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FAIRGAZE

PAGES 20 | COMPLIMENTARY COPY

# SCHOOLASTIC NEWS

IMPACT-FOCUSED SCHOOL COMMUNITY MAGAZINE

**Carving the future  
of our society**

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It's ok to be a little  
imperfect if you're being yourself!



**TRANSFORMING  
IMAGINATION**  
AND IDEAS INTO REALITY



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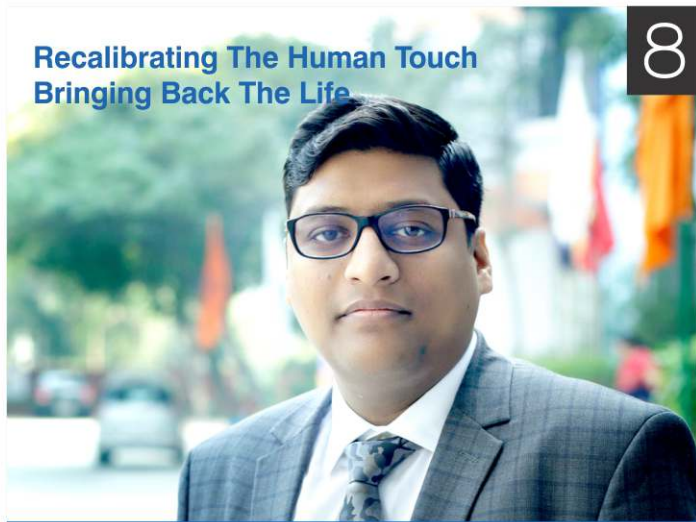
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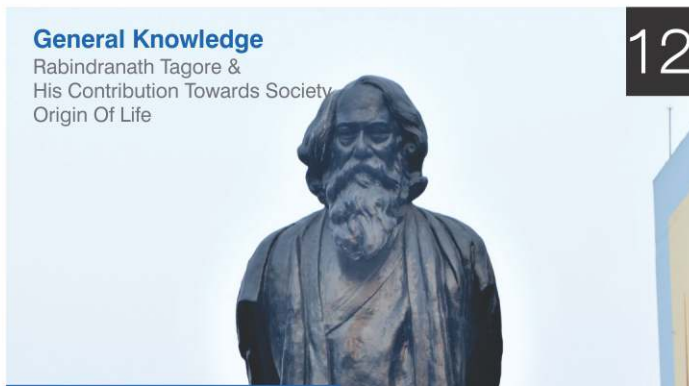
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## Foreword

The effort of every educator should be to unlock the wealth of potential hidden in every student. From an integrated and synergic viewpoint, schools build the pivotal foundation of the entire education system. The school leaders are developing young minds in the technically advanced world and making a profound impact on the dynamic generation. At the education policy level it is our duty to ensure that this development takes cognizance of the knowledge, skills and attitudes that will not only help our primary beneficiary, the students, to be successful today, but also in their lives in future.

In a scenario where schools are adapting to new norms, social and emotional learning is fast becoming a critical skill that will accelerate our ability to achieve the broad vision set by our policy makers in the National Education Policy - that education must develop not only cognitive capacities - both the 'foundational capacities' of literacy and numeracy and 'higher-order' cognitive capacities, such as critical thinking and problem solving – but also social, ethical, and emotional capacities and dispositions.

I am delighted to learn that FairGaze is launching a monthly connect magazine, Schoolastic for schools and students. I am sure that Schoolastic will provide an excellent platform to express views, nurture social and emotional learning, encourage and enhance holistic development and gain a multitude of skills that otherwise, may remain untapped and perhaps even unknown by the persons' themselves.

I congratulate FairGaze for taking this initiative and I urge the school community to take full advantage of this opportunity.

Happy Reading!

**Major Harsh Kumar**  
*Secretary, NCERT*



## Preface

Very few have fully realized the wealth of compassion, generosity and empathy hidden in the soul of a child. The effort of every educator should be to unlock that potential and we at FairGaze have made it our lives' focus to achieve this goal. FairGaze offers a dedicated platform and a unique opportunity to empower and build synergies that will ultimately help in unlocking the potential of every student. We at FairGaze work closely with students, teachers, parents and the entire school ecosystem in a diverse range of activities to explore, engage and empower them with skills that help them to be successful in their lives in school and after school.

I am happy to share that FairGaze is launching a monthly connect magazine, Schoolastic News for schools and the larger school ecosystem. Schoolastic News aims to lend a voice to the students, teachers, Principals, educationists, policy influencers, policy implementers, practitioners and others associated with holistic development of students, to share their views and perspectives on making education more nurturing, engaging and empowering.

The first edition of Schoolastic News by FairGaze pays attention to the social and emotional learning (SEL) of students, taking cognizance of the multitude of changes and developments that the pandemic-hit education world is adjusting to. Schoolastic News will bring new perspectives on creativity, future-life skills, physical, emotional and mental well-being, research and innovation to enrich education while serving the needs of the changing world.

FairGaze has always focused on encouraging students to voice their views and opinions on issues that are not only relevant to their immediate lives but also on issues that have a bearing on their future lives. On that note, Schoolastic News will include articles written by students where they fearlessly express their opinions on relevant issues, showcase their writing skills, demonstrate their creativity and talent - in short Schoolastic News will empower the students to effectively voice their opinions on matters that impact them directly or indirectly.

For all our school community readers, we have worked hard to begin the exhilarating journey with Schoolastic News consisting of informative and inspirational articles from students and Principals along with a wide range of our engagement activities.

I would like to take this opportunity to record my thanks to all our partner schools, Directors, Principals, students, teachers, and parents for their enormous contribution towards building a better nation and a better world.

**Sudheen M**  
*Director, FairGaze Skills Pvt Ltd*



CLIMATE ACTION

# NATURAL CALAMITIES IN INDIA



Regular Calamities are not in the control of people. Like different nations of the world, India, as well, faces numerous normal catastrophes on account of its current circumstance and geological area. Throughout the most recent couple of many years, the temperature in Indian subcontinents has emerged. We are as of now seeing the adjustment of climate in India. A characteristic cataclysm is viewed as a fiasco when it influences individuals or the property for a huge scope. The variety of this relies upon the ability of individuals to recuperate from the present circumstance. Regularly, catastrophic events leave impacts that require a long time to control the harm. Normal disasters like floods, dry spells, avalanches, seismic tremors, typhoons habitually happen in this country. India is likewise confronting strange warming,

which is jeopardizing marine life and gradually influencing the general environment. Nonetheless, the impacts of catastrophic events can get constrained by appropriate arranging and dynamic harm control unit. We cannot handle these debacles, however, we can play it

“We cannot Stop Natural Calamities but we can arm ourselves and protect many lives.”

safe and be prepared to confront the circumstance with legitimate arranging. Along these lines, the effect of the mishap on the existence of individuals can be limited. There are various types of Natural Disasters in India that happen

now and again and leave difficult impacts on the Indians' Lives.

**Tremor:** Earthquake is one of the often happening catastrophic events in India. It happens due to the high inner pressing factor between immense rocks inside the Earth's hull. It makes them fall to pieces. It shakes the land. On the off chance that the force is high, houses, lofts, and so forth fall or get harmed. India faces gentle quakes as often as possible. Nonetheless, the nation has confronted various extreme seismic tremors too.

**Dry spell:** Drought is another significant regular catastrophe that is brought about by the shortfall of a downpour. There are three kinds of dry spells – meteorology, hydrology, and horticulture-related. Over 10% region in India is inclined to dry season. The north-western piece of India is especially inclined to dryness.

**Typhoon:** Cyclones happen in India primarily given the Bay of Bengal and the Arabian Sea. A few states like West Bengal, Orissa, Tamil Nadu, Maharashtra, Gujarat, and so on are inclined to it. Consistently, India faces five to six typhoons. It happens in light of the variety of temperatures and pressing factors in seas.

**Rapidly spreading fire:** Wildfire or timberland fire is likewise continuous in India as India has dry and warm woods inclined to it. It is hazardous for wild creatures, close by nearby individuals, and the climate too.

By:  
**Jyoti Nayak**  
Class – 12  
Birla School, Pilani





## CLIMATE ACTION

# HOW TO CONTROL GLOBAL WARMING

Over hundreds of years, we have noticed various changes from a growing population to growing pollution, outcomes in climate change, global warming, ozone depletion, etc.

### WHAT IS GLOBAL WARMING?

It is the rise in the average temperature of the Earth's climate system caused by human activities. The main component that causes global warming is carbon dioxide which is also a greenhouse gas; there are other components as well methane, nitrous oxide, etc., which are even greenhouse gases. The greenhouse gases are released by burning fossil fuels, industrial emissions, mining, deforestation, etc.

### Global warming has adverse impacts.

The sea level rises, the surface temperature in the mountains increases, which results in loss of snow cover, the retreat of glaciers, permafrost and sea ice. Climate change due to global warming causes harm to the farmers as the farmers plant the crops or trees according to the seasons, and the change in climate causes damage to their crops. The other environmental impacts are the extinction of some species due to changes in their ecosystems, loss of biodiversity (flora and

fauna), and increased water vapour. Ocean acidification caused by an increased level of carbon dioxide is commonly grouped with these effects though not driven by temperature.

The **primary aim** is to control or reduce global warming. Suppose the government launches alternative technologies of

“Controlling GLOBAL WARMING is not a piece of cake. Although, it's a long term process. Nonetheless, it's attainable with a mutual understanding amongst people”

carbon-emitting technologies, fossil fuel technologies, afforestation. In that case, it will decrease it and could be the only benefit implemented on a large scale. The government should take measures to prevent global warming; simultaneously, people's contribution is mandatory. Ordinary people can follow the steps are given below:

- Replacing a light bulb with LED lights or fluorescent light consumes 75 per cent less energy and is 25 times longer lasting.
- Carpooling is the process in which two or more people share a car to reach the same destination. Carpools can obtain many benefits, i.e. conservation of non-renewable resources and global warming control.
- Use of 3R's that are REDUCE, REUSE, RECYCLE. By recycling can save many greenhouse gases on account of the emission of house waste.
- Planting a tree has many benefits; for example, a tree provides us oxygen and intakes carbon dioxide, provides us with fruits and vegetables, keeps the soil fertile, maintains the soil structure, prevents dirt from getting eroded etc.
- Turning off the electric devices when not in use, repercussions in preventing electricity and non-renewable resources.

By:

**Srikriti**

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Edited by: Sunita Juneja



FUTURE LIFE SKILLS & CREATIVITY

# TOP 8 MARTIAL ARTS STYLE FOR SELF DEFENSE

Life is unexpected, and that's an understatement, and you have no clue as to where life will take you next. A fact is that society is rarely peaceful, and you don't know that when you are going to face it today or tomorrow. It can be any day when someone attacks you. There are mainly examples in which people thought that the area they were living in is 100% safe for them, and they did not pay heed to the importance of self-defence, and when someone tried to attack them, they had paid this with their lives. It is essential that you pick up the basics of self-defence at the earliest. There are various forms of self-defence; these forms are Martial Arts. The top eight Martial Arts in the world are as follows:

## • KARATE: JAPAN

Karate's word has been derived from the word "empty hands", Karate was introduced as a martial art without a

“Self-protection is the best tool to make your life amiable”

weapon. It is a technique that changes hands and feet into spears. This martial art is taught all over the world as a personal defend from any criminal. Karate mainly incorporates striking, grappling and locks to take down an opponent.

## • MUAY THAI: THAILAND

It is very similar to kickboxing, but the difference is punch below the belt; knees are allowed. This martial art is more focused on using the whole body as a weapon. Fists, shins, elbows, and knees to defeat the opponents. It involves every body part as a weapon.

## • BRAZILIAN JIU-JITSU: BRAZIL

It's a combat sport based on ground



fighting. It focuses on the skill of taking an opponent to the ground controlling each other bodies, and bringing the opponent down to the floor. This martial art includes only the use of hands and legs.

## • KUNG FU: CHINA

Chinese martial art means success achieved by length and weight. It's the oldest martial art in the world. The monks of Shaolin mainly teach this. This martial art particularly includes the use of hands and legs for the sudden and powerful movements of the body.

## • TAEKWONDO: KOREA

Taekwondo means the way of fist and foot. The oldest governing body for Taekwondo is the Korea Taekwondo Association (KTA), formed in 1959 through a collaborative effort by representatives from the nine original Kwans, or martial arts schools, in Korea. This martial art is renowned for its remarkable kicks and combines physical abilities and mental strength.

## • NINJUTSU: JAPAN

The murderer and the Japanese Guerrilla

Ninjitsu use this mysterious martial art, which teaches numerous ways to astonish and smash your opponent. In this martial art, there is a use of hands, legs and other weapons.

## • JUJUTSU: JAPAN

When the Japanese Samurai has lost all the weapons, they will all switch to the use of Jujutsu. It involves the force of throw, lock and roll away. But that's not the same as other martial arts because it can kill the opponent if performed flawlessly.

## • JUDO: JAPAN

Judo is a martial art that includes the basic skills of all the other martial arts. The main focus of Judo is throwing and locking rather than hitting or attacking.

By:

**Tarun Saini**

Class - 9

The Wilbur School, Uttarakhand

Edited by: Sunita Juneja



FUTURE LIFE SKILLS & CREATIVITY

# IMPORTANCE OF INCULCATING CREATIVITY IN CHILDREN

**C**reativity is defined as an act of transforming children imagination and ideas into reality. It is difficult to define creativity in early years; however it basically depends on the child's ability to be creative. It helps in child's motor skill, social interactions and even their problem-solving skills. Every invention we are thankful for today was someone's creativity. As child plays with his/her toys, his/her world shape shifts to another dimension in their imagination. Creativity is important in the early years of development of child.

## HOW IT CAN HELP CHILDREN TO LEARN AND GROW?

### • PROMOTE SOCIAL INTERACTIONS AND EMOTIONAL DEVELOPMENT:

Imagining their self in others' shoes promotes social and emotional development in children. They learn to be more empathetic and cooperative to others, while also being confident of whom they are. Pretend play and crafts also help children test boundaries by helping them imagine and experiment.

### • AIDS CREATIVE AND COGNITIVE DEVELOPMENT:

Being creative helps children build the foundation for life skills which they will acquire later on in life.

### • HELPS IN THE DEVELOPMENT OF MOTOR SKILLS:

Art and craft, pretend play, or simply playing outdoors prove to be fine motor activities for children. Whether your children are dancing to her own beat or jumping over bushes outdoors, it improves her hand-eye coordination and muscle memory.

### • BUILDS COMMUNICATION SKILLS:

Creative play allows children to act out scenes from books, movies, or even from interaction with peers. This builds communication skills as they try to

experiment with language and conversations with peers.

### • DEVELOPS CRITICAL THINKING AND PROBLEM-SOLVING SKILLS:

As children play, they imagine the world without its physical limits. This promotes critical thinking in the early years and develops problem-solving skills, thus helping them come up with new possibilities and solutions.

## HOW TO INCULCATE CREATIVITY IN CHILDREN

### • MAKE CHILDREN QUESTION THINGS:

One of the main ways of developing creative thinking in children is to urge them to wonder. Ask them questions like why is the sky blue? Why does the ocean

“Creativity is helping us to transform children imagination and ideas into reality”

water have waves and not the water in lakes or ponds? How does gravity work? And so on. Explaining such things to them would problem-solving abilities.

### • PROVIDE OPPORTUNITIES TO EXPRESS THEIR INTELLIGENCE:

Another important thing to remember is that even though there are different types of intelligence, they can be developed over time even if the child isn't necessarily exhibiting the characteristics. Sometimes it is difficult to recognize their natural inclination towards a certain form of intelligence. In that case, give them ample opportunities to express all the forms of intelligence and pick up on what they do best.

### • ENCOURAGE CHILDREN TO READ THEIR PLEASURE:

Limit TV or other screen time of children to make room for creative hobbies like

reading as it encourages thought activity which in turn promotes creativity. Reading can help children understand and express better, develop their logical thinking, and help them to focus on learning new things.

### • GIVE THEM FREE TIME & SPACE:

Building skills in a methodical way is important. But it is important to give the child enough space to freely explore their imaginations. Let them spend a few idle hours at home without any scheduled activities so that the child can just aimlessly roam around and run their imagination wild in whatever they are doing.

### • AVOID REWARDING CHILDREN FOR EXHIBITING CREATIVITY:

Offering incentives to children to perform any creative activity can hinder the process, resulting in reducing the quality and flexibility of their thoughts. So, allow children to master the creative activities that they are innately motivated to do, rather than motivating them with rewards and incentives for the same.

Creativity play the vital role in early years of life. It is very essential for children to be involved in making their own creativity and respect the art of others. Creativity develops positive attitude among children towards their learning.



By:  
Hrutvi Verma  
Class - 8  
Jammu Sanskriti School





# RECALIBRATING THE HUMAN TOUCH BRINGING BACK THE LIFE

In life, we learn from each of our experiences sweet, sour, or bitter. The sweet experience makes part of our fond memories while the sour and bitter ones leave us more mature and empowered. The fond memories of glorifying successes that we create are but the product of our learnings from what we call sour and bitter.

**"Challenges are what makes life interesting, overcoming them is what makes life meaningful."**

Challenges in life don't come with a pre-planned date-sheet neither it gives us

time for preparation. Every day in life will not be same and hence, it is essential that we prepare ourselves for same now. The pandemic has been such a challenge for the educators around the globe. It not only made the teaching-learning more interesting but also gave meaning and purpose to the classroom interactions and discussions.

While the teachers made efforts in making this tough time a fruitful learning experience, it is also true that the students who became the pilot of their own learning voyage are emerging as

buoyant, resilient, and better prepared for future. But for those who found another excuse in the virtual classes are the ones who need attention from both parents and teachers.

It would not be wrong to mention that the pandemic has indeed further divided the learners in groups. There are students who wanted to join the virtual classes but couldn't do so because of the technical reasons or economic reasons. Then there is the group, who had no reasons for escaping the classes but did not attend as they were not willing. And



of course, the group who was willing and ensured that they derived benefit from this platform. In each of the case, we will see that the social and emotional well being of the student is impacted in one or the other way.

Now, once the schools would reopen, the schools will have greater responsibility as the students in each group need to be recalibrated to the needs and requirement of the hybrid learning model. There would be chances that we will see higher drop out rates at school level because the students have lost the human touch. They would not wish to compromise on the comfort zone that they got during the virtual classes. They would no longer have the liberty to take excuses of skipping classes on the pretext of network issues, or not participating in the class because they don't like the subject. The schools would now be required to prepare students for unlearning and then relearning the basics of the physical classroom. This will need a great deal of effort on the part of the teachers, parents, and students.

“People have forgotten what the human touch is, what is to smile, for somebody to smile at them, somebody to recognise them, somebody to wish them well. The terrible thing is to be unwanted.”  
—Mother Teresa—

It is imperative to mention that there are umpteen number of cases during the past 18 months where the cases of domestic violence have been reported, undoubtedly due to lack of patience and tolerance. Hence, it becomes more prominent for schools to have sessions on anger management, stress and anxiety management where the students are



taught techniques to overcome such challenges in life. Teachers need to be vigilant in identifying the emotional issues in students and address them empathetically.

There are students who have surrendered to the social media and online gaming due to lack of social interaction during this time. The schools would be entailed to create opportunities to bring the lost human touch back in place to ensure that each student remains socially fit. The era of pandemic is certainly the era of educational transformation but has also revealed the disproportions prevailing in the education system that is leading to emotional and social imbalance.

The National Education Policy 2020 also lays greater emphasis on the social, emotional well being of the students along with their academic growth. The recent initiations to groom students for the future while maintaining the strong bond with Indian Values is necessary for sustaining right emotional and social balance. Hence, it would be very significant for the students to identify the

opportunities around them to equip themselves with life skills that they would need in life ahead of them. The key role of schools and teachers would be to create opportunities for the students and mentor them time to time.

Education has voluminous layers. Once you reach the innermost layer, you realise the purpose of this beautiful life. Education is the only tool that can enable us to bring change. As schools we need to embark on the voyage where we can empower the youth to think critically and rationally to be the CHANGE LEADERS. The leaders who are socially and emotionally strong and are capable of creating the impact visible in the society.

**Mr. Vividh Gupta**  
Principal

Bal Bhavan Public School  
G.C. Lagan Marg,  
Mayur Vihar-2 Delhi



## 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 is happy to announce its collaboration as the School Empowerment Partner for

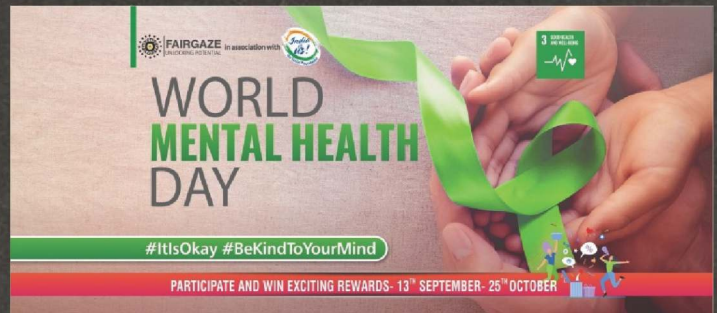
**EUREKA! junior**  
ROAD TO ENTERPRISE 2021  
Co-Powered by akudo

Business Plan Competition for Schools Students

From Class 6<sup>th</sup> to 12<sup>th</sup>

Register now at: [eureka.ecell.in/junior](http://eureka.ecell.in/junior)

FairGaze collaborates with IIT-Mumbai



FairGaze recently organized the SDG-3 focused World Mental Health Day Campaign

FairGaze & unacademy partnered to support school children through interactive workshops.

### UPCOMING WORKSHOPS

- Nov 8, 4 PM-Personality Development For Teachers
- Nov 20, 4 PM-Baking: Insights & Significance
- Nov 22, 4 PM- Enhancing Classroom Effectiveness
- Nov 24, 4 PM-Variations Of Color In Paintings
- Nov 27, 4 PM-Success Isn't Measured In Marks
- Nov 29, 4 PM-Discipline And Fitness In Students' Life

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

### PAST WORKSHOPS

- Oct 6 -A Symbolic Glance At Mandala Shapes: Draw & Learn
- Oct 8 -10 Healthy Habits For A Healthy Mind
- Oct 9- Dussehra Décor: A Fun DIY Session
- Oct 11-Inculcating A Winners' Mindset
- Oct 16-Map Your Career Growth
- Oct 18-Anxiety: Symptoms & Coping Mechanisms



**FAIRGAZE FAIR TALKS**

**DOES HIGHER MARKS GUARANTEE SUCCESS?**

26<sup>th</sup> sept | 5:00 pm



**Moderator**  
Dr. Madhumati Singh  
Child Psychologist  
Director FairGaze

**Panelist**  
Ms. Mamta Kapoor  
Director  
Kharan Education Center

**Panelist**  
Ms. Neeti Bhalla Saini  
Executive Principal  
GEMS Modern Academy  
Gurugram

**Panelist**  
Ms. Swati Singh  
Overseas Education  
Consultant

Recently organized panel discussion

- As per the survey conducted for this panel discussion, 81% of the respondents opined that understanding of the concepts is the more important than rote learning and higher marks depend on self-study by the students.
- About 79% concur that higher marks do not guarantee success.
- An overwhelming 91% opined that marking system should be based on learning outcomes and not on memorizing lessons and about 79% felt suggested that schools should prepare students for job-based skills.



GENERAL KNOWLEDGE

# RABINDRANATH TAGORE & HIS CONTRIBUTION TOWARDS SOCIETY

Rabindranath Tagore or Robindronath Thakur was a Bengali polymath, writer, playwright, composer, philosopher, social reformer, and painter. He reshaped Bengali literature, music, and Indian art with Contextual Modernism in the late 19th and early 20th centuries. He was born on 7 May 1861 and died on 7 August 1941. Tagore modernized Bengali art by spurning rigid classical forms and resisting linguistic strictures. His novels, stories, songs, dance, dramas, and essays spoke on topics political and personal.

**"What is needed is the eagerness of heart for fruitful communication between different cultures. Anything that prevents this is barbarism."**

It was Rabindranath Tagore's view about nationalism. 'Viswa Kavi' was a visionary who revolutionized education and literature in India. He invested his Nobel Prize money in building the campus and a town in Bolpur, West Bengal. He named the place Shantiniketan. In 1901 Tagore founded an experimental school in rural West

“A mind all logic is like  
a knife all blade. It makes the hand bleed  
that uses it.”

Bengal at Shantiniketan ("Abode of Peace"), where he sought to blend the best in the Indian and Western traditions. He settled permanently at the school, which became Visva-Bharati University in 1921.

#### The contributions of Tagore to Indian society:

- Realization of self-respect for the commoner through his literature.
- Our National Anthem: 'Jana Gana mana adhinayaka Jaya hey' was written by Tagore.
- His worldwide tour represented India as a country of cultured persons.
- His works united Indians and made all think of India as a nation.
- Instillation of patriotic emotions within the common folk.
- The first Asian and only Indian who won a Nobel prize in literature.
- Rabindranath Tagore, famously known as Gurudev, was a poet, author, painter, and polymath.

By:

**Anirudha Sharma**

Class - 12

Government Senior Secondary School, Bopara

Edited by: Sunita Juneja





## GENERAL KNOWLEDGE

# ORIGIN OF LIFE

In 'Life', a word as old as time, yet as incomprehensible as infinity. Since the very beginning of history, mankind has been trying to discover the answer to the ultimate question- Where did it all begin?

Over the years, people from different strands of the society with varying views and perceptions have come up with their own versions of the 'story of life'. Spiritual leaders and followers gave the credit of creation to the Gods they worshipped. With innumerable religions and infinite Gods, it is no surprise that there are several variations of the origin story. Yet most of them share the fundamental elements.

Through the sight of science, the origin of the earliest life form on our planet can be traced back to roughly 3.5 billion years, about 1.5 billion years after the Earth itself came into being. 'Abiogenesis' is the scientific term used to describe the natural process of life forming from non-living matter. Despite the occurrence of abiogenesis being universally acknowledged, the events that led to it are extensively debated even within the realm of science. Scientists and researchers are still analyzing abiogenesis to determine the conditions under which inanimate matter birthed life. Over the years, they have conducted

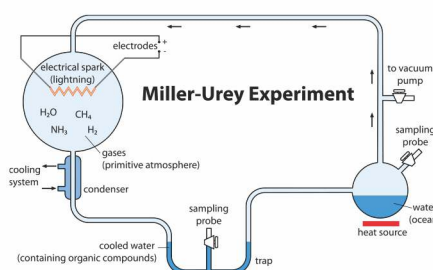
diverse experiments to gain a greater understanding of abiogenesis.

The Miller-Urey experiment or the Urey experiment of 1952 laid the cornerstone of such endeavors. This experiment was aimed at simulating the conditions that were estimated to be present in the Earth's atmosphere at the dawn of life and chemically examine them. The experiment was successful in producing amino acids, the building blocks of life,

“The Origin of life is an outstanding mystery of science. It is no surprise that there are several variations of the origin story”

as the result of the simulation. The Urey experiment played a pivotal role in the formulation of an entirely new branch of study that dealt with the chemical fabrication of the planet before the beginning of life.

In due course, the Miller-Urey experiment was succeeded by several efforts, all of them on the quest of unraveling the greatest mystery known to man. Now, after centuries of exploration and experimentation, modern science has



ultimately discovered the answer to that age-old question- Where did it all begin?

It began 3 billion years ago, from the depths of the ever-changing ocean, as a single cell that was born a survivor. It was that tiny cell that transformed this world into what it is today and evolved to emerge as the single most advanced life form on the face of the Earth and continue to evolve. And us humans, we who have sailed the seven seas and conquered the endless night sky, we who battled our way through the world, we who have come a long way now seeks to return. Striving to find the way back to the place we started from, like a lost little puppy, as if closing the circle of origin.

By:  
**Brighty Ann Sarah**  
Class - 12  
High Range School,  
Munnar



WELL-BEING

# NUTRITION AND HEALTH IS THE ULTIMATE WEALTH FOR CHILDREN



**N**utrition is providing the food which is necessary for health and growth. To stay healthy and robust, children need proper nutrition. Appropriate nutrition assists children to have a healthy heart, mind, teeth, and bones. It increases energy and fosters growth, and plays a significant role in helping children lead a healthy lifestyle. For instance, if a child doesn't take good nutrition, they might become physically or mentally unwell. It could harm people who are around you as well as society. In addition to this, food and health should be taken care of, especially for growing youngsters.

Children need three meals a day. Now let's understand what should be composed of their diet. They should have a habit of eating a balanced diet. It consists of a gamut of different types of food and provides adequate amounts of the nutrients necessary for good health. Now, what are nutrients? Nutrients are substances that provide nourishment essential for the maintenance of life and growth. There are six major types of nutrients: Carbohydrates, Fats, Proteins, Vitamins, Minerals, and Water.

## LET'S UNDERSTAND THEM WITH RELEVANT EXAMPLES:

**Carbohydrates:** These are the body's primary sources of energy. They nurture children's brains, kidneys, heart muscles, and central nervous systems—for instance, corn, peas, brown rice, etc.

**Fats:** A small amount of fat is an essential part of a healthy diet. Fat is a source of fatty acids—Examples:-Butter, Oil, Nuts etc.

“ Investing in early childhood nutrition is a surefire strategy. The returns are incredibly high. —Anne M. Mulcahy”

**Proteins:** These play a crucial role in many bodily functions, including recovery and repair of tissues in the muscles, skin, organs, blood, hair and nails—milk, Fish, Meat etc.

**Vitamins:** Children need vitamins and minerals for growth, development and

good health, i.e. vitamins A, C, D, E, K, choline, etc.

**Minerals:** It assists children's bodies to grow and stay healthy—for instance- iron and calcium.

**Water:** It keeps joints, bones healthy, helps the blood circulation. Drinking water revamps mood, memory, and attention in children.

## TELL ME WHAT YOU EAT, AND I WILL TELL YOU WHAT YOU ARE.

The Food Pyramid visual represents how different foods and drinks contribute towards a healthy balanced diet. It permits individuals to choose foods and beverages from each shelf depending on their food preferences and calculate healthy eating. Eating the right amount from each food group is called eating a "balanced" diet.

## HEALTH IS A RELATIONSHIP BETWEEN YOU AND YOUR BODY.

Good health is a condition in which a person is mentally and physically free from diseases.

- Regular Playtime
- Maintaining a balanced diet
- Creating a positive home environment
- Spending time with nature
- Eating a mixed bag of Foods
- Drinking Water and Milk
- Listening to Your Body
- Limiting Screen Time
- Being Active

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WELL-BEING

# DETANGLING MENTAL KNOTS

Have you ever thought of screaming to leave you alone or perhaps wanted a long vacation from being an automaton all these years? Then these are probable signs that your mind is asking for some breathing space from the treadmill it's being made to run around the clock. Yes, it means that your mind is seeking aid, which can easily be healed with some love and care.

Statistics say that around 14% of 15 - 24-year-olds in India, or 1 in 7, reported often feeling depressed or is dreary in doing things. Why do you think this anguish situation persists and how can we hold hands to eliminate this? Well, there are a few factors that revolve around which needs to be taken into consideration before addressing the scenario.

Firstly, how do you get to know if you or someone entails more care and concern? Do you see your kids or friends, feeling sad often or seem confused with reduced concentration? Do they feel worried or guilty for no reason, have extreme mood swings and feel significantly tired with low beams of energy and have problems sleeping? Then it means that they need a serious check on their mental health.

Have you ever thought about what can be the probable impetuses for their depression or clumsy behaviour? Well, it changes for each individual abiding their character and behaviour. But let me spotlight the most common errors probably in their surroundings which could've brought them here. Let's scrutinize them one by one.

Our first gods are our parents! Behind every self-confident child who believes in himself/herself is a parent who believed first. No one can break anyone emotionally when they have their parent saying "I'll be there for you no matter what". But sadly, not every child on earth is blessed with such lovable parents.

Sometimes as a child you may feel your parent dislikes you while you're being rebuked or beaten up, but that wouldn't be their intention, don't complain about materialistic luxuries you weren't given, those were probably all your parents had. But you can always demand unconditional, profuse love which they'll love to give away.

But, are you parents who choose to be strict, thinking that your love might be taken for granted if showered upon, or feel your neighbour's/relative's/other child is better in many aspects, and you wish to choose the rough path in correcting them to make their future bright, then here's to you! Instead of getting them learn all sorts of crafts, start practising mothercraft yourself because your kids require you most of all to love them for who they're! Not to spend your whole time correcting them. When your child can't calm down, understand that she/he needs an iota more connection and comfort, not criticism and control.

Moreover, teaching your children to control themselves is far more effective than trying to control them yourselves. The best motivation is a parent's company; appreciate even simple triumphs of your child, not in silence, but in front of him/her. Every parent realising this, can prevent numerous suicides that happen around the world with depression as its root cause.

Now, think! After parents, who's the dearest? Friends right! They're the best relationships one can ever have, we all tend to get attached to our friends a lot more than our parents over time, and we even share personals without any discomfort. If you're lucky you'll get awesome buddies who always keep you away from negativities, but if your choice of a friend was wrong it can lead to adversities in keeping the mind healthy.

Bullying is linked to psychological effects that include anxiety, depression, lack of self-esteem, confidence and many more.

So next time your child tells you that he/she's being bullied, do pay attention to it. Well, the next commonly quoted problem is examination.

The problem isn't with exams but it's with the consequences in case the child isn't no.1. Let me enlighten the parents, wishing your child to be first always isn't wrong, but forcing them to be or emotionally putting a lot of expectations and duties on their shoulders at a very young age can sometimes even stop your child from enjoying their childhood. So,

“Detangling is the only way to make sure that unwanted knots don't live on our scalps forever.”

help your child to learn efficiently when they struggle, this way we can prevent panic attacks and exam fears. Thus, having your child connect with you emotionally, helping them stay happy and safe.

So, for your child to be as fit as a fiddle, not only that you keep them physically fit but also work to keep their minds healthy. Above all, if you feel you need a break take it, spread positivity, pay attention to the present, be more social and understand that it's ok to be a little imperfect if you're being yourself!



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WELL-BEING

# PARENTS NEED TO SPEND QUALITY TIME WITH CHILDREN

The world has become modernized day by day. Children who stay at home or spend time with their parents has decreased. They spend most of their time with their friends, sometimes

“The loving bond between parents and children is like a flavoured gum and irresistible-quality time with each other opens the doors of an enchanting world”

which turns to the foe. Furthermore, there is no one to guide them, which leads to trauma. Kids don't understand the value of parents in their life. A single mistake of

children could cause a big problem and no rectification for it.

Parents are a precious element or part of a human. They play a vital role in the improvement and enlightenment of children. They spend most of the time with their kids and guide them throughout life; however, parents stop spending time with kids as they grow. When a kid enters teenage time, parenting plays a crucial role while children enter the most sensitive stage of their lives. They should encourage their children to make wise decisions in their life by spending quality time with them. Time is money; it flies and never come back. Children become more delicate during the teenage years and take decisions rapidly without thinking much and trying to copy others. Nevertheless, parents should assist them to choose a stream as per their interest rather than forcing them for something which never

interests them. Some parents give their children fixed monthly pocket money. Kids spent that money on eating outside or buying dispensable things online. Parents should advise their children on how they can save money. Kids' development depends on parents' upbringing, spending more time with them rather than thinking they are mature enough to take care of themselves.

There is one life wherein no other chance. Parents counsel takes children life to the next level; else, they might get addicted to drugs or alcohol, and this cost is irrecoverable and leads to a darker stage of life.

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## WELL-BEING

◀ THE EASILY SWAYED SELF ▶  
WORDS HAVE POWER

As we grow older, we desperately search for a sense of self. It begins from a simple question asked by our parents, relatives, teachers; the question "What are you going to become?" Ever since this question is asked for the first time in our lives, we desperately search and try to identify a sense of self; a purpose in life. Human beings prioritise themselves first; nothing

is wrong with that, but we also tend to put a lot of pressure on ourselves. The constant worry of what am I going to do with my life is something many teens and young adults face every day.

So, what is even self-esteem? I believe self-esteem is how a person perceives oneself; the amount of love, care, hatred you think you think you deserve. You estimate yourself and see how much potential you have to be someone or to do something. But in reality, we compare ourselves with our peers, siblings and everyone we perceive to be better; for there can't be two people equally good at something right? One must be the winner.

It's not our fault really, we have been reared by our parents, our teachers and the society to constantly compare and compete with. The moment we are born we start competing, people start estimating our worth straight out of your mother's womb, sometimes even earlier on. It's been so normalised that it's scary. We focus so much on the estimation part that we forget the first initial word, a word called "self".

Self means yourself, it does not mean compete with others, it does not mean compete with yourself as well. It

just means that you decide your own values, your own goals, your own limitations and you can be free to follow or not follow it because your self-estimation, your self-worth is completely personalised and should be only by you, for you. I know it's easy to ask people to ignore the outside world's perspective. But, intrinsically we desperately cling on to other people's opinion, especially people who we respect because it fills us up and acts as extrinsic motivation. We self-estimate them so much in our perspective that when they compliment us, we get the compliment plus coming from a person whose self-worth we highly regard is like a bonus. We treat people

“ Self-Care isn't selfish; the more you like yourself, the less you fear anything ”

differently on the basis of their self-worth to us and most people do the same to us.

I like when people compliment me like most people do; but nowadays I try to separate the actual statement (compliment) from the other person's self-worth in my regard. My self-esteem would love it if a person called me pretty but even more so if it was a person I regarded as pretty or important. It's the same compliment yet different reaction, why?

With exposure and experience I am now trying to renew my self-esteem and see things in a new light, seeing people without their price tag! When I was younger, the moment I hit my teen years (12-13) my self-esteem would always be easily swayed. The most damaging thing to my self-esteem was people's comments; especially people who meant a







lot to me. Our own families might tease us for being too fat, too skinny, too dark, not getting good marks and we all laugh it off thinking its light hearted fun but it really isn't. We all are victims to it as well as predators of it. Our subconscious is always listening and those thoughtless comments which slowly begin manifesting consciously or unconsciously. I remember when I unintentionally said something that hurt someone's self-esteem. I used to tease my sister for having small toes calling them "little potatoes"; no harm

done. She would be slightly annoyed but mostly laugh it off, but soon thereafter she would be seen wearing socks at all times even while sleeping. Later she confessed she felt insecure about it; I realized I had been the cause of it. I had said all of that and the result was a crack in my sister's self-esteem caused by me. It took months to get her not to wear socks and she is still conscious about it. If I could go back in time, I would never say it, but I can't go back in time. All I can do now is be mindful of my words.

So many people in my life have a link between something they were told in their childhood and their insecurities. The only thing I ask of you and to myself is to be more mindful of words. You never know the amount of impact you might have on someone and their self-esteem.

By:  
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# SOME HAPPY VOICES

## STUDENT SCHOLARSHIP PROGRAM

This was a very nice and enriching experience. I enjoyed researching and writing the article. It made me learn a lot.

- **Student of Class 8, Billabong High International School**

I would like to thank my Principal Ma'am and all the teachers for giving me an opportunity to be a part of such a wonderful organization "FairGaze" and also for giving me a chance to enhance my skills and showcase them on this platform. Thank you!

- **Student of Class 10, Delhi World Public School**

FairGaze is a wonderful platform where one can enhance her/his skills. I also started writing articles since last few months and I have observed positive changes in my writing skills.

- **Student of Class 10, Tagore Senior Secondary School**

## FAIRTALKS

Thank you for giving me this opportunity! Today's event was a beautiful learning experience! Heartfelt gratitude.

- **Student of Class 11, Bal Bhavan Public School**

FairTalks session was very well organized.

- **Dr. Sudha Acharya, Principal, ITL Public School**

Our team rocked it. Thanks Team FairGaze.

- **Dr. Ragini Kaul, Principal, Maxfort School**

Thanks team FairGaze for organising the session. It was genuinely enriching. Happy to e-meet all of you and learnt a lot today.

- **Dr. Amrita Vohra, Director of Education, GEMS India and Executive Principal, GEMS International School, Gurgaon**

## INDIA AS I SEE

Thank you for supporting and empowering our students so well. We are grateful to team Fair Gaze.

- **Mr. Sanjay Yadav, Principal, Ahlcon International School**

## WEBINARS

We are thankful to FairGaze team for organizing such a beautiful programme for general public also.

- **Manpreet Kaur Sodi, Teacher and School Counsellor, Jammu Sanskriti School**

Congratulations for such a wonderful webinar.

- **Ms. Charu Baweja, Activity Coordinator, S.D. Public School**

The session was fantastic. I really enjoyed it.

- **Student of Class 8, S.D. Public School**

## MODEL UNITED NATIONS

Thank you for supporting and bearing all our questions and answering so patiently which is why this MUN has been a great success.

- **Student of Class 12, Adarsh Vidya Kendra**

Your team was very supportive and amazing to work with. Looking forward to working with all of you again. Thank you very much for everything.

- **Ms. Krithika, Teacher, Adarsh Vidya Kendra**

Thank you for the opportunity Ma'am! It was a wonderful experience.

- **Student of Class 12, Billabong High International School**

It was a wonderful learning session.

- **Student of Class 7, Delhi Public School**

## FUTURE BRIGHT PROGRAM

Session was good and enriching

- **Mayank, Participant of Cyber Security - Future Bright Program**





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