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FAIRGAZE

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# SCHOOLASTIC NEWS

IMPACT-FOCUSED SCHOOL COMMUNITY MONTHLY MAGAZINE

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**A Social Odyssey:  
Development of  
Indian Old Style  
Dance Structure**

**Exploring Test Pressure:  
Methodologies for Progress  
The Effect of Nuclear Energy  
Creating Plants on the  
Climate**

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**Vibrant Visions:**

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available as a standalone engagement activity

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

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# Editorial Lead

Dear Schoolastic News Readers,

As February dawns upon us, it brings me great joy to extend a heartfelt welcome to each and every one of you. With the changing of the month comes a fresh sense of enthusiasm and promise, and we are excited to present to you the latest edition of Schoolastic News. This February release is a tribute to the unwavering commitment and imaginative brilliance of our student writers, whose voices echo throughout the pages.

Within this issue, you will discover a diverse array of articles that reflect the myriad talents and perspectives within our Schoolastic community. From captivating stories to insightful analyses, each piece underscores the intellectual curiosity and passion that define our publication. As editors, we are consistently inspired by the depth of understanding and range of viewpoints that emanate from classrooms across the nation.

I am particularly grateful to **Dr. Ragini Kaul, Principal of Maxfort School, Paschim Vihar**, for her enlightening contribution to this edition. Dr. Kaul's article, "The Crucial Role of Sports in Promoting Physical and Mental Well-being," offers valuable insights that enhance our grasp of the subject matter. We extend our sincere appreciation for her expertise and commitment to nurturing holistic education.

Moreover, we are privileged to feature the perspectives of **Mrs. Razia Khatoon, an esteemed Chef and award recipient**, in this issue. Mrs. Khatoon's piece, "Essential Skills and Strategies for Advancing your Career in the Bakery Industry," imparts invaluable guidance to aspiring professionals. We are profoundly grateful for her wisdom and generosity in sharing her knowledge with our readership.

As we journey through the pages of this month's edition, let us celebrate the ethos of learning and collaboration that defines the Schoolastic community. I extend my heartfelt thanks to our talented student writers whose contributions breathe life and depth into our magazine. Together, let us embrace the opportunities that lie ahead and continue to illuminate our paths with the beacon of knowledge.

Happy reading, Schoolastic enthusiasts!

Warm regards,  
**Bhavna Sharma**  
Editorial Lead  
[info@fairgaze.com](mailto:info@fairgaze.com)

INDIAN ART

# ◀ DEVELOPMENT OF INDIAN ▶ STYLE DANCE STRUCTURE



India, a land saturated with custom and social extravagance, brags a rich embroidery of old-style dance forms that have developed over hundreds of years. This social odyssey mirrors the assorted history, otherworldliness, and imaginative articulations of the subcontinent. The development of Indian traditional dance structures is a hypnotizing venture that incorporates a bunch of styles, each with its novel personality and story.

### Antiquated Roots:

The underlying foundations of Indian traditional dance can be followed back to old sacred writings and texts,

including the Natya Shastra ascribed to the sage Bharata. This primary text laid the basis for different old-style dance structures by classifying standards of development, articulation, and beat. The early structures, like Bharatanatyam, Kathakali, Kuchipudi, Odissi, and Manipuri, started to come to fruition as hallowed customs, strict services, and narrating instruments.

### Sanctuary Customs:

Indian sanctuaries assumed an essential part in supporting and safeguarding old-style dance structures. The devadasi framework, where sanctuary artists were committed to serving gods through dance, prospered. Bharatanatyam, with its effortless developments and complex footwork, tracked down its home in the sanctuaries of Tamil Nadu. Odissi, starting in the sanctuaries of Odisha, is described by its smoothness and sculptural postures.

### Illustrious Support:

With the coming of middle-age India, old-style dance structures encountered a shift from sanctuaries to imperial courts. This change achieved a combination of people and traditional components. Kathak, with its accentuation on narrating through expressive motions and quick footwork, thrived in the Mughal courts. Likewise, the exquisite and emotive Kathakali developed in the illustrious courts of Kerala.

### Pioneer Impact and Renaissance:

The frontier time saw a decrease in support for conventional expressions, as Western impacts grabbed hold. Nonetheless, the twentieth century saw a renaissance in Indian traditional dance,

because of visionary craftsmen like Rukmini Devi Arundale, who rejuvenated Bharatanatyam and laid out it as a worldwide work of art. This period saw a cognizant work to break liberated from the shackles of custom while protecting the embodiment of old-style dance.

### Contemporary Articulation:

In the 21st hundred years, Indian old-style dance structures keep on advancing, embracing present-day subjects and articulations. Famous artists and choreographers are investigating creative stories, coordinating innovation, and teaming up with craftsmen from different disciplines. This combination of custom and contemporary impacts guarantees the pertinence and liveliness of old-style dance in a quickly impacting world.

### Conclusion:

The development of Indian old-style dance structures is a demonstration of the versatility and flexibility of India's social legacy. From antiquated ceremonies to regal courts, pilgrim difficulties to current articulations, these dance structures have endured for the long haul. As overseers of a rich heritage, artists today convey forward this social odyssey, spanning various times with each effortless development and expressive motion. The excursion keeps, guaranteeing that Indian traditional dance stays a persevering and loved part of the country's socially woven artwork.

INDIAN ART

# THE RESURGENCE OF INDIAN CONTEMPORARY WORKMANSHIP: ORCHESTRATING CUSTOM AND ADVANCEMENT



Lately, Indian contemporary workmanship has encountered a striking resurgence, charming worldwide crowds with its novel combination of custom and innovation. This creative development not only mirrors the rich socially woven artwork of India yet in addition exhibits the dynamism of its specialists as they explore the perplexing transaction between custom and the contemporary world.

### Establishes in Tradition:

Indian contemporary craftsmanship draws motivation from the nation's well-established imaginative legacy, traversing hundreds of years of different societies, customs, and creative articulations. Conventional fine arts like Madhubani, Pattachitra, and Tanjore compositions act as wellsprings of motivation for contemporary craftsmen, interfacing their work with a significant social heritage.

### Present-day Mediums, Conventional Themes:

What separates Indian contemporary workmanship is its capacity to flawlessly coordinate customary subjects into current mediums. Craftsmen try different

things with various materials and strategies, from customary materials to advanced stages. This unique blend makes a visual language that reverberates with both the rich history of Indian craftsmanship and the intricacies of the current day.

### Social Stories in Flux:

The resurgence of Indian contemporary craftsmanship implies a takeoff from the regular stories, investigating the different and developing social scene of the country. Craftsmen dive into issues like personality, globalization, and cultural movements, introducing a nuanced impression of the contemporary Indian experience.

### Innovative Advancements:

The hug of present-day innovation plays had a significant impact on the resurgence of Indian contemporary workmanship. Specialists influence advanced stages, augmented reality, and interactive media establishments to rise above conventional limits. This mix of innovation expands the compass of their craft as well as mirrors the impact of the advanced age on their inventive flows.

### Worldwide Recognition:

Indian contemporary craftsmen are collecting worldwide recognition, adding to the worldwide discourse on workmanship and culture. Their capacity to inject customary components into contemporary works reverberates with crowds around the world, encouraging a more profound appreciation for the variety and intricacy of Indian workmanship.

### Recovery of Society and Ancestral Art:

The resurgence of contemporary Indian workmanship goes past metropolitan habitats, with an outstanding recovery of interest in society and ancestral craftsmanship. Craftsmen are investigating provincial fine arts, reinvigorating customary practices, and giving a stage to underestimated creative networks.

### Social Analysis and Activism:

Numerous contemporary specialists in India utilize their work as an incredible asset for social editorial and activism. Resolving issues like orientation balance, ecological worries, and cultural treacheries, their specialty turns into an impetus for change, enhancing voices and starting significant discussions.

### Safeguarding and Innovation:

While drawing motivation from custom, Indian contemporary craftsmen are likewise effectively engaged with saving and advancing conventional works of art. They add to the maintainability of native procedures, guaranteeing that the tradition of Indian craftsmanship keeps on flourishing while at the same time advancing with the times.

The resurgence of Indian contemporary craftsmanship is a demonstration of the getting through essentialness of the country's imaginative legacy. By capably mixing custom and innovation, craftsmen are making an energetic and dynamic embroidery that mirrors the diverse idea of India's social character. As these craftsmen keep on pushing limits, they contribute not exclusively to the worldwide craftsmanship scene but additionally to the continuous account of India's imaginative development.

HAPPY EXAM TIME

# ADVANCED DETOX: TURNING OFF TO DIMINISH TEST PRESSURE



In the quick-moving computerized period, understudies wind up drenched in a steady progression of data, frequently fastened to their electronic gadgets. The universality of cell phones, workstations, and online entertainment stages has made it trying for understudies to get away from the computerized domain, in any event, during essential times like test periods. Be that as it may, embracing a computerized detox by briefly disengaging from the virtual world can essentially reduce test pressure and improve general prosperity.

The strain to perform well in tests can be overpowering, and the steady blast of warnings and data from computerized gadgets just adds to this pressure. Carrying out a computerized detox includes deliberately and briefly limiting any association with electronic devices and online entertainment stages. This deliberate break permits understudies to re-energize intellectually and genuinely, encouraging a favorable climate for viable test planning.

**Here are a few critical advantages of a computerized detox in diminishing test pressure:**

- **Further Developed Concentration and Fixation:**

Detaching from advanced interruptions furnishes understudies with a potential chance to zero in exclusively on their examinations. Without the consistent interference of warnings, understudies can commit their undivided focus to understanding and holding data, prompting more compelling review meetings.

- **Upgraded Rest Quality:**

Unnecessary screen time, particularly before sleep time, can impede rest designs. A computerized detox supports the foundation of a sound rest normal, adding to work on general prosperity. Quality rest is significant for mental capability, memory combination, and stress decrease.

- **Decreased Uneasiness Levels:**

Constant openness to web-based entertainment and online stages can add to insecurities and correlation, worsening nervousness levels. Enjoying some time off from these stages during test readiness permits understudies to zero in on their advancement, limiting pointless stressors.

- **Expanded Efficiency:**

A computerized detox advances a more organized and coordinated concentration on a daily schedule. Without the consistent charm of online interruptions, understudies can all the more likely deal with their time, put forth sensible objectives, and achieve assignments all the more proficiently.

- **Upgraded Relational Associations:**

Turning off from the computerized world furnishes understudies with the chance to interface with loved ones in

a more significant manner. Building steady connections can act as a wellspring of inspiration and profound prosperity during the difficult test time frame.

**Carrying out an effective computerized detox during test readiness requires insightful preparation. Here are a few functional tips:**

- **Put Down Clear Stopping Points:**

Lay out unambiguous times for advanced detox during the day, guaranteeing devoted concentration on periods without electronic interruptions.

- **Use Disconnected Study Assets:**

Use customary review materials, for example, course books and printed notes to diminish dependence on advanced gadgets.

- **Participate in Disconnected Exercises:**

Consolidate exercises like activity, reflection, or open-air strolls to break the pattern of steady screen openness and invigorate the brain.

- **Convey Expectations:**

Illuminate loved ones about the advanced detox intend to accumulate backing and understanding during this period.

In conclusion, a computerized detox can be a useful asset for understudies trying to reduce test pressure and upgrade general prosperity. By purposefully turning off from the computerized world, understudies can make an engaged, favorable climate for viable test readiness, prompting work on scholarly execution and a better mentality.

HAPPY EXAM TIME

# EXPLORING TEST PRESSURE: METHODOLOGIES FOR PROGRESS



Tests are an inescapable piece of understudy life, and the pressure they bring can overpower. In any case, with compelling methodologies, overseeing test pressure turns into a more feasible undertaking. Here is an exhaustive manual for assisting understudies with exploring the difficulties and performing at their best.

## Focus on Self-Care:

Keeping a solid way of life is central to overseeing test pressure. Guarantee you get sufficient rest, eat adjusted feasts, and take part in standard actual work. These propensities add to better focus, memory, and in general prosperity during the test time frame.

## Plan and Organize:

Make a reasonable report plan that separates your review material into sensible pieces. Put forth unambiguous objectives for each study meeting, permitting you to keep tabs on your development and stay away from last-minute packing. Association diminishes tension and gives a feeling of command over your responsibility.

## Practice Care and Unwinding Techniques:

Integrate care and unwinding practices into your daily schedule. Strategies like profound breathing, reflection, or moderate muscle unwinding can assist

with reducing pressure and improving the center. Enjoying short reprieves while concentrating on meetings likewise forestalls burnout.

## Look for Support:

Feel free to out for help when required. Examine your interests with companions, family, or schoolmates. Talking about your thoughts can give profound help, and you might find that others are encountering comparable difficulties. Strong conditions can have a tremendous effect on overseeing pressure.

## Separate Tasks:

Separating bigger undertakings into more modest, more reasonable advances lessens the sensation of being overpowered. Center around each errand in turn, and celebrate little accomplishments en route. This approach encourages a positive outlook and fabricates trust in your capacity to handle difficulties.

## Foster Viable Review Techniques:

Investigate different review strategies to distinguish what turns out best for you. Explore different avenues regarding techniques like cheat sheets, outlines, or showing the material to another person. Understanding your favored learning style improves the proficiency of your review meetings and limits pressure.

## Make a Positive Environment:

Plan a review climate that advances the center and limits interruptions. Guarantee great lighting, open seating, and a messiness-free space. Customize your review region with inspirational statements or pictures that motivate certainty.

## Time Management:

Powerful using time productively is urgent for stress decrease. Set sensible cutoff times for each assignment and stick to them. Focus on high-need things and distribute breaks to keep harmony between studying and unwinding.

## Remain Active:

Actual work has demonstrated benefits for pressure decrease. Integrate customary activity into your daily schedule, whether it's a speedy walk, an exercise center meeting, or yoga. Practice discharging endorphins, working on your state of mind, and in general versatility to stretch.

## Positive Self-Talk:

Challenge negative contemplations with positive certifications. Supplant self-uncertainty with explanations that build up your capacities and achievements. Positive self-talk encourages a sure mentality, assisting you with moving toward tests with a more hopeful viewpoint.

## Conclusion

Overseeing test pressure is a multi-layered process that includes a mix of taking care of oneself, association, and backing. By carrying out these systems, understudies can explore the difficulties of tests effortlessly, encouraging scholarly accomplishment as well as private prosperity.

By:  
**Aditya Singh Rajput**  
Class - 6  
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Uttarakhand





# THE CRUCIAL ROLE OF SPORTS IN PROMOTING PHYSICAL AND MENTAL WELL-BEING

BY: DR. RAGINI KAUL, PRINCIPAL, MAXFORT SCHOOL, PASCHIM VIHAR



Today the world is battling mental health issues. It's a matter of grave concern for all of us. The multiple concerns arise out of several instances, where perhaps we overlooked things, that were meant to be in place. Our Generation Z, looks at the alarming obesity rate, faulty lifestyles, and poor eating habits, indoors replacing outdoors. And when I say that I'm very clear that the fault lies more with us than any of them. Why have we given up on time-tested parenting skills? Something I ask all of us. Why this feeling of uncertainty? If we look back on the conventional upbringing that our generation has had, don't we feel we are far better than what we are giving up to society now?

In my growing up years, we would not enter our home, before 8 pm. There were no safety and security issues. Technology wasn't robust at all. What parents and grandparents said, was the ultimate word or sermon whatever you term it as.

Another important aspect is the purchasing power. It wasn't as strong and vibrant as it is today. The concept of fast food wasn't there. Going out to dine, was once in a blue moon. But look at its positives. We didn't fall sick often; we weren't battling weight issues.

We experienced fewer behavior issues.

A joint family system was in place, hence hardly any depression, loneliness issues, no mental health issues.

Our family elders were our best counselors.

Now that we know, we are surrounded by technology, extreme exposure, availability of gadgets, we have to ponder how to combat its nuisances. Having said that, the first and foremost tool that comes in handy is to weave into the fabric of our curriculum, the rigorous sports activities, including the traditional games. When young, our energy levels are high, so what best way to channel it? Sports, yes sports is the way. Its health benefits are obvious, but more important is, to understand, its mental well-being benefits.

When the body is engaged fruitfully, it's a soup to the mind as well.

Who doesn't know the famous proverb "A healthy mind resides in a healthy body"? So, it's time for our collaborative efforts to ensure a seamless flow of sports activities in our day-to-day lives.

CBSE and our NEP are a much-awaited delight to all of us. The importance given to sports and art-integrated activities is a welcome move. Involving students in these annual activities throughout the academic year will surely result in the overall well-being and holistic development of our children.

But besides all of this, parents too have a crucial role to play. While at home they've to ensure, that children move out and indulge in outdoor activities. The best is to enroll them in Sports Academy, for further fine-tuning and honing of skills.

By promoting sports, we surely are promoting the overall mental well-being of our community.

## 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 engagement activity

### 3. COUNSELLING SESSIONS

Organized for school children with expert counsellors to highlight and destigmatize important mental health issues



available as a standalone engagement activity

### 2. FAIRTALKS

Panel discussion organized on integral subjects around the education of India, covers ideas and perspectives from eminent panel of educationists.



available as a standalone engagement activity

### 4. SUSTAINABLE DEVELOPMENT GOAL CAMPAIGNS

Led by eminent educationists and esteemed judges. Intricately designed to promote and implement UN SDGs in the school community.



### 5. CUSTOMIZED ONLINE SCHOOL NEWSLETTER

Covers all school activities, events and achievements of the school, engages children to fetch stories/content of the school further furnished and designed by FairGaze.



### 6. MODEL UNITED NATIONS & VARIOUS EVENTS & CONTESTS

FairGaze organizes MUN for students of member school who role-play as UN delegates and simulate a session.

Children get opportunities to show case their talent in various creative contests by FairGaze.



available as a standalone engagement activity

### 7. STUDENTS' JOURNALISM TRAINING & SCHOLARSHIP PROGRAM

FairGaze trains students on journalistic skills, hosting webinars, hosting MUN, audience management etc.



### 8. SCHOOL'S MEDIA COVERAGE & PRPROMOTIONS

FairGaze brings the schools' activities, events highlights, mission and vision of the school leaders outside to the entire K-12 fraternity.



### 9. BRAND EXPOSURE

FairGaze has partnered with Dabur, Decathlon, Fortis, etc to bring sponsorships and organize students' focused engagement activities & contests.





# Recent FairGaze Engagements



## A BRIEF HISTORY OF ARTIFICIAL INTELLIGENCE

Here's a brief timeline of the past six decades of how AI evolved from its inception.

- 1956 - John McCarthy coined the term 'artificial intelligence' and had the first AI conference.
- 1969 - Shakey was the first general-purpose mobile robot built. It is now able to do things with a list of instructions.
- 1997 - Supercomputer 'Deep Blue' was designed, and it defeated the world champion chess player in a massive milestone by IBM to create this large computer.
- 2002 - The first commercially successful robotic vacuum cleaner was created.
- 2005 - 2024 - Today, we have speech recognition, robotic process automation (RPA), a dancing robot, smart homes, and other innovations make their debut.



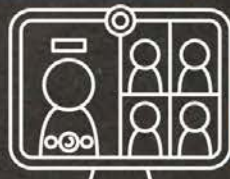
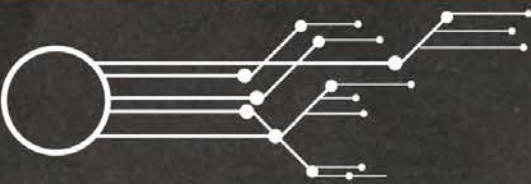
Christie John, LIA-RMA



How many of you have plans or dreams of studying abroad?

"Empowering Today's Youth with Tomorrow's Tech" Mr. Anirudh Sharma led an engaging discussion with students across schools, sharing his expertise in Artificial Intelligence (AI) and Technology. He offered enlightening insights into AI's evolution, showcasing innovative software creations like a Smart Traffic Management System and Face Recognition Software. Demonstrating their functionality and the power of Python, he provided students with firsthand experiences. Mr. Anirudh also covered Machine Learning, Deep Learning, and emerging technologies like autonomous vehicles, while discussing the Pros and Cons of AI. Overall, the session facilitated by our mentor, Mr. Anirudh Sharma, was a valuable learning opportunity for students.

FairGaze introduced an engaging Future Life Skills Webinar focusing on Essential Global Career Skills for its eager audience. With a goal to unlock the secrets of success in the rapidly globalizing world, the webinar offered exclusive insights into vital skills, competencies, and qualifications necessary for career triumph. Participants were warmly welcomed to join and embark on their journey towards a prosperous career.



Jyoti kala giri

## Why Design Thinking? 1

Because in this world, Everyone single person working on to improve, innovative, solve or even identify a problem, IS A DESIGNER!! - And the Field is changing fast!!

Like: Product Developer, UI/UX Designer, Content Developer, Data Scientist, Digital Marketer, Solution Architect, Strategy Head, Supply Chain Manager, Operations Head, CXOs, and many many more

### What Designers Face is Changing



### How Designers Work is Changing



Dr. Bhavna, a seasoned psychologist, adeptly guided a vital discussion with young children on substance abuse, addressing the pressing issue of coercion and victimization. She encouraged students to speak up and advised parents to monitor their children's behavior closely. The insightful dialogue offered valuable perspectives for both kids and parents, culminating in an informative Q&A session, turning the webinar into a platform for knowledge-sharing.

FairGaze hosted a Creative Thinking webinar on Design Thinking Fundamentals, emphasizing the importance of creativity and novel idea generation. The webinar aimed to help participants develop innovative, design, and problem-solving skills crucial for their careers. Attendees were urged to join for valuable insights.

# FAIRGAZE PATRON SCHOOLS

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SCHOOL  
SURVEY  
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International Curriculum in Gurugram



Primary Years  
Programme



Personalized Learning



Dynamic Curriculum



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Empowering Teachers



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(K-12 CBSE ENG. MED. CO-EDU SCHOOL)

**KALYANPUR, KANPUR**

**Website : gnms.co.in e-mail: principal@gnms.co.in**



# ESSENTIAL SKILLS AND STRATEGIES FOR ADVANCING YOUR CAREER IN THE BAKERY INDUSTRY

BY: MRS. RAZIA KHATOON, CHEF AT JAMSHEDPUR, JHARKHAND

If you have an interest in preparing and decorating baked goods and other confectioneries like cake etc, becoming a baker can be a suitable career for you.

Apart from having excellent culinary skills, these professionals require a sense of creativity and precision in decorating baked food products.

But first I would like to share how I started my entrepreneurial journey from National level Archer turned YouTuber turned home Baker and now a successful entrepreneur. I was a professional state-level archer and have won several medals and I had a dream to represent my country on the national level. However, my archery profession came to a halt when I came up with an injury during practice. I thought this was the end to it, but there's a saying that "Jab sare darwaze band ho jate h, to khuda aap k liye ek aur Naya darwaza khol deta h." My inspiration is my late grandmother, from whom I used to learn various recipes and enjoyed doing this and this is when I decided to continue with this profession. So, I started my research on this profession and started my own YouTube channel "Cook with Razia" At first, I didn't gain much of subscribers but special thanks to my parents, my in-laws, and especially my loving husband who is my support system and helped me throughout my journey and keeping me motivated. Now I am running a successful academy "Razia Cookery Classes" where I teach



BEST BAKERY CLASSES IN JHARKHAND 2023 FROM CHEF SANJEEV KAPOOR

students to become self-dependent and become entrepreneurs in the baking industry.

**In this article, we discuss what baker skills are, list a few examples, provide steps to improve these skills, and learn ways to improve so that you can improve them.**

- Firstly, it is important to master the art of baking. When you understand

ingredients, tools used in the bakery industry, and the perfect techniques used to bake a perfect cake or other bakery items. The concept of perpetual learning through experiments or practicing as much as you can is key because by keeping up with trends and innovative ideas you will always ensure your products are appealing and will ultimately increase sales.



FROM ODISHA AWARDS - BAKER OF THE YEAR 2024 FROM CHEF KUNAL KAPOOR

- Aside from having technical skills, creativity should not be ignored. Creativity can help you try new baking recipes and brainstorm new creations. Creativity helps you create beautiful designs on the items you bake and develop various flavors. Employers prefer hiring bakers who can create recipes independently and execute them flawlessly.
- While baking, you may face different

- challenges' ex damaging a cake during transportation or shortage of Ingredients, etc. Hence, it is essential to have great problem-solving skills. Skilled bakers can make new and exciting recipes from limited ingredients. Problem-solving skills help you overcome unprecedented situations at work.
- Organization of ingredients and tools helps you prepare orders quickly and

more efficiently. Hence, having organization skills will help you save time and help you run successful baking operations This skill set helps you stay updated on customer orders and payments.

- As a baker you need stamina and flexibility to lift heavy material, unload it, bend to unload it, and stand for longer hours while making the orders. For all these, you need to maintain physical stamina and strong motivational power.
- Financial skills or simple math is the most important requirement for every upcoming Baker. These skills will help you to measure ingredients and identify the correct ratio, understand what ingredient combination results in new and tasty recipes, take orders, and calculate costs and quantities.
- Baking cakes and pastries takes time and a baker should show patience while baking. For example, you may have to wait for the yeast to activate in the bread dough before putting it in the oven. Hence, you are required to have patience to ensure they maintain a high standard in baking. Sometimes you may get last last-moment order or a midnight order that you have to deliver at any cost to retain that customer. Having patience will help you in this.
- To stay competitive in this field, learning new techniques and recipes is essential. The bakers should follow the upcoming trend and practice it so that they can stay updated and deliver new designs to older customers to retain them.

- Another important skill required for a successful career is a keen attention to detail. To deliver the same taste every time someone orders from you you need to have consistency in measuring ingredients and paying attention while setting the oven temperature to provide desirable results. Consistency in taste, flavor, and design of baked products is often the key to success and continued customer satisfaction.





- Excellent communication and marketing skills help you communicate your thought process when interacting with customers and other bakers. Without marketing your product, you may not get the order. You need to have good communication and marketing skills to gain new customers so that you can sustain this business.

**How To Improve These Skills.**

- **Attend Baking Classes**

To improve your baking skills, you might attend professional baking classes or enroll in a baking course like I provide in Razia Cookery Classes. These classes can help you practice many skills, such as creativity, cleanliness, and teamwork. You can even enroll in an online course. This might help you learn various baking techniques to ensure a successful career.

- **Spend Time Practicing**

Focus on practicing baking cakes and pastries to become more proficient in these skills. When you are not working, you can practice a few recipes in your home. Practicing regularly can help increase your creativity because you try new recipes.

- **Embrace Mistakes and Failures**

You might experience recipes that might not taste or look as you want when starting your career. With time, you can become proficient and learn from their mistakes. Eventually, it might help you bake cakes, pastries, and bread to perfection.

- **Learn from Others**

Learning from experienced professionals is an excellent way to improve your baking and culinary skills. For instance, you might learn about baking different cakes from a professional. You can request an experienced baker to mentor you and teach baking techniques. Focus on improving your knowledge by watching online baking videos.

**APARAJITA SAMMAN FROM HEALTH MINISTER, JHARKHAND**

**WON 2 NATIONAL AND 33 OTHER MEDALS IN ARCHERY**

CLIMATE ACTION

# THE EFFECT OF NUCLEAR ENERGY CREATING PLANTS ON THE CLIMATE

Nuclear energy-producing plants assume an urgent part in gathering the steadily developing worldwide interest for power. Notwithstanding, their activity has huge ramifications for the climate. This article investigates the ecological effect of nuclear energy stations, featuring key worries and possible arrangements. Air Contamination: Nuclear energy stations depend on consuming petroleum products, delivering a lot of contaminants into the environment. Outflows incorporate sulfur dioxide (SO<sub>2</sub>), nitrogen oxides (NO<sub>x</sub>), particulate matter, and carbon dioxide (CO<sub>2</sub>). These contaminations add to air quality corruption, corrosive downpour arrangement, and environmental change.

### Water Use and Warm Contamination:

The cooling system in nuclear energy stations requires significant measures of water, frequently drawn from adjacent water bodies. This withdrawal can hurt amphibian environments and upset neighborhood water supplies. Also, the released warmed water once more into streams or lakes raises water temperatures, prompting warm contamination and adversely affecting sea-going life. Land Use and Natural Surroundings Interruption: Nuclear energy stations frequently require huge measures of land for their framework. This can prompt deforestation and territory annihilation, uprooting neighborhood greenery. The adjustment of land use examples can have enduring biological outcomes, influencing biodiversity and environmental security.

### Squander Age:

The ignition of non-renewable energy sources brings about the development of



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strong waste, like debris and slag. Ill-advised removal of these results can taint soil and water, presenting dangers to human wellbeing and the climate. Creating successful waste administration methodologies is essential to alleviate these effects.

### Ozone-Harming Substance Emanations:

The arrival of carbon dioxide and other ozone-depleting substances from nuclear energy stations contributes fundamentally to an Earth-wide temperature boost. As the world wrestles with environmental change, it is fundamental to address these outflows. Progressing to cleaner and more maintainable energy sources is fundamental for moderating the drawn-out effects of nuclear energy stations on the environment.

### Wellbeing Effects:

The poisons produced by nuclear energy stations, like particulate matter and NO<sub>x</sub>,

can antagonistically affect human well-being. Respiratory infections, cardiovascular issues, and other medical problems are connected to delayed openness to these poisons. Carrying out stricter discharge principles and putting resources into contamination control advances can assist with limiting these well-being gambles.

### Conclusion

While nuclear energy-producing plants are necessary to satisfy energy needs, their natural effect can't be disregarded. To guarantee an economical future, it is basic to put resources into cleaner innovations, advance energy productivity, and change towards sustainable power sources. States, businesses, and networks should work cooperatively to find some kind of harmony between energy creation and natural conservation, at last moderating the antagonistic impacts of nuclear energy stations on our planet.

CLIMATE ACTION

# EMPOWERING NATURAL PATTERNS: INDICATIONS OF PROGRESS IN WORLDWIDE SUPPORTABILITY ENDEAVORS



The world has recently seen a developing mindfulness and obligation to tend to natural difficulties. Notwithstanding the persevering worries about environmental change, contamination, and biodiversity misfortune, there are prominent indications of progress and positive natural patterns that propose a shift toward a more practical future. This article investigates a portion of the uplifting improvements in worldwide maintainability endeavors.

### Environmentally Friendly Power Insurgency:

One of the main positive ecological patterns is the quick development of environmentally friendly power sources. Nations all over the planet are progressively putting resources into wind, sunlight-based, hydropower, and other clean energy advances. The falling expenses of sustainable power framework and headways in energy capacity play a vital impact in making

these sources more open. Accordingly, the portion of environmentally friendly power in the worldwide energy blend has been consistently expanding, decreasing reliance on petroleum derivatives and relieving ozone-depleting substance discharges.

### Worldwide Afforestation Drives:

Perceiving the significance of woods in sequestering carbon dioxide and supporting biodiversity, numerous countries have started huge-scope afforestation and reforestation projects. These endeavors plan to battle deforestation, upgrade carbon sinks, and safeguard basic biological systems. Drives, for example, the Bonn Challenge and the Trillion Trees Mission have picked up speed, with state-run administrations, organizations, and networks meeting up to establish trees and reestablish corrupted scenes.

### Round Economy Reception:

The idea of a round economy, which stresses limiting waste and boosting the reuse and reusing of materials, has built up forward movement universally. Organizations are progressively taking on maintainable works, upgrading items to be stronger and recyclable, and carrying out roundabout production network procedures. This shift is decreasing the ecological effect of creation and utilization, adding to a more manageable and asset-productive worldwide economy.

### Maintainable Agribusiness Practices:

The rural area, a huge supporter of natural corruption, is going through

certain changes. Economical horticultural practices, for example, agroforestry, accuracy cultivating, and natural cultivating, are acquiring ubiquity. These methodologies focus on soil well-being, water preservation, and biodiversity assurance, decreasing the environmental impression of food creation. Furthermore, progressions in innovation are empowering more proficient and manageable cultivating techniques.

### Worldwide Responsibilities to Preservation:

Worldwide endeavors to safeguard biodiversity and monitor regular living spaces have heightened. A few nations have laid out new marine-safeguarded regions, and there is a developing spotlight on protecting essential environments. Worldwide drives, similar to the Show on Organic Variety (CBD), are pursuing aggressive focuses to defend biodiversity and advance maintainable turn of events.

### Conclusion:

While ecological difficulties endure, the positive patterns referenced above demonstrate an aggregate worldwide exertion toward building a more reasonable future. The reception of environmentally friendly power, afforestation drives, roundabout economy rehearses, manageable agribusiness, and preservation responsibilities are critical positive developments. These uplifting improvements move trust that with commitment and joint effort, humankind can resolve natural issues and make a better planet for current and people in the future.



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