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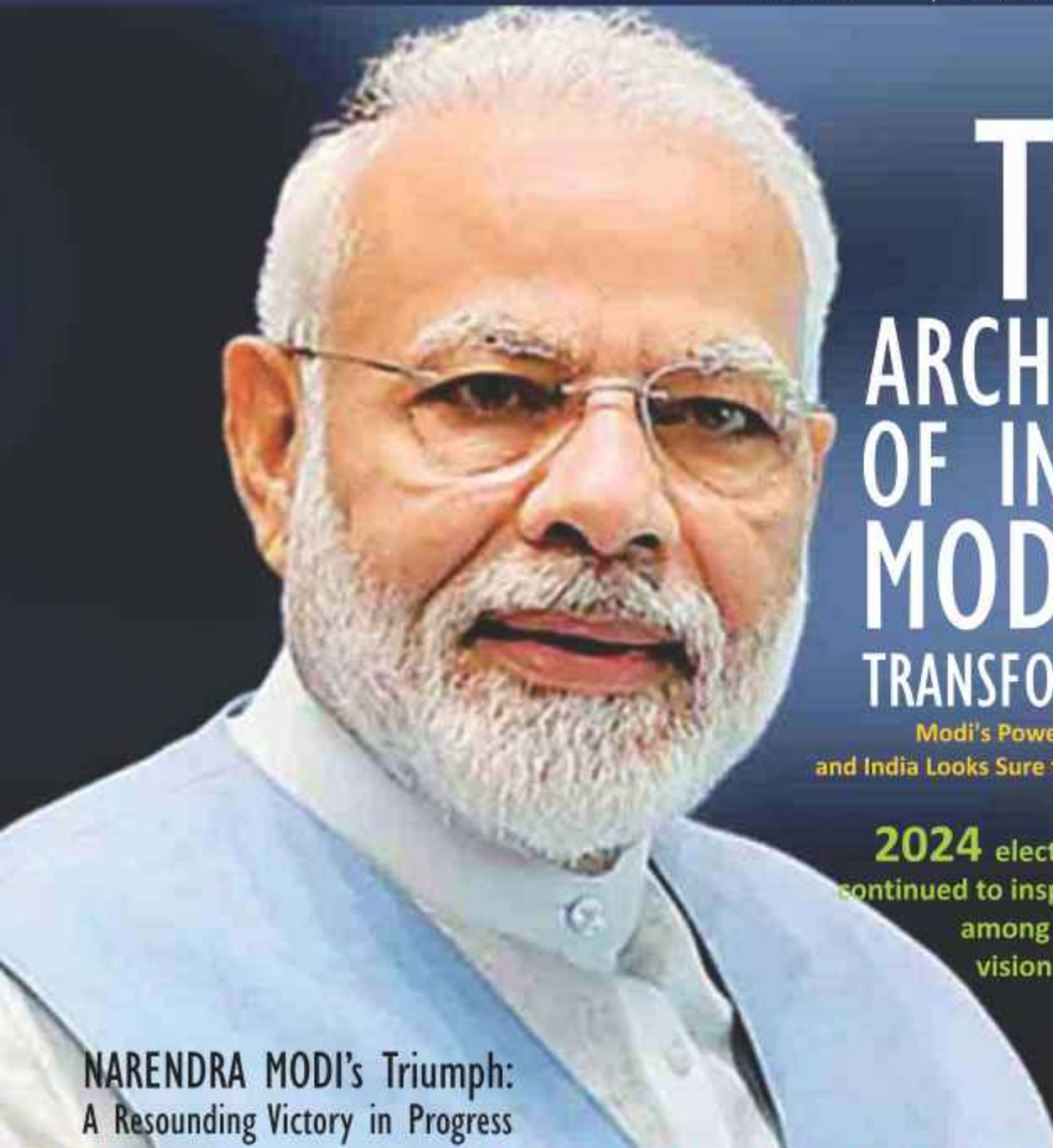


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2024 elections, Modi has continued to inspire confidence among voters with his vision of a New India



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NARENDRA MODI's Triumph:
A Resounding Victory in Progress

INSIDE



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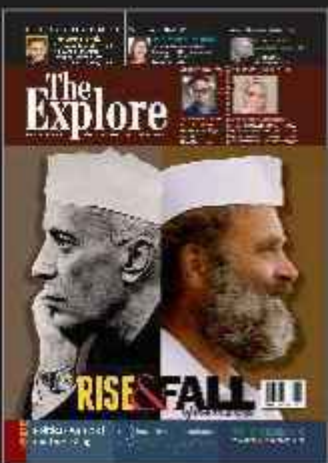
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FROM THE DESK OF EDITOR IN CHIEF

Celebrating Excellence in Education: A Tribute to Inspiring Leaders

Dear Readers!

Educating is indeed an art, a supreme art, where the canvas is the human mind, and the brushstrokes are the transformative moments that awaken joy in creative expression and knowledge. At

THE EXPLORE Journal, we are devoted to highlighting the brilliance and hard work of faculty members who embody this ethos, who go above and beyond to shape not only their students' futures but also the landscape of education itself.

We are proud to announce the recipients of the prestigious International Honour of Appreciation, presented by **the International Federation of NewAge Media**. This honor is bestowed upon leadership individuals who stand as beacons of dedication to education as a powerful and liberating force in people's lives. These educationists are recognized for their outstanding work, navigating through challenges and inspiring excellence in their students, schools, and the broader sphere of higher education. Great principals, as we believe, play a pivotal role in fostering positive school cultures and in developing innovative approaches to education. They raise the bar, inspiring others to bring their best each day. This prestigious honor is our humble tribute, a recognition and celebration of their hard work and indispensable leadership.

The goal of this honor is not just to recognize the achievements of these exceptional educators, but also to highlight the enduring power and potential of great teachers and the teaching profession. Educators like these, and those who will follow in their footsteps, give us great hope for the future of education and, by extension, the future of our world.

Let us continue to celebrate excellence in education, to honor those who dedicate their lives to this noble profession, and to inspire the next generation of educators. Together, let us ensure that the light of knowledge continues to shine brightly, illuminating the path to a brighter, more enlightened future for all.

Vidhi G.

Publisher & Editor-in-Chief

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The Explore Journal

GUEST EDITOR



Education is a way to be a good human being. The path of education is like a marathon race where, it is important to practice passion, patience & positivity in the right direction to achieve heights of your goals. So in the galaxy of education, numerous star-like educators illuminate the world with their life-long tested experiences. The dedication of all Eduleaders, teachers & mentors molds the children's personalities to their best shape. These children play creative roles in the various fields of the world.

In this Special Episode of **THE EXPLORE Journal** our theme "Education & Its Perspective" is a tribute to their duty. It is an honour to acknowledge that we received valuable & thought-provoking articles from Principals, Heads, Experts, and Senior Educationists from renowned schools & Institutions. They are like the Light Pole of our society. They are abundant sources of innovative ideas for learners of all ages and capabilities. We are proud to invite and learn a variety of definitions from their well-articulated articles. These are like nectar, that readers will taste.

These masterminds have expressed & touched every dimension of education so well that they have become bright reflections of their core areas.

Kudos to The Editorial Team of **THE EXPLORE Journal**! You deserve a heartfelt thanks for this remarkable contribution to education. With full responsibility and a strong belief, I am sure this special episode will be a worthwhile document for the readers.

With Millions of Thanks

Jagjit Singh

Guest Editor

Director, Saplings School Group

Gujarat, India



NARENDRA MODI 2024 LEADING INDIA'S JOURNEY TOWARDS A NEW DAWN

Stepping into the arena of 2024, **Narendra Modi** stands as the embodiment of India's aspirations and hopes. From the humble beginnings in Vadnagar to the helm of the nation, **Modi's** journey resonates with the dreams of every Indian. His leadership is not just about politics; it's about a vision for a prosperous and inclusive India. With each passing day, **Modi** continues to inspire with his unwavering commitment to the nation's development. From empowering the youth with skill development programs to ensuring the welfare of farmers through innovative agricultural reforms, **Modi's** initiatives touch every aspect of Indian life. As the 2024 elections have approached, the call for **Modi's** leadership echoes across the nation, resonating with the collective aspirations of a billion hearts. In **Modi**, India sees not just a Prime Minister, but a leader who is dedicated to realizing the dreams of every citizen. His message is simple yet profound: progress, prosperity, and pride for every Indian. With **Modi** at the helm, the journey towards a New India is not just a promise, but a reality waiting to unfold.

– Vidhy G.
Editor in Chief
New Delhi, India



HONORABLE PRIME MINISTER of India
SHREE NARENDRA MODI



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An Ambassador of United World, In the Global World

Her passion & drive 360 Degree Image Transformation program



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Smile For A While

- by Vijay Gargani

Always **Laugh** or **Smile** when You can. It is a Cheap Medicine





THE DOUBLE DECKER BUS



The earliest double-decker horse-drawn omnibus appeared in Paris in 1853 and such vehicles were motorized in the 1900s. Double-decker buses were popularized in Great Britain at the start of the 20th century and today the best-known example is the red London bus, namely the AEC Routemaster.



Mumbai has had double-decker buses since 1937, being the first Indian city to have had it during the British colonial period, and it has since become an iconic symbol of the city.



As fascinating and functionally useful the double decker bus is, their history is quite interesting as well. There have been debates flurrying online, as to where and how this kind of sightseeing bus started. There are many claims as to what the original version may have looked like and as to where it truly began. If you search the internet for pictures, you might find some early drawings or renditions of what some of the designs looked

The history of double decker buses is highlighted in books and also museums. The museum with the most information is the London Transport Museum in the United Kingdom. If you ever get a chance to visit this museum, it will be well worth your time. While the website offers a ton of useful information and early pictures of buses, the experience of seeing some of the early models there is incredible.

The first commercial historical double decker bus is said to have been used during the 1820's. The buses during that time were pulled by two horses, as combustion engines were not yet developed and the main source of moving vehicles consisted of animal power. "Omnibuses" is the name given to the early buses in England and in France.

The first double decker buses came from London, with the Economic Conveyance Company of London as the operator. The design was very primitive and looked more similar to modified horse carriages. In an effort to lure new riders, the operators literally enticed the commuters by offering a half fare for riding on the top versus the increased amount paid by people who get to sit inside. The top deck was reached by a staircase or ladder on the outside of the vehicle. Some of the bigger buses at that time were sometimes pulled by up to three horses. This really added to the meaning of horsepower. Horse-drawn buses were utilized until the 1930's. During the next several decades, trains and trams were omnibuses' strict competitors.

In the advent of engines, the top part of the double decker bus would have been covered and luxuriously upholstered. Because of its flexibility in following different routes, it easily surpassed the use of the train. It became all the more popular when people soon saw it as a cheaper alternative.

By the 1950's, the Routemaster in London was introduced into the double decker bus inventory. The features of the vehicle were steep in technology. The



staircases were strategically improved as well as the rear entry and the engine placement. People had appreciated and welcomed these improvements as well. The London Bus Service had continued several improvements over time until it finally ended in 2005. Up until around the time when the double decker buses in London were becoming beacons of efficient or effective mass transportation. Currently, only two routes continue to operate regularly using the Routemaster.

Today, the buses no longer operate as a part of England's main public transportation. That doesn't mean that you can't still take a ride on these within the city, it just means that you would need to call one of the local tour operators to hitch a ride. The double decker bus history is fascinating and has shaped its style over time. Its space saving features has been the key to its popularity and success.

The novelty of such vehicles is the reason this mode of transportation has spread and continues to attract tourists and locals,





Nils Bohlin
Inventor Volvo 3-Point Safety Belt

1999

VOLVO
Volvo Car Corporation

The History of SEATBELTS

Its Time To Buckle Up!

In 1959, the Volvo engineer Nils Bohlin developed the modern three-point seat belt. Although the design was patented, the company decided the patent was to be left open, making it available to all vehicle manufacturers to use for free.

Nils Bohlin, the Swedish engineer and inventor responsible for the three-point lap and shoulder seatbelt—considered one of the most important innovations in automobile safety—is born on July 17, 1920 in Härnösand, Sweden. Before 1959, only two-point lap belts were available in automobiles; for the most part, the only people who regularly buckled up were race car drivers. The two-point belts strapped across the body, with a

buckle placed over the abdomen, and in high-speed crashes had been known to cause serious internal injuries.

In 1958, Volvo Car Corporation hired Bohlin, who had designed ejector seats for Saab fighter airplanes in the 1950s, to be the company's first chief safety engineer. (A relative of Volvo CEO Gunnar Engelau had died in a car crash, which helped motivate the company to increase its safety measures.) Bohlin had worked with the more elaborate four-point harnesses in airplanes, and knew that system would be untenable in an automobile. In designing the new seat belt, he concentrated on providing a more effective method of protecting driver and passenger against the impact of the swift deceleration that occurred when a

car crashed. Within a year, Bohlin had developed the three-point seat belt, introduced in Volvo cars in 1959.

The new belts secured both the upper and lower body; its straps joined at hip level and buckled into what Bohlin called “an immovable anchorage point” below the hip, so that they could hold the body safely in the event of a crash. According to Bohlin (as quoted by The New York Times in his 2002 obituary): “It was just a matter of finding a solution that was simple, effective and could be put on conveniently with one hand.” In the interests of safety, Volvo made the new seat belt design available to other car manufacturers for free; it was required on all new American vehicles from 1968 onward. Since 1959, engineers have worked to enhance the three-point belt, but the basic design remains Bohlin's. **At the time of Bohlin's death in September 2002, Volvo estimated that the seat belt had saved more than one million lives in the four decades since it was introduced. In the United States alone, according to the National Highway Traffic Safety Administration, seat belts save more than 11,000 lives each year.**



1923 - 2011

Dev Anand

ROMANCING WITH LIFE



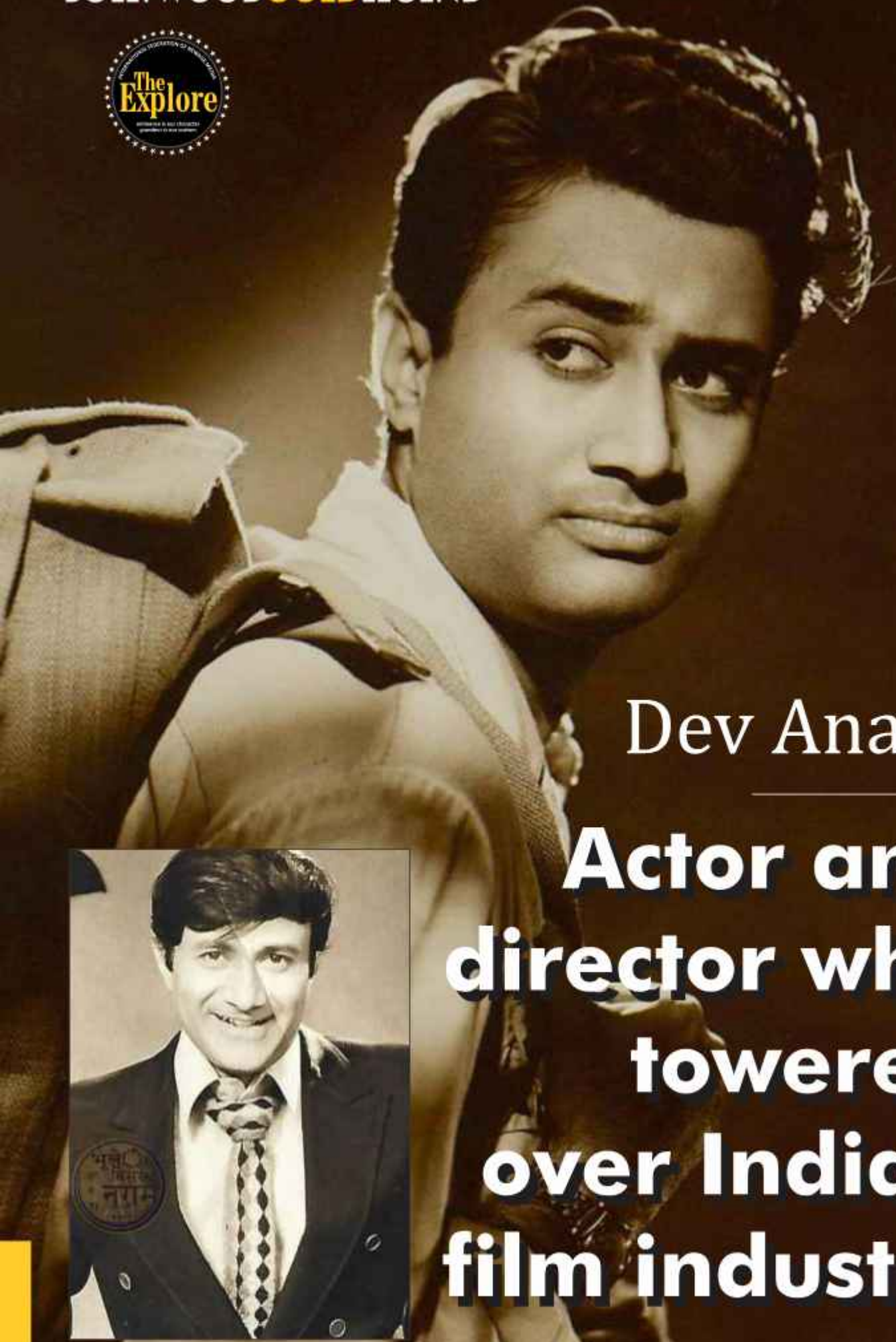
Dev Anand was born as **Dharam Dev** on September 26, 1923, in the Punjabi-speaking Anand family, son to **Advocate Pishorimal**, younger brother to **Chetan** and **Manmohan**, and senior to **Vijay**. He had one sister, Sheela, who was subsequently married in the Kapur family, and gave birth to actor/film-maker, Shekhar Kapur; two daughters, Neelu, who was married to actor Navin Nischol; and Aruna who was the wife of Ajay/Parikshat Sahni, son of renowned Balraj Sahni. Both Neelu and Aruna have since been divorced.



Dev Anand

The "evergreen hero" of Indian cinema

This ever-green legend with an endearing toothy grin, big collar and long-sleeved shirts, a classy gentleman with a unique gait and dialogue delivery will never be forgotten.



Dev Anand

**Actor and
director who
towered
over India's
film industry**





The many shades of

Dev Anand

**The most loved hero,
who was also a
flamboyant anti-hero**

There are some who might remember Anand for not hanging his boots at the right time like his rival Dilip Kumar. But for millions of his admirers, both India and overseas, he shall remain the embodiment of someone who just never learnt to give up and being one of the pivotal figures who shaped the destiny of Indian Cinema in its formative years post independence and with his peerless intellect combined with his killer good looks gave it a footing on the map of world.- IMDb Mini Biography By: Suneil Anand and Navketan Publicity. In 1993, he received a Filmfare 'Lifetime Achievement Award' and in 1996 he received a Screen Videocon 'Lifetime Achievement Award'. Then in 1997 he was given the Mumbai Academy of Moving Images Award for his Outstanding Services to the Indian Film Industry. In 1998, he was given a 'Lifetime Achievement Award' by the Ujala Anandlok Film Awards Committee in Calcutta. In 1999, he received the Sansui 'Lifetime Achievement Award' for his 'Immense Contribution to Indian Cinema' in New Delhi. In the year 2000, he was



Born **Dharam Dev Anand**, he shortened his name to Dev Anand ("Deity of Supreme Happiness"). His father was a successful upper-caste Hindu lawyer in the Shakargarh part of the British-ruled Punjab Province. Anand was educated at Lahore's well-known Government College and read English.



awarded the Film Goers' 'Mega Movie Maestro of the Millennium' Award in Mumbai. And then in July 2000, in New York City, he was honored by an Award at the hands of the then First Lady of the United States of America - Mrs. Hillary Rodham Clinton - for his 'Outstanding Contribution to Indian Cinema'. And again Anand was awarded the Indo-

American Association 'Star of the Millennium' Award in the Silicon Valley, California. The President of India honored Anand with the prestigious Padma Bhushan Award on India's Republic Day - January 26th, 2001. And yet again, Donna Ferrar, Member New York State Assembly, honored him with a New York State Assembly Citation for his 'Outstanding Contribution to the Cinematic Arts Worthy of the Esteem and Gratitude of the Great State of New York' on May 1st, 2001.

Dev graduated from Government College, Lahore, British India, left his hometown to work in the Military Censor Office at Churchgate, Bombay. He was offered a role in the 1946 flick 'Hum Ek Hain'. This is where he struck a friendship with Bollywood legend Guru Dutt.

Ashok Kumar introduced Dev as a leading man opposite Kamini Kaushal in 'Ziddi'. Thereafter there has been no looking back for the 'evergreen' Dev Anand, who went on to star in over 110 movies, spanning from 1946 through to 2005.

He is perhaps one of the few who dreamed of starlet Snehprabha Pradhan and had his dream come true when he got to not only meet her but also act with her. His other dream of owning a car, a Hillman, was also fulfilled. While filming opposite Singer-actress Suraiya, the boat capsized, Dev rescued her and in true Bollywood style both fell in love and wanted to get married. This did not happen as Suraiya's grandma strongly opposed this alliance. Suraiya, who acted with Dev in half a dozen movies, remained unmarried all her life.

In 1954 Dev met Mona Singh, a beauty queen from Shimla,

who was discovered by his brother, Chetan, and both got married in a quiet ceremony in Russia where they were on a tour to screen 'Rahee' and 'Aandhiyan'. She adapted the screen name of Kalpana Kartik, and starred opposite her to-be-husband in all her movies. Both became parents in 1956 when Suniel was born. They also become parents to a daughter, Devina.

Dev is also known for introducing two of the most beautiful actresses to Bollywood, namely Zeenat Aman in 'Hare Rama Hare Krishna' and Tina Munim in 'Des Pardes'.

Not easily intimidated, Dev Anand, Shatrughan Sinha, Inder Sen Johar, Kishore Kumar were amongst the few that actually stood up against the authoritarian and oppressive regime of Indira Gandhi during the Emergency, while many

in the opposition preferred to flee India to escape Mrs. Gandhi's wrath. He founded the now extinct National Party of India.

The Anand Brothers founded Navketan Films which is being administered by Suniel.

He was honored with the Padma Bhushan and Dadasaheb Palke awards during the years 2001 and 2002 respectively, in addition to winning three Filmfare Awards - one each for his performance in 'Kala Paani' and 'Guide'; and the third being the Lifetime Achievement award that was presented to him during 1991. During 1996 he received the 'Screen Videocon Lifetime Achievement' Award.

His autobiography 'Romancing with Life' was released during his 2007 birthday party. In February 2011 his 1961 hit 'Hum Dono' was colorized and re-

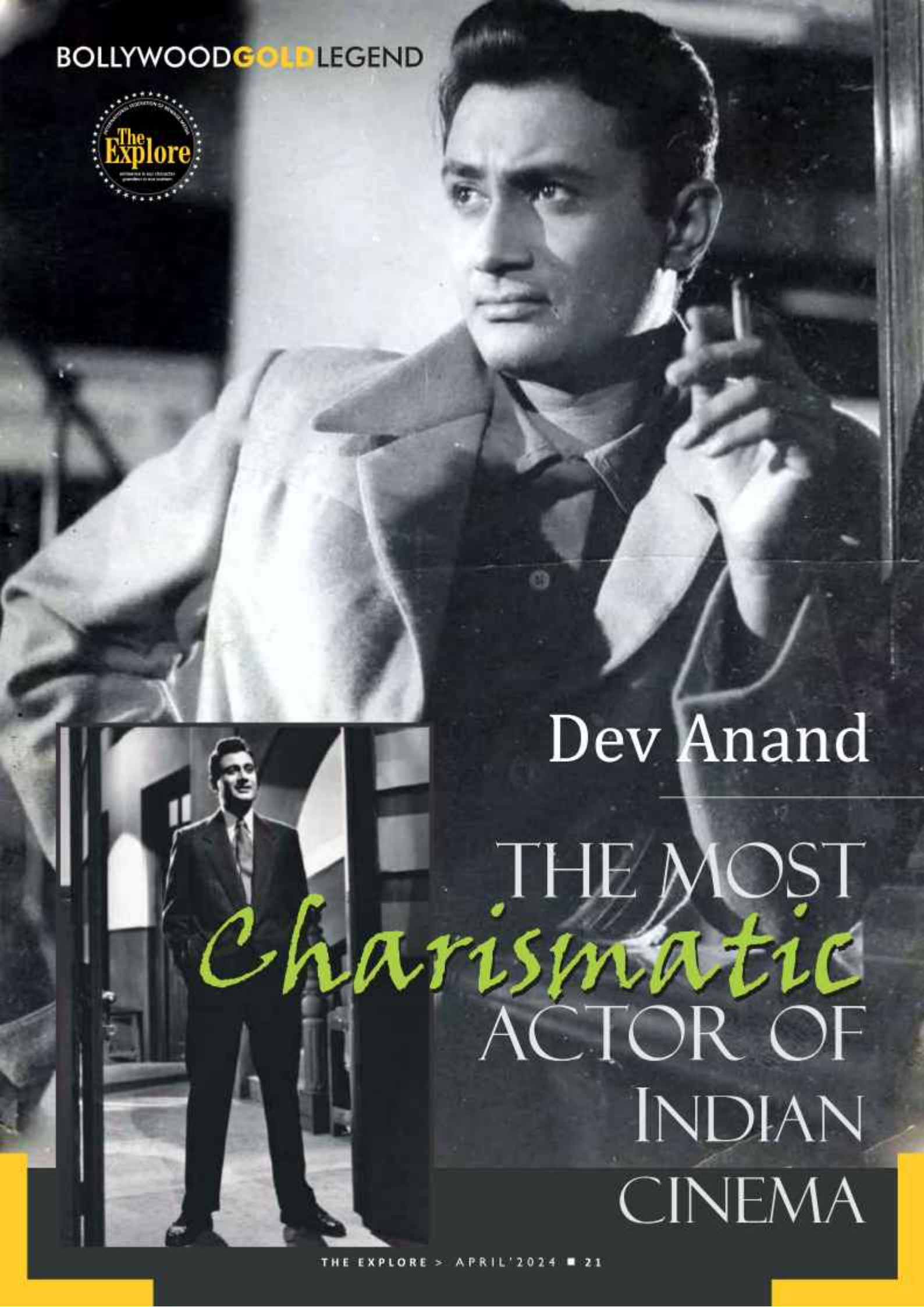


Dev Anand and Wahida Rehman filming for *Guid* (1965)

released.

Due to health reasons Dev and Suniel had traveled to London, Britain and had booked a room in The Washington Hotel. His son was present with him when at 03:30 hours GMT on Sunday December 3, 2011, he passed away in his sleep after a sudden cardiac arrest. Paramedics were summoned but were unable to revive him. He is survived by his wife, Kalpana; son, Suniel; and daughter, Devina. On December 10, 2011, he was cremated in West London's Putney Vale Crematorium. His remains were taken to India and immersed in the Godavari River. He was 88.

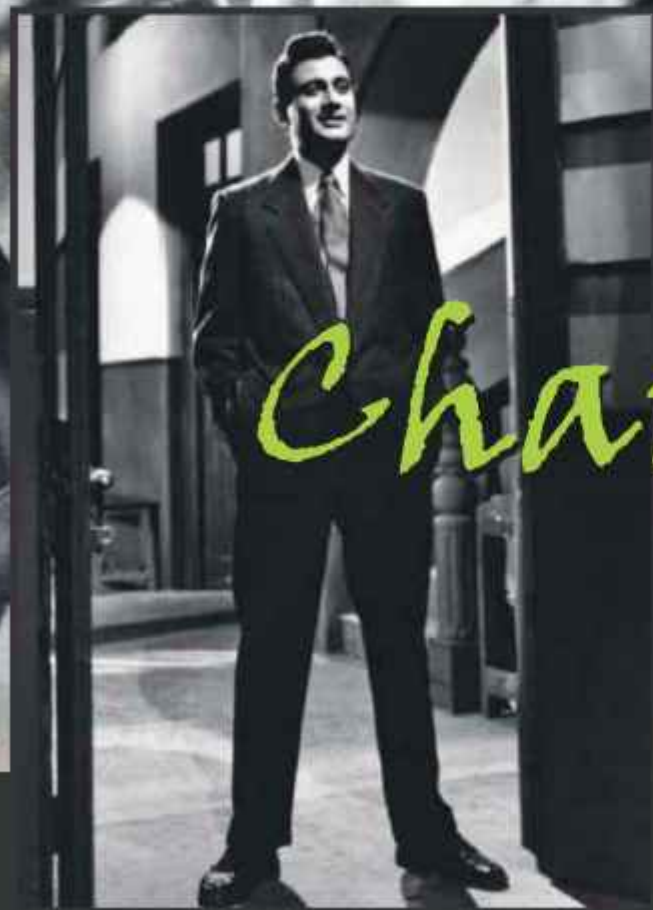
Condolences poured in from every corner of India, including ones from President Pratibha Patil; Prime Minister Manmohan Singh; Parliament Speaker Meira Kumar; Information & Broadcasting Minister, Ambika Soni, in addition to ones from prominent Bollywood and other



Dev Anand

THE MOST
Charismatic

ACTOR OF
INDIAN
CINEMA



HALLOFFAME



**Eddie
Murphy**

THE PSYCHOLOGY OF HUMOR

He is the most commercially successful African-American actor in the history of the Hollywood motion picture.



**Eddie
Murphy**

BEVERLY HILLS COP



Edward Regan Murphy was born April 3, 1961 in Brooklyn, New York, to Lillian Lynch (born: Lillian Laney), a telephone operator, and Charles Edward Murphy, a transit police officer who was also an amateur comedian and actor. After his father died, his mother married Vernon Lynch, a foreman at a Breyer's Ice Cream plant. His brothers are Charlie Murphy & Vernon Lynch Jr. Eddie had aspirations of being in show business since he was a child. A bright kid growing up in the streets of New York, Murphy spent a great deal of time on impressions and comedy stand-up routines rather than academics. His sense of humor and wit made him a stand out amongst his classmates at Roosevelt Junior-Senior High School. By the time he was fifteen, Murphy worked as a stand-up comic on the lower part of New York, wooing audiences with his dead-on impressions of celebrities and outlooks on life.



Eddie Murphy

In the early 1980s, at the age of 19, Murphy was offered a contract for the Not-Ready-For-Prime-Time Players of Saturday Night Live (1975), where Murphy exercised his comedic abilities in impersonating African American figures and originating some of the show's most memorable characters: Velvet Jones, Mr. Robinson, and a disgruntled and angry Gumby. Murphy made his feature film debut in 48 Hrs. (1982), alongside Nick Nolte. The two's comedic and antagonistic chemistry, alongside Murphy's believable performance as a streetwise convict aiding a bitter, aging cop, won over critics and audiences. The next year, Murphy went two for two, with another hit, pairing him with John Landis, who later became a frequent collaborator with Murphy in Coming to America (1988) and Beverly Hills Cop III (1994). Beverly Hills Cop (1984) was the film that made Murphy a box-office superstar and most notably made him a celebrity worldwide, and it remains one of the all-time biggest domestic blockbusters in motion-picture history. Murphy's performance as a young Detroit cop in pursuit of his friend's murderers earned him a third consecutive Golden Globe nomination. Axel Foley became one of Murphy's signature characters. On top of his game, Murphy was unfazed by his success, that is until his box office appeal and choices in scripts resulted into a spotty mix of hits and misses into the late 1980s and early 1990s.



Eddie Murphy

‘THE NUTTY PROFESSOR

Films like *The Golden Child* (1986) and *Beverly Hills Cop II* (1987) were critically panned but were still massive draws at the box office. In 1989, Murphy, coming off another hit, *Coming to America* (1988), found failure with his directorial debut, *Harlem Nights* (1989). Another *48 Hrs.* (1990), his turn as a hopeless romantic in *Boomerang* (1992) and as a suave vampire in *Vampire In Brooklyn* did little to resuscitate his career. However, his remake of Jerry Lewis's *The Nutty Professor* (1996) brought Murphy's drawing power back into fruition. From there, Murphy rebounded with occasional hits and misses but has long proven himself as a skilled comedic actor with laudable range pertaining to characterizations and mannerisms.

Though he has grown up a lot since his fast-lane rise as a superstar in the 1980s, Murphy has lived the Hollywood lifestyle with controversy, criticism, scandal, and the admiration of millions worldwide for his talents. As Murphy had matured throughout the years, learning many lessons about the Hollywood game in the process, he settled down with more family-oriented humor with *Doctor Dolittle* (1998), *Mulan* (1998), *Bowfinger* (1999), and the animated smash *Shrek* (2001), in a supporting role that showcased Murphy's comedic personality and charm. Throughout the 2000s, he further starred in the hits *The Haunted Mansion* (2003), *Shrek 2* (2004), *Dreamgirls* (2006) (for which he was nominated for a Best Supporting Actor Oscar), *Norbit* (2007), *Shrek the Third* (2007), and *Shrek Forever After* (2010).



She is also the Founder of **WOMENPRENEUR**, a community that provides learning, networking, and mentoring opportunities for women who aspire to become or are already leaders in their fields. As a strategic consultant and investment advisor, I help my clients formulate and execute effective business plans, feasibility reports, and branding strategies. I also design and deliver training on personal and professional development, leadership styles, team building, and conflict management. I hold a Master and an MPhil degree in Educational.

She has an overall 21 years of diverse experience in banking, education, and business consultancy, with a focus on empowering and showcasing female entrepreneurs and business owners worldwide. As the Publisher and Editor-in-Chief of **MAG-PRENEUR**, a unique business magazine, I oversee the branding, PR, content, and distribution of the magazine, which features inspiring stories, effective strategies, and meaningful engagements from women leaders across the globe.

★ **THE EXPLORE** Journal Choice

Maria Chishti

Founder - **WOMENPRENEUR** Community
Publisher - **MAG-PRENEUR**
Strategic Consultant, Investment Advisor
Leadership Specialist, Corporate Trainer
PD Coach & Educationist
Branding & PR Management
Events Consultancy
Media Management
Dubai, UAE



JOURNEY INTO THE FUTURE OF **Power2Empower**

#POWERMEN



Raffaello Follieri as a Founder of PASELE (PASELE Limited) and as a classical entrepreneur he is one who is concerned with the other entrepreneurs whose always searches for change, responds to it, and exploits it as an opportunity. He is a visionary entrepreneur. 'Ambitious' is his middle name.

Honesty and integrity are by far the most important assets in his entrepreneurship.

Raffaello Follieri, He is Experienced Finance Specialist with a demonstrated history of working in the investment banking industry. Skilled in Negotiation, Management, Strategic Planning, Business Strategy, and Leadership. Strong finance professional attended Sapienza Università di Roma.

★ **THE EXPLORE** Journal Choice

Raffaello Follieri

Entrepreneur, Author, Founder of PASELE
PASELE, Limited
Riyadh, Riyadh, Saudi Arabia

**BIG
RESULTS
REQUIRE
BIG AMBITIONS**
Focus on doing what you do best



★ THE EXPLORE Journal Choice

Mauro V. Polticchia

Board Member, COO / CMO,
NLP Master Certified
Public Speaker, Wine Educator
Italy

LIFE IS LIKE A GAME OF CHESS...

Every move/decision you make can bring you an advantage or a disadvantage and the key is the moment you make the move. *Everything starts from my motto: "right move at the right time"...* so welcome to know my life journey success story!

I'm an Italian Professor and Entrepreneur based in Milan, Italy. After 27 years across different large enterprise companies in consumer electronics field with apical roles as manager and director, I decided, 5 years ago, to change my professional path and utilize this huge experience



and skills for myself.

The game of chess is a complex game, the same like our life on this planet, especially considering actual challenging global situation where there're thousands of variable dynamics.

I strongly believe that nothing happens by chance. Why did I make this tough decision in 2019, at that moment? Many people told me: "Do you leave large enterprise companies like these with the high role you have? With the experience you have? With the age you have?" Yes, you know why now? Because it was the right time to do it and in fact shortly thereafter, we all know what happened on a global level. Let's say I was "lucky" enough to make the right decision at the right time, once again.

Indeed in 5 years I have obtained recognitions, awards, roles and experiences that I could never have imagined just 6 years ago!

It's too long to share here titles, awards and honors received in the last 5 years but is enough to say that today I'm a board member of 4 universities and academic institutions around the world (and 5th is coming soon...), I'm leading an international company in fashion and luxury field, I'm COO of a prestigious private family office, I'm covering also some apical roles in humanitarian field and last but not least I got 5 certifications as international sommelier and wine educator following one of my most important passions! Let's say not so bad right?

It's not a matter referred to professional and business area only. Last years of my life have been most important especially from a personal point of view. Many things happened (loss of both parents, loss of my lovely uncle, 100% job changes...) mixed with covid period at global level, war times, huge economic impact at global level... So very hard times but as you know in every crisis there is opportunity and if you're smart and clever you can build your future on this: you can't go back and change the beginning, but you can start where you are and change the ending with creativity, strategy, risk management, new approach out of the comfort zone.



★ **THE EXPLORE** Journal Choice

Mauro V. Polticchia

Board Member, COO / CMO,
NLP Master Certified
Public Speaker, Wine Educator
Italy



Those who know my life path consider it a truly interesting case study. Keep in mind that the most important satisfaction in our life is to surprise our self. I'm doing it every day especially since 2019, it's a key.

Coming back to the chess. Chess offers insights few consider when seeking to understand life.

When we begin to see the comparison, our minds become open to new ways of living. Decisions take on a different dimension as the future begins to matter more than today. Chess and life are the same. Author Allan Rufus said "Life is like a game of chess. To win you have to make a move. Knowing which move to make comes with insight and knowledge, and by learning the lessons that are accumulated along the way. We become each and every piece within the game called life.

"The most important sentence is this: "Knowing which move to make and when comes with insight and knowledge, and by learning the lessons that are accumulated along the way. Most people don't see life as a game, let alone a chess game. These people rarely, if ever win. They see luck as a fluke. Insight and knowledge are grasping the connections which exist unseen between every single decision you make and every consequence you create. The same logic applies when playing chess. Every single piece moves matters—and life is no different.

Finally, I suggest to change perspective, thinking out of the box and compare your next decision with a chess move. Got to go with your gut. Think to details, to the time, to the consequence. Be strategic! Be dynamic!

**Be vigilant and adaptive! Raise the bar!
Move in silence and speak when it's time to say "checkmate!"**

If you always do what you've always done, you'll always get what you've always got!



★ **THE EXPLORE** Journal Choice

Mauro V. Polticchia

Board Member, COO / CMO,

NLP Master Certified

Public Speaker, Wine Educator

Italy



★ **THE EXPLORE** Journal Choice

Abdulrazak Mahibub Jalal

Director

Poona Event Management Inc.

Founder - NationFIRST

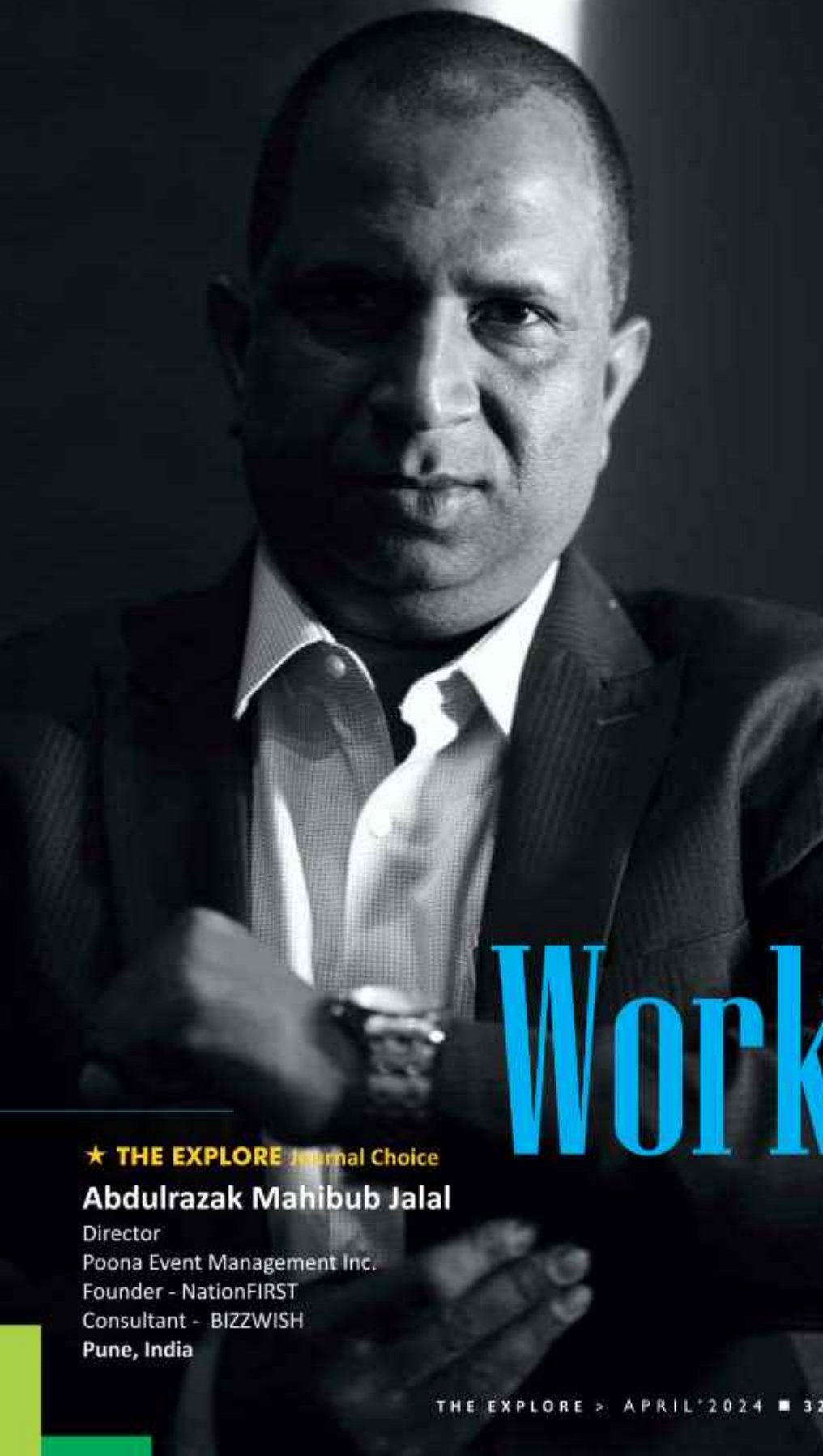
Consultant - BIZZWISH

Pune, India

JOURNEY OF RESILIENCE, REDEMPTION, AND REMARKABLE SUCCESS



In the face of adversity, resilience becomes our greatest asset, and triumph becomes our greatest reward. An inspiring odyssey of **Abdulrazak Mahibub Jalal**.



His first major setback came when he failed two subjects in his 10th standard exams. Determined not to let this setback define him, **Abdulrazak** took on the challenge head-on, reappearing for exams and eventually succeeding against all odds. This experience taught him invaluable lessons in perseverance and resilience, shaping his outlook on life.

Throughout his college years, **Abdulrazak** juggled multiple responsibilities, including a full-time job, NCC training, and extracurricular activities. Despite the demanding schedule, he excelled academically and demonstrated leadership skills that earned him recognition, including winning the first prize in a college entrepreneurship project.

Despite weathering the tempests wrought by the COVID-19 pandemic, **Abdulrazak** ingeniously pivoted his business paradigm, metamorphosing into a beacon of guidance through the realms of business consultancy and career mentorship.

Work Hard

Hard work always beats talents

★ THE EXPLORE Journal Choice

Abdulrazak Mahibub Jalal

Director

Poona Event Management Inc.

Founder - NationFIRST

Consultant - BIZZWISH

Pune, India



"I want to help society to do well and am ready to share my experience, guide, and mentor to get them to the level where collectively society grows whether its education, sports, work, or business. I feel happy in other's success."

ANYONE
CAN DO
MY JOB,
BUT NO
ONE CAN
BE ME

★ THE EXPLORE Journal Choice

Abdulrazak Mahibub Jalal

Director

Poona Event Management Inc.

Founder – NationFIRST

Consultant - BIZZWISH

Pune, India



★ **THE EXPLORE** Journal Choice
Abdulrazak Mahibub Jalal

Director
Poona Event Management Inc.
Founder - NationFIRST
Consultant - BIZZWISH
Pune, India

BE

A GAME CHANGER

THE WORLD IS ALREADY FULL OF FOLLOWERS

In conversation with **THE EXPLORE** Journal, **Abdulrazak Mahibub Jalal**, the Director of Poona Event Management Inc., shares his remarkable journey from humble beginnings to becoming a beacon of inspiration in the realms of business consulting, career mentoring, and event management.

Abdulrazak's story is one of resilience, determination, and unwavering faith. Growing up in an army family, he faced early hardships with the loss of his father and the responsibility of supporting his family falling squarely on his young shoulders. Despite the challenges, **Abdulrazak** harbored dreams of joining the army, a goal he pursued relentlessly.



Abdulrazak's corporate journey began with positions at WNS and BNY Mellon, where he gained invaluable experience in finance and administration. However, his thirst for knowledge and personal growth led him to pursue an MBA in the United Kingdom, despite facing numerous obstacles in securing funding and adjusting to life in a foreign country.

Abdulrazak's time in the UK was marked by hardships, including financial struggles and homesickness. Yet, it was during this period of adversity that he found solace in spirituality and developed a deep sense of gratitude for his blessings. Despite the initial challenges, he persevered, eventually securing employment and completing his MBA.

However, **Abdulrazak's** journey took an unexpected turn when he made the difficult decision to return to India to care for his ailing mother, putting his own aspirations on hold. Back in India, he faced further challenges in securing employment, prompting him to embark on a new entrepreneurial venture - Poona Event Management Inc.

★ **THE EXPLORE** Journal of
Abdulrazak Mahibub Jalal

Director
Poona Event Management Inc.
Founder - NationFIRST
Consultant - BIZZWISH
Pune, India

BE A LEADER NOT A BOSS



You are the CEO of your life

Make sure to choose your friends wisely. Make sure to choose your habits wisely. Adopt positive things than remove negative things like a CEO hiring & firing.

★ THE EXPLORE Journal Choice

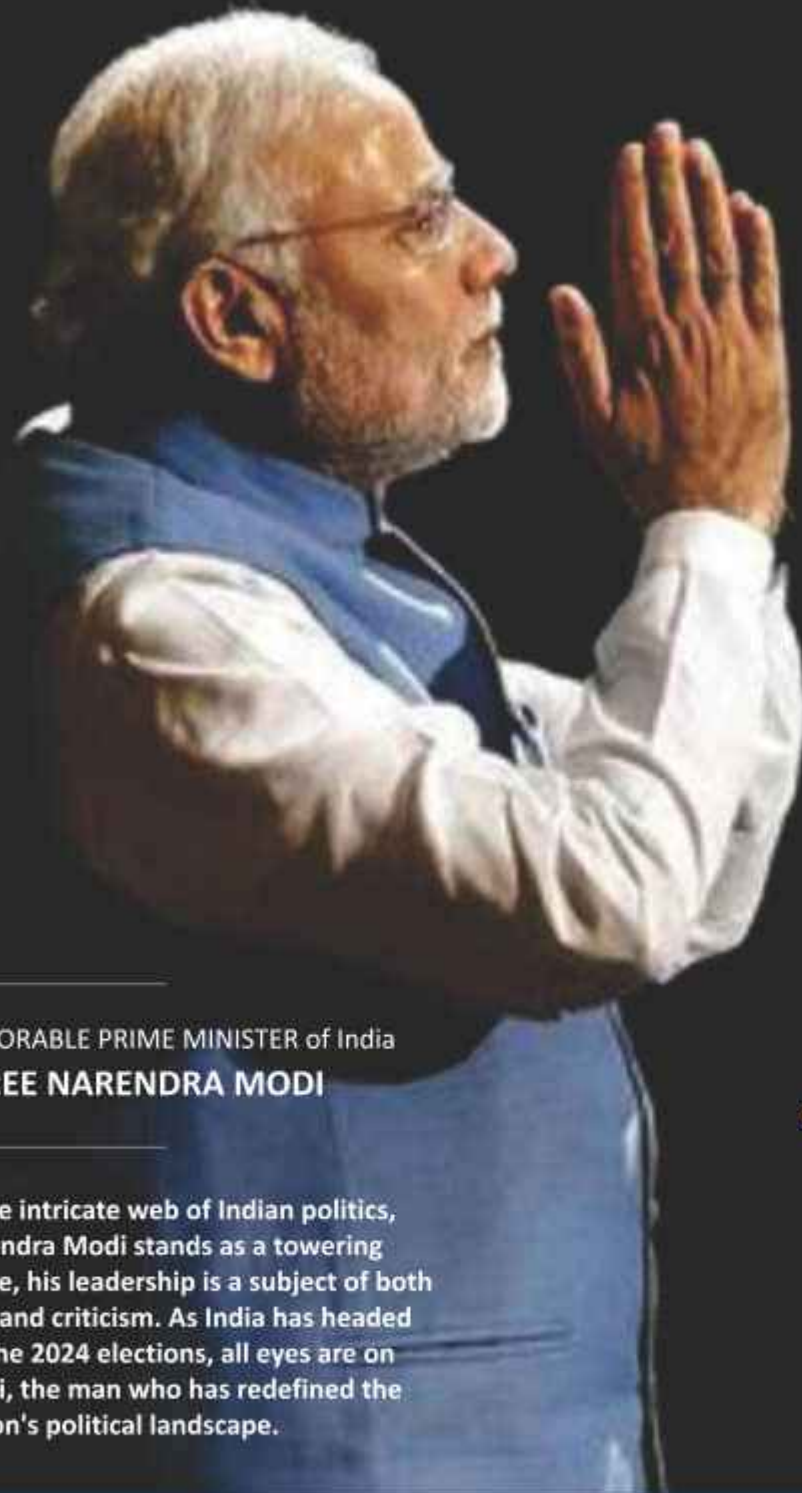
Abdulrazak Mahibub Jalal

Director
Poona Event Management Inc.
Founder - NationFIRST
Consultant - BIZZWISH
Pune, India

Abdulrazak's narrative resounds as a harmonious symphony of resilience, fortitude, and unyielding faith. Cultivated amidst the backdrop of an army upbringing, he faced early challenges with the untimely loss of his father and the responsibility of familial sustenance placed upon his young shoulders with a steadfast determination to overcome.

Despite facing setbacks due to the **COVID-19** pandemic, **Abdulrazak** adapted his business model, transitioning into business consulting and career mentoring. His dedication to helping others navigate their own challenges is a testament to his compassionate nature and desire to give back to society.

Today, **Abdulrazak's** vision is clear - to uplift others and contribute to the collective growth of society. Through, **THE EXPLORE Journal**, he hopes to inspire others with his story of perseverance and triumph over adversity. His journey serves as a reminder that with faith, determination, and a willingness to help others, anything is possible.



THE ARCHITECT OF INDIA'S MODERN TRANSFORMATION

Modi's Power Keeps Growing, and India Looks Sure to Give Him More

2024 elections, Modi has continued to inspire confidence among voters with his vision of a New India

HONORABLE PRIME MINISTER of India
SHREE NARENDRA MODI

In the intricate web of Indian politics, Narendra Modi stands as a towering figure, his leadership is a subject of both awe and criticism. As India has headed for the 2024 elections, all eyes are on Modi, the man who has redefined the nation's political landscape.

With a vision as expansive as India itself, Modi has laid the groundwork for a resurgent nation, where innovation thrives, opportunities abound, and every citizen is empowered to reach their full potential.

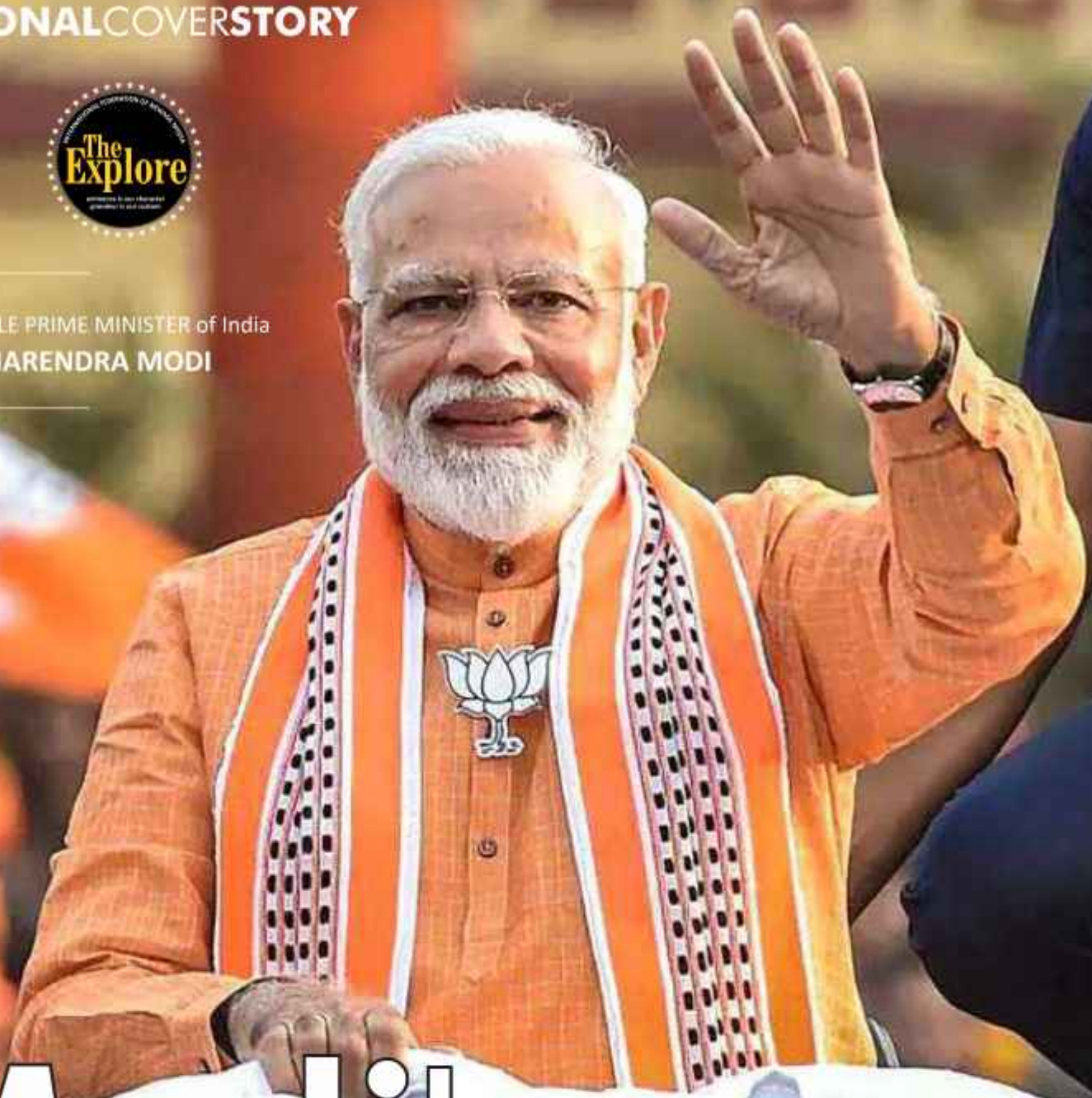
His leadership is marked by decisive action, unwavering commitment, and a deep understanding of the aspirations of the people.



Vidhi G.
Editor in Chief
New Delhi, India



HONORABLE PRIME MINISTER of India
SHREE NARENDRA MODI



Modi's Rise to Power

Narendra Modi's journey to becoming the Prime Minister of India is one of the most remarkable tales in Indian politics. His rise from humble beginnings as a tea-seller to the highest office in the country is a story of ambition, determination, and political acumen. Modi's ascent to power began in Gujarat, where he served as Chief Minister for over a decade, earning a reputation as a dynamic and decisive leader. But it was not until 2014 that Narendra Modi's true

odyssey began. Elected as the Prime Minister of India, he embarked on a mission to transform the nation, his vision of a "New India" burning brightly in his heart.

Like a modern-day sage, he crisscrossed the length and breadth of the country, weaving tales of hope and progress wherever he went. From the dusty villages of Uttar Pradesh to the bustling metropolises of Maharashtra, he spoke of economic growth, social harmony, and national pride.



HONORABLE PRIME MINISTER of India
SHREE NARENDRA MODI



The 2014 Landslide

6 In 2014, Modi led the BJP to a historic victory, securing an absolute majority in the Lok Sabha, India's lower house of parliament. His campaign, centered around promises of economic development, good governance, and a strong stance on national security, struck a chord with millions of Indians disillusioned with the incumbent government's perceived corruption and inefficiency.

The 2019 Reelection

In 2019, Narendra Modi and the BJP secured another resounding victory, further solidifying Modi's position as one of India's most dominant leaders in recent history. The campaign once again emphasized Modi's strong leadership and promised continuity in policies aimed at transforming India into a global economic powerhouse.



HONORABLE PRIME MINISTER of India
SHREE NARENDRA MODI

Narendra Modi's TRIUMPH: A Resounding Victory in Progress

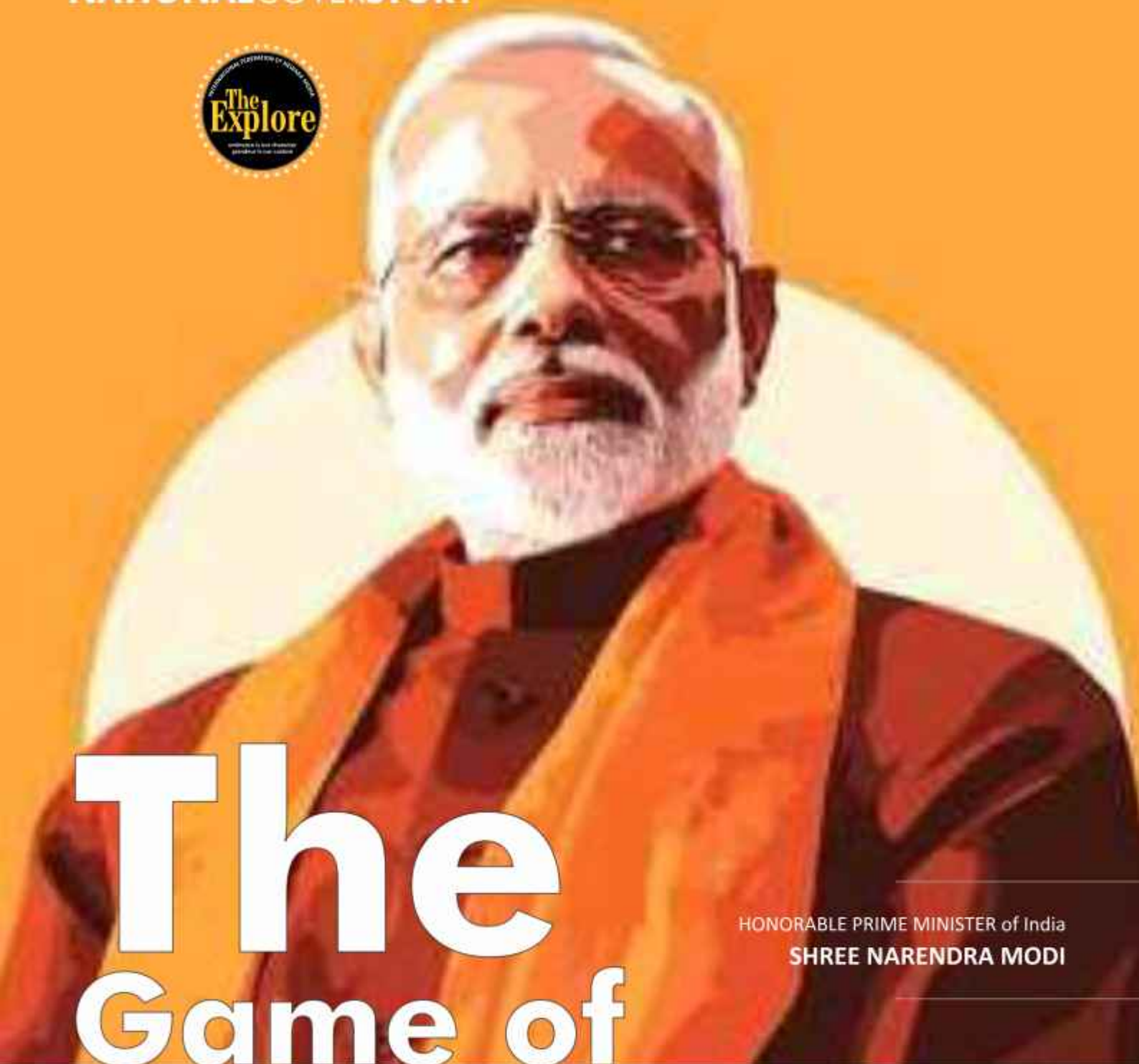
As half of the nation's constituencies have already spoken through the ballot box, it's increasingly clear that Narendra Modi and his Bharatiya Janata Party (BJP) are on the path to yet another resounding victory.

It's the **GAME OF 2024 Elections**.

Under Modi's leadership, India has seen unprecedented growth and development across various sectors. From infrastructure to digital connectivity, from healthcare to education, Modi's initiatives have left an indelible mark on the nation's progress. The transformative reforms undertaken by his government have not only empowered millions but have also laid the foundation for a stronger, more self-reliant India.

MODI'S Leadership Style

At the heart of Narendra Modi's political strategy lies his leadership style, characterized by a mix of charisma, communication skills, and a strong sense of purpose. Modi's ability to connect with voters, especially the youth and rural population, through his powerful oratory and social media presence has been a key factor in his electoral successes.



The Game of 2024

HONORABLE PRIME MINISTER of India
SHREE NARENDRA MODI

As the 2024 elections loom, **Narendra Modi** faces several challenges, including economic slowdown, agrarian distress, unemployment, and the ongoing COVID-19 pandemic. However, **Modi's** supporters argue that his decisive leadership and track record of bold reforms make him the best choice to lead India through these challenging times.

Modi's opponents, on the other hand, criticize his government's handling of various issues, accusing him of authoritarian tendencies, divisive politics, and failure to deliver on key promises such as job creation and inclusive development.

In the run-up to the elections, **Modi is** expected to focus on a mix of populist measures, welfare schemes, and infrastructure projects aimed at appealing to different segments of the electorate.

Additionally, he is likely to leverage his strong international standing and assertive foreign policy to bolster his image as a global leader.



Modi's Power

HONORABLE PRIME MINISTER of India
SHREE NARENDRA MODI

Keeps Growing, and India Looks Sure to Give Him More

Your actions inspire others to dream more, learn more, do more and become more, you are a **THE BOSS**

In the intricate web of Indian politics, Narendra Modi stands as a towering figure, his leadership is a subject of both awe and criticism. As India has headed for the 2024 elections, all eyes are on Modi, the man who has redefined the nation's political landscape.

Narendra Modi, the Prime Minister of India, finds himself at the centre of a political landscape marked by challenges and opportunities. Modi, known for his astute political manoeuvring and charismatic leadership, faces the task of securing another term for his party, the **Bharatiya Janata Party (BJP)**, in what promises to be a fiercely contested election.

His journey from a humble tea-seller to the Prime Minister's office is a tale that has captured the imagination of millions. His leadership style is a blend of charisma, decisiveness, and a keen understanding of the pulse of the masses. Modi's ability to connect with people, especially through social media, has given him a unique edge in Indian politics, making him a formidable force.



Prof. Amira A. El-Houfey (Ph.D)

Ambassador of United World
Recipient of GRACE of GALAXY honour
Professor - Community Health Nursing, Assiut
University, Egypt.
Assistant Professor - Jazan University Goodwill
Ambassador, Egypt (2019)
Jazan, Jizan, Saudi Arabia
Cairo, Egypt



Wonder WOMEN

The pursuit of knowledge is a lifelong journey

Solving a problem for which you know there's an answer is like climbing a mountain with a guide, along a trail someone else has laid. In mathematics, the truth is somewhere out there in a place no one knows, beyond all the beaten paths. And it's not always at the top of the mountain.

ViaAge Media **THE EXPLORE Journal** congrats to **Prof. (Dr) Amira A. El-Houfey** on her promotion to Professor, all we have seen her excellent work has done. Her dedication, hard work, and unwavering commitment to excellence have truly paid off.

She has worked incredibly hard for this position, and with that being said, that she deserves the new recognition and responsibility. Her ability to think outside of the box led to her landing this profession and it sets her apart as an invaluable asset to an organization.

Her achievement reflects not only her professional prowess but also her remarkable character and passion for what she does. Wishing her continued success and many more accomplishments in the future!



#WOOMENWORLD



★ THE EXPLORE Journal Choice

Himanshi Lydia Singh

Founder Editor – THEWOOMAG

Content Strategist & Marketer

Serial Entrepreneur

Women Entrepreneurship Evangelist & Mentor

Gurugram, Haryana, India

NEXT STOP THE TOP BORN TO BE UNSTOPPABLE

Empowerment is not just a word; it's a way of life, **Himanshi Lydia Singh** often declares. As the founder and Editor-in-chief of **THEWOOMAG.com**, her journey is a testament to this belief, illuminating the path for countless women striving for independence and success.

THEWOOMAG emerged from humble beginnings in 2014, evolving from a blog into India's premier career, business, and lifestyle magazine for women.

Himanshi's vision was clear—to equip women with the tools and knowledge needed to forge their own paths, breaking barriers and achieving greatness. For a decade, the digital platform flourished, resonating with its audience by celebrating stories of resilience and triumph.

In 2024, after ten years of virtual success, **THEWOOMAG** made its debut in print, marking a significant milestone in **Himanshi's** journey. This expansion reflected her unwavering commitment to reach women in every corner of India, offering tangible inspiration and guidance through impactful journalism and engaging storytelling.

#WOMENWORLD



Himanshi Lydia Singh
Founder-Editor -
THEWOOMAG.COM

Entrepreneur | Blogger | Content Strategist | Women Entrepreneurship Evangelist | On a mission to grow & transform.

★ THE EXPLORE Journal Choice

Himanshi Lydia Singh

Founder-Editor – THEWOOMAG
Content Strategist & Marketer
Serial Entrepreneur
Women Entrepreneurship Evangelist & Mentor
Gurugram, Haryana, India

Himanshi's passion stems from a deep-rooted belief in economic empowerment as a catalyst for social change. "There is no social empowerment without economic empowerment," she insists. Her advocacy for women's financial independence echoes through **THEWOOMAG**, encouraging more women to work, earn, and contribute not only to their families but to the nation at large. Beyond her editorial role, **Himanshi** is a dynamic entrepreneur. An alumnus of Hindu College and Delhi School of Economics (MIB) and 20 years of experience spanning international business, content marketing, and community building, independent journalism, she has left an indelible mark on the ecosystem of women-led businesses in India. Her entrepreneurial ventures extend beyond **THEWOOMAG**, including **WomenOnOwn** (WOO), a thriving community connecting 5000 women entrepreneurs and startups across India. Through WOO, **Himanshi** fosters a culture of collaboration, providing training, development, and essential resources for aspiring businesswomen. Additionally, **KontentCraft**, her brainchild, serves as a pillar of support for brands seeking to enhance their online presence through content and social media marketing.

Her ethos is rooted in inclusivity and balance. Despite her tireless efforts for women's advancement, she resists labels and stereotypes. "I am not in for women vs. men," she clarifies. Instead, she envisions an inclusive society where gender equality is celebrated, emphasizing the need for organizations that support men in navigating societal shifts. For her efforts Himanshi received the MSME influencer award by MSME Street and was listed as among 100 influential Indians by Crazy Tales. Himanshi's life exemplifies the transformative power of positivity and resilience. Fueled

by a thirst for knowledge—embodied by her admiration for authors like Stephen Covey and Robin Sharma—she believes in the boundless potential of a positive mindset. Her favorite reads, from "7 Habits of Highly Effective People" to "The Richest Man in Babylon," mirror her unwavering commitment to personal and professional growth. As she continues to chart new territories in entrepreneurship and media, Himanshi remains a source of inspiration for women across India. Her mission—to cultivate entrepreneurship, foster growth, and promote financial independence—resonates through **THEWOOMAG** and beyond, leaving an indelible impact on the landscape of women's empowerment.

To **Himanshi Lydia Singh**, empowerment is not just an aspiration; it's a revolution—one that promises a brighter, more inclusive future for all. In the landscape of entrepreneurship aimed at fostering gender inclusivity, **Himanshi Lydia Singh** shines as a guiding light of empowerment and progress. The founder and Editor-in-chief of **THEWOOMAG.com**, India's unique career-business-lifestyle magazine for women, **Himanshi** has played a pivotal role in creating a media platform that champions the growth and success of women in various professional spheres.

#WOOMENWORLD



Recently **Himanshi** launched the print edition of **THEWOOMAG** after 10 years of successful innings as a web portal. Started in 2014 as a blog for women providing them with the right information, knowledge, and guidance to become self-independent and successful. The magazine not only serves as a source of valuable articles on various aspects of a working woman's life but also celebrates the incredible journeys of grit, success, and growth, inspiring millions of women.

THEWOOMAG tirelessly nurtures a new generation of independent women through impact journalism, engaging storytelling, digital technology, and groundbreaking events. For her efforts **Himanshi** received the MSME influencer award by MSME Street and was listed as among 100 influential



★ **THE EXPLORE Journal Choice**

Himanshi Lydia Singh

Founder Editor – **THEWOOMAG**
Content Strategist & Marketer
Serial Entrepreneur
Women Entrepreneurship Evangelist & Mentor
Gurugram, Haryana, India



Indian
s by Crazy Tales.
An alumna of Hindu College & Master's in International Business (MIB) - Delhi School of Economics, **Himanshi** has a rich experience of 22+ years as an international business professional, serial entrepreneur, digital media owner, content marketer and community builder. With her business

acumen, creativity & mentoring, she has impacted thousands of women entrepreneurs, startups and businesses get right direction, growth and visibility. She is also a serial entrepreneur, community builder and a mentor, having founded 5 businesses in last 10 years out of which 3 are doing well.

Her brand, **WOMenOnOwn (WOO)**, is an ecosystem for women entrepreneurs and self-employed and start-ups, aspiring entrepreneurs that connects 5000 women business owners across India. Vision of WOO is to foster Women Entrepreneurship, Growth and Self Reliance through training & development, community support. She has also founded **KontentCraft**, a content & social media marketing agency, where she enables businesses &

brands get visibility & authority in their online presence. In past, she founded **Wealth Mela (2008 - 2010) – Exhibition for women business owners and co-founded Chembizasia (2016)**, an international marketing company for chemicals with her husband.

Himanshi's name is synonymous with creativity, entrepreneurship, positivity and women's socio-economic growth. "You can do anything on the earth if you have the right intent and positive mindset. There is no limit to what you can achieve. No age bar or anything else can hold you back except your own mind. Everything is in there", says **Himanshi** who believes in the power of positive thinking. An avid reader she is greatly influenced by works of Stephen Covey, John Maxwell, Robin Sharma, Napoleon Hill, and many more. Her all-time favorite books are - 7 habits of Highly effective people, Parable of the pipeline by Burke Hedges, the power of subconscious mind by Joseph Murphy. Currently she is reading- the richest man in Babylon by George S. Clason.

Himanshi's mission is to foster women's entrepreneurship, growth, and financial independence through training & development, community support & digital technology. Though she works for women's growth, she doesn't want to be stereotyped as a feminist. "I am not in for women Vs Men, neither for #smashpatriarchy. I am in for creating an inclusive gender equal society and we need to complement each other. In fact, we need organizations to help men also to navigate the societal changes to have a balance and peace at work, home and society", says **Himanshi**.

To know more, please visit – <https://thewoomag.com>

#WOMENWORLD

PERSONAL BRANDING BY ANITA AGGARWAL
The Explore
empowering women to build their personal brands on LinkedIn

★ **THE EXPLORE Journal Choice**

Sneha Longson Messy

Product Marketing Manager @Cloudairy
Brand Strategist, Personal Branding Expert
Helped 20+ Founders build their personal
brands on LinkedIn
Agra, Uttar Pradesh, India

BORN TO BE UNSTOPPABLE

If you find satisfaction in your past mistakes and imperfections, it means you have already come a long way in your journey towards success. It's okay to have a messy house someday when it's also okay to skip months to groom yourself! Stop going on a guilt trip when you fail at something... Bigger things happen in chaos... Refine your thoughts to define your life!

★ **EXPLORE About HER...**

Ditch the guesswork and unify your marketing strategy with these services. I combine content marketing, strategy, social media, digital marketing, and brand marketing into a powerful force that delivers results.

Her expertise:

Craft engaging content that attracts and retains.

Develop a clear roadmap to achieve your marketing goals.

Create a unique brand identity.

Build a strong online presence and engage on the most used platforms.

Elevate your brand awareness, reputation, and loyalty.



★ THE EXPLORE Journal Choice

Mandakini Pawar

Founder, VAN MAHAL
Self-Sustaining Initiatives in Himalayas
Skill Development
Consultant Healthcare Performance Excellence
Rishikesh, India

BORN TO BE UNSTOPPABLE

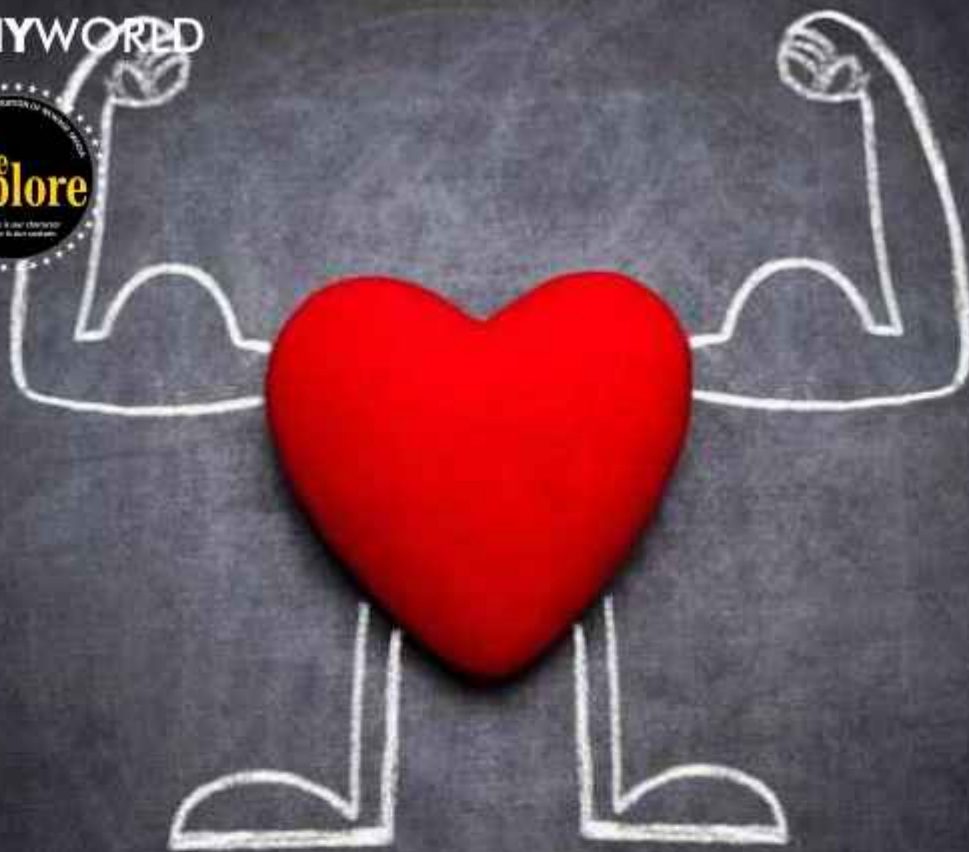
In the heart of the majestic Himalayas, amidst the serene landscapes, lies a beacon of hope and transformation - **Ms. Mandakini Pawar**, an Entrepreneur Healthcare Consultant with a vision as vast as the mountains themselves. Her journey is a testament to resilience, dedication, and a relentless pursuit of excellence in healthcare.

In conversation with **THE EXPLORE Journal**, **Ms. Mandakini Pawar** shares her transformative journey in healthcare excellence, beginning with her pioneering role at the Confederation of Indian Industry (CII). As a Business Excellence Healthcare Consultant, she introduced the Baldrige Healthcare Excellence Framework to India, revolutionizing healthcare standards nationwide.

Ms. Pawar's story unfolds with her pivotal role as a Business Excellence Healthcare Consultant at the Confederation of Indian Industry (CII), where she spearheaded initiatives to revolutionize healthcare using the acclaimed Baldrige Healthcare Excellence Framework. Her efforts culminated in the launch of the CII Healthcare Excellence Framework in India, setting a new standard for healthcare quality and innovation.

A trailblazer in her field, **Ms. Pawar's** influence extended beyond borders. As a Baldrige Faculty for Healthcare Excellence, she trained over 500 healthcare professionals across India, from renowned hospitals like Apollo, Narayana Health, and Wadia Hospitals, to smaller institutions in remote areas, ensuring that excellence permeated every corner of the healthcare landscape.

Her commitment to excellence led her to organize and lead international study missions to Baldrige-winning hospitals in the USA, exposing Indian healthcare leaders to global best practices and fostering a culture of continuous improvement.



SMART HEART

SMART INDIA

SMART WORLD



Dr. H.K. Chopra
Sr. Consultant Cardiologist
Medanta Moolchand Heart
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Medcity,
New Delhi, India

Tapping into the field of Consciousness for Healthy Heart: A New Paradigm and A New Mantra

6

Dr. H.K. Chopra said that 17.9 million people die each year from CVDs, an estimated 32% of all deaths worldwide. Heart Attack is rising rather steeply in our country especially in young people in 20s & 30s. To a very large extent, heart attack is self-inflicted by our faulty lifestyle, which we adopt right from childhood.

Genetics definitely play a role but it can be modified by lifestyle optimization. The prevalence of Coronary Artery Disease in adults in India in the urban population is 14 percent, while in the rural population it is 8 percent. One should not have a heart attack in the prime of his/her life when he/she is important not only to the family, but also to the community, society and nation. In fact, "we are the cause and we are the cure" of this malady of premature heart attack in young by optimizing our lifestyle right from childhood in accordance with the laws of nature.



A healthy heart is an expression of our own perception, thoughts, interpretations and choice making. Enhancing awareness about prevention and timely prediction and treatment of heart attack is the only solution to reducing the rising menace of heart attack in our country.

Women are fortunate to have lower prevalence of coronary artery disease before the age of 45 i.e. menopause. After menopause, the prevalence of CAD is the same as men. Over 25 Lac people die of Heart Attack in our country every year. Out of these, 16 lacs die within an hour of Heart Attack before even the medical aid is available. While the mortality rate from cardiovascular disease (CVD) has decreased by 60% in Japan and Finland, 50% in USA, Canada and Australia and 25% in Europe, according to WHO projections, there will be a significant rise in mortality from CVD in India. The female population is under greater risk because metabolic syndrome (a combination of medical disorders like obesity, high blood pressure, diabetes and dyslipidemia etc.) is more alarming amongst Indian women, according to the recent data published, the prevalence of metabolic syndrome is highest in India.

Dr. Chopra believes that prevention of coronary artery disease must begin earlier especially at a young age before being victimized by faulty lifestyle including erratic eating habits, drinking, smoking, high level of stressful life with lack of sleep and burning both the ends of the candle at the same time, coupled with a sedentary lifestyle, uncontrolled hypertension, dyslipidemia and diabetes which harden the arteries of the heart with increase tendency for clotting all of which establish the bedrock of heart disease.





Dr. Chopra firmly believes that “four sutras for optimal Healthy Heart are love, compassion, peace and harmony” to make perfect choices for a healthy heart and beat CVD. These sutras (Suture or stitch) are possible by regular practice of yoga, meditation and perfect lifestyle optimization, they connect heart with the consciousness by network of nerves fibers of autonomic nervous system (Heart Plexuses) which are chemically mediated, nurtured with human values release natural opiates: endorphins, serotonin, dopamine acetylcholine, oxytocin and nitric oxide which preserve the endothelial functions, thereby maintaining the patency of coronary arteries and the harmonious friendly biochemical environment within the blood vessel the heart thus remains healthy. If kindness, compassion, love, peace and harmony are missing with cynical behavior and hostility, then the heart is undernourished, stressed and the physiology changes to pathology. Fear, jealousy, hatredness, anger, greed, lurking grief, vengeance, vindictiveness, bigotry, arrogance, greed, lust, ego and other negative emotions release jittery molecules (Chemicals) which comprise of epinephrine, norepinephrine and cortisol which produce coronary artery diseases, alter the endothelial functions, agitate the platelets, oxidize Low Density Lipoproteins (LDL). They may enhance the tendency of a vulnerable plaque in the coronary artery to rupture, erode and ulcerate, thereby enhancing aggregation of platelets and enhance thrombus (clot) formation thus leading to angina, acute Coronary Syndrome, Heart Attack, even sudden Cardiac Death and Brain Attack. Just one fit of anger or negative stress can produce a massive heart attack **Dr. Chopra** said.

Dr. Chopra is of the firm opinion that

The theme of World Heart Day this year is...

“Work with your Heart, Know your risk factors”

“Use your Heart to Beat CVD (Cardiovascular Disease)”

“Have Coordinated Efforts to Improve your Own Lifestyle and Diet.”

“Motivate yourself and others to reduce CVD Risks”.

One Heart, One Home, One World”.

“Use your Heart” to “Make Perfect Choices” for a Healthy Heart for ourselves, our family, our community, our corporate, Our society, our nation and the world”.

the emotion of love, compassion, peace and harmony are the most powerful sutras to have a healthy heart and may help in prevention, regression and reversal of coronary artery diseases. This is possible by practicing perfect choices, regular practice of meditation and yoga. Thus, the **“Health of the Heart is a Matter of your own choice, and not a Matter of chance”**

Dr. Chopra's firmly believe that Lifestyle optimization is an expression how to perfect mind set and perfect mind set is an expression of perfect choices and perfect choices tap from the level of consciousness Energized healthy hearts, happiness,

prosperity and success are expressions of this field of consciousness. (Silence and infinite love) Experience of this field on daily basis by optimization of lifestyle through all the eight limbs of yoga including Yama, (do and don'ts), Niyama (Self-discipline), Asana (Postures), Pranayam (Breathing Exercise), Pratihara (Contemplation), Dharna (Concentration) Dhyana (Meditation), Samadhi (Transcendence). Healthy heart, a healthy mind and a healthy body are expressions of our consciousness. It is our consciousness which perceives, conceives, constructs and governs us at individual and



universal level to have a healthy heart. We are all the expressions and projections of consciousness. Experience it on a regular basis by meditation if you want to have a healthy heart.

Most of us are “Busy, Busy & Busy in earning money by faulty lifestyle and losing the health of the heart and then, we are busy, busy & busy in losing that money and trying to earn the health of the heart” It is gone.

“We can block our coronary arteries and we can unblock them too by optimizing our lifestyle”.

Mahatma Gandhi said that “Health is Wealth, but Wealth is not Health”.

He also said that **“Health of the heart is not in the pieces of gold, silver or piles of notes, it is in our own choices”.**

We should be **“an epitome and apostle of a perfect mind set and perfect choices”** to have a healthy heart.

Consciousness (field of infinity) means awareness of one's own existence, sensations, thoughts and feelings and surroundings at an individual level or collective level. Infect whole existence in this universe including human beings, animals, plants, flowers, vegetables, minerals, water, sun, moon, galaxy of stars are all expressions of the existence of consciousness. Thus, Consciousness is beyond energy and matter. The scientific module operates on the reductionist principle conveying thereby that **“we are all the hologram of the universe, and the universe is our hologram** (every bit of universe is in us and every bit of us is in universe), **we are the hologram of our**



heart, and our heart is a hologram of our mind and body.

A drop of blood gives information of the biochemistry or the cell count of the whole body, similarly a bit of any particle gives information of the whole matter.

If the parts of a whole are obtained and examined, they will give the required analysis to explain how the whole operates, its reason for being, how it interacts with its environment. In other words, the total environment consists of parts, which come together to form a holistic phenomenon. Part of the rationale for this approach may relate to Darwin's theory of evolution which postulates that all life has evolved from simple living entities, which gradually developed complex systems as they interacted with one another, the weak growth giving way to those which were stronger and more competitive.

There is a Vedic expression, which says

“As is the Atom, so is the universe”

“As is the microcosm, so is the macrocosm”

“As is the Universal body, So the is the cosmic body ”

“As is the universal mind, so is the cosmic mind”

Dr. Chopra said that *“We are not the packages of Flesh and bone with wisps of memory and desire, but we are all a web of information and energy interwoven with emotions and intelligence from the eye of the consciousness and not from the eye of the body or eye of the mind”*

The time to reflect and reassess is now, to the scientific mode of research and to pay more attention to what science has discovered about the constitution of the universe. Scientific theories do not usually last the course as further research reveals new evidence that either overturns, or remodels, previous fixed beliefs. The reason to look at the universe as a whole is now, which is then broken down into parts. The 'big bang' hypothesis



★ EXPLORE about the author



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We must take pledge for the following

Say "No" to 7'S

1. Stress
2. Sugar
3. Salt
4. Saturated and trans fat
5. Smoking
6. Sedentary Lifestyle
7. Sleep in adequacy

Have Perfect Choices

8. Exercise daily for 30 minutes (Heart Friendly Exercise wagging, jogging, cycling, swimming, dancing, treadmilling, skiing,
9. Meditate for 20 minutes in the morning and evening.
10. Maintain optimum body weight.
11. Practice Self-Massage – "Abhyanga" on a daily basis.
12. Eat the right food, at the right time, at the right place, in the right manner, in the right dose, in the right environment. Eat only when you are hungry, eat freshly cooked food in a quiet relaxed atmosphere and eat slowly and don't eat when you are upset and avoid overeating.
13. Have sattvic vegetarian food and not tamasic or rajasic food. All 6 tastes including sweet, sour, salty, bitter, pungent and astringent should be included in every meal. As most of the coronary artery diseases are pitta or kapha imbalances.
14. Eat more natural foods such as vegetables, fruits, salads
15. Take nuts on a daily basis such as Almonds, Walnut & Pistachio.
16. Drink adequate water (1.5-2 L per day in consultation with your doctor).
17. Do not eat junk food such as fried food or sweets, etc.
18. Avoid a "pot-belly" abdomen.
19. Avoid unaccustomed exercise.
20. Remain cholesterol-fit.
21. Remain balanced in life.
22. Have adequate sleep for 7-8 hrs. every day.
23. Avoid lust, anger, greed, ego and attachment.
24. Be honest, truthful and dedicated to work.
25. Have a good social support system.
26. Work with self-referral and not with object referral.
27. Have perfect choices to achieve any goal in a very peaceful manner.
28. Develop intimate relationships.
29. Become an embodiment of positive emotions such as love, compassion, humility, faith, confidence, peace, harmony, bliss and happiness.
30. Have planned a daily routine and set weekly, monthly and yearly plans.
31. Not fall victim to sympathetic overdrive.
32. Create a heart wellness center at the workplace.
33. Mission Healthy Heart may be launched on TV, Print, Digital & Electronic Media.
34. Create a Smart Heart App.
35. Create a Healthy Heart WhatsApp Group.



Educating is a supreme art of the teacher to awaken joy in creative expression and knowledge

Excellence in Education for best practice

PART ONE

At **THE EXPLORE Journal**, the brilliance and hard work of faculty members inspire us, and we're honoring those who are doing the most for their students, their schools, and higher education as a whole. This prestigious International Honour of Appreciation is awarded internationally to leadership individuals who are committed to education as a powerful and liberating force in people's lives.

The International Federation of NewAge Media, presents this honor to only educationists for their outstanding work and the vital role they play in guiding their students and schools to excellence, frequently under challenging circumstances. "Great principals play a pivotal role in building thriving school communities and empowering teachers to meet the diverse needs of every student," and developing fostering positive school cultures, and finding new ways to engage students, parents, families, educators, and staff. You continue to Raise the Bar as school leaders, and your dedication inspires others to bring their best each day. This prestigious honor is our way of recognizing and celebrating your hard work and indispensable leadership.

Celebrating Leadership in Education

The goal of this honor is to shine a positive spotlight on the achievements of these quality educators. In honoring them, we recognize the lasting power and potential of great teachers, and the teaching profession. Educators like these, and those who will follow in their footsteps, give us great hope for the future of the best education, and the world's children.

The organisation hopes that by recognizing the worlds many excellent educators, more people will consider a career in education, and local communities will invest enough resources to attract the highest caliber professionals. It is only with such educators that our children will learn the skills so necessary to succeed. Nothing touches more lives, or gives more promise to the future than education. More than ever before, high-quality educators are critical to the future of our community and our world.





Humanization of Education



Dr. Shama Hussain (Gold Medallist)
(pride of Asia Honoured)
Recipient of GRACE of GALXY
Founder & Global CEO I.I.I
Masqat, Oman

6

In English there is a **MAGICAL NINE** letter word that has a power to take us to the **Zenith of Happiness**. It has the power to give meaning and purpose to life. It has the power to act as a Premises for Progress. It has the power to unlock the world's mystery.

Do you know what is that Magical word??

No more R & D !! Let me Reveal it!! Here we go!!

Nine letter **MAGICAL** word is "EDUCATION"!! I firmly believe that education is the only way to achieve **WORLD PEACE!!** Education breeds **PEACE**. Establishing Peace is the constructive methodology of Education World encountered the toxic effects of **CORONA PANDEMIC** with the help of Vaccines. Do you know friends, the only "VACCINE" that we need to fight with the **VIOLENCE** existing and prevailing in the world is "EDUCATION". There are **HUMANS** in **EVERY HOUSE** but **HUMANITY** is not there in every house. To build this ethical factor of Humanity we need **HUMANIZATION OF EDUCATION** in the world.

Intrinsic education builds an empire of Resiliency in us. We can build a founding parking space which can welcome any kinds of Antigens or Challenges. It can welcome any kind of Rejections. It can welcome any kind of discrimination. It will make you a strong Wheel on the **BUMPY** roads of Life.

But the question is Materialistic education or Humanization of Education? Is it Artificial Intelligence or Emotional Intelligence? Most of the people consider education for **LIVING** but not for **LIFE**. Corona the **PANDEMIC** of the World has taught us a good lesson that if u just take your education for living forgetting or ignoring the **LIFE** part



of it we will become extinct. Our Values, ethics, passion, compassion, sympathy, empathy, appreciation, collaboration, cooperation, harmony, brotherhood and finally PEACE will become extinct from our lives.

To build a sustainable life we need to build the pillars of Humanization of Education. To overcome the coming uncertainties or next Corona at our door step we need to cultivate the culture of Humanization of Education. We need to balance the intrinsic and extrinsic education. We need to trigger the spirits of Techno as well as Humanized values.

The only remedy for **FEAR OF LIVING** is the **EDUCATION FOR LIFE**. Fear of uncertainties, Fear of Losing, fear of facing





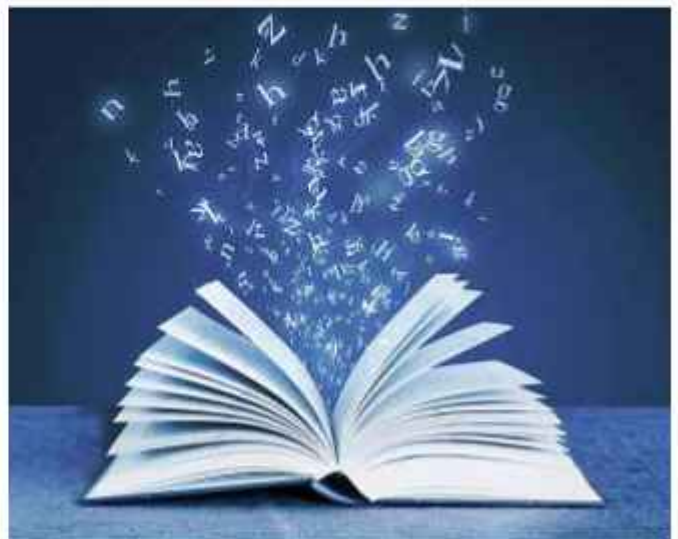
challenges, Fear of losing jobs, fear of unhappiness, fear of stress, fear of being all alone can be overcome by Humanization of Education.

Humanization of Education promotes Adversity Quotient, Social Quotient, Happiness Quotient and Resiliency Quotient. By cultivating the culture of Humanization of education we will be stabilized to follow the rule of E+R =O

We will be able to create optimistic responses * in life, no matter whatever may be the Events (E) land in accidentally. Whatever may be the intensity of Events we will withstand the pressure and successfully create OUTCOMES. (O) Humanization of Education creates an Aroma of PEACE and collaboration with challenges, uncertainties, and Negativity. Thereby it helps us to BUILD PEACE in the World. It helps us to wipe the tear of our friends, to shoulder the pain of our neighbor, to be resilient in the situations when you lose war. It prepares you for war without losing hope. A powerful tool where happiness never leaves our address.

Through Humanization of Education, we I.I.I international institute of Influencers premium organization of the world, providing sustainable organic skills and building influencers. We are Promoting Happiness Index, Adversity Quotient, Resiliency Quotient, Social Quotient and Etiquettes of Leadership. Education is the VACCINE for all uncertain factors of life that causes DEFEATISM in us. It degrades our character and personality. This vaccine helps to boost the culture of education and Cultivate the Spiritual Spirits of Life. Bridging the gap between Intelligence and Emotional Intelligence can be done only by EDUCATION. Strengthening bonds of Global Village concept can be brought up only by HUMANIZATION OF EDUCATION.

We I.I.I through Humanization of Education are reflecting to the society that we cannot add TIME to the LIFE but we can add LIFE to the TIME. Let's bind the strings of Education to build HAPPINESS FACTOR in the WORLD. Ultimate Goal of Education is HAPPINESS dear friends let's make it CONTAGIOUS





Dr. Shama Hussain (Gold Medallist)

PHD – Zoology (Gene Profile Studies) MSc., MBA (HCM) B.ED.,
DLM (UK) CELC

Honoured by INDIA TODAY as TOP 25 BUSINESS WOMEN TO
LOOK UP IN 2023

Honoured as TOP 25 INDIAN COACHES BY ANI, BUSINESS
STANDARD & ZEE-5

- FOUNDER & GLOBAL CEO I.I.I
- CHAIRPERSON & MANAGING DIRECTOR GULF SKILL PIONEERS
L.L.C OMAN
- DEAN STUDENT AFFAIRS, CROWN UNIVERSITY
INTERNATIONAL CHARTERED INC
- PRESIDENT OMAN -WORLD BOOK OF RECORDS LONDON
- DIRECTOR & GCC PARTNER LISD – LONDON SKILLS UK
- COUNTRY DIRECTOR UNPKFC (United Peacekeepers
Federation Council)

- ASSOCIATE PARTNER OF ACMIT (American Council on
Management and Information Technology) USA

- ASSOCIATE PARTNER OF JAIN UNIVERSITY
- DIRECTOR -PEDAGOG MIDDLE EAST
- BRAND AMBASSADOR WEDNESDAY TIMES
- EDITORIAL BOARD MEMBER OF ULOAP -USA
- ADVISORY BOARD MEMBER OF AISEA – ALL INDIA STARTUP &
ENTREPRENEURS ASSOCIATION

PROFESSIONAL EXPERTISE

- PROFESSOR, RESEARCHER & EDU-ENTREPRENEUR
- INTERNATIONALLY CERTIFIED Executive LEADERSHIP COACH
- INTERNATIONALLY CERTIFIED EDUCATIONAL PSYCHOLOGIST
(CAREER & COUNSELLING)
- INTERNATIONALLY CERTIFIED EMOTIONAL INTELLIGENCE
COACH
- INTERNATIONALLY CERTIFIED EXECUTIVE LIFE COACH
- INTERNATIONALLY CERTIFIED PARENTING COACH
- INTERNATIONALLY CERTIFIED LIFE SKILLS COACH
- INTERNATIONAL MOTIVATIONAL SPEAKER
- INTERNATIONAL INFLUENCER

MILESTONE AWARDS:

- GLOBAL PEACE & HUMANITARIAN AWARD by UNPKFC &
UNESCO
- GOLDEN EAGLE AWARD FOR EXCELLENCE FROM MEXICO
- Mahatma Gandhi International Leadership Award from South
America
- Caesar Vallejo Award for Excellence 2023- MEXICO
- Oscar for Professionals Award from Bangkok
- Featured by INDIA TODAY AS TOP 25 Business Women to look
up in 2023!!
- Featured by ANI NEWS, Business Standards, ZEE 5, Daily
- HUNT, Deccan Herald as TOP 25 COACHES of INDIA
- Featured on COVER PAGE of UKs TOP Magazine BRILLIANCE
- 1000 Influential Women of India 2020 Award
- PRIDE of ASIA 2020 International Awardee
- Great Indian Woman Diaspora Award (GIWA 2021) from

★ EXPLORE about the authour



Governor of Uttarakhand featured by Indian Observer Post
(Honoured by H.E. IndraMani Pandey Permanent Ambassador of
India for UN

- International Influencer of the year Award
- International Achiever Award -YOUNG LEADER OF THE YEAR
2020
- Dr.APJ Abdul Kalam International Educators Honor Award 2020
- ParvatheeshwarRao Gold medal from GOVERNOR of the State
- Received Gold Medal from the Chief Minister of the State
Chandra Babu Naidu
- TOP-20 INTERNATIONAL Women Awardee for Courage &
- Nobility by TCOL (The Circle of LEGENDS)
- WOMEN LEADERS TO LOOK UP IN 2021 Award by UNIFIED
- BRANZ & WORLD-FAMOUS PASSION-VISTA MAGAZINE.
- International Global Influencer Award
- International Women Achiever Award
- Mega Speaker Award from J.T. FOXX, World's No.1 Coach
- Global ICON of the Year 2021
- Gold Medal from Padma Bhushan Late Akkineni Nageswara
Rao
- IBAE (International Business and Academic Excellence Award)
for Academic Profession
- LinkedIn Powerful PROFILE 2020 AWARD
- Eminent Member of Indian Speakers and Coaches forum
- Inspirational women of India Award by CISR Under the
category EMERGING WOMEN OF INDIA for SOCIAL WORK
AWARD
- Accelerated Speaker Award by ISCF (Indian Speakers &
Coaches Forum)
- SERVED as JURY MEMBER for MISS INDIA & MRS INDIA2021
- PROUD OWNER OF GLOBAL EXPRESS TV
- I-TRANSFORM & GCI INTERNATIONAL MAGAZINE.



Incorporating



in education for the Children of Tomorrow



A school in Kerala, India, became the first to include in its payroll a First-Generation AI Humanoid for a teacher. With the advent of AI there is nothing more fascinating than integrating it with any vertical of business. However, most parents have responded skeptical towards replacing human teachers with humanoids.



H.E Laila Rahhal El Atfani
Goodwill Ambassador
Vice President of the voice Magazine
Dubai, UAE

The fear of Parents

These mixed responses fail to help me understand if it was a step in the right direction or in the wrong direction. Upon deeper analysis I feel that there are a few issues that are affecting the education system of the future.

Firstly, parents don't have time and expect children to learn everything from school. And teachers don't have enough time to complete the syllabus. It's the children who are overburdened in this process. While both parents and

teachers are in a constant hustle, children don't get to learn values or characteristics that truly matter in their lives. The probability of acquiring values drops to zero when a humanoid is present. Thus, children taught by humanoids will forever lose their emotions. They will lose their abilities or instincts to understand and identify the emotions and experiences behind actual humans. Secondly, parents are worried about the addiction associated with these gadgets. Mobile phones have already



proven to harm the mental growth of children. In such a scenario, the presence of a humanoid will only make their addiction worse. It also affects their interaction with the human race.

Thirdly, no matter what, we don't want our children to be left behind when it comes to keeping up with technological advancements. However, our human teachers of today are not familiar with AI and find it difficult to integrate the technology with practical teaching methodologies.

Paramount Issues with the rise in use of AI

Another issue with new technologies is the high cost associated with these technologies, which is why many

schools are not able to afford it and therefore not willing to experiment with it. This also exacerbates the inequalities in access to quality of education amongst the different strata of society making it less accessible.

The use of AI involves collection and analysis of vast amounts of data belonging to students majorly. The privacy of this data is not reliable as these technological advancements are in the nascent stages of development. This puts student confidentiality at risk while affecting the safety and security of these children.

AI is based on algorithms that are built on specific parameters. This affects assessments and evaluation criteria that were previously used to measure the performance of the students. Instead, when using algorithms, students will have to face many biases based on



the training data used to enhance the effectiveness of these technologies. This may have a negative impact on the opportunities, and outcomes for the students.

Quality of content is highly questionable when generated by AI systems. This may not always adhere to the syllabus or curriculum requirements specified by the authorities. There is a demand for human educators in this situation to evaluate the AI generated content and see if it aligns with the educational objectives of each curriculum.

Ethical considerations have gone for a toss with the advent of AI. Too much use of AI would result in children misusing the abilities of AI to complete their assignments and tasks. In order to bring back accountability, reliability and autonomy, policymakers and educators must consider guidelines and frameworks to ensure the equitable use of AI technology.

Optimizing Technological Enhancements

The only way to overcome these negative impacts brought by growth is to adopt these evolving technologies with sensibility. Ensuring that you have a well throughout plan, step by step strategies to operate and finally measure the results of integrating AI with education.

Policymakers, stakeholders and educators need to align together to develop stringent policies and frameworks to ensure that AI as a technology works in favor of the people and not the other way around. They also have a lot of policies to be made around privacy and data protection to ensure minimal data loss.

The True Future

We need to let children be children. They need to be guided by their intuitions and spirits, allowing them to play like there is no tomorrow. Never should they be afraid of showing their emotions and accepting without judging themselves. Technology is meant to make life much simpler for this generation. Instead of bringing up tech savvy children, we need a world of children who feel and accept their emotions while being aware of the emotions that rung with their neighbors.



★ EXPLORE about the authour



H.E Laila Rahhal El Atfani

Goodwill Ambassador

The Royal House of Queen Sheba Crown
Senator

President & founder Business Gate &
Woman Business Circle

Head of diplomacy and protocol AACID and
WPC

Founder of I am Africa platform

Vice Chairman Global chamber of Business
Leaders. GCBL

Vice president of the voice Magazine

Founder & vice president

Refal NGO Switzerland

And youth gate Cambodia

Dubai, UAE



True

earning induces in the mind, in service of mankind



Education is like a Third Eye for human beings. In Indian mythology, the Third Eye is known as the Seat of intellect and superpowers. So education is a versatile process to develop a human being in his or her full blossom. The prime perspective of education is to provide a suitable environment to flourish the hidden treasures of children. Tools and practices may be multidimensional at the demographic level.



Jagjit Singh
 Founder Director
 Saplings School,
 Dharampur, Valsad
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According to the Gurbani hymn “*Vidya vichari ta paropkari*”, means true learning induces in the mind service of mankind. The forms of learning modified from primitive age to modern age schools. Not only in ancient Egyptian civilization and Mohenjo Daro civilization education synthesizes the real essence of life skills for the development of society by its methods. As human beings developed from the forest age to the agricultural and industrial revolution, different phases came across for learning and training as per need. Many educational scholars of the world contributed their knowledge, inventions, and theories to enrich the educational system in their respective countries. Each scholar focused on the quality of teachers and practices adopted. From time to time changes came to light to improve the way of learning. During the Covid-19 epidemic, a plethora of new techniques were invented to maintain spontaneous education like 'Online digital Platforms', Mobile Schools & small group

door-to-door Contact Programs for children from distant areas.

However, I believe learning cannot be postponed due to unfavorable conditions. It is like blood for mankind. It plays a vital role in building creative micro habits during the foundation years for children. Schools are like mini worlds and communities where the future of society is being trained consistently for leading the world. The ways a school functions builds the structure of the society. The roadmap of universal growth is prepared by structuring the schools taking into account the responsible authorities.

Multi-dimensional courses lay the foundation of a positive mindset, togetherness; happiness at a mutual level, interconnected syllabus of reading creates a clearer understanding of the specific subject. The Fabric of learning sets all the parameters for the wholesome growth of young ones. Courses of interpersonal debates inculcate logical power. The logical powers in turn produce healthy and



progressive citizens which lead the society in the right directions. Progressive citizens are like universal assets of earth, who bring peace, progressiveness and happiness to all. Educational practices are beyond borders and work for integrity and development of children's personality. Each country follows its own educational policies & resources to build children's mindset. Germans have categorized their assessment system in three major sections or grades based on children's learning abilities.

A section for brilliants, who train for higher administrative services, **B section for average learners**, who deal with the helper class, whereas, **C section** serves the weaker learners who comprise other professions with equal opportunities without any difference.

Japanese Communities focus more on equality and provide strength on social etiquettes. Children train with a skilled individual under strict discipline during schooling. Japanese communities, more or less,



teach values and harmony with hard work. The European education system prefers skill training and builds criteria of industrial development, farming, defense technology, and fundamental approach of supremacy in their children.

What all of these communities and cultures have in common is their Work Culture / Work-ethic. Moreover, the governments provide increasing job opportunities, social security and good health services. Their educational authorities keep regular checks for the quality and the parameters that align with the requirements of the job.

The Indian educational system works in its own versatile functioning. It is run by the different state boards, Central board (CBSE), ICSE, Cambridge

boards with Liberty of course languages as per state. It is based on theoretical knowledge up to the age of 16 years. Higher education based on the individual interest of students in science, commerce and humanities as subjects.



Indian system is a competitive system which produces world class Engineers, Doctors, Scientists, Skilled maestros and software legends who are leading the industry's top corporate houses and industries.

Education stands tall on the pillars of Discipline, Punctuality, Analytical thinking, Skill Development, Digital Literacy, Empowerment, Computational & AI Technology. Recently New Education Policy 2020, has been introduced in the educational system. Its revolutionary changes restructured education in a student-centered system. It focused on advanced teachers' training, revised examination policies, and more options in subject selection for the students & provided the liberty to learn in regional languages. To conclude, education provides eyes to a blind person, hope to a deprived community, strength to a weaker section, and power of knowledge to all children without any difference of gender, race, caste, and creed. Education builds the bridges between Nations for making peace and harmony.



★ EXPLORE about the author



Jagjit Singh

Founder Director
Saplings School,
Dharampur, Valsad (Gujarat)

Jagjit Singh is passionate for development of 21st century's skills among learners through education. He tends to foster the hidden traits of children by using advance and ancient techniques and methods for the wholesome growth. He is himself an excellent Eduleader, Author, Mentor, and Trainer, Martial Art Coach, Soft Speaker and kind hearted person.

He is Founding Director of Saplings School which is his dream project to serve nation builders.

He is research fellow of Eudoxia University at California US., member of Global Expert Panel, Brand Ambassador of World Level Media House, **The Explore Journal**, SELIN Club & Indian Principal's Network (IPN). He is a National Awarded and associated with number of national as well as international platforms of education and technology industry.



Education is not filling a bucket, but lighting a fire



Dr. Bhavneet Kaur
Principal
Jamnagar, India

6 This multifaceted role extends beyond traditional classroom settings, encompassing aspects such as parenting and staying updated with evolving educational paradigms.

Holistic Development

Educators today are entrusted with the responsibility of fostering holistic development in their students. Beyond academic achievements, emphasis is placed on nurturing social, emotional, and physical well being. Integrating a holistic approach involves recognizing and addressing the diverse needs of learners, acknowledging that education extends beyond textbooks. In this context, educators act as mentors, guiding students to develop critical thinking skills, emotional intelligence, and resilience.





Parenting and Education

The relationship between educators and parents is integral to a child's educational journey. Collaborative efforts between teachers and parents create a supportive environment that enhances a student's overall development. Educators play a crucial role in fostering effective communication with parents, providing insights into a child's progress, and offering guidance on how parents can contribute to their child's education at home. This collaborative approach ensures that the education process is continuous and reinforces the values and skills imparted in both settings.



Adapting to Technological Advances

In the current era, technological advancements are transforming the educational landscape. Educators must stay abreast of these changes to provide relevant and effective learning

experiences. Embracing technology enables educators to create engaging lessons, facilitate interactive learning, and prepare students for the digital age. Continuous professional development becomes essential as educators incorporate new tools and methodologies into their teaching practices, ensuring that education remains dynamic and aligned with the demands of the contemporary world.

Navigating Diversity and Inclusion

Diversity is a hallmark of modern society, and educators are at the forefront of fostering an inclusive environment. Recognizing and celebrating diversity in classrooms not only reflects the reality of the world but also contributes to a rich and vibrant learning experience. Educators are tasked with creating an



atmosphere where every student feels valued and included, addressing individual learning needs and promoting mutual respect.



Cultivating Lifelong Learning

The role of educators extends beyond the confines of formal education, emphasizing the importance of instilling a love for lifelong learning.

By nurturing curiosity and a growth mindset, educators empower students to become self-directed learners capable of adapting to evolving circumstances. This emphasis on continuous learning equips individuals with the skills necessary for success in an ever-changing global landscape.



Emotional Intelligence and Well-being

Educators serve as role models for emotional intelligence and well-being. Recognizing the impact of mental health on learning, educators create supportive environments where students feel safe to express themselves. Integrating social and emotional learning into the curriculum enhances students' ability to navigate challenges, build positive relationships, and develop resilience. In conclusion, the educator's role in current times extends far beyond conventional teaching.



It encompasses holistic development, collaborative parenting, adaptation to technological advances, embracing diversity and inclusion, cultivating a passion for lifelong learning, and prioritizing emotional intelligence and well being. By embracing this multifaceted role, educators contribute significantly to shaping individuals who are not only academically proficient but also equipped to thrive in the complexities of the contemporary world.



★ EXPLORE about the authour

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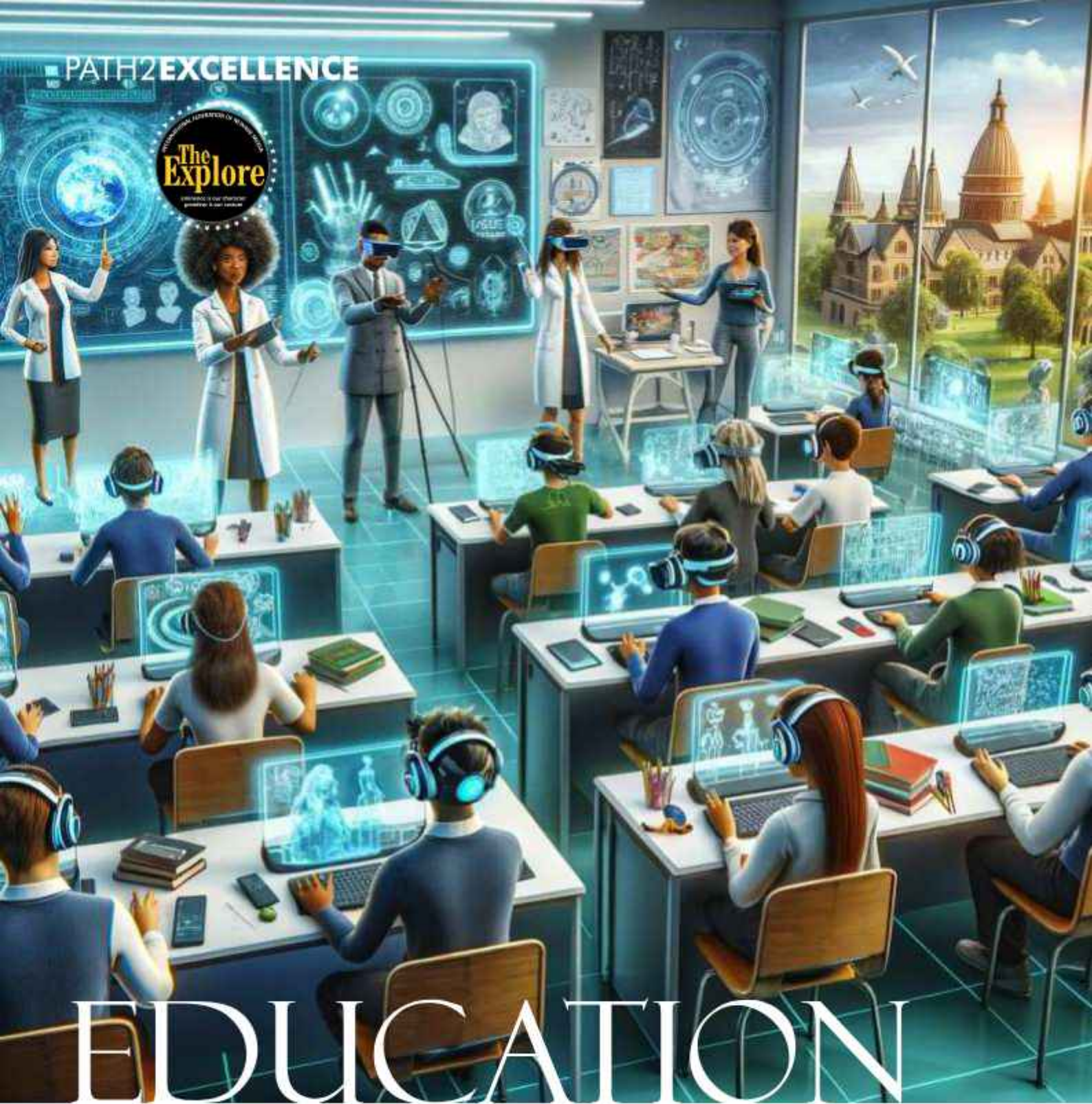


Dr Bhavneet Kaur is an educator. She has been in the teaching professions since last 30 years. She has worked as a pre primary teacher a middle school teacher and a post graduate teacher. She has been the principal of schools and colleges and at present is working as a **Principal in Sri Satya Sai Vidyalaya CBSE section**.

Bhavneet did her graduation from Nagpur University and completed her education from Indira Gandhi open University by doing bachelors in education. She has got two honorary doctorate degrees and is continuing her education by doing post graduate diploma in Education Administration from Symbiosis Pune. She believes in ever learning and never failing.

Writing is her hobby which she pursued as a career after covid19. She has written number of anthologies and is a co author of two books.

She's been into training Educators from last five years and at present appointed as the Resource Person of CBSE.



EDUCATION

IS NOT THE FILLING OF A PAIL,
BUT THE LIGHTING OF A FIRE

6

Education and Its Perspectives Education is a process of acquiring knowledge, skill, value and habits through learning, teaching or research. It typically occurs in formal settings like schools and colleges, but informal education also plays a pivotal role in personal development. Education is not only helping an individual to acquire knowledge and information but also shape and form human personality.



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It helps to grow and lead a successful life. In traditional times it was given by the priests, saints or by some prominent people who had spiritual/religions and as well as intellectual knowledge, mainly it was given by oral practices.

Now in the modern era Education is also divided in different phases and different people are appointed to impart the knowledge. For example: - Philosophical, Societal, Mental, Economical, Physical Education, Traditional, Emotional education and Psychological Education. In traditional times, the priest, saints were teaching, people believed normally and they did not have any question because they did not have any other source of learning so they depend on them only.

But nowadays people have media to associate knowledge and very easily they come to know the right and wrong of any information. Mainly education deals with two factors, formal and informal.

Formal education

formal education is the education given by some experts in a disciplined way which depends upon some rules and regulations and being provided in an organized place/organization. It is a two way process, meaning in lieu of education money is paid. It helps the human being to polish his/ her character and enhance the level of knowledge and also helps to establish a good life. Formal education or formal learning usually takes place in the premises of the school, where a person may learn basic,

academic, or trade skills.

Small children often attend a nursery or kindergarten but often formal education begins in elementary school and continues with secondary school. Post-secondary education (or higher education) is usually at a college or university which may grant an academic degree. The formal education is given by specially qualified teachers who are supposed to be efficient in the art of instruction. It also observes strict discipline. The student and the teacher both are aware of the facts and engage themselves in the process of education.

Example learning in a classroom

School grading/certification, college, and university degrees. Planned education of different subjects having a proper syllabus acquired by attending the institution. Characteristic: It is planned and deliberate scheduled fees are paid regularly. It has a syllabus and is subject-oriented. The syllabus has to be covered within a specific time period, and the child should be taught by the teachers. Advantage of Formal Education An organized educational model and up to date course contents. Students acquire knowledge from trained and professional teachers.

Structured and systematic learning process

Leads to a formally recognized certificate to easy access to jobs. Disadvantage Wastage of time as some lazy students may fail to learn properly in spite of motivation by the



professional trainers. Some unprofessional and non-standard education systems may cause the wastage of time and money of the students which leads to the disappointment from formal education and argue them to go for non-formal education. Costly and rigid education as compared to other forms of informal education. It is the education which is informal in nature like no expert is required to impart the knowledge. It is given free of cost by anyone who has their experiences of life. This is a very important part of human life when they have real life situations and obstacles to face the various aspects of life and from this phase only people acquire the informal education. Actually it adds various skills and habits in human personality/nature. This education also changes the behavior of human beings. Informal education also helps in character building, so overall both the educations are important for an individual to grow and lead life. People can also get an informal education by reading many books from a library or educational websites. Informal education is when you are not studying in a school and do not use any particular learning method. In this type of education, conscious efforts are not involved. It is neither pre-planned nor deliberate. It may be learned at some marketplace, hotel or at home. Informal education is not given according to any fixed timetable. There is no set curriculum required. Informal education consists of experiences and actually living in the family or community.

Example: Teaching the child some basics such as numeric characters

Someone learning his/her mother tongue is a spontaneous type of learning, "if a person standing in a bank learns about opening and maintaining the account at the bank from someone." Characteristics It is independent of boundary walls. It has no definite syllabus, is not pre-planned and has no timetable. No fees are required as we get informal education through daily experience and by learning new things. It is a lifelong process in a natural way. The certificates/degrees are not involved and one has no stress for learning the new things. You can get an advantage from any source such as media, life experiences, friends, family etc. advantage More naturally learning process as you can learn anywhere and at any time from your daily experience. Utilizes a variety of techniques. No specific time span. Less costly and time-efficient learning process. No need to hire experts as most of the professionals may be willing to share their precious knowledge with students/public through social media and the internet. Learners can pick up the requisite information from books, TV, radio or conversations with their friends/family members. Disadvantage Information acquired from the internet, social media, TV, radio or conversations with friends/family members may lead to disinformation. Utilized techniques may not be appropriate. No proper schedule/time span. Lack of confidence in the learner. Absence of discipline, attitude and good habits.



There are some perspectives of education given below:-

Traditional Academic Focus:-

Emphasizes formal schooling, structured curriculum, and standardized assessments to impart knowledge and skills.

Holistic Development: Prioritizes not only academic achievement but also the overall well-being of individuals, including emotional, social, and physical aspects.

Skills-Based Approach: Highlights the importance of practical skills, critical thinking, problem-solving, and creativity, preparing individuals for real-world challenges.

Lifelong Learning: Recognizes that learning is external. beyond formal learning extends beyond formal education, encouraging continuous learning throughout one's life to adapt to evolving technologies and societal needs.

Cultural and Contextual Relevance: Advocates for an education system that considers local culture, values, and contexts, ensuring relevance and inclusivity.

Technology Integration: Acknowledges the role of technology in education, promoting digital literacy, online learning, and leveraging technological tools to enhance the learning experience.

Global Competence: Focuses on preparing individuals to thrive in a globalized world, fostering cultural awareness, communication skills, and a sense of global citizenship.

Personalized Learning: Tailors education to individual needs, allowing students to progress at their own pace and explore their interests, fostering a deeper understanding and engagement

★ EXPLORE about the author



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Mrs. Balwinder Kaur (M.A., M.ED.) is working as a principal of a CBSE affiliated Senior secondary school and is currently pursuing a PH.D in education. With more than a decade's work in the field of education. Mrs. Kaur has pursued teaching of various subjects and has alongside gained experience in administration by playing an active role in various administrative position. She has always been very keen to explore the vastness of various factors that are the encompassed by the word education and how they play a pivotal role in a student's life. In this article. Mrs. Kaur has thrown light upon various perspective of education and provided her insights on the same.



TECHNOLOGY and the Future of Education

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The challenge imposed by the current education system is embedded in a great imbalance in the way teachers teach and how the learners' brains are hardwired to learn. As the profiles of the learners are widely varied and can be differentiated in terms of their intelligence, talents, learning abilities and styles, the 'One Size Fits All' curriculum and pedagogy to meet the learners' needs proves highly inadequate and even detrimental to the learners' progress.



Dr. Shauli Mukherjee
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Dean – Students' Affairs
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The challenge imposed by the current education system is embedded in a great imbalance in the way teachers teach and how the learners' brains are hardwired to learn. As the profiles of the learners are widely varied and can be differentiated in terms of their intelligence, talents, learning abilities and styles, the 'One Size Fits All' curriculum and pedagogy to meet the learners' needs proves highly inadequate and even detrimental to the learners' progress. An AI system incorporated educational environment will facilitate better learning outcomes for learners with higher order thinking skills in terms of finding, searching, deriving, calculating, strategizing and localizing information in a much more

scientific way with higher accuracy enabling them to work in a closed group network for sharing and exploring knowledge by analyzing the group dynamics and assimilating and comprehending results on the basis of feedbacks.

Additionally, teaching languages, especially grammatical implications, coaching for writing ability, helping learners come out with logical reasoning from conflicting ideas and clashes can be effectively handled with the help of a user friendly artificially intelligent programme. Even slow and passive learners, if placed in an environment of self-assessing AI suite would get to realize their progress without being judged by human teachers. Both parents and



teachers can thereby have a better grip and understanding of the learners' progress which can help create a much more positive and empowered learning environment for the learners. As AI is intrinsic to all social media platforms, learners can be trained and taught diverse skills by positively channelizing the power of social media.

Many new and interesting online courses and programmes can be effectively designed by simply uploading the lesson plans as tutorials by embedding videos, animations, gamified interactive contents and AI enabled devices like flashcards with visual and audio recognition. Thus active learning pertaining to the domains of problem solving and creativity may be facilitated. Further, Generative AI can help devise and generate problems matching the level of the skill of the learner at a personalized learning pace, thus transforming the entire dimension of evaluation and assessment strategies. Generative AI can also be integrated with Integrative AI like VR (Virtual Reality) using gesture recognition for teaching foreign languages, Performing Arts and Sports.

A re-defined and re-imagined future of education is amply supported and backed up by the ongoing advancements in the field of technology to cater to the needs and demands of the twenty-first century learners. It is extremely unwise to resist the compelling and positive disruptions in the field of education ushered by the onslaught of technology. As responsible and progressive educators, we must wholeheartedly embrace the manifold benefits of a technology embedded re-imagined education system personalized for the digital natives of the twenty-first century.

★ EXPLORE about the authour

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With a purposeful career in the education space spanning over more than 20 years, **Dr. Shauli Mukherjee** has dedicated her life towards promotion of child-centric and activity-oriented education. A passionate educationist and a thought leader with a background of setting up and leading new age K- 12 schools, **Dr. Mukherjee** had been the **Founder Principal of Adamas World School and STEM World School**, the first STEM school in West Bengal. Under her inspiring leadership, STEM World School had been ranked and awarded as the 2nd best International Day School in West Bengal by Education World.

Dr. Mukherjee ardently believes that the purpose of meaningful education is to develop lifelong learners, creative thinkers and responsible global citizens who are confidently equipped to face the challenges of an uncertain and constantly unfolding future. All through her career in education, **Dr. Mukherjee**



had actively contributed to and spearheaded the process of creating a personalized, engaging and stress-free curriculum for children of all age groups. She has been the recipient of numerous awards and accolades including NATIONAL QUALITY EXCELLENCE AWARD, GEM OF INDIA AWARD, SARVEPALLI RADHAKRISHNAN AWARD, GURUPNISHAD SAMMAN, GURUVARYA SAMMAN, NATIONAL EDUCATION LEADERSHIP AWARD in the category of commitment to excellence in education, (to name a few), WORLD PEACE AWARD. She has also been awarded for being among INDIA'S TOP 50 WOMEN LEADERS IN THE EDUCATION INDUSTRY & TOP 20 REVOLUTIONARY EDUCATION LEADERS by the Academic Council of ULektz. She is associated with premiere educational organizations across India as well as globally in senior advisory capacity. She is also recognized among 99 WOMEN ACHIEVERS OF INDIA FOR THE YEAR 2021. As a highly prolific motivational speaker, she is regularly invited to numerous national and international conferences, summits, conclaves and events to share her insights on the futuristic and transformative role of education. She is currently working as the Director of School of Education and Dean of Students' Affairs at Adamas University, Kolkata.



Integration in Education: Nurturing Innovation and Personalized Learning



Dr. Kajal Chhatija
Director - United International School
Founder & CEO
EduDrone-WECONNECT, India

Empowering Students with Personalized Learning Experiences

For students, AI offers a personalized and adaptive learning experience. Traditional one-size-fits-all approaches often leave students with varying levels of understanding. AI-powered educational tools analyze individual learning patterns, preferences, and strengths, providing tailored content and activities. This ensures that students grasp concepts at their own pace, reinforcing a deeper understanding and minimizing learning gaps.

Moreover, AI facilitates real-time feedback, enabling immediate corrections and adjustments. This instant responsiveness enhances the learning process, as students receive guidance precisely when needed. This dynamic interaction not only supports academic growth but also instills a sense of autonomy and self-regulation in learners.

Transforming Teaching: AI as an Ally for Educators

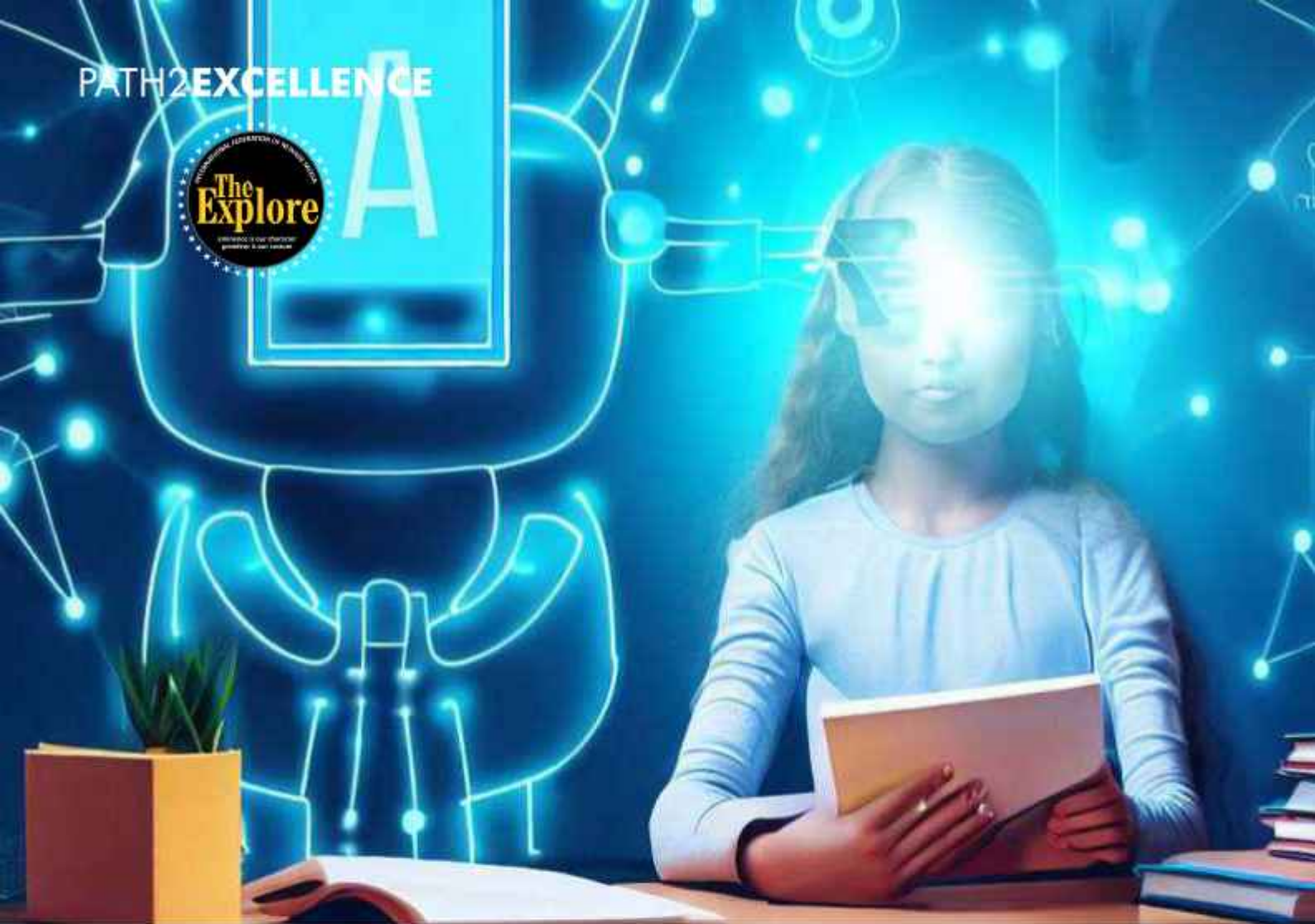
In the context of teachers, AI acts as a valuable ally, freeing up time from mundane administrative tasks. Automated

grading, attendance tracking, and other routine responsibilities are efficiently handled by AI, allowing educators to redirect their focus towards more meaningful aspects of teaching. This shift enables teachers to dedicate more time to student engagement, collaborative activities, and individualized support.

AI-driven tools also contribute to content creation and delivery. Advanced algorithms analyze vast amounts of educational data to identify effective teaching methods and materials. This data-driven approach assists teachers in designing engaging and relevant content, catering to diverse learning styles. As a result, the educational experience becomes more interactive and impactful, fostering a positive and collaborative learning environment.

Preparing Students for the Future Workforce: AI and Digital Literacy

The integration of AI in education extends beyond the confines of the classroom. In the digital age, staying relevant means preparing students for a workforce shaped by



technological advancements. AI equips learners with digital literacy and problem-solving skills, essential for navigating the evolving job market. Exposure to AI technologies in education acts as a bridge between academia and industry, ensuring students are not only academically proficient but also ready to embrace the challenges of a tech-driven professional landscape.

Fostering Innovation and Creativity: AI as a Catalyst

Innovation and creativity are increasingly recognized as critical components of success in various fields. AI, with its ability to process vast amounts of data and identify patterns, opens up new avenues for creative exploration. Educational AI tools can inspire students to think critically, solve complex problems, and engage in innovative projects. By incorporating AI into the learning process, educators can nurture a generation of thinkers and creators, laying the foundation for future advancements.

Being ahead of the curve in education involves anticipating future needs and trends. AI, with its predictive analytics, assists educational institutions in identifying potential challenges and opportunities. By analyzing student performance data, educators can implement proactive interventions to address learning gaps or provide additional support where necessary. This forward-thinking approach ensures that



education remains not only relevant but anticipates the evolving needs of students and the workforce.

Intelligent Tutoring Systems: Tailoring Education to Individual Needs

The transformative impact of AI in education is evident in the development of intelligent tutoring systems. These systems leverage AI algorithms to understand individual learning styles, adapt instructional strategies, and provide targeted support. Students benefit from personalized guidance, and teachers receive valuable insights into student progress, enabling more informed decision-making.

AI also plays a crucial role in fostering inclusivity in education. Customized learning experiences accommodate diverse needs, making education more accessible to students with varying abilities and learning styles.

Additionally, AI-powered tools can provide language support and assist students with special needs, creating a more inclusive and equitable educational environment.

Challenges and Ethical Considerations in AI Integration

Despite the evident benefits, the integration of AI in education is not without challenges. Privacy concerns, ethical considerations, and the digital divide are issues that need careful consideration. Safeguarding student data



and ensuring responsible AI use are paramount. Educators and policymakers must collaborate to establish guidelines and frameworks that prioritize ethical AI practices while promoting innovation in education.

Furthermore, addressing the digital divide is crucial to ensuring that all students have equal access to AI-powered educational resources. Socioeconomic disparities can limit access to technology, hindering the potential benefits of AI integration for some students. Efforts to bridge this gap, such as providing equitable access to devices and internet connectivity, are essential for realizing the full potential of AI in education.

The integration of AI in education also calls for a paradigm shift in teacher training and professional development. Educators need to be equipped with the skills and knowledge to effectively integrate AI tools into their teaching practices. Professional development programs should focus on fostering a digital mindset, ensuring that teachers are not only comfortable with technology but also adept at leveraging it to enhance the learning experience.

In conclusion, the need for AI integration in education is driven by a myriad of factors that collectively contribute to a transformative and future-oriented educational landscape. From personalized learning experiences for students to streamlined administrative tasks for teachers, AI brings efficiency, innovation, and relevance to education.

As we embrace the potential of AI, it is crucial to address challenges such as privacy concerns, the digital divide, and the need for comprehensive teacher training. By navigating these challenges with a thoughtful and ethical approach, the integration of AI in education has the potential to revolutionize learning, preparing students to thrive in a rapidly evolving world.

★ EXPLORE about the author



Dr. Kajal Chhatija

Director - United International School
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Passionate, Enthusiastic and Energetic Leader!

Dr. Kajal Chhatija with over 2 decades of experience in the education field and has climbed the ladder of success from being the co-teacher to the Director. She is the Founder & CEO of **EduDrone-WE CONNECT**, a platform connecting educators, principals, and students. She is also the Director at the United International School, Pune. With four curated books and a fifth in progress, Kajal has made significant contributions to education. She has onboarded 5000 principals globally and conducted online sessions for more than 80,000 educators and students. Her commitment to teacher development is evident through training over 3000 teachers and curating capacity-building programs in multiple schools. She has curated various competitions for students and teachers at the Global level.

Recognizing her achievements, she is awarded an Honorary Doctorate at India Habitat Center in Delhi, acknowledged by Maryland University. She has completed British Council's core skills and is the recipient of multiple awards. Kajal's journey in education is just the beginning, with much more to learn and share.



“The schools used to be called temples of learning and knowledge in the earlier centuries. With changing times, schools no doubt have changed a lot in terms of facilities and methodologies, but a school's basic essence remains the same.

“SCHOOL IS THE PLACE WE ALL HAVE TO GO. THERE IS POTENTIAL. SCHOOL IS ABOUT THE FUTURE...”

Gurpreet Kaur Chandok
Principal
Shri Ram Global School
South City Ludhiana
Punjab, India



A parent undergoes a lot of research these days before admitting a child to a formal school or even to a play school; starting from the infrastructure, the curriculum, the faculty, the environment, co-curricular activities, etc. The schools of these days can't limit themselves by providing a book set to children and handing them a timetable in which basic six subjects is set with one sports period in between.

In contrast, the responsibility of schools is much beyond that these days. The needs of today's children are to be strategically understood and handled as schools have the responsibility of raising children in such a way that children value our age-old traditions as well as become future ready. During their school years, they have to be equipped with all the skills that will further help them find their perfect place in this VUCA world. A school can be considered a futuristic school only if it has a vision that is aligned with the children of this generation.

Presently schools are dealing with children of the 'alpha'

generation. This newest generation is part of an unintentional global experiment where screens are placed in front of them from the youngest age as young as 6 months or so in the form of toys, pacifiers, entertainers, and educational aids. This great screen era in which we all are living has the greatest impact on this generation as they are exposed to screens during their formative years. With the advent of technology, the paradigm shift that we are observing in the mindset of our present generation should not create panic in anyone's mind.

The famous quote of Greek philosopher Heraclitus 'Change is the only constant' reminds us to accept change as the law of nature and inspires us to gladly embrace the 'change' and evolve accordingly. Educators must show their readiness to adapt to the technology-driven mindset of children and should be in a learning mode always to keep them updated further for the new and latest in education. In a futuristic school teacher can personalize the lesson plans as per the needs of students and also process large amounts of student



data in an easy and precise manner to gain insights into student's performance, and make data-driven decisions. As of now, if we look at the slogan of the G-20 summit 'One Earth, one Family, one Future', this kind of mission is not something unachievable if we wisely make use of AI tools in our classrooms. Schools these days have started getting registrations of international students and I think teachers would not find it difficult to handle students who are not well versed in the local language but rather can use AI-powered language e-translator tools to deliver content in multiple languages ensuring that every student can understand and participate in classroom activities. Moreover, AI systems can assist with routine administrative tasks such as attendance tracking, scheduling, and assessments.

Artificial intelligence no doubt can provide us with research-driven solutions for various classroom situations but I would mention here that before using any tool, teachers must put their deep insights into the utility of that tool and present the lessons with their inputs and after customizing it as per the needs of their students. A school that calls itself progressive and futuristic must have clarity and understanding that when the children who are in Class I today, will pass out from school in the year 2036, at that time, this world will be entirely different from the present world. Most of the existing jobs and professions will become obsolete or the ways of doing these jobs may change. No one of us has ever thought of the career options that exist today and can't further imagine whichever is going to exist tomorrow. So along with normal literary and numeracy skills which are going to be

permanent requirements of any educational institution, organizations need to develop curiosity in the minds of young ones.

Once the children are given an environment where they can freely ask and are not snubbed for asking again and again, the curiosity mushrooms in those schools. With high levels of curiosity, one thing comes as a by-product i.e. creativity. Curious children always try to go into minute details of everything, and this way they try to find solutions to existing problems of the world. Here again, comes the role of a teacher who can understand and estimate the level of intelligence of various children and keep providing them with challenging tasks as per their skill identification. A holistic curriculum in which children are updated with the latest happenings as well as get to experience their heritage through various activities or visits to museums which keeps them connected to their roots and culture, should be the aspiration. Futuristic schools need to let their children know about the rich and varied culture and heritage. The stories of bravery of our saints, Gurus, Kings, and Soldiers create love for their nation and teach them to stand strong in diverse situations and be kind to those who are weaker than them.

Schools of yesteryears used to start with a morning prayer based on some religious hymns, mantras, or songs. Through every religion, each school undoubtedly has been trying to teach lessons of oneness, kindness, love, and peace. Now as the whole world is being seen as a big canvas where children watch and observe the culture of other countries and states through the gadgets in their hands as and when they want, so in place of religion, a broader perspective and



the term i.e. spirituality has taken the front seat in schools which revolves around a personal quest for meaning of life.

Children of today are not to be taught to love their fellow countrymen only but to love humanity. They are to be taught not to love only humans but to respect nature, the environment, and all species. They are to be taught to be sustainable in their approach to using this planet Earth and its resources as we need to keep it intact for the coming generations. They have to be sensitized towards the common development goals of the globe and not limit themselves to just thinking about their small habitat but the whole world. For imbibing the Global values simple mindfulness activities regularly should be done with the children.

For example, for very young children as young as 5- years old, if we think about teaching them the value of food and telling them not to waste it, awareness can be generated by showing them small videos of children starving in countries like Nigeria, and Somalia. Similarly, water wastage



can be addressed by showing videos of South Africa where people were stopped from taking baths. Every school has children coming from different social and economic backgrounds and must be able to teach its students to respect the differences in appearance and should not let its students show off the differences in economic status. Schools must encourage self-love in children at a very small age. There should be activities that are focused on showing gratitude towards teachers, parents, and friends.

For example, A gratitude tree can be made using craft material and dry branches, on which children can keep hanging small paper leaves with gratitude notes written for someone. Schools must take SEL (social emotional learning) very seriously as children these days may not only come across physical bullying but may become targets of cyberbullying also at a young age. If the teachers share a strong connection with the children, then students always would discuss their big and small problems with them. Once they start loving themselves and their peers, and talk with teachers confidently, then their overall growth can never be hampered. A Futuristic school has to prepare children who will not only be consumers of natural resources but who will be raised as compassionate citizens of society who will think beyond their horizons and will become successful in the areas of their choice.

★ EXPLORE about the author



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Mrs. Gurpreet Kaur Chandok, Principal of Shri Ram Global School, South City Ludhiana, comes with a vast experience of 29 years in the field of education. She has served the top CBSE and ICSE schools of Ludhiana as an administrator. She started her teaching journey as a Mathematics lecturer at Guru Nanak Public School, Ludhiana, and along with teaching took up the administrative role in 2014. In her 10 years of being Principal and Head of schools, she has been conferred with various awards and recognitions. She has been an acclaimed owner of the 'Award of Commitment' by the 'World Book of Records, London' for her dedicated services to society. Her articles have been published in various National and international magazines and has been invited widely for panel discussions at various education summits and conclaves. She has been widely recognized by society as a passionate and progressive leader who believes in bringing a change in society by changing the mindsets of people.



The **FUTURE** of marketing – Discovering the top trends for future



Ishleen Kaur
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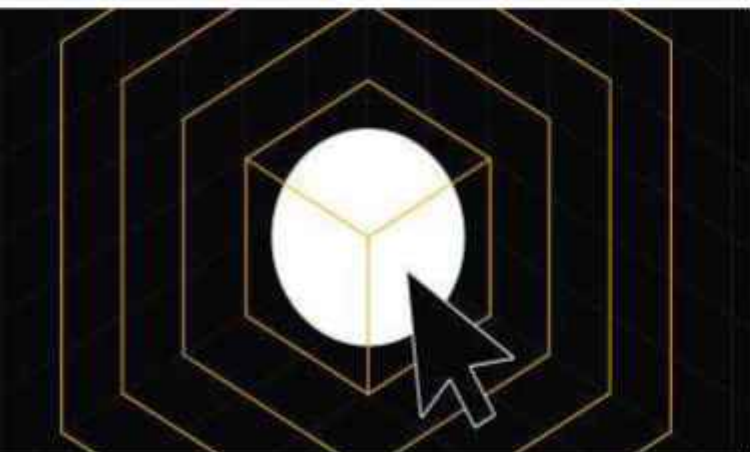
Top Marketing Trends to follow in 2024

By 2024, this will already seem to be an age of rapid evolution toward which small and medium business owners are in the midst of novel—and, somewhere in there, unique—challenges and opportunities. It is now that the newly emblazened digital age is proving to renovate the ways new audiences will be courted, and it's high time small and medium businesses jump on the trends. The following snapshot of critical trends by 2024 remoulding marketing is invaluable to give insights into shifts in buyer focus and, further, precept actionable strategies for MSMEs to harness the trends enroute to business growth never evident before and a competitive edge unrivalled.



Short-form Video Content: The New Marketing King

Recent massive popularity in digital marketing, gained by short video content in general, is just well-deserved, for it has succeeded in commanding the majority of all audiences: by the very reason of the brevity and dynamism of form. In that case, the new playgrounds of audience engagement now lay between platforms like TikTok, Reels, and YouTube Shorts. This spelled out huge interesting opportunities for small businesses in terms of creating compelling narratives in bite-sized formats, reaching out like never before to the audience.



Authenticity in Brand Messaging

The year 2024 stands for the time when all of a sudden authenticity at last will have become meaningful vis-à-vis brand communication. The customer of today longs for such a real relation and cannot count that a luxury when for MSMEs, 'authenticity' in presenting 'values' is just a 'must' without tricks. By melting brand values with marketing strategies businesses can nurture stronger relations with their audiences and build both loyalty and trust.



Advancing with Native Advertising

Finally, Native Advertising is ever shifting, it even gives a way for MSME brands to touch their targets very delicately and non-obtrusively. The ad messages are embedded in the storyline that the viewers are latched onto so tight, such that disruptions are not available. Native advertising done the MSME way means coming up with content that not only sells but also adds value to the enhancing of the consumers' journey.



Micro-Influencers: The New Face of Influence

The influencer marketing world is increasingly moving toward authenticity; first and foremost, micro-influencers lead the fray. Their

attraction is a whole lot relatable and holds far greater niche value—something invaluable for partnering with smaller brands looking to connect with that coveted audience. Besides, engaging with micro-influencers allows for even more authentic stories and endorsements, which are very much needed to gain consumer trust.



AI and Automation: Revolutionizing Marketing Efficiency

Needless to say, AI and automation—that's just the mainstream buzz definition—truly define the integral part in contemporary tools of marketing. Fast-forward to 2024: AI and automation will have, by then, given MSMEs data to analyze, helped with custom content for customers, and allowed to streamline operations, finally driving up aspects of productivity and creativity in respective areas. In other words, by using and welcoming AI and automation, MSMEs will be ahead in deciding through data and success accordingly.



**The Audio Revolution:
Podcasts and Beyond**

Now, audio content from podcasts to even audiobooks is marking a new tangent of reaching out to the audience. Audio content carries the ease associated with it, as it can be easily heard when one is on the move, thus proving rather convenient on every front for a normal listener. That means for an MSME, this is extensive reach for brand presence in a more versatile and straightforward way, thus enhancing engagement.



**Blogging:
The Undiminished Pillar of Content Marketing**

There will always be blogging for good content marketing, as many changing formats do not appear to alter very much the fact that one can find a platform to share some deep insights, prove a person a thought leader in that particular

niche area, and even connect one on one with his or her reader. Then, in 2024, those MSMEs that have kept up with a truly quality-driven blog do secure visibility and authority within their niche.



The Persuasive Power of Case Studies

Case studies help to show a very strong MSME success being performed or value proposition. In fact, case studies usually guide on higher engagement and conversions when MSMEs use them in their marketing seriously. No lie. Perspective.



**Infographics:
Visual Storytelling
Excellence**

Since the infographic has more gripping and engaging ways to offer complex information, it is bound to have proof of its high value in the marketer's tool suite.

Using infographics is a great way to attract user experiences in an engaging and shareable form, in order to spread your message.



Multi-Platform Social Media Strategy

This clearly indicates that MSMEs will be required to come up with custom strategies in a design fit to reach out to the hearts of the audiences and uniqueness of their capabilities in each social platform. Such diverse presence on the social media sphere would ensure maximum outreach toward a strong online footprint.



Conclusion:

Future-Proofing MSMEs with Trend-Savvy Marketing

If 2024 is anything to go by, then staying informed and pulling up the socks of adaptability to modern-day marketing trends is certainly the ante for MSMEs desiring growth and resilience in 2024. Businesses that have given themselves to insights and strategies on how best to master the looming shadows perpetually hanging over the marketing landscape are all set for success.



★ EXPLORE about the authour



Ishleen Kaur

Founder & Director - 'The Apex Learning,'
Certified Business Coach
Dehradun, India

Be The Lady Boss

With over 17 years of empowering entrepreneurs and professionals and a lineup of accolades including '50 Inspiring Women of India in 2022,' Ms. Ishleen Kaur stands as India's leading Revenue Growth Therapist and an internationally certified Business Coach. Her books, such as 'Be The Lady Boss,' reflect her mastery in business growth, while her top Spotify business podcast showcases her thought leadership. As the Founder and Director of 'The Apex Learning,' and a respected member of the Global Edu-Leaders Forum, Ishleen is a visionary in personal and professional development, continuously enhancing business and educational landscapes. Her recognition as 'LinkedIn Top Voice India' underpins her influential stature in the digital domain.

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Education through lenses of art



Kamaljeet Kaur
Administrator
India

6

Being an educator throughout my life and working as a performing art felicitator I would like to see education through lenses of art. At its core, education is not just about the acquisition of knowledge; it's about nurturing well-rounded individuals equipped with critical thinking, creativity, and empathy. The performing arts, including music, dance, drama, and visual arts, offer a dynamic avenue to cultivate these essential qualities.

Beyond academic excellence, education should foster personal growth, emotional intelligence, and a sense of community – aspects that performing arts inherently promote.

Enhancing Creativity and Imagination

One of the most significant contributions of performing arts to education is its ability to spark creativity and imagination. Through music, students can explore the vast landscape of emotions; in dance, they learn to communicate without words; drama encourages them to step into different roles, fostering empathy and understanding. By engaging in these artistic pursuits, students are not just learning about the arts themselves but are also developing a broader creative mindset that can be applied to various academic subjects and real-life challenges.

Building Confidence and Self-expression

Performing arts provide a platform for students to express themselves freely and build confidence in their abilities. The act of standing on a stage, whether in a theatrical performance or a dance recital, teaches students to overcome stage fright and fear of judgment. This newfound confidence transcends the stage and permeates other aspects of their lives, enabling them to express their thoughts and ideas with clarity and poise.



Cultivating Collaboration and Teamwork

In the world of performing arts, collaboration is key. Whether in a musical ensemble, dance troupe, or theatrical production, students learn the importance of working together towards a common goal. This collaborative spirit nurtures essential skills such as teamwork, communication, and compromise – skills that are invaluable in both academic and professional settings. The ability to collaborate seamlessly with others is a lesson that extends far beyond the stage.

Connecting with History and Culture

Performing arts serve as a living testament to the rich tapestry of human history and culture. Through traditional dances, classical music, and theatrical performances, students can connect with the heritage and traditions of diverse societies. This not only broadens their cultural awareness but also provides a unique lens through which to view historical events and societal norms. Education, enriched by the performing arts, becomes a journey through time, fostering a deeper understanding of our shared human experience.

Fostering Emotional Intelligence

Understanding and managing emotions are crucial aspects of personal development. Performing arts, with their emphasis on expressing and interpreting emotions, play a pivotal role in fostering emotional intelligence. Whether it's the melancholy notes of a violin or the dynamic movements of a dance piece, students learn to identify, process, and communicate their emotions effectively. This heightened emotional intelligence not only contributes to personal well-being but also enhances interpersonal.

Relationships and social interactions

Conclusion:

In the ever-evolving landscape of education, it is imperative to recognize the multifaceted nature of learning. The integration of performing arts into education is not merely

an extracurricular endeavor but a fundamental shift towards a holistic and enriching learning experience. As a felicitator, I am a witness to the positive impact that the performing arts have on students, shaping them into confident, creative, and empathetic individuals. By embracing the transformative power of the arts, we pave the way for a future generation that is not just academically proficient but also emotionally intelligent and culturally aware.

★ EXPLORE about the authour



Kamaljeet Kaur

Administrator
Performing arts felicitator
Academic Coordinator (IGNOU)
India

Your Search COMES TO AN END

Animation Courses after 10th Standard



Kamalnain Kaur
Pre Production & Multimedia Faculty
Frameboxx 2.0 Animation Institute
Ahmedabad, India

6

Are you a young creative mind looking for ways to expand your imagination?

Do you find yourself doodling at every margin and last page of the notebook?

Do you find yourself committed to drawing that one stroke that'll add that extra charm to your creative piece?

If you're nodding to this, then I'm glad you are reading this page. It's time to explore your inner creative genius, to unleash that creative monster within you and impact hundreds if not thousands of imaginary worlds.

Why Animation?

Animation is an incredibly diverse field that combines art, creativity and storytelling. If this sounds like your cup of tea, you're in the right place. **Animation is not just creating cartoons, its about creating your own lovely fields of imagination that inspire others to create theirs.** That invites and encourages people of all ages to come and explore with you. In today's digital age, animation is everywhere, from movies and video games to advertisements and marketing.

Is it too early to start?

But why choose animation right after 10th standard? As the stoics say, "The earlier you learn, the better you become". This is the perfect time to start honing your skills as a young, enthusiastic creator for the future. Frameboxx Animation Institute understands the significance of nurturing young talent and offers courses tailored to students who want to embark on their animation journey early on.



Courses at Frameboxx

Our range of courses can be customized according to your specific needs. We offer programs from Certificate Programs to Undergraduate & Master Programs.

Degree & Diploma in Animation & VFX:

Diploma in Animation & VFX gives you an extra edge in actualizing your dreams into reality. During the program, you will develop an in-depth understanding of the tools and techniques which are used in Animation and VFX. You will be interacting with our Subject-matter experts.

This program will familiarize you with various design principles and aesthetic skills

With a clear focus on Hands-on Training with Industry Experts, we make sure your career is in the right hands. Moreover, Our degree program is an expert program that starts from the basics of pre-production to refining the details of post-production.

MPAVG : Animation & Rigging

MPAVG is our Master Program that lasts for 2 years of professional education. Our MPAVG course is the most in-demand course when it comes to specialization in the field. Some of the core subjects include:

2D Animation

2D Animation is one of the most booming industries in animation. 2D animation involves moving characters in a 2d space. Fun Illustrations, caricatures can be animated to present a striking visual story. Our Course in 2D Animation teaches you how you can bring your characters to life with motion. How unbelievably crazy it is to know that now, in this present era, you can animate your own characters! In any way you like! Do you notice your interest spiking when you read this, then I'm sure you will be the right fit for this course.

VFX :

Visual Effects is one of the sought after industries of today's time. VFX is everything you see in movies, the bomb blasts, the magic, and all the special effects that have been recreated in high end Computers. In this course, you will learn the magic behind movies, how you can be a part of this magical industry too. We, at Frameboxx, focus on providing Hands-on Experience and Skillset to our students, which is exactly what professionals are looking for.



3D Animation:

Does watching 3D characters give you those extra butterflies in your tummy? Do you find yourself trying to figure out how they would've created it? If you have a knack for Animation, but you find yourself limited in other dimensions, you can opt for our 3D Animation course. From Modeling a character to Sculpting it with your imagination, You can be a part of our 3D Animation program. This program brings to you all the tools and tactics that you will be using to create visual masterpieces.

Why Frameboxx:

Frameboxx 2.0 stands strong on the International Standard of Quality Education and Job Oriented Training by being a pioneer of the "Top 25 International Animation Schools and Colleges 2020 by Animation Career Review".

Nurturing over 5000 young minds, Frameboxx Animation Institute has proved its excellence in honing the talents of young minds while getting them ready for the industry.

Industry-Experienced Faculty: We put extra care and effort in choosing the right faculty. At Frameboxx, you learn from Industry-professionals who have embarked on their artistic journey and have made a mark in the industry.

State-of-the-art- Facility: Guidance without practical experience is a vain attempt to succeed in the animation industry. To master Animation, we provide you the right guidance along with the right technologies. We provide access to cutting-edge softwares and tools that will serve as a magic wand to your creative success.

Extensive Course Offerings: We are proud to confirm that we are the only Animation Institute that provides Certified Undergraduate Programs both nationally and internationally. We provide our students a fair opportunity to customize their own course according to their interests.



Industry Connections: Frameboxx has strong ties with the Animation & VFX Industry. We ensure that our students continue to grow even after they've passed the program. We have stunning opportunities for internships and jobs in leading studios.

Career Options in Animation:

There's a plethora of career opportunities in animation. Here are some of them that you can pursue after completing your courses.

- 1. 2D Animator:** As an Animator, you can bring your character to life through motion and visuals.
- 2. VFX Artist:** Being a VFX Artist, you get full liberty to bring magic into your scene. This role is a balance between Creative and Technical Skills.
- 3. 3D Animator:** 3D Animators are artists that bring their 3d models to life through motion and other controls. Their main responsibility is to enact a scene in 3D space reality, interaction between characters and the environment, frame by frame to give an illusion of motion film.
- 4. Rigging Artist:** This role is a perfect match for an observant and technical artist. A rig is a set of bones created in a 3D Environment that replicates movements of real life skeletons. Rigging is one of crucial steps in 3D animation.

If we were to share all the career options in Animation, it's beyond the scope of this article to go in-depth in each one.

However, As you're considering career options in Animation after 10th standard, don't overlook the promising career options in the Animation world. Frameboxx Animation Institute is here to provide you with any necessary support to guide and welcome you in this exciting creative field.

Whether you aspire to be an Animator, A VFX Artist, Graphic Designer, Web Designer, VR Specialist, Frameboxx offers the right courses to kickstart your career.

Frameboxx is not just a regular Animation Institute, it's a launchpad to skyrocket your creative career.

Take the first step in unlocking your creative potential and building your bright future in the animation industry.



★ EXPLORE about the authour



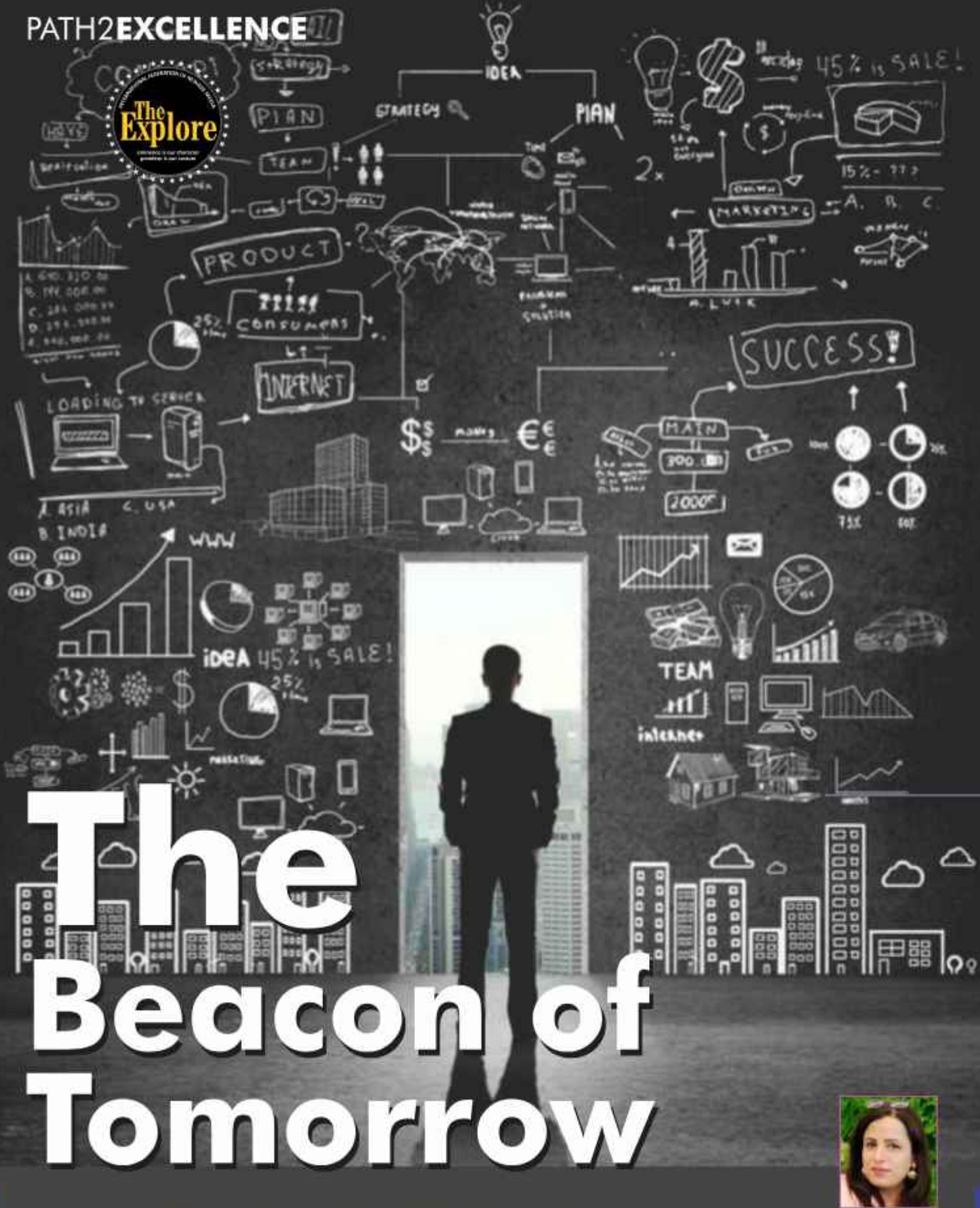
Kamalnain Kaur

Pre Production &
Multimedia Faculty
Frameboxx 2.0
Animation Institute
Ahmedabad, India

Kamalnain Kaur is a dynamic Graphic Designer and Illustrator currently serving as a Multimedia & Graphics faculty at Frameboxx 2.0. With a passion for visual storytelling and a keen eye for detail, she brings a unique blend of creativity and technical flow to her role. She is proficient in a variety of design tools and techniques, demonstrating skills in both traditional

and digital mediums. Her skills encompass graphic design, illustrations, canvas paintings, sketching & art & craft making her a versatile learner in the creative industry. Her diverse portfolio includes collaborations with influential figures such as **Akanksha Singh, Captain of the Indian Basketball Team**, and engagements with organizations like Global Chamber of Business Leaders and International Institute of Influencers. In each endeavor, Kamalnain has demonstrated a strategic approach to design, garnering positive feedback for her excellent communication skills and project management abilities.

The Explore



The Beacon of Tomorrow



6

“Unveiling the Importance and Objectives of Education for Young Students”

Narinder Kaur
POSH Trainer, Author
Life Coach, Psychology Counsellor,
Keynote Speaker, Talk Show Host,
New Delhi, India



In the vibrant tapestry of life, education stands as the vibrant thread that weaves dreams into reality. As you step into the realm of learning, it's essential to understand not only the significance of education but also the myriad objectives that make it a beacon of enlightenment. Let's embark on a journey to unravel the importance of

Education: The Gateway to Opportunities:

Education is not just a process of acquiring knowledge; it is the gateway to a world of endless possibilities. It is the key that unlocks doors to opportunities, allowing you to explore, discover, and shape your unique path in life. Through education, you gain the tools and skills necessary to navigate the complexities of the world, empowering you to make informed decisions and contribute meaningfully to society.

Empowering Minds, Building Futures:

At its core, education is about empowerment. It empowers you with the ability to think critically, solve problems, and communicate effectively. These skills form the foundation



upon which you can build a successful and fulfilling future. Education is not just about memorizing facts; it is about nurturing your intellect, fostering creativity, and instilling a lifelong love for learning.

Cultivating Character and Values:

Education is not confined to textbooks and classrooms; it extends into the realm of character development. It serves as a moral compass, guiding you towards values such as integrity, empathy, and resilience. The lessons you learn in school go beyond academic subjects, shaping you into responsible and compassionate individuals who contribute positively to the community.

Fostering Curiosity and Innovation:

One of the primary objectives of education is to ignite the flame of curiosity within you. It encourages you to question, explore, and seek answers to the mysteries of the world. Through science, arts, and humanities, education fosters innovation, pushing the boundaries of what is known and inspiring you to envision a future filled with endless possibilities.



Preparing for a Dynamic World:

In a world that is constantly evolving, education equips you with the tools needed to adapt and thrive. It prepares you for the challenges of a dynamic and interconnected global society. The ability to embrace change, learn new skills, and collaborate with diverse perspectives are invaluable assets that education imparts, ensuring you are well-prepared for the ever-changing landscape of the future.

Creating Informed and Engaged Citizens:

Education is not just about personal growth; it is about nurturing informed and engaged citizens. Through subjects like civics, history, and social studies, you gain an understanding of the world and your role within it. Informed citizens are the backbone of a thriving society, contributing to the betterment of communities and the world at large.

A Lifelong Journey:

Education is not a destination but a lifelong journey. It is a continuous process of discovery and growth that extends beyond the confines of formal education. Embrace the joy of learning, seek knowledge in all its forms, and let education be a source of inspiration that accompanies you throughout your life.

Dear young minds, as you embark on this exciting adventure of



education, remember that it is a gift that keeps on giving. It is a beacon that lights up the path to your dreams, providing you with the tools, skills, and values needed to navigate the journey of life. Embrace the opportunities for growth, cherish the friendships formed, and let education be the compass

that guides you towards a future filled with purpose and fulfilment. The world awaits your unique contributions, and education is the key that unlocks the door to your boundless potential.

★ EXPLORE about the author



Narinder Kaur

POSH Trainer, Diversity Equity, Inclusion Expert, Author Life Coach, Psychology Counsellor, Keynote Speaker, Talk Show Host, New Delhi, India

Narinder Kaur is a multifaceted individual, excelling as an expert Life Coach, POSH (Prevention of Sexual Harassment) Trainer, Corporate Trainer, Counsellor, Host of Corporate Shows, and accomplished Author. With a passion for empowering individuals, she brings a wealth of knowledge and experience to guide others on their personal and professional journeys.

As a Life Coach, **Narinder** is dedicated to helping people unlock their full potential, navigate challenges, and achieve their goals. Her expertise extends to the corporate realm, where she serves as a POSH trainer, ensuring safe and respectful workplaces.

Additionally, as a Counsellor, she provides invaluable support and guidance.

Narinder Kaur's impact extends beyond personal interactions—her written work serves as a source of inspiration, offering insights and strategies for personal development and success. Through her diverse roles, **Narinder Kaur** is a beacon of empowerment, fostering positive transformations in the lives of those she touches.



Shhelley B Bhattachar
Senior Business Consultant
Bangalore, India

YOU HAVE TO WALK, AND CREATE THE WAY BY YOUR WALKING...

Embarking on an exciting journey as a Senior Business Consultant at Speaking Hat, I immerse myself in the vibrant world of corporate learning and development. Specializing in communication, PR, business building, and account management, I'm not just guiding organizations—I'm crafting success stories.

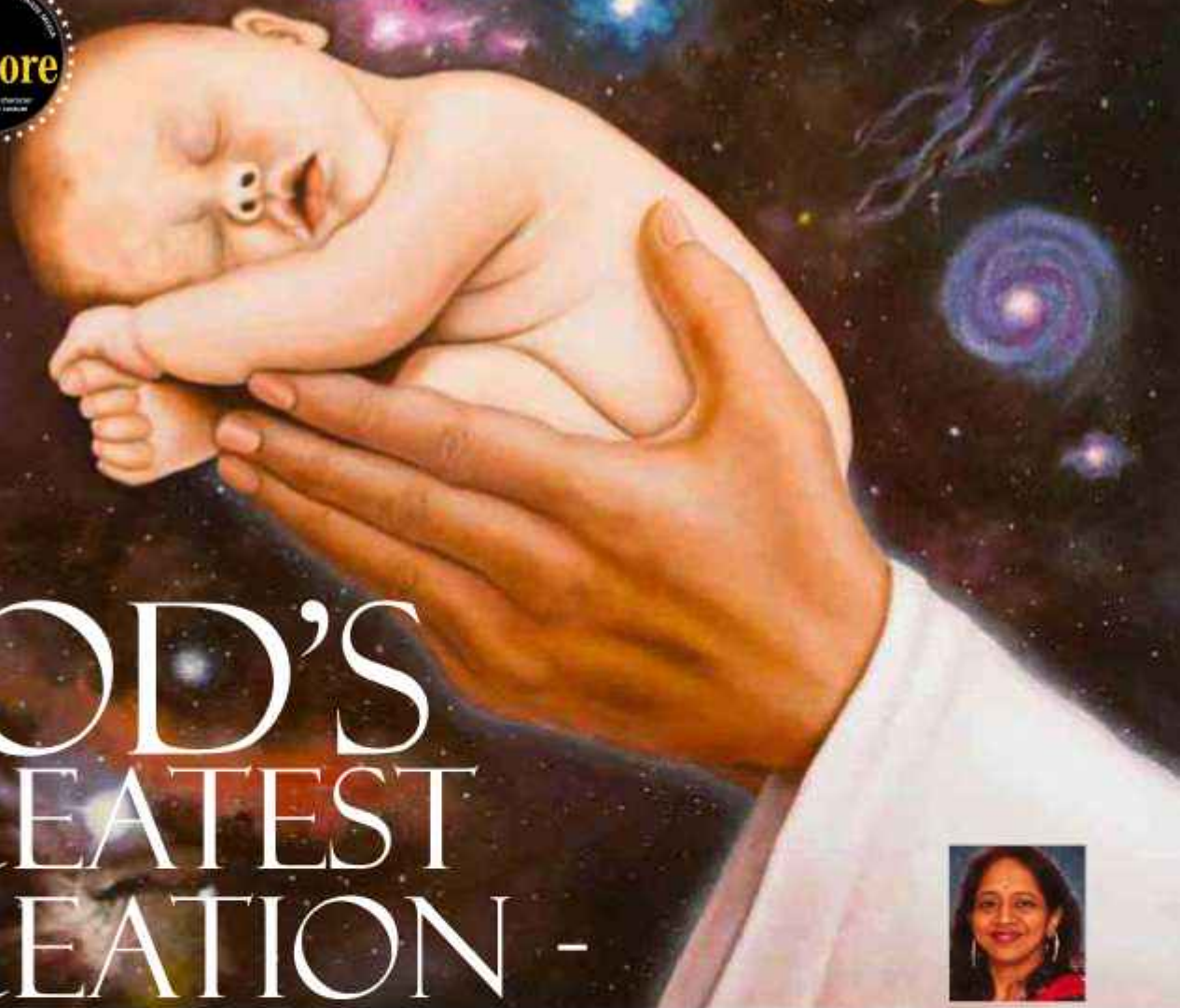
Picture my past life as the maestro behind the scenes at a prestigious hotel school, orchestrating growth initiatives as the former Head of Admission & PR. The transition to Gyanpro was my next act, where I turned learning into an experience as Senior School Outreach.

Now, let's step into my dream: a hillside café, a symphony of the best music, good books, and delightful food—an intimate space for meaningful conversations. The interior, subtly aesthetic, whispers tranquility. Amidst it all, I'm on a spiritual path, evolving, curious, and seeking enlightenment. It's a personal journey that adds depth to my interactions. My personality shines—helpful, polite, and with a dash of humor. I bring positivity and versatility wherever I go, whether navigating bustling environments independently or seamlessly integrating within a team.

Join me on this extraordinary and vicious journey, where each day unfolds with positive vibes, laughter, a touch of glamour, and the wisdom of spiritual growth!

#LifeOfAConsultant #DreamCafeInTheHills #SpiritualJourney





GOD'S GREATEST CREATION - HUMAN ODYSSEY



Sujata Patnaik
 Founder & CEO, WE-OB
 Corporate Trainer
 LinkedIn Content Creator
 Hyderabad, India

God reached His creative zenith in the vast ocean of life.

While other creatures were driven by survival instincts, the Almighty possessed a unique creative spark.

He yearned for a disruptive force, amidst the predictable forms of existence. A desire for something more than a creation merely carried by the tide—a being capable of forging their own currents gave birth to humankind.

This newborn soul pulsated with a distinctive rhythm. Their inquisitive minds overflowed with questions about everything that touched their senses—the celestial constellations above, the secrets whispered by the tides, the life force existing in the atmosphere and to the molten lava at the core of the earth.

This unquenchable thirst for exploration became their compass, propelling them on a voyage of relentless discovery through hidden reefs, forests, snow capped mountains, deep sea beds, where each revelation unveiled a vibrant ecosystem within.

While other creatures sought solace in the familiarity of existence, humans craved the discord of exploration. They navigated through storms of doubt, charted courses through currents of error, and their journey resembled a mosaic of rock fractures and daring leaps. Yet, the fire of their spirit burned brighter, fueled by the unwavering conviction that every challenge held the key to unlocking a new chapter in the saga of existence.



Thus began the human odyssey, not merely a ripple in the Divine Weaver's creative peak, but a symphony of creation itself.

It is a story etched in the constellations, echoed in every invention and whispered in every soul yearning to sail beyond the horizon. In the boundless ocean of life, humankind stands tall as a singular current, not simply riding the waves but carving their own channels, seeking to unravel the mysteries at the heart of Divine Weaver's masterpiece.

This spark of curiosity has spun countless threads—threads of art and science, of love and loss, of laughter and tears.

It is a dance of life in motion, constantly evolving as each generation adds its own unique verse to the grand recitation of humanity. In this ongoing saga, every individual holds the potential to become a brushstroke in the divine artwork, contributing to the ever-unfolding story of what it means to be human.

And so, the voyage continues, fueled by the insatiable hunger for understanding, the unwavering spirit of exploration, and the belief that even in the deepest trenches, the embers of our potential burn bright. This is the legacy of humankind—an anomaly in the vibrant ocean of life, forever reaching, forever questioning, forever yearning to unravel the mysteries within and beyond, a testament to Divine Weaver's most ambitious, discordant and beautiful creation.

Whether it be the sculpting hands of Michelangelo, the crazed imagination of Van Gogh, Da Vinci's flying machine, Marie Curie's Radium glow, Gandhi's non-violent revolution, Modi's Ram Mandir construction, Elon Musk's space exploration, or AI's ChatGPT version, enterprising teens and young adults entering into a journey of solving human problems—every discovery is a human magical intervention at the peak of creation.



★ EXPLORE about the author

Sujata Patnaik

Founder & CEO, WE-OB
Corporate Trainer
LinkedIn Content Creator
Hyderabad, India



Sujata Patnaik is a Program leader and storyteller empowering women leaders and corporate professionals to transform their lives through unlocking their potential. She is the Founder and CEO of WE-OB, a platform dedicated to sharing transformation stories to ignite change.

Having lived in 21 diverse locations and having explored eight career areas, **Sujata** discovered her true calling in 'never give up attitude' through narratives of personal stories. She brings her unique perspective as a Creative Writer and LinkedIn Content Creator, training as a Program Leader at Ironlady and Training Squad.

Her endeavor as Women Transformation Catalyst, National Council Member - WICCI Equitable Parenting, Creative Designer and former IB Facilitator, weaves together creativity, empathy, and strategic navigation in her workshops and coaching sessions.

Having empowered 3000+ women and professionals her storytelling element acts as a powerful tool for creating positive change.



PIONEERING HEALTHCARE *Excellence:* A HIMALAYAN Journey

6

In the heart of the majestic Himalayas, amidst the serene landscapes, lies a beacon of hope and transformation - **Ms. Mandakini Pawar**, an Entrepreneur Healthcare Consultant with a vision as vast as the mountains themselves. Her journey is a testament to resilience, dedication, and a relentless pursuit of excellence in healthcare.



Mandakini Pawar
Founder, VAN MAHAL
Rishikesh, India



THE ESSENCE OF ESSENTIALS



THE EXPLORE Journal is published with a host of incredible first-in-class and best-in-class





She Leads: Empowering Women in Today's World



Rishita Bhati
Budding Author
Student - Class X
ITL Public School
New Delhi, India

"You are more powerful than you know; you are beautiful just as you are."

- Melissa Etheridge

In today's dynamic world, the momentum of women's empowerment is undeniable. "Shattering Ceilings, Unleashing Potential" captures this unstoppable force, where every triumph and voice propels us towards a future teeming with opportunity. Join us as we explore this vibrant realm of change, where women defy odds and redefine societal norms.

Kiran's Hope: A Tale of Courage and Perseverance

Kiran lives in a small neighborhood in New Delhi. She's a single mom with three girls to take care of. Kiran works as a house helper in her area, earning Rs. 500 in each house. After her husband passed away, Kiran felt hopeless. But when she heard an inspiring story about **Savitribai Phule**, it gave her hope again. Even though Kiran struggles to meet all her daughters' needs, she never gives up. She keeps trying to make their lives better and hopes they'll succeed. Just like Kiran, we should never lose hope, no matter what challenges we face.

Breaking Barriers: The Rise Of Women in Leadership.

From Kiran's unwavering hope to the ascent of women in leadership, India's narrative embodies resilience and progress. Indian women are ascending to new heights, in leadership skills Kamala Harris, the first female, Black, and South Asian Vice President of the United States, advocates for justice and equality. Her Progress in her field of politics has made strides. An additional instance is of **Nirmala Sitharaman**, finance minister of India, smashing the fort of gender inequality, she's a prominent figure in economic policies, known for her resilience and judgments. Similarly, figures like our Honorable President, **Draupadi Murmu**, and **Smriti Irani**, a successful



actress turned politician, along with the trailblazing leadership of **Indira Gandhi**, India's first female prime minister, exemplify the remarkable strides made by women in shaping the nation's destiny.

Digital Empowerment: Bridging the Gender Gap in Technology

Women are harnessing digital tools to empower themselves, bridging the gender gap in technology. They're not just riding the wave but also leading the charge, exemplifying "knowledge is power."

Ritu Karidhal is an Indian space scientist known for her role as Deputy Operations Director of the Mars Orbiter Mission, India's first interplanetary mission, showcasing her expertise in aerospace engineering.

Economic Independence: Women at the Helm of Financial Empowerment

Women are empowering themselves economically, seizing opportunities and paving their own paths to independence. They're not waiting for a silver spoon but rather rolling up their sleeves, proving the adage that "where there's a will, there's a way." Women are pursuing entrepreneurship. **Indra Nooyi**, former CEO of PepsiCo, promotes diversity. **Vandana Luthra** built VLCC Health Care Ltd., showing women's business acumen.



Education for All: Catalyst for Change

Women are harnessing the power of education to break chains of inequality, proving that knowledge is indeed the key to liberation. They're not just turning over a new leaf but also sowing seeds for a brighter tomorrow, embodying the proverb "educate a woman, empower a nation."

Education breaks barriers. **Malala Yousafzai** defied the Taliban for girls' education. **Dr. Tessy Thomas** leads India's missile program, showcasing education's impact.

Women's Triumph in the World of Sports

Women in sports are defying odds, smashing barriers, and



proving their mettle on the field. They're not just playing catch-up but leading the charge, embodying the saying "girl power" with champions like **PV Sindhu** inspiring generations. Female athletes, from basketball stars like **Diana Taurasi** to soccer icons like **Megan Rapinoe**, redefine sports. Their prowess and determination inspire millions, challenging stereotypes and advocating for equality.

Unveiling India's Government-Driven Empowerment

India's Government is at the forefront of women's empowerment with a plethora of transformative schemes. Alongside Mahila Police Volunteers, UJJAWAL, and **Beti Bachao Beti Padhao**, initiatives like Women Helpline Scheme, Mahila Shakti Kendras, Working Women Hostel Scheme, STEP, and Swadhar Greh further bolster women's rights and opportunities. These schemes collectively work towards creating a more inclusive and equitable society, empowering women to achieve their fullest potential.

In the fabric of progress, women's empowerment is the vital thread, weaving resilience, ambition, and equity. As we nurture empowerment, we cultivate societal transformation and prosperity. Together, we champion women's advancement, knowing their empowerment is the cornerstone of a brighter future.

★ EXPLORE about the authour



Rishita Bhati

Budding Author
Student - Class X
ITL Public School
New Delhi, India

Rishita Bhati is a passionate about weaving tales that resonate deeply with readers. Alongside her literary pursuits, she's a talented basketball player, winning gold at the state level and thrilling audiences on the court.

When she isn't crafting stories or shooting hoops, **Rishita** enjoys diving into novels and capturing moments through her photography. **Rishita's** diverse interests and talents paint a picture of a dynamic and creative individual.



Peak OF HOSPITALITY & CULINARY IN INDIA IS HERE AND NOW...!!



Soma Roy
Business Strategic Consultant
Personal & Business
Transformation Coach
Mumbai, India

India being the most preferred holiday destination for the entire world, is going through a massive disruption, innovation and dare, in the hospitality sector. With a number of Luxury hotels adding on to the list catering to the high demands of global tourist travelling to India, in the tier -1 and the tier-2 cities, can be said as the most promising Era of hospitality for sure. Currently India's hospitality industry is valued at an estimated \$24.61 billion in 2024, this figure is projected to reach \$31.01 billion by 2029, reflecting a compound annual growth rate (CAGR) of 4.73%.



However, there is a massive upsurge in culinary tourism, extensively benefitting the Indian hospitality industry as a whole. As per the latest report by National Restaurant Association (NRA), the number of Indian restaurants has grown by 25% in the last 5 years, outpacing the overall restaurant industry growth. This reflects the increasing demand for UNIQUE and BOLD flavours that Indian cuisine brings to the table.

This paradigm shift is not only evident in the diverse flavours & rich tapestry of spices that Indian dishes are known for but is also making a profound impact on the global hospitality industry. Just like every other industry emerging out of India and capturing the global market, Indian Chefs are making waves with their culinary expertise blending Indian cuisine into fusion to fit the taste buds of the global food connoisseurs. A recent survey conducted by Food Trends Today, 78% of the respondents were found to have a preference for fusion dishes that incorporate Indian spices and techniques.

Recently to boost the industry enthusiasm and accelerate fusion Cuisine's quality enhancement, for the



DLC The Global Hospitality Summit 2024, was attended by many distinguished names from culinary industry and other industries as well like **Rashmi Uday Singh** (Founder Hospitality Hope, Food Expert, Author and TV Host), **Rohit Khattar** (Owner- "Indian Accent"). **Chef Vicky Ratnani** (Celebrity Chef, TV Show Host, Author), **Dr Sriram Nene** (Cardiovascular Surgeon, Healthcare Innovator, Tech innovator, Producer and Storyteller), **Kunal Vijayekar** (Celebrity Food Journalist & Author), **Chef Hemant Oberoi** – (Founder Martaban Abu Dhabi), **Dr Mickey Mehta** Leading Holistic Health Guru and Spiritual Life Coach.





Global tourist to find the list of Top-Quality Restaurants, as a Guide, Della Leader's Club had their Global Hospitality Summit at Della Resorts in Lonavala, Maharashtra, which is in the Western States of India, on the 12th of April 2024. There were 18 plus MICHELIN STAR Chefs from across globe of Indian Origin, of which, 6 of the culinary luminaries like **Chef Mano Thevar (2 Michelin Star from Singapore), Chef Sameer Taneja (1 Michelin Star from London), Chef Cyrus Todiwala (1 Michelin Star from London), Chef Manjunath Mural (1 Michelin Star from Singapore), Chef Chetan Shetty (1 Michelin Star from Washington DC) and Chef Suvir Saran (1 Michelin Star from Mumbai)** graced the event in person, while the rest joined virtually, underscoring the event's international appeal. They then along with

Chief Guest Padma Sri Chef Sanjeev Kapoor, Launched the DLC Guide (Della Leader's Guide), a First of its kind Guide of Indian Origin. DLC GUIDE an independent global rating system for restaurants and hotels across the world. This guide promises to be truly global since DLC has members across the world in 17 cities and 7 countries. This concept of DLC Guide is the brainchild of Mr. Jimmy Mistry, Founder of Della Group and Della Leaders Club, as he believes, it's time we must bring forth the Culinary Expertise to showcase their art and get their due recognition from their Own homeland. This rating system will be made by Established Entrepreneurs and not food critics. It has currently launched in Mumbai, Delhi, Bengaluru, and Dubai and plans to expand to other cities and countries soon.



“How does a Guide help in a Culinary Industry



A culinary guide provides valuable insights into ongoing trends, techniques, best practices and quality check, which

in turn elevates the standards of cooking and dining experiences. A guide also can be helpful, to promote lesser known, authentic and traditional cuisines, their special ingredients. Here Executive Chefs adds onto fostering diversity and innovation within the industry. Hence, Such Guides can serve as trusted resources for consumers seeking recommendations, ultimately driving more businesses to restaurants and the food industry as a whole.



Why is the Indian Origin Guide a great contribution?

Just like any other Culinary Industry Guide like Michelin Star of French origin or Gault Milau of the same origin, making French Recognition relevant in the Hospitality industry, similarly a Guide of Indian Origin, has the capabilities to offer unique perspectives on a thousand of years old tradition and rich culinary cultural from India, showcasing its diverse regional cuisines, cooking techniques and ingredients. This contribution could accelerate deeper appreciations and understanding of Indian cuisine globally at large. Also, it can foster cultural exchange and collaborations of higher degree between chefs, restaurants and food enthusiasts from different backgrounds, enriching the culinary landscape and driving innovation. Overall, an Indian origin guide would bring a valuable and distinct voice to the hospitality & culinary industry promoting broadly the diversity, inclusion and creativity at the same time.

It is a great opportunity for aspiring Executive Chefs and young chefs to work on their innovation skills to make a mark and position their culinary art in the global platform through this Indian origin Recognition.



★ EXPLORE About the Author

A Brussel's University Executive MBA pass out in International Marketing and having worked in diverse industries, with companies like -, RPG Spencer's, L'OREAL, Shyam Steel, JLL India, Salim Group of Indonesia, Trimex Minerals, Citi Bank, and Ramkrishna Forgings for more than 15 years, in multiple leadership roles, Ms Roy have been helping sector agnostic companies and industries in their strategic marketing, business development and Brand building growth plans, for past 9 years since 2017. Top Luxury Residential Real Estate projects have been by Top Real Estate Developers in our country, like TRUMP Tower in India, Peninsula Land, Kanakia Group, DLF, Provenance Land to name a few. Has availed her expert marketing and business development consulting services.

Soma Roy

Business Strategic Consultant
Personal & Business
Transformation Coach
Mumbai, India

Currently she is busy supporting in the game changing story of the MSME Transformation in India, by filling the gap which has become a hindrance in these company's growth path, providing them Business coaching and Strategic consulting services to build robust businesses from an idea stage to the execution and expansion stages. She is currently holding a position in WICCI as the National President for Real Estate sector and a former Executive Director TIE Kolkata.





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HERE'S YOUR CANVAS

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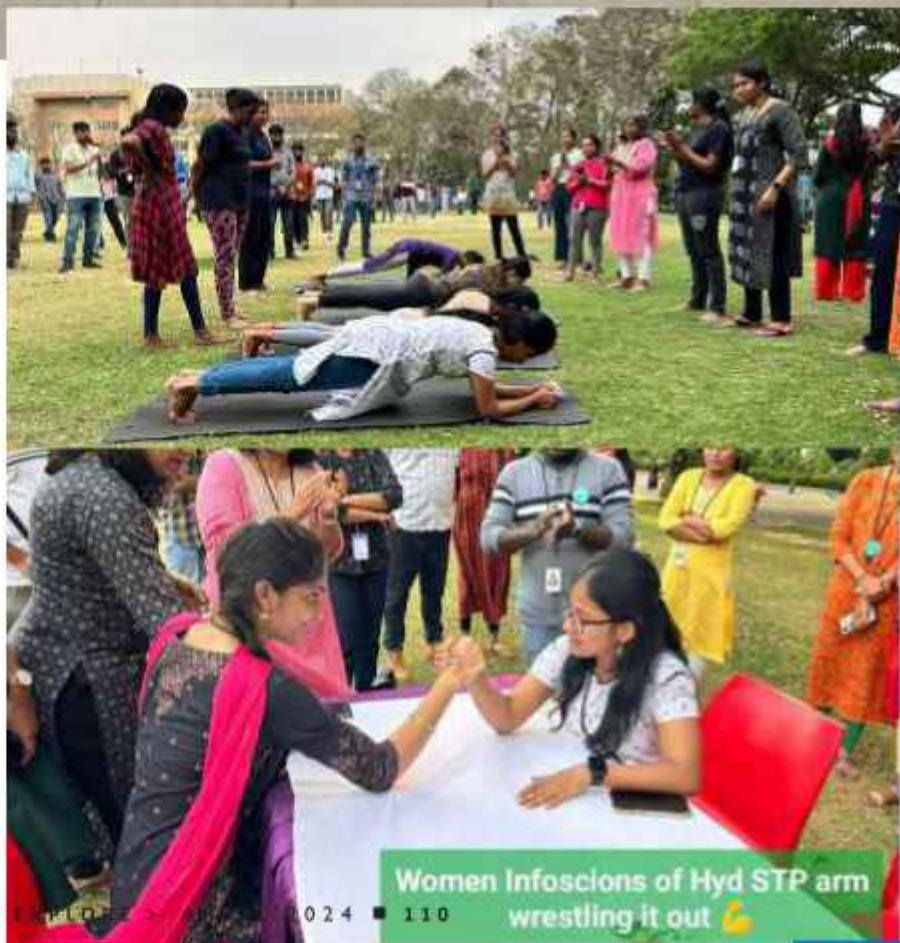
...creating
Brand Values



WE HAVE RAISED THE BAR



★ **THE EXPLORE** Journal Choice
Kiranmai Varigonda
Global Delivery Leader
SAP /Oracle Delivery Specialist
DEI Core Member
IC Member
Infosys Samaritan
External Member POSH
Director @Kaam4U Foundation
Margadarshak
Counseling Psychologist
Andhra Pradesh, India



Women Infoscions of Hyd STP arm
wrestling it out 🏆

I AM AN INNOVATOR



★ **THE EXPLORE** Journal Choice

Maalathi K R

Founder & CEO at Auuro-
 Educational Services
 SRM Public School
 Chennai, Tamil Nadu, India

It was an absolute pleasure hosting **Katsunori (Katsu) Takahashi Sensei** at SRM PUBLIC SCHOOL, Chennai, Tamil Nadu, India.. A big thank you Sensei for graciously sharing insights about Linden Hall International School and addressing our students' questions on Japanese school education, life style , Mount Fuji, journey of bullet train making food and discipline in the society etc. Excited about the collaboration between Linden Hall and SRMPS, eagerly awaiting the visit of your students to our campus!

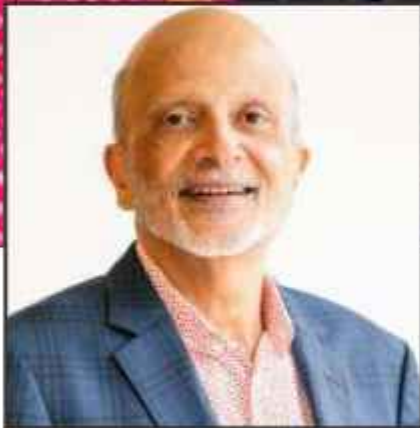




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★ **THE EXPLORE** Journal Choice
MR Rangaswami
Founder at Indiaspora
CEF & Sand Hill Group
San Francisco, California, United State

Indiaspora and the South Asian Bar Association (SABA) of North America Foundation announced a new alliance at the South Asian Bar Association of Northern California (SABA-NC) gala. We are partnering on their new South Asian Justice Collaborative (SAAJCO). Celebrated with Charan Brahma (President SABA NA), Kalpana Peddibhotla (President SABA Foundation), Dan Vaswani (President SABA NC) & Ritu Singh!!





★ **THE EXPLORE** Journal Choice

Pierluigi Capannini

Director of Fashion, Photography,
 Design & Fine Arts.
 Rome, Latium, Italy

As an art director and designer for the creation of collections and art director of photography for photo shoots. Responsible for the various brands for fashion shows, fashion shows, events, collection consultant for the creation of themes, colours and accessories. Model scouting male/female

Responsible for the advertising campaigns and art director for the shooting of the press campaigns, public relations liaison for the editorials of all the publications of the **Condé Nast Italia Group**, Class Editor, Fashion Magazine, Mood Magazine, GQ America, GQ Germany, Dolce Magazine Canada, Plaza Sweden etc.,

Design and creation of single-brand display corners and direct marketing for all global and Italian customers.





EVENTAINMENT IS AN ART,
HERE'S YOUR CANVAS

WORLD STREET

...creating
Brand Values



★ **THE EXPLORE** Journal Choice
Prabha Narasimhan
Managing Director –
Colgate Palmolive India Ltd.
Mumbai, Maharashtra, India

Colgate Palmolive has been in India for 87 years and we are proud to be an integral part of this country. Colgate is the most penetrated FMCG brand and in any year, present in 9 out of 10 homes. This incredibly strong legacy comes with responsibility, a responsibility for us to give back to the community. We do this in many ways - our Bright Smiles Bright Future program has imparted Oral health education to over 175 million children, is currently in its fifth decade and will add 10 million children this year alone, the Keep India Smiling scholarship has given over 7300 student scholarships in the last five years, including over 300 dental scholarships in the last two years. Additionally, we have grassroot level water conservation and women's empowerment programs. But what is perhaps the most heartening aspect of commitment to communities is the passion of our employees who generously give their time to volunteer on various programs. Over just this last year, we have had 500+ employees volunteer in 40+ activities that span across oral health education to beach cleaning to donation drives. Very proud of them. Very proud of Colgate's commitment.

"Non nobis solum nati sumus" – Cicero

Not for ourselves alone are we born





★ **THE EXPLORE** Journal Choice
Priya Pansare
 CEO, India Business Group -
 Trade council & Chamber of commerce
 Mumbai, Maharashtra, India

Reacting on the enriching discussions and insights shared at the Women Empowerment Panel yesterday. Grateful for the opportunity to contribute and engage with such inspiring individuals.

Let's continue the momentum and drive towards a more inclusive and empowered future for all.



★ **THE EXPLORE** Journal Choice
Women in Management (WIM) Sri Lanka
 A Professional Women Organization in Sri Lanka
 Sri Lanka



After making a significant impact in Great Britain, we're thrilled to announce our first 15 Top 50 Professional & Career Women Award winners celebrated at the House of Lords UK on March 16th, 2024.

Now, we're opening up membership for our UK Chapter, offering a fantastic opportunity for British women and men to connect globally and expand their networks. Join NOW!



“21st Century Education and Life Skills”



★ **THE EXPLORE** Journal Choice
Renu Vashistha
 State Vice President
 Elementary Education (WICCI)
 Women's Indian Chamber of
 Commerce and Industry
 Jaipur, Rajasthan, India

A much enriching session at St. Anselm's School Phulera near Jaipur this morning. Woven together the beautiful souls to expand their minds. Created new neural networks to change the patterns in the cosmic patterns. That's the need of this time zone where pure intentions simply work for prosperity. Someone had said that this is the time of the "Knowledge Economy". **We at PRASANG say, "it is the time of the Wisdom Economy".** discussed all the educational changes taking place in the world.





★ THE EXPLORE Journal Choice

Supriya Samson

People & Culture
Lead Employer Branding
Talent Acquisition
Mumbai, Maharashtra, India

We all came together as one team, not focusing on separate roles like Operations, Sales, Research, Marketing, or hierarchies. The Loan Mela event had top universities participating, and more than 500 students attended, making it a big success. EduFund smoothly pulled it off because teams, whether working virtually or physically, collaborated seamlessly.

A huge shout-out to the entire team for showing up at the venue by 8:30 am on a Sunday and keeping the JOSH high until the end of the event. This is what I would call a hashtag **#CultureofCollaboration** in action.

Our success wasn't just about doing our tasks; it was about combining our different skills and ideas. This teamwork helped us overcome challenges and make the Loan Mela a hit. The event's success highlights our commitment where everyone, no matter their role, plays a part in making our projects successful.





★ **THE EXPLORE** Journal Choice

Shivangi Narula

Corporate Trainer, Communication Coach,
 Leadership & Soft skills Trainer,
 Learning & Development Specialist,
 English Language Expert, IELTS Trainer,
 Content Creator
 New Delhi, India

Sip by Sip of my fav cuppa

Espresso or Cappuccino

2 coffees but different personalities

Coffee beans hold secrets about your personality based on the type of coffee you drink.

Similarly, 'you are what you drink' holds true for exploring what your favourite coffee says about you.

Coffee is among the most consumed beverages in the world.

Let us have fun over a cup of coffee and see what's your coffee personality.

Black Coffee Personality:

No-nonsense, old school, and purist

Driven, determined, and fitness-oriented
 Comfortable with routines and resistant to change
 Tends to be quiet and moody but has sudden exhibits of extroversion

Dependent and straightforward

Cappuccino Personality:

Adventurous, open-minded, and sophisticated
 Perfectionists with obsessive and sensitive tendencies
 Dislike monotony and enjoy exploring new things
 Social and have a great sense of humour
 Health-conscious but indulgent in finer things for joy

Espresso Personality:

Bold and strong character
 Hardworking, practical, and punctual
 Natural leaders and goal-driven
 Efficient and organized
 Can become abrupt and moody with changes in routine

Did you enjoy reading about your Coffee personality type ?

Let us know if this behavioural analysis resonates with you.

Cheers to an event by **Classplus** dedicated around coffee networking.



SHOWSTOPPER

Upasana Arora, Her visionary leadership style can inspire a team to boldly strive for and achieve new heights and unite an organization to take one giant leap forward. Leading with vision in her role for providing the best health care and world class medical treatment for people can inspire her to aim for the best and beyond.

As the visionary leader and **Managing Director of Yashoda Super Specialty Hospitals** since its inception in 2006, I am committed to providing high-quality, accessible healthcare. Our hospitals are renowned for innovative care and economical pricing, balancing cutting-edge technology with community-centric services. We proudly offer a substantial amount of free or concessional care, reflecting our deep dedication to the community we serve.

Under my leadership, **Yashoda Hospitals** has expanded its reach beyond national boundaries, embracing medical tourism and catering to international patients, thereby enhancing our global footprint. Our ongoing projects, including a Medicity in Indirapuram and a super-specialty hospital in Greater Noida West, are poised to set new benchmarks in healthcare excellence.

I am proud of our achievements in patient safety and satisfaction, which are reflected in our outstanding metrics and consistent high occupancy and satisfaction rates. These



THE EXPLORE Journal choice

Upasana Arora

Managing Director
Yashoda Super Specialty Hospitals, Kaushambi
New Delhi NCR, India

I BELIEVE IN QUIET, STRONG AND GROUNDED LEADERSHIP

accomplishments have not only earned us numerous accolades for Ethical Healthcare and Community Empowerment but have also merited inclusion as an independent case study in healthcare management.

In addition to my role at Yashoda, I hold several key positions that underscore my expertise and commitment to healthcare:

- **Vice-Chairman**, CII UP Chapter
 - **Member**, National Health Authority
 - **Board Member**, NABH
 - **National Chairperson**, IACC
 - **Co-Chairperson**, FICCI Medical Tourism Committee
 - **Fellow**, ISQua
 - **Chairperson**, Special Olympics Delhi Chapter
 - **National Treasurer**, Special Olympics Bharat.
- These roles enable me to influence healthcare policies and practices not only in India but internationally, fostering cross-functional management, leadership support, and mentorship

across various platforms. As a recognized leader in both the business and healthcare communities, I continue to advocate for ethical practices, women's leadership, and community empowerment, shaping the future of healthcare with unwavering dedication and strategic vision.



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Explore the best Learning SAPLINGS SCHOOL

shaping a Little Minds

SAPLINGS SCHOOL founded on modern concept of 21st century's skills. The learners shall be responsible, not only for academic knowledge but great accomplishments of life too. The curriculum of school is equipped with harmony to nature, compatible with sustainable development of resources. There are pen, pencil to write with and screw drivers, hammer, pliers, wire tripper, hacksaw, axe, spade, cutter, watering can are to learn hand-on skills.

These learners are led by trained and multi talented faculties. All are master in their fields. The learners shall learn soft skills, music, drama, poetry, digital advancements. We all stake holders are equally important and responsible for over all growth of our children.



Jagjit Singh
Founder & Principal
SAPLINGS School
Dharampur,
Gujarat, India



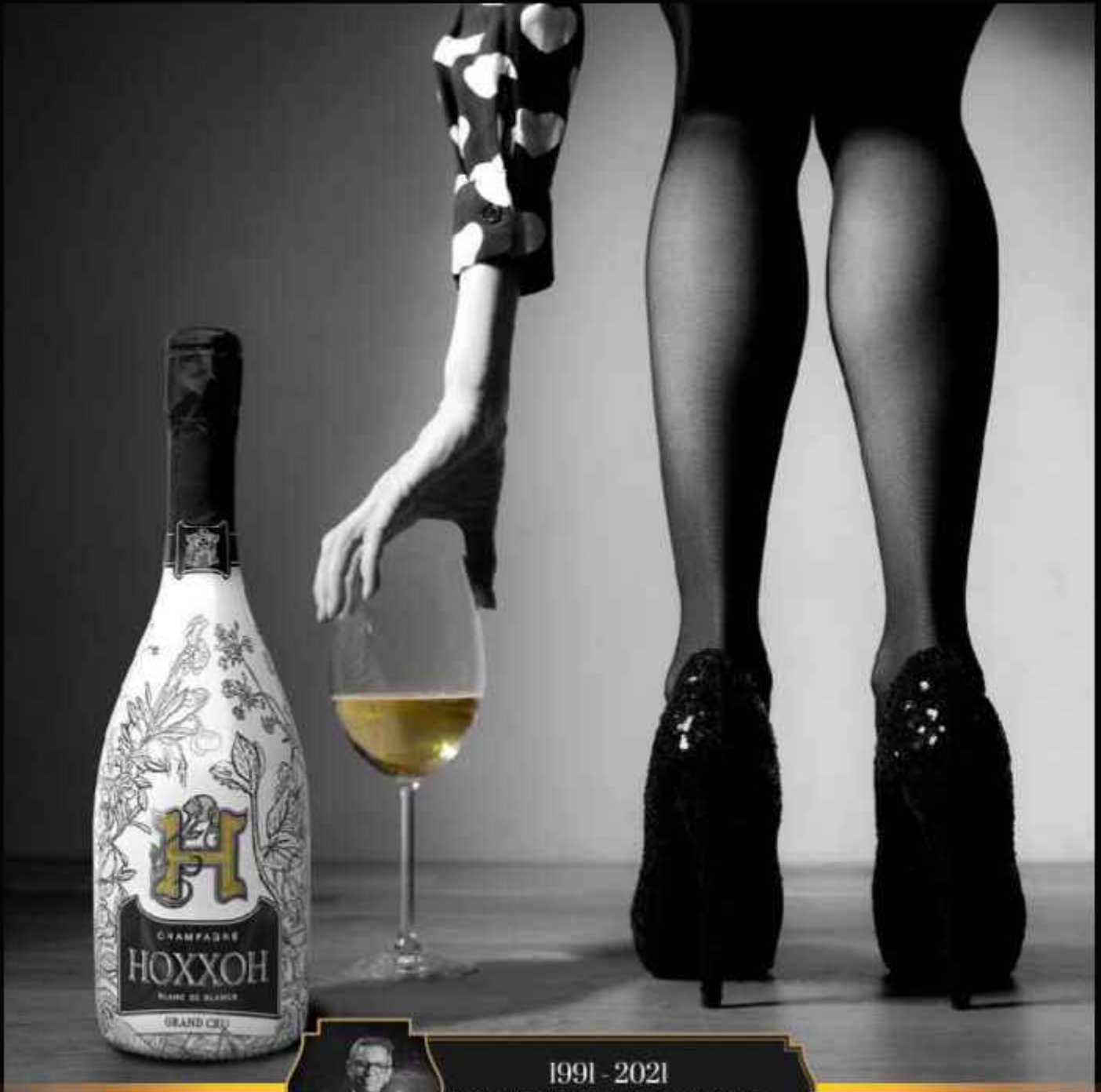
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