpsnoida@jaypeeschools.edu.in





**PRUDENCE**  
SCHOOL

Educate • Innovate • Create

**ADMISSIONS  
OPEN**

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**REGISTER NOW!**  
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 **www.prudenceschools.com**

Sponsored Feature

# A Stage For Every Talent: Find Yours & Shine!



## FAIRGAZE MUN TOUR 2025 -2026

Kicking Off From Punjab!



**First Stop: Barnala**

**Hosted By: YS GROUP OF INSTITUTES**



**26<sup>th</sup> & 27<sup>th</sup> July 2025**



### What's in Store?

- First MUN of the tour — Be part of history in the making!
- Join young leaders, debaters & changemakers
- High-energy committees, real-world agendas
- Professional MUN experience with FairGaze

**The Tour  
Begins Here!**



**Next State  
(TBA)**

**Registration Open Now!**

Limited Delegate Seats



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**FAIRGAZE** IN ASSOCIATION WITH  
UNLOCKING POTENTIAL



## WORLD ENVIRONMENT DAY 2025

# ART FOR EARTH

Upcycle, Create, Celebrate

### Campaign Activity: Upcycled Wall Art or Bulletin Board Murals



#### Who Can Participate?

- Students from Classes 1 to 12 across India.
- Group size: 7–8 students (from the same school or NGO).
- Age Categories:
  - 6–10 years (Grades 1–5)
  - 11–14 years (Grades 6–8)
  - 15–18 years (Grades 9–12)



#### What to Do?

- Use upcycled materials (bottle caps, cartons, newspapers, etc.)
- Create a Wall or Bulletin Board Mural on the theme:
  - Our Green Planet
  - SDGs in Art
- Suggested spaces: school walls, hallways, or chart boards.



#### Important Dates

- Registrations & Submissions Open: 10th May 2025
- Submission Deadline: 15th June 2025
- Winners Announced: 30th June 2025



#### How to Participate?

- Form a group of 7–8 students
- Register online and receive login details via email
- Create your mural between 10th May – 15th June
- Submit a photo or 30-second video of your mural

**ONE ENTRY PER GROUP  
SUBMISSIONS IN ENGLISH OR HINDI**



#### Prizes & Recognition

- Certificates for all participants
- Special Gifts & Winner Certificates
- Felicitation Certificates for Schools/NGOs
- Environment Hero E-Badges for winning teams

**Let's celebrate creativity, sustainability, and community.  
Be the change, make art for Earth!**

**Register & Submit at: [sdg.fairgaze.com/one-day-for-environment.html](https://sdg.fairgaze.com/one-day-for-environment.html)  
Contact Us: [info@fairgaze.com](mailto:info@fairgaze.com)**

WELL-BEING

# OBESITY & JUNK FOOD



3 GOOD HEALTH  
AND WELL-BEING

**O**besity is a problem that nearly every nation in the world is facing, but there is much we can do to fix it. - Richard Attias

Let me begin by addressing what obesity is. According to me, obesity is a problem caused by consuming large amounts of fat or fat-rich food. The problem goes deeper because fatty food is tasty and takes less time to cook, so much so that we can be addicted to it. Consuming junk food is like building a whole junkyard.

According to the World Health Organization (WHO), obesity is defined as abnormal or excessive fat accumulation that presents a risk to health. Furthermore, in 2022, one in eight people in the world, as per the WHO, were living with obesity. That is an alarming number, isn't it?

As per the American Psychological Association, the causes of obesity are rarely limited to genetic factors, overeating, and a sedentary lifestyle. Feelings of sadness and anxiety, the way

you think and feel, often make you eat more.

Clearly, obesity is a lifestyle disorder that can very much be worked on with will power, discipline, routine, and proper care.

The causes of obesity often include an imbalance between calorie intake and expenditure, lack of physical activity, high amounts of stress, and poor sleeping habits. Often, we ignore the mind-body connection, where we must acknowledge that what we think is what we do. Life has become extremely busy, and connections and relationships have taken a back seat. Anxiety, panic and eating disorders are on the rise, thereby leading to obesity that stems from boredom and poor habits.

Obesity is the number one cause of cardiovascular diseases that can adversely impact the quality of life one leads; diabetes, cancer, and arthritis make life a constant struggle.

In the words of Richard Attias: Much can be done!

So, what can we do to avoid obesity and keep it at bay?

Number one- meditate and exercise because your body needs you, both physical and mental health are important. Number two, eat healthy and put more colour on your plate, avoid junk food: refined wheat flour, colas, preservative-laden items, and canned and packed foods; thinking once a week of junk is ok, is the next big disaster!

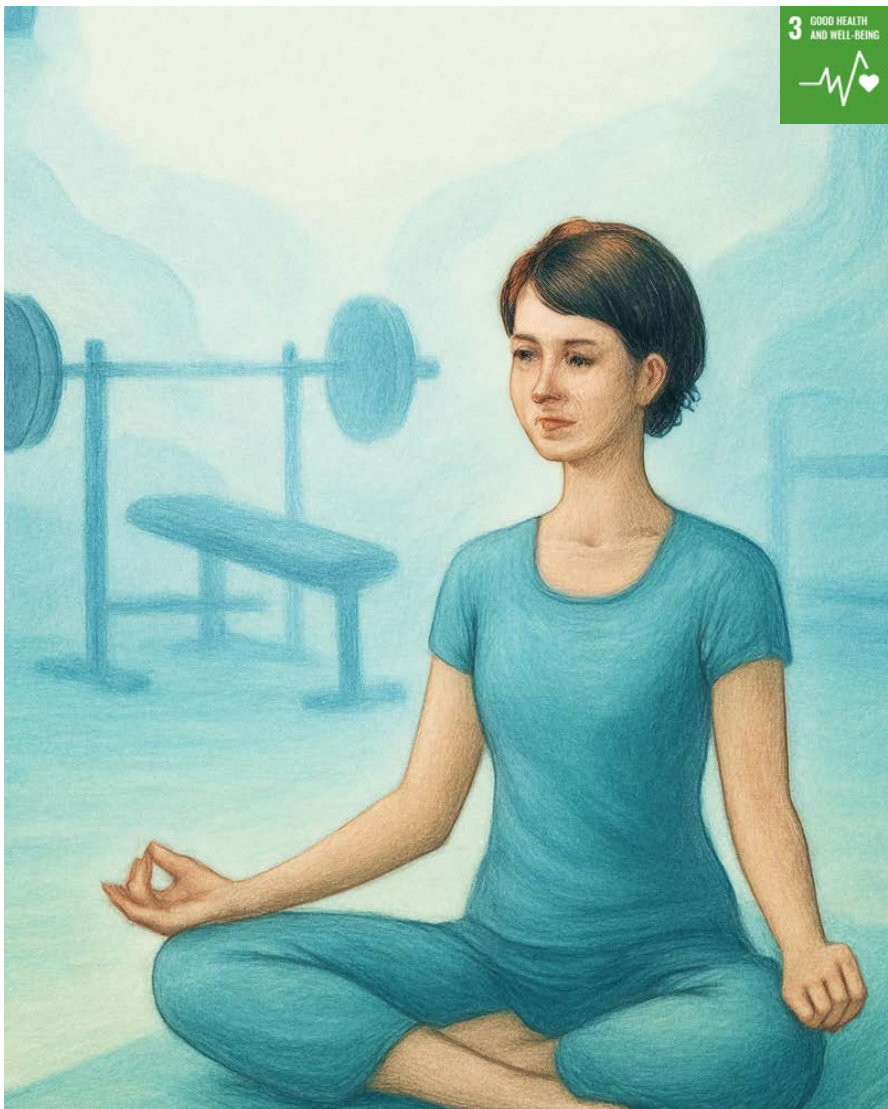
Junk remains junk irrelevant of the time you eat it. Finally, just a reminder that your body stays with you till eternity. Stay happy and healthy and be good to yourself.

By:  
**Awish Mishra**  
Class - 5  
Learners International School,  
Greater Noida



WELL-BEING

# STRENGTH IN STILLNESS: ◀ WHY I CHOSE THE MAT ▶ OVER THE BENCH PRESS?



emphasizes intensity over sustainability."

Very candidly, I was one of those people who bought a gym membership on the 1st of January this year, turns out I couldn't sustain the intensity for even a month!

In the 21st century, functional fitness has become impractical because of our lifestyles, which is why we need something easy to do that helps bring us back to the present moment. Yoga doesn't offer six-packs overnight. It offers something rarer: control. It's sustainable, ageless, and deeply personal.

You don't compete. You connect with yourself.

Strength doesn't always imply the amount of weight you can lift, strength is sustenance, strength is the ability to stay without deflecting. Yoga teaches the power of Quiet. In a society obsessed with speed, it taught me the grace of slowness.

"And with over 300 million people practicing yoga globally today—it's not just a fad, it's a quiet revolution." So yes, I choose yoga. Not because it's trendy, but because in a world chasing fast results, I found power in slowing down. Because sometimes the bravest thing you can do is lie still and breathe.

**W**hile everyone's chasing protein shakes and bench presses, I found strength on a mat with my eyes closed.

My yoga pick might not be influencer-approved, but that's the point. It's time we acknowledge the manipulative nature of social media on our choices. I get it,

Gyms give you tangible growth. Muscles grow, sweat pours, and real progress is felt, but is this intensity sustainable? "A 2022 study by the American Journal of Health Promotion found that while 67% of gym-goers start for physical fitness, over half drop off within 6 months. The problem? Burnout. Gym culture often

By:  
**Srishti Sanjay**  
Class - 12  
Blue Bells Model School,  
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