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**FAIRGAZE**

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# SCHOOLASTIC NEWS

IMPACT-FOCUSED SCHOOL COMMUNITY MAGAZINE

**CHERISH YOUR  
INNER  
PERSONALITY**

**What is Monoclonal Antibody?**

**Trees Our Best Friend**

**FairGaze MUN Training Adopted**

**Hybrid Learning Model in Education**

**BE HAPPY! IT BOOSTS YOUR  
MENTAL HEALTH**

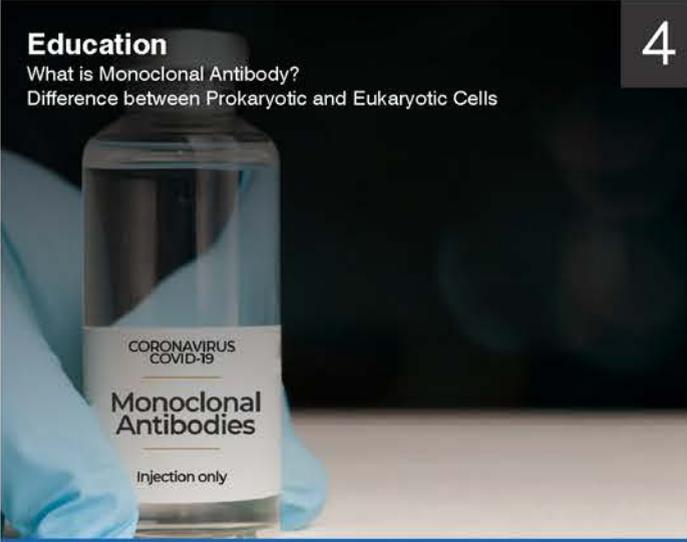


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(GURU NANAK PUBLIC SCHOOL, DALHOUSE)

3<sup>RD</sup> SEPTEMBER 2022 | 9:00 A.M. – 6.00 P.M.

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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.

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# Editorial Lead

Welcome to the most awaited October edition of the Schoolastic News magazine. We are happy to share this issue that highlights the constituents that must be integrated to achieve a progressive learning curve in any educational model.

The articles in this issue will compel us to think in compassionate solidarity whether aiming for positive action towards the environment or sharpening our own personality both in and out. Our response to crises reflects strongly on our character. How to be responsible, kind and reassuring is what we hope to teach our children. The art of maintaining a great sense of humor under difficult circumstances is another important facet of learning at a young stage. Returning to learning in school campus by following all the safety protocols brought smiles to all the young faces. The happiness is doubled when students can enjoy the best through the hybrid mode of learning in the school vicinity along with other classmates and teachers. It serves the purpose of imparting education and yet it is fun to be at the same time to watch the screen with your friends. The successful moments of this model was captured well from the Orientation and Training Sessions of the recently concluded GNPS FairGaze MUN.

The year may have been difficult with all the transitions but each one of us addressed it with utmost resilience like the jade plant in our window. In our experience, it's not just about the proficiency that's modeled at FairGaze; it's the preaching and practice of the ability to put ourselves in someone else's shoes, empathize with their circumstances or experiences, and find apt solutions that attend to the welfare of all. That's what makes FairGaze's work essential in many ways.

Our association with IIT-Bombay for Eureka! Junior 2022 envisions polishing students' creative ideas. Our world needs compassionate, determined, adaptive, good-humored leaders more than ever. We are hopeful that with enough good examples, our children will be inspired to be one, too.

We thank Mrs. Rohini Aima, Principal, Jammu Sanskriti School, Jammu who enlightened us through her article on "Innovative Solutions to Educational Leadership Challenges".

The resolve of our students is highly reflected in the articles. We appreciate the contributions of all the students and our editorial board who worked with diligence on this issue.

In the end, I will conclude with a very famous quote from the 44th President of the United States of America Barack Obama who stated:

*"The future belongs to young people with an education and the imagination to create."*

We also thank all the members of the editorial board and students for extending their support and cooperation to this issue.

Happy Reading!

**Bhavna Sharma**  
Editorial Lead  
info@fairgaze.com

EDUCATION

# DIFFERENCE BETWEEN PROKARYOTIC AND EUKARYOTIC CELLS

The presence of a core is the center contrast among eukaryotic and prokaryotic cells, which is even coded in the names thereof. What's more, not normal for a eukaryotic cell, a prokaryotic one doesn't have chromosomes yet, and all things considered, contains a substitute called plasmids. Dissimilar to a chromosome, a plasmid doesn't have a protein film and regularly takes a straight shape. Consequently, the intricacy of prokaryotic cells is essentially lower than the one of prokaryotic ones.

Furthermore, the cell design of the two sorts of cells fills in as a significant qualification. Prokaryotic cells are regularly unicellular, though eukaryotic ones are multicellular. The depicted contrast prompts one more place of examination, which is the realm that the distinguished sorts of cells address. While prokaryotes commonly happen in Bacteria and Archaea, eukaryotic cells can be tracked down in Animals and Plants. In this way, a prokaryotic cell can be characterized as a less difficult living thing contrasted with a more mind-boggling eukaryotic one.

At last, the parts that comprise each kind of cell are different, both in their capabilities and structure. It ought to be noticed that there are a few organelles that are normal for both prokaryotic and eukaryotic cells. Nonetheless, eukaryotic cells, as additional mind-boggling components, contain organelles that can't be tracked down in less complex prokaryotic designs. For instance, prokaryotic cells don't have lysosomes and peroxisomes, which assume the part of preserving and shipping energy and are a significant part of eukaryotic cells. Also, mitochondria and endoplasmic reticulum are not tracked down in prokaryotic cells.

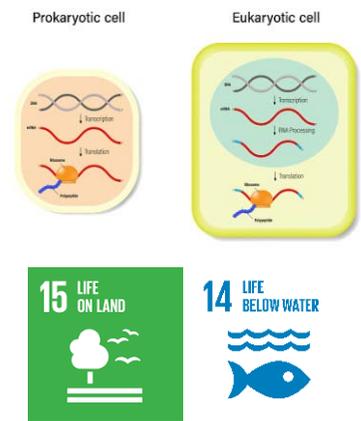
Generally, the construction of a prokaryotic cell is less intricate than the one of a eukaryotic one.

DNA as a significant component in the piece of both prokaryotic and eukaryotic cells likewise merits a more definite examination as one more basic place of distinction between the two cell types. Rather than eukaryotic cells, in prokaryotic ones, the DNA structure is direct because of the plan of organelles and, thusly, chromosomes. As of now, it ought to be noticed that the course of DNA replication is an essential likeness among eukaryotic and prokaryotic cells. Albeit the two cell types are unmistakably unique to one another, the replication of DNA happens in both cell types as per a similar plan and set of standards.

Nonetheless, there are a few distinctions in the replication cycle that permit recognizing a prokaryotic and eukaryotic cell in light of the DNA replication qualities. For instance, dissimilar to eukaryotic cells, prokaryotic ones have just a single starting place for their replication, which, thus, happens just in two headings. What's more, the whole replication process happens at a lot quicker pace than the one in eukaryotic cells and requires roughly 40 minutes (contrasted with a few hours in a complex eukaryotic cell).

The portrayed trademark permits prokaryotic cells to go through the replication interaction in an unending cycle, which is unthinkable in eukaryotic cells because of the presence of telomeres in their chromosomes. Accordingly, the DNA replication cycle can be viewed as one of the critical contrasts between eukaryotic and prokaryotic cells.

The presence of mitochondria in eukaryotic cells as their unmistakable element is the



subject specifically compelling since the ongoing speculations of mitochondria beginning permit finding the development of a prokaryotic cell to a eukaryotic one. As per the hypothesis of endosymbiotic speculation, mitochondria were at first prokaryotic cells. In addition, similar to cells, mitochondria could carry out the roles of which eukaryotic cells were unable.

Nonetheless, since the oxidative cycles that mitochondria performed were likewise fundamental for the appropriate working of eukaryotic cells, the last option obtained mitochondria through endosymbiosis. Thus, mitochondria are an essential part of eukaryotic cells these days, yet they are missing from prokaryotic ones. Giving open doors to energy change, mitochondria in eukaryotes principally produce ATP, even though it likewise has a few other significant capabilities.

By:  
**Ruhin Gulati**  
Class - 10  
Shikshantar School, Gurgaon

EDUCATION

# WHAT IS MONOCLONAL ANTIBODY?



A monoclonal Antibody is an immunizer made by cloning an extraordinary white platelet. All ensuing antibodies determined this way follow back to a guardian cell. Monoclonal antibodies can have a monovalent fondness, restricting just to a similar epitope. Interestingly, polyclonal antibodies tie to various epitopes and are usually made by a few different immunizers discharging plasma cell heredities. Bispecific monoclonal antibodies can likewise be designed, by expanding the helpful focuses of one monoclonal immunizer to two epitopes.

One vital benefit of utilizing monoclonal antibodies is they've been used to cause sedates that have been more effective at treating specific illnesses, like a few malignant growths. One more benefit of involving monoclonal antibodies as a treatment is that they're more exact than different medicines. They work on viability and can diminish a few

secondary effects.

Implantation responses are normal and happen during or not long after monoclonal neutralizer treatment. This happens when your body has major areas of strength for a reaction to the monoclonal immune response treatment. Normal indications of mixture response

**“A monoclonal antibody is a man-made antibody synthesized from cloned immune cells.”**

are impulsive, fever, afflictions/chills, windedness, perspiring, changes in pulse, and expanded pulse. Dialing back the imbue ment or diminishing the portion can assist with restricting such responses.

The body's resistant framework assaults unfamiliar substances by making huge

quantities of antibodies. An immune response is a protein that adheres to a particular protein called an antigen. Antibodies circle all through the body until they find and join the antigen. Once appended, they can compel different pieces of the insusceptible framework to obliterate the cells containing the antigen.

Monoclonal antibodies offer elective therapy to malignant growth patients who have fizzled or advanced on standard chemotherapy. Clinical exploration keeps on investigating new antigens to focus on finding the "sorcery shot" to take out malignant growth by and large.

By:  
Ekta  
Class - 10  
Devrise Public School, Haryana  
Edited by: Menka Sharma

PERSONALITY DEVELOPMENT

# PERSONALITY DEVELOPMENT IN SCHOOL



Personality development is the method involved in extending your inner personality. This might incorporate doing exercises that you don't regularly do yet find pleasant and satisfying like playing another game or attempting new interests. It likewise incorporates creating abilities that you as of now have yet are not utilizing to their maximum capacity like playing an instrument or communicating in another dialect. Fostering your character can likewise mean finding who you are to more readily get yourself and develop into the individual that is ideal for you. From adolescence, the kid is presented to this group environment and goes through a large portion of his day there. The impact that instruction, which is the significant assistance the schools offer, has on the kid can't be neglected.

After the home front, the school is liable for the childhood of kids and their general personal advancement. Hence, there ought to be purposeful work to guarantee that the personality of the kid is shaped appropriately during this time. Instruction isn't just with regards to instructing hypotheses to kids; however, a school climate is where a decent establishment is laid for kids to help later on.

In school, temperances like genuineness, reasonableness, benevolence, and regard are instructed. The educators and educationists affect understudies and they are viewed as good examples so it is essential that set genuine models consistently.

In school, ideals like genuineness, reasonableness, graciousness, and regard

are educated. The educators and educationists affect understudies and they are viewed as good examples so it is fundamental that set genuine models consistently. In school, there are a ton of arranged activities and exercises that are completed in the study hall to assist understudies with fostering a decent person who will help them throughout everyday life. There are a few techniques for building character in understudies and when the person is inbuilt in the understudy, positive conduct is practically programmed.

By:  
Jyoti Nayak  
Class - 12  
Birla School  
Pilani

PERSONALITY DEVELOPMENT

# DO GOOD COMMUNICATION SKILLS REPRESENT A GOOD PERSONALITY?



The personality of any individual is the most important thing which is represented by many factors like dressing sense, attitude, and most importantly the communication skills of the individual. Without good communication skills, no one would like to get involved in a conversation with us. Communication skills leave a deep impression on anyone's mind and influence the way how the person treats us. Hence, a better communication technique will impress anyone we are talking to, and we should always be aware that we are not talking irrelevantly on any topic and communicate related to the context.

With weak communication skills, we will not be able to achieve our goals and surely have difficulty in some parts of life and stay behind in others. Since this communication style is such an important factor of a good personality, let's see some ways to improve the communication skills:

- **Speak in a Supportive Way**  
We must speak in a supportive way which means we must not interrupt the speaker and speak in support of him. We must also never be in hurry to put our point forward by jumping in between the conversation. We should encourage the speaker to speak to us

"Communication skills leave a deep impression on anyone's mind."

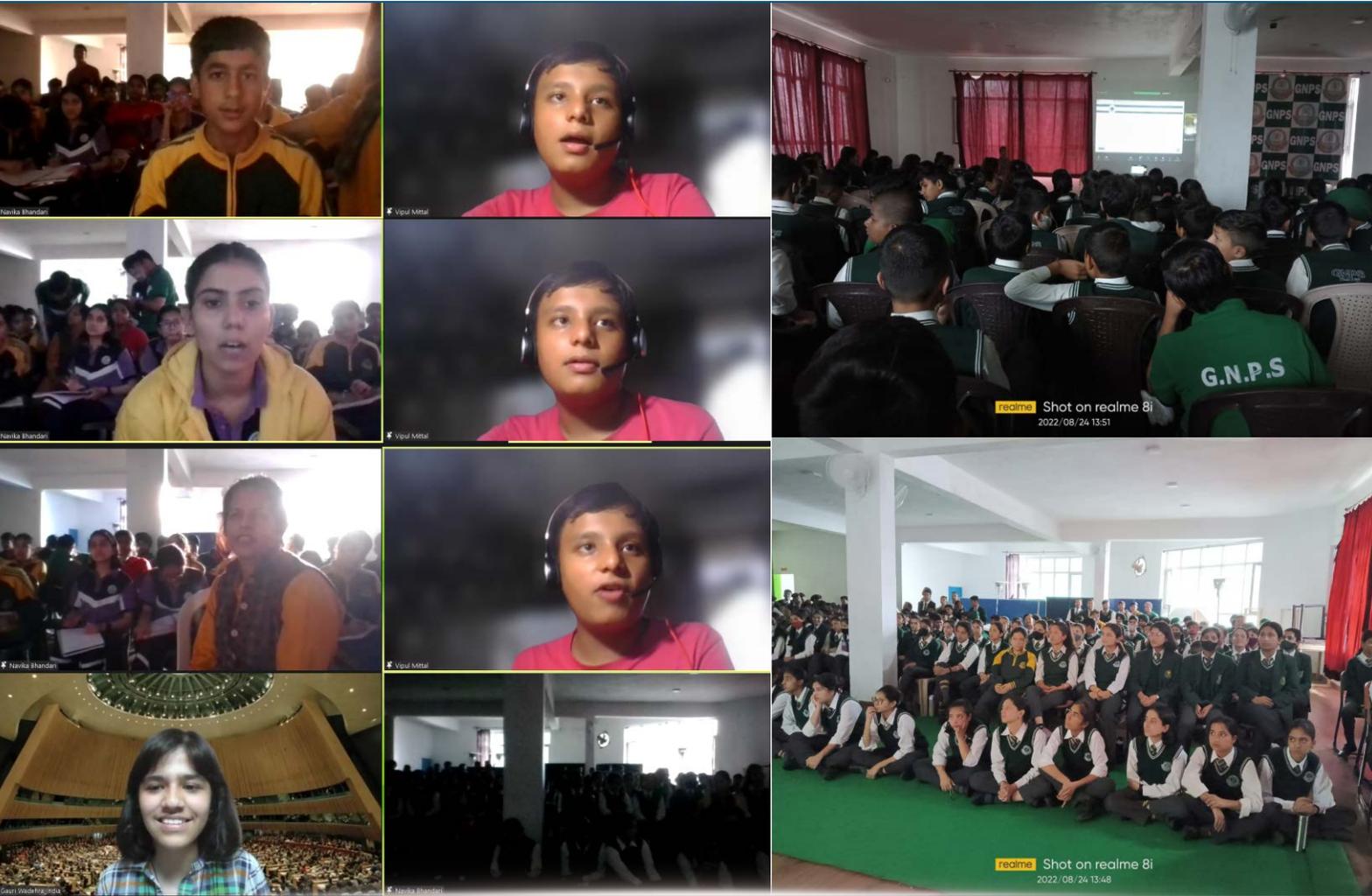
by earning their trust in a friendly manner.

- **Maintain Eye Contact**  
While talking to anyone we should always have eye contact which shows our positive side and builds a connection with the speaker. It makes

the speaker believe that we are interested in the conversation. When we don't look in the eyes of the speaker it shows defiance and refusal to the conversation and eventually, the speaker will not remain eager or involved in talking to us.

- **Never Highlight or Showcase your Knowledge**  
We should never just show our knowledge to others because if we always highlight our intelligence then the speaker would feel insecure and will not be happy to be a part of the conversation. It is also considered a rude way and the other person will be dissatisfied and lose interest in the conversation.

By:  
**Parth Aggarwal**  
Class - 11  
S. D. Public School  
Edited by: Menka Sharma



# ORIENTATION & TRAINING PROGRAMMES CONDUCTED FOR GNPS FAIRGAZE MUN

Keeping the baton of our technological prowess high, the students at Guru Nanak Public School, Dalhousie participated in our ONLINE Orientation & Training Programmes from the comfort of being present OFFLINE in the school auditorium (for hostellers) and at homes (for non-hostellers). The Hybrid Learning Model in Education adapted by FairGaze MUN Conferences is taking the success story ahead in the upskilling of young minds.

Students from other schools across India also participated with their boundless zeal to prepare them well in advance for the GNPS FAIRGAZE MODEL UNITED NATIONS CONFERENCE.

# GNPS FAIRGAZE MODEL UNITED NATIONS

(GURU NANAK PUBLIC SCHOOL, DALHOUSIE)

3<sup>RD</sup> SEPTEMBER 2022 | 9:00 A.M. – 6.00 P.M.

30 SCHOOLS PARTICIPATED

5 COMMITTEES

## Some Happy Voices:



My experience in UNEA committee was great and I am very grateful to FairGaze. Our chairperson was very good and helping. She improved my skills. Very thankful to be a part of FairGaze MUN.

Thanks,

**Kaustava Kundu (Delegate of Norway in United Nations Environment Assembly)**  
(Class – 11, Student of Pragati Public School, Kota, Rajasthan)



Delegate of Moldova would like to express heartfelt gratitude to GNPS FairGaze MUN for providing a platform for an enriching, interactive, fun-learning experience and cooperative, effective debating forum and an overall awesome session with all the Delegates and Honourable Chairs!

Warm regards,

**Shivangi Gaur (Delegate of Moldova in United Nations High Commissioner for Refugees)**  
(Class- 12, Student of Heritage Academy, Modinagar Ghaziabad, Uttar Pradesh)



It was a great experience and awesome journey of knowledge. It improved my diplomatic skills and a step ahead to my MUNs and my future. I would like to be in touch with FairGaze for upcoming MUNs and would look forward to participating.

Warm regards,

**Ranveer Nikhil Sanghvi (Delegate of Ukraine in United Nations General Assembly - DISEC)**  
(Class - 9, Student of Utpal Sanghvi Global School, Mumbai)



Greetings! It was my absolute honour and pleasure to be a part of FairGaze Model United Nations in association with GNPS as the Chairperson for ECOSOC. I am amazed at the amount of knowledge and efforts FairGaze takes to prepare and motivate the young generation even for their tiniest efforts. I think of this organization as the one which offers a wide range of opportunities under one roof. This conference offered an excellent platform to exchange ideas to a number of global issues. I want immensely to thank FairGaze for this amazing chance. I believe every conference teaches something so did this one. However, this conference left an indelible mark. This was overall such an amazing experience. I would like to thank everyone who made this conference a success especially the FairGaze staff members.

Thanks,

**Trisha Thomas**

**(Chairperson of Economic and Social Council)**  
(Class - 11, Ryan International School, Malad)

## 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

### 2. FAIRTALKS

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



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.



### 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

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

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



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

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

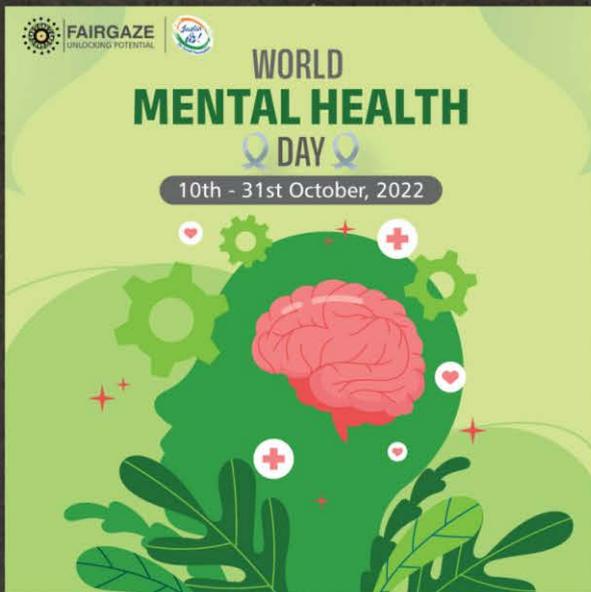


### 9. BRAND EXPOSURE

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



## Recent FairGaze Engagements



UPCOMING  
EVENTS

FairGaze (India's leading school media), along with India Is Us (i2u Social Foundation- an NGO support initiative working with over 100 NGOs), has initiated the #OneDayForMentalHealth drive, coinciding with the World Mental Health Day observed on 10th October every year. The campaign aims to fulfil Sustainable Development Goal 3 (Good Health & Wellbeing) by generating awareness about the issue and sharing messages from mental health experts, psychologists, parents, and students. As a part of the campaign, we are continuing our existing hashtags #ItIsOkay, #BeKindToYourMind, #OneDayForMentalHealth #OneDayForFuture.

The Campaign duration is from 01 October to 31 October 2022.

### UPCOMING WORKSHOPS

- **October 3 , 4:00 PM-** Tips To Success
- **October 7, 5:00 PM-** Self Grooming Tips For Students
- **October 10, 4: PM-** Understanding Behavioural Changes In Students
- **October 29, 4:00 PM-** Screen Time And Children

Find out more about all our upcoming webinars and register here: <https://fairgaze.com/webinars.html>

### PAST WORKSHOPS

- **September 3 -** Building Problem Solving Mindset
- **September 7-** Way To Study After Lockdown Using Visual Notes
- **September 12 -** Anger Management For Students
- **September 30-** Journey From Food Pyramid To My Plate Food guide

## FAIRGAZE PATRON SCHOOL



# ADMISSIONS OPEN

Session **2022- 23** (All Streams)

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# EUREKA! JUNIOR 2022

## School Students Entrepreneurship Competition

FairGaze is the official School Empowerment Partner of Eureka! Junior 2022. The contest is organized every year by IIT Bombay. Eureka! Junior envisions polishing students' creative ideas. Schools and student teams can register till 30th September 2022. Eureka! Junior is a perfect platform that provides a place for young inquisitive minds to learn how to solve normal problems in the most innovative and creative way. Here, you will learn about the basics of entrepreneurship, how you can improve your creative ideas, how you can draw your business plan, and how you can pitch in front of a panel of esteemed judges.

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# INNOVATIVE SOLUTIONS TO EDUCATIONAL LEADERSHIP CHALLENGES

BY: MRS. ROHINI AIMA  
PRINCIPAL, JAMMU SANSKRITI SCHOOL, JAMMU



Consistent strive towards a closer world order demands the transformation of individuals into world citizens. Group specific education mix with the spirit of global citizenship, can be outlined and defined by those who are in tune with reality of the variegated groups that form the multiethnic, multiracial, multilingual social frame. The demands and prospects of the learners have grown

manifold. Hence the liabilities of the educational leadership have acquired huge confines.

All educational leadership is duty bound to deliver real education that provides meaningful training and helps in due transformation for life and living. All education patterns should concentrate on relief of ignorance, poverty and relieves superstitions with effective

sense that has a mix of the scientific disposition.

Educational prowess should naturally aim at eradication of inter moral enmity. It would help establish an effective social order that fosters a society of unanimous collaboration and healthy positive intermingling leading to a progressive trend that intensifies the appetite towards mass growth and



development. The more defying the situation, the stronger is the challenge to the educational leadership of the 21st century. The more dispiriting the path, the more flexible should the educational leadership come in order to accommodate the demands of the day yet achieve its ethical end in the right manner at the right pace.

Growth and development of differing terrains cannot be measured by the same scale. Educational leadership is perennially brazened with varying agreement in areas like learner specific learning content, educator specific training, society specific evaluation norms and demand specific learning environment. The call of the day is to ensure that education helps acquaint the basics of the mortal fabric in its original shape with important humane colours and involves individuals in revamping the capacities of all.

Rather of any appreciable mix, the focus of the learning material is more over around international demands or local requirements. The reference is towards

the provincial, national and international boards of education.

Leaders in education face a dilemma as they advance in their careers—to lead in the classroom as preceptor or to lead in the institution as administrators. Do they have to choose one over the other? Is it possible to do both and do them well. Most utmost surely!

There is a tremendous opportunity for leaders to influence leverage techniques such as effective study skills, course design, planning and rubrics, to lead successfully in the business side of education. Academic strategies should be designed to establish and upgrade exploration skills needed for success in Future Students.

Student should be able to articulate learning and skill development in life. Artificial intelligence and quantum computing are areas to be explored for developing academic skills. It is ironic that educators, sometimes, are missing out on their own leadership education. When learning opportunities are

abundant and accessible, it is easy to put them aside. Educators urgently need to commit to their own education success to stay relevant and ahead of competition. Developing abilities to locate relevant research and critically evaluate different sources is very much necessary to understand the methodologies and synthesize new findings. Policy makers can leverage these findings to make necessary adjustments to school to better prepare even for crisis. Additionally, the findings of the current study are believed to have profound implications for future research. These findings, also sometimes, expand our current understanding on school in time of crisis that needs further investigation. Subsequent studies can quantitatively and/or qualitatively validate these challenges findings regarding a particular context. To make students & teachers future ready, we need to develop an integrated layered approach which will enable conditions to allow each & every child to learn and progress.



CLIMATE ACTION

# TREES OUR BEST FRIEND

**W**hen you plant a tree, you plant a life, as the saying goes. Trees are one of Mother Earth's greatest gifts to humanity. The most crucial thing to remember is that trees do not require our presence; rather, we require their presence. Aside from the numerous advantages they provide, trees are unquestionably our best companions. They are the friends that constantly go out of their way to help us without asking anything in return. Trees have been on our planet longer than people, yet humans prefer to overlook this fact. They are oblivious to their importance and continue to abuse them indefinitely for short-term gain.

Trees, like our companions, come in handy in a variety of ways. Trees, like humans, share what they have with their friends. They share their fruits, seeds, flowers, herbs, and other products with

us. Because trees are one of the world's primary suppliers of oxygen, human existence would be impossible to sustain without them. They are in charge of keeping us safe beneath their shade. They also aid in the prevention of natural disasters such as droughts and floods. Trees provide a habitat for a variety of birds and animals in addition to being helpful to people.

They give them refuge, which benefits people as well. In other words, trees play the function of a best friend in the lives of every human person, regardless of circumstance. The globe is rapidly becoming a concrete jungle, with little or no regard for the terrible implications. As a result, one must recognize these truths and take action before it is too late.

To summarise, just as life becomes difficult without our closest friend, life

will become difficult without trees. Saving trees from being chopped down is the very least we can do for them. This planet will become a desert if plants are not planted. While many governments in various nations are taking steps to protect them, we must also do so on an individual basis. Encourage tree planting and participate in tree-planting projects. Protect our closest buddies and make the world a greener place.

By:

**Samaira Sachdeva**

Class - 10

Delhi Public School,  
Gautam Buddha Nagar



## CLIMATE ACTION

# IS IT OK TO CUT TREES IN THE NAME OF DEVELOPMENT?

It is especially unjustifiable. The quantity of trees in the city is as of now lacking. A fully grown and blossoming tree is a habitat for an entire family of flora and fauna, all necessary for shade, oxygen, water retention in soil, fighting pollution, and generally giving life. Cutting and in their place, sowing seeds takes months and years of attention and care. Even then, few survive. Therefore, transplant trees, if you have to. This will set a model, empowering individuals to grow trees.

In super urban communities in created nations, each resident approaches a recreation area within a 30-minute strolling distance. Besides, we want more vegetation because our populace thickness is higher. The tree populace isn't solid, yet trees are continually being hacked off for the sake of a metropolitan turn of events.

According to a review, in a couple of years, around 10,000 trees have been

felled for different tasks, which incorporate the aggressive ventures of the Central Business District (CBD), the BRTS Corridor, and the savvy city. A report of GSEED, an association working in the field of climate, brings up that the trees are being cut at a quick rate in India. The

“Trees are a crucial aspect of our lives. There is a need for awareness campaigns, especially in cities, towards saving the trees.”

report expresses that somewhat recently (2009-19) around 6 lakh trees have been sliced in India and because of this

Bhopal's woodland cover has contracted to a simple 9% in 2019 from 35% in 2009. The report additionally educated that among the felled trees, a few were as long as 50 years of age.

Chopping down trees implies that we have a lesser number of tree species left and this diminishes the biodiversity. Plants discharge oxygen into the climate and a lesser number of trees implies that we will have lesser oxygen content in the air. Chopping the trees down implies harming the climate and creatures. So, trees ought not to be chopped down only for Development.

By: **Anirudh Sharma**

Class - 12

Government Senior Secondary School,  
Bopara

Edited by: Menka Sharma

WELL BEING

# 5 WAYS TO GET OVER AGGRESSION



Aggression can be categorized as one of the most misinterpreted human emotions. Originating from Latin, the word translates to 'stepping towards' or taking a dynamic step. In Psychology, the term "aggression" refers to a range of behavior resulting in both, physical and psychological harm to oneself, others, or objects in the environment. A theory by Bandura also explains how it violates social conventions and may include deliberate intent to harm.

However, this falls into the "Negative" form of Aggression which may include crime, workplace violence, bullying, school violence, domestic violence, rape, or sexual harassment, having a hostile effect on the well-being of individuals involved. Another form of Aggression is "Positive" or natural aggression, which is healthy and helps combat evil practices or injustice. It helps reject negative pressure and is a strategic way to deal with problems rather than sulk in sadness.

**Negative Aggression can further be classified into more types:**

- Reactive-Expressive Aggression, or verbal and physical aggression.
- Reactive-Inexpressive Aggression, or hostility
- Proactive-Relational Aggression or aggression that can break human relationships.

It can be Accidental (aggressive behavior which was not intended to cause harm, i.e. by accident), Expressive (aggressive behavior intended to express disapproval or frustration), Instrumental (aggression to own a particular object or position from the other individual), or Hostile (i.e. Bullying).

The hypothesis prepared by psychologists for Aggression, calls it ambiguous and states that frustration always precedes



aggression and aggression is the sure consequence of frustration.

**There are various ways to tackle Negative Aggression, such as:**

- Practicing Anger Management Tips
- Opting for Mindful Meditation or different Meditative Therapies which help release tension by relaxing and awakening one's consciousness.
- According to a study by the University of Oxford, Yoga or the different "Yog Aasans" and "Vyayaams" are said to decrease impulsivity and combat aggression through increased focus and reduced anxiety levels.
- Another great way to deal with Aggression is by embracing Ayurveda, which has contributed largely to reclaiming health by returning balance and vitality through mental and emotional spheres. It explains how anger and irritability are expressions of excess "Pitta" in 'Mano Vana Srotas' (channel of mind), and how anger can be managed by a supportive diet, lifestyle, and herbs.
  - One can build a pitta-pacifying diet that is grounded, nourishing and simple by avoiding hot, spicy, acidic, or sour foods, alcohol, and caffeine.
  - Practicing a routine has a stabilizing effect on the system.
  - Abhyanga, the ancient practice of

self-massage with Ayurvedic Oils also helps calm the nervous system, rejuvenates the tissues, and promotes healthy circulation throughout the body.

- Keeping the physical body cool by continuous intervals of rehydration can also play a significant role in reducing heat, and hence aggression.
- Lastly, remembering one primary goal of Ayurveda is important. It treats people and not their symptoms. Hence, every individual may use different remedies that serve their system, considering factors like age, environment, personal weaknesses, etc.
- One could also join different virtual cultural clubs with like-minded people, who believe in holistic development rather than popping anti-depressant pills.

Concluding this article, it can be said that Ayurveda is the future of Medicine and has highly efficient ways to deal with any 'Doshas' such as Negative Aggression.

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WELL BEING

# 5 SIMPLE WAYS TO SPREAD HAPPINESS



Spreading happiness is one of the most important things one can do. Especially during these days. Everyone's life is filled with depression and anxiety and everyone is busy. So, spreading happiness and bringing smiles to others' faces would be so kind and generous of you.

**There are so many ways of spreading happiness such as:**

- Make a thank you card for your close ones. You can tell them how grateful you are to have them in your lives. Thank them for everything, and tell them their worth.
- Start talking politely to everyone, do not get irritated, and try listening to their problems rather than comparing or telling them their problems are nothing in front of your problems. Understand that this is not a competition going on. Try consoling them.

- Try calling or texting your friends with whom you have lost touch. It would feel so great when you guys meet and remember your old memories.
- Bake a tasty cake for your grandparents and eat it while talking to them and spreading quality of time with them. It will make them happy!

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"Spreading happiness and bringing smiles to others' faces is kind and generous."

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- Acknowledge and appreciate people for whom they are rather than judging them for their flaws. Tell them they

are unique and beautiful with or without their flaws.

But most importantly you need to be happy to make everyone smile or to spread happiness. Being happy every time is very difficult. But what we can do is try to feel better even in the hardest situations. We can do something that makes us feel good or we can take some guidance and support.

Breaking down and falling apart is ok. Rather it is a part of life but healing with happiness and joy is what matters in life.

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