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FAIRGAZE

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SCHOOLASTIC NEWS

THE NEW YORK TIMES MAGAZINE

**Focus on the Good;
the Good Gets Better**

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That Masters Us

Importance of Social

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How Climate Change Affected

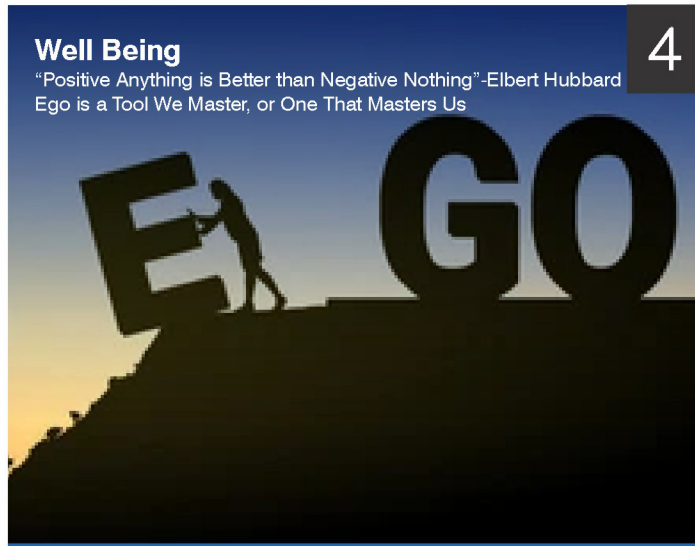
The Fertility of Land?



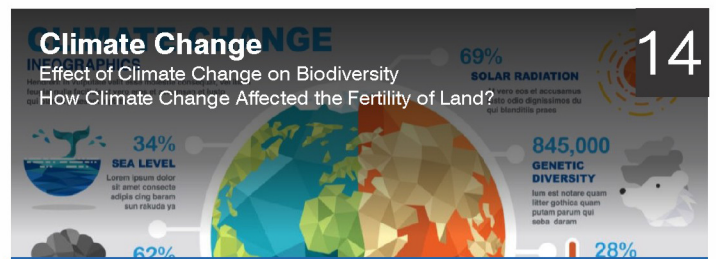
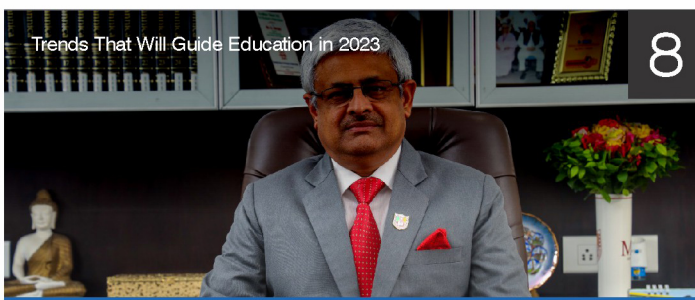
DISCOVER
THE NEW YOU

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Media



CREDITS & EDITORIAL TEAM

EDITORIAL LEAD

BHAVNA SHARMA

SECTION EDITOR

MENKA SHARMA

HEAD OF DESIGN & LAYOUT

JASVINDAR SINGH

PUBLIC RELATIONS

MANSHI BISHT

RENU SHARMA

EDITORIAL & MARKETING CORRESPONDENCE

FairGaze Skills Pvt. Ltd.

Flat No. 1412, 14th Floor, Chiranjiv Tower 43, Nehru Place, New Delhi - 110019, India
Ph.: +91-11-46850000 | E-mail: info@fairgaze.com

IMPRINT LINE:

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Editor: Mookola Lakshman Sudheen

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Editorial Lead

Let your dreams take flight in the New Year!

Welcome to the January edition of the Schoolastic News magazine. We are excited to share our New Year issue which reimagines the reasons to rejoice every day. Equip yourself with our new content, new ideas, and a fresh approach to achieving your goals. As you enrich your knowledge base you become more able to deliver unique value to any field that in return rewards you with income, opportunity, and applause.

This edition talks about the top 10 benefits of studying abroad, nutrition goals, the climate crisis, affordable and clean energy, the increasing role of media, and how to put your well-being as a priority amid everything. We do believe that our mental focus is one of our primary assets for elite performance and top leadership. Using it wisely optimizes our chances of exceptionalism and provides us with an opportunity for maximum prosperity.

We thank Mr. Srinivasan Sriram, Principal, The Mann School, Delhi who enlightened us through his article on "Trends That Will Guide Education in 2023".

The Schoolastic News team is heartened by and grateful for all the contributions received over the past year. Everyone pressed on in the pursuit of progress and continually pushed forward, asked difficult questions, had necessary conversations, and faced the uncertainty of the future with all the courage. Together we are not just waiting for what comes next, we are helping to create it.

As you engage your goals for the new year, don't be tempted to believe that only 'lucky' people receive the best opportunities. Each one of us encounters numerous opportunities. But the ones who put in the work and direct their efforts into grabbing the opportunity and creating their future are the ones who achieve their goals. So, get set to work hard to make the most of your opportunities and create a dream future for yourself.

In the end, I would like to conclude with a very famous quote by Winston Churchill,

**"A pessimist sees the difficulty in every opportunity;
an optimist sees the opportunity in every difficulty."**

Wishing a happy new year to all our readers. May the year be known for fulfilled opportunities.

Bhavna Sharma
Editorial Lead
info@fairgaze.com

WELL BEING

◀ "POSITIVE ANYTHING IS BETTER THAN NEGATIVE NOTHING" ▶ -ELBERT HUBBARD

Positive anything is superior to not negative anything is a statement given by Elbert Hubbard. Here is a connection to one of our number one items to assist with expanding energy. The statement implies that seemingly insignificant details that are positive are superior to anything negative. It is not difficult to become fretful that things are not happening as expected quickly enough to you.

This statement is a decent one to find out if you don't feel like your life is where you planned it to be. This statement is the substance of confidence. Throughout everyday life, you want a decent lot of idealism. Elbert Hubbard was an American distributor, essayist, logician, and craftsman. He was popular as the pioneer behind the Roycroft craftsman local area in New York, which was powerful in framing artistic expression and specialties development.

The most effective method to evolve the statement is-

- Stay positive
- Practice tolerance and realize that things will happen when they occur.
- Stay away from antagonism
- Avoid negativity

Positive thinking is significant because it can usually affect one's physical and mental prosperity. Individuals who keep a more uplifting perspective on life can adapt better to pressure, have better insusceptibility, and have a lower hazard of unexpected passing.

It also lowers the level of misery and torment. More noteworthy, protection from diseases, better mental and actual prosperity, better cardiovascular well-



being, and a diminished chance of death from cardiovascular infection and stroke.

Hence, it does not matter what it is as long as it is positive and something you can focus on. You do not need to have

"Positivity is like a magnet to draw happiness. If you stay positive, good things and good people will be drawn to you."

dozens or hundreds of positive things going on in your life at a time. You need one positive thing about which you can think again and again to maintain your

happy state. Even if you have a bunch of negative things occurring in your life, you can safely ignore them and keep your mind on that one positive thing, and all the negative things will work themselves out.

By:

Akshat Lakhotiya

Class - 11

Florence Nightingale Public School,
Uttar Pradesh

EGO

WELL BEING

EGO IS A TOOL WE MASTER, OR ONE THAT MASTERS US

From the moment we're born, whether our birth arrives in Africa, China, Mexico, the Caribbean, Europe, America, whether we're born black or white, rich or poor, tall or short, capable of wisdom or not, able to see or not, able to walk or not, whether or not we are healthy, or sick, born to Christian, or Muslim, Buddhist, Jain, agnostic or atheist parents, whether or not we are born in the mountains, cities, deserts, or on islands in the far seas...every human being, all of us, are taught associatively to attach our identity to the identity of the person, persons, stricture, customs, and place of our birth, to attach identity to our name, looks, thoughts, feelings, senses, and actions. We are taught that identity attachment is needed to survive, to shield us from social exclusion, and to gain purpose, value, and worth in our own eyes and that of other people. We are taught that ego defines us even while ego is inserted into the center of our identity before we're old enough to decide who we are for ourselves. We're taught what to think before learning how to think. This means the choice is taken from us. And we grow up believing ego is who we are, an identity that binds us to what has been or what may be voiding the present and hiding from us the prosecutorial fact that life is an indifferent womb, taking nourishment

from all that consume it; that material significance, human significance, and individual significance have no relevance in objective reality, in present reality.

But how do we discern this, and verify the truth or falsehood of so provocative a statement? First, we ask — where does life take place?

Life takes place in the present. What lives, if it lives, lives here and now. What the present is, however, and how fast it's going by, we cannot discern, but we do know the present is not what we remember, not what we imagine will

"A bad day for the
ego is a great day for
the soul."

happen. The present is a point, a time of some kind, a conjunction, a volume, a measure in creation, a space, something wherein the environmental arms holding us grant us means to live our lives as human beings with all else in creation that likewise exists in the present.

The problem, while our body lives in the present, and processes the present through its senses, actions, feelings, and thoughts, our attention to and awareness of the same is rarely in the present with our body. Rather, much, if

not most of the time, our attention is not on ourselves in the place we're in, doing what we're doing, it's on imagery and chatter in our head that we're remembering, visualizing, planning, thinking about, all the talk, talk, talk going on between the past and the future. Attention is not on what is living, not on present self-awareness — our moment-to-moment means of verifying that we're alive. Instead, its focus is centered on ego, on programs made of what once was and what may come to be. But ego is not the center of our identity. It never has been. It's the center of identity attachment.

An ego is a tool. Once we master or one that masters us. To know this. To verify that ego is a past and future tense event, not a present tense event, gives us cause to observe ego rather than be ego. Cause to detach from and escape the twin tides of remembrance and future imaging that so relentlessly drive our focus of attention to define who we are through who we were, or will be, and not who we are now, here, at this moment.

By:

Anvika Suri
Class - 7

SM Shetty International School,
Maharashtra
Edited by: Menka Sharma

MEDIA

IMPORTANCE OF NEWSPAPER



Even though newspapers are an integral part of our lives, their significance has diminished as a result of digitalization. Wikipedia claims that India has the largest newspaper market in the world and sells 78.8 million copies each day. Newspapers provide general knowledge and information, such as news about the country's economy, sports, entertainment, trade, and

"The newspaper is a greater treasure to the people than uncounted millions of gold."

commerce. In a nutshell, the newspaper is important to people; If we read the newspaper every day can help us become more accustomed to reading, increase our knowledge, and improve our fluency.

In today's world, the newspaper is more than just a tool for informers; it has also given credit to people from every section. In addition to domestic and international news, the newspaper also covers sports,

entertainment, studies, and gossip.

Newspaper's Importance in Education:

- Each paper has a different work entryway for the young, wherein they can land data about the position opportunity.
- Youths receive career guidance from many sources.
- Newspapers also care about the interests of children—they have a separate section just for them.
- Different booklets with different activities for kids are published by some newspapers.
- Through these booklets accessible for youngsters, rivalries are coordinated on an extremely enormous scope by numerous papers, because of which the ability of kids is likewise uncovered.
- Newspapers today have a lot of advertising because of all these things.
- The launch of a new product, a wedding, an advertisement for a job, an advertisement for the government, etc., all papers have a significant kind of revenue.
- To run a successful business, entrepreneurs need to know everything there to know about the market as a whole and their sector.
- Perusing papers everyday keeps them refreshed with the most recent business news. For them, newspapers like the Economic Times and Business Standard are recommended.
- Due to the numerous advantages it offers, students are specifically encouraged to read the daily newspaper.
- In addition to strengthening one's reading and writing abilities, it

expands one's vocabulary and enhances grammar.

- Additionally, it is one of the most effective methods for broadening one's knowledge, which is useful when taking competitive exams.
- Their knowledge and analytical and observational skills are put to the test in games like Sudoku and Crossword Puzzle.

Viceroy Hocky started the first Bengali newspaper under the name "Bengal Gazette." However, before that, numerous pages were utilized for information exchange.

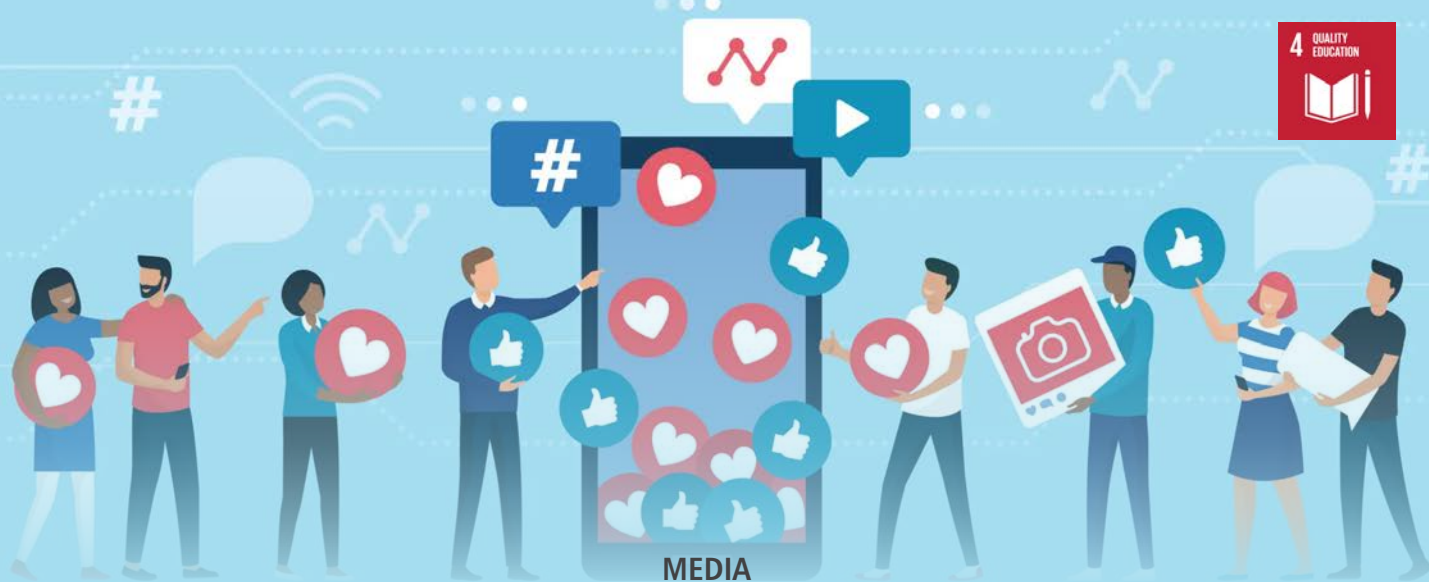
The Bengal Gazette, on the other hand, was the first full-fledged newspaper. Because the first newspapers were written in English, they were of no use to the public and were merely a means of manipulating the British.

In 1826, the name "Udant Martand" was used to publish the first Hindi newspaper. Although it was a weekly publication, pressure forced its closure in 1827.

After that, during the conflict with the British, Bengali newspapers like Sudha Varshan, Kesari, Vande Mataram, and so on were changed. Additionally, consider the newspaper's significance in the conclusion.

By:
Parth Yadav
Class - 11

Anand School of Excellence
Haryana



IMPORTANCE OF SOCIAL NETWORKING WEBSITES

Social networking websites perform a crucial position in optimizing an internet site. It optimizes the internet site in its place online. It allows growing net site visitors for your web page if you use it wisely.

It is a social network where humans engage with different personal networks. Social bookmarking arises when a person trades their bookmark listing with different handles. Social networking takes place while you proportion bookmarks, correspond, and interrelate with additional users.

Today, there are several social networking websites like Facebook, Orkut, Instagram, Myspace, etc. that offer you the outstanding advantage of optimizing your internet site. The outstanding element approximately social networking webpages is the miles lost to signal up. These days Businesses and agencies have turned out-to-be part of social networking websites. Social networking websites perform as phrase of mouth that gradually explores your enterprise. It allows for growing consciousness of your enterprise and growing net site visitors.

Now, social networking is turning out to be part of SEO. Social networking websites discover your webpage very quickly in less period of time. So, these

days each blogger whether he is skilled, or a new blogger concentrates extra on social networking. One crucial element you should bear in mind is that if the contents of your web-blog are bad and they are a stereotype, not nothing exciting in them and full of fluff phrases ensure that traffic will now no longer live on your webpage extra than a couple of seconds. In these days' net world, social networking is taken into consideration as

"Social Websites is about people and business. Provide for the people and the people will provide for you."

an outstanding manner of optimization.

Along with social media websites, SEO is likewise very vital to your enterprise. To make your location withinside the marketplace optimize your internet site in principle SERPs like Google, MSN, Yahoo, Bing, and lots of others.

Long Term Existence

Search engine optimization allows your enterprise in current for a long time. If you avail engine marketing campaign

then your internet site will exist for a long time in SERPs, and more people will visit your internet site.

ROI

Return on Investment could be very crucial. If you avail powerful methods, then you can get well worth going back on funding. Your attempt will now no longer waste.

Search Engine Optimization Goal for your Site Visitors

Search engine optimization allows you in focusing on your target market across the globe. It grabs handiest the audience for your internet site who are interested in your or your applicable merchandise and services. Effective search engine optimization strategies power centered net site visitors and generate income.

Increases Emblem Consciousness

Brand consciousness could be crucial for producing income that completes with the aid of using SEO which goes back to most human beings going to your emblem and availing the services.

By:
Simran Yadav
Class - 9
Shiv Devi Saraswati Vidya Inter College,
Uttar Pradesh
Edited by: Menka Sharma

TRENDS THAT WILL GUIDE EDUCATION IN 2023

BY: MR. SRINIVASAN SRIRAM, PRINCIPAL
THE MANN SCHOOL, DELHI





Education is a happening space today compared to yester years and will be better in coming times. From the mundane chalk and talk with a teacher on stage to the more engaging Flipped classrooms to personalized learning in the hybrid mode, the space has undergone a rapid change.

2023 is on the anvil and going by the recent trends, metaverse looks to be more promising. For those who are not familiar with Metaverse, it is a single, shared, immersive, persistent, 3D virtual space where humans will experience life in ways they could not in the physical world. Metaverse may not be rolled out to its full potential in 2023 but we will definitely get to see a glimpse of what it has to offer.

More and more children are now getting used to the cloud-based online way of learning and therefore in all possibilities online certification courses will find flavour. It is easy to learn from the comfort of home with a number of options in terms of personal tutoring and classes on demand. This will be a happening space and with technology growing by the day, the experience will get better and richer. Modern education will not be bound by time or space. More EdTech start-ups are likely to rule the education space in times to come.

Learning through mobile platforms has become common. The ubiquitous smart mobile phone will be used more and more for learning as time goes by. eBooks and digital resources will provide

immense opportunities. Today, even PDFs can effectively illustrate a concept with the use of multimedia.

AR has already found its place in education with a number of publishers using it as an alternative for better understanding. VR has made its splash in education, although, its full potential is yet to be assessed as it is not cheap. Going forward, we can look forward to some cheaper VR platforms that will give the children a real immersive experience. With AI and data analytics becoming powerful by the day, the combination of AR, VR and AI will provide some excellent virtual tools for learning. In fact, we can look for some amazing data analysis and student assessment tools with big data and AI accurately pin-pointing the pain points for teachers to work on.

A relatively new domain where students have access to immediate source of knowledge through ultra-bite-sized classes exactly when and where they need them, is nano learning. With the falling rate of attention span and retention in learning, nano-learning seamlessly satisfies the needs of children who are busier than ever before. This domain will see a huge demand in times to come.

There has been a huge churning already on the "edutainment" factor with gamified form of learning. Many EdTech companies and start-ups have pooled huge resources in this domain because this is so close to what the children like the most-Gaming. So, if they can learn by

intuitive gaming, giving them an experience that is seamless, the participation levels are bound to be very high. Since this involves a lot of visuals, visual and kinaesthetic learners are bound to gain.

With NEP rolling out, the students will have a bucket full of choices not only in terms of choosing existing careers like Big Data, Data Science, Data Analyst, UI-UX, IoT etc but also new age careers like Waste Data Handler, Information Security & Ethical hacking specialist, Productivity Officer, Soft Skill Consultant, Caregiving Specialist, Elderly Well-being consultant, Nano Medic, Body Part Engineer, Memory Augmentation Surgeon, Avatar Manager, Speech therapists, Sustainability building constructor, Digital Architect, Vertical Farmer, Climate controller, Waste Engineer to name a few.

Building competencies among children to be prepared for such careers and Continuous Professional Development for teachers/lecturers/Professors to be able to hand-hold the children in the right direction will help the children with a bright future. It is expected that more and more industries will collaborate with higher education institutions for training and skilling the youth reducing the gap between demand and supply. Collaborative measures among various stake-holders can provide the much-expected exposure for students to be able to understand the intricacies of work and enable them to be 21st-century enabled workforce.

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 Engagements



FairGaze, the leading school focused media ecosystem, in association with India Is Us has launched a one-month long, student-led, SDG-4 campaign on 01 Jan' 23, on the 'International Day Of Education and National Girl Child Day', to continue our efforts towards spreading awareness on Sustainable Development Goals. This campaign aims to contribute towards the fulfilment of Sustainable Development Goal 4 (Quality Education) by encouraging students to share their tips and tricks for better learning, that in turn can be solutions for other students facing similar challenges. It also aims to "ensure inclusive and equitable quality education and promote lifelong learning opportunities for all" by engaging students, teachers, parents, educationist, and education experts in meaningful discussion.

Register here: <https://sdg.fairgaze.com/one-day-for-education.html>

FairGaze in collaboration with Unicharm has organized free workshops for empowering students by conducting Menstrual Health & Hygiene Management (MHM) Workshops for various schools across Delhi and Mumbai.

Some of the Schools are listed below:



MHHM Workshops Conducted

Location

- Shalimar Garden
- Mayur Vihar
- Najafgarh
- Ashok Vihar
- Mohan Garden
- Najafgarh

School

- APJ School
- Bal Bhavan Public School
- Shiv Public School
- Mahaveer Senior Sec School
- Convent Gagan Bharti School
- Gagan Bharti Public School

Upcoming Workshops

- SM Shetty School, Powai
- Sumermal Jain Public School
- The Samarth School
- Professor Global School
- Marol Urdu High School

FAIRGAZE PATRON SCHOOL



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KADI**

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States



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Years



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🌐 www.siskadi.educationindia.co

Sponsored feature

CAREER COUNSELLING

10 BENEFITS OF STUDYING ABROAD

Studying Abroad has been a fancy term for the utmost of us. But it brings a lot of gratuities if done correctly. Most of us don't have a roster of why we must study abroad. So, then we present to you the top ten benefits of why to conclude courses abroad..

- **Brings you global exposure-** Studying abroad helps you learn new approaches to handling different situations, manage time between your studies and part-time jobs, experience transnational styles of instructing and deal with a smart crowd. This also helps to increase your wit on the subject and life, in general.
- **Enhance professional openings-** Earning your degree abroad is a great first step towards immigration. In Canada, after you graduate from a university there, you can apply for a post-graduate work permit to get Canadian work experience. Getting a work permit after the scale is also possible in other countries similar to the UK, Germany, and Spain.
- **Personal Development-** After a time or a semester abroad, numerous scholars report that while trying to acclimatize to their new country and learning their customs and culture, they ended up learning further about themselves. You can only discover what is inside you by jumping out of your comfort zone and putting yourself in challenging situations. In short, studying abroad means getting more mature and tone-confident.
- **Enhance Your Language Skills-** Encountering your language chops, studying abroad is one of the stylish

ways to ameliorate language chops, consolidate literacy, and work towards ignorance. Many scholars choose to study abroad in the first place for the occasion to gain proficiency in a foreign language. It's important to concentrate on perfecting your language chops while you have the chance to live in a country with native speakers.

- **Enhance your network-** Studying abroad builds priceless connections with people from all over the world. You broaden your transnational connections while having the occasion

abroad are largely sought after by employers. Pursuing a degree overseas signals employers that you have courage, inflexibility, artistic mindfulness and an understanding of how other people work and suppose. This experience puts you ahead of the pack regarding externships and job operations.

- **See the World-** The biggest reason you should consider a study abroad program is the occasion to see the world. By studying abroad, you'll witness a new country with inconceivable new outlooks, customs, and conditioning.



- **Gain independence-** Living abroad requires you to be independent, without the safety of your home conveniences. Look at this as an instigative new challenge rather than a commodity intimidating. Moving abroad is the ultimate test in tone reliance. You'll become a further independent, tone-reliant and confident person.

to meet people and make life-long musketeers. These connections can indeed lead to career openings, including externships, job offers, etc.

- **Getting an advanced quality of education-** One of the topmost reasons to study abroad is the quality of tutoring, as it may be more advanced than in your home country. Having access to an advanced standard of education can help you in your chosen career, meaning studying abroad could be of great value for your career.
- **Makes you more exploitable-** Graduates who've chosen to study

- **It will look good on your CV-** Experience of living abroad goes down well with employers, showing you have experience dealing with people from different societies, plus an advanced position of rigidity. Exploring a new country at the same time as picking up chops to gain a decent graduate job can enhance your CV.

By:
Pulkit Khanna
Class - 11

Delhi Public School, Sector- 19,
Faridabad

CLIMATE CHANGE

INFOGRAPHICS

Hendrerit in vulputate velit esse molestie consequat, vel illum feugiat nulla facilisis at vero eros et accumsan et iusto qui blandit praesent luptatum



34%

SEA LEVEL

Lorem ipsum dolor sit amet consectetur adipiscing blandit sun rakuda ya



62%

POLLUTION

Typi trathabent clarita insitam usus legen dolor amet da mara



2,330,000

VEGETATION

Mirum est notare quam lit sadu gothica quam nunc putam iusto odio dignissimos



69%

SOLAR RADIATION

At vero eos et accusamus iusto odio dignissimos du qui blanditiis praes



845,000

GENETIC DIVERSITY

lum est notare quam litter gothica quam putam parum qui seba daram



28%

TEMPERATURE

Lorem ipsum dolor sit consectetur adipiscing quam nunc putam parum



47%

GLACIERS

Dolore magnam aliquam luptatem enim ad veniam, quis consectetur adipiscing



13

CLIMATE ACTION



CLIMATE CHANGE

EFFECT OF CLIMATE CHANGE ON BIODIVERSITY

The various parts of environmental change are expected to influence every one of the degrees of biodiversity, from life forms to biome levels. They concern different qualities and types of wellness decline, which are communicated at various levels, and affect people, populaces, species, biological organizations, and environments. At the most essential degrees of biodiversity, environmental change can diminish the hereditary variety of populaces because of directional determination and quick relocation, which could thus influence biological system working and flexibility. Past this, the different consequences for populaces are probably going to change the "web of collaborations" at the local area level.

The connection between environmental change and biodiversity has for quite some time been laid out. Although over

Earth's time the environment has consistently changed with biological systems and species going back and forth, fast environmental change influences biological systems and species'

"Climate change is the environmental challenge of this generation, and it is imperative that we act before it's too late."

capacity to adjust thus biodiversity misfortune increments. Environmental change is as of now affecting biodiversity and is projected to turn into a dynamically huge danger in the next few decades. Loss of Cold Ocean ice undermines biodiversity across a whole

biome and then some. The connected tension of sea fermentation, coming about because of higher convergences of carbon dioxide in the environment, is likewise previously being noticed.

Environments are as of now showing adverse consequences under current degrees of environmental change which is humbly contrasted with future projected changes. As well as warming temperatures, more regular outrageous climate occasions and changing examples of precipitation and dry spell can be anticipated to altogether affect biodiversity.

By:

Ekta

Class - 10

Devrise Public School

Haryana

CLIMATE CHANGE

HOW CLIMATE CHANGE AFFECTED THE FERTILITY OF LAND?

Environmental change influences soil. Proceeding with decreases in soil dampness can build the requirement for the water system in farming and lead to more modest yields and even desertification with possible emotional effects on food creation.

Changes to Earth's environment driven by expanded human emanations of intensity catching ozone-harming substances are now widespread affecting the climate: glacial masses and ice sheets are contracting, stream and lake ice is separating prior, plant and animal geographic reaches are moving, and plants and trees are blossoming. Warm soil temperature upgrades soil process, similar to the deterioration of natural matter, microbial movement, nitrification rate, and compound enduring of minerals because of emphasis. Soil temperatures influence the kind of vegetation in any area, which can be changed according to changes in the environment.

Climate change is as of now influencing water access for individuals all over the planet, causing more extreme dry spells and floods. Expanding worldwide temperatures is one of the principal

supporters of this issue. Environmental change influences the water cycle by impacting when, where, and how much precipitation falls. Climate change can upset food accessibility, diminish admittance to food, and influence food quality. For instance, extended expansions in temperatures, changes in precipitation designs, changes in outrageous climate occasions, and decreases in water accessibility may all outcome in diminished horticultural productivity. Air and water contamination and soil disintegration are the two main pressing concerns that happen when enormous regions on scenes get changed for the development of streets and rail route lines. The overall mean temperature has expanded by almost around 1.1 °C since the preindustrial period and this increment might arrive at up to 4 °C by the tip of the twenty-first 100 years because of the rising convergence of ozone harming substances.

Since, soils are connected with the environment framework in an extremely complicated manner through supplement and hydrologic cycles, worldwide environmental change is anticipated to

potentially affect soil ripeness through the physical, synthetic, and organic properties of soil because of climb in temperature, variation in precipitation design, expansion in ozone harming substance fixation in the climate, and so on. These unfavorable impacts of worldwide environmental change can be limited by following both transformation and alleviation measures. This paper audits the impact of worldwide change in

"Climate change is the environmental challenge of this generation."

the environment, for example, climb in temperature, modification in precipitation example, and expansion in air carbon dioxide on soil properties and cycles influencing soil richness.

By:

Khushbu Pawar

Class - 12

Anand School for Excellence, Haryana

Edited by: Menka Sharma

◀ NEW YEAR NUTRITION ▶ NOTES FOR KIDS

Rakshita Mehra, Food and Nutrition Expert Clinical Nutritionist and Dietician
Founder of Health Company- Nutrishala



It's the most wonderful time of the year as we all are going to open a new book of health, success and opportunities beginning from 1st January 2023 i.e. New Year's Day. It brings joy and happiness on the face of millions of people especially kids. However, childhood phase is extremely significant from nutritional point of view. This is a period of rapid physical, social, emotional and intellectual growth and development. Growth is the best indicator of children's wellbeing. Low food intake and impaired growth and development in children can affect the rest of the lives. Kids are nature's gift and a happy kid is a healthy kid.

With the beginning of this new chapter, kids must prioritize their health even before their grades. Children are one third of our population and all of our future and foundation of future health is laid during the initial years of life. Therefore, we need to take care of nutrition from the very beginning. It is crucial for kids to build a harmonious and positive relationship with food. Therefore, Clinical Dietician Rakshita Mehra will be going to share Nutrition tips for kids that every kid must follow with the kick start of 2023.

EAT THE RAINBOW

There is a tendency of kids to get attracted towards colorful objects and sights. Researchers have found that children will choose attractive colorful meals over dull cooking food. Therefore, kids you must try to include colorful fruits and vegetables in your daily diet. Simply put, these colorful food items are excellent sources of vitamins, minerals and antioxidants which will boost your immune system. Eating a bright balanced diet will provide you all with a diversity of essential nutrients which are pivotal for your growth and development. For instance, share this tip with your mother that instead of just giving you a plain bowl of boiled chickpeas, she must add colorful chopped vegetables, lemon juice and few kitchen spices to give it a tangy yet healthy twist or mix match fruits and

nuts and make a smoothie for you rather than an ordinary glass of milk.

SIMPLE AND HOME COOKED MEALS

Kids have a preference of eating simple, picky and handy food items. Secondly, they try to eat meals at regular timings. Kids let me tell you all that junk food, fast food are no doubt tasty but they can take a toll on your health. They are high in unhealthy fats and do not provide you with any essential nutrient and energy. You all will feel lazy and lethargic after consuming these refined food items. Eventually, your level of attention and concentration power will decrease which can ultimately hamper your school performance. And who wants to be a lazy couch potato? Be like a Popeye the sailor man who used to eat healthy food items particularly spinach to build his muscles.

EAT WITH YOUR FAMILY

Little ones must enjoy their meals sitting beside their family. When we eat together, we talk, share and communicate with our loved ones. This will help you to build a better social connection by spending time with your family around the dining table and this habit of eating together will contribute to your emotional health. Sitting alone with a mobile phone or television while eating food will hamper your relationship with

food. When you eat along with a mobile phone, you will be unable to understand and even listen the signals from your stomach. This way you will end up consuming extra food. On that account, focus on your food with all your senses and try to avoid electronic gadgets at the time of feeding. Tell your family that Dietician has told you that mother or father must narrate a little hearted story at the time of feeding.

PLAY

Play is as important as nutrition in childhood. Play/exercise improves strength of bones, muscles, joints. It promotes growth of friendly gut bacteria, makes digestion stronger and keeps the digestive system in top shape. Play has positive effect on learning centers in brain and improves cognitive powers, resulting in better performance at school. For healthy growth and development you should accumulate at least 60 minutes of physical activity in a day. Make sure to eat a fruit before going to play and drinking a glass of milk after play.

GENERALISED MEAL PLAN FOR TINY TOTS

Here's a New Year gift for you all from your Dietician.

MEAL	MEAL	MENU
BEFORE LEAVING FOR SCHOOL	7:00 A.M.	FRUIT+NUTS/ DRY FRUITS/MILK
SCHOOL RECESS	10:30 A.M.	POHA/IDLI/UPMA/ROTI-SABZI
CHUTTI TIME OF SCHOOL	1:30 P.M.	FRUIT/NUTS
LUNCH AT HOME	2:30 P.M.	PULAO+CURD+SALAD ROTI+SABZI+DAL/CURD+SALAD
EVENING SNACK	5:30 P.M.	MILKSHAKE/CHEELA/SPROUTS/FRUIT SALAD/EGG/CHIWDA/MAKHANA
DINNER	8:00 P.M.	KHICHDI+PAPAD/ACHAAR+CURD DAL+RICE+SALAD/ROTI+SABZI+SALAD
POST DINNER	8:45 P.M.	TURMERIC MILK



AFFORDABLE AND CLEAN ENERGY

CONSERVATION OF NATURAL RESOURCES

Natural resources are resources that exist without any actions of mankind. These include all the valued characteristics such as industrial and commercial use, aesthetic value, scientific interest, and cultural value. On Earth, it includes sunlight, water, atmosphere, and land along with animal life and all vegetation. Our natural resources are getting destroyed. There are many types of resource depletion. Resource Depletion is the consumption of a resource faster than it can be replenished. The use of resources beyond their rate of replacement is known as resource depletion. Aquifer depletion, mining for fossil fuels and minerals, deforestation, slash-and-burn agriculture practices, pollution or contamination of resources, soil erosion, and overconsumption are the most popular types of resource depletion. We all know that natural resources are very important to us. They are used so much that they cannot last long. Coal, natural gas, bauxite, copper, petrol, and diesel are some examples of natural resources that are getting destroyed.

Coal is estimated to be able to last less than 200 years. It is an electricity

generator. Power generation is the primary use for coal worldwide. It is the cheapest and most essential source of energy. Natural Gas which is also known as Fossil Gas, is a naturally occurring hydrocarbon gas mixture consisting primarily of methane. It is used for the heating and cooling of premises, cooking, and preparation of hot sanitary water.

Petrol and diesel are the most useful resources. While petrol is used in cars, motorcycles, and boats, diesel is used as

"The duty to conserve natural resources do not belong to any one person, organization, collective, or nation. It is the duty of all."

fuel in trucks, buses, trains, and ships. It is necessary for a great number of human needs. Today, petroleum is mostly used as a source of energy, being rich in combustible carbon in the production of electricity or running some sort of heat engine.

So, now we know how natural resources are beneficial to us. Let us know how to conserve them.

Conservation of natural resources is the careful maintenance and upkeep of a natural resource to prevent it from disappearing. Here are some ways that help in conserving our natural resources:

- Planting trees to prevent soil erosion
- Growing of vegetation in catchment areas
- Treatment of industrial wastages and sewages before they are released into water bodies.
- Rain harvesting
- Use of biogas
- Recycling of wastes
- Use jute and paper bags instead of plastic bags

So, this is how we can conserve our natural resources.

By:
Utkarsh Garg
Class - 7

Sri Venkateshwar International School,
Delhi

AFFORDABLE AND CLEAN ENERGY

SAVE FUEL FOR BETTER ENVIRONMENT

Fuel has been identified as one of the most widely used forms of energy all over the world. We are all surrounded by natural resources, which we use frequently without realizing it. Nature is the greatest giver, and it provides us with more than we deserve. Nature is a tool that helps us live more easily.

There are two types of energy, and how many of them are available: renewable energy, which has unlimited reserves, and non-renewable energy, which may never run out of reserves. Every nation is contributing equally to the storage and preservation of non-renewable energies, making conservation a global challenge. Regularly the traffic lights show a red tone for several minutes, even in the metro-urban communities and more populated regions this time surpasses it. In such a situation, turning off the engine of the vehicle is the simplest way for a driver to save fuel.

"The waste of today is the dearth of tomorrow." Fuels can be quantitatively stored. Let's take a look at some basic ways that can be useful and can be saved with simple steps. The primary consideration, in this case, is to avoid overuse. The most straightforward solution to this issue may be to practice avoidance. In critical conditions, avoiding the use of fuel is necessary so that it can be available for those in need. Walk instead of driving for two to three kilometers. Try to live a life of luxury in other ways, like choosing an open window over air conditioning.

Coal, oil, and gas are still abundant in the Earth's crust, despite an increase in fossil fuel use. The use of electricity by electronic devices and appliances has skyrocketed over the past four decades, creating a significant energy demand.

Electricity can be saved by turning off the fan when not in use, turning off the lights in the morning, and turning off the TV when not in use. Carbon dioxide and other greenhouse gases are harmful to health and the environment when fossil fuels are burned. Our environment's equilibrium has been disrupted by an excess of fuel.

Simply switching from using quantitative data in hard-copy format to soft-copy format can reduce printing in schools and offices. Additionally, the majority of unnecessary hard copies of notes are carried by students after the academic year. They could share it with juniors rather than throwing them away. By turning off faucets while brushing their teeth, children can start contributing to water conservation.

As the population grows and life becomes more congested, it has become

"Your effort can
save fuel."

imperative to conserve fuel; fuel could serve as a sustaining partner in daily conflict. On the school notice boards, there are slogans and messages like "The less you burn, the more you earn" that inspire the students.

The Indian way of life has always been about how we share our relationship with the environment. We have placed a divine value on nature in our belief systems, and the environment has been a major contributor to our well-being. However, with the introduction of gasoline and the rise of automobiles on the roads, we have witnessed massive industrialization over the past century.

Certain conditions accompany this enormous expansion, such as the energy

requirement for industries and automobiles. Fossil fuels like coal, petroleum, and so on cover the majority of this energy demand. The earth is warming up, ice caps are melting, and sea levels are rising as a result of global warming. This necessitates immediate action on the part of governments and individuals everywhere.

Why is it important to conserve fuel?

The mission to achieve sustainable development has been one of the UN's established objectives. It is a method of development in which we satisfy people's needs while preserving natural resources for future generations. The most crucial aspect of achieving this objective is raising people's awareness of the need to adapt to a way of life that can sustain life as it currently exists.

To accomplish this, we must conserve fuel and take any necessary measures, which may seem insignificant individually but have a significant cumulative effect. These things could be things that are done every day, like turning off the lights when you leave the room or turning off your car when it's not in use.

Although these may appear to be very insignificant steps, if everyone contributes, they will develop into behavioral changes that will ensure change at the ground level. Once these changes are felt by the people, the government will be obligated to play its part, ensuring the world's future for future generations.

By:

Nikhil

Class - 12

Govt. Model Sanskriti Sr. Sec. School,
Haryana

Edited by: Menka Sharma



FAIRGAZE
UNLOCKING POTENTIAL

FairGaze Skills Pvt. Ltd.,

Flat No. 1412, 14th Floor, Chiranjiv Tower 43, Nehru Place, New Delhi - 110019, India | Ph.: +91-11-46850 000 | E-mail: info@fairgaze.com

www.fairgaze.com