VOL.4 ISS.7 | RNI: DELENG19767 | 1 9ULY 2024 FAIRGAZE SCHOOLASTIC NEW DELHI SCHOOLASTIC NEW DELHI

IMPACT-FOCUSED SCHOOL COMMUNITY MONTHLY MAGAZINE



EMPOWERING YOUNG MINDS: THE REVOLUTION IN LEARNING



Sports











Feature Story



CREDITS & EDITORIAL TEAM

EDITORIAL LEAD BHAVNA SHARMA

HEAD OF DESIGN & LAYOUT

JASVINDAR SINGH

PUBLIC RELATIONS

SWATI PRIYA

EDITORIAL & MARKETING CORRESPONDENCE

FairGaze Skills Pvt. Ltd.

FairGaze Skills Pvt. Ltd. 1412 Chiranjiv Tower 43, Nehru Place, New Delhi - 110019, India Ph.: +91-11-46850000 | E-mail: info@fairgaze.com

IMPRINT LINE:
Published and printed by Mookola Lakshman Sudheen on behalf of FairGaze Skills Pvt Ltd. Printed at: JK Offset Graphics Pvt Ltd. B-278, Okhla Industrial Area Phase 1, New Delhi 110020.
Published from 1412 Chiranjiv Tower 43, Nehru Place, New Delhi - 110019, India.

Editor: Mookola Lakshman Sudheen
All rights reserved, no part of this publication may be reproduced or transmitted in any form or by and means, electronic and mechanical, including photocopy, and information storage or retrieval system, without publisher's permission.

Any opinions and views expressed on or through the content/article are those of the designated authors and do not necessarily represent views of FairGaze Skills Private Limited ("Company"). Further, the company does not make any warranty as to the correctness or reliability of such content/article



Editorial Lead

Dear Schoolastic News Readers,

Welcome to the July edition of Schoolastic News! As we step into this vibrant month, we're excited to bring you a new issue packed with stories, insights, and accomplishments from our energetic Schoolastic community.

This edition is a treasure trove of diverse articles that highlight the varied interests, talents, and viewpoints of our contributors. From intriguing features to engaging narratives, each piece showcases the creativity and intellectual energy that defines us. As editors, we are consistently inspired by the depth and enthusiasm our writers pour into their work.

This month, we are particularly thrilled to spotlight our orientation session with NPS International School, Assam. Additionally, we encourage schools across the nation to participate in "India As I See," a prominent contest celebrating Independence Day.

We are privileged to present the insights of Mrs. Pratiksha Sharma, Principal of S. D. K. Vidyalaya, Uttar Pradesh. In her article, "The Impact of Economic Disparities on Student Learning," she offers invaluable perspectives on this critical issue. Her knowledge and willingness to share her expertise are truly commendable.

We are also pleased to feature an article by **Dr. Shivam Mishra**, **Director of SKM YOGA**. His piece, "Yoga Day," offers an engaging exploration of yoga and its ancient traditions.

As you read through this edition, we hope you embrace the spirit of curiosity and collaboration that defines the Schoolastic community. I want to extend a heartfelt thank you to our talented student writers, whose dedication and creativity bring every page to life. Together, we continue to explore, learn, and grow, enriching both our minds and hearts.

Happy reading, dear Schoolastic enthusiasts!

Warm regards, Bhavna Sharma Editorial Lead info@fairgaze.com **CLIMATE ACTION**

INTERCONNECTION BETWEEN CLIMATE CHANGE AND BIODIVERSITY



ow climate change affects biodiversity. As the days and years have passed, we can observe many changes in the climate. Gradually, instead of decreasing, it is increasing day by day, and this is all because of deforestation, soil erosion, disturbed water cycle, and even loss of biodiversity". As plants absorb carbon dioxide and give out oxygen, if destroying the forest or cutting down trees continues, there will soon be no oxygen. It can also be seen that destroying the forest leads to a change in climate, which means less and less CO2 (carbon dioxide) is being converted to O2[Oxygen]. As a result, we can see more amount of CO2 remains in the atmosphere. Carbon dioxide traps the heat that has been reflected by the earth and helps maintain the temperature called the greenhouse effect.

It mostly leads to an increase in atmospheric temperature, which may affect the water - cycle and reduce the overall rainfall, which leads to and results in drought and disturbs the water Deforestation affects atmosphere with the decrease of oxygen, which means there will be no oxygen and people would not live even for one Second without the oxygen. Due to this, we should not cut the trees in number or quantity. We know that we are mostly dependent on forests for several things. Such things as plants for food, wood, and other products such as rubber and resins. So, even if we cut the trees, why not we plant a of trees instead of leaving the land empty, not 100' but at least lo trees because by planting these trees we will not only make our atmosphere clean and green but also our - coming generation would not have to suffer with the less amount of oxygen present in our atmosphere. We can prevent it through many ways, such as planting more trees, reducing,

Different kinds of plants and animals represent different species. The plants and animal species found in a particular area are termed flora and fauna. Fauna is

the total animal population that inhabits an area, and flora is the total plant population that inhabits an area. So, there are some species that are found in geographic regions or locations and nowhere else in the world. They are called endemic plants and animals. Because they are only found in certain locations or - geographic regions, they need and require special conservation efforts, and if there is even a single mistake in their conservation, they can be destroyed and die or disappear together from this world. As we all know, India is a country rich in biological diversity. India, with its deserts, rainforests, mangroves, and coral reefs, has a great ecosystem diversity. India has only 2.4 percent. Although India is currently considered a mega-diverse country because of its rich biodiversity, one of the most affected is the tiger. This is because of the high demand for tiger bones for traditional Chinese medicines, and even the rhino, which is mostly found in Kaziranga, is also depleting fast because the rhino is in demand for its horn for various ornamental and medicinal uses. It can also be seen that there is a loss of biodiversity because of deforestation and hunting and trapping of animals - for food, which leads to loss of biodiversity. Some examples of current extinct species are cheetah, Javan rhinoceros, Sumatran rhinoceros, dodo bird, and some breeds of the tiger.

> By: Himakshi Kumari Class - 8 Mother Mary School, Nagaland

CLIMATE ACTION

IMPACT OF RENEWABLE ENERGY GLOBAL CHANGE



limate change or unnatural climate impacts have become a major concern around the Globe. Energy usage is the main key player in the whole climate change scenario, as Conventional or Non-renewable energy sources generate waste materials in the form of pollution like air pollution, land pollution, water pollution, and many more. So, to change the whole climate change scenario and to bring a Global change on the matter of Environmental degradation, the whole world needs to focus on preferring the usage of Renewable energy sources.

Before understanding the pros and cons of Renewable energy, we need to understand what renewable energy is. Renewable energy is usually referred to as energy that comes from the natural environment, is inexhaustible, and serves as a clean alternative to fossil fuels or what is commonly called Non-renewable energy. Some of the major examples of renewable energy are Solar Energy, Wind Hydroelectricity, Geothermal Energy, Energy, and Biomass energy. And according to some reports, it is estimated in 2023, the renewables accounted for almost 43% of global installed power capacity. This shows that the world is moving towards a clean source of energy to save the environment and Nature.

The usage of renewable energy leads to a reduction of Green House Gas emissions, which further helps in the mitigation of climate change. It also enhances energy security and reduces dependence on the fossil fuels. Renewable energy emits no pollutants; hence, it leads to improvement in the air quality. Many renewables use less water as compared to other energies, and they save water as well. Last but not least, land use changes as large-scale renewable projects can impact ecosystems and land use patterns, but they never negatively impact the land.

While the whole world has taken a step forward to make renewable energy as the major source of energy, India has also been upfront about it for a very long time. India has always tried to uphold the benefits of using renewable energy in almost all the conventions done on climate change and saving the environment. So, here are some of the significant steps taken by India to promote the use of renewable energy in an effort to protect the environment:

National Solar Mission: This effort, launched by the Government in 2010,

aimed to establish India as a solar energy leader worldwide. By 2022, the government wants to have installed 100 GW of solar power, which will comprise both off-grid and grid-connected plants.

Wind Energy Program: India serves as the 4th largest wind energy producers worldwide. The program's main objectives are to locate wind farms with great potential, to support offshore wind farms, and to offer financial and tax benefits. The nation wants its wind energy capacity to reach 60 GW.

Green Energy corridors: It aims to build transmission infrastructure specifically for renewable energy projects. Its goal is to make it easier for the national grid to incorporate large-scale renewable energy capacity additions.

Hydropower Development: India is concentrating on small hydro projects (up to 25 MW). Particularly in hilly areas, these can offer localized power solutions with less of an adverse effect on the environment.

While these points or steps are some of the major highlights, the Indian government is trying to enforce the use of renewable energy to make the environment a better place. Similarly, the world is also at a juncture where they need to make the others believe that Renewable energy is the major factor for Global Change.

By:
Ritika Kumri
Class - 11
St. Mary's Higher Secondary School,
Nagaland

SPORTS

THE EVOLUTION OF SPORTS BROADCASTING IN THE 21ST CENTURY

here has been a revolution in sports broadcasting in the 21st century influenced technological developments and market changes. Looking at the emergence of digital streaming technologies, innovative communication platforms, advanced operations of AR and VR, consumers' experience of sports has been revolutionized. Now, it is high time to consider the most significant events and tendencies that define the further development of sports broadcasting in the 21st century.

The Digital Revolution:

At the start of the century, the conventional over-the-air television and radio networks control sports programs' delivery. Fixed televisions was the most embraced medium of the fans, as they tuned in to cable or satellite to watch live games or sports highlights. However, with the coming of the Internet and digitization of technology, the model did not take longer to start shifting. Other Internet programs like ESPN3, developed in 2005, brought about an opportunity to view games on the Internet, hence versatility.

OTT platforms are getting more popularity in the entertainment industry and the world as a whole due to their easy and fast accessibility to content with the use of internet connection.

Even though OTT platforms totally transformed how the contents related to sports are delivered and consumed. Other platforms such as DAZN, launched in 2016, and ESPN+, appareled in 2018, provided people with subscriptions to a multitude of sports events. These platforms offered a shift from cable TV as supporters were able to access the

matches on their own time and on multiple gadgets, be it smartphones, tablets, or smart TVs.

Non-Traditional Media

Social Networking and Fans Association: In particular, it is worth mentioning that social media became one of the driving forces of the change in sports broadcasting. Services such as Twitter, facebook, and Instagram became crucial in the communication between sporting bodies and broadcasting companies with the fans. Hashtags, real-time tweets, and tweets during the games, behind-the-scenes features, and tweets in the form of polls improved the overall experience by making it more social.

AR and VR: Thus, it can be suggested that AR and VR have opened a new page in sports broadcasting. AR is now employed in live- broadcasts allowing the broadcasters to put on the screen statistics or any other information that the audience should be aware of. VR, on the other hand, is fully interactive, people can watch the game from the comfort of their own homes and feel as if they are in the stadium with the fans rooting for the teams.

The Role of Esports: Spectator sports have also received prominence in the 21st century as esports have also rapidly grown. E-sports is another growing form of the global video games competition where millions of people watch such battles and billions of dollars are being made. Big tournaments are now aired on sports channels as well as streaming media blurring the line on what is considered traditional sports.

Sports Broadcasting in the Future: Moving to the future perspectives, it is



expected that further development of technology will continue to influence sports broadcasting. 5G technology takes a pledge to ensure fast and efficient streaming so that users can interact live and are less likely to incur latency. Social media and, to a greater extent, artificial intelligence will remain a major factor in content selection and creation, adding to the overall visualization experience.

In conclusion, these developments in the 21st century clearly demonstrate the fact that the communications industry, specifically sports broadcasting, is far from stagnation and continues to evolve rapidly. Be it from the OTT/Digital streaming to augmented and virtual reality along with personal experiences, the consumption of sports is no more static in nature. The future of applications into the excitement of sporting events will remain in the ever emerging possibilities of technology.

By:
Parth
Class - 12
Anand School of Excellence,
Harvana

SPORTS

THE VARIOUS ADVANTAGES OF SPORTS IN SOCIAL INTEGRATION



by the same token, sports also engage people, allowing them to become a team and thus obtain a clear focus on team integration.

Below are some of the key advantages of sports in social integration: Below are some of the key advantages of sports in social integration:

Promotes Inclusivity and Diversity

Breaking Barriers: Sport is potent in eradicating social, cultural and economic barriers or divisions.

Encouraging Diversity: Based on the purpose of the sports teams, they always comprise members of different origins and, therefore, enhance diversity.

Enhances Social Cohesion Building Relationships: In sports, people are lead to interact with one another and hence develop friendship and good relationship.

Community Engagement: Sports events create talents due to togetherness which makes people to have something to believe in by coming together.

Improves Communication Skills

Teamwork: Players learn to interact; it is a great virtue that individuals in a team

ought to have so as to win both in sports and in life.

Conflict Resolution: Sports help a person learn ways of solving conflicts with fellow persons with ease and even integrate into a team for a common goal.

Promotes Healthy Lifestyles Physical Health: Participation in activities will lead to physical fitness and good health.

Mental Health: Sports also lead to a healthy nation, stress-free, anxiety-free, and free from depression.

Instills Discipline and Responsibility

Self-Discipline: Games involve hard exercises and the understanding and compliance with certain set of rules which makes the child to be disciplined.

Accountability: That is why athletes are able to accept the consequences of their actions and be consistent in the process of improvement.

Encourages Youth Development

Character Building: Sports are apt in the process of nurture, since they tend to instill such character ethics as equity, honesty, and courtesy.

Leadership Skills: Most youths are able to gain leadership experience through things like being team captains or coaches.

Economic Benefits

Job Creation: Sporting activities result in employment provisions and signify economic promotion.

Tourism: Tourists love watching major sporting events which are key determinants to the hotel and services industries.

Promotes Peace and Understanding

International Relations: Sports can act as a tool in international relations and intercultural communication.

Conflict Reduction: That is why it is possible to state that people who are engaged in sports do not have conflicts and contribute to creating a peaceful society.

By: GulshanClass - 10
Sanskar Science Academy,
Rajasthan



THE IMPACT OF CONOMIC DISPARITIES ON STUDENT LEARNING

BY: MRS. PRATIKSHA SHARMA, PRINCIPAL, S. D. K. VIDYALAYA, UTTAR PRADESH

conomic stability can provide enough resources for the growth of humans of all ages. In that way, economic disparities impact student learning very much. We can see that impact in that way

Availability of educational resources

Economic dispatch can decide the availability of educational resources to students. A good economic student can have more access to good books, computers, good schools, and educational trips than a poor economic background student.

Students, overall health

Lack of economic resources can hamper the physical and mental health of a student. That student can be malnutrition, weak, mentally, traumatized, and these health issues will lead toward lack of focus in learners. One will listen to everything in an educational institute, but it will not be easy to grasp that knowledge.

Creativity hampered

Poor family background students will keep on thinking for daily survival that can hamper their childhood creativity. They will not have time to create things in their mind, but they will keep on thinking about other economic disparities and compare themselves with other rich students.

Restrict education from family

As we can know, for a kid, family is the 1st educational institution. But lack of economic resources led towards broken or disturbed families. In that way, kids will not learn things from their dear family, otherwise they will learn adverse things. These families will also not help students in studies that will make them backward in class.



Good educational institution

Economic disparities will make a way for School disparity. Well off children will study in good resourceful schools. On the other hand, poor background students will be provided undermarked schools.

So, in that way, we can say that economic disparities affect student learning a lot. But still with hard work

and motivation, students can break this being successful. disparity bγ Government initiatives also work towards minimizing the impact of economic disparity. Government institutions provide equal opportunity to every student. Also, many private institutions work for the welfare of students to minimize this economic disparity and make learning easy.

FAIRGAZE OFFERINGS

School Membership Program

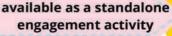
The School Membership Program helps the school instill experiential learning, holistic development, skill building and financial literacy in children further preparing them for their life after school.

> 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

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.

7. STUDENTS' JOURNALISM TRAINING & SCHOLARSHIP PROGRAM

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

available as a standalone engagement activity

8. SCHOOL'S MEDIA COVERAGE & PRPOMOTIONS

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

FairGaze is making significant strides in NPS International School Assam, introducing innovative educational initiatives that are transforming the learning landscape. Through its comprehensive platform, FairGaze integrates technology with education, providing students with access to a diverse range of resources and opportunities. By fostering a collaborative environment, FairGaze encourages interactive learning experiences that nurture critical thinking and creativity among students. With a focus on holistic development, FairGaze enriches the educational journey at NPS International School Assam, empowering students to excel academically and thrive in the dynamic world beyond the classroom.



UPCOMING FAIRGAZE ENGAGEMENTS INDIA AS I SEE 2024 CONTEST

GREETINGS FROM FAIRGAZE - INDIA'S LEADING SCHOOL MEDIA
AND ENGAGEMENT ECOSYSTEM!

WE ARE PROUD TO ANNOUNCE THE 7TH EDITION OF THE "INDIA AS I SEE" CONTEST, CELEBRATING 77 YEARS OF INDIA'S INDEPENDENCE. THIS NATIONAL INTER-SCHOOL PAINTING AND WRITING CONTEST ENCOURAGES STUDENTS TO EXPRESS THEIR PATRIOTISM AND SHOWCASE THEIR CREATIVITY. OPEN TO STUDENTS FROM CLASSES 3 TO 12, INCLUDING CWSN STUDENTS, THE CONTEST OFFERS CASH REWARDS UP TO RS. 97,500 AND OTHER EXCITING PRIZES.

CATEGORIES INCLUDE:

- 1. PAINT INDIA PAINTINGS
- 2. POWER OF THE PEN POEM
- 3. SACRED FREEDOM- ESSAY WRITING

ALL PARTICIPANTS RECEIVE E-VOUCHERS AND CERTIFICATES, WITH ADDITIONAL PRIZES FOR TOP PERFORMERS AND SCHOOLS. REGISTRATIONS START FROM 16TH JULY.

REGISTER NOW AT [INDIA AS I SEE] (HTTPS://INDIAASISEE.FAIRGAZE.COM/). FOR QUERIES, CONTACT INFO@FAIRGAZE.COM OR CALL +91-82879 59686 / +91-81308 44055.



FAIRGAZE PATRON SCHOOLS

#TheSchoolOfThought





AT THE SCHOOL OF THOUGHT - WE ANSWER YOUR CHILD'S EVERY WHAT IF, WITH A WHY NOT

ADMISSIONS NOW OPEN FOR AY 2024-25

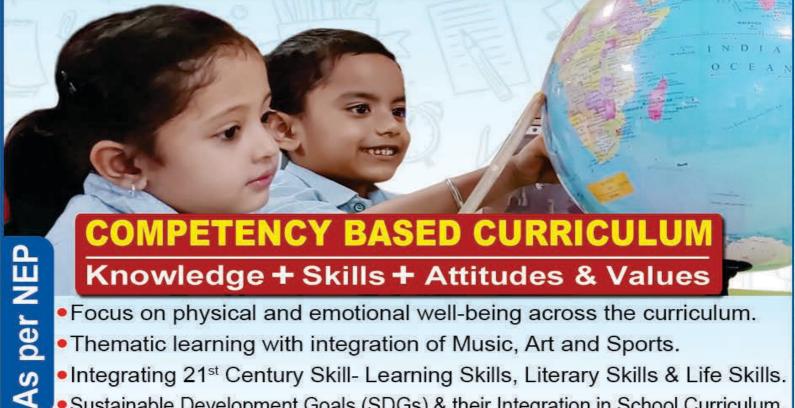
■■ a part of LIGHTHOUSE LEARNING GROUP



NH-37, Near Lokhra Chariali Guwahati-781040, Assam



88765-88565 88765-55333



- Thematic learning with integration of Music, Art and Sports.
- Integrating 21st Century Skill- Learning Skills, Literary Skills & Life Skills.
- Sustainable Development Goals (SDGs) & their Integration in School Curriculum.

ADMISSION OPEN for KG - Class IX | AC Classrooms & School Bus

NPSites Shine in NEET & JEE (Main & Advanced) 2023

19 out 37 NPSites Studying in Govt. Medical Colleges through NEET-UG









NORTH EAST AIIMS Guwahati GMC Guwahati



R Lawmsanga NIT Kurukshetra NIT Rourkela

27 out 30 Qualified JEE (Main) 21 NPSites Studying in NITS



Hrishikesh Sonowal

NPSites Studying in Some Prestigious IITs through JEE (Adv)



Jason Ruram Marak



Abhinav Karn



Rajarshi Malakar IIT Roorkee IIIT Guwahati







For Online Registration, please visit: www.npsi



YOGA DAY





oga, an ancient practice rooted in Indian philosophy, has gained immense popularity worldwide for its holistic approach to health and well-being. This practice integrates physical postures (asanas), breathing exercises (pranayama), and meditation to promote a balanced lifestyle. Through the harmonious union of mind, body, and spirit, yoga offers profound benefits, fostering physical strength and mental tranquility. This essay explores how yoga builds strong bodies and calms minds, underscoring its significance in contemporary life.

Physical Strength and Flexibility

One of the most apparent benefits of yoga is its ability to enhance physical

strength and flexibility. Unlike conventional workouts that often isolate muscle groups, yoga promotes overall body conditioning. Asanas such as downward-facing dog, plank, and warrior poses engage multiple muscle groups simultaneously, enhancing strength and endurance. Regular practice increases muscle tone, improves posture, and enhances core strength, which is crucial for maintaining balance and preventing injuries.

Flexibility, a key component of physical fitness, is significantly improved through yoga. Asanas like forward bends, backbends, and twists stretch various muscle groups, increasing the

range of motion and reducing stiffness. This increased flexibility not only enhances athletic performance but also alleviates chronic pain and prevents age-related physical decline. For instance, practices like lyengar yoga, which emphasize alignment and precision, can be particularly beneficial for individuals with musculoskeletal issues.

Cardiovascular and Respiratory Health

Yoga also contributes to cardiovascular and respiratory health. Practices such as Vinyasa or Ashtanga yoga, which involve a dynamic sequence of postures, provide a cardiovascular workout that increases heart rate and improves circulation. This can lower the risk of heart disease, hypertension, and other cardiovascular conditions.

Breathing exercises, or pranayama, are integral to yoga and play a vital role in enhancing respiratory function. Techniques such as Kapalabhati (skullshining breath) and Anulom Vilom (alternate nostril breathing) increase lung capacity, improve oxygen uptake, and promote efficient respiratory function. These practices not only benefit individuals with respiratory issues like asthma but also enhance overall vitality and energy levels.

Mental Clarity and Emotional Stability

Beyond physical benefits, yoga is renowned for its profound impact on mental health. In today's fast-paced world, stress, anxiety, and depression are prevalent. Yoga offers an effective remedy by fostering mental clarity and emotional stability. Meditation and mindfulness practices incorporated in yoga help calm the mind, reduce stress,

and enhance emotional resilience.

Meditation practices, such as mindful breathing and body scan techniques, train the mind to stay present and focused. This mindfulness reduces the incessant chatter of the mind, decreases stress hormones like cortisol, and promotes a sense of inner peace. Regular meditation has been shown to rewire the brain, enhancing areas responsible for emotional regulation and reducing activity in the default mode network, which is associated with self-referential thoughts and anxiety.

Stress Reduction and Relaxation

The relaxation response triggered by yoga is another significant mental benefit. Restorative yoga and practices like Yoga Nidra (yogic sleep) are designed to activate the parasympathetic nervous system, which promotes relaxation and reduces stress. These practices help lower blood pressure, slow down the heart rate, and relax the muscles, creating a deep sense of calm.

Yoga Nidra, for instance, is a guided meditation that takes practitioners into a state of conscious relaxation. It has been found to reduce symptoms of PTSD, anxiety, and insomnia. By systematically relaxing the body and mind, Yoga Nidra helps release accumulated tension and stress, fostering a profound sense of peace and well-being.

Holistic Well-Being and Lifestyle Integration

Yoga's holistic approach extends beyond the mat, encouraging a balanced and healthy lifestyle.

The principles of yoga, such as the Yamas (ethical guidelines) and Niyamas (self-disciplines), promote m i n d f u l n e s s ,

compassion, and self-awareness in daily life. These principles guide

individuals towards healthier choices, improved relationships, and a deeper connection with themselves and others.

For instance, the practice of Ahimsa (non-violence) encourages kindness and compassion, not only towards others but also towards oneself. This can lead to healthier dietary choices, reduced self-criticism, and a more positive outlook on life. Similarly, the practice of Svadhyaya (self-study) promotes introspection and self-awareness, helping individuals understand their thoughts, emotions, and behaviors more clearly.

Scientific Validation and Global Adoption

been The benefits of yoga have increasingly valida ted by scientific resea C h Num erous studies hav e shown that yoga can improve physical health, enhance mental well-being, a n d prom o t e

research published in the Journal of Alternative and Complementary Medicine found that yoga significantly reduces stress, anxiety, and depression. Another study in the International Journal of Yoga showed that regular yoga practice improves cardiovascular health, reduces inflammation, and enhances immune function.

The global adoption of yoga is a testament to its universal appeal and efficacy. From corporate wellness programs to school curriculums, yoga is being integrated into various sectors to promote health and well-being. This widespread adoption underscores yoga's versatility and adaptability, making it accessible to people of all ages, backgrounds, and fitness levels.

Yoga, with its comprehensive approach to health, offers a powerful tool for building strong bodies and calm minds. By integrating physical postures, breathing exercises, and meditation, yoga enhances physical strength, flexibility, cardiovascular health, and respiratory function. Moreover, it fosters mental clarity, emotional

stability, and relaxation, helping individuals navigate the challenges of modern life with greater ease and resilience.

As scientific research continues to validate its benefits, yoga's popularity and integration into various aspects of society are likely to grow. Embracing yoga can lead to a more balanced, healthy, and fulfilling life, underscoring its timeless relevance and universal appeal. Whether seeking physical fitness, mental peace, or holistic wellprovides being, yoga

being, yoga provides a transformative path to achieving these goals, enriching the lives of millions around the world.

qua

lity of

ove

ral

FEATURE STORY

SONAM WANGCHUK'S CLIMATE FAST SHEDS LIGHT ON LADAKH'S FRAGILE FUTURE

BY: VAISHNAVI SNIGDHA

onam Wanachuk. famous engineer, inventor and environmentalist from Ladakh, India has been highly recognized for his recent strike. This nonviolent climate demonstration is aimed at bringing to light the detrimental effects of global warming on the fragile environment of Ladakh and advocating for instant as well as long-term actions. In strictly solving this problem, Wangchuk further stresses this matter. Also, he highlights the situation involving pressing environment that threatens lives in Ladakh, thereby necessitating combined efforts to secure this unique and sensitive region.

Ladakh is often known as "Land of High Passes" and it's located at farthest north of Indian territory with its high-altitude desert geography. It is ecologically important because it's renowned for its breathtaking landscapes, different cultural practices among which are its diverse cultural practices and exceptional range of biodiversity. The region's glaciers- which serve as significant water sources-are disappearing at an alarmingly high rate due to increase in average global temperatures. The rapid melting of glaciers in Ladakh poses a major threat to water security, agriculture and livelihoods of people living here; thus being a critical challenge that faces the region's future.

Perhaps the most directly observable and rapid impact of climate change in Ladakh is the fast melting rate of the glaciers. Throughout the year, artificial reservoirs (glaciers) hold back water into rivers and streams. Ladakh has a severe water shortage due to its depleted water resources. These reduced discharges from

glaciers are very burdensome on the local populace since they impact on household usage, drinking supplies and farming. The current situation is made worse by the region's dry climate, which produces little rainfall to make up for the glaciers' lost meltwater.

Desertification has been experienced in Ladakh as temperature increases surpass those occurring at a global level. The traditional farming methods that could be relied on before are not viable anymore given current climatic conditions. Rising temperatures coupled with altered rainfall patterns reduce growing periods for crops and lower crop yields. Additionally, this region suffers from lack of vegetation cover hence causing erosion and shrinking land available for cultivation.

Because there is Sonam Wangchuk's hunger strike to consider, there ought to be more sustainable development options in Ladakh. He advocates a developmental design that mixes environmental conservation with economic boom. This programme has as its most important merchandising cognizance the renewable electricity sources. Ladakh could take advantage of the solar and wind opportunities, which could supply clean power and decrease dependence on fossil fuels. For instance, in Ladakh Wangchuk has managed to prove through his work at SECMOL that it is possible to harness solar power, something that demonstrates that renewable energy can be used to cater for the needs of society.

Ladakh's national and municipal administrations are being prompted by Wangchuk's agenda to prioritize environmental protection. He advocates

for the imposition of stringent building and control regulations that are vital for the preservation of the fragile flora and fauna in that area. Besides, there is a need to embrace sustainable tourism practices to arrest further environmental degradation that has been occasioned by the escalating human population. Responsible tourism also can foster local financial increase through minimizing ecological impacts.

One of the principle focuses of Wangchuk's activism is empowering nearby groups, he emphasizes the want for an involvement of locals in choicemaking approaches concerning protection of the environment. Wangchuk is of the opinion that by providing communities with enough resources and information they get actively involved in fighting against climate changes. It is a must to carry out educational campaigns and create consciousness that can help to enhance collective actions and ensure a sustainable environment.

Sonam Wangchuk's climate initiative is a real powerhouse when it comes to tackling the urgent environmental issues in Ladakh. It's more than just a personal protest - his actions have really opened people's eyes to the reality of climate change and how it affects vulnerable communities. Wangchuk is all about shining a light on problems like glacial melting, rising temperatures, and the importance of sustainable development. He wants everyone to take responsibility for safeguarding Ladakh's future. His vision for a strong and sustainable Ladakh is a shining example of how societies can adapt and thrive in the face of change.



