

FAIRGAZE

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# SCHOOLASTIC NEWS

IMPACT-FOCUSED SCHOOL COMMUNITY MONTHLY MAGAZINE

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Human Rights

Horizons:

Challenges and

Triumphs in a

Global Context

Shutter Stories: Exploring

the Art of Photography

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**FEEDING THE FUTURE:**

**NOURISHING MINDS,**

**TACKLING TRENDS,**

**CAPTURING CULINARY MOMENTS**

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# Content

Editor's Note ..... 3

**Food Management** 4  
Supporting Prosperity: A Manual for Economical Dietary Patterns for Understudies  
The Effect of Sustenance on Scholastic Execution: Sustaining Psyches for Progress

## ▶ Current Affairs

**Political Pulse: Analyzing Elections and Governance Across the Globe** 6  
**Human Rights Horizons: Challenges and Triumphs in a Global Context**

**The Role of School Leader in Driving Educational Change and Improvement** 8

**FairGaze Offerings** 10  
School Membership Program  
Upcoming FairGaze Engagements

**FAIRGAZE OFFERINGS**

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

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FairGaze Patron Schools  
**ADMISSION** 2024-25  
Senior Secondary School  
12

**Lippan Art: A Fusion of Culture, Craft, and Creativity** 14

**Capture the Moment** 16  
Shutter Stories: Exploring the Art of Photography  
Videography Unleashed: Transforming Ideas into Dynamic Visuals

**Buddha's Influence** 18  
The Enduring Influence and Teachings of Lord Buddha in Modern Society  
Exploring Sacred Sites: A Journey Through Places Dedicated to Lord Buddha

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# Editorial Lead

Dear Schoolastic News Readers,

As March blossoms around us, we are delighted to welcome you to another inspiring edition of Schoolastic News. With the turning of the calendar page comes a renewed sense of excitement and discovery, and we are thrilled to present to you the vibrant tapestry of voices that make up this month's publication.

Within these pages, you will find a mosaic of articles that reflect the diverse interests, talents, and perspectives of our Schoolastic community. From thought-provoking features to captivating narratives, each piece is a testament to the creativity and intellect that abound within our midst. As editors, we are continually awed by the depth of insight and passion for learning that our contributors bring to the table.

We are particularly honored to feature the expertise of **Mr. Balwinder Singh, Principal, Guru Nanak Modern School, Kanpur, CBSE City Coordinator, Zonal Coordinator NTA, & President KSS** for his enlightening contribution to this edition. Mr. Singh's article, "The Role of School Leader in Driving Educational Change and Improvement," offers valuable insights that enhance our grasp of the subject matter. We extend our sincere appreciation for his expertise and commitment to nurturing holistic education.

Furthermore, we are privileged to showcase the perspectives of **Ms. Shipra Sharma, CEO, ShrutKirti Arts, Central Govt. Registered Artisan, Specialization in Clay & Mirror Work and Mandala Art**, in this issue. Ms. Sharma's piece, "Lippan Art: A Fusion of Culture, Craft, and Creativity," imparts invaluable guidance to aspiring professionals. We are profoundly grateful for her wisdom and generosity in sharing her knowledge with our readership.

As we embark on this literary journey together, let us embrace the spirit of curiosity and collaboration that defines the Schoolastic community. I extend my sincerest thanks to our talented student writers whose creativity and passion infuse every page with vitality. Together, let us continue to explore, learn, and grow, enriching our minds and hearts along the way.

Happy reading, Schoolastic enthusiasts!

Warm regards,  
**Bhavna Sharma**  
Editorial Lead  
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FOOD MANAGEMENT

# A SUPPORTING PROSPERITY: A MANUAL FOR ECONOMICAL DIETARY PATTERNS FOR UNDERSTUDIES

As understudies explore the requesting scene of scholastic life, keeping a solid and supportable way of life frequently assumes a lower priority. Be that as it may, embracing practical dietary patterns helps the climate as well as adds to general prosperity. Here is a succinct manual for assisting understudies with incorporating maintainability into their everyday weight control plans.

## Embrace Plant-Based Options:

Integrating more plant-based food sources into your eating regimen is a straightforward yet significant method for lessening your carbon impression. Pick vegetables, organic products, vegetables, and entire grains as the underpinning of your dinners. This supports feasible agribusiness as well as gives fundamental supplements to scholastic achievement.

## Careful Dinner Planning:

Pause for a minute to design your dinners, considering occasional and privately obtained fixings. Thus, you support nearby ranchers, decrease transportation outflows, and appreciate fresher, more nutritious produce. Bunch cooking is another efficient procedure, guaranteeing you have solid choices promptly accessible during the occupied concentrate periods.

## Lessen Food Waste:

Endeavours to limit food squandering

assume a pivotal part in economic eating. Be aware of part estimates, use extras innovatively, and fertilize natural waste. By making these strides, you add to a more economical food framework while setting aside cash as an understudy.

## Pick Feasible Proteins:

Assuming you consume creature items, select economically obtained proteins. Search for names showing capably raised and got choices, supporting moral and harmless to the ecosystem rehearses. Consider enhancing your protein sources with plant-based choices like tofu, vegetables, and nuts.

## Hydration Matters:

Remain hydrated with a reusable water container to limit single-utilized plastic waste. Imbue your water with organic products for added flavor without falling back on sweet beverages. Little decisions in hydration add to a more manageable way of life.

## Shop Consciously:

While shopping for food, go with informed decisions. Search for items with negligible bundling and consider purchasing in mass to diminish bundling waste. Support brands focused on manageable practices and be aware of the ecological effect of your food decisions.

## Local area Engagement:

Joining or beginning a local area garden,



taking part in a neighborhood ranchers' market, or interfacing with supportable food drives nearby can improve your obligation to practical eating. Drawing in with similar people cultivates a feeling of the local area and energizes shared liability regarding the climate.

## Feasible Snacking:

Select bites that line up with your obligation to maintainability. Pick entire, negligibly handled food varieties, and convey reusable holders for in-a-hurry snacks. This diminishes dependence on single-use bundling and advances a better eating schedule.

All in all, embracing reasonable dietary patterns as an understudy isn't just practical yet in addition useful for both individual prosperity and the planet. Little, careful decisions add up, having a positive effect on your well-being and the climate. By embracing supportable eating, understudies can add to a better, more maintainable future for themselves and the planet.

FOOD MANAGEMENT

# THE EFFECT OF SUSTENANCE ON SCHOLASTIC EXECUTION: SUSTAINING PSYCHES FOR PROGRESS



Sustenance assumes an essential part in general prosperity, and its effect reaches out past actual well-being to impact mental capabilities and scholastic execution. As understudies explore the requesting universe of schooling, the job of nourishment in supporting mental turn of events and scholastic achievement turns out to be progressively clear. This article investigates the complex connection between sustenance and scholastic execution, revealing insight into the significance of an even eating routine for sustaining youthful personalities.

**Cerebrum Capability and Nourishment:** The cerebrum is a profoundly metabolically dynamic organ, requesting a consistent stock of supplements for ideal working. Supplements like omega-3 unsaturated fats, cell reinforcements, nutrients, and minerals assume essential parts in supporting mental cycles, memory, and focus. A lack of these

supplements can adversely influence cerebrum capability, possibly obstructing an understudy's capacity to learn and perform well scholastically.

**Adjusted Diet and Mental Capacities:**

A decent eating routine that incorporates an assortment of nutritional categories gives the fundamental supplements expected for the turn of events and upkeep of mental capacities. Entire grains, natural products, vegetables, lean proteins, and sound fats add to supported energy levels, further develop centers, and upgrade memory maintenance. Conversely, an eating routine high in handled food varieties and sugars might prompt energy accidents and trouble concentrating.

**Effect of Breakfast on Scholastic Execution:**

Breakfast is much of the time hailed as the main feast of the day, and its importance corresponding to scholarly execution couldn't possibly be more significant. A nutritious breakfast furnishes the body and mind with the fuel expected to launch the day. Various investigations have connected ordinary breakfast utilization to work on mental capability, better capacities to focus, and improved scholastic accomplishment.

**Dietary Holes and Scholastic Difficulties:**

Financial elements can add to healthful holes among understudies, prompting expected scholastic difficulties. Restricted admittance to nutritious food choices can bring about a lack that influences the mental turn of events. Addressing these differences and elevating drives to give

quality feasts in schools can assume an essential part in spanning the wholesome hole and advancing scholastic accomplishment for all understudies.

**Hydration and Mental Execution:**

Appropriate hydration is frequently neglected yet is similarly crucial for ideal mental execution. Drying out can prompt weakness, trouble thinking, and disabled memory. Empowering understudies to remain enough hydrated over the day can decidedly influence their capacity to concentrate and hold data.

**Long haul Ramifications:**

The effect of sustenance on scholarly execution stretches out past the quick scholastic year. A reliably terrible eating routine during youth and puberty might have long-term ramifications for mental capability and in general cerebrum wellbeing. Putting resources into wholesome training and advancing smart dieting propensities since the beginning can add to a long period of scholarly achievement.

In the complex trap of variables impacting scholastic execution, sustenance arises as a foundation for the mental turn of events and progress in training. Schools, guardians, and policymakers the same play a part in advancing and focusing on nutritious weight control plans for understudies. By perceiving the significant effect of nourishment on scholastic execution, we make ready for an age of understudies outfitted with the physical and mental devices expected to succeed in their instructive interests.

CURRENT AFFAIRS

# POLITICAL PULSE: ANALYZING ELECTIONS AND GOVERNANCE ACROSS THE GLOBE



Elections have been the heart of democracy, and the utmost credibility of any democratic state implies the free and fair conduct of the elections. The means of electing our representative to administer our land and governance of the activities in the nation is called elections.

While many nations ought to call themselves democratic the conduct of elections undertaken across the nations ought not to be democratic, for instance, the democratic Republic of Korea and, the People's Republic of China are the epitome of how nations cleverly sanitize their autocratic actions by showcasing the democratic morality conduct for the sake of the strengthening their geopolitical position.

Notably, the year 2024 will be a record-breaking year for elections. Around the world, more than 2 billion voters in 50

countries will head to the polls, including the oldest and largest democracies of the world, the United States of America, the Republic of India, Mexico, South Africa, and numerous more nations.

While Vladimir Putin may be going on a sure-fire reelection campaign, the March presidential election results, assuming the exact vote breakdown is revealed, could be interpreted as a potential indicator of the strongman's support—and whether the Russian population continues to support his seemingly perpetual war. Meanwhile, it's uncertain whether Ukraine's planned 2024 presidential election will take place while the country is still under martial law, but incumbent leader Volodymyr Zelensky has stated that he intends to run for another term, and his popularity remains high.

While, the most critical elections lie in the 2 nations, being, the US and India. Note, it's a notion of many experts that India is likely to have the same NDA government in power owing to the political scenario in the nation, on the other hand, the United States, is likely to face a power hustle between the Democrats and Republican. The US elections also shall determine peace and stability across the globe as the policies of the new leader of the US shall determine global peace and stability. Thus, 2024 is considered the year of elections and the determining fact of today or tomorrow.

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CURRENT AFFAIRS

# HUMAN RIGHTS HORIZONS: CHALLENGES AND TRIUMPHS IN A GLOBAL CONTEXT



Human rights are integral to all debates concerning human economic, social, political, climate, and even geopolitics.

Human rights are the basic rights of every person, regardless of their race, gender, nationality, ethnicity, language, religion, or any other characteristic. These include the right to life and liberty, freedom from slavery and torture, freedom of opinion and expression, the right to work and education, and many more as enshrined in the UHDR.

**Realization of HRs faces some challenges-**

- Cultural relativism in every society has granted some rights to its members but in the name of Cultural relativism, many societies and states have been denying the basic rights. These include denying the right to education to women, and FGM in Africa and some Asian countries.
- The emergence of the concept of a nation-state led to violence and discrimination against minorities and

ethnic groups, forced assimilations, and denial of rights of the indigenous peoples of Uyghurs, Tibetans Kurds, and Latin American nations.

- Large-scale corruption and oligarchies.
- Conflict and violence in which many people are stuck in the regions of war or a civil war, usually are either displaced or are in a situation in which certain rights like law and security are forfeit as in Libya, Iraq, Yemen, and Somalia.

**However, increasingly, Human Rights levels are rising through civil society actions and upheld by judicial rulings. Hence, HRs also have had many triumphs in the recent years, such as:**

- Realization of rights many people across the world have realized that the way they are being treated is not fair and have begun to stand up for their rights, calling for a non-discriminatory, gender-neutral, and equal world.
- The demand for HRs is also linked to more political rights and the demand for

more democracy as seen in the Arab Spring and Nepal revolutions.

- Increase in standard of living nations, guided by the treaties, have been increasing the standard of living for all their citizens. e.g. the blacks slowly getting rights in the European and Western nations.
- Increasing role being offered and played by the global south in climate. negotiations to adapt to the warming world.

Though HRs have been achieved in many areas, many more areas remain, calling for the cultivation of attitudes toward the dignity of all humans in cognition, belief, and value patterns coupled with political will and state actions.

By:  
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# THE ROLE OF SCHOOL LEADER IN DRIVING EDUCATIONAL CHANGE AND IMPROVEMENT

BY: BALWINDER SINGH, PRINCIPAL, GURU NANAK MODERN SCHOOL, KANPUR,  
CBSE CITY COORDINATOR, ZONAL COORDINATOR NTA, PRESIDENT KSS

Change is an intrinsic part of the educational landscape, driven by societal needs, technological advancements, and educational research. Managing and leading change initiatives in schools is a complex and demanding task that requires visionary leadership, effective communication, and collaborative decision-making.

The school leader plays a pivotal role in managing and leading change initiatives in schools. A School Principal owns various responsibilities and challenges in effectively navigating and implementing the change process in the institution. Principals are responsible for both academic excellence and efficient administration. Juggling these dual roles can be daunting. They must ensure quality teaching, student performance, and staff management while handling administrative tasks like budgeting, infrastructure maintenance, and policy implementation.

Many Indian schools lack adequate facilities, including classrooms, libraries, and laboratories. Principals often operate in resource-constrained environments. Despite these limitations, they must strive to create a conducive learning atmosphere for students and teachers.

Transfers and rotations of principals disrupt the continuity of leadership. New principals inherit existing systems and must adapt quickly. Continuity is essential for maintaining stability and implementing long-term changes.

Principals interact with diverse stakeholders: students, parents, and teachers. Balancing their expectations and needs can be challenging. Effective communication and conflict resolution skills are crucial.

Ensuring discipline among students is a constant battle. Principals must address behavioral issues, maintain a safe environment, and foster positive behavior. Striking the right balance between strictness and empathy is essential.

Principals play a pivotal role in teacher training & development. They must provide professional development opportunities, mentorship, and motivation. Encouraging innovation and fostering a positive work environment are key.

Principals represent the school to the community. They attend meetings, interact with local leaders, and build positive relationships. Managing community expectations, addressing concerns, and promoting the school's image are ongoing tasks.

Educational policies evolve, impacting curriculum, assessment, and teaching methods. Principals must stay informed and adapt their strategies accordingly. Navigating policy changes while maintaining educational standards is a delicate balancing act.

Principals are accountable for student outcomes. They must monitor academic progress, identify struggling students,



and implement interventions. Balancing academic rigor with student well-being is a constant challenge.

The demanding nature of the role can lead to stress and burnout. Principals must prioritize self-care and seek support networks.

The school leaders' resilience, adaptability, and commitment to positive change are vital for the growth and success of their schools.

## 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 & PRPROMIONS

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.



🎉 Upcoming FairGaze Engagements 🎉

# WORLD WATER DAY

FairGaze introduces an exciting initiative on World Water Day to raise awareness and motivate students to create a positive influence. This campaign emphasizes not only enjoyment but also participation, creativity, and nurturing a commitment to safeguard our planet's vital resource – water.

SDG -6  
(Clean Water  
and  
Sanitation)

Water  
Warriors

MARCH

2024



Come together with us to mark World Water Day by participating in FairGaze's World Water Day Campaign! Let's unite to generate a wave of transformation and secure a sustainable future for the generations ahead.

Register by using this link:  
<https://sdg.fairgaze.com/one-day-for-water.html>



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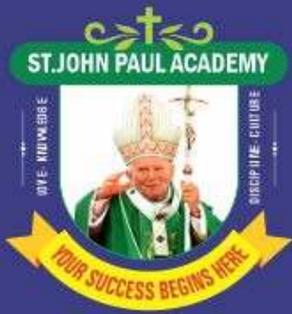
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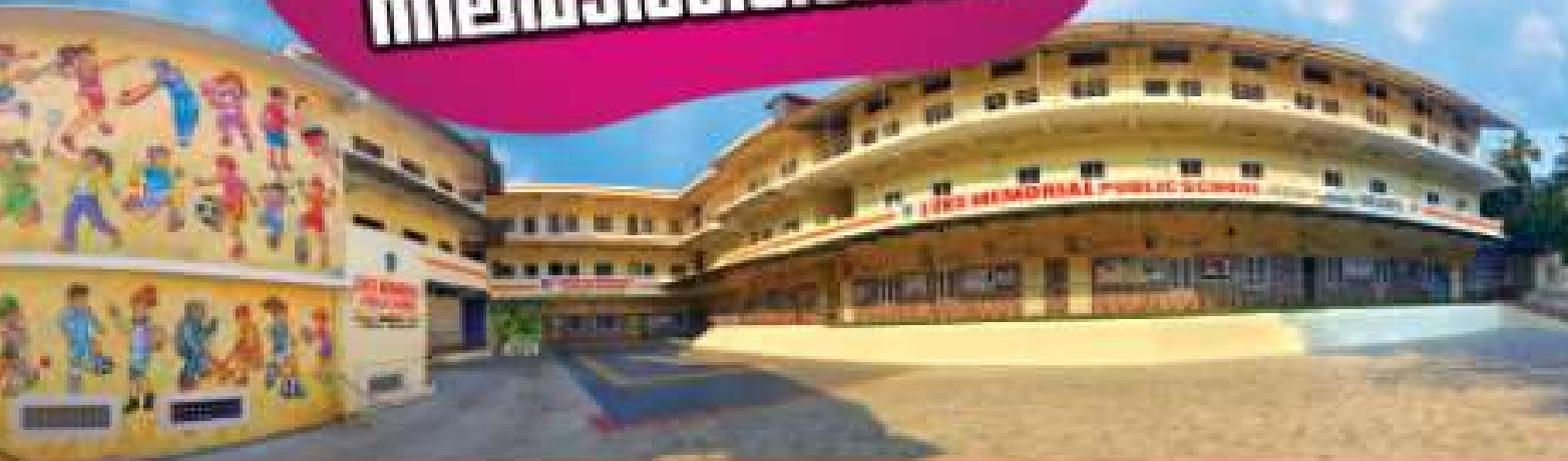
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# LIPPAN ART: A FUSION OF CULTURE, CRAFT, AND CREATIVITY

BY: SHIPRA SHARMA, CEO, SHRUTKIRTI ARTS, CENTRAL GOVT. REGISTERED ARTISAN,  
SPECIALIZATION IN CLAY & MIRROR WORK AND MANDALA ART

**M**y work has been launched on Govt. E-commerce sites such as ODOP and ONDC as well.

In the heart of India's rich cultural tapestry lies an ancient art form that embodies tradition, innovation, and exquisite craftsmanship - Lippan Art. Originating from the rural regions of Gujarat, this art form, also known as mud relief work, has transcended its humble beginnings to captivate audiences worldwide with its intricate designs and vibrant symbolism.

Lippan Art finds its roots in the Kutch region of Gujarat, where historically, women of the household adorned their mud walls with Lippan Art, not only as a form of decoration but also as a means of insulation against the region's extreme temperatures. Over time, this art form evolved, incorporating elements of spirituality, symbolism, and community identity.

At the core of Lippan Art lies the use of simple materials - mud, cow dung, and straw. These natural substances are mixed to form a clay-like mixture, which is then applied onto walls or wooden surfaces. Skilled artisans use their hands and basic tools to sculpt intricate motifs, including geometric patterns, flora, fauna, and mythological figures. The relief work created is delicate yet durable, showcasing the artisans' mastery over their craft.

Lippan Art is steeped in symbolism, reflecting the cultural ethos and beliefs of the communities that practice it. Motifs such as peacocks, elephants, and lotus flowers symbolize prosperity and



fertility, while geometric patterns represent unity and continuity. The art form also often depicts scenes from Hindu mythology, showcasing stories of gods and goddesses revered by the community.

In recent years, Lippan Art has undergone a resurgence, fueled by a renewed interest in traditional crafts and



sustainable living. Artisans have adapted their techniques to cater to modern

tastes, creating wall panels, sculptures, and decorative pieces that blend traditional motifs with contemporary aesthetics. Furthermore, workshops and initiatives aimed at preserving and promoting Lippan Art have emerged, ensuring its legacy for future generations.

Lippan Art stands as a testament to the enduring power of cultural heritage and human creativity. Through its fusion of tradition, craft, and innovation, it not only beautifies spaces but also serves as a bridge between the past and the present. As this ancient art form continues to evolve and adapt, it reminds us of the importance of preserving our cultural legacies and celebrating the diversity of human expression.

CAPTURE THE MOMENT

# SHUTTER STORIES: EXPLORING THE ART OF PHOTOGRAPHY

Photography is an art that allows one to express their memories, experiences, and feelings in the present, past, and future. It truly helps us experience the diversity of concepts and the emotions the photographer must have wanted to capture. It truly is an art of living in the moment and helps us to reminisce the memories that we hold tight to our hearts and are special to our souls.

The first question that pops up in our mind is if photography is truly an art. Photography is truly an art form that is Afterall formed with patterns, colors, shapes, and the overall essence of the beauty of a long-lasting memory. It can not only be an art form but is used as a medium for most of the art evolved today. Not all photography is considered art because art is a complex medium of expression and emotions and hence not all photographs for instance selfies and pictures with your friends and son are of an art form. Photography is an art when it can express its emotions through various means. A photographer can use any genre that as street photography, portrait, landscape point of view, and many more.

Photography has evolved and has emerged as one of the most appreciated art forms. It all began with Edward Weston in the 30s who captured landscape portraits in black and white and expressed his point of view to the world by encapsulating powerful emotions through his abstracts. After, photography evolved as an art form through the 50s, and in the 60s it became a worldwide appreciation for the aesthetics of snapshots. During this time many preferred truly to just capture life in the moment or express the beauty of the women and empower them through the nude art form. They helped women who were insecure to be proud of their bodies and enhanced the root of feminism. Galleries soon came up and now the world has seen a rise in the number of



galleries and their walls are adorned by photographs in the 20th century they believed that fine photography was truly just a mix of luxury.

However, in today's world who appreciate this art believe that fine photography is truly a mixture of the essence of the photography, abstracts of the architecture, the monochrome of the portrait and landscape, the reflections, the uniqueness, the aesthetics of it all play a role in the refining of the art. The past taught us about the aesthetics of the little things in life and how one can view the world from another perspective. I would like to conclude by saying photography is considered art to some, style to others, and has so many definitions to it. But it truly does help in

reminiscing a moment, a memory that holds dear to us. Not all photographs must be art it can be as simple as a selfie with your family or friends or whoever you love and appreciate. This is the reason this art form is so diverse it can express simple and happy memories, sad and emotional, or complex and abstract memories. But in the end, it truly is a method of expression a bridge for you to be able to feel and view what you see and want to feel.

By:  
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CAPTURE THE MOMENT

# ◀ VIDEOGRAPHY UNLEASHED: TRANSFORMING IDEAS ▶ INTO DYNAMIC VISUALS



Have you ever envisioned bringing your thoughts to life in a way that rises above inactive content and pictures? See no encouragement than videography! This effective narrating apparatus permits you to unleash your inventiveness and change concepts into captivating, energetic visuals.

Videography offers a one-of-a-kind mix of locate and sound, locking in watchers on a more profound enthusiastic level. Envision a travel brochure coming lively with a shocking film of scenes washed in brilliant daylight, bustling road markets flooding with dynamic colors, and the irresistible chuckling of pilgrims making unused recollections. Or a complex logical hypothesis clarified through clear liveliness that moves over the screen went by locks in a portrayal that breaks down the concepts into effortlessly edible pieces. There are fair several cases of how videography can breathe life into any message, cultivating more profound understanding and touching off interest.

The excellence of videography lies in its flexibility. Whether you're creating an item dispatch video that grandstands your development with smooth visuals and energetic moves, a heart-warming narrative that captures the quintessence of a community through hint interviews and piercing minutes, or an entertaining explainer video that utilizes liveliness and witty humor to form indeed the foremost complex subject approachable, the conceivable outcomes are perpetual.

You'll be able to consolidate interviews with enthusiastic people, time-lapses that condense the section of time into a mesmerizing grouping, slow-motion that permits watchers to appreciate the excellence of a single fleeting minute in lovely detail, and ramble shots that reveal breathtaking airborne scenes, all to form an outwardly wealthy embroidered artwork that captures the substance of your story.

The rise of social media stages like YouTube and Instagram has advanced

and moved videography into the highlight. Brief, locks in video substance is lord, permitting businesses and people to put through with a more extensive group of onlookers in a way that inactive content and pictures essentially cannot duplicate. A well-crafted video can snatch consideration in seconds, taking an enduring impression and touching off a craving to memorize more.

So, are you prepared to unleash the control of videography? Do not be intimidated by favor gear. With a smartphone, an inventive eye, and a sprint of altering know-how – which can be effectively learned through promptly accessible online instructional exercises and workshops – you'll begin creating impactful recordings nowadays.

The world is holding up to be seen through your focal point – what story will you tell? Maybe you'll record your culinary journey, showcasing mouthwatering dishes and the delight of cooking. Perhaps you'll make an instructive substance that engages others or captures the magnificence of nature in a way that rouses natural mindfulness. The conceivable outcomes are boundless, restricted as it were by your creative energy. So, choose up your camera, unleash your imagination, and begin changing your thoughts into energetic visuals that will resonate with the world.

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Telangana

BUDDHA'S INFLUENCE

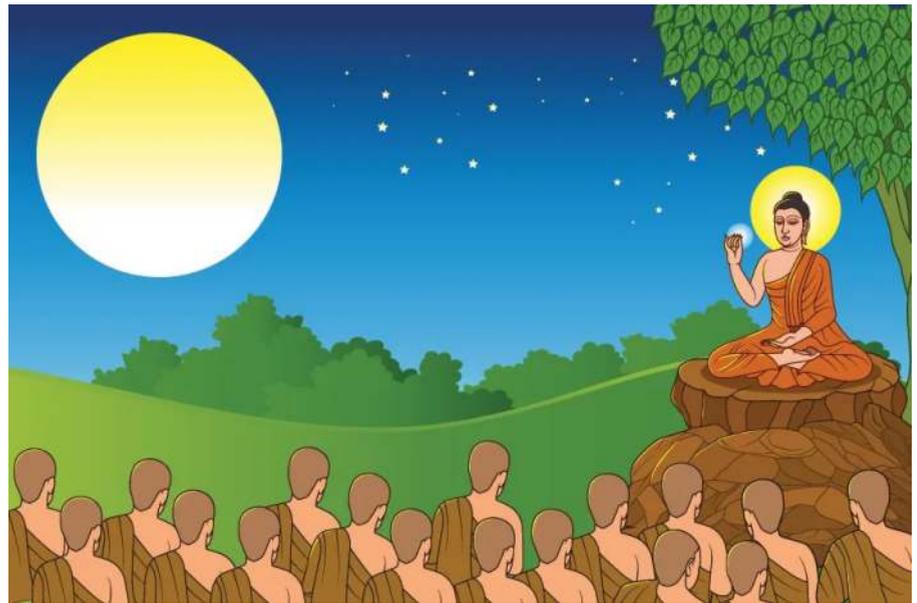
# THE ENDURING INFLUENCE AND TEACHINGS OF LORD LORD BUDDHA IN MODERN SOCIETY

In a world that frequently appears to be tumultuous and tempestuous, the lessons of Ruler Buddha keep on giving a reference point of shrewdness and sympathy, resounding with people looking for comfort and direction. Notwithstanding being north than two centuries old, the significant bits of knowledge of Siddhartha Gautama, known as the Buddha, remain surprisingly important in present-day culture. His lessons offer an immortal way of thinking that tends to the key parts of human life and gives a way towards inward harmony, edification, and concordance with the world. Allow us to investigate the persevering impact of Ruler Buddha's lessons in molding the ethos of contemporary life.

Key to Buddha's lessons is the idea of the Four Honorable Bits of Insight, which act as the underpinning of Buddhism. These insights recognize the presence of misery (dukkha) in human existence, distinguish its causes, propose its discontinuance, and deal with a way to freedom from torment - the Eightfold Way. In the present speedy and frequently unpleasant world, the acknowledgment of misery and its causes resounds profoundly with numerous people.

Buddha's lessons energize a significant contemplation into the idea of misery, directing individuals toward understanding its underlying drivers like connection, revolution, and obliviousness. By tending to these causes, people can set out on an excursion toward individual change and freedom from misery.

Besides, Buddha's accentuation on care



and reflection has earned far and wide respect in contemporary society. During a time described by steady interruptions and data over-burden, the act of care offers a haven of quiet and lucidity. Through care, people develop present-second mindfulness, permitting them to notice their considerations, feelings, and sensations without judgment. This training improves mental prosperity as well as encourages more prominent sympathy and compassion towards oneself as well as other people. As care keeps on pervading different parts of current life, from schools and working environments to medical services settings, its advantages are progressively recognized in advancing mental flexibility.

Besides, the moral standards upheld by Ruler Buddha remain exceptionally significant in directing moral lead and encouraging agreeable connections in the

public arena. The Five Statutes, which incorporate abstaining from hurting living creatures, taking, sexual wrongdoing, bogus discourse, and inebriation, act as moral rules for Buddhist professionals.

Notwithstanding, these statutes additionally hold all-inclusive allure, resounding with individuals of assorted social and strict foundations who look to live morally and capably. In a world wrestling with moral problems and moral difficulties, the lessons of Master Buddha offer immortal rules that advance empathy, trustworthiness, and social concordance.

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BUDDHA'S INFLUENCE

# EXPLORING SACRED SITES: A JOURNEY THROUGH PLACES DEDICATED TO LORD BUDDHA



The excursion to investigate holy locales devoted to Ruler Buddha takes one on a significant journey through physical and otherworldly scenes. These locales dissipated across Asia and hold enormous importance for many Buddhists around the world, filling in as tokens of the life, lessons, and illumination of Siddhartha Gautama, the verifiable Buddha. Leaving on such a journey isn't just an actual trip but a heartfelt mission for edification and internal harmony.

#### Lumbini The Origination of Buddha:

Our process starts in Lumbini, Nepal, where Siddhartha Gautama, later known as Buddha, was brought into the world around 563 BCE. Lumbini settled in the lower regions of the Himalayas, is a tranquil sanctuary where explorers from around the globe accumulate to give proper respect to the edified one. The

sacrosanct nursery in Lumbini, with its quiet mood and old vestiges, brings out a feeling of respect and reflection. The Maya Devi Sanctuary, denoting the specific spot of Buddha's introduction to the world, demonstrates the timeless tradition of sympathy and illumination.

#### Bodh Gaya The Edification Site:

Then, we dare to Bodh Gaya, India, where under the Bodhi tree, Siddhartha Gautama achieved illumination and turned into the Buddha. The Mahabodhi Sanctuary mind-boggling, a UNESCO World Legacy site, includes the holy Bodhi tree and the Vajrasana or the Precious stone Lofty position, where Buddha is accepted to have pondered. The climate in Bodh Gaya is accused of otherworldly energy, as travelers take part in contemplation and reflection, trying to stir their own inward Buddha nature.

#### Sarnath The Main Message:

Proceeding with our excursion, we show up at Sarnath, close to Varanasi, India, where Buddha conveyed his most memorable lesson in the wake of accomplishing edification. Known as the Deer Park, this consecrated site began the Wheel of Dharma, as Buddha clarified the Four Honorable Bits of Insight and the Eightfold Way to his initial five devotees. The Dhamek Stupa and the Ashoka Support point stand as images of this memorable occasion, welcoming explorers to examine the significant lessons of the Buddha amid the serene environmental factors.

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