

VOL.1 ISS.3 | RNI: DELENG19767 | 1 FEB 2022

FAIRGAZE

PAGES 20 | COMPLIMENTARY COPY

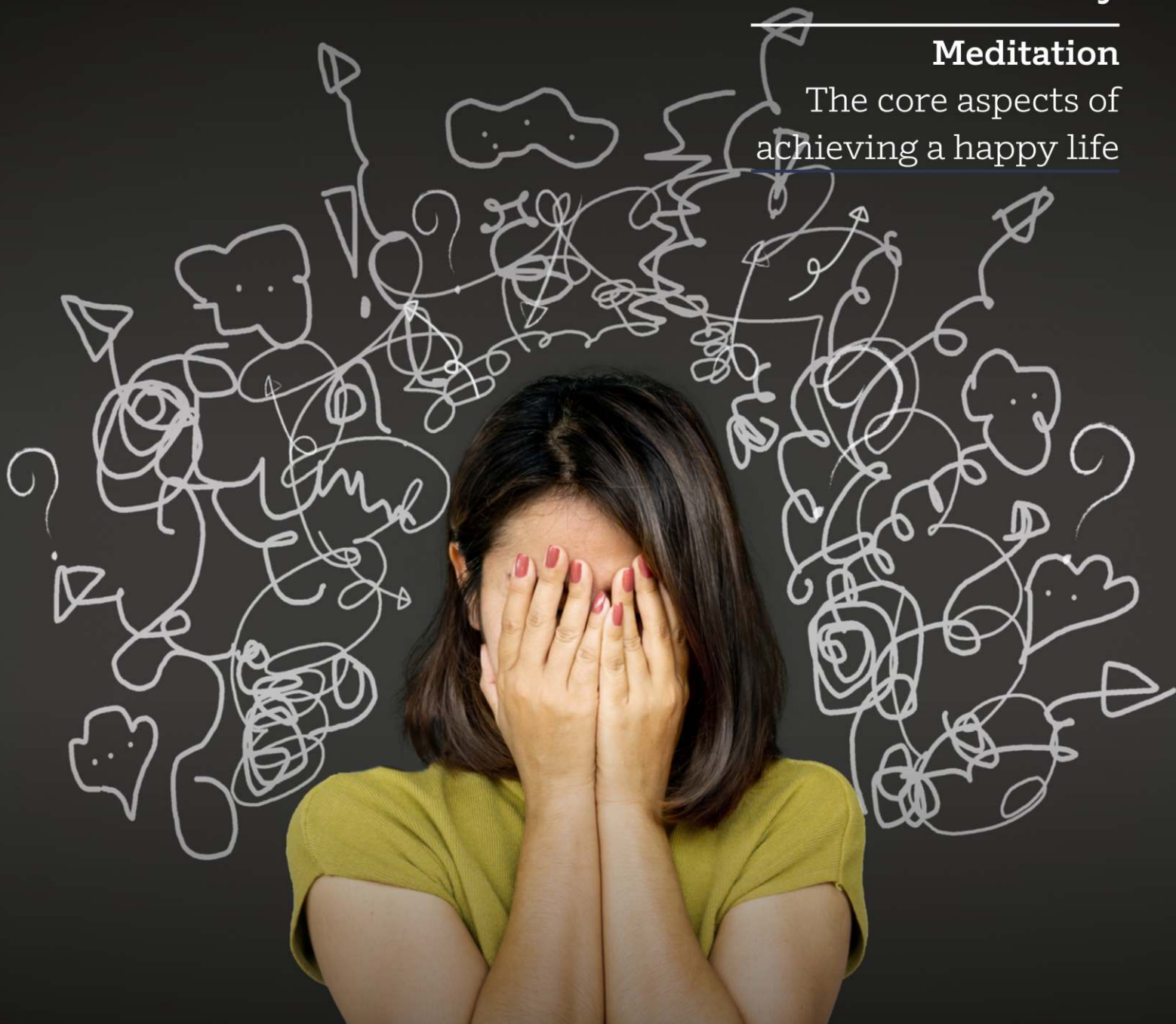
SCHOOLASTIC NEWS

IMPACT-FOCUSED SCHOOL COMMUNITY MAGAZINE

Parenting in
the 21st Century

Meditation

The core aspects of
achieving a happy life



BEING STRESS-FREE IN STRESSFUL TIMES

Content

Editor's Note..... 3

Education

Is Physical Education Important?
The Night before Examination
The Role of Social and Public Education
Education for Welfare: Need of the Hour

4

Dealing with Exams Stress and How
Schools Can Help Students to be Highly
Productive.

8

FairGaze Offering

School Membership Program
Recent FairGaze Engagements

10

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.

Well Being

Healthy Eating for Stress Management
6 Essential Nutrients to Boost Brain and Memory Development

12

Mindfulness & Meditation

Meditation for Happy and Less Stressful Life
How to Practice Meditation in the Best Way

14

Parenting in the 21st Century

16

Career Guidance

Career Planning Process
Suitable Steps: For Choosing Better Career Options

18

CREDITS & EDITORIAL TEAM

EDITORIAL LEAD
BHAVNA SHARMA

SECTION EDITOR
MENKA SHARMA

HEAD OF DESIGN & LAYOUT
JASVINDAR SINGH

PUBLIC RELATIONS
MANSHI BISHT

EDITORIAL & MARKETING CORRESPONDENCE

FairGaze Skills Pvt. Ltd.
522 Ansal Tower, 38 Nehru Place, New Delhi - 110 019, India
Ph.: +91-11-46850000 | E-mail: info@fairgaze.com

IMPRINT LINE:

Published and printed by Mookola Lakshman Sudheen on behalf of FairGaze Skills Pvt. Ltd.
Printed at: JK Offset Graphics Pvt. Ltd. B-278, Okhla Industrial Area Phase 1, New Delhi 110020.
Published from 522 Ansal Towers, 38 Nehru Place, New Delhi 110019.

Editor: Mookola Lakshman Sudheen
All rights reserved, no part of this publication may be reproduced or transmitted in any form or by any means, electronic and mechanical, including photocopy, and information storage or retrieval system, without publisher's permission.



Editorial Lead

Be kind and unwind!

We are proud to proclaim that Schoolastic News gains constant inspiration from the school-student family. Being part of the digital dialogue in our little corner of the world is something that not only energizes us but also continually gifts us with new thoughts, undiscovered talents and a heartwarming sense of community.

The year 2022 begins with an examination of the evolving education industry's preparedness in the times of the fast mutating SARS – CoV – 2. The new Omicron variant has put a pause to the hope of returning to normalcy in education sector. The last issue talked about the emerging trends in the education sector this year. The unprecedented times will again test the efficiency of pragmatic education tools and resources; perhaps surpassing the startling digital divide we saw in 2020. School promoters need to rethink their approaches, to curb the learning loss and ensure Education for All.

The contagious virus has made people really recognize the importance of the education system for more than just academics. Schools have been the best place to promote well being and nourish all the students equally. But without the partnership between schools and parents, it is difficult to establish the vital connection that provide for a rounded development.

However, there is a cause for optimism in these stressful times as it is known that "when there is crisis, there is an opportunity". Going forward schools need to think about shifting policies and resources to protect the physical and mental wellness of both students and staff – while dealing with pandemic-like conditions. The ever changing needs of educators, students and families require flexibility and agility of responsiveness. A continuous focus on holistic wellness could spark such much-needed changes. It's high time for schools to think divergently and ensure full focus on the well being, learning and overall growth of students.

FairGaze's Schoolastic News Magazine stands as an open forum for discussion supporting all the students and their learning while promoting innovation in education and media. We are highly thankful to the student team who have extended full cooperation right from the beginning.

We thank **Mr. Akhawari Nil Kishore Sinha**, Principal, Bal Bharti Public School, Bhopal who enlightened us with the techniques to manage exams stress through the topic **"Dealing with Exams Stress and How Schools can Help Students to be Highly Productive"**.

We are also appreciative towards Dr. Bhavna Chadha who is the Founder and CEO of 'Adhyapann – The Skills Hub' for bringing us in light to the topic **"Parenting in the 21st Century"**.

The editorial team is deeply indebted to the senior leadership of the Schoolastic News for being instrumental in bringing this edition alive.

As we embark upon another year, it's our hope that this issue will encourage you all to look forward with a positive and growth minded outlook to find inspiration in the stories and articles we have shared; to greet each new day with a pat on your own back for the new skills you've learned, the new friends you've made, the new ideas you've embraced.

In the end, will conclude by quoting a very famous quote from the American Basketball Coach **John Wooden** who stated –

"Make each day your masterpiece. Life is now. Life is not later on."

Stay well, stay safe!

Bhavna Sharma
Editorial Lead
info@fairgaze.com

EDUCATION

IS PHYSICAL EDUCATION IMPORTANT?

Education comes in various forms that bring several modes of knowledge with it. Education from books, society, self has always been necessary but along with it, physical education also holds much importance in education. Educating oneself in physical education not only will boost health but will also bring peace to mind. Even though physical education is not given much importance when it comes to academics yet it is a must-have to lead a healthy lifestyle. Getting physical education helps us keep engaging in healthy activities. Once a person turns to educating oneself in physical education, he/she won't need any other source to relieve stress from time to time.

Over the years, we have seen many new sports emerging in the world through physical education. Physical education helps students gain competence and confidence in themselves. It also helps them in building their personality through it. Physical education prepares students mentally and physically for both in-out lives of school. The importance of physical education is also to develop a wide range of skills and tactics within students, ultimately which helps them bring newer ideas to perform well in any condition.

Physical educations bring several aspects into everyone's life such as focus, social interactions, a will to go ahead, stress-free life, and positivity. Psychologically physical education plays an important role in developing our brain cells. Physical educations are the perfect solution to activate every cell in our body for us to keep going even in our struggles. A recent study has shown that the schools are prompting students to focus more on academics than on physical education as they believe that preparing students for their college and



work life is much more important than giving them physical education. But in all

"Intelligence and skill can only function at the peak of their capacity when the body is healthy and strong."

this, the schools are forgetting that to keep walking on the success path, exercise through physical education is

important; to maintain their health both physically and mentally.

Lastly, I would say that physical fitness is a major key component to a healthy lifestyle and social assimilation.

By:
Shourya Gajbhiye
Class - 8

Marie Poussepin's Academy,
ICSE School, Nagpur, Maharashtra



EDUCATION THE NIGHT BEFORE EXAMINATION

"Dark clouds appalling noises and a stressful mind; this is the night before exams."

Exams for a student are ensuring their qualification and ability test. Although, exams are extremely predominant for the students. We all do have the fear of exams as the night before the exam is somehow thrilling and our patience is tested. During the night before an exam, every student tries to grasp every word from the book. Therefore, they try a lot to concentrate yet, their confidence fails them.

Just as the night continues, and hours pass; the fiery clouds of thoughts run in the mind of students, keep thundering. The night before exams are tiring on the students, as they become apprehensive and agitated. All these things result in stress, which has harmful effects on the brain. It can disrupt synapse regulation, resulting in loss of sociality and interaction with others. Due to this, a student during the night before examination does not like to talk to anyone.

Stress can kill brain cells and even reduce the size of the brain. It depletes

child's energy, makes them forgetful, scared and puts them into low self-esteem, hence avoiding stress; students should take a good nap and relax their mind. A relaxed and happy mind performs better in exams. An exhausted mind makes children forget what they know.

Drinking coffee or tea should be avoided during the night before exams. A healthy meal and sleep are a must. Exams should always be played safe. There is a well-known adage, "Well begun is half done." Instead of spending the night before the exam evaluating and preparing for the exam; revision should begin in days before the exam's night.

Now come on to the scary but necessary point- "Go offline." Unless there is some study-related reason, you need not to be on Instagram, Snapchat, and other social media sites. Dropping off the face of the online (virtual) world for a few days would help you recharge and benefit your mental state.

This also helps you come out of depression and anxiety that you're getting from the outer world and are entering into a world where exercise, hobbies, and people exist. Hanging out with our best friend 'Nature' could help lower blood pressure and reduce stress hormone levels. Lastly, if the young generation instead of thinking about exams and good scores as the pressure starts taking them happily and try their best in exams will help them face defeat. All should realize that by taking the exams their knowledge will grow and scoring less in one evaluation will not decide their future. This way of exams will not be a fear fact to students, and the night before an exam would be exhilarating.

By:
Rujla Mahajan
Class - 7
Heritage School, Jammu,
Jammu and Kashmir
Edited by: Menka Sharma



EDUCATION

THE ROLE OF SOCIAL AND PUBLIC EDUCATION

In contrast to private education, public education is intended to be accessible to all pupils. Outside effects on a student's personal life, and hence their academic life, are difficult to manage.

"Education is simply the soul of a society as it passes from one generation to another."

Politicians have failed to make a difference in poverty, unemployment, or homelessness, so they turn to the one thing they can control: education. However, saying that public education

implies public school education or that it is restricted to public schools is incorrect. The term "public education" refers to the education we receive from our senses and experiences in a public setting. Also, public education provides free of cost excess to information to educate themselves.

Social education, on the other hand, is a type of social intervention that uses tactics and educational material to promote social welfare and enhance people's quality of life in general, with a focus on issue resolution for disadvantaged groups that have stayed outside the system.

If social education is to have the desired influence on people's daily lives, it must

be focused on their areas of interest, games, and sports, social and religious celebrations, economic hardships. How people adapt their behavior to match the needs of a social context is referred to as social education. Conformity, socialization, peer pressure, obedience, leadership, persuasion, sales, and marketing are all examples of conformity. It is critical in the development of children in a certain culture from birth, as well as the foundation for their future education and human development.

By:
Himanshu Sahu
Class - 10
Loyola School, Bilaspur,
Chhattisgarh

EDUCATION

EDUCATION FOR WELFARE: NEED OF THE HOUR

Education is a basic human right to which all children are entitled. It is something that cannot be forced upon a child, whom we consider to be the nation's pride, but Education, by all means, is divine, which helps in removing the stigma of ignorance and reduces the reasons for crime. Education helps a human being 'blossom' to its full.

Education is the backbone of a nation's progress and prosperity. It means the growth of human beings in its totality. Education is important to children, adults,

of the world around them and changes it into something better. It is also a process of learning and knowing different aspects of life. It develops confidence and helps build the personality of a person which will help in achieving our goals. It also develops discipline inside an individual. Our ideas, principles, attitudes are shaped by our education.

Education encourages the students to work hard. During the examination, all the students study seriously and burn the midnight oil. They try to get rid of their

focuses on welfare, only then the learning outcomes in the curricular area will improve. Hence, educational institutions must be reoriented towards their goals for a better society and must be able to shift their attention from mere 'paper performance' to 'life performance'.

Education is not preparation for life; education is life itself. Therefore 'Education for Welfare' is the need of the hour. We should promote and spread the scientific attitude among students. Our emphasis should be on inspiring our



"Education is the most powerful weapon which you can use to change the world."

-Nelson Mandela

and society as it gives people knowledge

weaknesses. So we can see very well the benefits of education are countless. It is not limited to the four walls of the classroom. It is a lifelong process. It is a modification of behavior and helps one to cope and adjust to a changing environment. In a nutshell, we can conclude that the education imparted should be holistic and human-oriented.

We must never forget that if education

young minds to attain sustainable growth in all sectors. Only then we shall reap long-term benefits.

By:
Tanushree Gautam
Class - 10

Little Flowers International School,
Shahdara, Delhi
Edited by: Menka Sharma

DEALING WITH EXAMS STRESS AND ◀ HOW SCHOOLS CAN HELP ▶ STUDENTS TO BE HIGHLY PRODUCTIVE

By: Mr. Akhawari Nil Kishore Sinha, Principal, Bal Bharti Public School, Bhopal





I still remember the day when I first appeared for my 10th board exams. Days of preparation didn't seem enough. I was feeling quite nervous about the question paper and whether I'll be able to meet my parent's expectations or not. Stress and anxiety appeared to overcome my preparations. At that very moment, I remembered my teacher's words 'I Can if I think I can' and guess what! I started feeling confident and did well in my exams. This instance is quite relatable for many people as Exam stress is common.

It is normal to feel some stress about exams. A small amount of stress can challenge you and motivate you to work harder. Exam stress becomes problematic when it hinders your ability to perform. Many students see exams as a threat and thoughts about them are predominantly negative ones. These negative thoughts

can lead to stress. Switching to a positive thought can help to reduce stress. When you hear yourself thinking negatively before or during an exam, stop and actively take a new perspective.

When you have identified the cause of your exam stress, you need to ask additional questions to help you decide what intervention will be most helpful.

Stress can affect you physically by creating tension in your body. Many people find that applying relaxation techniques are beneficial. The simplest of these techniques is deep breathing. With each exhalation, imagine your worries leaving your body. Do this a couple of times while studying, as well as before and during your exam to release tension.

Other relaxation techniques include progressive muscle relaxation, meditation, yoga and Tai-chi.

Schools play a vital role in dealing with exam stress and building confidence among students so that they can be effective and efficient. There are many ways by which a school can persuade students to perform well. Firstly, teachers must deliver their lessons in such a manner that all the students grasp the content easily. With this, they must also share some techniques to write the exams skillfully. Secondly, frequent practice tests will help the students manage time which is an essential element of any exam. Lastly, as rightly said 'Health is Wealth', a healthy mind will always yield the desired result. Students must be given opportunities to be physically active which will keep their minds sharp and alert, eventually helping them perform better.

FAIRGAZE OFFERINGS

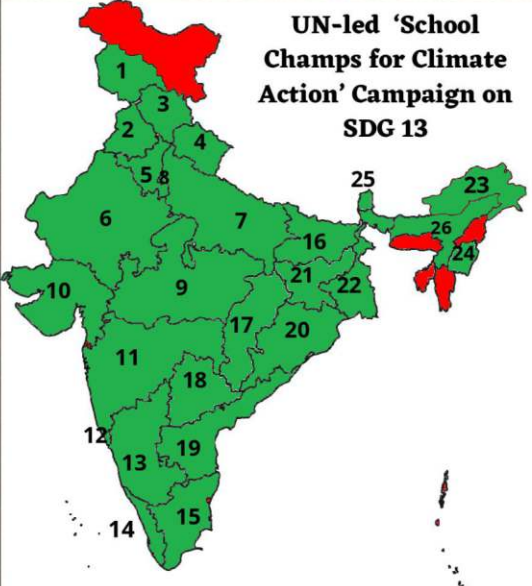
School Membership Program

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




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

Registration and Submission date extended to 15 Feb 2022. **Hurry up and join the campaign!** Thousands of students from 160+ schools from 26 States/ UTs have joined the national campaign to show their support.

Workshop on CARTOON DRAWING

JAN 12, 2022
4 PM TO 5 PM



AGE: 9-17 YRS

Creative Cartoon Drawing Workshops in collaboration with Ri8brain, a Toonz media group project, to learn from the masters about cartoon drawing talents and design your path to all artistic peaks.

UPCOMING WORKSHOPS

- Feb 7, 4 PM- The Role Of Parents In Examinations
- Feb 9, 4 PM- Introductory Photography
- Feb 16, 4 PM- Abhinay And Postures In Bharatnatyam
- Feb 19, 4 PM- The Importance Of Self Acceptance
- Feb 26, 4 PM- Grooming Grammatical Skills
- Feb 28, 4 PM- Content Creation- For The Future Entrepreneurs

Find out more about
all our upcoming
webinars and
register here:

<https://fairgaze.com/webinars.html>

PAST WORKSHOPS

- Jan 3, 4 PM- Fostering Mental Health At School: Insights For Teachers
- Jan 7, 5 PM- Making The Right Career Decision
- Jan 10, 4 PM- Nutrition And Fitness
- Jan 19, 4 PM- Calligraphy
- Jan 22, 4 PM- Insights Into Signature Analysis & Blunders For Teachers
- Jan 24, 4 PM- How To Stay Focused To Achieve Your Goals

FAIRGAZE FAIR TALKS

OPEN BOOK EXAMS PROS, CONS AND CHALLENGES.

30th JANUARY, 2022 | 5.00 P.M.



MODERATOR
MS. NEETI BHALLA SAINI
PRINCIPAL- GEYS MODERN ACADEMY,
GURUGRAM, HARYANA

PANELIST
MR. KRISHNANJAN CHANDA
PRINCIPAL- SOUTH POINT SCHOOL,
GUWAHATI, ASSAM

PANELIST
MRS. NEENU CHANDNA
PRINCIPAL- BABA RAM DAS
VIDYAPEETH, KULVEHRI, KARNA

PANELIST
MR. HARINDER PAL SINGH
PRINCIPAL- DAY SENIOR SECONDARY
SCHOOL, BIKANER, RAJASTHAN

FairGaze FAIR TALKS
involves panel discussions to analyse
the outcomes of the research
conducted with eminent panellists
from the school education community.

Learn more about all the panel
discussions held as well as the
upcoming ones here :

<https://fairgaze.com/fair-talks.html>

WELL BEING

HEALTHY EATING FOR STRESS MANAGEMENT

A key in leading a healthy life is to be healthy, fit, and fine. Eating healthy pieces of stuff works as a weapon against stress. Stress could be managed well as long as you are healthy both physically and mentally. Consuming healthy foods or drinks doesn't mean stuffing yourself with just that, but taking proper portions of it is. Psychologically, it is proven that a person intakes food in all sorts of moods. Whether the person is happy, sad, angry, lonely, or so on, he/she will find comfort in consuming their favorite food.

A habit of eating healthy foods takes time yet once it is fed into our system no other source can dissolve this habit. Taking care of our food is also essential to keep a

**"When diet is wrong,
medicine is of no use.
When diet is correct,
medicine is of no
need."**

proper balance with our health when it comes to managing stress. Caffeine intake can energize our system but at the same time can damage our nerve cells and cause disturbance to our peaceful mind. Avoiding or controlling our urge to intake caffeine through stuff like coffee, tea, some sodas, and chocolate is a must in managing stress.

Stress when not manageable can lead you to become a drinker to seek some relief through it. To avoid being a regular drinker one needs to either reduce its intake or consume it in moderation. A study from the University of Michigan Health System states that a person can drink alcohol by limiting oneself to 2-drinks a day for men and 1-drink a day



for women. Alcohol can be a short relief medium but cannot be the path of involving stress management.

In a time like today, everybody is in a race that is filled with full of stress. For running in this race many skip their food and water at times which are the essentials one needs to be alive. Ignoring meals can take you on a stressful path. Hence, making our mealtimes calm and relaxed is a vital point. Eating on a run or being empty stomach can give you headaches and indigestion causing tightness and tense feeling in the stomach. So, use your mealtime to relax, enjoy the flavor of your meal, and reflect on your day.

As mentioned in the beginning food plays an important role in controlling our

moods. So, whenever we consume food in any sort of emotion, we should take note of the quantity we are consuming. Consumption of excessive food can lead to overeating which becomes problematic in many ways. For managing stress instead of turning to food try to replace eating with other actions that relieve stress, such as taking a walk, playing with a pet, or taking a bath. Lastly, I would like to convey that eating healthy helps in managing stress very efficiently.

By:
Harshita Sahu
Class - 10

Dreamland Higher Secondary School,
Chhattisgarh

WELL BEING

6 ESSENTIAL NUTRIENTS TO BOOST BRAIN AND MEMORY DEVELOPMENT

According to the study, the brain weighs only 3% of our body weight; yet it consumes 17% of our energy which is more than the brain weight. To release such energy through our brain it needs to be fed with proper nutrients and to develop our memory, we need to boost up our brain with the necessary nutrients. To promote brain cells to function perfectly, it needs an adequate number of fatty acids, vitamins, and minerals.

The most essential nutrients to boost brain and memory development are as follows:

- Omega-3 Fatty Acids
- B Vitamins
- Vitamin K
- Vitamin E
- Lycopene
- Zinc

Since adequate nutrients are needed for normal brain development; intake of foods that carry essential nutrients is a must to have. To enhance intellectual performance omega-3 fatty acids helps to boost general thinking and thought process. Research also suggests that omega-3 helps prevent Alzheimer's disease and dementia. Omega-3s are most often found in fish and also in walnuts, flax seeds, and chia seeds.

Mood and mental performance interrelate with each other when it comes to the development of memory and to boost this B vitamins are very essential to consume. B vitamins lower the odds

of developing dementia and assist in memory ability. It also helps in reducing anxiety, depression, stress, migraine, PMS symptoms, and the risk of heart disease. Many may face weakness due



to deficiency of B vitamin as it lowers the booting power of the energy levels. B vitamin can be found in green leafy

"From brain health to soft skin and weight control, including the right nutrients makes a big difference."

vegetables such as kale and spinach, and choline, which has been linked to brain development, can be found in broccoli and cauliflower.

Along with nutrients antioxidants are also important which are generally found in the nutrient vitamin E like nuts, seeds, avocado, and tofu. Vitamin E boosts the age of our brain helps in maintaining healthy eyes and skin. Due to deficiency of Vitamin E, one can get digestive disorder which also damages cells. Another most significant antioxidant along with Vitamin E is lycopene which fights against dementia, especially Alzheimer's disease. A study has shown that lycopene treats prostate cancer and helps prevent breast cancer keeping blood vessels around the heart and neck healthy. Lycopene is mainly found in red fruits and vegetables like tomatoes, watermelon, bell peppers, and red carrots.

Last on the list of essential nutrients is Zinc which helps in strengthening the immune system and cell growth. With Zinc as an essential nutrient, it also helps in building memory and thinking ability. This also prevents a person to have negative thoughts and boosts a good mood which helps in keeping oneself away from depression. Zinc is available in a handful of pumpkin seeds and can also be found in dark chocolate, potatoes, lamb, and seafood.

By:
Satwik Raj Panda
Class - 9
KVS Nuapada, Odisha
Edited by: Menka Sharma

MINDFULNESS & MEDITATION

MEDITATION FOR HAPPY AND LESS STRESSFUL LIFE



The modern hustle-bustle of life, where everyone wants to be successful and happy, often leads to tension, anxiety, and stress. Despite the rapid development of the medical and biotech sectors, one of the most popular methods of reducing stress and achieving a happy life can be found in one of the rich aspects of our ancient culture, meditation.

When people face severe stress-related issues, meditation has proved to be one of the most effective ways to achieve a happy and positive life. Its history dates back to the ancient period when it was widely practiced by Buddhist monks and Indian rishis. It was initially meant to help deepen understanding of life's sacred and mystical forces. Nowadays,

meditation is commonly used for relaxation and stress reduction. And since then, the ancient Vedic technique of meditation has been one of the core aspects of achieving a happy life. It helps us to melt our physical or emotional stress. It leaves us feeling better,

"Meditation is being in tune with our Inner Universe."

refreshed, and ready to face the challenges of the day with a healthy and positive attitude. It helps us gain positivity and make beneficial decisions, and have a sense of calmness. With regular practice over weeks or months, one can experience even more excellent benefits. It affects the body in precisely the opposite ways that stress does—by

increasing the body's relaxation response. It restores the body to a calm state, helping the body repair itself and preventing new damage from the physical effects of stress. It boasts peace and balance that benefits both emotional well-being and overall health.

With the increasing popularity of meditation with the emergence of many meditation centers and teachers, its benefits have positively impacted our health and happiness..

By:
Sampada Tewari
Class - 8
Campus School, Uttarakhand

MINDFULNESS & MEDITATION

HOW TO PRACTICE MEDITATION IN THE BEST WAY

Meditation has far-fetched and long-lasting benefits in our lives. A person practicing meditation regularly can lower their stress level, and the inner pain one faces mentally. Meditation helps us to connect our body with the soul as one, improves our focus, and teaches us to be kinder to ourselves. The basic method to perform meditation is to sit at a calmer place where it is free of noise. Performing meditation early in the morning is more beneficial than performing it at any other time. Even though the method seems simple yet, it takes a great time to excel in it. One needs to have the patience to achieve excellence in meditation.

The first step in the meditation is to focus on our breath by concentrating on the way its exhaling and inhaling. Following

"Practice meditation regularly. Meditation leads to eternal bliss."

the sensation of your breath as it goes in and as it goes out will bring you peace. In the next step, one needs to set time to practice meditation. Now, when it comes to sitting positions, it is not necessary to go in a certain fixed position to perform meditation. A person can perform meditation by sitting on a chair and keeping their feet touched with the ground, one can also sit loosely cross-legged on the ground or can kneel too, keeping its back straight. Any position you decide to be in while performing meditation, it is mandatory for us to be in a stable position that can keep us in the position with ease.

If you are a beginner, then your mind may wander to other places leaving your concentration on breath behind. And



when you notice, your focus losing tries to count your breaths and focus on its flow again to regain your form of meditation. Many a time, you may feel drowned in unnecessary thoughts and to avoid such circumstances try to be back by ignoring them. When you start feeling content open your closed eyes slowly take notice of your surroundings and take in any sort of sounds from nature. Lastly, gather your thoughts and emotions; and notice how our body feels light and right.

The key to achieving excellence in meditating is to practice it on daily basis. Even if you perform for five minutes, perform it with your whole heart.

Surprisingly, recent research from neuroscientist Amishi Jha discovered that 12 minutes of meditation, 5 days a week can protect and strengthen our ability to pay attention. To perform meditation in the best way, prepare a schedule and keep refreshing it from time to time. Once you master the process there's no way that you cannot get habitual to this healthy lifestyle.

By:
Aman Soni
Class - 12

Tathagat Gyansthal Senior Secondary
School, Uttar Pradesh
Edited by: Menka Sharma

PARENTING IN THE 21ST CENTURY

Because children today have so many opportunities to be deflected from the challenges of growing up, parents need to pay attention—the right way. Doing too much for kids can be as bad as giving no direction at all, and may help explain why so many young adults today suffer from anxiety or depression, have an oversize sense of entitlement, or fail to launch at all. It's true that children today face more challenges than earlier cohorts did, but that is all the more reason that parents need to provide direction.

Remember when receipt of a coffee mug emblazoned with “Best Mom Ever” or a T-shirt proclaiming “Best Dad Ever” was enough to validate someone's skills and aptitude as a parent? In the 21st century, it seems that the ante has been raised. In the eyes of society, parents barely qualify as competent — much less “perfect” — unless they can check off all of the following qualifications:

- Not only attend to, but anticipate, their child's every need
- Orchestrate their child's academic success
- Provide their child with all the best experiences and most useful activities
- Make home an oasis of peace and harmony for the family (while simultaneously prospering in their own careers)

“Always on” parenting requires a lot of problem-solving, which leaves parents focused on all the things that are going wrong, says American Counselling Association member Laura Meyer, a licensed clinical mental health counsellor in Bedford, New Hampshire.

The extreme expectations, paired with

the rapidly accelerating pace of modern life, present significant obstacles and pressures for parents who genuinely want to make their children feel cared for without driving themselves crazy.

No longer partners but still parents

“Divorce changes kids' lives [and] usually not in good ways,” says Kristin Little, a licensed mental health counsellor whose Seattle-area practice includes a focus on counselling families that are navigating divorce or separation. “However, kids can manage even difficult divorce changes if well-supported and protected from the most harmful effects of conflict [such as] loss of confidence in their parents' ability to lead, loss of stability in home/school life and loss of relationship with either or both parents.”

- Have ground rules for communication. Parents should not berate each other or argue in front of their children. If necessary, they should go to a private area to work out their conflict.
- Each parent should seek individual counselling to work through his or her own issues. This can help limit the level of animosity and frequency of arguments that may occur in the home.
- Model mutual respect for each other in front of the children. Each partner should also talk to family members and friends and ask them to refrain from saying negative things about the other partner in front of the children.

Parents who are facing divorce or separation are often terrified, which can override their ability to collaborate and make decisions, Little says. They may seek safety by sticking to past patterns of interacting and relying on assumptions about roles or capabilities that they held



during the marriage or relationship, she explains. They often have difficulty envisioning change.

How is it parenting today different from 20th-century parenting?

Past parenting philosophies have parents overreacting, underreacting, or in denial, making excuses for their kids' behaviour, providing choices versus direction, causing children confusion when they need boundaries and direction. Over the past decades, we've seen parents beg and negotiate with their kids, making feeble attempts to get them to psychologically buy into the right thing to do, sometimes throwing money, gadgets, and opportunities at them, resulting in the creation of a self-indulging child with a sense of entitlement and a false sense of security. And later they witnessed this blowing up in their children's face once they reach adolescence or adulthood, where behaviour and attitude become far less excusable and accepted.

Today, many adolescents, college-bound



young adults, and graduates evidence being unarmed with skillsets and coping mechanisms to deal effectively with the challenges they're presented and instead continue to demonstrate expectations that the world will treat them in the same manner their parents did—and of course are surprised at the outcome. We see young adults jumping from one job or opportunity to another, or taking an elongated time to finish college, and often returning home due to failed attempts at launching. In general, they are not developing the kind of independence and capability to deal effectively with life's challenges.

In some cases, these young people demonstrate depression, anxiety, or panic attacks, engage in self-harm, or make poor decisions that impact their success; this is primarily because parents weren't involved early on and throughout their life, directing, modelling and coaching them away from the sometimes negative alternatives they've now turned toward.

This article teaches parents to recognize the challenges and opportunities children face early by putting a new twist to the old 3Rs, suggesting parents need to pay more attention to their child's world:

- learn to Read their child's environment, recognize the challenges, conflicts, or opportunities their children are presented with, know who and what influences them, and know how all this affects their performance.
- help Regulate and develop their

children's emotional control. By teaching emotional control, parents can learn how children slip into negative mood states—which, if left uncontrolled, can impact their success, colour the decisions they make and the behaviour they demonstrate as well as the responses they may seek in their world.

- Redirect their child's behaviour in order to achieve positive outcomes, helping their children accomplish relevant goals that lead to a heightened sense of self-worth, self assurance, and motivation for their present and future endeavours.

What are the new challenges that parents face and where do they come from?

Today, a child's emotional backpack is often crammed with so many concerns and questions that influence their daily life that there's hardly any room for books. Children pose questions regarding their competency, worth, identity, performance, ability to succeed, security, and safety; they are looking for answers on how to cope and feel good about themselves. And when parents aren't around to support their kids' confidence-building, the children often turn to negative alternatives.

So, the key to effective 21st-century parenting is flexibility, matching parental responsiveness and direction to the level of performance their child demonstrates. This process needs to be inconstant

motion, evaluated, adaptable to the child's results.

What do you consider the single most important message for readers?

Pay attention to what's going on in the child's life and incorporate the new 3Rs. Read a child's environment, paying close attention to what's going on in the child's life and what influences their world. Help children regulate their emotional temperature by paying attention to how they respond to influences, teach them how to control their emotions, and redirect their behaviour, paying attention to their child's accomplishments and disappointments and directing them to their highest personal success and significance.

Also, it is important to know that self-esteem, self-concept, and motivation aren't birth rights; they have to be worked for, and it's a parent's responsibility to be the teacher. Today, parenting is more than being a child's best friend or buying the latest technology. It's about leadership and sometimes having to make unpopular decisions because it's in the best interest of the child. If parents don't, no one else will.

By:
Dr. Bhavna Chadha
Founder & CEO
"Adhyapann"-The Skills Hub



CAREER GUIDANCE

CAREER PLANNING PROCESS

Career planning is a lifelong process that includes getting a job, working on our skills, finding out our expectations from life, and even retiring. For making career plans, skills are the priority. Skill is the one thing that we learn through practice identifying our skills that helps us to find out our ideal job. It includes finding out what is more

The future depends on what you do today.

important for us in the job and what kind of decision-maker we are. Career planning gives us the answers to the questions; what we are doing after graduation.

The importance of career planning goes beyond one's imagination when it comes to choosing goals. It is a process by which one can select his/her career goals and path. Career planning involves a clear selection for career goals and career

paths. It also encourages individuals to explore themselves and gather information. This also makes individuals ponder on various things and make thorough research about several things.

Each individual is different from one another and so, the path chosen differs from one another. Yet the one thing that doesn't differ is the process of findings. Here are a few points from the process below:

- Identifying what you are good at
- Knowing how our skills, talents, values, and interests can translate us into possible jobs or careers
- Matching our career goals to our financial needs and educational needs

Career planning is distributed into three main components, which are - 1. Self-Exploration, 2. Occupational Exploration, and 3. Educational Planning and Career Planning. The first component is the priority stage which needs to be taken

care of; first-handily. The rest two components can be explored later after achieving the Self-Exploration component. Also, the other two stages are required to be taken care of when we enter the first step in the workspace.

Last, but not least an individual's cultural context learning is also very influential. Each individual's thinking process varies worldview composing their attitudes, values, opinions, and beliefs about the world and how it is evolving. Our Cultural Context is surrounded by the entire career planning process that includes our cultural heritage and life experiences that we come across after stepping out of the shell that we are in at the moment.

By:
Abhijeet
Class - 11

Bal Bharti Public School,
Bhopal, Madhya Pradesh



CAREER GUIDANCE

SUITABLE STEPS: FOR CHOOSING BETTER CAREER OPTIONS

Choosing a career can be hard when you have no idea what you want to do but “everything seems impossible until it’s done.” There are so many options out there but we all need careers we can enjoy or do well in. First, we have to think about who are you actually, what do you actually enjoy doing. Find out your career choices based on your personal traits or qualities. Think about the most important skills you already have and which one you have to build on. “It’s a very long road but it will be worth it.” Second consider things you enjoyed or enjoy doing, things you got appreciated in. If you have any hobbies then try to search how that might fit into a career. If you think you are not good at anything, ask your family members, parents, friends, or teachers what they think you would be good at. Figuring out what should you do in your life

may sometimes require you to get to know yourself better.

Third, do more research, if you are still confused consider what career options are



available for you to easily move into? Then the most important thing to consider is if the career path you’re choosing will provide you with an acceptable level of financial security. The fifth and last main

decision is to keep in mind that you will probably be suited to more than one career direction in your working life. The key to becoming employable is having the ability to adapt and learn new skills. Remember

“THERE ARE NO SHORTCUTS IN SUCCESS, IT IS THE RESULT OF PREPARATIONS, HARDWORK AND LEARNING FROM FAILURE.”

By:
Swasti Jain
Class - 10

Modern Convent School, Delhi
Edited by: Menka Sharma

SOME HAPPY VOICES

| MODEL UNITED NATIONS

I had a very good MUN experience, even though it's my 4th time participating in MUN. I always learn something new every time... I had very good delegates, chair and a vice chair person. - **Student of Class – 9, Adarsh Vidya Kendra, Tamil Nadu**

It was a great experience in MUN and as in the beginning Ms. V. Bindhu Ma'am has said MUN means fun that was completely true. Great interaction and learning. Our EB's are so much friendly and other delegates in the committee too. I would like to have more MUN. And it was my first time that gone so well. I secured special mention also. Thanks to FairGaze to organize this amazing MUN - **Student of Class – 6, S.D. Public School, Pitampura, Delhi**

The last MUN session was very nice and motivational. I have learnt a lot of new things and I had a chance to improve my skills. Every one there was friendly to me. This made me overcome my fear and talk to them. Please do more of these - **Student of Class-7, Hosur Public School, Tamil Nadu**

It was my first time and it was a good platform to understand different functions in the MUN. I like to attend more of MUN so that I can improve myself and understand the functions more. It fascinated me by seeing the other participants performing their duties so professionally - **Student of Class – 7, Amrita Vidyalayam, Edappally, Kerala**

| FAIRTALKS

Thank you so much everyone! I am so elated that I could get some beautiful pearls of wisdom from today's session and host the event as a student! Glad to have got some more hacks to be Tech-smart and be efficient with the use of technology..Lovely listening to all the experiences and insights! - **Student of Class – 11, Bal Bhavan Public School**

| STUDENT SCHOLARSHIP PROGRAM AND SCHOOLASTIC NEWS

First of all thank you so much ma'am and team FairGaze. I really didn't expect this. I told my father about this and he is so happy. - **Student of Class – 12, Birla School, Pilani, Rajasthan**

Thank you so much for such wonderful opportunity. I will be glad to be associated with your team in future. - **Student of Class – 8, Billabong High International School, Gujarat**

| WEBINARS

Yesterday's and today's session was too good. I personally feel there should be more workshops than webinars. - **Teacher, Indirapuram Public School, Ghaziabad**

You were the best. Today.....REALLY.....SOOOO GOODPROUD OF YOU. Today's Coffee with Counsellors session was actually Superb. - **Teacher, SD Public School, Pitampura**

SCHOOL CHAMPS FOR CLIMATE ACTION



About the campaign: FairGaze (leading school media ecosystem) and United Nations Information Centre for India and Bhutan, has launched a student-led campaign **School Champs For Climate Action** for SDG 13 to commemorate the 26th Conference of Parties of the United Nations Framework Convention on Climate Change or COP 26, held from 31 October to 12 November 2021 in Glasgow, Scotland.

The campaign also aims to encourage them to be change-makers and share the story of their action that led to a positive impact on climate.

The campaign includes a contest, which is open for students from Grade 6 to 12 with registration beginning from 10 Nov 2021 to 15 Feb. 2022 culminating with a closing ceremony and award announcement in April. Students can register here: <https://sdg.fairgaze.com/one-day-for-climate.html>

Details:

- **Participants' Profile** - Classes 6th-12th | **Mode** - Online | **Contest fee** - The contest is free for all students
- **Language of submissions:** Hindi/English

What does the participant need to do?

- Register for the campaign at <https://sdg.fairgaze.com/one-day-for-climate.html> from 10th Nov and until 15th Feb. 2022. Post registration, students can login anytime to submit the stories.
- Submit a 250-300 word story on sustainable actions they took to combat climate change. Some guiding themes that students can select from are available at the "Ten Impactful Actions" available at: <https://www.un.org/en/actnow> - Submissions to start from Nov 2021.
- Upload a 1-minute video showcasing the story and the impact. The video must include parental testimonials as well.
- Verify the story and the video on authenticity. The verification certificate should be signed by the principal of the school.



FAIRGAZE
UNLOCKING POTENTIAL

FairGaze Skills Pvt. Ltd.,

522 Ansal Tower, 38 Nehru Place, New Delhi - 110 019, India | Ph.: +91-11-46850 000 | E-mail: info@fairgaze.com

www.fairgaze.com