

VOL.4 ISS.10 | RNI: DELENG19767 | 1 OCTOBER 2024

FAIRGAZE

PAGES 20 | COMPLIMENTARY COPY | NEW DELHI

# SCHOOLASTIC NEWS

IMPACT-FOCUSED SCHOOL COMMUNITY MAGAZINE

---

Women and Durga Puja:  
The Empowerment  
Narrative

Amrit Udyan:  
A Garden of Time,  
Beauty, and Elegance

---



VOICES OF TOMORROW:  
**STUDENT  
PERSPECTIVES  
ON TODAY'S ISSUES**

---



# Content

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



4

## Fusion Fest



6



8



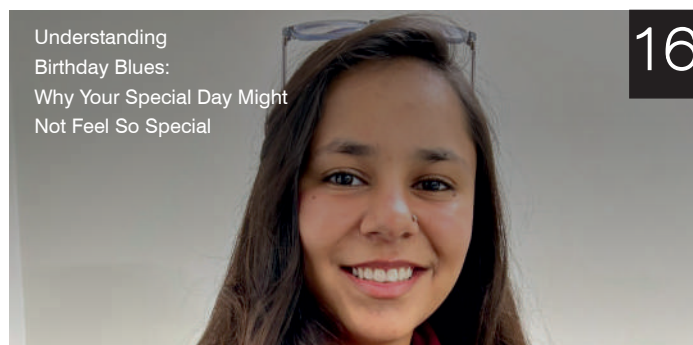
10



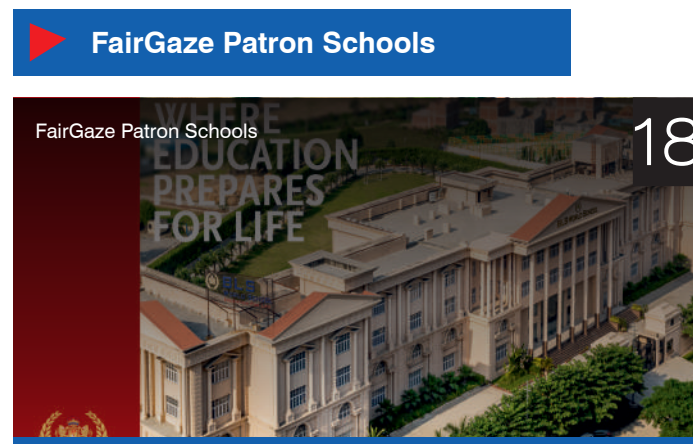
12



14



16



18

## CREDITS & EDITORIAL TEAM

**EDITORIAL LEAD**  
BHAVNA SHARMA

**SECTION EDITOR**  
MUTHU NAVANEETHA KRISHNA. P  
CLASS - 10, THE BRIGADE SCHOOL @ JP NAGAR

**HEAD OF DESIGN & LAYOUT**  
JASVINDAR SINGH

**PUBLIC RELATIONS**  
SWATI PRIYA  
RENU

**EDITORIAL & MARKETING CORRESPONDENCE**  
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.

**Disclaimer**  
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 Readers

Welcome to the October issue of Schoolastic News! As we find ourselves deeper into the school year, we are excited to bring you fresh perspectives, insightful articles, and a celebration of the incredible work happening within our vibrant Schoolastic community. This month, we shine a spotlight on a special initiative tied to World Mental Health Day. We hope the discussions sparked by this theme help foster well-being and create meaningful conversations among students, teachers, and parents alike.

We are thrilled to feature an exclusive contribution from **Ms. Sushma Punia, Principal of BLS World School, Greater Noida West**. Her insightful article, "Balancing Administrative Duties with Instructional Leadership: A Critical Role for School Leaders," delves into the crucial responsibilities of school leaders in navigating today's ever-evolving educational landscape.

Additionally, **Ms. Aditi Jain, a Counselling Psychologist at Vivekananda International School, IP Extension**, offers an empathetic take on the often-overlooked phenomenon of birthday depression in her article, "Understanding Birthday Blues: Why Your Special Day Might Not Feel So Special." Her thoughtful guidance will undoubtedly resonate with many.

This October edition brims with the passion, creativity, and curiosity that define our contributors. From heartfelt stories to thought-provoking discussions, each piece reflects the dynamic energy of our school community. We are especially proud of the work done by our student writers, whose voices add a unique and authentic flavour to this magazine.

As you flip through these pages, we hope you find inspiration in the ideas, reflections, and collaborative spirit shared by our talented contributors. A big thank you to everyone who has played a part in making this edition of Schoolastic News a success.

Happy reading, and may this October be a month filled with discovery, reflection, and growth!

Warm regards,

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



# AMRIT UDYAN: A GARDEN OF TIME, BEAUTY, AND ELEGANCE





**W**ithin our glorious and storied capital lies the Rashtrapati Bhawan, one of the most secretive and well-guarded areas on earth. It is the residence of our president, the leader of our nation.

But, just a short walk from this highly guarded and secretive residence lies a garden filled to the brim with history, fountains, flowers, and more; this garden is known as Amrit Udyan.

Initially called the Mughal Gardens during its founding in 1919, this garden was placed in the middle of New Delhi by its architect, Sir Edwin Lutyens; this was combined with the wishes of Lord Harding, who wanted to have a garden in a highly accessible area.

The garden was built using, as the name says, a Mughal style of garden, where massive flower beds are accompanied by pools, fountains, and canals, giving us a view on how us humans can coexist perfectly with nature.

Renovated and renamed to its current status in 2017, Amrit Udyan has now grown to 15 acres of pure excellence.

The garden has 14 integral parts, but for the sake of not wasting precious time, we will only name a few.

### **Terraced Gardens**

Following the traditional Mughal style, these gardens are arranged in tiers, one above the other, creating a stunning visual effect.

One of the defining features of the



Terraced Gardens is the sublime lotus fountains, which appear as if they were plucked from the gardens of the gods!

### **Rectangular Garden**

This is the largest section of the gardens and the main portion originally envisioned by Lord Harding.

Inspired by Persian design techniques, this section contains unique flower beds, seasonal shrubs, and harmoniously arranged hedges, making it one of the most famous parts of the garden.

### **The Pearl Garden**

A Circular Garden that showcases some of the nation's finest roses, chrysanthemums and Lillies. This serene space invites visitors to sit down and admire its breathtaking beauty.

### **Herbal Gardens**

This section of the garden grows herbal plants that are used in traditional Ayurvedic medicines, such as tulsi,

lemongrass, mint, and other Ayurvedic necessities.

The Herbal Garden symbolizes that, despite the amazing progress our country has made, we must continue to honor our ancestors and traditions. This garden is a beautiful mosaic of different eras in India's history, combining to create a unique experience that is both mesmerizing and is truly beautiful to behold. It truly reflects our nation's rich heritage and inherent natural beauty.

Amrit Udyan represents the middle ground of Modern history for India, where Indian ingenuity, British Influence, and Mughal elegance combine to form a beautiful paradise of colors.

By: Siddhant Samir Kumar

Class - 10

Delhi Public School,

Uttar Pradesh

Edited by: Muthu Navaneetha Krishna. P

Photo by: Swati Priya





FUSION FEST

# WOMEN AND DURGA PUJA: THE EMPOWERMENT NARRATIVE

**D**urga Puja, one of the greatest annual festivals in India, which brings Indian families and communities together while highly honoring our Hindu goddess Durga. This auspicious festival is also known as Durgotsava or Shaaradotsava, and originated in the Indian subcontinent, where we commemorate her victory against the demon Mahishasura. It is celebrated in various parts of India, however, Kolkata and West Bengal are the predominant regions which are well-known for Durga Puja. It is traditionally celebrated for 10 days in the month of Ashvin, or Ashvina (September - October), the seventh month of the Hindu calendar.

Through this religious festival, Goddess Durga is strongly symbolized as a source of wisdom, power, and inspiration and, therefore, a beacon of empowerment. She signifies feminine energy and the

potential women hold, in order to conquer challenges and obstacles of life. During these ten days, Goddess Durga passes us an eclectic range of life-changing messages.

Her victory against Mahishasura acts as a powerful catalyst for women on tracing change in our world, as well as acting as an epitome for overcoming adversity and achieving personal excellence. She possessed a strong sense of awakening, encouraging us to develop strength and perseverance in the face of hardship. Through her actions, she advised us to maintain integrity and patience even when things don't go our way. She encouraged us to follow the path of righteousness, even when others are panicking or blaming us. Throughout her powerful attributes and actions, she strongly promoted women empowerment, showcasing how one can fight against

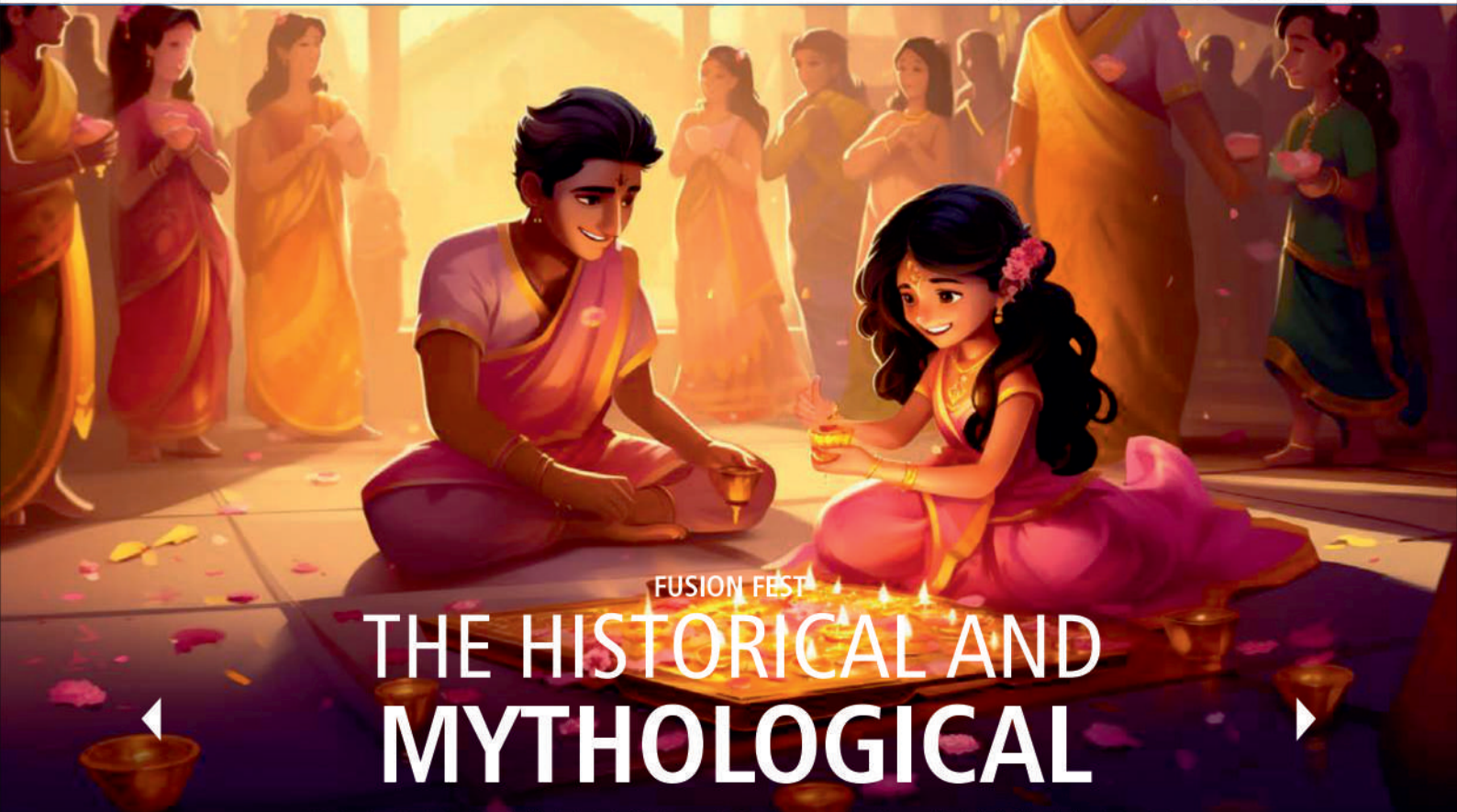
circumstances despite facing internal conflicts.

Durga puja is more than just a religious festival, as it serves as a powerful narrative of women empowerment. Goddess Durga is a true symbolism of feminine power and dignity, inspiring women to overcome adversity, embrace their potential to the fullest, and become the best version of themselves, amidst societal norms and cultural barriers. Durga Puja serves as a timeless reminder that women are capable of significant achievements, furthermore, fueling empowerment and driving motivation for the progress of our society.

By:  
**Nayra Shah**  
Class - 8

Navrachana International School,  
Vadodra





FUSION FEST

# THE HISTORICAL AND MYTHOLOGICAL ORIGINS OF DIWALI

The Diwali celebration has been popularly termed the Festival of Lights. Diwali is considered the most important festival in Hindu religion, spanning a period of five days. It is a celebration replete with rich history, cultural practices, and myths. It represents light conquering darkness, good defeating evil, and wisdom scarring ignorance.

## The Wow! History

The history of Diwali has its roots in the past days of India and comprises different mythological tales. The most common one in history is the Hindu epic Ramayana. Text: Diwali is essentially the culmination of a number of events in the Hindu epic Ramayana. It is believed that King Ram of Ayodhya, who went into exile 14 years ago after defeating Ravan the demon king, is now back. It is considered the triumph of good over evil. The people of Ayodhya lit lamps of clay and adorned their houses with flowers and rangolis so that they could welcome him back.

## More Mythological Connections

There is also Goddess Lakshmi, one of

the ten incarnations of the Hindu religion, who dominates Diwali celebrations. As per the beliefs associated with the festival, it is said that Lakshmi came into being on the third day of diwali, and therefore, worshipping her is essential. In other regions, the festival is appropriated to that of Krishna and the victory over Narakasura, the demon, a tale representing the endless victory of good over evil.

## The Historical Perspective

Diwali is an event that can be traced to the fifth century BCE. It seemed to gain more popularity with the 'Gupta Empire' (around 320–550 CE) when it was associated with the royal festivities. Over the years, various regions in India came up with different styles of celebrating.

## Modern Day Cultural Celebrations

Currently, Diwali is widely celebrated throughout India and in several other countries.

## The five-day celebration comprises:

### Dhanteras:

Day of worship of wealth.

### Chhoti Diwali:

Where preparations for the main celebration takes place.

### Lakshmi Puja:

Performance of Pooja of Lakshmi and lighting of diyas.

### Govardhan Puja:

Worship of lord Krishna.

### Bhai Dooj:

The celebration of the love between siblings.

### Passing On

Diwali, or Deepavali, also call the festival of lights, marks the victory of light over darkness, good over evil, and wisdom over ignorance. Thanks to its strong historical and legendary origins, Diwali has radiated into a multifaceted cultural practice around the world. The twinkling of diyas provides a message of hope, trust, and goodness in the universe.

By:

Abhineeti Abhijit Erram

Class - 11

Prudence School,  
New Delhi



SKILL DEVELOPMENT

# LEADERSHIP SKILLS DEVELOPED BY STUDENT-COACHED TEAMS



4 QUALITY  
EDUCATION



At the factor, while understudies circulate ahead to mentor their companions, something enchanted occurs. It encompasses more than simply challenging closing dates or sports activities drills; Before they even realize it, they may be taking over the function of a leader.

There isn't any any best playbook or guide for scholar coaches. They discover ways to lead with the aid of doing, whether or not it is directing a group via a tough exercise or rallying a collection around a not-unusual place objective. The improvement of management skills starts with this hands-on experience. They are exploring problems regularly and identifying firsthand that initiative is not tied in with supplying orders but approximately tuning in, adjusting, and inspiring a cooperative soul.

When it involves peer-to-peer education, acceptance as true isn't always constantly granted; instead, it's miles something that wishes to be earned. Empathy ought to be advanced in scholar coaches on the way to recognise every group member's awesome strengths and challenges. They do more than simply lead; They are mentoring, which improves their emotional intelligence, that is a key aspect of desirable management that is going a ways past the lecture room and the workplace.

Student-led groups exert a unique quantity of stress due to the fact the complete load is on their shoulders. This fills in as a quick schooling in duty. When the group fails, it is now no longer approximately pointing fingers; rather, it is approximately taking duty for the outcome, studying from it, and enhancing

later. A management attitude that is resilient, self-aware, and growth-orientated is fostered with the aid of using this feeling of ownership.

These stories enlarge past the institution challenge or the field. While educating their peers, college students research management abilities to assist them reach their careers and communities. In essence, scholar-coached groups train younger humans to inspire, adapt, and lead with purpose. They additionally act as incubators for leaders of the future.

By:  
Yogesh  
Class - 12

Anand School for Excellence,  
Haryana



## SKILL DEVELOPMENT

# THE IMPORTANCE OF CIVIC EDUCATION IN SHAPING FUTURE LEADERS

To be more specific, as the world becomes more global, social, political, and environmental concerns become parts of our daily lives that require critical thinking and relevant practical actions from future leaders who have sufficient knowledge of civic responsibility. Therefore, civic education is an essential process through which these leaders are trained in order to handle these challenges, make ethical choices as well and be responsible members of society. In this respect, civic education creates the basis for good leadership based on the principles of democracy, citizen

## Fostering Democratic Values

The major purpose of civic education is, therefore, the nurturing of democratic values in the young people. Equality, justice and freedom are important concepts that should be prominent in the learner to ensure that the leaders who will be formed have a positive perception about these concepts. He noted that leaders trained in these cultures will be in a better position to support policies and other processes that recognize and protect the rights of civilians as well as incorporate other people's opinion on policy issues.

## Encouraging Active Participation

Civic education does not only inspire knowledge that is theoretical in nature but also involves engagement in the day-to-day affairs of society. Some of the things that students get to discover are voting rights, non-violent demonstration, voluntarism, and citizenship duties. Such activities enable people to feel responsible for addressing societal issues. Thus, the future leader who himself or herself takes part in civic activities is

more likely to motivate others to do the same, as a result increasing the democratic society's gain.

## Building Critical Thinking Skills

It also means decision-making, particularly in situations that are often characterised by a degree of risk or uncertainty. Civic education prepares students with the ability to think as well as analyze issues, evaluate various standpoints, and think about them in a rational manner. Together with the opportunity to gain knowledge from different sources and question the given realities, future leaders are more prepared to face and solve the existing difficulties concerning governance, social development, and world concerns.

## Promoting Ethical Leadership

In its broad sense, it is critical to point out that civic education is often centered on ethical leadership. It would, therefore, be expected that leaders who appreciate the importance of the common good would always be thinking of how the entire society can benefit rather than focusing on individual self-enrichment. In the lessons learned on civic responsibility, future leaders understand such virtues as transparency, accountability, and integrity in leadership. Such a foundation gives the organization leadership that is efficient as well as moral.

## Preparing for Global Challenges

In today's interconnected world, civic education enables the leaders to know their mandate in relation to the local citizens as well as the global subjects. The ever-emerging international issues like climate change and, economic disparity, and human rights abuses are some issues that need people who



understand different cultures and seek to work with people from different parts of the world. The challenges are resolved by acquiring the knowledge and perspectives through the content and objectives of civic education leading to responsible global citizenship and sustainable development.

In conclusion, The major issue of civic education is to provide students with the information and knowledge that will enable them to effectively address the problems the society, polity, and environment present to the future leaders of the world. Civic learning cultivates democratic aims and people's engagement and fosters the development of rational thinkers who are not only effective but ethical, caring, and committed to the welfare of others. With the constant changes in society, it can be argued that investing in civic education is investing not only in the present but in the future as well, where the leaders will lead the society towards a better and fair society.

By:  
Parth Yadav  
Class - 12  
Anand School for Excellence,  
Haryana



## 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.





# UPCOMING FAIRGAZE ENGAGEMENT

A safe mind is a strong mind: Prioritise Mental Health for every student

As we enter a new era in education, placing mental health at the forefront is not just essential – it's transformative. By making mental health a core aspect of our educational practices, we can equip students with the emotional resilience and support they need to excel both academically and personally. Join us in October as we unite with the world to shed light on the importance of mental health, a crucial topic in our fast-paced and demanding modern society. In today's fast-paced world, the mental well-being of students is becoming a crucial element of educational success and personal growth. This shift towards a more holistic approach to education recognizes that mental health is fundamental to a thriving student body. We invite you to be a part of this transformation with us. By integrating mental health into our educational framework, we're not just enhancing academic performance, we're nurturing well-rounded individuals ready to face the challenges of tomorrow.



**BE KIND, BE BRAVE, AND STAND UP**



# BALANCING ADMINISTRATIVE DUTIES WITH ◀ INSTRUCTIONAL LEADERSHIP: ▶ A CRITICAL ROLE FOR SCHOOL LEADERS

MS. SUSHMA PUNIA, PRINCIPAL, BLS WORLD SCHOOL, GREATER NOIDA WEST



In today's dynamic educational landscape, school leaders are tasked with balancing administrative duties and instructional leadership—a challenge that requires a unique blend of management skills and visionary thinking. While both aspects are critical to a school's success, finding a balance between them ensures that operational efficiency does not overshadow the school's core mission: improving student outcomes through effective teaching and learning.

## The Dual Role of School Leaders

Principals and school administrators wear many hats. On the administrative side, they manage budgets, oversee facilities, handle staffing issues, ensure compliance with CBSE, and cultivate relationships with the broader community. These duties are essential for maintaining the daily operations of the school.

At the same time, school leaders are expected to be instructional leaders, guiding the pedagogical vision, supporting teachers in their professional

development, and driving a culture of continuous improvement. Instructional leadership focuses on fostering a learning environment that supports high-quality teaching, where teachers feel empowered, students are engaged, and academic standards are met or exceeded.

## The Challenge of Finding Balance

Balancing these two roles can be a source of tension for many school leaders. Administrative duties, often urgent and complex, can consume much of a principal's time and energy. It's easy to become bogged down by paperwork,



disciplinary issues, or the logistics of running a school, leaving little room for instructional leadership. Yet, a lack of focus on instructional leadership can lead to a stagnant or declining educational environment where students are not receiving the best possible education.

The challenge lies in ensuring that the pressing demands of administration do not undermine the equally important responsibility of enhancing teaching and learning. A school leader must find ways to be both an effective manager and an educational visionary.

### Strategies for Balancing Administrative Duties and Instructional Leadership

- **Delegating Administrative Tasks:**

One of the most effective strategies is delegating non-instructional responsibilities to capable staff. By distributing tasks such as scheduling, budgeting, and maintenance to trusted team members, principals can free up time to focus on instruction. Creating strong leadership teams or assigning an assistant principal to handle specific administrative functions can ease the load.

- **Time Management and Prioritization:**

Effective time management is critical for school leaders. Blocking out specific times for instructional activities, such as classroom observations or teacher coaching, helps ensure these tasks are prioritized. It's important to be intentional about how time is allocated, recognizing that urgent administrative duties should not crowd out critical instructional leadership tasks.

- **Leveraging Technology:**

Technology can play a crucial role in streamlining administrative processes. Tools like automated scheduling systems, data management software, and communication platforms can reduce the administrative burden, allowing principals to allocate more time to instructional leadership.

- **Building Capacity Among Staff:**

Principals can cultivate a culture of

shared leadership, empowering teachers and staff to take on leadership roles within the school. This can include mentoring new teachers, leading professional development sessions, or spearheading school-wide initiatives. When leadership is distributed, it not only lightens the administrative load but also promotes a sense of collective responsibility for instructional quality.

### Focusing on Instruction During Administrative Meetings:

Leaders can shift the focus of routine administrative meetings to include discussions on instructional priorities, teacher performance, and student achievement data. By integrating instructional goals into every aspect of school operations, administrators can ensure that teaching and learning remain at the forefront.

- **Professional Development for Leaders:**

School leaders should also invest in their own professional growth, especially in areas related to instructional leadership. Attending workshops, networking with other educational leaders, and staying current on best practices in teaching can help principals sharpen their focus on pedagogy, even as they manage day-to-day administrative duties.

### The Benefits of Balanced Leadership

When school leaders successfully balance administrative duties with instructional leadership, the benefits are far-reaching. Teachers feel more supported, leading to improved morale and retention. Students benefit from a more engaging and effective learning environment, resulting in higher academic achievement. Additionally, the school operates more efficiently, with clear lines of communication and well-managed resources.

Balancing these roles also allows for long-term strategic planning. Instructional leaders who stay engaged with both the operational and pedagogical aspects of the school are better positioned to make informed decisions about curriculum, teacher



development, and resource allocation—all of which impact student outcomes.

### Conclusion

In the complex role of a school leader, the tension between administrative duties and instructional leadership is inevitable. However, by employing strategies such as delegation, effective time management, and prioritizing instructional goals, principals can strike a balance that allows them to meet the operational needs of the school while fostering an environment where teaching and learning thrive.

The role of a school leader is more than just maintaining the status quo; it's about driving a vision for academic excellence. Balancing these two critical responsibilities enables leaders to build schools that are not only well-run but also places of vibrant, effective education.



CLIMATE ACTION  
KERALA'S

# WAYANAD LANDSLIDE

Wayanad is one of the beautiful hill districts of Kerala characterized by its natural beauty, green sprawling lands and calm surroundings. But in recent years, this paradise has faced a darker side of nature: Due to the poor geographical structure of the region and heavy monsoon, landslides have occurred and claimed human lives, built-up structures and lodged a severe blow to the environment. This has just happened at Wayanad, as many of the newer features recall that the possibility of landslides is an emerging form of reality and is a reminder that the manner of our interaction with the land and its development.

## The Trigger:

### Unrelenting Monsoons

Monsoon is blessing for the state of Kerala as well as cursing it at the same time of the year. It is beneficial in that it provides life-supporting water, but it is a problem since it can cause havoc, including in places such as Wayanad that are most prone to landslides. Due to a downpour that persisted for weeks, the soil remained overwet from monsoon season, making the ground very slippery, hence likely to cause landslips in the 2023 marsh season. One of the worst tragedies occurred in Wayanad, which has a comparatively steep topography, and a major landslide in the early hours of a stormy night, which swept away many places.

## The Landslide:

### Sogno della Distruzione

The tragic landslide incident in Wayanad happened in the Meppadi and Puthumala regions, where many houses, farmland, and roads got submerged under dozens of tons of mud, boulders, and debris. Many residents were caught unprepared for the event since it happened at night with several families being stuck inside their homes. Despite the efforts put in by



the rescue teams, there were several problems that they encountered including the cumbersome terrain and constant rains. People died, lots of them had to flee their homes, and the counties lost lots of their wealth because roads and other structures were wiped out.

## Environmental Impact:

### Cautious Environment

This is especially so in Wayanad, which has many hills and valleys where landslides can easily occur. The region is blessed with several rivers, forest, and a unique biophysical environment. However, careless cutting down of trees, unlawful stone mining, and haphazard construction have aggravated the danger of such disasters. Where development projects have been conducted, extensive areas of the forest cover have been cleared, thus exposing the surface of the soil and making it quite vulnerable. Since climate change is leading to even stronger weather conditions, it is believed that instances of such natural disasters will be more frequent.

## The Human Toll:

### Human lives and livelihoods

Other than the lives that have been lost, the Wayanad landslide has displaced thousands of people and left them shelterless. Those that rely most on

farming and tourism are the hardest hit. It, for example, impacted many families in the sense that they not only lost their homes but also their sources of income because their crops, livestock, and equipment, among others, were also destroyed.

## The government action and rescue operations

The Kerala government engaged the National Disaster Response Force-NDRF launched search and rescue operations, reducing people from disaster-prone areas. The affected people were provided with temporary shelter, food, and first aid at camps that had been arranged. However, much as the respective governments have been putting their best efforts to make this happen, the process has been slow and the biggest task has always remained how to reconstruct the infrastructures and bring back the normalcy.

In conclusion, the occurrence of the landslide in Wayanad is a reminder of how fragile the earth is, just like the other natural calamities that have been happening across the world. That the state of Kerala is endowed with beautiful landscapes that attract millions of visitors does not in any way mean that the state is immune to disasters which could be detrimental to inhabitants.



## CLIMATE ACTION

## DELHI

## FLOODING HIGHLIGHTS

**M**onsoon season is familiar to the capital city of India which is Delhi. However, the occurrence of the recent floods has given a wake-up call to the fact that the city is exposed to extremely wet weather. The events that happened in Delhi, wherein the city was flooded and resulted in numerous interruptions, can be considered as a strong message on what urbanization, climate change, and infrastructure deficits are all about.

**Excessive Rainfall:**

The monsoon season came with heavy deluge this season, unlike any other with the drainage system in Delhi getting choked. Yamuna River passing through the city also crossed the level of rising, which led to the situation of water logging in several areas of the city.

**Urbanization and Encroachment:** In the course of urban development, construction of buildings, roads, and other structures has occurred in the areas that are affected by floods thus weakening their natural absorption capacity. This problem has been made worse by encroachment along riverbanks that hinders the free flow of water, resulting in cases of flooding.

**Poor Drainage Systems:** Since some of them were laid during the colonial time, or even worse, Delhi's drainage system cannot cope with the volume of water that is brought by the rains. Some of the major facts attributed to water logging include choked drainage systems, poor drainage facilities, and inadequate drainage capacity, most especially during the monsoon season.

**Climate Change:**

This has been made possible due to the social issue of global climate change that has caused changes in the world weather. In Delhi, it shows more intensification of rainfall during monsoon season, and thus, there is a possibility of flood tragedies.

**Impacts of the Flooding**

The consequences of the Delhi floods have been wide-ranging, affecting the city's residents, economy, and environment:

**Infrastructure Damage:**

Many roads and bridges were brought down, as well as public utility systems. Many areas of the city were flooded, resulting in traffic jams and difficult conditions to carry out their activities.

**Economic Losses:**

The flooding affected mainly the business of different types of enterprises especially the small ones. Businesses such as the shops, markets, and offices were closed



for several days, which was costly to the businesses.

**Public Health Concerns:**

Water accumulation in flood-affected areas led to increased mosquito breeding, increasing the possibility of diseases such as dengue and malaria. Moreover, deterioration of water quality was one of the main issues throughout the disaster that had adverse effects on the people's health.

**Future Prevention:****Steps Forward**

With the recent floods that happened in Delhi, it is evident that the city cannot sit on standby and watch for the same to

happen in the future.

**Here are some steps that could be implemented:**

**Upgrading Drainage Systems:**

Delhi needs an improved drainage system; it requires modernization and extension of the existing structure. Some of them are conducting clean-ups frequently, draining the rainwater system frequently, and laying a new drainage system that can address the downpour.

**Sustainable Urban Planning:**

There is a need for planning control through decentralization since urban growth has to be controlled, especially in areas that are prone to flooding. This includes avoiding the encroachment of the river banks, avoiding destruction of vegetation covers, and developing floodways that will help in regulating floods.

**Early Warning Systems:**

The establishment of highly effective and efficient systems that would give early information concerning the likelihood of heavy rainfall and, indeed, floods can effectively be used to minimize the effects. Notifications help residents to leave their homes while facilitating the formulation of various responses by the authorities.

In conclusion, this calamity has awakened the society, especially Delhi, on the vices that are likely to result in a disaster, and in this regard, the society needs to come up with appropriate measures. Therefore, the city needs to transform and adapt to prevent such disasters. It is of equal importance to note that the lessons learned from this specific flooding event should be used as a guideline to developing a city that is capable of handling future disasters that are bound to occur due to complex urban develop



# UNDERSTANDING BIRTHDAY BLUES: ◀ WHY YOUR SPECIAL DAY ▶ MIGHT NOT FEEL SO SPECIAL

BY: ADITI JAIN, COUNSELLING PSYCHOLOGIST, VIVEKANANDA INTERNATIONAL SCHOOL, IP EXTENSION





When we think of birthdays, we often view them as joyful celebrations, but for some, this day may not bring the same sense of happiness. If you find yourself feeling down or emotional on your birthday, know that you are not alone. Perhaps you have a tradition of shedding tears on your special day or feel overwhelmed as it approaches. You might wonder what "birthday blues" are or why these feelings arise, and why it's so difficult to shake off these emotions.

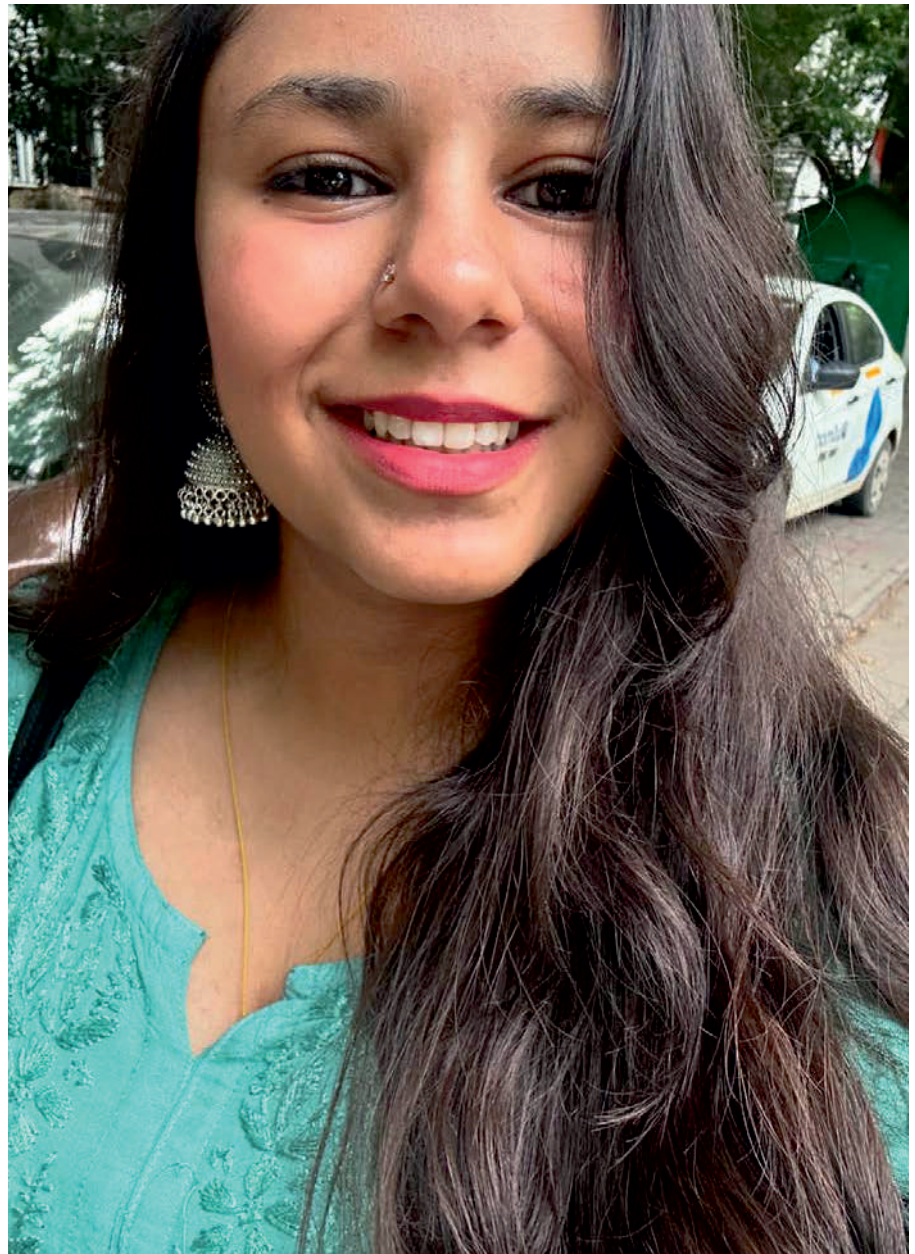
So, what exactly are the birthday blues? Also referred to as birthday depression (though not a formal diagnosis), this term describes feelings of sadness, anxiety, or even a sense of emptiness that can surface around your birthday. You may experience increased irritability, apathy, or even paranoia. It can feel as if you're emotionally drained, or stuck ruminating on past events.

Several factors might contribute to these feelings. For some, past negative experiences associated with birthdays might linger. Others may feel uncomfortable with the sudden spotlight and attention. The absence of loved ones—whether due to distance, estrangement, or loss—can amplify the sense of loneliness. Additionally, birthdays can also magnify our sense of time moving forward, often leading to anxiety about aging, increased responsibilities, and unachieved goals.

Understanding these potential triggers can be the first step towards managing the birthday blues and finding healthier ways to approach your special day.

It may often arise from societal pressures to celebrate in ways that don't resonate with your true self or from unmet expectations about how others should make you feel special. These feelings can lead to disappointment and frustration, but there are effective ways to overcome them.

Instead of dwelling on what you haven't achieved, focus on your successes and how far you've come. Take time to reflect on both the positive and challenging experiences that have shaped your



journey. Viewing increasing responsibilities as opportunities for growth, rather than burdens, can transform your mindset and help you approach the future with optimism.

Practicing gratitude is another powerful tool—it shifts your perspective from what's lacking to the abundance in your life, fostering a sense of contentment and fulfillment.

To avoid disappointment, recalibrate your expectations to align with what truly matters to you, rather than what others may anticipate. Social support is invaluable during this time; sharing your feelings with someone you trust can

provide relief and a renewed sense of connection.

Creating a personal birthday tradition can also add meaning to your day, giving you something special to look forward to each year. This simple yet effective practice helps you reclaim your celebration in a way that feels authentic and joyful.

Remember, the blues are fleeting. By understanding your triggers and managing them, you can transform your birthday into a day of self-celebration and empowerment. It's your day—honor it by focusing on what genuinely brings you happiness and fulfillment.



# WHERE EDUCATION PREPARES FOR LIFE

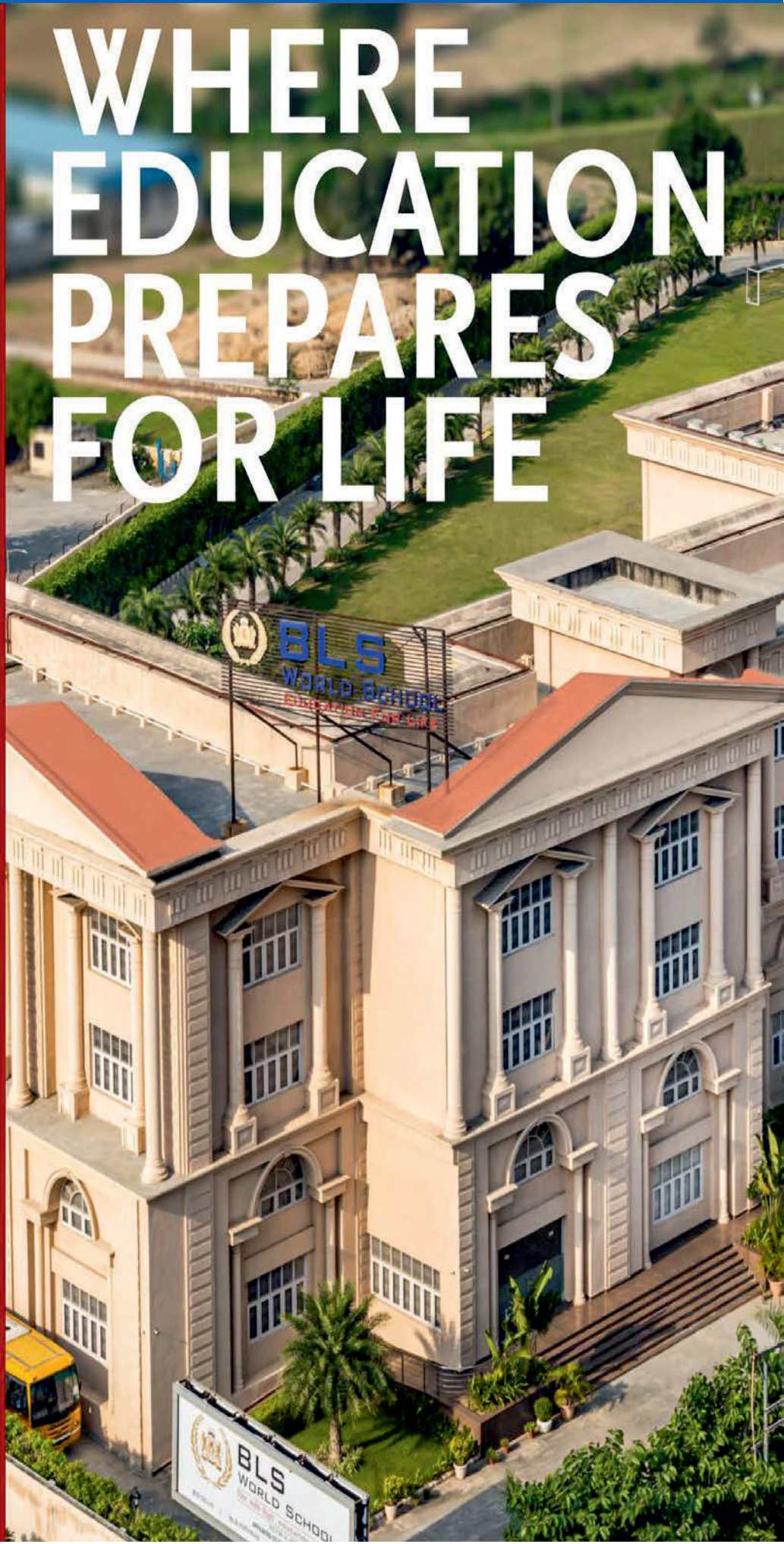


## BLS

WORLD SCHOOL

विद्या सर्वार्थ सिद्धये EDUCATION FOR LIFE

AFFILIATED TO CBSE DELHI







# MODERN SCHOOL

Senior Secondary School, Affiliated to CBSE, New Delhi

For Online Registration, Visit: [www.modernschoolvaishali.com](http://www.modernschoolvaishali.com)



ESTD. 2002

NO  
ADMISSION FEE  
for only  
GIRL CHILD

For ADMISSION QUERY,  
📞 **8512059364**

A NEW BUILDING FOR NEW AGE LEARNING

## OPEN FOR ADMISSIONS SESSION 2025-26

### NURSERY TO CLASS IX & XI

**NURSERY**

Born between  
(1st April 2022 &  
31st March 2023)

**LKG**

Born between  
(1st April 2021 &  
31st March 2022)

**UKG**

Born between  
(1st April 2020 &  
31st March 2021)

**CLASS 1**

Born between  
(1st April 2019 &  
31st March 2020)

#### Learning Benefits:

- ▶▶ Play and Learn with Analytical Teaching.
- ▶▶ Technology & Digital Literacy.
- ▶▶ Balanced Academic & Life Skill Classes.
- ▶▶ Experiential & Outdoor Learning.
- ▶▶ Regular Counselling Classes for Mental Health & Emotional Well Being.
- ▶▶ Selection in Prestigious Courses like NEET, JEE, IIT, NDA, NATA & CLAT.

**PLOT NO. 2, SECTOR-1, VAISHALI, GHAZIABAD. PH.: 0120-4296548, 4236548.**

**E-mail Id: [modernschoolvaishali@yahoo.co.in](mailto:modernschoolvaishali@yahoo.co.in)**

JOIN FOR MORE INFO



Also Announces **ADMISSIONS** Open for



Let's Learn & Play

(A PRE-NURSERY PLAY SCHOOL)

**AGE**

2+ years

**TIMING**

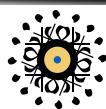
9.00 a.m. to 12.00 noon



Equipped  
with  
All Modern  
Apparatus,  
Games & Toys

**• FARIDABAD • NOIDA • VAISHALI • DELHI • GREATER NOIDA**





**FAIRGAZE**  
UNLOCKING POTENTIAL

**FairGaze Skills Pvt. Ltd.,**

1412 Chiranjiv Tower, 43 Nehru Place, New Delhi - 110019, India | Ph.: +91-11-46850 000 | E-mail: [info@fairgaze.com](mailto:info@fairgaze.com)

[www.fairgaze.com](http://www.fairgaze.com)