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FAIRGAZE

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SCHOOLASTIC NEWS

IMPACT-FOCUSED SCHOOL COMMUNITY MAGAZINE

KEY TO SUCCESS:
COURAGE, TRUST, PATIENCE,
AND CONSISTENCY

Positive Thinking and Its Benefits

Evolution of the Earth

Architecture of Harappan Civilization



BE FREE TO BE
YOUR BEST SELF

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FairGaze National Model United Nations



FAIRGAZE MODEL UNITED NATIONS

(WEST & CENTRAL INDIA INTER-SCHOOL MUN)

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FAIRGAZE OFFERINGS

School Membership Program

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

available as a standalone
engagement activity

1. ONLINE WORKSHOPS

Conducted by professional
mentors for students, teachers and
parents focused on knowledge and
skill building.

available as a standalone

available as a standalone

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& Progressive Nation

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Sunbeam School

Estd. 2019

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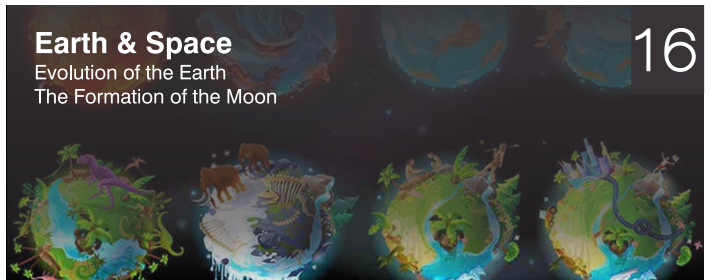
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Editorial Lead

Welcome to the August edition of the Schoolastic News magazine. It gives us immense pleasure to bring out this issue as we commemorate and celebrate 75 glorious years of independence of this great country of ours.

This month, India celebrates its 75 years of Independence, also being celebrated as "Azadi Ka Amrit Mahotsav" with great zeal as a tribute to the freedom fighters. The true sense of independence doubles when we are free from the habits that are destructive to human happiness. This issue talks about the morals and discipline essential in one's life. We must honour the special gifts we have, unique talents, and beautiful blessings that make us who we are and what our own life is meant for.

True independence can only be strengthened with quality education and helping students hone both acquired and required skills, that will make them responsible and productive citizens of the country. Schoolastic News magazine plays a key role in the life of young students learning the configuration of knowledge, wisdom, values, and integrity at the very outset of the schooling years, which is indeed imperative. Every child is born with their own individuality and gifted with their own special skills. The educators must understand that they are facilitators and must always encourage each child to develop their special field of interest. We, as the stakeholders in education, must realize the fact that all the students do not have the same talents and so each one will achieve success differently.

Hence, we feel proud of and congratulate all the students who appeared and attempted the CBSE Class 10 & 12 Term 2 examination. Each one of you has a significant contribution to giving outstanding outcomes in the field of learning and progression. Now is the time to cherish the good fortune sent your way and celebrate the days in the sunshine. Let's embrace the life we have worked so hard to create and stand out from the crowd.

We thank Ms. Charu Srivastava, Director Principal, The Samarth School, Delhi who enlightened us through her article on "Instilling Patriotism in Student's Life for a Peaceful & Progressive Nation".

We also thank all the members of the editorial board and students for their wholehearted contribution to this issue. We would like to express our sincere gratitude to our senior leadership team for their constant support and encouragement.

On the auspicious occasion of 75 years of independence, let us once again commit ourselves towards independence of the spirit and mind by unlocking the potential of every individual through holistic education. In the end, I will share a quote by the renowned author, Charlotte Bronte who says:

"Intelligence and proper education will give you independence of spirit"

Vande Mataram!

Bhavna Sharma
Editorial Lead
info@fairgaze.com

EDUCATION

IMPORTANCE OF DISCIPLINE FOR STUDENTS IN THE CLASSROOM



Discipline in school or classroom is crucial to helping students in achieving some really strong academic gains. Thus, many people prefer boarding schools for their children, as boarding schools are famous for following several disciplinary measures strictly. So, let's know the importance of discipline for students in the classroom here.

Importance of discipline for students in the classroom

While it is related to keeping the students safe and increasing their creativity, discipline plays a major role. Effective school discipline helps students in making the right decisions and stay focused on their studies. Many people want to send their children to private schools to make their children disciplined individual. The importance of discipline in the classroom is:

• Stress-free life

A well-disciplined person usually remains happy, and hence, can do good in their school studies and exams. Being disciplined helps them in staying in control of their studies and personal lives. They don't have to feel

stressed during exams or about the results of their exams. Discipline helps students to learn in a stress-free way and achieve some great results.

• Staying focused

Discipline in the classroom helps students to stay focused on their studies. A disciplined individual can

**"DISCIPLINE
ENCOURAGES
STUDENTS TO LEAD
AN ACTIVE, HEALTHY,
AND DYNAMIC LIFE."**

stay focused on his goals and think of study as their top priority. Thus, they can enjoy good results in their studies and maintain high standards in every aspect of life.

• Encourages positive performance

Classroom discipline helps students to stay on-task and interact with their teachers fruitfully; this eventually reduces distractions and improves the flow of information.

• Teaches time management

As a disciplined person can finish their tasks on time, we can say that discipline teaches students the value of time, and hence, with the help of discipline, students learn how to manage their time effectively.

• Staying active

Disciplined people usually stay healthy and active most of the time. They know what is good and what is bad for them. This helps them perform their tasks properly while completing their daily tasks on time. Hence, discipline encourages students to lead an active, healthy, and dynamic life.

Therefore, in this **essay on discipline for students in the classroom**, you will know how discipline can help a student in achieving something great.

By:
Ekta
Class - 11
Devire Public School,
Haryana

EDUCATION

SHALL THE DEVELOPMENT OF PERSONAL MORALS BE A PART OF SCHOOL EDUCATION?

To become divine (or magnificent), man must abandon mistrust, jealousy, and vanity and learn to work together for the greater good. Swami Vivekananda believes that courage, trust (in oneself and God), patience, and consistent labor are the keys to success. Purity, Patience, and Endurance, he remarked, conquer all barriers.

Having moral principles and learning is exactly like planting a strong root; having a healthy root will assist the body to have healthy leaves and branches. According to a renowned adage, "if riches is lost, nothing is lost; if health is lost, something is lost; and when a character is lost, all is lost." Therefore schools have established a course called moral science to propagate moral lessons among today's modern youth. Instilling a strong moral foundation is getting increasingly difficult.

Students nowadays are preoccupied with schoolwork and games, but moral education is becoming increasingly important since it offers them a correct form and guidance as to how to act or respond in many challenging situations. Moral principles must be instilled in all age groups, especially young children, because it is claimed that young brains are empty, like a blank white sheet, and whatever mark we leave remains for years. It takes a lot more for a teacher to instill a moral foundation in their students since instructors mold our thoughts and minds to a significant extent.

Moral education is an ethical education that assists people in choosing the proper route in life. It includes fundamental concepts like honesty, truthfulness, generosity, hospitality, tolerance, love,

compassion, and sympathy. Moral education leads to perfection. Education is more than just acquiring a degree; it contains vital value-based lessons that result in character development and societal benefit.

Schools must nowadays incorporate the notion of the hidden curriculum, which refers to the transmission of norms, values, and beliefs communicated in the classroom and social milieu. It serves to reinforce the conventional curriculum's lessons, yet many schools ignore it. They place a greater emphasis on language,

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topics, and grades. On the one hand, a school may publicly assert and assure that its educational policies and procedures are structured in such a way that all students achieve academic success.

At the same time, it may be shown that the pupils of the specific school contribute to bad behaviors, such as bullying or test cheating. This style of schooling will hardly prepare a child to handle real circumstances such as forming opinions, making decisions, and determining the best course of action. To

address this issue, schools should adopt and provide specific classes, seminars, and workshops with an experienced counselor under the supervision of educators who can assist in adding "values" lessons into the curriculum to nurture well-rounded personality development in students.

Our civilization is much more evolved and better than it used to be, but what if the individuals in it are not properly mannered? People's moral standards are deteriorating as a result of growing urbanization and modernization. An individual is unable to trust anyone, whether family or friends. Their sense of trust, honesty, love, and fraternity are all eroding with time. At school, moral ideals educate us to share and create new friends, but today's students are taught not to trust anybody and to make fewer friends.

There is fierce rivalry everywhere, whether it is in schools, universities, offices, or any talent competition. People are jealous of each other's development in today's materialistic society, but rather than becoming suspicious and envious, people should encourage and cooperate and work together for the common good. In our industrialized day, most parents work, therefore they spend less time with their children. As a result, they lack moral standards and are unable to distinguish between what is wrong and what is good.

By:

Prachi Sachdev

Class - 12

Birla Balika Vidyapeeth, Pilani

Edited by: Menka Sharma



HISTORY

ARCHITECTURE OF HARAPPAN CIVILIZATION

The Indian civilization, which is among the earliest and greatest of all Civilizations that existed in the world had its origin around the Indus River. Since it was first explored in 1921, the exploration is continuously been done with new theories emerging. The Indus River Valley Civilization that contribute to the Indian subcontinent along with the modern-day Afghanistan and Pakistan

**"INDIAN CIVILISATION
IS ONE OF THE
EARLIEST AND
GREATEST CIVILISATION
IN THE WORLD."**

corridor was the first Civilization in Indian history. Harappa was among the first explored cities found around this Indus River Valley Region, that derive its existence from Old Bronze Age, and it was the core of the Indus Civilization

forth it was also known as a "**Harappan Civilization**". Harappan Civilization included many prominent cities like Kalibangan, Lothal, and Mohenjo Daro which all were extremely popular for their art and culture and especially for their architecture.

The Harappan architecture was constituted of two-division based on the altitude of the town. The relatively higher region of the west was small but full of cultural diversity and comprised religious-spiritual buildings granaries for storing and large assembly halls. This higher architectural area was turned into the "Citadel" which was broadly only for the sophisticated and rich class of the society.

However, the relatively lower land of West was large and designed in rectangular sections of the grid. This "lower town" was a flourished Urban architecture with a well-planned grid, and major roads connecting small streets at right angles. There were one or two-

storied buildings in the "Architecture of Harappan Civilisation" with country yards and made with fired and mortared bricks, and the mud- bricks were sun-dried to provide integral strength to the buildings. The architecture is even comprised of well-constructed Water Supply and Drainage systems connecting residential buildings, halls, and architectural farms. The systems were covered and formed in long straight lines along with the inspection holes at a fixed distance to serve the maintenance purpose.

Hence, this Harappan Architecture was well mentalized baked- bricked walls, and a well-defined drainage system, which formed the foundation of Indian Architecture and redefined its boundaries.

By:
Ksshika
Class - 11
Shikshantar School,
Gurgaon



HISTORY THE ROCK ART

Rock craftsmen utilized various methods and materials. To draw or paint, they made colors from finely ground earth, minerals, or charcoal. Specialists applied shades as solids, how chalk is applied to a chalkboard or Blue color onto a surface through a line. Also, they bound shades with water, pee, creature blood, plant squeezes, or egg yolk and applied the blend to surfaces by utilizing their fingers or brushes produced using creature hair, quills, or split sticks. Etchings were made with fingers on delicate dividers or with rock devices on hard surfaces. The absolute earliest types of rock craftsmanship are cave artistic creations.

The primarily painted cave recognized as being Paleolithic-that is, from the Stone Age-was Altamira in northern Spain. Specialists considered that the work was finished by current people (Homo sapiens) in various stages between around 36,000 and 15,000 years prior.

The workmanship found there highlight canvases and inscriptions, frequently in the blend; for instance, the buffalo figures that prevail were first engraved and afterward painted. These pictures

“THE ROCK ART
SHOWS
COMMUNICATION
BETWEEN THE WORLD
OF THE LIVING AND
THE SPIRITS, AND GIVES
INSIGHT INTO THE
COSMOLOGY OF
PREHISTORIC HUNTERS
AND GATHERERS.”

were executed in a clear bichrome of red and dark, and some additionally have violet tones. Different figures incorporate ponies, deer, human characters, hand-

shaped impressions, and hand stencils. Much of the time, the maker of the pictures took advantage of the normal shapes of the stone surface to add a three-layered quality to the work. France additionally is home to the absolute most popular instances of cavern workmanship, remembering that for Lascaux cave, close to Montignac. The workmanship there was finished during different periods, as far back as 17,000 years prior.

By: Anirudh Sharma

Class - 12

Government Senior Secondary School,
Bopara

Edited by: Menka Sharma



IN COLLABORATION WITH

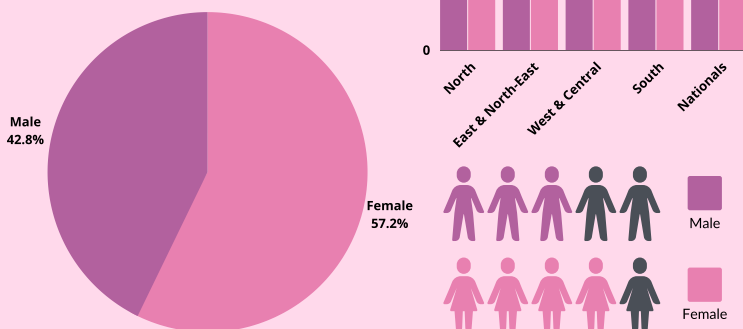


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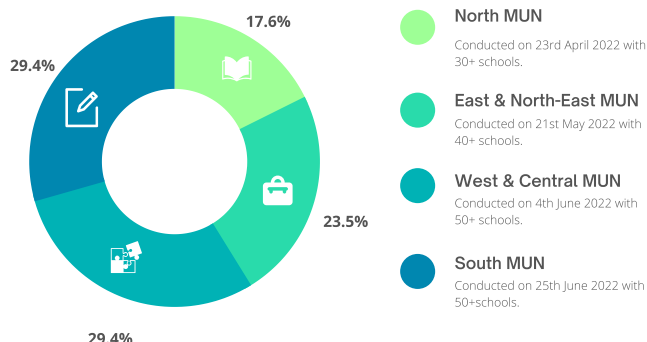
NATIONAL FAIRGAZE INTER-SCHOOL MUN

PARTICIPATION

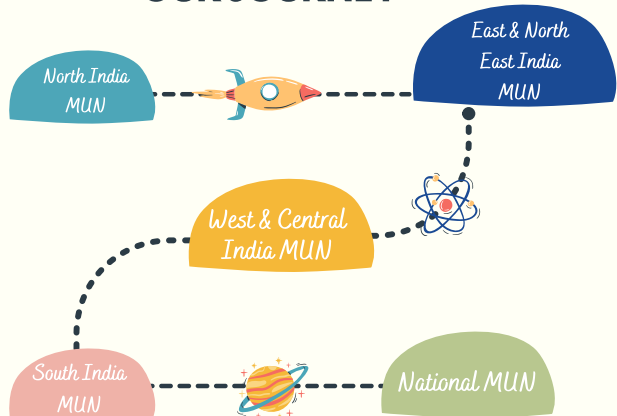
The chart represents the participation of girls versus the participation of boys in all the five Model United Nations that happened from April to July.



250 Schools Participated
1000+ Students Impacted
500+ Students Directly Engaged
20 Indian States



OUR JOURNEY



Visit: <https://mun.fairgaze.com/>

4 REGIONAL MUN



NATIONAL MUN COMMITTEES & AGENDAS

UNGA
REDUCING NUCLEAR
DANGER

UNESCO
THE IMPACT OF CLIMATE
CHANGE ON WORLD
HERITAGE SITES

UNHRC
HUMAN RIGHTS OFFENSES
OF MULTINATIONAL
CORPORATIONS

UN WOMEN
REPRODUCTIVE,
SEXUAL, AND
MATERNAL HEALTH

WHO
MEDICAL TRAINING
IN THE DEVELOPING
WORLD

IP
REPORTERS &
CARICATURISTS



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UN Information Centre
for India and Bhutan

NATIONAL FAIRGAZE INTER-SCHOOL MODEL UNITED NATIONS

23RD JULY 2022 | 9:00 A.M. – 6.00 P.M.

Some Happy Voices:



Great Experience. I joined training session with my child, and it was splendiferous. It was great to watch young child prodigies.

Regards,

Mrs. Nidhi Jain | (Mother of Armaan Jain)

(Armaan served as the Delegate of Ukraine in the United Nations Educational, Scientific and Cultural Organization) | (Student, The Lawrence School, Sanawar, Kasauli)



FairGaze National Model United Nations has proven to be a wonderful platform for students which has provided them an excellent opportunity to learn about international affairs and improve diplomatic skills. Throughout this journey, children researched, debated, discussed and most importantly, came up with great solutions. In this process, I watched them become global citizens. I whole- heartedly thank the entire team of FairGaze National Model United Nations for providing this great opportunity to our children. And I urge them to continue to organize more such MUNs and contribute to nation building.

Thanks and regards,

Mr. Gurushant Karki | (Father of Lavanya Karki)

(Lavanya served as the Delegate of South Africa in the United Nations General Assembly)

(Student, Navrachana Higher Secondary School, Sama)



I would like to thank FairGaze which is our partner and has put in a lot of effort and a lot of time on MUN. I am really grateful we found such a great partner to work with.

Regards,

Ms. Shachi Chaturvedi

Public Information Assistant - UNIC

Keynote Speaker – Closing Ceremony – FairGaze MUN (NATIONAL INTER-SCHOOL MUN)

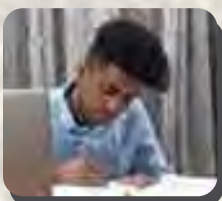


National MUN was a great experience, a platform for a healthy and knowledgeable discussion. I got lots of new facts and data. For me, it was an amazing experience and further, I will try to do much better..

Sincerely,

Kritin Dixit (Delegate of Australia in the UNESCO)

(Student in Class 9, SKD ACADEMY, Vrindavan Branch, Lucknow)



First of all, I would like to thank FairGaze MUN for giving me such a big opportunity. It was a great MUN. The secretariat was very cooperative, and they indeed pulled off a great conference. All the participating delegates were also diplomatic and stood to my expectations. I would just say that keep on including me in future as well. Kudos! All the best.

Regards,

Aditya | (Chairperson of United Nations Entity for Gender Equality and the Empowerment of Women)

(Student, Class – 12, SRDAV PUBLIC SCHOOL)

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 in association with India Is Us! UNLOCKING POTENTIAL

PRESENT
INDIA AS I SEE 2022

INDIA'S LEADING PAINTING / POETRY /
ESSAY WRITING CONTEST

REGISTER NOW! WIN REWARDS

- Total price value of INR 48,000/-
- Certificates of Participation to all the participants!
- Top 5 Schools as Best Contributors based on the highest number of participations from their school.

FairGaze in association with India Is Us is celebrating the 75th year of independence with the fifth edition of its popular painting and essay writing competition, "INDIA AS I SEE 2022". Students, what are you waiting for? Head over to our website, <https://indiaasisee.fairgaze.com/> to register yourself and grab the chance at winning amazing cash prizes.

The competition is open for all students from classes 3 to 12, from schools and NGOs. CWSN (Children with special needs) students are specially encouraged to participate

UPCOMING WORKSHOPS

- **August 8, 4:00-** How To Increase Serotonin Level Naturally
- **August 24, 4:00-** How To Do Varley Art from
- **August 27, 4:00-** The Art of Keep Balance In Adverse Situation
- **August 29, 4:00-** How to Take Balanced Diet?
- **August 31, 4:00-** Brush Technique For Bamboos Painting

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

PAST WORKSHOPS

- **July 4-** Understanding Behaviour Changes In Students (Teachers)
- **July 8-** Communication Skills For Teachers
- **July 15-** Gullible Or Astute ? How Will Our Children Be As Adults ?
- **July 20-** Paint Brush Technique
- **July 27-** Conserve Our Environment

INSTILLING PATRIOTISM IN STUDENT'S LIFE FOR A PEACEFUL & PROGRESSIVE NATION

By: Charu Srivastava
Director Principal, The Samarth School, Delhi

Theoretically, nationalism is an understanding (teaching) to love the nation and the country itself. Awareness of membership in a nation together potentially or actually to achieve, maintain and devote national identity, integrity, prosperity and strength, namely the spirit of nationality. Meanwhile, patriotism is a brave, unyielding and willing to sacrifice for the nation and state. Patriotism comes from the words "patriot" and "ism" which means heroism or heroic spirit. The sacrifice can be material and physical assets. Thus, patriotism can be interpreted as a self-sacrificing attitude to defend the nation and state from domestic and external disturbances.

The two attitudes are interrelated or related, meaning that if someone already has a sense of nationalism, he will automatically have a sense of patriotism.

The challenge is, how to instill these two values in today's younger generation. Maybe this is homework for all elements of society, including parents, teachers, lecturers, and policy makers/government. Pandit Jawahar Lal Nehru in his documentary – Discovery of India talks about what creates a Nation. It is We the People who create this BHARAT and not the rivers, fields or mountains.

The New Education Policy 2020 has embarked us all upon a journey of love for the nation. Our rich culture, heritage, arts, languages, ideologies is what every Indian should be extremely proud of. As I

quote, "The pursuit of knowledge (Jnan), wisdom (Pragya), and truth (Satya) was always considered in Indian thought and philosophy as the highest human goal." (NEP - 2020) - The policy particularly focuses on the rootedness and pride in India, and its rich, diverse, ancient and modern culture and knowledge systems and traditions and substantial investment in a strong, vibrant public education system as well as the encouragement and facilitation of true philanthropic private and community participation.

The entire nation is celebrating **Azadi ka Amrit Mahotsav**. But may we ask, why now when every day, every moment of our lives, we are an **Indian**.

School serves as a mini community and a prototype of the nation itself. Learners from diverse backgrounds wear one common uniform to learn and discover new horizons together. Participation, collaboration, discovery, discussions, problem solving- All happens with **everyone together**.

This is **National Integration!** Where, everyone is a part of a community and holds equal rights and respect. A progressive and compassionate school is one which nurtures every learner to become a confident, compassionate and caring individual. This individual should in turn, should have the nicety of **accepting and then understanding** other individuals.

The schools of today need to take qualitative measures to enable the learner to adapt to the pluralistic society (which is prone to conflict) and treat the world as one and not as a demographic dividend.

The Samarth School which stands at the heart of North East Delhi, takes pride in its values of Wisdom, Virtue and Excellence. We live in a democracy and the spirit of our constitution gets reflected in our classrooms too. The school has a Student Executive Council which is elected by the students through a fair voting system. The class representatives, too are elected by the classmates after a manifesto presentation. Needless to say, the Shapath Grahana Ceremony and General Body Meetings come as a mandate. The school, in the months of April – May sees the vibrant colors of VOTE FOR.... Posters with loud rallies for the candidates. The students at Samarth live democracy every day!

The Heritage Walks are organized at school level. Each class is allotted a state which is followed by a class presentation every month where the entire school and the parents are invited to a 'Walk through' in a state. Food, languages, dances, culture, places to visit, education, and other practices are showcased by the children. At the end of the year, we arrive to a point which draws us closer to our BHARAT MATA.

The NCC programme at school invites

maximum participation from the learners of all grades. The programme instils a sense of pride and discipline in the cadets. They stay more focused in the classrooms and come out as more balanced individuals. Also, exposure to the life of a cadet in the NCC broadens their horizons.

The school ensures that the **career fair** that is organized annually comes with more exposure and opportunities for students to **study in India and work in India**. The potential that this young country has must remain rooted to the land to serve the countrymen.

The social sciences classes in a school are a common place where national integration and love for the nation can be implemented at its best. But mere preaching of the concept will never be enough! Amidst a mush of nation's unrest that we are undergoing, we keep flipping channels for updated news on what's happening or going to happen next. Kids here are at peace and do not understand that we are in the state of a national emergency. All they can know about is the games they play every day, food they want to eat and school assignments they need to complete. Nation to them is a bigger thing and needs to be understood. It is imperative that activities such as '**Think like a Historian**' and '**Monument - My Home**' are conducted at the classroom level. The learner gets an opportunity to put himself into the shoes of a historian and interpret historical facts and develop a sense of analysis and deep reflection. Great learning about the past and its implications can be learnt through such a reflective task. Secondly, when the learner takes the monument as his/ her home, they are able to list out tangible and realistic ways in which monuments could be protected. Writing **reflective journals** and making presentations enable the learner to imbibe the learnings.

Last, but not the least, we must empower the **educators**. It is the educator who leaves a mark on the lives of the learners. One must not forget that the future of the world is in our



classrooms today. It is only when the educators take pride in themselves and in their sense of identity as an Indian will they be able to create the ripple effect in the classrooms.

Nationalism and patriotism at this time can be realized in the form of the other, such as how the name of nation would excel in the field of sports, arts, culture, mastery of science, and so on. Special to the student, let student who has the academic achievement and has achievements in activities in school. This means student must have moral and

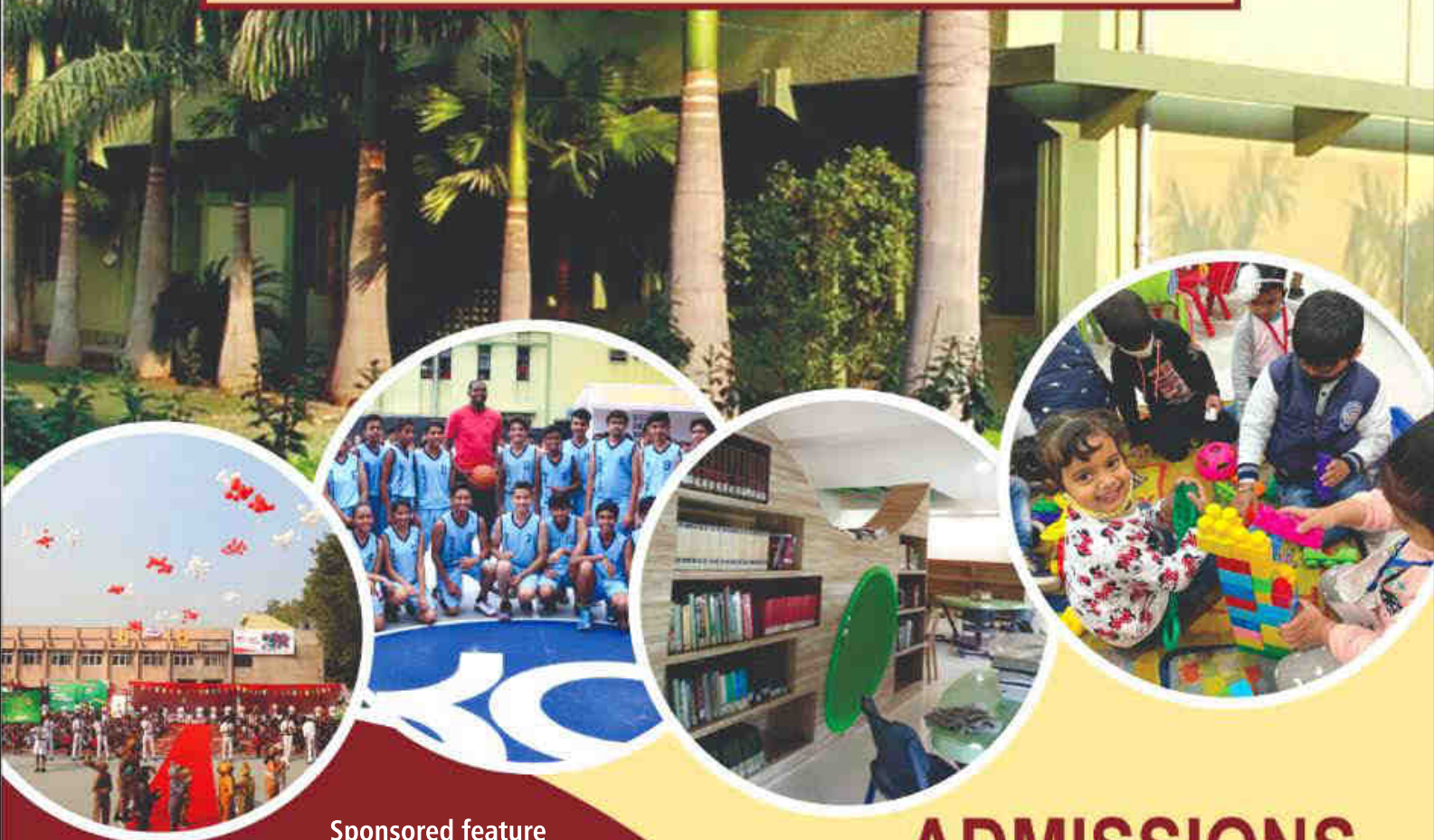
intellectual intelligence and also have skills and wisdom in behaving and acting, so student as agents of change, social of control and moral force are not just slogans.

Before the components of the nation, including the younger generation, must remain committed and consistent in strengthening the spirit of nationalism supported by idealism and patriotism, for the sake of the glory and prosperity of the Indian subcontinent now and in the future.

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FAIRGAZE PATRON SCHOOL



Estd. 2019



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Affiliation No.- 2133685

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STUDENTS**

Session: 2022-23

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EARTH & SPACE

EVOLUTION OF THE EARTH



Before all else, the Earth's piece was altogether different than how it exists today. Quite a while in the past the Earth's air was the same as the present Venus and Mars' climate. It had around 95% carbon dioxide, 2-3% nitrogen, and very little, under 1% oxygen.

Today, the Earth contains 79% nitrogen, 21% oxygen, and 3% water fume. Numerous occasions occurred north of billions of years that have added to this adjustment of the Earth's air.

The Earth had grown so radically given the gigantic residue and gas cloud inside the Milky Way world. The Earth became bigger as immense shooting stars hit it, and pass on surfed was covered with dust. Volcanoes started to shape and transmitted magma, debris, and most significant gases.

Carbon dioxide, water fume, and nitrogen were delivered into the environment from the volcanoes. This cycle is gotten down on gassing and occurred inside the initial million years or so of the Earth's arrangement.

Then, around 4 billion years prior, the

planet cooled, and the outgassed water fumes dense into mists. It down-poured and delivered the seas, and, surprisingly, enough to cover 95% of the Earth. What's more, since it came down, there was less carbon dioxide in the environment. The carbon dioxide was lost north of billion of as the sea shaped there was a compound response where carbon dioxide and water framed carbonic corrosive.

**"EARTH CONTAINS
79% NITROGEN,
21% OXYGEN, AND
3% WATER FUME."**

It is displayed in the situation $\text{CO} + \text{H}_2\text{O} = \text{H}_2 + \text{CO}_2$, the carbonic acid broke up the maritime stone into sand, residue, and mud. It is obvious due to this geo-compound cycle happened there is more carbon in the stones and minerals and there is less in the Earth's environment. The Earth's very first oxygen arose around 2,000,000 years prior on account of bright radiation. The water in the Earth's environment was parted into oxygen and

hydrogen due to the bright radiation from the sun.

The very first oxygen is from the bright radiation that happened in the Earth's environment. It is intriguing to take note that 600 million years prior just around 1% of the Earth's environment was oxygen. Critical amounts of oxygen didn't start until plants showed up on the scene.

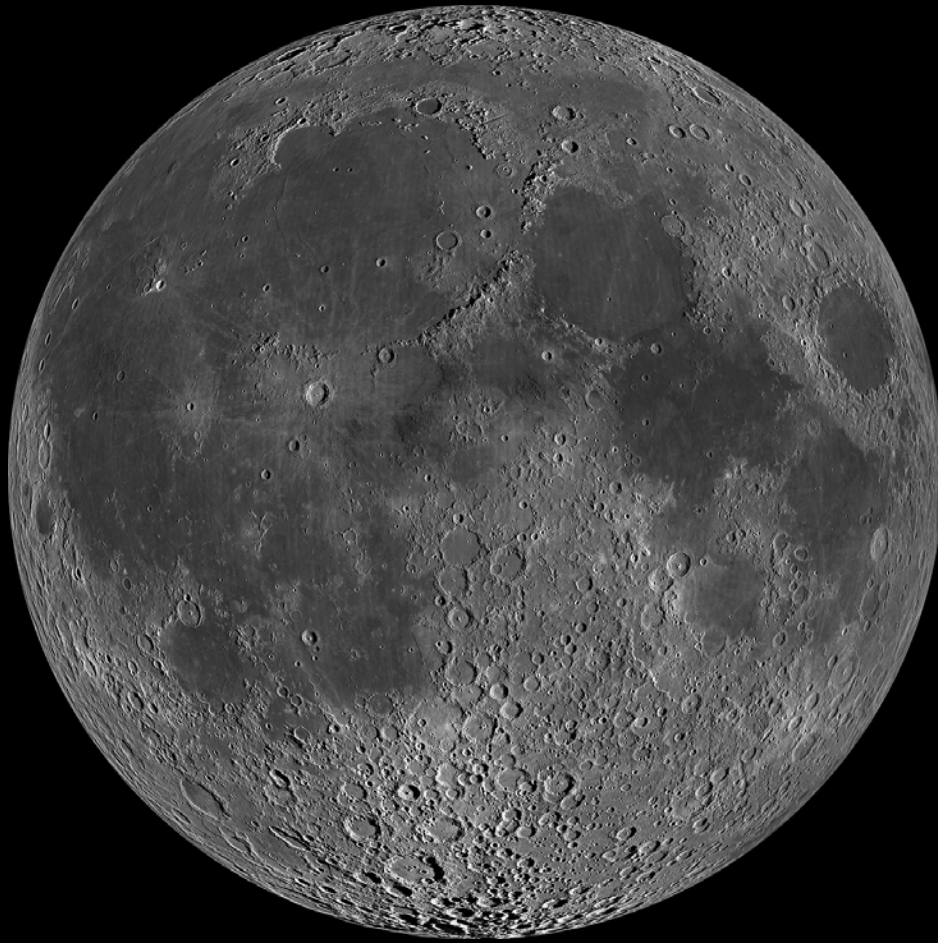
The level of oxygen expanded when vegetation developed and photosynthesis started to occur on the Earth. The very first plants were blue-green growth, which experienced the Earth's seas. Plants utilized daylight, water, and carbon dioxide to make their food in a cycle called Photosynthesis. The course of photosynthesis can be effective in the situation $6\text{CO}_2 + 6\text{H}_2\text{O} = \text{C}_6\text{H}_{12}\text{O}_6 + 6\text{O}_2$.

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EARTH & SPACE

THE FORMATION OF THE MOON

More than 200 moons are there in orbit, solar system, and planet and one of those moons belong to Earth. The moon was formed about 4.51 billion years ago when according to one theory the earth slammed into another early planet debris from this collision began to orbit Earth and accumulated forming today's moon. The moon is the fifth-largest natural satellite in the solar system with a diameter just under the width of China its composed of an iron-rich core, a mantle, and a crust containing minerals made of Magnesium, Oxygen, and Silicon. The moon's surface was once geographically active and covered in an ocean of Magma but today apart from the traces of water and ice the surface is completely covered with dust and rocky debris and countless craters. The moon's surface is each formed by an object such as meteoroids,

comets, and asteroids crashing onto the moon.

**'THE MOST WIDELY
ACCEPTED ORIGIN
EXPLANATION
POSITS THAT THE
MOON FORMED
4.51 BILLION YEARS
AGO.'**

The largest crater the South pole Aitken Basin spans a quarter of the moon's surface and is nearly deep enough to fit Mount Everest inside. The moon orbits our planet at an average distance of 30 piles of earth. It rotates at the same rate that it revolves so as it revolves around our planet the same side of the Moon

faces the earth all the time. From the earth's surface, we can observe eight distinct traditionally recognized stages of the moon's illumination called "Lunar Phases". They have been observed for thousands of years and even provided the basis for the earliest calendars. For most of human history, the moon has only been studied from far. But on July 20th, 1969 humans can close that distance with the American Spaceflight Mission "Apollo 11". It places humans on the moon for the very first time bringing our understanding of Earth's only natural satellite one step closer.

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WELL BEING

POSITIVE MINDSET FOR GOOD HEALTH

Someone has undoubtedly told you to "see the glass half full" or "see on the bright side." The folks who make these comments are almost certainly optimistic thinkers. More and more evidence are being discovered by researchers pointing to the numerous advantages of optimism and optimistic thinking. The findings also show that positive thinkers are not just healthier and less stressed, but they also have a higher overall understanding of well-being. "Setbacks are intrinsic to practically any important human activity," says positive psychology expert Suzanne Segerstrom, "and multiple studies demonstrate that optimists are in general both psychologically and physically better".

Positive thinking affects not just your capacity to manage stress and your immunity, but also your general well-

being, including a lower chance of mortality from cardiovascular disease, less depression, and a longer lifetime. Positive thinkers manage better than

**"POSITIVE THINKING
AFFECTS NOT JUST
YOUR CAPACITY TO
MANAGE STRESS BUT
ALSO YOUR IMMUNITY."**

worriers when confronted with unpleasant events. Rather than concentrating on their grievances or things they can't change, they will design a strategy and seek help and advice from others.

Researchers have observed in recent years that your thought may have a

notable impact on your body. Your ideas and emotions might have a particularly profound impact on your immunity. Researchers discovered that activation in brain regions linked to negative emotions resulted in a weakened immune system in one study. Things will go wrong. Other people's behaviors may disappoint or hurt you at times. This isn't to say that the world is out to get you or that everyone will disappoint you. Positive thinkers, on the other hand, will assess the situation realistically, look for methods to improve it, and strive to learn from their mistakes.

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WELL BEING

POSITIVE THINKING & ITS BENEFITS



There are people around us who always tell us to have a positive approach towards life and to look on the brighter side. These people who make these comments can be considered positive thinkers. There is research about the benefits of positive thinking and optimism going on for a very long time. The findings prove that the people who are positive thinkers are healthier, less stressed, and have greater overall well-being. Several studies show that optimists are both psychologically and physiologically healthier.

Following are the benefits of practicing positive thinking –

- When positive thinkers got themselves stuck in a stressful situation, they usually cope better than any other. They don't dwell on the things that they can't change, they used to ask others for advice and assistance. Whereas pessimists simply assume that the situation is not in their control and they start to cramp.
- The mind has a powerful effect on our bodies. Immunity is the area where our thoughts and attitudes can have a

powerful influence. Research has found that brain areas that are associated with negative emotions lead to a weaker immune response to certain diseases. People with positive thinking have a stronger immune response than those who have a negative view of the situation.

- Positive thinking not only impacts our

"PEOPLE WITH POSITIVE THINKING HAVE A STRONGER IMMUNE RESPONSE THAN THOSE WHO HAVE NEGATIVE THINKING."

ability to cope with our immunity and stress but also impacts our overall well-being, reducing the risk of death from cardiovascular problems leading to less depression and an increased lifespan. The reason behind having improved health and well-being is better coping with stress and avoiding unhealthy behaviors.

- The ability to cope with problems refers to resilience. These people are strong enough to face trauma or crisis with strength. They can eventually overcome and carry on from such adversity rather than falling apart from such stress. Therefore, it can be said that positive thinking plays an important role in resilience. They don't lose hope and try to fix the problems. The chances of getting into a depression are less among positive thinkers as compared to others.
- The researchers also believe that such resilience and positivism can be cultivated. By encouraging positive thoughts and emotions during the time of terrible events, people can get both short-term and long-term rewards, which include stress management, less depression, and better-coping skills which will help them in the future.

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