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FAIRGAZE

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SCHOOLASTIC NEWS

IMPACT-FOCUSED SCHOOL COMMUNITY MAGAZINE

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The Importance of
Netiquette in the Digital Age
New Skills to Learn



TAKING YOURSELF TO
NEW HEIGHTS

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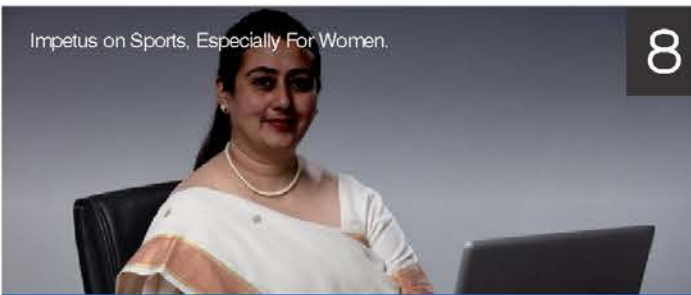
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FAIRGAZE OFFERINGS
School Membership Program
The School Membership Program helps the school instill experiential learning, holistic development, skill building and financial literacy in children further preparing them for their life after school.

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

available as a standalone



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Indus valley
INTERNATIONAL SCHOOL
Tomb of Ashoka
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The word "**alphabet**" comes from the first two letters of the Greek alphabet:
alpha, beta



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Editorial Lead

Welcome to the March edition of Schoolastic News magazine! We are thrilled to share this month's issue, which focuses on growth, knowledge, and responsibility. These topics have a profound impact on everything we do, and we hope our readers will find our content both imaginative and insightful.

One of the main themes in this issue is goal-setting. It's much easier to achieve big outcomes when goals are broken down into small, manageable steps. Students who try to do too much, too quickly, often fizzle out and lose motivation. By breaking down goals, writing them down, and planning actions to achieve them, students can have their best year in school.

We are proud that Schoolastic News has become a centripetal force within the student community. Our career counseling segment, which focuses on Study Abroad, has helped send students across the globe to learn, work, and make a difference.

We are grateful to Dr. Neelu Goswami, Principal of Ontogeny School of Excellence in Sonipat, for her article on "Impetus on Sports, Especially for Women" in honor of International Women's Day. We would also like to thank Ms. Megha Sachdeva, FairGaze's Mentor, Yoga Trainer & Wellness Consultant Specialist, for her insightful article on "How Yoga Can Help Students to Deal with Exam Stress." The simple poses and breathing exercises she suggests will undoubtedly help our students deal with anxieties and become more mindful to achieve their best results.

The student editorial board has added feathers to their caps with their selection in FairGaze's Student Scholarship Program. This program allows them to grow their skills and earn cash rewards each month. They are unfolding their 2023 with joy, fitness, excellence, and mastery and opening doors for other students as well.

Lastly, it's important to note that technology has become both attractive and intrusive. Hence, all students need to harder to stay focused, retain their creativity, and solitude.

In conclusion, I would like to share a quote by the American philosopher, psychologist, and educational reformer John Dewey:

"Education is not preparation for life; education is life itself."

We welcome your feedback and look forward to presenting a new issue next month.

We hope this note finds you set to make 2023 legendary.

Bhavna Sharma

Editorial Lead

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DIGITAL LEARNING

IMPORTANCE OF NETIQUETTE IN THE DIGITAL AGE

THERE ARE NO BOUNDARIES IN THE DIGITAL AGE!



Online etiquette, or netiquette, refers to appropriate behavior. Online communication is becoming more prevalent as new communication trends emerge. As a result, netiquette has received more attention.

Nowadays, virtual meetings are commonplace. Therefore, knowing the appropriate netiquette is very important for a successful career.

Before hiring, more and more businesses are using the internet to find out more about their potential employees. Through the information we post online, they are evaluating our behavior. The decisions

we make about our future are increasingly influenced by our digital footprints. Therefore, if you want a good job, it's important to follow netiquette on every online platform.

The Internet has given the opportunity to people to fully express themselves. People express their opinions to the entire world through comment sections or social media. However, based on the content we produce, this has a positive or negative impact on our reputation.

The general rule of netiquette is to behave online the same way we do offline. Virtual and real life are increasingly intertwined. Therefore, we

ought to treat them both similarly.

We may not pick up on nonverbal cues in online communication, especially if it's written, like emails and messages. Therefore, it is good netiquette to communicate clearly.

We can build a positive reputation by adhering to the rules of netiquette, which will benefit our offline life.

By:
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Anand School of Excellence, Haryana
Edited by: Tanisha Dwivedi

DIGITAL LEARNING

FUTURE OF THE INTERNET

WE'RE CHANGING THE WORLD WITH INTERNET



While 3 billion people in the world today use the internet, 4 billion others do not. When I first started my research on the future of the internet, I asked myself, "How will the future of the internet change the experience of everyday life if everyone is online?" The internet, which was first developed in the 1960s by a computer scientist named J.C.R. Licklider, is still a relatively recent phenomenon. He envisioned a computer network known as the galactic network that would enable humans to instantly share information.

People's day-to-day lives have been dramatically altered by the internet. It

grants the human mind access to novel concepts, data, and endless possibilities. Even though the internet has already had a significant impact on society, nobody anticipated it, even though everyone could predict it.

The internet is constantly evolving in a world where change is inevitable. The true computer revolution has only scratched the surface of the unimaginable heights it can reach. The speed, intelligence, and connection aspects of the internet will all grow in importance in the future. Internet technology will become huge, faster, and safer than ever, and will include better privacy facility.

Businesses will evolve as per the shape of Digital economy. Therefore, how people use the internet, how they share information about it, and how they use technology will determine the internet's future. Because "if you want to change the world, you have to change yourself," these things demand a positive shift in society's mindset and behavior.

By:
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ARTIFICIAL INTELLIGENCE A NEW CONCEPT OF NEP

ARTIFICIAL INTELLIGENCE IS THE FUTURE AND FUTURE IS HERE

Recently, being a new concept of the National Education Policy AI has gained a lot of importance. It is not that it's developed recently; its use was unnoticeable earlier. The recommendations and trending pages on YouTube and Google were displayed by AI. In simple language, we can say that AI is a branch of computer science that makes machines more intelligent that don't require continuous instructions and can do tasks more effortlessly than humans.

This newly promoted field is said to present numerous opportunities shortly, thus becoming a good subject to master and learn about. For the same reason, it has been declared that school children at all levels of schooling will be briefed on

this interesting subject. Thus, this new concept of the NEP is likely to be successful in motivating students to study in India instead of going abroad. They can contribute to the development of our nation.

Now the question is, how can learning AI under the NEP help us?

Some benefits of AI are -

Artificial intelligence is considered to be the skill of the century. It is one of the fastest-growing technologies in the job market, with many jobs and higher pay than engineers in other fields.

Investing time and money in this field can help us in the long run. AI-based technologies can help drastically in times

of natural disasters. Such technologies are also good for society. AI can be used in improving agriculture, emergency services, and healthcare. It can also help store a huge amount of data and figure out the problems faced by people of a particular region using advanced programs.

Thus, let's take advantage of this interesting and useful field that has been brought to light by the NEP to the best of our potential.

By:
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IMPORTANCE OF ◀ARTIFICIAL INTELLIGENCE▶ AS A SUBJECT

ARTIFICIAL INTELLIGENCE IS THE NEW DEFINING TECHNOLOGY OF OUR TIMES

The pace at which the world is modernizing and getting developed is commendable. Since the invention of the internet, the world is getting motivated towards various discoveries among which the most prominent is "Artificial Intelligence". Artificial intelligence or AI is the study of computers and machines that focus on how machines can stimulate the human brain. Artificial Intelligence is an effort to make machines capable of having intelligence at least equal to human intelligence. But this definition doesn't do justice to this expanded network, the immense scope, and the vast features of AI. Artificial Intelligence is gradually making computers independent in this revolutionary world of science and

technology. With the modernized technology and advanced world, it is nowadays important to include Artificial Intelligence as a Subject in the school curriculum.

The Indian Education System was apprehensive of the "Importance of Artificial Intelligence as a Subject" so they have added an augmented Artificial Intelligence in the curriculum as a skill subject. It was always necessary for students to develop skills that can help them in their careers and keep them balanced and updated about the revolutionary world. Including Artificial Intelligence as a subject was a very beneficial step because now a huge number of students are participating and taking interest in studying AI.

This crucial step has encouraged students to study the new technological features where they learn about machines working without any human interference. So, the youth of the nation would understand how Artificial Intelligence is a revolution of Human Intelligence and 'AI as a subject' is only a way to know about the revolutionary world. Therefore, the evolution of students and learning about new scientific discoveries for pursuing it as a goal would strengthen the Indian Economy and contribute to the nation's development.

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IMPETUS ON SPORTS ESPECIALLY FOR WOMEN

BY: DR. NEELU GOSWAMI
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Sports have been an essential part of human life for centuries, promoting physical fitness, teamwork, and competitiveness. However, it is only in recent times that we have recognized the importance of sports in promoting gender equality and empowering women. For too long, women have faced several barriers to participate in sports, including social norms, cultural stereotypes, and lack of resources.

According to a report by the Women's Sports Foundation, in 1972, only one in 27 girls participated in high school sports, whereas today, nearly two in five girls participate. A study by the National Federation of State High School Associations found that the number of girls participating in high school sports has increased by 1,057% since the passage of Title IX in 1972. The International Olympic Committee reports that at the 2016 Rio Olympics, 45% of all athletes were women, up from 23% at the 1984 Los Angeles Olympics.

Today, women have challenged these barriers and have made significant contributions to the world of sports. Women now participate in a wide range of sports, and their achievements are celebrated and admired by all. On a global level, Serena Williams is an icon in women's tennis, having won 23 Grand Slam titles, Simone Biles, the most decorated American gymnast in history. Marta Vieira da Silva is a Brazilian footballer who has been named FIFA World Player of the Year six times. In this context even the Indian female sports personalities are not far behind. Some notable achievements are Mithali Raj: one of the most successful cricketers in the



world, captain of the Indian women's cricket team, leading them to the World Cup final in 2017. Mary Kom: a six-time world boxing champion; Saina Nehwal: a former world No. 1 in badminton; Dipa Karmakar: the first Indian female gymnast to qualify for the Olympics to win a gold medal at the FIG World Cup; Sania Mirza: she is a former world No. 1 in women's doubles and winner of six Grand Slam titles and the list goes on.

"Rather than focusing on the obstacle in your path, focus on the bridge over the obstacle-Mary Lou".

The significance of sports for women is multi-faceted. Sports are not just a physical pursuit, but a powerful tool for women's empowerment. Through sports, women can attain physical fitness, mental strength, and social connections. Women in sports challenge gender stereotypes

and break barriers, paving the way for greater gender equality. Despite the progress we have made, there is still a long way to go to achieve true gender equality in sports. Gender disparities persist in sports, with women receiving less funding and recognition compared to men. Women athletes are often paid less despite similar achievements. Addressing these inequalities requires investment in women's sports and greater recognition of female athletes. Additionally, women still face significant social and cultural barriers that prevent them from participating in sports at the same level as men.

As we look to the future, it is essential that we continue to invest in women's sports and provide equal opportunities for all athletes. Governments, sports organizations, and the media can all play a role in this by investing in women's sports, promoting positive images of female. In words of Steve Maraboli "The empowered woman is powerful beyond measure and beautiful beyond description".

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.



Recent FairGaze Engagement



TOP 5 SCHOOLS IN THE CAMPAIGN

- Alchemy School, Churu
- Bajaj Public School, Meerut
- Balvantray Mehta Vidya Bhawan ASMA, Delhi
- Queen's Valley School, Delhi
- ISPD Innovative School- Free Birds International Academy, Jammu & Kashmir

FairGaze launched the two-month student-led School Champs for Climate Actions campaign in collaboration with India Is Us, UNESCO MGIEP, EARTHDAY.ORG, Edubuk, and EaseMyTrip.com to continue our efforts to raise awareness on climate change and the need to "ACT NOW." The Campaign commemorated COP 27 held in Egypt and brought focus on SDG 13. The "School Champs for Climate Action campaign" intended to help achieve Sustainable Goal 13 (Climate Action) by including students, educators, parents, professionals from the field of education, and climate specialists while engaging them in substantive talks about the problems and solutions related to climate change. The winner announcement ceremony was held on 4th February 2023 at 4:00 PM in the presence of our speakers and students.

Winners: Ranvijay Nath, Aman Mor, Rohan Bhati, Rishika Vaishya, Aisha Panda, Klinja Gothwal, Rashi Bhati, Harshita, Jubia

Upcoming FairGaze Engagement

FairGaze (a leading school media), along with i2u Social Foundation (an NGO support initiative working with over 200 NGOs), is launching a month-long online campaign, #OneDayForWater. Working under SDG6 (ensure availability and sustainable management of water and sanitation for all), the campaign will spread awareness about the depletion of groundwater as a significant resource of water and encourage sustainable actions towards water conservation among children, parents, and teachers (school community) and at the same time shed light on water and sanitation issues. As a part of the campaign, we are introducing the social media hashtags: #OneDayForWater, #WaterPollution, and #SolutionforWaterPollution.

Register by using this link:

<https://sdg.fairgaze.com/one-day-for-water.html>



FAIRGAZE PATRON SCHOOL



Indus valley
INTERNATIONAL SCHOOL

Learn to Lead

CBSE Affiliation No. 3630299

**The word "*alphabet*" comes
from the first two letters
of the Greek alphabet:
*alpha, bēta***

#interestingfact

**ADMISSIONS
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CAREER COUNSELLING

4 TYPES OF STUDY ABROAD PROGRAMS

Summer Study Abroad Programs- Regardless of your major, a summer study program at a university abroad can increase your awareness and understanding of the world around you. If you typically work in the summer, you may be able to find a summer internship program or integrate a work component as part of your summer study abroad experience. A summer program abroad is great for those who have a hard time going out during the school year. During the summer months, they can more easily see the world around them while attending school.

High School Programs- Choosing to participate in a study abroad program while in high school has many potential benefits. High school international programs offer opportunities for life experience, perspectives, language skills, and self-development. Whether you're applying to college, graduate school, or a

career, adding a study abroad program to your resume can enhance your profile. You get experience in the field of course you choose to pursue.

Semester Programs- Whether you are a high school student looking to broaden your horizons or a college student ready to take on the world, many great opportunities and experiences await you if you decide to study abroad for a year. Many people think that studying abroad is the same as her spending a year in another country, but that is not always the case. It is possible to study abroad for one year or one semester. It's completely up to you. There are a variety of semester study abroad programs that offer similar experiences and memories as a one-year program.

Intersession Programs- Intersessions are the hours between academic terms that allow students to concentrate on their

studies in less time. Courses are offered on-campus, off-campus through field trips and study abroad opportunities, and online. Intersession courses are offered in January, May, and August each year and classes last approximately one to three weeks. The January Intersession usually runs from late December to mid-January and is part of the spring semester. The May Intersession usually runs from mid-May to early June and is part of the summer term. It's mid-August and part of the summer term. Since some of these programs are also conducted online, they become accessible to those who can't travel abroad.

By:
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PRODUCTIVITY & TECHNIQUES

HOW YOGA CAN HELP STUDENTS TO DEAL WITH EXAM STRESS?

BY: MEGHA SACHDEVA
YOGA TRAINER & WELLNESS CONSULTANT SPECIALIST

As exam season is around the corner, this is the most stressful month for the students, but also for parents and teachers! Even the house environment and the younger siblings can be affected, as they pick up on the stress of the surroundings and the other family members and can feel unsettled by this.

If you're affected by stress during exams, try some yoga & meditation, either individually, as a family, or at your school to help focus and calm.

- **These activities can help in two ways:**

Yoga postures during revision and study breaks help you feel more energized and grounded as a movement break.

- Breathing exercises before or even during an exam help to calm and clear your mind immediately.

- **Yoga During Exam Preparation**

Research shows that it is important to take regular movement breaks to keep you active while preparing for exams.

To have a relaxed mind first it is important to have relaxed muscles and therefore simple yoga stretches are perfect to relax the body and mind. Forward bends help to calm and bend downwards sending fresh blood supply to the brain. It helps in the thought process. Neck rolls, wrist rotations, and twists help to

counteract the stiffness caused by long sitting hours.

- **Yoga For Exam Stress**

Many yoga poses stimulate the proprioceptive sense. It can help a child in getting rid of anxiety and maintain the balance for learning by improving focus and concentration.

- **Yoga Poses To Help Students**

- a) Dog pose
- b) Mouse pose
- c) Crab pose
- d) Mountain pose

All the above-mentioned poses activate the proprioceptive sense and are therefore perfect for coping with exam stress and supporting revision.

- **The Power Of The Breath**

The breathing exercise and meditation are important as a way of regulating emotions. During exam time, proper breathing exercises and meditation help in building focus and calming the nerves.

Breathing properly is the most basic exercise we can do to offset stress and anxiety. It is simple and easy to learn and begin with. Breathing completely and filling the whole of the lungs and expelling all the air, is known as diaphragmatic breathing. It slows the heart rate, brings the blood pressure down, clears the mind, and relaxes the muscles.



- **Use The Breath To Beat Exam Stress:**

First Step: Sit or Lie and close your eyes if you can or want.

Second Step: Breath through your nose. Keep your mouth shut and bring your focus to the space between your nostrils. Feel the coolness and freshness of the air coming in, and the warmth of the air coming out. This will help to still the mind and push other thoughts out of your mind easily.

Third Step: Now focus on breathing from the diaphragm. Relax your stomach and put your right hand on your belly button and your left hand on your heart.

Fourth Step: Imagine you are blowing up a balloon inside your stomach. Keep your hand on your heart still.



Fifth Step: Take 3-5 breaths and follow them for 5 to 10 minutes.

• **Breathing Ideas For Young Students:**

With young students, try these suggestions to help them to breathe properly:

- Place an object like a duck on their abdomen. Then see if the duck can swim up and down.
- Blow bubbles together.
- Blow feathers with long slow

breaths to make them float.

- Buzzing bee breath is great for calming the whole family, or class together.

Finally, try simply listening to the breath and sitting quietly. See if you can breathe out to a count of five. Slowing the breath slows the mind and then positive thoughts can form.

These suggestions are helpful when using yoga for exam stress and revision.

Remember that exams cannot test your kindness, courage, resilience, imagination, friendship, or integrity. Keep taking breaks and do meditate and follow breathing yoga exercises.

Good Luck!

EDUCATION

TOP 10 CAREERS

CHOOSE YOUR CAREER WISELY!

Choosing a career is the most important decision in one's life as it is an indirect decision for all other aspects of life. A career can be built in a variety of industries, including entertainment, science, business, IT, administration, cooking, and the list goes on. However, it is of utmost importance to keep in mind that you sincerely self-evaluate your skills and abilities and prepare a summary of the benefits and drawbacks while selecting the most suitable career path for you. Phew! deciding what you must become is indeed a strenuous task. But don't worry this writer got your back; here are the top 10 career options that match your personality.

Data Scientist: Interested in programming, solving problems, and analyzing? Then this is one of the possible careers for you. To put it simply, a data scientist's job is to analyze data for actionable insights. Data Scientists specifically identify the data analytics problem that might be a great opportunity for business. They utilize a variety of tools from the fields of mathematics, statistics, and computer science.

Investment Banker: Investment bankers are investment professionals that use their expertise in the financial services sector, analytical prowess, and compelling communication skills to assist institutional clients in tasks like mergers & acquisitions and capital raising.

Translators and interpreters: Can't do a 9-5 desk job surrounded by data, then this is the field you can explore. Interpreters and translators speak, read, and write in different languages fluently. Interpreters and translators convert information from one language into another language. These professionals are in sign language as well. This is usually a freelance job.

Digital Marketing: A Digital Marketer,

also known as a Digital Marketing Specialist, is responsible for devising marketing campaigns to maintain a brand. To increase the success of their marketing campaigns, digital marketers conduct market research, collaborate with other advertisers, and produce content.

Psychologist: In this fast-paced, competitive world everyone is under stress. Hence, psychologists play a very important role in ensuring and promoting healthy behavior. Psychologists evaluate, identify, and address psychological issues and behavioral dysfunctions that are caused by or connected to physical and mental health.

Business owner: Self-employment is at its peak in the current scenario. Young adults are more inclined towards making this world better and more sustainable. If you have ideas, grit, and perseverance and wish to bring a change by impacting the world, starting a business venture might be your dream job.

Surgeon: A surgeon is a medical professional who focuses on diagnosing and treating illnesses that may call for surgery or other physical changes to the human body. Surgery can be used to identify a condition or treat an injury. This field is again gaining popularity because of more acceptance and advancements in this field.

Cybersecurity engineer: Cybersecurity engineers, also known as information security engineers, are experts at spotting threats and weaknesses in software and hardware. They then use their knowledge to create and put into practice cutting-edge defenses against insider threats, ransomware, malware, and other forms of cybercrime.

UX Designer: If you are good at tech and want to combine it with commerce, then this career is for you. The UX designer's role is to make a product or service usable, enjoyable, and accessible. Although many businesses create user experiences, the phrase is most frequently connected to digital design for websites and mobile applications, and even consumer products.

Makeup Artists: With new and fresh trends emerging every season, a makeup artist is a wise choice as a profession. Making other people feel beautiful is how you may express yourself creatively in the beauty industry. Makeup artists are constantly in demand as the beauty industry continues to grow.



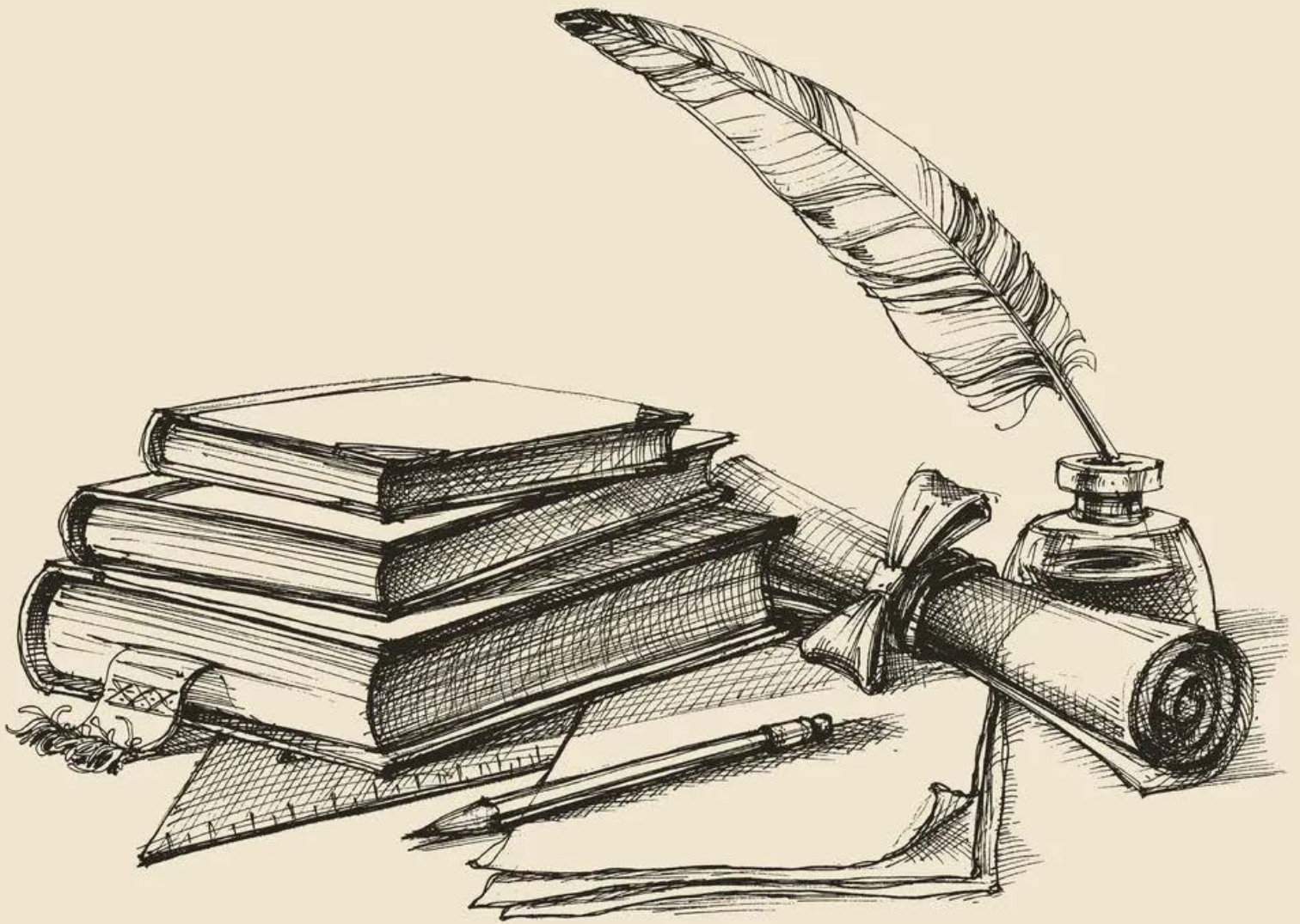
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EDUCATION

PEN IS MIGHTIER THAN THE SWORD

PEN MAY BE SMALLER IN SIZE BUT CAN SHAPE ANYONE'S MIND

The pen is mightier than the sword" is a very known and impactful phrase given by Author Bulwer-Lytton. Author Bulwer-Lytton in 1839, stated that written words are more effective than violence. Where a huge sword only knows how to shed blood and spread hatred, just a small pen can do the task of influencing and motivating others. During India's fight for independence, some people took up swords to fight against the British while some took the pen to inscribe the history and tragedy. Both had equal contributions toward the victory. A sword or a pen doesn't work on their own, we are the ones who operate them. We are the ones who choose between a sword or a pen and further

reckon with them for a good or a bad cause.

For decades, the pen has presented something valuable to readers and shown its charm through the literary work and the development provided by it. People have fought against Sati Pratha, education barriers for girls, child labor, child abuse, salary, and many more, and were able to succeed through the tip of a pen.

Through pen, the writer can express their thoughts to the outside world. People can connect through each other's emotions, thoughts, views, and many more, they can feel and understand the situation. The art of writing is more significant as compared to the sharpness of the sword.

The pain caused by the fame of the sword does not last forever, while the impact of writing is perpetual, influencing the nation for years.

In the end, I would like to conclude by saying that the pen may be smaller in size but can shape anyone's mind whereas a sword can only make them think of the atrocious cruelties we want for them. It will only result in wars and arguments.

By:
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Edited by: Tanisha Dwivedi

EDUCATION

NIGHT OWLS VS EARLY BIRDS

FIND A BALANCE & MAINTAIN A HEALTHY SLEEP SCHEDULE TO SUPPORT OVERALL WELL-BEING



People are often categorized as either night owls or early birds based on their natural sleep patterns and preferred waking hours. The two groups differ in their circadian rhythms, which regulate sleep, wakefulness, and other bodily functions.

Night Owls: People who are night owls tend to have a preference for staying up late and waking up later in the day. They are typically more productive and alert during night-time hours and may find it difficult to fall asleep or wake up early in the morning. Night owls often enjoy a more relaxed and laid-back lifestyle, with a tendency to be more creative and spontaneous.

Early Birds: Early birds, on the other hand, prefer to go to bed early and wake up early in the morning. They tend to be more productive and alert during the

daytime hours and may struggle to stay awake late at night. Early birds often enjoy a more structured and disciplined lifestyle, with a tendency to be more proactive and organized.

Advantages and Disadvantages:

Night Owls: Night owls have the advantage of being able to work and socialize during the quiet and peaceful night-time hours. They often enjoy more freedom and flexibility in their schedules and can easily adapt to changing work or social circumstances. However, they may struggle with social stigma, as society tends to value early rising and punctuality.

Early Birds: Early birds have the advantage of being able to start their day fresh and focused and can take advantage of the early morning hours for exercise or other productive activities.

They often have a strong work ethic and are more likely to stick to a consistent schedule. However, they may struggle with adapting to late-night social events or work shifts.

In conclusion, both night owls and early birds have their advantages and disadvantages, and it is important to recognize and accept individual differences in sleep patterns and preferences. Whether someone is a night owl or an early bird, it is essential to find a balance and maintain a healthy sleep schedule to support overall well-being.

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FAIRGAZE
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