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FAIRGAZE

SCHOOLASTIC NEWS

IMPACT-FOCUSED SCHOOL COMMUNITY MAGAZINE

Rainwater Harvesting – Importance & Types
Impact of Discipline on The Process of Learning
Factors Affecting Mental Health



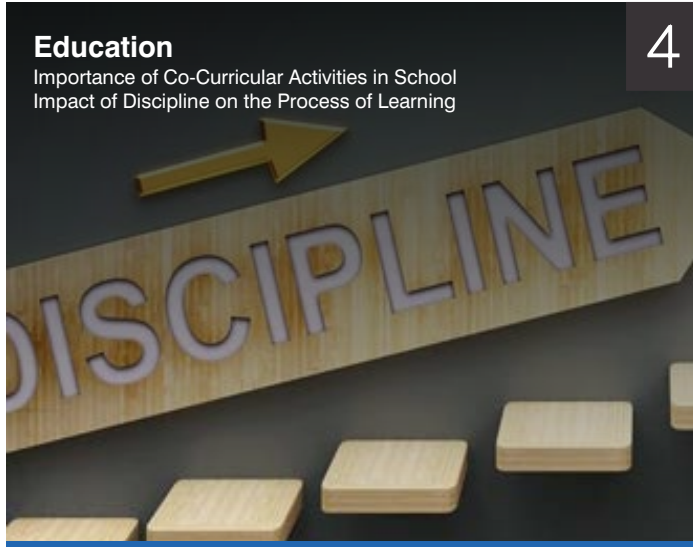
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SUSTAINABILITY
SAY OUR STUDENTS**

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2012

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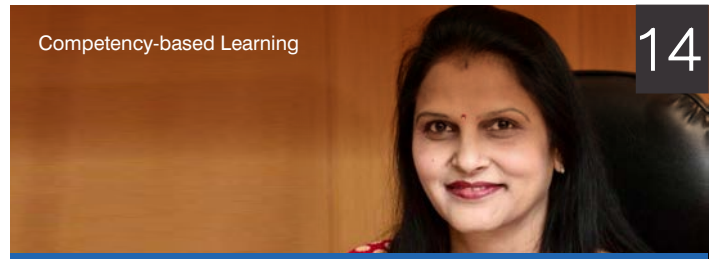
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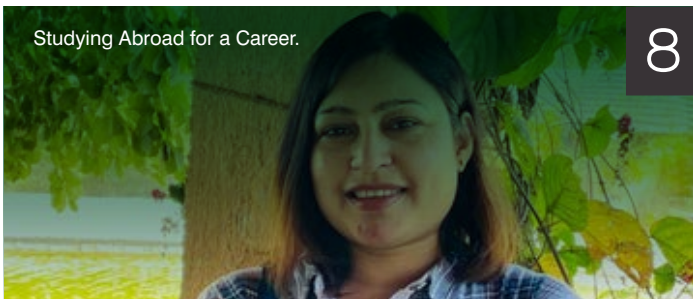
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FAIRGAZE OFFERINGS

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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Editorial Lead

Welcome to the September edition of the Schoolastic News magazine. It gives us immense joy and satisfaction to bring out this issue as we share the most inventive and innovative thought-provoking sustainability-themed articles written by students.

FairGaze has always believed that the road to sustainability has to pass through schools. Students must be encouraged to take actions to accelerate the achievement of the UN-led Sustainable Development Goals (SDGs). FairGaze has been organizing SDG Campaigns for and with school students to build SDG competencies and also make them aware of the criticality of the social, environmental and economic impact of not achieving the SDGs. We are happy to share that our students are taking the lead in doing their bit towards achieving SDGs, as some of their positive action stories were covered by NITI Aayog and UN News. This edition includes some thought-provoking articles on sustainability, written by our students.

Competencies entail more than just knowledge and degrees. Competency-based education diminishes the inability of aligning our own abilities with a chosen career field in an age where skills are preferred over degrees. Multi-skilling of students is important, but it is highly important to discover the innate strengths of each child and then align their respective skilling and career path to that. We thank Ms. Vandana Singhal, Principal, Maharishi Arvind Public School, Kota, Rajasthan who enlightened us through her article on "Competency-based Education" and let us through the burden-free method of preparing our children.

Higher education plays a pivotal role in governing the position of our students in the global world, in understanding whether they are work-ready and most importantly it guides them to work towards making the world more sustainable. As the world becomes more global, we see many Indian students moving abroad to pursue higher education and exchange their knowledge and skills with a global audience. To make it simpler, FairGaze continues to strive to connect you with India's Best Study Abroad Experts.

We are thankful to Ms. Swati Singh, a highly reputed Overseas Education Consultant, for sharing her expertise and knowledge through her article on "Studying Abroad for a Career".

It will take some time to unfold the impact of changes, but we need to continue the practices for a sustainable life for everyone in every sector. As always, I conclude with a quote by Ban Ki-moon, the ex Secretary General of the United Nations:

*Saving our planet, lifting people out of poverty, advancing economic growth...
these are one and the same fight. We must connect the dots.... Solutions to one problem
must be solutions for all.*

– Ban Ki-moon

We also thank all the members of the editorial board and students for extending their support and cooperation to this issue.

Happy Reading!

Bhavna Sharma
Editorial Lead
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EDUCATION

IMPACT OF DISCIPLINE ON THE PROCESS OF LEARNING



Discipline influences the educational experience by establishing a calm climate for distributing time to different exercises, further develops arranging through noticing and keeping a set everyday daily schedule, molds student character and improves their inspiration, empowers the setting of genuine models, and decidedly adds to better grades. Components like test uneasiness, climate, inspiration, and feelings require thought while creating models of scholastic execution. Different examinations have shown a positive connection between discipline in students and their school execution, with the last option expanding with the expansion in discipline levels.

Even though learning establishments must uphold the standards or implicit set of rules directing student conduct, guardians likewise play a part to play to

guaranteeing consistency. Perspectives like clothing regulation, haircuts, and essential habits start from home. Guardians and instructors, particularly heads of foundations, are two points of support with a critical effect on prepping students. Except if discipline is handled since the beginning, accomplishing quality schooling with full student effect will stay a test. Subsequently, if students at all levels are focused, they are probably going to gain the imperative information and abilities easily because they are engaged and self-propelled.

Despite their bustling working timetables, guardians ought to invest energy with their kids to talk about different issues, including discipline. There is likewise a rising need to fortify direction and advising in schools, to assist students with achieving set values. A kid or

youngster whose social and otherworldly discipline are major areas of strength is a high possibility of succeeding in school. The main discipline is self-control, which the student ought to develop inside by setting principles and deciding how far they can go amid various deterrents. At the level of COVID-19, where learning has been moved to the home as schools are shut and management is in the possession of guardians, self-restraint will assume a huge part in guaranteeing the progression of learning.

By:
Sampada Tewari
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EDUCATION

IMPORTANCE OF CO-CURRICULAR ACTIVITIES IN SCHOOL

School activities have an important role in kids' development. Co-curricular activities have become an important element of school life and contribute to the improvement of students' academic performance. Every student is required to engage in these activities. Co-curricular activities are designed and matched with the scholastic educational/academic curriculum to ensure that every student has the chance to learn outside of the classroom.

Co-curricular activities are designed to help pupils develop social and intellectual abilities, moral, cultural, and ethical values, personality, and character.

“Co-curricular activities are designed to help pupils develop social and intellectual abilities, moral, cultural, and ethical values, personality, and character.”

Athletics, social gatherings, Library activities, science lab activities, classroom (study hall) activities, creative arts, meditation, and so on are all part of it.

These activities need students to keep active by actively participating in various co-curricular activities. They have no choice because they are part of their everyday education. According to research, students who participate in one or more hobbies perform better in school. Better grades can make or break admittance to other schools, universities, or institutions in this increasingly competitive environment. Co-curricular activities provide greater possibilities.



Since students who participate in these activities are given priority over those who do not.

Co-curricular activities enhance students' learning experiences by assisting them in identifying and developing their inner gifts such as creative and public speaking abilities, leadership traits, and so on. Co-curricular activities allow children to think creatively and generate their original ideas. These exercises assist students to generate an enriched learning experience by allowing them to imagine different methods of addressing a problem or answering a question.

Co-curricular activities in schools assist students to improve their communication, expression, public speaking, involvement,

and sense of belonging via various activities such as debates, extempore, and recitation. Competitions in art and craft, classroom activities such as reading, group debates, and many more. This eventually aids in the development of their entire personality. Some kids struggle in the classroom but excel in sports, musicians, players, and so on.

By:
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Shikshantar School, Gurgaon
Edited by: Menka Sharma



SUSTAINABLE DEVELOPMENT

SUSTAINABLE DEVELOPMENT CONCEPT & COMPONENTS

In the modern world, the pace at which resources are used is indeed a matter of huge concern for countries and international organizations. There was a stressful situation and a need to have problem-solving reforms. Hence, alarmed by Limited Resource Availability the International Organisations decided to put laws and ensure that proper procedures are followed to manage and regulate the usage of resources. Under the "Brundtland Report" a new way to save resources was found and termed "Sustainable Development". Sustainable Development is a development that means the needs of the future generation is filled without compromising the need and want of the present generation. Therefore, Sustainable Development is focused on solving the issue of limited resources of the Earth and hence, improving the quality of life for all people without increasing the pressure on nature to replenish the resources.

Sustainable Development enhances the ability of nature to replenish resources with the extended capability of the environment to supply the resources for use also. This Sustainable Development is therefore a topic that has many aspects of the world covered in it. For achieving the objectives of Sustainable Development, 17 Sustainable Development Goals (SDGs) were set up to meet these objectives of Sustainable Development. There are three major components of sustainable development covered in these 17 goals which are:

- **Environment**

The Sustainable Development Goals have a major part focused to solve environmental issues and problems. It deals with ecological imbalance, climate changes, Global tension, and natural phenomena. It involves all the steps taken to prevent any environmental problem.

- **Social**

Society is a major part of the life of any individual and influences the people largely. Social issues put affect mental and physical conditions and influence the well-being of people. Thus, it is also tackled through the SDGs.

- **Economical**

Economical Factors and Aspects are the most significant phase of SDGs. Financial Conditions are the most complex and deal with all poverty, health, and nutrition-related issues promoting human well-being.

By:
Palak Budania
Class - 8
Birla School,
Pilani



SUSTAINABLE DEVELOPMENT

CAN INDIA ACHIEVE ITS SUSTAINABLE DEVELOPMENT GOALS?

Sustainable development is the goal for most countries, but the bigger question is if India will be able to achieve it. With the growing population and the ever-growing needs and wants the idea of sustainable development may seem extremely far-sighted. Though what most people miss is the fact that sustainable development starts small, it does not have to be on the largest scale possible. The small initiatives by the government and public such as solar panels, waste management plants, and planting rallies also contribute to the idea of a sustainable future for India.

- No Poverty
- Zero Hunger
- Gender Equality
- Clean Water and Sanitation

The above mentioned are some of the major goals that need to be achieved to

have sustainable development. The Indian government has already started work towards achieving these. Some of the works that are already in progress are; seats for female candidates in educational as well as political scenarios, knowing the water supply standards of backward classes, building numerous toilets to be put in use for better sanitation conditions, etc.

To achieve the goals, the government launched many yojanas along with passing laws for a better India.

Some of these are:

- Swachh Bharat mission
- Beti Bacho Beti Padhao
- Pradhan Mantri Awas Yojana
- Smart Cities
- Pradhan Mantri Jan Dhan Yojana

- Deen Dayal Upadhyay Gram Jyoti Yojana
- Pradhan Mantri Ujjwala Yojana

The Namami Gange mission 2005-2020 included most of the sanitation betterment plans for India. This also included the 'Clean Ganga Mission' also known as the Clean Ganga River.

It is estimated that by 2030 India should be able to achieve its sustainable goals. Because India is a large country with 2nd largest population it is difficult to attain the overall goals as fast as the smaller democracies but India is in the race of being sustainably developed.

By:

Kanak Kotnala

Class - 12

Gaurs International School, Greater Noida

Edited by: Menka Sharma

STUDYING ABROAD FOR A CAREER



The idea of going overseas for university study is an exciting prospect for most students. While it may offer some advantages, there are difficulties a student may inevitably encounter living and studying in a different culture.

Every individual needs a dream to live the life happily. To fulfil the condition of happiness; Education is one of the answers to embrace and advance that dream. Most students study at schools, or universities in their countries quite successfully, yet every year thousands of people continue to go, and pursue their studies outside their countries. Students are eager to study abroad because they feel that studying abroad is better than studying in local universities in their countries. Studying in one's home

country is good however, studying abroad is much more advantageous, because it would provide exploration, exchange of cultural values and practices among different countries and one can learn how to lead an independent life.

Studying Abroad makes you comfortable being uncomfortable

A successful career means growth, and growth requires investing time outside of your comfort zone. Even when you reach your ideal position, continuous advances in technology and globalization means no job will let you get too comfortable for long, and you are better off being a student for life.

Nothing will be more of a shock to your thought process than uprooting yourself from your friends and family, and

throwing yourself into a new geography, food, culture and, most probably, language. You'll learn to appreciate the small successes and even learn to thrive in a dynamic situation!

When you study abroad, you will learn to let go of the expectation that things will be as familiar and easy as they were before. That idea will liberate you to achieve outside your comfort zone without the sentimentality and frustration that sometimes comes with challenges when you must learn new systems, technologies, skills and markets.

You'll learn how to work with people who are different than you in very fundamental ways

Not everyone is comfortable working in



By: Ms. Swati Singh | Overseas Education Consultant

an international environment or with people who have different beliefs and priorities in life. Before you study abroad, you might consider yourself open-minded. But pushing yourself to study abroad will put this perception to the test. You'll move to a country where you'll become the odd-one-out for your cultural practices. With any luck, you will make great friends and acquaintances who will be as curious as you are about your differences and make the effort to overcome them.

By the time your studies are finished, you'll have more awareness and appreciation about diversity which will be a tremendous asset in your career, as well as your life in general. Making professional relationships will be easier and you will be more attuned to strengths you might have just seen as differences before your time abroad.

You will learn how to gather different points of views to build something bigger together. You will use it in your personal life as well as career to tackle bigger problems in the smartest way.

Even if you study abroad in a country

that speaks a language you are fluent in, you are guaranteed to use different expressions and pronounce words differently. Studying abroad will teach you how to read your audience, searching their face for cues that you've said something incomprehensible, and quickly clarifying your meaning.

aware you had and took for granted like your house help, drivers, odd job helpers etc and you'll be looking at all aspects of managing your life yourself from cooking, cleaning, waking up on time, setting your own schedules etc.

Whether it's figuring out how to sign up for classes when your new university's registration system crashes, making your budget stretch in a city that's far more expensive than your own, or negotiating with a tricky roommate for the first time, you'll be depending on yourself to solve challenges from time to time.

This streak of maturity you get from studying abroad will transfer to your first professional job as you take initiative to independently accomplish tasks and give your manager confidence in your abilities, thus demonstrating another career-boosting benefit of studying abroad.

Now that you've seen the benefits that a year (or more) abroad can offer you professionally, it's time to begin the journey. Take a look at FairGaze platform for compete study abroad solutions from across the world.

Connect with India's Best Study Abroad Experts

Getting enrolled at the abroad University of your choice gets simpler with us. It should not come as a surprise as an international institute of repute equips students with the creativity, skills and function-specific knowledge to achieve success in their chosen profession.

FairGaze's study abroad consultants help students generate handsome ROI on their heavy investment in time and cost. Our study abroad programs consultants driven by innovation, passion and humanism have an impeccable record of helping students obtain admission in leading institutes of countries like the US, UK, Canada, Australia and Europe.

Study Abroad With Us

<https://studyabroad.fairgaze.com/>

You'll learn how to work independently. When you move away from your home country, you leave a lot of support systems that you perhaps weren't even

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 UNLOCKING POTENTIAL India AS I SEE

COMING SOON

WINNER ANNOUNCEMENT CEREMONY

PRIZES UPTO RS. 48,000/-

INDIA AS I SEE 2022

Edutainment Partner **KidZania India**

HIGHLIGHTS OF INDIA AS I SEE 2022

GENERAL CATEGORY STUDENTS: 89.12%

CWSN CATEGORY STUDENTS: 11%

SCHOOLS: 90+
NGOs: 7

STATES/UTs: 22

UPCOMING WORKSHOPS

- September 3, 4:00- Building Problem Solving Mindset
- September 7, 4:00- Way To Study After Lockdown Using Visual Notes
- September 12, 4:00- Anger Management For Students
- September 26, 4:00- How To Improve Productivity- For School Students
- September 30, 5:00- Journey From Food Pyramid To My Plate Food guide

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

PAST WORKSHOPS

- August 8- How To Increase Serotonin Level Naturally
- August 24- How To Do Warli Art form
- August 27- The Art of Keeping Balance In Adverse Situation
- August 29- How to Take Balanced Diet?
- August 31- Brush Technique For Bamboos Painting

FAIRGAZE PATRON SCHOOL



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QUALITY CLASSES FOR KIDS OUR FEATURES



WELL QUALIFIED TEACHERS

We endeavour to install high moral values in our students so that they are always on the right path



PLAY ROOM

best-in-class Physical Education & Sports Programme



CLASS PROGRAMS

Our systems and processes are designed to ensure the overall development of a child's personality through holistic approach.



BIG AND GREEN PLAYGROUND

Skating, Swimming, Squash, Karate, Shooting, Chess, Basket Ball, Yoga, Football

Our Benefits:

Ours is a school where children rejoice in their childhood, learn as they grow and find the whole process a fun – filled enjoyable experience that enables them to rise to their maximum potential.

- ✔ Well Planned Curriculum
- ✔ Loving Atmosphere
- ✔ Best Education Pedagogy
- ✔ Beautiful Campus
- ✔ Interactive Classes
- ✔ Knowledge Center
- ✔ Trained Supporting Staff
- ✔ Child Safety Measures

Sponsored feature



CLIMATE CAMPAIGN BY FAIRGAZE LAUDED BY UN NEWS, NITI AAYOG

Summary: The School Champs for Climate Action campaign to spread awareness around climate change and the need to 'ACT NOW' launched by FairGaze, a leading school media and an engagement ecosystem for Social and Emotional Learning (SEL) programs for students, in partnership with United Nations Information Centre for India and Bhutan (UNIC) received massive appreciation and was lauded by UN News and NITI Aayog.



New Delhi, 29 August 2022: FairGaze, a leading school media and an engagement ecosystem in partnership with United Nations Information Centre for India and Bhutan (UNIC), recently concluded a pan-India four-month long campaign School Champs for Climate Action to spread awareness around climate change and the need to 'ACT NOW'. The campaign received huge appreciation among the school community and was lauded by UN News and NITI Aayog for mobilising ground-level action and behavioural change to help meet long-term climate objectives.

With a strong belief that children are the catalysts of change, the campaign aimed to encourage school students to be change makers and contribute to the fulfilment of Sustainable Development Goal 13 (Climate Action) on a national scale.

The campaign encouraged an understanding of the climate crisis and individual actions driven by young students. Along with students, the campaign engaged teachers, parents, educationists, and climate experts in **meaningful discussions on climate challenges and solutions**. The campaign saw 7,200+ students from 250+ schools from 29 States/ Union Territories across the country register and participate in the campaign.

The leadership and initiatives taken by the students offers us reasons to be optimistic and inspires FairGaze to engage school community to protect the environment and accelerate the achievement of the SDGs. The campaign exposed students to varied experiences, making them more compassionate and empathetic, in addition to raising awareness and knowledge of the UN-led

Sustainable Development Goals (SDGs). The students received recognition not only on a national-level through Niti Aayog and but were also acknowledge on global level with coverage in the UN News.

FairGaze consistently contributes to the development of the school community through various initiatives for empowering school students, like Campaigns to generate awareness on UN Sustainable Development Goals (SDGs), dedicated programs/webinars on holistic development delivered by experienced mentors and special initiatives focused on social mobility and nation building like the development of NCC Training App, launched by the Defence Minister Shri Rajnath Singh. As on date, FairGaze engages with more than 3,50,000+ students across 1,300+ schools countrywide.

Links -

<https://twitter.com/NITIAayog/status/1547107423952912385>

<https://news.un.org/hi/story/2022/08/1060542>

<https://youtu.be/hGnEkKakJvE>

COMPETENCY-BASED LEARNING

By: Ms. Vandana Singhal, Principal
The Maharishi Arvind Public School, Kota



The competency-based education (CBE) method lets students learn at their own pace and based on how well they can master a skill or competency, no matter where they are or what they are doing. This method is made to fit different ways of learning, which can help students do better in the long run. As school leaders, we probably spend too much time thinking about how to make learning better for the students who come and go through our school. In the end, what they learn will help them be successful when they grow up.

The main goal of competency-based education is to give every student the same chance to learn the skills they need to be successful adults.

It's mostly about how a student moves through the curriculum at his or her own pace and level of depth, etc. As students show they can do things, they keep making steady progress.

How Well Competency-Based Learning Works

How well a CBE learning course works depends on the environment it is in. Competency-based learning can be an effective model in a system with deep and varied support systems, strong assessment forms, and clear and manageable learning outcomes that are available to all learners. This could cut down on inefficiency and increase pedagogical precision and student achievement.

The fact that learners can move at their own pace is one of its best features. This helps students with different levels of knowledge, reading skills, and other abilities. Most teachers should be familiar with its problems, like how hard it is to find and agree on the most important competencies. These competencies can be based on understanding key ideas, being able to use knowledge to solve important problems, and having good skills in the right areas.

These are the 6 main ideas behind competency-based education:

- **All students are treated equally.**

Giving each student the same thing as everyone else is not what equity means. Instead, it means making sure that every student has what they need to reach the same end goal. Students are taught and helped based on what they are good at and what they need help with. This gives everyone the same chances of success. Competency-based education also helps build a community where everyone feels safe and valued.

Focus on skills that can be measured and help build skills for life.

Competencies need to be thought out ahead of time and set as learning goals for each student. Competencies don't just test how much a student knows about a subject, but also how well they understand it in the real world. Teaching staff how to think about what knowledge and skills are needed to measure mastery.

Openness

It helps students take responsibility. Both students and parents should understand what the class and school's goals are for learning. In a competency-based education system, students know these three things before the first day of class: What they should know? How do you define mastery? How will they be graded?

Each student gets help on their own

Students should know how long they should work on a problem before asking for help and when they can talk to the teacher in a competency-based education setting. Teachers help students work through their weaknesses and build on their strengths.

Teachers evaluate students progress

Assessments can take many different forms. Formative tests help teachers figure out where each student is in the learning process so they can change their lessons as needed. The teachers can also easily see where the students need to improve the most.



For example, teachers may ask students to turn in a video essay or make a digital portfolio that can be shared online. Competency-based learning is based on the idea that students can show what they know about a subject through these types of tests. The teacher can then make changes to the next lesson or set up one-on-one time with students who didn't understand the subject as well.

Students are motivated when they show that they know what to do.

When students show that they clearly understand the topic, can apply what they've learned, and have learned important skills, it's time for them to move on.

Teachers need to have the right tools,

like data and systems for learning. So, they can give clear feedback and improve their teaching. Teachers should also set up the classroom in a way that makes everyone feel welcome, builds relationships, and helps students learn how to do things well. To set up a good competency-based education system, teachers must build relationships with each other, with students, and with parents in order to personalise the lessons. When school systems help figure out the structure of their schools' competency-based education systems, this gives the network uniformity and cohesion. This helps teachers have a clear idea of what mastery looks like, which skills are

important, and which tests they should use, while still giving them some freedom on a local level. A competency-based education system is based on school culture, which ties all of these models together. The culture of a school should include openness, fairness, freedom, and flexibility.

Competency-based education helps students learn and show that they know a lot about a subject. It also builds a culture of fairness and inclusion and prepares students for life outside of school.

To the Leaders, Are you ready to use competency-based learning in your school? I hope that your future is great and bright...



SAVE WATER

RAIN WATER HARVESTING- IMPORTANCE & TYPES

Rainwater harvesting is the method of accumulation and storage of water for use and not allowing it to run off. Rainwater can be collected from the rivers or the rooftop of the buildings. Rainwater can be redirected and stored in the following ways:

- Well
- Rainwater Recharge Shaft
- Borehole
- Aquifer
- Percolation Tank

They are different types of rainwater harvesting it is classified as passive and active rainwater harvesting.

- **Passive Rainwater Harvesting:** In this type of rainwater harvesting the outdoor areas like gardens and driveways are sloped so that water is

collected in the garden areas of the home.

- **Active Rainwater Harvesting:** It is also known as rooftop rainwater harvesting. Water is collected from the rooftop and stored

Rooftop water can be stored in the following ways:

- Rainwater can be collected in a rain barrel a tap is installed on the rain barrel so that water can be directly used.
- A large lesson can be installed as it can hold a large volume of water.
- Install a rain chain direct from the roof to the underground tank. Rainwater can be directed to the water table in recharge trenches and pits. The water

reaches the porous layer of the soil and percolates into the water table.

Water can be stored in the following ways:

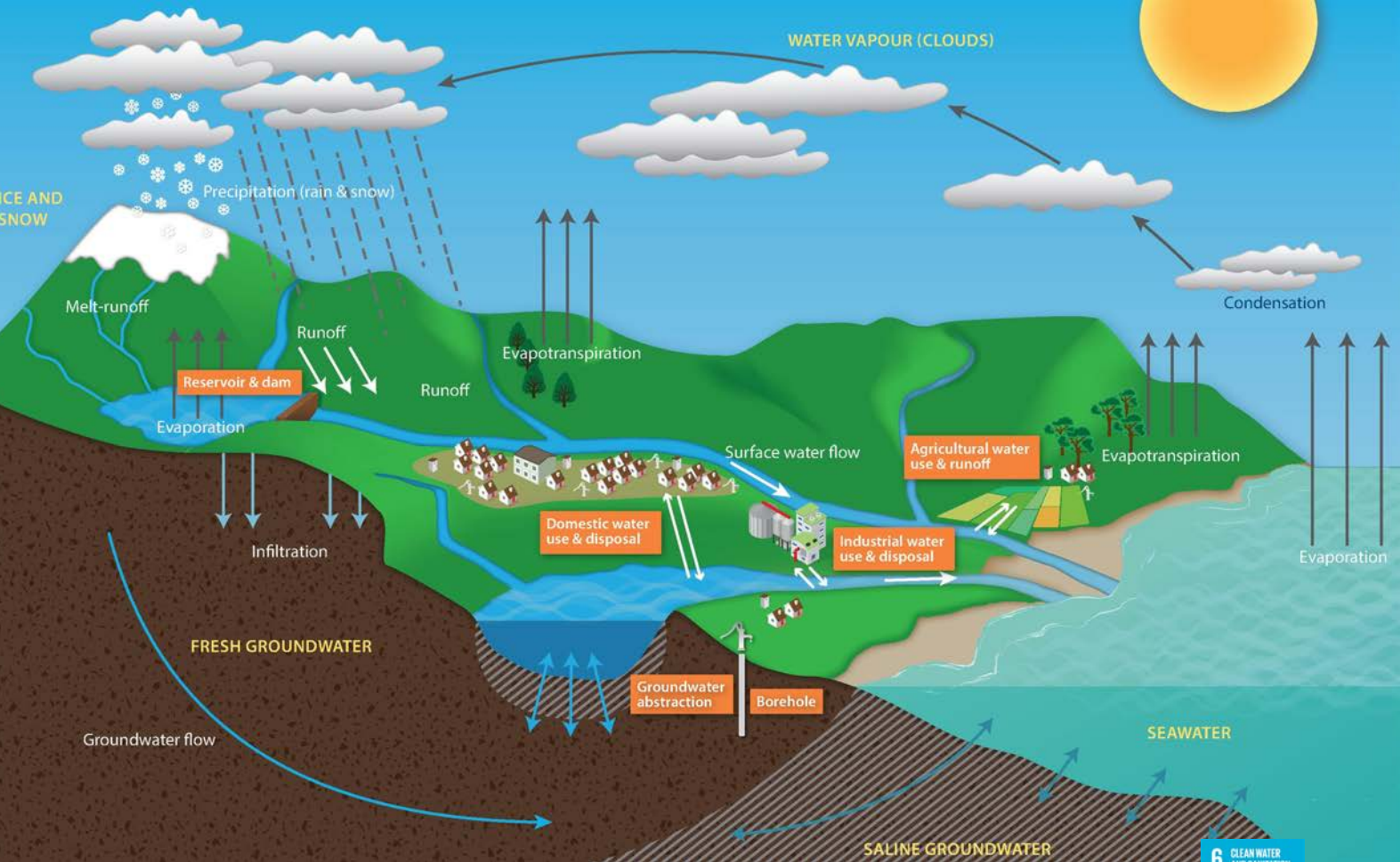
- **Charcoal Filter:** It comprises sand, gravel, and charcoal.
- **Sand Filter:** It is made with layers of sand, gravel, and rocks.
- **PVC Pipe Filter:** It comprises differently size pipes.
- **Sponge Filter:** The water passes through three layers of sponge and sand.

By:

Harjas Kaur Matta

Class - 12

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Harsh Vihar, Delhi



SAVE WATER

WATER RESOURCES MANAGEMENT POLICY

Water impacts our lives as we use water daily. Maybe this is the reason why we sometimes tend to forget its value. Water resource management is the activity of planning, developing, distributing, and managing the optimum use of water resources. As we need drinking water for survival, clean water is a necessary part of our life. No human can survive without water. Further, we need water for cleaning, washing and also for other daily activities. For example, we wash our garments and utensils for cleanliness.

Further, we require water for irrigation to produce the food we eat. Hence, a decent water supply becomes fundamental. Besides this, we enjoy swimming, drifting, and other relaxation exercises in the water, for example, pools, rafting, etc. Accordingly, water

should be overseen so individuals can partake in this. This global need for clean water access necessitates water resource

“Water resource management is the activity of planning, developing, distributing and managing the optimum use of water resources.”

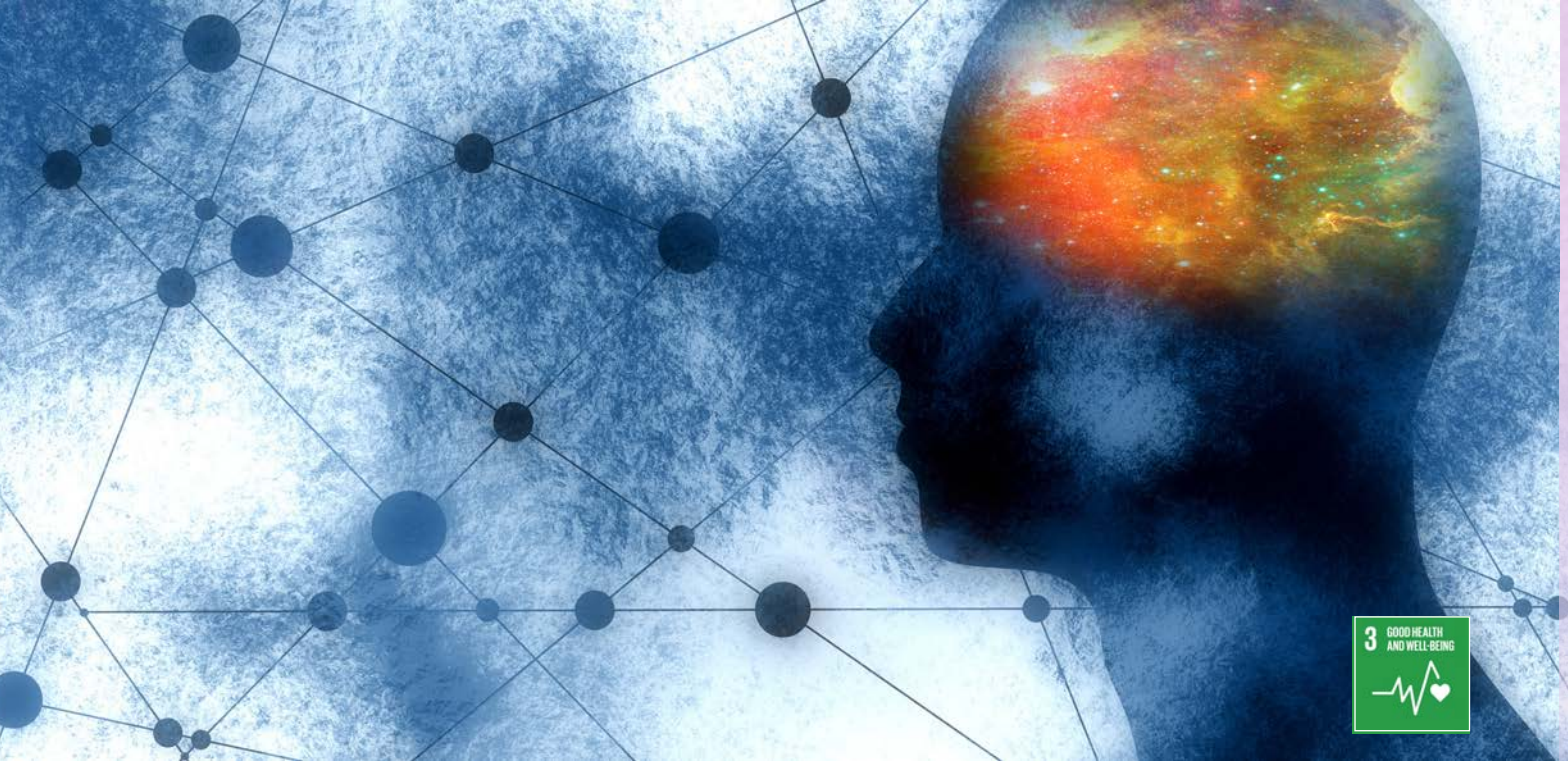
management to determine the means of supplying and protecting water resources. Along these lines, it keeps up with biodiversity. The significant method to preserve water is by incorporating reusing and treating wastewater. At this point, when we treat used water, it

becomes protected to be funneled back to our homes.

We usually use water for drinking and washing and that's just the beginning. Furthermore, a water system framework is an excellent method to reuse water. It includes a decent quality water system framework which we can send for feeding crops in dry spell hit regions.

By dealing, with water management, we can guarantee water doesn't go to squander. We should try not to pointlessly waste water. Above all, moderating water is fundamental at each level.

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WELL BEING

FACTORS AFFECTING MENTAL HEALTH

Emotional wellness alludes to the mental and passionate prosperity of a person. An intellectually solid individual is appropriately acclimated to the passionate and social prerequisites of the important anxieties and clashes related to day-by-day living. All in all for an individual to be considered intellectually solid, the person should be 'sound' in the intellectual and emotional parts of his psychological state. It is likewise considered the shortfall of any kind of mental issue. An intellectually sound individual works at an adequate degree of conduct and enthusiastic change in his exercises and communications. A portion of the attributes of an intellectually solid individual is vitality and a reasonable way to deal with the different exercises and spaces of activity that comprise day-by-day living. The World Health Organization (W.H.O.) has a standard definition for psychological well-being which joins these previously mentioned characteristics. It should be referenced, in any case, that there are different meanings of emotional wellness and their

exact assertions are impacted by social contrasts and contending proficient hypotheses about psychological well-being.

Emotional wellness versus Mental Disorders

The World Health Organization's report shows that nearly 50% of the complete populace of the world are casualties of one type of mental issue or the other. This is after the perspective on emotional well-being as an unsound continuum rather than an outright degree of mental health. Meanings of psychological well-being are, best case scenario, emotional. A few definitions are built as far as bliss, others around the capacity to work socially and contribute adequately to society. Be that as it may, most definitions revolve around three primary concerns: the capacity to live 'completely' and inventively, be sincerely and appropriately changed, and be adaptable in dealing with life's unavoidable difficulties. At the point when these three key viewpoints were utilized to examine the worldwide populace, it was understood that close to half of the

populace experienced one type of mental issue or the other. There are various types of mental issues that wreck the total populace. Mental issues are put in different classes, for example, uneasiness issues, sadness, mindset issues, insane issues behavioral conditions, and bipolar problems. The nervousness issue is exceptionally normal and it incorporates alarm problems, fears, and post-awful pressure issues.

Elements that could influence an Individual's Mental Health

There are a few factors that might make an individual foster a psychological issue. One of these is hereditary legacy and family ancestry. Beneficial encounters, for example, stress or injury too as substance misuse could likewise undermine a person's emotional well-being.

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WELL BEING

MENTAL HEALTH: KEY TO PHYSICAL HEALTH

Mental health is as important as physical health. When it comes to health and well-being, the first thing that appears in most of our minds is physical health. They talk about exercise, jogging, etc. However, the topic of mental health never really comes forth. Mental health includes our psychological, social, and emotional well-being. It affects how we think, feel, and act in our daily lives. Mental and physical health are equally important components of overall health. We should be able to discuss mental health in the same way that we discuss physical health. For example, when we take a leave from school because of our physical health, it is considered a suitable reason. Whereas if we give a reason related to our mental health, such as stress or anxiety, it is regarded as an unsuitable reason and even sometimes seen as an excuse.

Mental health and physical health are interconnected. People who suffer from

mental illnesses such as depression, anxiety, and stress, tend to have lower immunity. When people are having mental health issues, to cope they resort to harmful substances such as alcohol and drugs which are extremely injurious to health. A study found that positive psychological well-being can reduce the risks of heart attacks and strokes. On the other hand, poor mental health can lead

“Poor mental health can lead to poor physical health and cause chronic diseases.”

to poor physical health and cause chronic diseases.

We can't live a balanced life if we only focus on our physical health and ignore our psychological state. For physical problems, most people go to the doctor

and get a check-up. However, most people don't go to a mental health professional for a mental health exam. People seek out help from a mental health professional only after a crisis has already occurred. It is extremely important to take care of our overall health and well-being. We should exercise regularly, practice meditation and yoga, avoid harmful substances such as cigarettes and alcohol, take less stress, talk about our situation find happiness in small things, and give ourselves more reasons to smile and stay happy every day.

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