

# The Alpha

E-MAGAZINE

Second Issue , 28<sup>th</sup> May 2023

“AN ENDEAVOUR OF GLOBAL CITIZENS”



## OUR MOTTO

IS TO BRING THE WORLD UNDER ONE  
UMBRELLA AND GIVE WINGS TO THE  
CREATIONS AND IMAGINATIONS  
OF THE YOUNG CITIZENS.



## FROM THE DESK OF THE PRESIDENT

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Dear Readers,

'Vasudhaiva Kutumbakam'

Meaning- This world is one family.

As we reflect on the past year, we are reminded of the many challenges we have faced as a global citizens. From the ongoing COVID-19 pandemic to the social and political unrest across the world, it has been a trying time for many.

However, amid these challenges, there have also been moments of hope and inspiration. We have seen communities come together to support one another, individual stand up for justice and equality, and groundbreaking innovations emerge in science and technology.

Through our magazine, we strive to highlight the stories of those who are making a positive impact in the world .We are committed to showcasing the people,ideas,and movements that are creating a more just,sustainable,and equitable future for all.

As we move forward into this new year,we remain dedicated to our mission of amplifying diverse voices and perspectives,and bringing attention to the most pressing issues facing our world today.We believe that by sharing these stories,we can build a more informed and engaged global community,and work together towards a brighter future.

Thank you for your continued support,and we look forward to continuing to bring you compelling and inspiring content in the year ahead.

Sincerely

President

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## LET'S CHAT

### ADAM JUSTIN EVANS

English Language Coordinator, American University in Baghdad, Iraq

Hello to everyone involved in this promising new E-magazine, The Alpha.

I am very pleased to be on board with all of you. Who am I?

Adam Evans, from the UK originally but as I have spent more than half of my life in Spain and have been working in the Middle East for the past 5 years, so I consider myself more of a man of the world. I love to travel and have been lucky enough to live and work in Saudi Arabia, which I found amazing. For the past year I have been working as Academic Coordinator at the American University of Baghdad in Iraq (AUIB - Home) and I am enjoying the culture, the friendly people, and the food, of course. Over the years, so many students have told me they want to speak like a native speaker, and I tell them not to worry too much about that. Why? Well, mainly because native speakers have hundreds of different accents so it would be hard to choose just one to copy. I have a northern English accent, for example. Students have also told me they find it hard to understand the lyrics to English songs and that they were very worried about it. To be honest, native speakers do not pronounce the words very clearly when we sing, so it is difficult, sometimes impossible for us to understand all the words. So, again, don't worry too much about that. I will finish by saying a big thank you to everyone and I look forward to reading all about you.

Thank you

Adam Justin Evans

England





## MY PALACE ON WHEELS



Written by – SERENA DAWSON  
NEW ZEALAND

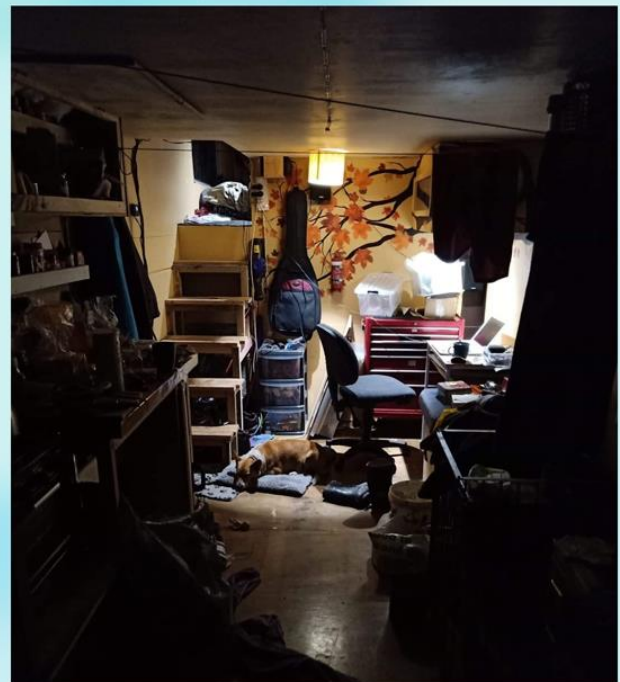
It was eight years ago that my husband and I decided to completely change our lifestyle. Determined to take our three kids traveling, we decided to build our own home on wheels. We had no idea what challenges we would face along the way, but the journey has been so worth it. It took us months of work and a loan from a friend, to turn a truck into a home.



We welded a steel frame, attached timber, insulated, added steel lining on the outside and plywood on the inside. We put in windows and doors, a fold down deck at the back, a toilet, shower, kitchen, and solar power. We began venturing from home for a night at a time. Bit by bit we explored more and more. We decided to head south, to the stunning South Island.

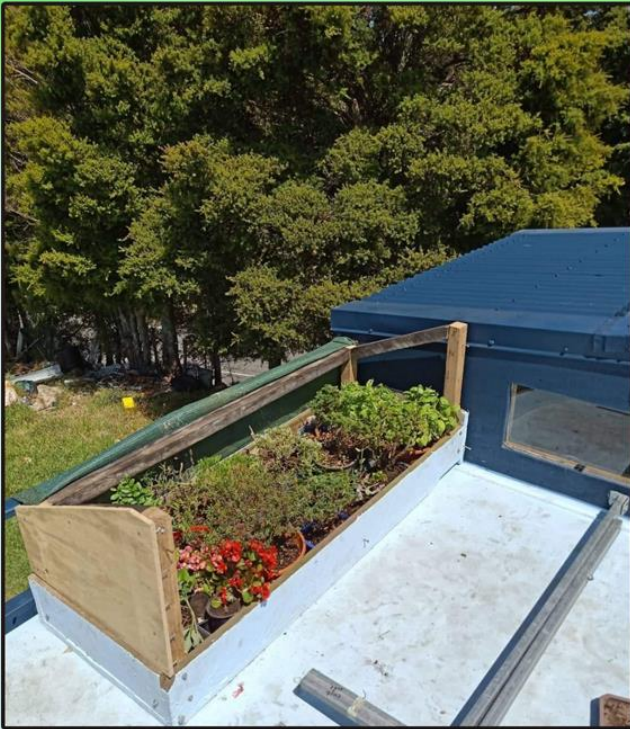


In the first two weeks we had three flat tyres. We've broken down on the highway a few times. We've gotten stuck in fields, run out of fuel and had to spend a lot of money on repairs. Yet, it was the best



Bedroom



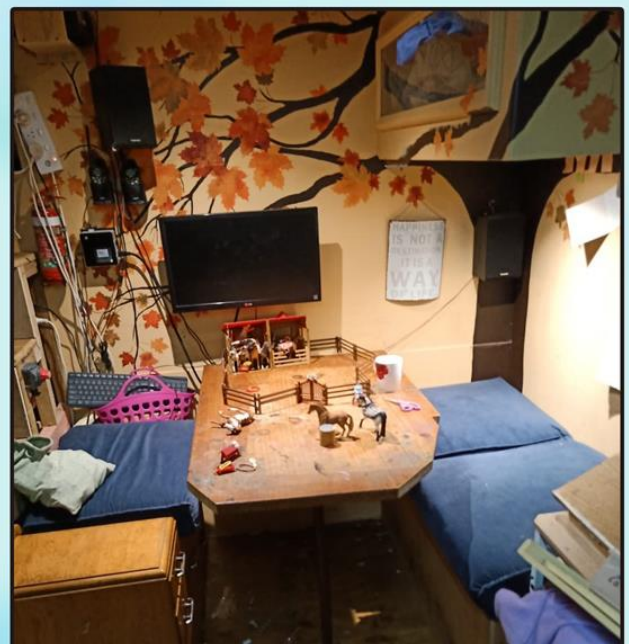


Mini kitchen garden on the top of the truck house

investment we could have made. We took our house truck from the top of New Zealand to the bottom, from west to east and everywhere in between. It became, not just something we did, but a part of who we were. We were travellers. Our children became confident, chatted happily with people of all ages and walks of life.



We saw so much beauty and experienced all the variety the country had to offer. We loved the people we met, the mountains, the forests, and the beaches.



We found many places we could call "home," but our real home was the one we drove from place to place, with our few books and possessions, our cozy home on wheels.





# THE DARKNESS SHADE IN LIGHT

Poem by - MUSTAPHA MUHAMMAD YELWA

ENGLISH TEACHER, NIGERIA

The wealth you toil for round the clock is death.  
It meets with you although you strive to death  
Amass the dimes which puffed you up with pride,  
That blinds your eyes with darkness shades that hide  
in light, and show the eyes food crops from weed.  
Albeit sunlight improves their growth, they need  
Rainfall to soak the soil; composted dungs  
To neutralise weed seeds and harmful gas;  
And human breath that comes from sac in lungs  
To help them breathe the air man needs to live.

•

When wolves attack their foes they never give  
them break to breathe the air that keeps them vive.  
Ah! Let's fight the wolves to breathe, so Plants survive,  
And we in turn can live because our lives  
depend on air inhaled from Plants that jive.





## YOU CAN'T SAY I'M ALONE

Written by - PSYCHOLOGIST TANER TULA,  
TURKEY



If you don't want to say that I'm alone in my world now, I don't have anyone who misses or loves, you will start to love yourself a lot. The moment you achieve this, believe me, you can live by understanding how strong the warm love that you always find closest to you, the true friendship you feel, and the power you have. Then you may have freed yourself from the negativities that would affect your sensitive soul, erased from your memory all the connections that would cause your sadness, and destroyed them all. You must believe that you will always have happy tomorrows in your life that you can



love and experience the beauties that you feel exist in your heart. Do not always think of the people you live and share in your world as strangers, never to be trusted. There may be people around you that you meet on common ground, that you can see which points you have in common as you share, and that you can value. Don't treat everyone like unknown people, never look at everyone as if they are nothing to you. The more you think about the situation you are in and the more accurately you analyze it, the better you will get to know and discover yourself. We are all passengers of a road that we cannot see the end of it, we can only put someone in which we believe we will be happy, in whose presence we find peace, in which we strive to reach our aspirations, to whom we are excited, to whom we can touch their love, to whom we give love and to whom we surrender our hearts, that's all. No one lives these days and tomorrows without knowing or knowing the end they will reach, As long as you make mistakes on mistakes, don't give the weapons that the people in front of you can use against you tomorrow and leave you in trouble. When you do this, all the beauty that you have been trying to do for a long time, all your efforts to create and possess your love may be in vain. You can always, meet many-faced people and become a tool for their intrigues. If you think about these in your life, see the truth, see the truth, and first spend your efforts to understand and get to know them, you will create a warmer love in your heart, a love that you can find what you miss and that you can feel by touching it with your hands whenever you want. And you will not forget and you will know that there will always be someone in your life that you will trust and love very much, believe first, and you just need to find the right person!?







# FACTORS OF PRODUCTION AND THEIR REWARDS:

Written by - NASIM AKHTAR, APEX EMPLOYMENT SERVICES

DUBAI-UAE

**Factors of Production:** The factors of production are the resources people often use to produce goods and services; they are the building blocks of the economy. Economists divide the factors of production into four categories: **land, labor, capital, and entrepreneurship.**

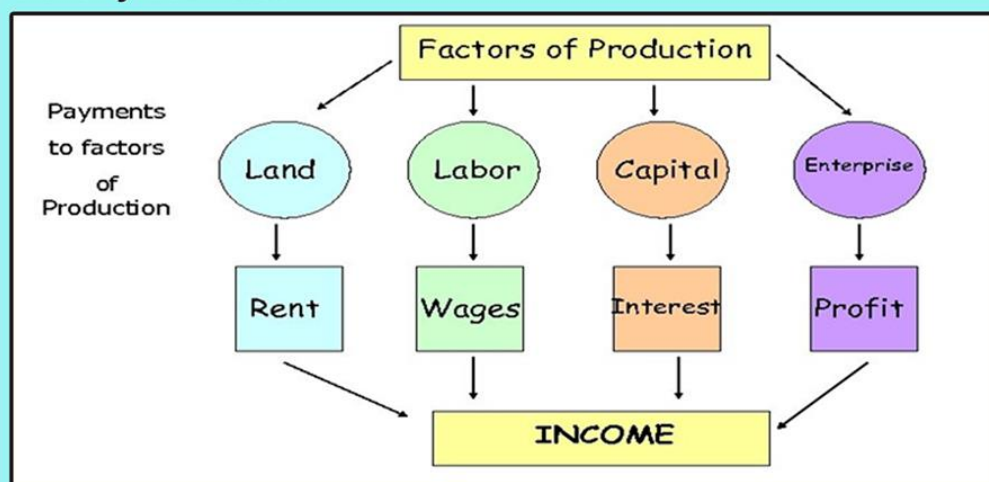
**Land:** Land has a broad definition as a factor of production and can take on various forms, from agricultural land to commercial land, infrastructure, resources available, Natural resources, infrastructure, and navigation system of the country. The reward to Land is Rent.

**Labor:** Refers to the effort expended by an individual to bring a product or service to the market. Labor which encompasses the physical exertion of human individuals to produce the goods and services sold. There are many facets to what comprises a person's Labor value, which is specific to the product being produced. The Reward to Labor is Wages.

**Capital:** Capital in business refers to the sum of financial assets that are required to produce goods or services. These funds can be used to initiate operations, meet daily expenses or grow and expand the business, it typically refers to money (working Capital/Operating Capital) and The Reward of Capital is Interest.

**Entrepreneurship:** A person who undertakes the risk of starting a new business venture is called an entrepreneur, where in he/she makes sure the optimum utilization of above 3 factors of production (Land, Labor & Capital), The Reward of Entrepreneur is Profit.

**The above explanation is illustrated by the below diagram, this is also known as thumb rule of any Business.**

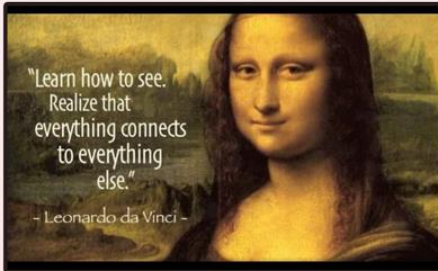






## ALIGNING WITH YOUR UNIQUE HUMAN POTENTIAL

Contributed by **CHRISTOPHER CHASE**,  
an American teacher in Seinan Gakuin University, Japan



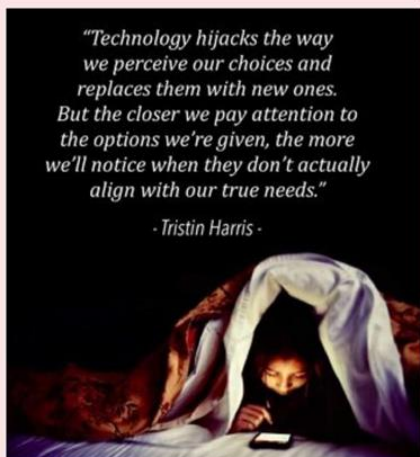
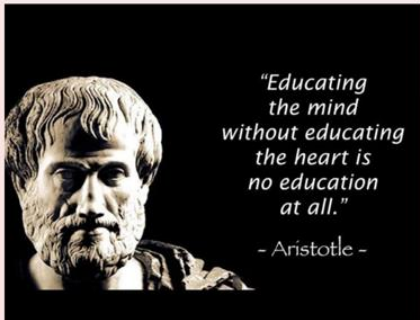
*"Nothing is more important than empathy for another human being's suffering. Nothing. Not a career, not wealth, not intelligence, certainly not status. We have to feel for one another if we're going to survive with dignity."*

~ Audrey Hepburn ~



**If a child can't learn the way we teach, maybe we should teach the way they learn.**

- Ignacio Estrada -



*"I do not want the peace that passeth understanding. I want the understanding which bringeth peace. Be not dumb, obedient slaves in an army of destruction. Be heroes in an army of construction."*

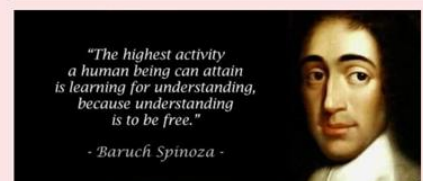
- Helen Keller -



**What you love to do you will do well.**

好きこそ物の上手なれ

- Japanese Proverb -







## CHILDREN NEED TO BE FREE TO LEARN

Contributed by **CHRISTOPHER CHASE**,  
an American teacher in Seinan Gakuin University, Japan



Children are born to be curious, sociable, skillful, joyful and empathetic. Their minds are creative and flexible, their hearts trusting and open. They come into the world with brains designed to learn from their local environment, to interact skillfully with the people and objects that surround them.

They enjoy experimenting with new things and investigating whatever interests them. They learn languages and gain new skills easily, as long as they are respected, assisted (when needed) and encouraged.

Maria Montessori understood this, and taught that the role of educators is to organize learning environments so that they facilitate self-discovery, creativity, concentration and collaborative exploration.

Children learn best when learning is meaningful, playful and self-directed. There is no need for constant control, monitoring, external rewards and punishments. In fact, such authoritarian efforts tend to deter children's learning, deaden their natural motivation and curiosity.

They will put time and effort into mastering skills and helping one another. They have a natural desire to make things, to communicate, be creative and competent, sociable and successful.

Teachers and parents have an important role to play with this, but attempts to over-control the natural learning process will immediately begin to snuff it out. Rigid expectations, standardized testing and comparisons of children to one another is psychologically harmful, as no two children will learn in the exact same way or at the same rate.

Provide extra help for those who are struggling, but make sure it's done with love, respect and good intentions. Bottom line, children lose interest when adults are too rigid, authoritarian and controlling.

They need to be free to learn.

~Christopher Chase





# POWERFUL FEELINGS

Written by - MAHEEN ISLAM

DUBAI

YOU CAME INTO MY LIFE,  
WHEN I HAD NO ONE.  
WHEN I WAS BROKEN,  
WHEN I WAS DONE,

WITH MY LIFE,  
WITH EVERYONE!

YOU FIXED ME,  
YOU CHANGED ME.  
YOU MADE ME FEEL LIKE,  
I DESERVE SOME LOVE.

YOU WERE THERE IN MY HIGHS AND LOWS,  
YOU WERE THERE WHEN I WAS BROKE.  
YOU DIDN'T ONLY HELP ME FINANCIALLY,  
GURL, YOU FIXED MY SHATTERED SOUL!

YOU SOOTHE MY PAIN,  
YOU MAKE ME SMILE.  
YOU'RE THE REASON,  
I DIDN'T GIVE UP ON MY LIFE.

WE DON'T MEET DAILY,  
BUT I WISH WE COULD.  
YOU MATCH MY VIBES,  
LIKE ONE BEST FRIEND SHOULD.

YOU'RE THE SWEETEST PERSON IN THIS ENTIRE WORLD,  
I AM BLESSED TO HAVE AN ANGEL LIKE YOU AS MY FRIEND!

LOVE YOU BESTIE





## DESIGN THINKING PROCESS IN THE SCHOOL

**M. Abdul Hameed ,Founder  
Shafee Educational Trust  
New Delhi .India**



### **Developing self-management skills**

When you have strong self-management skills, you tend to be more successful at work. That's because these skills help you stay productive and find ways to embrace your independence. Even if you feel that your abilities in this area are lacking, there are plenty of ways you can work to improve them. Here we further discuss how to manage yourself and provide tips for developing this characteristic.



## What are self-management skills?

Self-management skills are your ability to regulate and control your actions, feelings, and thoughts. With these skills, you can follow through on the work you're supposed to be doing. Likewise, being able to manage yourself can help you be more successful in your goal-setting efforts. Having these skills gives you more control over your career, which may eventually lead to more exciting opportunities.



## Why are self-management skills important?

Self-management skills are an important part of showing that you're a reliable employee. Those without these skills may be unpredictable, which can make an employer nervous. For instance, when someone has a hard time controlling their emotions, they could snap at a customer or say something hurtful to another employee. With having self-regulation, you can calm intense emotions and thoughts, which can lead to smarter actions.

## Examples of self-management skills

The following skills are examples of self-management in the workplace:

- **Reliability:** Your employer and colleagues can always count on you. When you make a promise, you follow through.
- **Stress management:** In high-pressure situations, you remain calm and collected. Rather than losing your focus, you find a way to solve stressful problems.



## 2. Practice being patient

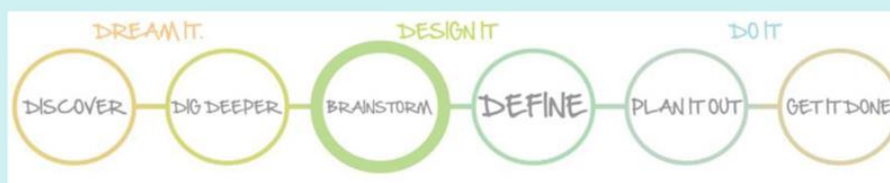
Managing yourself is much easier when you have a strong sense of patience. For many people, this characteristic comes with practice. When trying to be more patient, remember that everyone works on their own timeline. Likewise, embrace the fact that you don't have control over many situations and simply need to remain calm as you wait.

## 3. Focus your attention on one task

Contrary to popular belief, people do not have the ability to successfully multitask. In order to feel more organized and on top of your work, try to focus all of your attention on one task at a time. By creating your own organizational system that helps you prioritize your responsibilities, you can feel calmer and focused. This strategy can help you avoid feeling overwhelmed or stressed.

## 4. Reflect on your strengths

Take a moment to think about what skills you do best. By understanding what you're good at and making an effort to become an expert in these areas, you can be in more control of your career trajectory. For instance, if you are a great communicator, you could aim for a role where you can work directly with others. Embracing your strengths can help you feel more confident and at ease.







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**AZERBAIJAN**







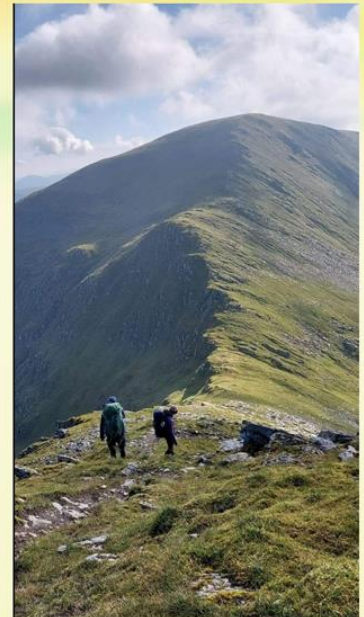
Drawn by **ALYAALICE NAOMI LOURHZAL**  
**NORWICH, UK**





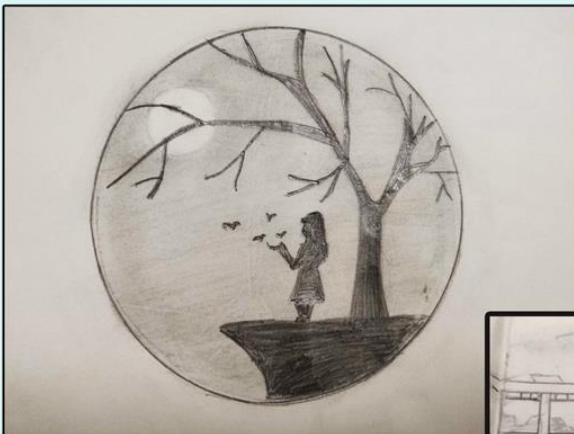


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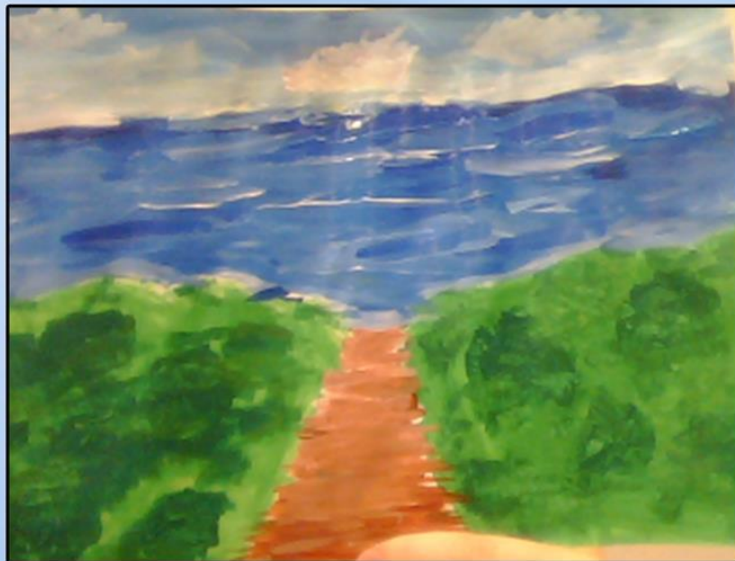




**Drawings by KHANSA ANZAR KHAN**  
**ALI PUBLIC SCHOOL, MAHARASHTRA - INDIA**



Drawings by LMF SCHOOL  
of **MOLDOVA**



Drawn by Katy, Moldova, LMF school



Drawn by Emy, Moldova, LMF School





**Drawings by SHAMIM SULEIMANY**  
**GR2, AFGHANISTAN**



Flag of Afghanistan  
Drawing by Shamim Suleimany



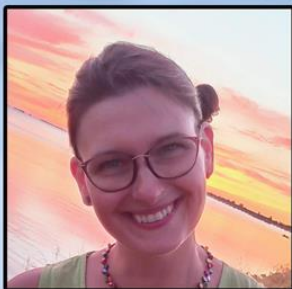


Clicked by **MAUREEN TROLLER From AUSTRIA (Europe)**





## Paintings by DOMINIKA KRAWCZYŃSKA of POLAND



Drawn on glass



Drawn on a stone



Drawn on a canvas



Drawn on a wooden chest



Drawn on sea shells

## How to use self-management skills in the workplace

Being conscientious of your actions at work is an important part of self-management. By showing that you can control your actions and act professionally, people will see you as a respectable employee. Practice your self-control in the workplace with these ideas:

### 1. Set goals

Setting your own goals shows that you have the self-control to reach your ambitions. By staying on track and measuring your progress, you are conveying that you can manage your time and priorities. When setting goals, follow the SMART goal method, meaning that your goals should be specific, measurable, achievable, relevant, and time-bound.

### 2. Plan for each workday

Keeping a calendar can help you stay organized for the week. Map out all of your tasks and prioritize when you need to complete each one. At the end of each workday, set aside some time to assess what you still need to complete the next day. There are also many things you can do at home to assure you'll have a successful workday. Examples include picking out your outfit the night before, meal prepping, and getting to bed early.

### 3. Come to meetings prepared

One way to show your colleagues that you have self-control is by being a valuable resource in a meeting. This means that prior to the meeting, you are organizing your notes, preparing talking points, and gathering important information. Make sure to arrive at the meeting on time or a few minutes early as well. On days when you know you have a meeting, make sure to eat a healthy breakfast, and give yourself enough time to get ready for work.

### 4. Think before you speak

When discussing a project with colleagues, think through what you're going to say. This way, you can avoid hurtful responses and offer truly valuable insights. Even if you have critiques, there are always alternative ways to share your thoughts in a productive and professional way.

.....Thank you .....





## CREATIVITY

Drawings by **SHAIKH MOHAMMED AYAAN**  
**HOLLY CROSS HIGH SCHOOL, MUMBAI - INDIA**



The Dharavi slum was founded in 1884 during the British colonial era, and grew because the expulsion of factories and residents from the peninsular city centre by the colonial government and from the migration of rural Indians into urban Mumbai. Dharavi slum is the most educated slums of India







## HAPPINESS IS A DECISION

Written by – DR. HAWAZEN AJWAD ALFASSI

PhD. Metaphysical philosophy & a Healer

SAUDI ARABIA

What makes us happy?

One day during my Yoga lessons, my guru asked me, 'What makes me happy? I was stunned, because I couldn't reply, so he gave me the question as homework. It took me three whole days to answer this question.

If a person wants to be happy, he/ she can, because happiness is a decision. It is neither circumstances nor the materialistic things that we own. I earned happiness and still I have, whatever happiness we own is the possession of God and that is what I believe in, because if you do not own, then you have nothing and if you do, then you might lose it all. It's your reaction towards things when they happen, your interpretation of whatever is going on.

Happiness is a decision we make, since the time I decided to be happy, I am happy. There are of course, hard times when everything is not fine in our life. Still we need to make it beautiful by listening to our favorite music, dance to the beats or invite a friend for a coffee.

I can imagine my hard times as something to laugh at, like for instance the look on my face when I was shocked from an expected reaction from the landlord, when he stole my insurance money. I can imagine my face and how I looked then. I laughed like crazy because I really looked funny.

Another incident, when someone was stealthily and forcefully trying to enter my parking lot, my mouth was wide open and my eyes were startled. It was actually hilarious.

We are responsible for our happiness or sorrows. We can't blame it on circumstances or people. We can lift ourselves up and keep going with laughter or a smell of a rose. Do whatever it takes to make ourselves happy. If there is no pain. We wouldn't know what happiness is. Pain actually is a blessing in disguise.

Some people identify themselves with the misery and they keep on complaining about their ugly lives; streets are horrible, my fridge has a sound, lots of birds are in my garden eating the seeds of my plants, even the good they see is bad. What is the benefit of all this? What we see is what we get. So, if we keep on complaining, we will get more of it, so better to stop it.

Focus on the good, stop watching the news, as they only focus on the bad and that causes depression. Focus on the good, so we can get more of it and be happy.

Life is easy if we want it to be easy, hard if we want it to be hard, life is beautiful if we are able to praise its beauty, life is nice, if I will see it nice with all the bad experiences, because if the bad experiences weren't nice I wouldn't have grown to what I am today, full of joy and happiness, it all depends on us and how we see life.

I, as a healer treat my clients with a special technique. I take out all the negative vibrations surrounding the body so that a person feels better and life becomes easier.

I still remember when I had a severe depression in my young age, and didn't know any of these techniques, later it was my two years journey, which helped me receive my PhD. and learn the art of living and healing. Yoga courses helped me to heal and most of all it taught me how to heal others, which made me the happiest person.

Happiness is a decision, no one can make us sad, if we want to be happy.





## A BETTER WORLD

Written by - INA BEDROS

REPUBLIC OF MOLDOVA

*Life is beautiful and full of wonderful, special moments.  
We, as human beings, should live in harmony with each other and nature.*

*Creating poems and being inspired by all beautiful things that surround us, children from all around the world could paint this world in vivid colours of happiness, hope and love.*

Life is beautiful when we love  
When we smile, share and hope  
People are happy by making others so  
And the sun is shining more

When we love we forget  
We accept and don't regret  
We see beauty in each insight  
Even though we have various sight.

So smile more and love more  
Live by inspiring and creating  
Love seasons and people,  
Love snowflakes and flowers.



**Ina Bedros,  
English/French teacher  
from Republic of Moldova,  
LMF School.**





## HOW VISUALISATION CAN CREATE SUCCESS?

Written by – JULIAN ROBERTS

EXECUTIVE AND BUSINESS COACH, UNITED KINGDOM



Michael Phelps famously credits visualisation to his success in the 200m butterfly at the 2008 Beijing Olympics. He won gold and set a world record despite not being able to see for the last 75m while water filled up his leaky goggles.



You may be thinking, yeah I get it for elite sports but what has that got to do with the workplace. Well you can use visualisation whether for personal or business, the effect is just the same.

### What is visualisation?

In essence it is a mental rehearsal using all of your senses – see, feel, hear, taste and smell.

### Why is visualisation Important?

Visualisation is important because it helps to prepare and to teach you how to respond to a situation before it happens. It also helps you achieve your goals by conditioning your brain to see, hear, and feel the success in your mind.

### How does it work?

Visualisation will engage the reticular activating system (RAS)—a bundle of neurons that acts as your filtering system and helps you to determine what information is important vs. what is not important. The phrase 'you get what you focus on' is linked with the RAS, and the reason why goal setting works and is important, since you are setting your RAS to filter everything for the goal achievement.

### Three types of visualisation

There are 3 main types of visualization in performance psychology: outcome visualization, process visualization and clarity visualisation. I use all 3 types with my coaching clients where appropriate.



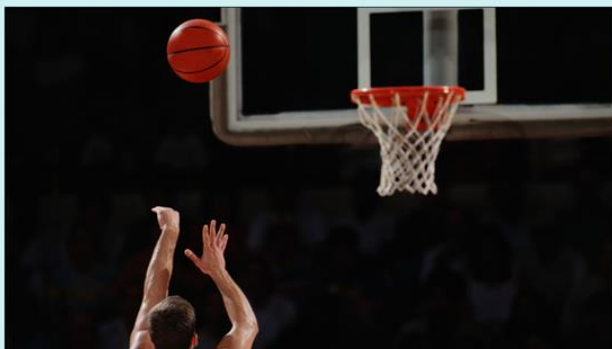
Clarity visualisation is when you look ahead to what you would like to see, hear and feel and then track back to find clarity of steps to get there.

Outcome visualisation is when you imagine your end goal. For example, you see yourself winning and crossing the finishing line of a running race.

Process visualisation is when you imagine each step it will take to get to your end goal. For example, you mentally rehearse yourself giving a presentation to an audience, going through the whole process of the event.

Does visualisation work?

In essence yes, and there are lots of examples used in sport along with everyday business, but also there was an empirical study conducted by Dr. Blaslotto at the University of Chicago in 1996 on visualisation.



Dr. Blaslotto's study was conducted by asking a group of students who had been randomly selected to take a series of basketball free-throws. The percentage of made free throws were tallied. The students were then divided into three groups and asked to perform three separate tasks over a 30 day period.

- The first group was told not to touch a basketball for 30 days, no practicing or playing basketball whatsoever.

- The second group was told to practice shooting free throws for a half hour a day for 30 days

- The third group was to come to the gym every day for 30 days and spend a half hour with their eyes closed, simply visualizing hitting every free-throw.

After the 30 days all three groups were asked to come back and take the same number of free-throws they had in the beginning of the study.

- The first group of students who did not practice at all showed no improvement

- The second group had practiced every day and showed a 24% improvement

- The third group however, the group which had simply visualized successful free-throws, showed a 23% improvement

Mental rehearsal (or visualisation) is powerful because the subconscious processes the experience as a real one (by firing those neurons that are responsible for skill acquisition), makes the person calmer and more adapted to stressful situations, and can speed up the learning process.

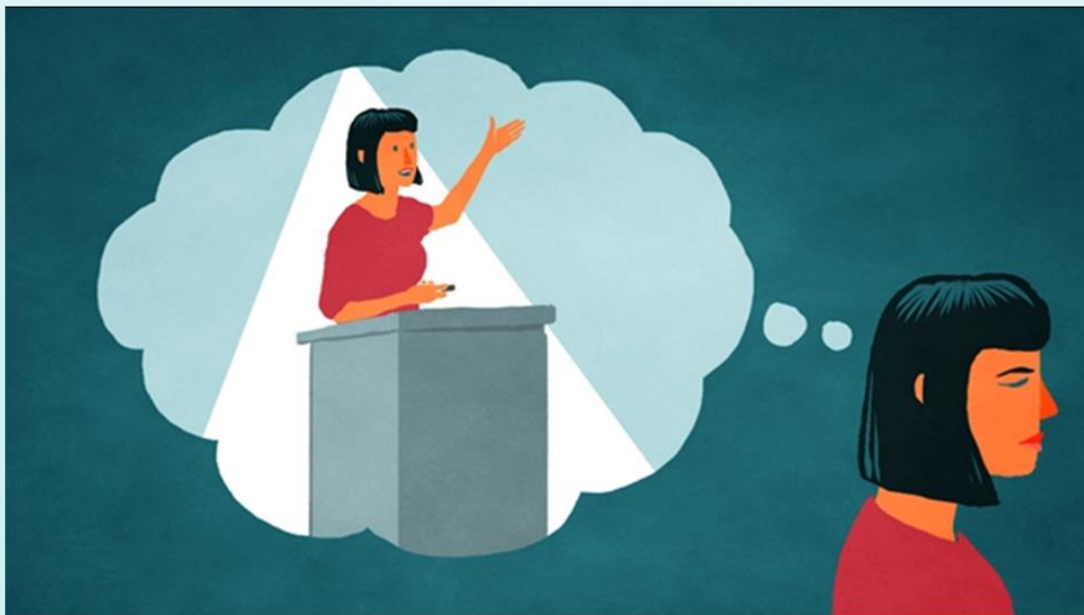
How do you mentally visualise?

The process visualisation technique is a common one I use with my clients. Before you visualise, get yourself in a relaxed state, this can be done by sitting down, closing your eyes and taking 3 deep breaths in and out.



Once you are relaxed, visualise the situation, for example speaking at an event in front of a audience. Mental visualise what you will see, the people, the venue, the stage etc. Then what you can hear, you speaking, the audience and other noises you may hear in the room. Then move onto how you will be feeling when you are speaking, what you can smell, has food been served and also what you can taste.

Try to make the visualisation as vivid as possible, it helps if you have already been to the place before. Now visualise it all going well, using all the senses – see, hear, feel, smell and taste.



Now think of number of scenarios where there might be some obstacles to your presentation, e.g. you get a dry mouth as you are speaking, the technology doesn't work etc. Now visualise the plans to mitigate those things going wrong, the plan B's, e.g. having a glass of water to drink if you get a dry mouth. I would suggest you spend around 5 minutes on this visualisation, and look to do it a few times prior to the event itself.

**In summary, visualisation is a powerful way to prepare yourself for an event or situation before you even get there, along with gaining insights into what could be the obstacles that get in the way, which gives the opportunity to develop strategies to overcome those obstacles.**







## EDUCATING INDIA THROUGH TRANSFORMATIONAL EDUCATION

Written by – LUISA REMI

PRINCIPAL OF SOUNDARARAJA VIDYALAYA, DINDIGUL, TAMIL NADU, INDIA



Education is the transformation of civilisation. A civilisation is said to be a complex society consisting of progressive development, social stratification, social institutions and interaction between the members of the society. Any civilisation is a product of continuous evolution of way the members of the society comprehend while tackling challenges as time progresses. The process of acquiring knowledge primarily through experience passed on as knowledge transfer. This knowledge transfer is education. The approach of educating has been different for different regions in a civilisation. Every region has its own challenges and opportunities.

It is true for India; as vast as a civilisation knitted with social complexities due to its legacy and population. India enjoys a positive demographic dividend because of its young population. The nation needs consistent steps to tap into the innovative potential available to script its development story. For this reason, Education plays a pivotal role in converting ideas into action. It is a tool of social mobility of people across the social strata. In India, Education starts from smallest social unit such as family to formalised institutions like schools and colleges. The formalisation of education is a result of the standardisation of education globally. The standardisation of subjects has created silos in the challenge of knowledge in the classroom learning. It was advocated that a continuous incremental changes in the Education system which is evolved around integrating the silos of knowledge was seen as the antidote for the challenges in the pre pandemic times.





However, the COVID 19 pandemic came with another set of challenges; it further exposed the fissures in Education systems aggravated with government imposed restrictions such as lockdowns. The education sector ventured into internet based online learning, sought to bridge the interregnum in learning. Nevertheless, the digital divide has created obstacle in access of education for the learners in the formalised institutions (schools and colleges). The increases in dropout rates are a worrying trend. Moreover, the decline in intent of learning is visible in decline in reading, writing and communicating abilities of students in online learning. So, the issue of integrating silos of knowledge to provide a purpose driven education needs to be structured with a prolonged strategy instead of a knee jerk solution.

and integration of outcomes. Firstly, the inclusive pedagogy caters the emotional dimensions of the learner from their formative years and to achieve the emotional intelligence. Emotional Intelligence is a result of progressive development of beliefs, habits, and attitudes with physical well-being from the formative years of the child. The approach needs positive parenting and suitable environment for the inquisitive mind of the learner. Secondly, the experiential learning is a learning process where theoretical learning is combined with hands on experience. This will come handy in stem subjects, where hands on experience will give a platform for executing innovative ideas. It increases the critical thinking of the students. Thirdly, the integration of outcomes by gradual testing and updating of knowledge by calibrated use of technology. The synergy of integration by conventional physical classes, continuous mentorship, bridging the digital divide, inculcating freedom of thought and action would provide equitable education for all.

The idea of transformational education is the roadmap for energising the Indian Education system turns posed by the pandemic as opportunities.







## THE BOY AND HIS CATTLE

Written by - G. NITHUNA SHREE

OMAN

Once upon a time, there lived a boy in a small village. His father had a small farm. In the farm, they used to have cows, goats, and hens. The boy used to help his father by looking after the cattle. The boy loved the cattle very much and used to spend most of his time with them.



One day a thief came from nearby village and noticed his farm. The thief decided to catch the cattle from his farm. But he was scared in case the sheep start making noise. So the thief decided to feed them with "Magic grass" and catch one of them daily. One day at mid-night when everyone were asleep, the thief came to the farm and gave the 'Magic Grass' to one of the goats. After eating the 'Magic Grass' the goat turned into a stone. Since it turned into a stone the goat could not move or make any sound. So, it was easy for the thief to carry it to his home.

Next day, the boy noticed that one of the goats was missing. He searched all over, but he could not find it. So, the boy was very much worried. He decided to stay awake to watch what happens in the midnight.

At midnight he heard footsteps. The boy hid behind the bush to watch who was coming. To his surprise it was the thief who was feeding the magic grass to one of his goats and the goat turned into a stone.

He waited to see what the thief was going to do with this goat which turned into a stone.

While waiting the boy felt sleepy and he slept leaning on a tree. Suddenly he woke up by hearing the goat's sound. He was surprised to see the stone turns into a goat again once when sun raised.

The boy decided to teach a lesson to the thief. He waited until the thief caught all his cattle one by one every day.

After the thief caught all the cattle in the same way, the boy went to the thief's house in the morning.

On seeing the boy, the cattle ran towards him. The thief got shocked and ashamed of himself.

Moral:

You should not cheat others or else you will have to pay for it soon. Even it's a single penny we need to earn on our own.



## MENTAL HEALTH IN THE "IPAD" GENERATION

Written by - MARIA ALEJANDRA GRANADOS OJEDA  
COLEGIO JORDAN DE SAJONIA SCHOOL, COLOMBIA



Not all people care about psychological well-being; the most curious thing is that adolescents have greater knowledge of the subject since in past generations it was not well seen to open up emotionally, however, many quality of life problems are systematized as "normal" and sometimes the people who take care of us do not perceive them, however, the way in which mental health has been incorporated into the "ipad" generation and the influence of networks has opened us to recognize our ideologies and have the possibility of receiving help.

The 95% of the current generation, known as generation Z or better generation "ipad", has a smart cell phone and access to technology, this means that we were given an open world where information has no barriers and living in a world in constant movement where everything is fast, growing minds can be affected. How is that? Perhaps some believe that adolescents do not have real problems, but the reality is completely different.

At one point in my short life I heard someone say "Have you ever wondered how you feel when you wake up?" that phrase resonated in my

We take our emotions for granted but we don't give them the relevance they deserve.







# WOMEN EMPOWERMENT

Written by - VILMA DA LUZ BARBOSA

BRAZIL



Empowering women and girls and achieving gender equality are crucial to create inclusive, open and prosperous societies. We can contribute to this agenda by creating opportunities for dialogue to influence policies that benefit women and girls; work with partners to promote access and build the skills and confidence of women and girls to achieve their potential and have more influence over decisions that affect their lives, based on that students from SescIdiomas Caçador-SC in Brazil worked on a local Project last year related to SDG Goal 5.

A woman from a poor community was chosen to have a special day, when she spent a day in a spa, having hair, make up and nails done, also massage and other relaxing procedures. After that we heard from her that she was feeling like a woman again. That was pretty beautiful and motivating because we were able to empower her and show her she is able to do anything, she just has to believe in herself. A part from that students learned to worry and care about others, becoming more grateful about their own lives and families.





## A BETTER WORLD

Written by - INA BEDROS

REPUBLIC OF MOLDOVA

*Life is beautiful and full of wonderful, special moments.  
We, as human beings, should live in harmony with each other and nature.*

*Creating poems and being inspired by all beautiful things that surround us, children from all around the world could paint this world in vivid colours of happiness, hope and love.*

Life is beautiful when we love  
When we smile, share and hope  
People are happy by making others so  
And the sun is shining more

When we love we forget  
We accept and don't regret  
We see beauty in each insight  
Even though we have various sight.

So smile more and love more  
Live by inspiring and creating  
Love seasons and people,  
Love snowflakes and flowers.



**Ina Bedros,  
English/French teacher  
from Republic of Moldova,  
LMF School.**





# NOWRUZ

Written by – FIRUZA ALIYEVA

Student at Azerbaijan State University of Economics. AZERBAIJAN



Nowruz is a traditional holiday, loved by children and adults, in my mother country – Azerbaijan. It celebrates the coming of Spring and the beginning of Nature's awakening on the 21 st of March.

The preparations for Nowruz begins in the end of February. People clean their houses, start making national sweets and pastries such as shekerbura, pakhlava and badambura, plant samani – germinated wheat grains - that symbolizes the fertility and prosperity.

A special importance during the Nowruz Holiday has Charshamba days – four Tuesdays before the 21 st of March – the holiday itself.

Each Tuesday symbolizes one of the four elements – water, fire, wind and earth.

During the second and the third Tuesdays, the fire takes away all of the sicknesses and the wind opens the bud of the trees. The last Charshamba is the most important – here, the earth renews and the nature revives again.



To celebrate the Charshambas and the Nowruz holiday itself, families gather together and have a dinner with national meals, children make a bonfire and jump over it, they also put their hats under the neighbor's doors for them to give them some candies.



## JEWELS OF NATURE

Written by - AKANKSHA SAIKIA,

STUDENT, ASSAM, INDIA

Nature is filled with jewels,  
The wonderful beauty of birds dancing and singing,  
Waterfall raging, crashing, splashing over rocks.  
Trees dance with a breeze of wind,  
Make my heart fill with joy ,  
When I see the nature around me.



In the first blush of morning, sky is filled with sunshine,  
Flowers bloom, butterflies flutter  
and fly,  
This makes me feel that,  
Nature is filled with jewels of  
Pleasure, joy and happiness.





# ZAKAT

**Written by – ABDUL SAMAD AKIB JIMOH,  
STUDENT, Brilliant Footsteps Int'l Academy,  
SOKOTO, NIGERIA**



Zakat means alms giving. It is the third pillar of Islam. It is a fixed amount of wealth of a Muslim, taken from certain items of the wealth when it reaches certain amount (Nisab) at certain prescribed period and distributed religiously to whom it is due to as directed by Islam. Zakat is given out for valuables like money, gold, silver, animals (camel, cow, sheep and goat) and farm produce (rice, wheat, guinea corn, corn, malt, barley etc.) to the eight classes of people

as stated in the Glorious Quran, Chapter 9:60. The verse mentioned the poor, needy, wayfarer, zakat employees (those who are assigned to gather the zakat from the rich Muslims in the society), those whose hearts are inclined towards Islam as people to be given zakat and continued with some uses of zakat i.e. to set slaves free, to settle the debt of debtors and in the course of Allah.

Paying of zakat was made obligatory after the Hijrah (migration) of Prophet Muhammad SAW to Madinah. Wealth got from Zakat are kept in the Baytul-Maal during the lifetime of the prophet and the Khalifahs.

Zakat is an act of Ibadah(worship) which attracts reward from Allah to those who pay it and punishment to those who refused to pay it. It purifies the soul and money of it payers and bring them closer to their Lord Allah.

It is believed that when there is good relationship between people, it increases the love and brotherhood between them. Likewise, when the rich pays their zakat to the poor and who it is due to, it will bring about brotherhood and love between them. In some situations when the rich are in serious need of the poor, it will be easy to ask for their assistance because of the relationship between them and that will make the rich humble.

Zakat can be used to settle the debts of debtors, set slaves free, assist wayfarers, empower the poor people in the society and help them to live a better life. It can help to alleviate poverty and ease the burdens of people with difficulties. It also makes people to love Islam and willing to surrender to it.

Zakat makes the rich to be merciful to others below him, generous and ready to help others. It also distances his payers from bad thoughts, forbidden ways of gathering money and cheating on others. It is beneficial to the poor by making them to be contented with what Allah has given them which makes them feel regarded and honoured in the society. It prevents the less privileged from bad thoughts of attacking and causing harm on the rich.

Islam has made giving out zakat compulsory on any able Muslim in the society to maintain peace between people. Zakat teaches us to always to help others, respect their dignity and humanity. It shows the way Islam respects man's dignity and their rights.





# SOS! WE ARE CHANGING THE EARTH'S CLIMATE

**Written by – RANIA LAMPOU**

**Global Educator, STEM Instructor.**

**Greek Ministry of Education and Religious Affairs**

The UN 2030 Agenda considers education as a key strategy to achieve important environmental goals. Education must address the environmental issues defining new objectives and contents and specific educational programs to empower and motivate students. As STEM Instructor at the Greek Ministry of Education and Religious Affairs, I launched a new program called "SOS! We are changing the earth's climate!" which is addressed to primary school students. It is an interdisciplinary STEAM project that aims to raise children's awareness of the climate change. It combines Environmental education, STEM education and Arts. The program focuses on 5 out of the 17 SDGs.

Within this program, children have the opportunity to learn about the climatic zones of the earth and the natural factors that determine the climate of a place. They can get acquainted with the various ways in which humans intentionally or unintentionally affect the earth's environment. In this way, children could realize their own involvement and responsibility and cultivate their creativity to find solutions for a world without environmental problems.

Through the activities of the program, students have the opportunity to experiment, create and collaborate. Utilizing experiential, exploratory-discovery learning methods, collaborative approaches, and using digital tools, students will be able to solve authentic problems and express themselves artistically.

Finally, it's a project that informs and sensitizes students about the phenomenon of climate change and cultivates the concept of active citizenship. Through this program, students are encouraged to deal systematically with scientific and environmental issues from an early age, thus enhancing their social sensitivity, their ecological consciousness and their environmental responsibility.





# IMPORTANCE OF DIGITAL LEARNING

Written by – **GEORGIA KONSTANTIA KARAGIANNI**  
**President of Educom+ Greece**



While increased emphasis is being placed on the importance of digital learning to prepare for the future of our society and career opportunities, many educators are advocating for another educational paradigm; one in which students disconnect from technology and immerse themselves in nature such as Outdoor Education, which can be defined as a form of experiential organised education/learning that occurs in an outdoor setting and typically involves “journey-based experiences in which students participate in a variety of adventurous, memorable challenges.” Outdoor learning permits children to engage in less structured and formal learning, with greater freedom to interact with each other, and to select who they are near to, and who they work with. This encourages more pro-social behaviour, which it is argued can have beneficial impact on social behaviours and cohesion in the classroom (Waite et al. 2011).





# LINKING LIVES THROUGH LANGUAGES

Written by – SILVIA ADRIANA VILA

**English and Spanish teacher, BSL Idiomias & Spanish School headmistress  
BRAZIL**

When I first started teaching, I taught English at local schools. At that moment, I didn't realize the importance of speaking another language apart from working and studying purposes. It is pertinent to mention that globalization was nothing but a trendy word at that time. Imagination hadn't gone as far as the Internet and cell phones.

Some years later, I started working as a Spanish teacher -Spanish is my mother tongue. People from abroad came to my place to learn my language and share with me the experiences of their trip. It was amazing to learn about so many different cultures and lifestyles without taking a single plane or bus. It was all there, in my classroom and I learned much more than I would have imagined, even more than I was teaching.

It's been 17 years since I became a Spanish teacher. I have met at least 500 students from all continents, some of them have become close friends, and we are still in touch. Nowadays, a 16-year-old girl from Germany is staying in my home with my family for her study abroad program. Needless to say, the experience is absolutely rewarding and worth every minute. We met her parents, sister, and grandma as well, and we know we will miss her so much when it gets time for her to leave Argentina. We gain a new family.

What have I discovered after so many years? Human beings are pretty much the same, no matter where they come from.

It is not the stereotypes, not the actions their governments take. It is not the history they carry on their nationalities or the future possibilities they may have. What people want the most is to be HAPPY, to raise their family in peace, to be globally conscious, and protect the world they are living in.

Let's think about you and me. Maybe we are distant in time, places, and backgrounds, even in cultures and beliefs. However, I am quite sure we wish for the same, we need the same, and long for the same. Having a linking language to get to know each other will bring us closer and will make us conscious of our humanity. It will help us to think twice before hurting each other or before being indifferent. We are humans, not aliens, we are friends from the same world.







## LITERATURE SURVEY: DISCOURSE IN MODERNIST AND POSTMODERNIST NOVEL

Written by – DR. ARZU SOYSAL  
Cyprus

**The love of reading novels must spread to all generations, and the discourse in novels plays a great role in novels. The way we analyse discourse in different periods varies, especially in two periods: Modernist and Postmodernist.**

According to Berman, modernism is the tension on all individuals created by the constant change that occurs in the society they live in. For this reason, he defines "Modernism as a struggle to feel at home in a constantly changing world..." (Berman 2003: 11). It can be said that the manifestation of modernity in all areas from architecture to art is the result of the dialectic between man and modernity. One of the most detailed and in-depth reflections of this interaction is the novel. In other words, the novel indicates the reality of the period as "an area in which both the modernity and the resistance to modernity, a re-defined indigenusness according to modernity was built" (Gürbilek 2004: 176). However, the postmodernist novelist has lost its relationship with reality. "... the reason for moving away from reality is not to better reflect life in a more appropriate way, but to question and loosen the connection of the novel with reality. This is the characteristic of the postmodern novel (Moran 2016: 116-117).

While the modern novel explores the ways of knowing reality, the postmodern novel is about how to present the representation of reality. In modernism there is tragedy, the subjectivity of man and his story are revealed in a tragic way. However, postmodernism makes the contradictions and inconsistencies of human beings a subject of fun. When we examine the characters in the postmodernist novel, it is almost impossible to find a universal human representation close to the sum of the features shared by humans. In this context, in the postmodern discourse, the human has been detached from its reality and replaced by the hollow word individual (Berman 2003).



## NEPAL

Written by - STUDENTS OF PARADISE ENGLISH  
BOARDING SCHOOL, NEPAL

### INTRODUCTION

Nepal is a visually and spiritually beautiful country located in South Asia. It's expanded over the area of 147,516 km<sup>2</sup> with a population of 291,92,480. It is a multi-lingual, multi-cultural, multi-ethnic and multi-religious country with people of different variations residing together with peace and harmony.



Nepalese Flag



Gautam Buddha

### UNIQUE FACTS ABOUT NEPAL -

The only country in the world with a non-rectangular flag.

Home to the highest peak of the world Mt. Everest.

The birthplace of Gautam Buddha.

Has its own calendar 57 years ahead of the Georgian calendar.

8 out of the 14 mountains in the world above 8000m are in Nepal.

### CULTURE

Nepal is very rich in terms of cultural diversity. There are many languages, castes, ethnic groups, religions and festivals in Nepal. The national food of Nepal is gundruk and dhido, National clothes are Daura Suruwal and Gunyu Cholo, national animal is Cow, national flower is Rhododendron and the national bird is Lophophorus.



khukuri



Rhododendron



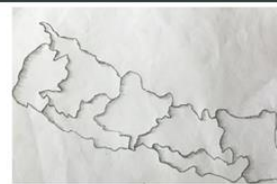
Lophophorus

### WILDLIFE

Despite being small in area, Nepal holds a tremendous bio-diversity with many endangered animals like the one-horned rhinoceros, Bengal-Tiger, Red-Panda, Snow-Leopard, Himalayan-Tahr etc. in their natural habitat in its forests and conservation areas. The Spiny Babbler is a bird which is only found in Nepal.



Boudhanath Stupa



Map of Nepal



Swayambhunath Stupa



# PHOTOGRAPHS

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# POEMS

**POEMS FROM THE STUDENTS FROM REPUBLIC OF MOLDOVA**

**LMF SCHOOL**

## MOM

**REBECA, 7TH GRADE, REPUBLIC OF MOLDOVA**

My mom is special  
She loves me so much  
She takes care and respects  
I love her a lot

## NATURE

**EVELINA, 7TH GRADE, REPUBLIC OF MOLDOVA**

Green and friendly  
It loves, gives and inspires  
Nature loves absolutely everyone  
Trees

## SPRING

**RIN, 7TH GRADE, REPUBLIC OF MOLDOVA**

Beautiful and fragrant  
Blossom, revive, and go to picnic  
The spring is mild, between  
summer and winter.