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FAIRGAZE

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SCHOOLASTIC NEWS

IMPACT-FOCUSED SCHOOL COMMUNITY MAGAZINE

Keep your calm!
It's just an exam

Pandemic Toll on Well Being and
Mental Health of Students

Tips for writing the perfect exam answer



DEALING WITH EXAM PRESSURE

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

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engagement activity

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Editorial Lead

Learning is the eye of the mind!

At this time of the year, the visions of heading back to normalcy in the lap of schools with teachers, classmates and friends for life, dance incessantly in my head. We all love the celebration and learning within the premises of schools but not the stress that comes with the learning gap of two years.

We need to help and prepare our students to grow into fine human beings who are able to tackle the challenges of the world and overcome any crisis. The push and pull around skills and rote learning continue as a drill. The stress, strategies and scope of scoring in Board examinations and then clearing other public entrance examinations will be another hullabaloo in the minds of not just students but also among school administrators and parents too. The changing dynamics of the education sector must go hand-in-hand with the growing need of Social and Emotional Learning among students.

This edition of Schoolastic News is another milestone that marks our growth and lends wings to our prowess. It unleashes a wide spectrum of creative skills ranging from research to writing. The saying is very apt here "the mind is like a parachute that works best when opened". The humble initiative is to set the young minds free allowing them to wander free in the path of imagination and experience and then paint a beautiful world through their works. We pride ourselves in helping them grow and develop into sensitive and responsible citizens of the future by engaging them in a multitude of activities full of fun and driven by their innate potential. The tremendous participation of students in the School Champs for Climate Action Campaign on SDG 13, an initiative by United Nations Information Centre for India and Bhutan (UNIC) and FairGaze covered in the inner pages is truly inspiring.

We thank **Ms. Rinku Sharma, Principal, Floreto World School, Rajasthan** who shares her perspective with an enlightening article on **"Pandemic Toll on Well Being & Mental Health of Students"**.

We fortunately have a committed and supportive Editorial team, dedicated educationists, caring and co-operative senior leadership team, which blend harmoniously to create this student-centric magazine.

In the end, I will conclude by quoting a very famous quote from the American children's author, political cartoonist, illustrator, poet, animator, and filmmaker **Dr. Seuss**, who stated:

"The more that you read, the more things you will know.

The more that you learn, the more places you'll go."

Happy Reading!

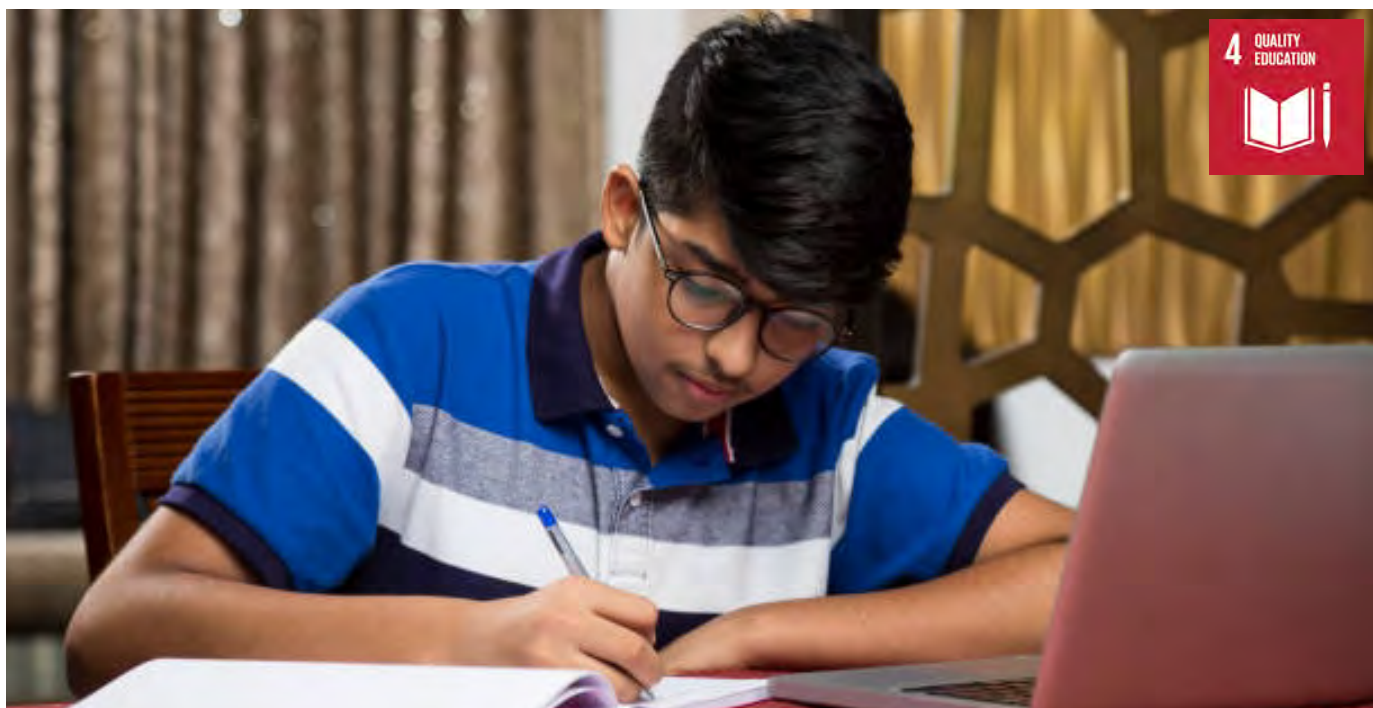
Bhavna Sharma

Editorial Lead

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BOARD EXAMINATION

TIPS FOR WRITING THE PERFECT EXAM ANSWER



In the modern education system, which is based on descriptive patterns, students face problems and issues in presenting their thoughts on paper. This problem has been negatively affected by pandemics where students have even left the regular habit of writing answers. Hence in this scenario, students need effective methods to revive and improve their answer writing skills and present a good piece of answers to the invigilator. Thus, the following tips and tricks can help the students to write the perfect answer desired by the checker during checking:

Abide by Word-Limit

While writing any answer one thing students need to focus and take care of is the word limit of the answer. The answer can exceed the limit by 10 to 15 words but if we exceed by that the answer would trouble the examiner so it is advisable to follow the word limit.

Don't Mess the Ideas

It is observed that students most of the time don't know the way to arrange their thoughts and ideas in a presentable pattern which would attract the reader and of the answer and help the reader to clearly understand the opinions which the writer wants to convey to the checkers through the answer.

The BEST Method of "CODER"

I prefer to use the method of "CODER" which would make the answer perfect if followed appropriately. The "CODER" method stands for: 'C' for Collect Ideas; 'O' for Organise the Ideas; 'D' for Prepare a Draft; 'E' for Edit the Draft & 'R' for Review the Answer'.

The first step in this is to collect all the ideas that come into your mind related to the answer. Then the next step is to organize and arrange these ideas in order and sequence. Then comes the part of preparing a sample draft on these

organized ideas and making a skeletal answer. This is the answer template and is edited in the next step. This is the most important part because the editing of this framework of the answer becomes our final answer. At last, we need to review and re-evaluate the answer which again plays an important role as it highlights the mistake and provides the chance to correct errors and improve the answer.

Therefore, we must adopt these tricks to answer the question carefully and prepare an answer framework within the mind only and hence, these tips help the students to write a better answer without errors and cover all the points which must be included in a perfect answer and help students to fetch full marks.

By:

Parth Aggarwal

Class - 10

S. D. Public School,
Pitampura, Delhi

BOARD EXAMINATION

HOW TO DEAL WITH
EXAM PRESSURE?

A day before my exam, I can imagine myself sitting at my study table and thinking, "How easy it will be if GOOGLE will sit next to me during my exams?" and I'm sure every student thinks the same way while preparing for the exams, isn't?

The term 'Examination' is the same as 'Ghost' for some students. We all are scared of examinations. When examinations are overhead, we panic a lot and this panicking results in examination stress/pressure. A certain amount of stress may be beneficial but taking too much stress can cause a student to perform poorly in exams.

Every student goes through the pressure to score good marks. Although some students are well prepared and are stress-free. But many feel tense and nervous during the exams. Some students feel pressurized due to the high expectations of teachers or family members. The teachers and family members expect their students or child to score high marks in the exam. This pressure to do the best increases the stress among students. But sometimes,

the pressure is not built by teachers, family, or the surroundings, instead developed within the students. If a student wants to score well in exams, then the fear of poor performance is there. It leads students to anxiety and tension.

During the Covid-19 time, we all had to suffer a lot for our studies. Online classes are not a satisfying medium for studies. It increases the stress as we have to be stick to our mobile phones for each & every activity related to our studies. But have you ever thought that mobile phones cause stress? Recent research has shown that overuse of mobile phones not only causes stress but also affects mental health. We should try to avoid using the phone during study time.

A mind that thinks positively can cope with any situation. Students get distracted easily. So, we should focus more on preparing for exams than indulging in other activities such as playing games, watching T.V, etc. That one thing that we all do is waste our

whole day and study at the night but it is not the right way to prepare for an exam as it can spoil the health. One thing that can help students in concentrating while preparing for exams is to go early to bed and wake early. Students must set realistic goals before the exams. They have to accept the situation and focus on increasing their productivity. They get stressed, nervous, and anxious to perform well in exams. But they should be made aware of the fact that health is important for an individual. Hence, it is important to deal with the stress by following certain rules in our day-to-day life and also by practicing different methods to sustain the feeling of positivity and confidence in life.

So, Keep Calm, It's Just an Exam.

By:
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Edited by: Menka Sharma

ECONOMY

IS STARTUP INDIA BOOSTING ENTREPRENEURSHIP?

"Make in India, for India, for the world" - by our most beloved PM Narendra Modi Ji



On 16th January 2016, the clarion call to the innovators, entrepreneurs, and thinkers of the nation was made to lead India's sustainable economic growth and create large-scale employment opportunities. Startup India has laid the foundation for building an Atmanirbhar Bharat (self-reliant India). Startup India aims to make India, one of the largest & vigorous startup ecosystems in the world. India is emerging as the global hub for the startup ecosystem.

The government of India through initiatives like StartUp India shows the excellent and exemplary global model of imparting education and shaping entrepreneurs of the future. StartUp India

provides varied supports (like financial support, income tax support, registration support, tender support, networking support, etc) to create and nurture an ecosystem that is conducive for

"Let's innovate for India, innovate from India."

entrepreneurship. The initiative plays a major role in consistently keeping India the hub of innovation, design, and Startups.

Since time immemorial, India used to be the world's largest economy. India is one

of the oldest civilizations in the world and perhaps, the most diverse country in the world.

India nurtures the start-ups, values every idea, and ensures that every good dream is fulfilled. The government of India is contributing the best initiatives to promote entrepreneurs & startups. In 2014, 70,000 trademarks were registered in India. In 2020, more than 2.5 lakh trademarks were registered. In 2015, India ranked at 81 in the World Innovation Index and now it stands at 46. India has grown merely from 500 start-ups in 2016 to a humongous 60,000 in 2021.

Today, India has 85 unicorns denoting the beginning of the golden age of entrepreneurship. India now possesses 62,047 officially recognized start-ups, making it the third-largest tech startup hub in the world.

StartUp India indeed boosts entrepreneurship by providing needful & relentless support. The golden mantra is given by PM Narendra Modi Ji: "Keep your dreams local, make them global" motivates and inspires the youth of India to contribute their best efforts in every field.

India's eminent entrepreneurs make a sense of pride in every Indian's heart.

By:
Aarshamithra G Devi
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Kollam, Kerala

ECONOMY

CASHLESS SOCIETY: CRYPTOCURRENCY IS THE FUTURE OF MONEY

Introduction

Cash is one of the human inventions that most hurt both governments and on a personal level. People rely on paper to buy exchange goods that have no backup or true value. Therefore, people often forget that paper money can be worth it if it is bought by banks to distribute to people. Cryptocurrency such as bitcoin helps people manage money more accurately.

Cashless Society

A cashless society describes an economic state whereby all the financial transactions are done using cards or digital means. The circulation of physical currency is minimal. Such a concept has been discussed widely, particularly because the world is experiencing a rapid and increasing use of digital methods of recording managing, and exchanging money in commerce, investment, and daily life in many parts of the world, and transactions which would historically have been undertaken with are often now undertaken electronically.

Benefits of Cashless Society

- No Counterfeit Currency- Counterfeit currency in 500 and 1000 denominations will be rendered useless people who engage in corruption and allied practices generally hoard their wealth in cash. This hoarded cash will be of no use because of the note ban. If they deposit it in the bank, they will be questioned about their income source.
- Easy Payment - The Cashless transaction ensures easier payment across the country. People who want to transfer money to places across India can be done this with more ease through NEFT for instance people will

have to give and receive their payments with the help of cheques and online transactions.

Disadvantages of Cashless Society

- Dependent on Smartphones
- Daily Need of Cash
- Cyber Security

Cryptocurrencies are the Future Money

Cryptocurrency is digital money, not physical currency. In March 2020, a bench of three judges from the Supreme Court ordered the RBI to not deal or involve in cryptocurrency.

Instead of a blanket ban, the government thought to consider joining the other dynamic market that opted



for the regulatory approach to drawing out a regulatory framework that would suit the new age. The ban was initially imposed to ensure that market participants are protected from nefarious activities.

Advantages of Cryptocurrencies as the Future Money

- Easy Transactions
- Incredible Security
- Short Settlement Times and low fees
- Exponential Industry Growth
- Outsized Returns
- More Private Transactions
- Portfolio Diversification



- Inflation Hedge
- Cross Border Payments
- A more inclusive financial system
- Transactional Freedom

Disadvantages of Cryptocurrencies as the Future Money

- Scalability
- Cybersecurity issues
- Price volatility and lack of inherent
- Regulations
- Can be used for illegal transactions
- Data Losses can cause financial losses
- No refund/ cancellation policy

Conclusion

Divergent processes are at play today as at the same time we have an increase in the charge of cashless transactions but also the growth of cash. A cashless society is not something that can be expected shortly and private cryptocurrencies are not the backbone on which a cashless society could be based.

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Class - 8
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Edited by: Menka Sharma

PANDEMIC TOLL ON WELL-BEING & MENTAL HEALTH OF STUDENTS

By: Ms. Rinku Sharma, Principal Floreto World School, Rajasthan



For the past year, students affected by illness, loss, and economic hardship stemming from the global pandemic have had to learn in front of screens at home and other digital settings. Even with the immense efforts of teachers, staff, and school leaders who quickly developed concrete strategies, online lessons, and remote-teaching plans for meeting students' basic needs—challenges were profound. High-poverty schools and Rural areas especially faced challenges early in the pandemic maintaining regular check-ins and one-on-one contact between teachers and students via virtual setting.

More than a year of staggering loss, isolation, grief, and uncertainty has taken a toll on many students' mental health, including the challenges students face in the classroom, whether online or in person. Last May, nearly three in ten parents surveyed in a Gallup poll said their child was "experiencing harm to [their] emotional or mental health," with 45% citing the separation from teachers and classmates as a "major challenge." Suicidal ideation was also on the rise among children and young adults, as shutdowns and social isolation undermined many students' mental and emotional well-being. Even those students with less severe responses still overwhelmingly reported an increase in negative feelings during the pandemic, as did many of their parents.

Throughout the 2020-21 school year, parents, educators, and administrators across the country continued to cite social and emotional wellbeing as major



challenges facing their students, especially those learning from home. Meanwhile, straining under logistical challenges, many school districts, and uncertain budgets, have pointed to staffing shortages as an ongoing challenge in supporting students who are struggling. According to the National Association of Elementary School Principals, nearly 70% of school principals who participated in a survey conducted early in 2021 said they are not meeting the expectations of their student's mental health needs with the staff they had. Concern has also been reported about children facing heightened risks of abuse at home through the pandemic.

As students have suffered throughout the pandemic and so too has their learning. This pandemic has generated suffering on a large and unthinkable scale across the globe. It is the worst health, social, and economic crisis of the last 100 years. But

the point to note is that this pandemic has been unequal. Something that should not be a surprise is the increasing level of inequality we all are witnessing. Unequal suffering invades many aspects of human life. The likelihood of not being properly treated if infected and, hence, dying is higher in the case of the poor. Unemployment and less possibility of teleworking are higher for unskilled workers. Hours worked have fallen disproportionately more on women now. This increasing inequality has impacted student life adversely.

Education opportunities have been unequal and, also, dramatically low. Many countries have made heroic efforts to put remote learning strategies and online learning in place. But the effectiveness and quality are varied and low. A recent survey of government responses to **COVID-19 by UNICEF, UNESCO, and the World Bank** shows

that in only half of the cases there is close monitoring of the usage of remote learning and in those cases, remote learning is being used by less than half of the student population.

While the pandemic has undoubtedly had negative consequences for many, it is important to keep in mind that this is not the case for all students. We are interested in how we can learn from this group and determine if some of the changes can be sustained to promote better mental health and wellbeing moving forward. Some of the school-related factors that may have influenced how a student responded to the lockdown include the increased opportunities for flexible and tailored teaching that encouraged different styles of learning; smaller class sizes and more focused attention from teachers for those attending school; and later waking times and more freedom during the school day.

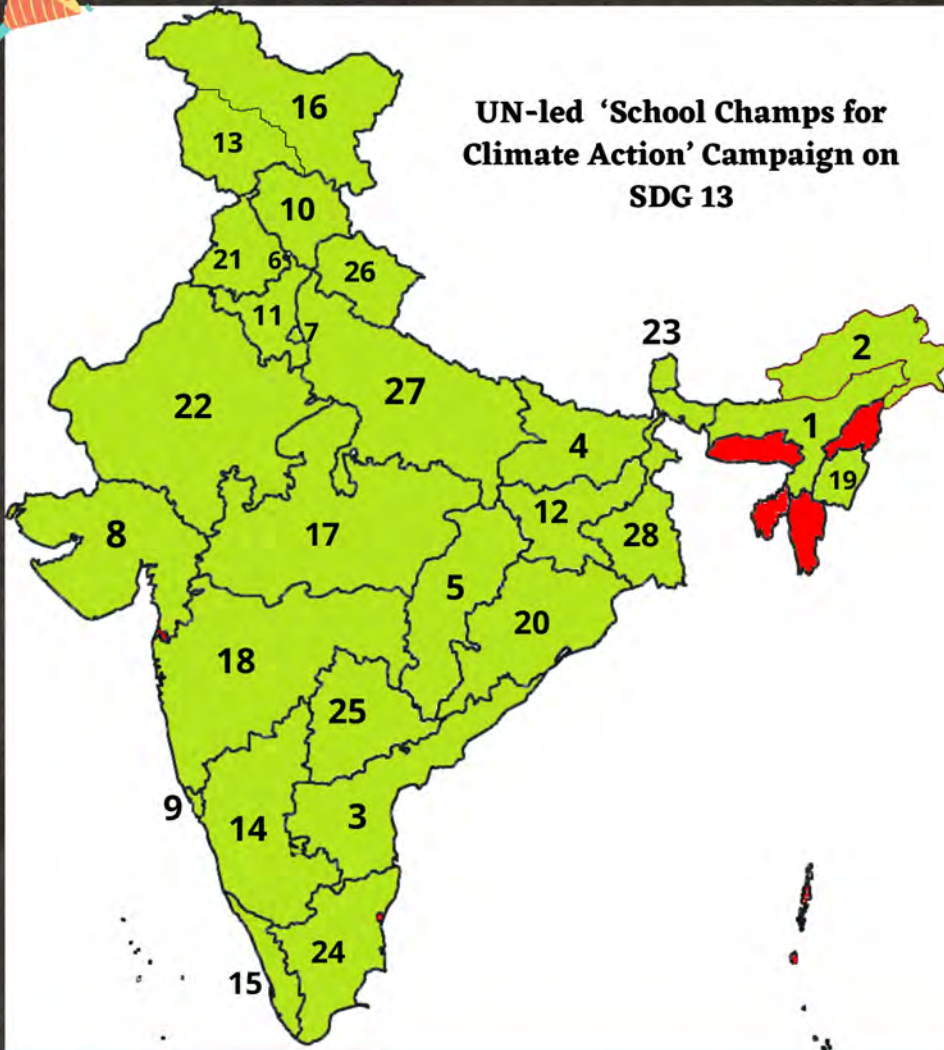
FAIRGAZE OFFERINGS

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



UN-led 'School Champs for Climate Action' Campaign on SDG 13

States and UTs that Participated in the Campaign:

1. Assam
2. Arunachal Pradesh
3. Andhra Pradesh
4. Bihar
5. Chhattisgarh
6. Chandigarh
7. Delhi
8. Gujarat
9. Goa
10. Himachal Pradesh
11. Haryana
12. Jharkhand
13. Jammu & Kashmir
14. Karnataka
15. Kerala
16. Ladakh
17. Madhya Pradesh
18. Maharashtra
19. Manipur
20. Odisha
21. Punjab
22. Rajasthan
23. Sikkim
24. Tamil Nadu
25. Telangana
26. Uttarakhand
27. Uttar Pradesh
28. West Bengal



SDG 13 CLIMATE ACTION



7200+ students from 250+ schools from 28 States/ UTs joined the national campaign to show their support.

UPCOMING WORKSHOPS

- **March 2, 4 PM**- Abhinay And Postures In Bharatnattiyam
- **March 11, 5 PM**- Motivation for Self learning
- **March 14, 4 PM**- Golden Tips For Anger Management
- **March 23, 4 PM**- Variation of Colour in Painting
- **March 26, 4 PM**- Sustainable Development Goals
- **March 28, 4 PM**- Cultivating The Wheel Of Wellbeing Inside Us

Find out more about all our upcoming webinars and register here:
<https://fairgaze.com/webinars.html>

PAST WORKSHOPS

- **Feb 2, 2022:** Importance Of Music In Our Life
- **Feb 5, 2022:** Content Creation - For The Future Entrepreneurs
- **Feb 12, 2022:** Importance Of Soft Skills For Teachers
- **Feb 16, 2022:** Effective Communication
- **Feb 21, 2022 :** Essential Elements To Consider Before Planning To Study Abroad
- **Feb 25, 2022:** Good Citizenship



ENVIRONMENT

IS INDIA READY FOR ELECTRIC VEHICLES?

Electric vehicles, indeed, the need of the hour, it would yet be an exaggeration if I tell you India is not ready for electric vehicles, at least, at this point in time. My point may not be widely accepted but I still feel India isn't that prepared for electric vehicles. There are a few reasons which add a lot of stuff to my statement and maybe people give a second thought before they oppose my statement.

Yes, India has the worth to proceed with the ongoing fuel vehicles and can also go for electric vehicles. But the journey ahead, for now, is not a bed of roses for it as India struggles with the number of charging stations, slow pickup, and also the limited access to electric vehicles.

India could only manufacture 22000 units of electric vehicles by March 2016 whereas the same data is beyond

imagination when it comes to Europe and China as they have manufactured 94% more electric four-wheelers when compared to that of India which is a huge margin to fill up.

Ola was ambitious enough to have the pride to be the first to launch an electric vehicle, pre-booking has really shown an impressive launch of the same, but now with petty issues arising in the electric vehicles, people now want to make a U-turn and get back to the fuel-based vehicles or call it Hybrid vehicles. (Petro + Electric).

Hybrid vehicles which were expected to fill the gap and meet the expectations of people couldn't stand high on demand and the response received was at the lowest rung of the expected outcome.

India actually lacks significant infrastructure and the necessary tech

support in order to curb the minute issues in regard to the electric vehicles and their high-density batteries and efficient components and a steady supply of the parts remains a tough challenge ahead.

Now that the Indian Government is well prepared for the adoption of EVs and is equally dedicated to curbing all the obstacles in order to bring hope in the minds of a better tomorrow through electric vehicles, it's a long journey to go, and let's hope that India, in the future is ready to meet the expectations of people and also the supply of the electric vehicle in the coming years.

By:
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Telangana



ENVIRONMENT

THE EFFECTS OF CARBON EMISSION ON THE ENVIRONMENT

Carbon is a chemical element also a very abundant element. It is also found in nature. It is the chemical backbone of all life on the Earth but its unburnt particles are very harmful. The burning of fuels like wood, coal, and petroleum product release unburnt carbon particles cause pollution in our environment.

Carbon emission is the release of carbon into the atmosphere. This carbon

**"Go Green as there is
no Planet B."**

emission is directly responsible for the increase of carbon dioxide levels in our atmosphere and produces the Green House effect. In this process when energy

from the sun goes to the atmosphere of a planet like Earth then it warms the planet's surface but the atmosphere prevents the heat from returning directly to space, resulting in a warmer planet. CO₂ is the primary Green House gas



emitted through human activities like carbon emission in vehicles and industries etc. This carbon emission is also responsible for global warming. It affects human, animal, and plants life as well. It causes damage to lung tissue,

respiratory diseases such as asthma. Due to global warming polar ice caps are melting, sea levels are rising and natural habitats of animals are disturbing and so many dangerous effects create on Earth. We all need to do more and more efforts to reduce carbon emissions such as more plantations, carpooling, etc. for making our future safe and healthy.

By:
Avika Tyagi
Class - 7

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Edited by: Menka Sharma

WELL BEING

HOW TO KEEP MIND AND BODY HEALTHY?

Well-being.....isn't just with regards to the prosperity of an individual from outside for example genuinely. It includes physical, mental, and social wellness. The feeling of dealing with our body and staying solid comes into our psyche just when we experience the ill effects of wellbeing-related issues. A sound body helps us in having a more joyful existence liberated from strain and stress. Ordinarily, we understand this after we are experiencing different medical problems. We should be more aware of our wellbeing and thusly follow a few techniques to remain sound. Here is a portion of the tips depicted underneath for remaining sound:

- **Eat Nutritious Food** - Healthy food should be associated with our eating regimen for a sound body. Our food should incorporate verdant green vegetables, oats, beats, natural products, and so forth. These food things are plentiful in constituents like nutrients, protein, minerals, and other crucial components required for our development and advancement.
- **A lot of Water Intake** - We should foster the propensity for drinking a lot of water consistently. The normal admission of water helps in flushing out the harmful and waste materials from our body.
- **Get up promptly in the Morning** - It is constantly exhorted that-"Ahead of schedule to bed and right on time to rise, makes an individual sound, affluent, and insightful". We should foster a propensity for ascending promptly toward the beginning of the day. Morning strolls or running



enhances our body with new oxygenated air.

- **Bite your Food Properly** - Most of us eat our food in a rush without biting the food appropriately. It is a lot important to bite appropriately and eat our food. The appropriately bitten food is not difficult to process by the body and gives nourishment and energy.
- **Clean living** - Good cleanliness is important for keeping ourselves liberated from different sicknesses. Unhygienic everyday environment commonly turns into the explanation of serious illnesses.

Individuals normally pay more regard to bring in cash and pursuing achievement. They buckle down without dealing with their body and well-being. Thusly, the longing never finishes and wellbeing is

dismissed 100% of the time by then. Nowadays we can see the vast majority experiencing a few extreme wellbeing issues like stoutness, diabetes, tumors, lung issues, asthma, hypertension, melancholy, and so on It is a result of the changed and occupied way of life and undesirable dietary patterns.

By:
Shaad
Class - 9
Sheetla Vidya Peeth,
Haryana

WELL BEING

EFFECT OF YOGA ON WORKING MEMORY AND MINDFULNESS



Yoga is considered to be a significant spiritual discipline because that is based on an extremely subtle science, which mainly focuses on bringing harmony between mind and body. Yoga is considered to be an art and science of healthy living and the fundamental purpose of yoga is to foster harmony in the mind, body, and environment. It declares a complete system over physical, mental, spiritual, social, and emotional development. Yoga is derived from the Sanskrit word “Yuj” which means to join or to yoke or to unite.

Yoga played a great impact on the lives of the students as it helps them in their academics which not only helps them to clear the mind but also can give students a break from the constant social atmosphere of the school. Through this, it can make it easier to concentrate when reading, studying, memorizing, and sitting through lectures. Yoga contributes a positive impact on the mind of the person as it helps to improve a person's mental well-being by breathing and

meditation. Implementing yoga in a daily practice creates mental clarity and calmness, relieves chronic stress patterns, increases body awareness, relaxes the mind, sharpens concentration, and focuses attention.

It is said that providing training in Yoga and mindfulness-based skills may cultivate several beneficial effects for educators including mindfulness, increase in calmness, positive mood, well-being, improvements in classroom management, self-regulation, and physical fitness. Taken together, these improvements may lead to students' behavior, health, performance, mental state as well as effectiveness, teacher resilience, and overall classroom climate.

Yoga plays wonders as it increases your flexibility, helps you to build strength, improves your posture, helps to keep your joints healthy, and helps in practice powerful mindfulness, reduces stress, lowers blood pressure, helps to improve breathing, and helps you to make healthier life choices. Yoga education can also be prevalent as it will enhance all

the activities of the students, either academic or social or sport. This technique helps to provide better stamina, well-focused attention in studies, coordination for sports, and a heightened awareness and balanced attitude for social activity.

Thus, Yoga aims to mainly focus and experience the Truth, by realizing the true nature of our 'Self' and the Universe. We can finally conclude that with the implementation of Yoga, academic performance tends to improve by optimizing the stress levels so it should suggest that yoga should include as a mandatory subject in the schools because integrating yoga in schools can support students and teachers, also it will help schools address many of the challenges common in education today.

By:
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Class - 11

Ashoka Universal School, Maharashtra
Edited by: Menka Sharma

FAIRGAZE PATRON SCHOOLS

REGISTRATION OPEN

FOR ADMISSION IN

PRE-SCHOOL

PRE-PRIMARY

FEW SEATS ARE AVAILABLE IN
CLASSES
II TO IX
FOR THE SESSION
2022-2023

Chairman

Manager



SH. CHANDAR BHAN GARG

SH. GOPAL KRISHAN GUPTA

SCHOOL PILLARS

Secretary

Principal



SH. ASHOK CHOUDHARY

SMT. ANITA SHARMA



S.D. PUBLIC SCHOOL

(An ISO 9001-2015 Certified Organization)

A Co-Educational English Medium Senior Secondary School Affiliated to C.B.S.E

INFRASTRUCTURE FOR STUDENTS

- WELL EQUIPPED LABS AND HIGHLY COMPETENT AND DEDICATED TEACHERS AND STAFF.
- DIGITAL ASSESSMENT PROGRAMME FOR STUDENTS OF CLASSES VI TO X.
- TEACHER STUDENT RATIO 1:20
- ONLINE SUPPORT PROGRAMME FOR PREPARATION OF MEDICAL ENGINEERING ENTRANCE EXAM I-WIN.
- EXPOSURE TO RESEARCH PROJECTS IN COLLABORATION WITH PRESTIGIOUS COLLEGES OF UNIVERSITY OF DELHI.
- FOOTBALL AND BADMINTON COURT OF INTERNATIONAL STANDARD.
- SPORTS COACHING IN CRICKET, BADMINTON, FOOTBALL, BASKET BALL, YOGA, ATHLETICS, TABLE TENNIS, VOLLEYBALL AND SKATING.
- TEACHING PEDAGOGIES AND SCHOOL PROGRAMME IN ALIGNMENT WITH NEP.



AWARDS AND ACCOLADES

- OUR DISTINGUISHED ALUMNI'S VIDIT AATREYA, CO-FOUNDER-MEESHO (social e-commerce platform) AND DILIN NAIR POPULARLY KNOWN AS RAFTAAR, FAMOUS SINGER ARE TOUCHING ZENITH.
- BRONZE MEDAL IN INTERNATIONAL BIOLOGY OLYMPIAD ORGANISED BY ROYAL SOCIETY OF LONDON
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VACCINATION & IMMUNITY

HOW DO VACCINES WORK?

We are surrounded by germs, both in our bodies and in our environment. If a person encounters a harmful organism, it can lead to disease and death. Our body has a defense mechanism against these disease-causing organisms (also known as pathogens). To prevent pathogens from entering the body in the first place we have skin, cilia, and mucus as physical barriers. When a pathogen tries to infect the body, the body's defense system, called the immune system, attacks the pathogen and destroys or overcomes it.

Natural Response of Body

A pathogen is made up of several subparts, unique to them and the disease they cause. The subpart of a pathogen causing the formation of antibodies is called an antigen. In the response to the pathogen's antigen, antibodies are produced. This is an important part of the immune system as antibodies are the soldiers in our body's defense system. When a human body gets exposed to an antigen for the first time, it takes time for the immune system to respond and produce antibodies specific to that particular antigen. In the meantime, the person is at a high risk of becoming ill.

Once the antigen-specific antibodies are produced, they work with the rest of the immune system and destroy the pathogen to stop the disease. In its primary response to an antigen, when once the body produces antibodies, it also creates antibody-producing memory cells, which remain alive even after the pathogen is defeated by the antibodies. If the body is exposed to the same pathogen again, the antibody response is much faster and more effective than the first time.

Why Vaccine is Helpful?

A vaccine is a tiny weakened non-dangerous fragment of the organism and



includes parts of the antigen. It's enough that our body can learn to build the specific antibody. Then if the body encounters the real antigen later, as part of the real organism, it already knows how to defeat it.



There are some vaccines that require multiple doses. Multiple doses are needed for the development of memory cells and the production of long-lived

antibodies. In this way, the body becomes safer. If the same disease-causing organism tries to attack the body, the body fights against it rapidly.

Hence, the vaccine is important. It not only protects you but also protects those in the community who are unable to be vaccinated.

By:
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Class - 9

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VACCINATION & IMMUNITY

DIFFERENCE BETWEEN IMMUNIZATION & VACCINE



Vaccines are used to artificially activate the immune system to protect against diseases. Some vaccines contain a very small dose of killing small parts of bacteria, some contain small doses to reduce the strength of bacteria. Whereas, Immunization is the process after vaccination, to make someone immune to fight diseases. Most people believe that taking a shot of the vaccine will make them immunized to kill microorganisms or treat infectious diseases.

Immunization prevents death every year in all age groups from diseases like diphtheria, tetanus, pertussis, influenza, and the polio, effective public health interventions. An additional 1.5 million death could be avoided, however, if global vaccination coverage improves.

Nowadays, the Covid-19 pandemic is going on so, in India, everywhere vaccination is done to stop the illness of

coronavirus and prevent measures to finish it in India so that death rate will be decreased. Covid-19 vaccines were made with an unprecedented box since the starting of the pandemic.

According to WHO, Immunization saves millions of lives every year. It works with the body's natural defenses and reduces the risk of getting diseases. Vaccination is the most important and effective method to prevent infection and several diseases. It is responsible for the worldwide reduction of smallpox and diseases like polio and tetanus.

Immunization takes almost 2 weeks to show complete results. Most of these are need to be used several times to keep the disease away and build long-lasting protection.

The theory behind the weakening vaccines production is to educate the body and to improve the capability to fight the infection or virus. Some viruses

multiply bacteria a thousand times and try to invade the body.

Immunization never gives lifelong protection, whereas vaccine lasts for 30 years whereas, whooping cough immunization protects only around 5 years after full course. Vaccines use only the essential part of the antigen like protein on the surface of the virus to produce the vaccine and leave everything else. This type of vaccine is used only a specific part of the virus needs to be.

Hence, vaccination and immunity are often confused with each other but these are two very different terms that convey two different meanings.

By:
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Class - 9

Floreto World School, Rajasthan
Edited by: Menka Sharma

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WORLD WATER DAY

About the campaign: FairGaze, India's leading school focused media ecosystem, is launching a month long student-led campaign on 22 March 2022, to commemorate World Water Day and to spread awareness around actions on water conservation and the need to ACT NOW.

The World Water Day campaign also aims to accelerate the fulfilment of Sustainable development goal (SDG) 6 – Clean Water and Sanitation, by engaging students across the country.

The campaign will encourage thousands of school students to be WISE with WATER and to actively contribute towards the fulfilment of SDG 6 by sharing their experiences as an Impact story in 250 to 300 words.

Campaign Details:

- **Participants Profile:** Students of classes 6 to 12 from any school in the country
- **Mode:** Online
- **Contest Fees:** The contest is free for all students
- **Language:** Hindi/English
- **Registrations and submissions start from 22 March 2022**
- **Registration Link** <https://sdg.fairgaze.com/one-day-for-water.html>

What does the participant need to do:

Step 1: Register for the campaign at <https://sdg.fairgaze.com/one-day-for-water.html> from 22 March 2022 to 20 April 2022. After registration, students can log in any time and can submit their stories.

Step 2: Submit a 250-300 words story on sustainable actions taken by students on conserving water at household/Schools/local community/ Online community and especially on conserving groundwater.

Step 3. Students have to upload a verification letter signed by the principal of their school for the authentication of their story.

Incentives for students and Schools:

- Certificate of participation
- Opportunity to showcase their story nationally
- Top 5 participating schools to receive certificates



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