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SCHOOLASTIC NEWS

IMPACT-FOCUSED SCHOOL COMMUNITY MAGAZINE

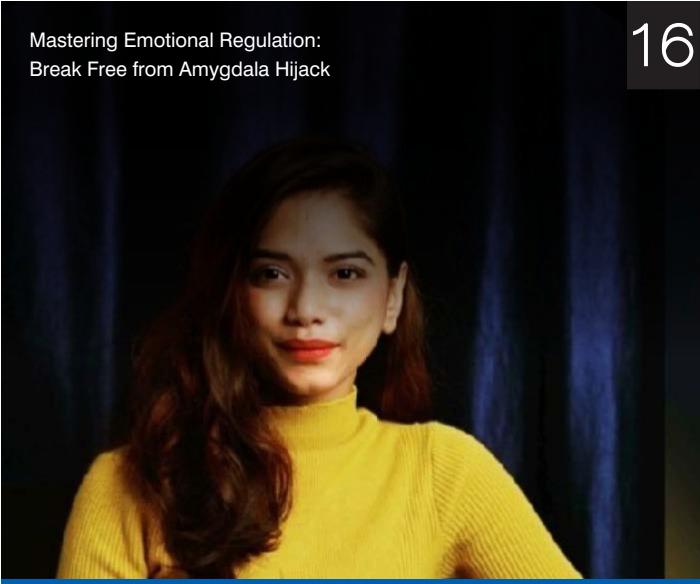
Exclusive Interview with
Dr. Anurag Deep,
Project Officer,
UNESCO MGIEP
Republic Day: A Tribute to the
Indian Constitution



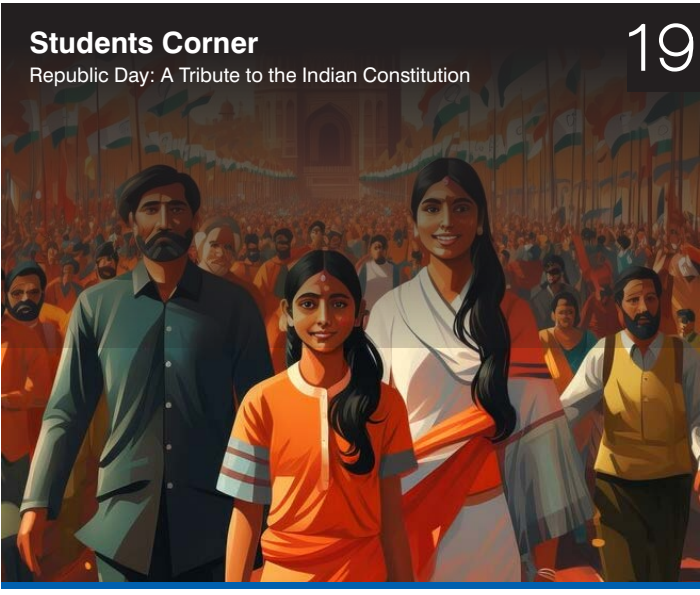
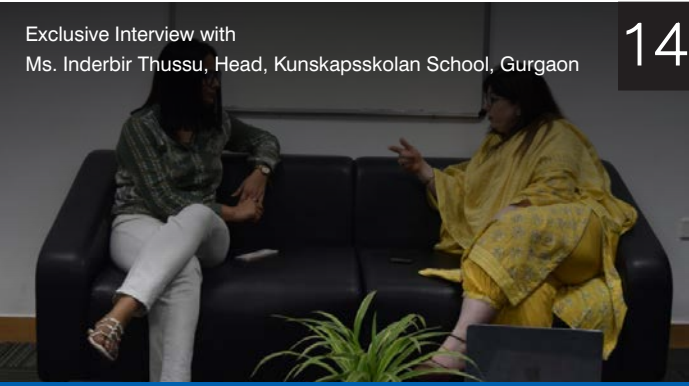
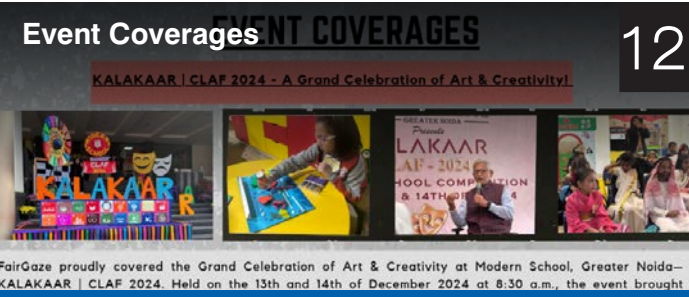
KICKSTARTING YOUR
**ACADEMIC
TRIUMPH**

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Editorial Lead

Dear Schoolastic News Readers,

Happy New Year!

As we step into 2025, it's my pleasure to welcome you to the January issue of Schoolastic News. This edition captures the essence of innovation, collaboration, and inspiration that drives our school communities forward.

This month, we're thrilled to spotlight an array of exciting highlights:

- A flavourful journey at the **Peruvian Gastronomy Festival** hosted at Le Meridian, New Delhi, by the Embassy of Peru.
- Inspiring events across schools such as **Modern School, Greater Noida; Fortune World School, Noida; Jaypee Public School, Noida; and Sahaj International School, Ghaziabad.**

In collaboration with India Is Us, we continue to champion sustainability with our campaign '**School Champs for Climate Action**'. Centered around **SDG 13**, this initiative is supported by UNESCO, Namami Gange, and partners like Unicharm, Ease My Trip, Adila, and Bookbins.

We are also honoured to feature:

- An exclusive interview with **Dr. Anurag Deep**, Project Officer, UNESCO MGIEP, shedding light on Education for Sustainable Development.
- A conversation with **Ms. Inderbir Thussu**, Head of Kunskapsskolan School, Gurgaon, on fostering engagement and interactivity in schools.
- Expert insights from **Ms. Writika Bhowmick**, a Personality Development Coach, on mastering emotional regulation to overcome the "Amygdala Hijack."

This edition celebrates the ever-evolving journey of learning, where each story reflects the passion and promise within our community. It's packed with student voices, expert wisdom, and stories that inspire curiosity, growth, and collaboration.

A heartfelt thank you to everyone who contributed to this memorable issue. Let's make this January—and the year ahead—a journey of learning, discovery, and success!

Warm regards,

Bhavna Sharma
Editorial Lead
info@fairgaze.com



EXCLUSIVE INTERVIEW WITH **DR. ANURAG DEEP,** PROJECT OFFICER, UNESCO MGIEP

Introducing Dr. Anurag Deep, a seasoned learning experience designer and Project Officer at UNESCO MGIEP, who brings over a decade of expertise in research and capacity development within international non-profit organizations. With a strong focus on digital learning, Education for Sustainable Development (ESD), and social and emotional learning, he has successfully leveraged technology to design innovative online courses and deliver impactful training workshops for teachers and students. He has a comprehensive skill set, including project strategy for awareness programs, monitoring and evaluation, partnership building, and research design. His expertise includes project strategy and planning, awareness and outreach programs, program communication strategies, monitoring and evaluation processes, partnership building, and designing research studies.

Holding a PhD from IIT Bombay, Dr. Anurag operates at the intersection of education, technology, and interdisciplinary themes. His work at UNESCO MGIEP focuses on designing, implementing, and evaluating ESD initiatives across local, regional, and national levels. A published researcher with contributions to international journals and conferences, he is dedicated to creating practical and transformative learning experiences. Passionate about the evolving role of AI and emerging technologies in education, Anurag is committed to

empowering learners, educators, and policymakers to address global challenges and seize opportunities in a rapidly changing educational landscape.

Read the excerpt below to learn more about him through our Journalist, Ms. Swati Priya.

• How has your experience in leveraging technology influenced the way you approach designing online courses for themes like ESD and social and emotional learning? Could you share a particularly impactful course or initiative you have led?

My extensive experience in leveraging technology has fundamentally transformed my approach to designing online courses, particularly for themes like Education for Sustainable Development (ESD) and Media Literacy. By integrating interactive digital tools, I ensure that learners remain engaged and motivated throughout the course. Utilising data analytics allows me to personalise learning experiences, catering to individual needs and learning styles. I prioritise accessibility and inclusivity, ensuring that all learners, regardless of their background, can benefit from the courses. Collaborating with technology experts helps me stay abreast of emerging trends and tools, which I incorporate into my course designs to keep them relevant and effective. One particularly impactful initiative I led was the development of an online course on Climate change, Biodiversity and Human Well-being.

• How has your Ph.D. from IIT Bombay, with its interdisciplinary foundation, shaped your approach to tackling global educational challenges?

My Ph.D. from IIT Bombay, with its strong interdisciplinary foundation, has significantly shaped my approach to addressing global educational challenges. The rigorous academic training I received has equipped me with the skills to apply robust research methodologies to practical problems. This interdisciplinary perspective allows me to collaborate effectively with experts from various fields, fostering innovative and sustainable solutions. I am committed to continuous learning and adaptation, ensuring that my approaches remain relevant in a rapidly changing world. For instance, my work on Media Literacy is a direct result of this interdisciplinary approach, combining insights from technology, education, and social sciences to create impactful solutions.

• What are some innovative methods you use to monitor and evaluate the impact of ESD programs? Can you share insights into how these processes have informed project iterations?

I employ several innovative methods to monitor and evaluate ESD programs' impact. Real-time data analytics allows for continuous monitoring and timely adjustments. Feedback loops with stakeholders, including educators and learners, provide valuable insights that inform iterative improvements. I use



mixed-methods research, combining qualitative and quantitative approaches, to gain a comprehensive understanding of program effectiveness. Customised evaluation frameworks tailored to specific program goals ensure that we measure what truly matters. We obtain a holistic view of the program's impact by integrating qualitative data, such as participant feedback, with quantitative metrics. These processes have been instrumental in refining our ESD

initiatives, making them more effective and responsive to the needs of our target audiences.

• **How do you ensure that the research papers and projects you contribute to have a practical, real-world impact on learners, educators, and policymakers?**

Ensuring that my research papers and projects have a practical, real-world impact involves several key strategies. I focus on providing actionable recommendations and practical

applications that can be readily implemented by learners, educators, and policymakers. Collaborating with practitioners and policymakers during the research process ensures that the findings are relevant and applicable. I disseminate research findings through accessible formats, such as policy briefs and workshops, to reach a broader audience. Engaging in policy advocacy helps translate research into tangible changes in educational practices and policies. Continuous follow-up and impact assessment allow me to measure the real-world effects of my work and make necessary adjustments to maximise its impact.

• **As a seasoned learning experience designer, what advice would you give to aspiring professionals who wish to create meaningful and impactful educational experiences?**

For aspiring professionals looking to create meaningful and impactful educational experiences, my advice is to stay updated with the latest educational technologies and trends. Embrace learner-centred design principles, ensuring that the needs and preferences of learners are at the forefront of your design process. Accessibility and inclusivity should be key considerations, making sure that your educational experiences are available to all. Engage in continuous professional development and networking to learn from others and stay inspired. Finally, be open to feedback and iterative improvement, as these are crucial for refining your approaches and achieving greater impact. By following these guidelines, you can create educational experiences that truly make a difference.

• **What are your personal aspirations for the future of education, especially in terms of integrating technology and addressing global challenges like climate change or mental health?**

My personal aspirations for the future of education revolve around the integration of technology to address





global challenges such as climate change and mental health. I envision leveraging AI and emerging technologies to create personalized learning experiences that cater to individual needs and promote lifelong learning. Education for sustainable development and climate action should be integral parts of the curriculum,

empowering learners to become proactive global citizens. Integrating social and emotional learning into mainstream education is essential for fostering well-rounded individuals who can navigate the complexities of the

modern world. Enhancing global collaboration and knowledge sharing will enable us to tackle educational challenges collectively. Ultimately, I aim to foster resilience and adaptability in learners, equipping them with the skills

and mindset needed to thrive in an ever-changing world.



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 & PROMOTIONS

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

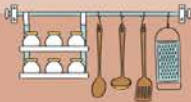
Peruvian Gastronomy Festival



FairGaze Covers Peruvian Gastronomy Festival

FairGaze had the pleasure of attending the vibrant Peruvian Gastronomy Festival at Le Meridien, New Delhi. Hosted by the Embassy of Peru, the event featured a culinary showcase by Chef Julio Castillo, who delighted guests with authentic dishes like Ceviche and Pisco cocktails.

The grand inaugural event was graced by dignitaries, including Sandeep Marwah and ambassadors from Jamaica and El Salvador, making it a memorable celebration of Peru's rich culinary heritage!



Active Campaign

Organised By: FAIRGAZE
Evaluating Partner: UNESCO
Supporting Partners: unicharm, EaseMyTrip, ADILA, BOOKBINS
Gifting Partner: MERIDIAN

SCHOOL CHAMPS FOR CLIMATE ACTION CONTEST

REGISTRATIONS OPEN TILL 25TH JANUARY
SUBMISSIONS OPEN TILL 31ST JANUARY

ON PUBLIC DEMAND WE HAVE EXTENDED OUR CAMPAIGN

PAN INDIA CONTEST

EXCITING PRIZES
FOR
WINNING SCHOOLS

www.fairgaze.com

FairGaze Presents: "School Champs for Climate Action"

In collaboration with India Is Us, Unicharm, Namami Gange, Easemy Trip, UNESCO MGIEP, Adila, and Bookbins, FairGaze is thrilled to launch this two-month student-led initiative from Nov 4, 2024 – Jan 31, 2025 to combat climate change.

Who Can Join?

Students (Grades 6-12), Teachers, Parents & Climate Experts

Activities:

- Energy Saving, Recycling & Ganga Conservation
- Creative Posters, Drawings & Stories
- Hands-on Projects (Offline/Online/Hybrid)

☀ Build leadership skills and work toward a greener future!
ACT NOW!



EVENT COVERAGES

KALAKAAR | CLAF 2024 - A Grand Celebration of Art & Creativity!



FairGaze proudly covered the Grand Celebration of Art & Creativity at Modern School, Greater Noida—KALAKAAR | CLAF 2024. Held on the 13th and 14th of December 2024 at 8:30 a.m., the event brought together a vibrant display of talent in acting, dance, singing, and artistic expression. The celebration featured an exciting lineup of competitions, including Extempore, Tod's Show Flix, Doodling, and Quilling, among others.

The event was graced by esteemed guests of honor: Mr. Subir Roy, an award-winning illustrator; Ms. Shweta Dubey, a renowned classical vocalist; and Dr. Parul Purohit Vats, an acclaimed performing artist.

KALAKAAR | CLAF 2024 was a true testament to creativity, inclusivity, and the spirit of togetherness. The energy, enthusiasm, and artistry on display left the audience captivated and inspired. The dedication and hard work of the students, staff, and organizers made the event a memorable celebration, leaving an enduring impression on all who attended.

'Alokan - To Rise Through Right Guidance'



FairGaze proudly covered the vibrant and inspiring grand celebration at Fortune World School, Noida, themed 'आलोकन – To Rise Through Right Guidance.' Held on Saturday, 14th December 2024, at 4:30 p.m., the event brought together a dazzling array of performances showcasing the students' talents in acting and dance.

A standout act depicted the teachings of Dronacharya and explored the Gen-Z's preoccupation with social media, highlighting their growing disconnection from family and loved ones. Drawing inspiration from the Mahabharata, the event incorporated the profound teachings of Lord Krishna, reflecting the students' thoughtful understanding of Hindu mythology.

This remarkable celebration was more than just a display of talent—it was a heartfelt expression of inclusivity, unity, and shared values. The dedication and hard work of the students, staff, and organizers shone through every moment, leaving an enduring impression on the audience and celebrating the true spirit of togetherness.

GANGA - Jeevan Ka Saar



FairGaze Covers "Ganga - Jeevan Ka Saar" Cultural Fiesta at Sahaj International School

On December 21, 2024, FairGaze had the privilege of covering Ganga - Jeevan Ka Saar, a vibrant cultural fiesta held at Sahaj International School, Gyan Khand-1, Indirapuram, Ghaziabad.

The event beautifully connected the audience with the mythological stories of the sacred Ganga while emphasizing the urgent need to protect and preserve it for future generations. A powerful presentation highlighted the detrimental effects of plastic waste on the river, offering a stark reminder of the role we play in polluting this lifeline. The event also showcased the rich cultural diversity of various Indian states and concluded with a mesmerizing Ganga Aarti performance, leaving the audience in awe.

The occasion was graced by esteemed guest Mr. Abhinav Gopal, IAS, who delivered an insightful address on the challenges faced by the Ganga and practical solutions like water reuse and minimizing wastage. Mr. Pradeep Gupta C. also inspired the audience with his words of wisdom, adding depth to the event's impactful message.

The fiesta was a celebration of culture and consciousness, leaving everyone with a renewed commitment to safeguard the Ganga for generations to come.



समर्पण



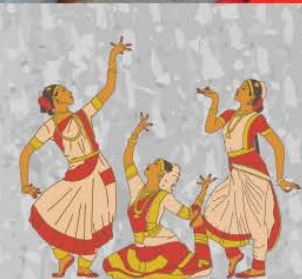
FairGaze Covers "समर्पण" - 13th Annual Day Celebration of Jaypee Public School

On December 25, 2024, FairGaze had the honor of covering समर्पण, the 13th Annual Day celebration of Jaypee Public School, held at Jaypee Institute of Information Technology. The event commenced at 4:00 PM, bringing together students, parents, and faculty for an evening of cultural brilliance and heartfelt storytelling.

The program began with the presentation of the annual report by the Principal, highlighting the school's achievements and milestones. The centerpiece of the evening was a captivating depiction of Meera Bai's life story, showcasing her unwavering devotion to Lord Krishna. Through a seamless blend of theater, dance, and music, the students brought to life Meera's journey from her childhood to her ultimate union with her beloved deity.

The event featured a variety of group dance performances in different styles, each one more vibrant and energetic than the last. The audience was left mesmerized by the artistic excellence and the dedication of the performers.

समर्पण was a beautiful celebration of cultural heritage and artistic expression, leaving everyone inspired by the timeless story of devotion and faith.





EXCLUSIVE INTERVIEW WITH ◀ **MS. INDERBIR THUSSU** ▶ HEAD, KUNSKAPSSKOLAN SCHOOL, GURGAON



Our Community Growth Officer, Ms. Kiran Tomar, recently had the honor of interviewing Ms. Inderbir Thussu, the esteemed Head of Kunskapsskolan School, Gurgaon, and an Honorable Thought Leader at INACE.Org. The conversation provided valuable insights into the philosophy, vision, and core principles of Kunskapsskolan, shedding light on its distinctive educational approach and the transformative impact of its innovative learning model.

What is the meaning of the term "Kunskapsskolan"?

The term "Kunskapsskolan" means "The Knowledge School." Kunskapsskolan Schools is a progressive school chain that creates a generation of self-regulated, future-ready, and independent learners.

What is the KED Program?

The KED program stands for the Kunskapsskolan Education Program. It

focuses on personalized learning, making it a unique program. Under this program, students are encouraged to set personal goals, which evolve into a working plan for the week, the semester, and the school year. Teachers, who also act as coaches and subject experts, help students set their goals. They challenge students to find effective learning strategies and, ultimately, assist them in reflecting on their achievements over time.

What is the thematic approach to teaching in Kunskapsskolan?

The thematic approach in Kunskapsskolan involves integrating multiple subjects, such as History, Geography, Art, Music, and Drama, to help students understand that the knowledge they gain in school is connected to real life. For example Theme - The food trails

Students explore -

SST - the civilizations in different eras

influenced by water, crops, houses, etc., crops grown in those areas.

Science - the balanced diet, deficiencies due to the imbalance diet, nutrition in different food and diseases.

Dance/ music/ theatre explores the folk form of the areas.

Art explores folk art and mediums. Students work - they look at a global perspective to explore - specific sites such as - Bhimbetka in MP (Paleolithic site), Birbhanpur in West Bengal (Mesolithic site), Luxmanda in Tanzania, Africa (Neolithic site). The students research the lifestyle of people in the aforementioned eras through- Food, clothes, health(diseases), and housing(caves) and will present their work in the form of a regional showcase. Students may show the illustration of caves in different eras and depict the culture of the region/ Era through dance, music & theatre through a Dramatic scene.

MASTERING EMOTIONAL REGULATION: ◀ **BREAK FREE FROM** ▶ **AMYGDALA HIJACK**

MS. WRITIKA BHOWMICK, PERSONALITY DEVELOPMENT COACH



This week, as a coach, I witnessed a recurring struggle among my clients—emotional regulation. Many were crippled by the overwhelming grip of an amygdala hijack, where emotions take over, impairing everyday functioning. Watching people unable to manage their emotions crushes my heart like a cigarette stubbed out against a table. I see you. I feel you. And yes, I understand you!

We've all regretted those moments of emotional hysteria. Whether it's the sting of anger, the whirl of anxiety, or the sting of over-excitement, unchecked emotions rarely lead to better outcomes. Letting emotions overpower logic is like flying too close to the sun—you're bound to go down in flames.

Emotions are essential—they connect us, guide our instincts, and give life its richness. But when it comes to decision-making or interpreting situations, emotions often cloud our judgment. So, how can we channel them constructively?

Here are five actionable strategies to take charge of your emotional state:

The Ventilation Fallacy

Contrary to popular belief, venting your emotions doesn't necessarily help—it often amplifies them. Instead, do the exact opposite of what you feel. Feeling sad? Watch a horror movie or try something adrenaline-pumping. Anxious? Hit the gym for a mood boost. Angry? Pamper yourself—shop for something you love or book a relaxing salon session. Redirecting your focus to acts of self-love can gradually dilute the negativity.

Name Your Emotions

Words have power, and labeling your emotions helps you reclaim control. Use precise terms like "frustrated," "disappointed," or "suffocated" instead of vague phrases like "tired" or "burned out." Self-awareness starts with clarity, and naming your emotions is the first step to understanding them.



Mix It Up: The 45/15 Rule

Staying absorbed in a single task to avoid negative thoughts doesn't always work. Here's a better approach: work for 45 minutes, then take a 15-minute break. Switch between tasks to maintain a steady dopamine flow. Prolonged focus on the same task diminishes dopamine's effect, and ruminating thoughts can sneak back in. Keep your brain engaged with variety!

Track Your Emotional Patterns

Maintain a journal or use your phone's notes to record your emotional states. Ask yourself:

- What am I feeling?
 - When did it start?
 - How is this affecting me?
 - What do I want to feel instead?
- Tracking emotions provides patterns and insights that make them easier to navigate.

Practice the 4-7-8 Breathing Technique

This simple but powerful method instantly calms your emotional storm:

- Inhale for 4 counts
- Hold your breath for 7 counts
- Exhale for 8 counts

This breathing exercise slows your heart rate, lowers blood pressure, and helps your brain regain control.

When All Else Fails...

If emotions still paralyze you, seek professional help or find a coach who can guide you toward the emotional state you desire. There's no shame in reaching out—it's a step toward reclaiming your power.

Remember, emotional regulation isn't about suppressing feelings but learning to manage them effectively. The more you practice, the stronger and more resilient you become. Take charge today—you've got this!

STUDENTS CORNER

REPUBLIC DAY: A TRIBUTE TO THE INDIAN CONSTITUTION



Long years ago, we made a tryst with destiny, and now the time comes when we shall redeem our pledge, not wholly or in full measure, but very substantially. At the stroke of the midnight hour, when the world sleeps, India will awake to life and freedom."

- Jawaharlal Nehru, 1st Prime Minister of Free India.

On the 26th of January, 1950, the people of India woke up as British subjects under the dominion of India. That day, they would sleep as citizens of a free, new, united India.

That day, as ink was brought upon paper, centuries of suffering and oppression ended.

So many of our brothers and sisters were burnt in the pyres of sacrifice and duty, from Rana Pratap and the Rajputs to Bhagat Singh and so many more. But, as the last vestiges of that wretched system

were torn away, India, for the first time in, perhaps over 3 centuries, was free.

As the nation celebrated, we swore to ourselves that our nation would keep true to the ideals imposed upon us by our forefathers, who had laid the groundwork for this momentous occasion.

For context, despite 1947 being our date of independence, we still remained as a dominion of the British empire, in a status like Canada or Australia, meaning our economy and governance were heavily reliant on the Britishers. That day, 26th of January, everything changed for us.

On that day, our constitution, the new bedrock of our society, came into effect, and Dr Rajendra Prasad became our nation's first president.

The constituent assembly, once subordinate to London, now became an independent legislature under the name of the Indian parliament.

Our motherland would now get to lead

their destiny instead of being shackled to some faraway power.

It was decided that, on this day, the most prestigious awards of our nation :

- Padma Bhushan
- Padma Shri
- Padma Vibhushan

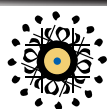
Would be given to those individuals who have completed tasks of extraordinary courage, sacrifice, and intelligence for the nation.

This day will be remembered as the true release of final shackles from our nation, the day we rose to the skies, and we will never, ever fall back down.

Jai Hind.

By:
Siddhant Samir Kumar
Class - 10
Delhi Public School
Uttar Pradesh





FAIRGAZE
UNLOCKING POTENTIAL

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