

I speak not for myself, but so those without a voice can be heard. Those who have fought for their rights. Their right to live in peace. Their right to be treated with dignity. Their right to equality of opportunity. Their right to be educated.

— Malala Yousafzai —

AZ QUOTES

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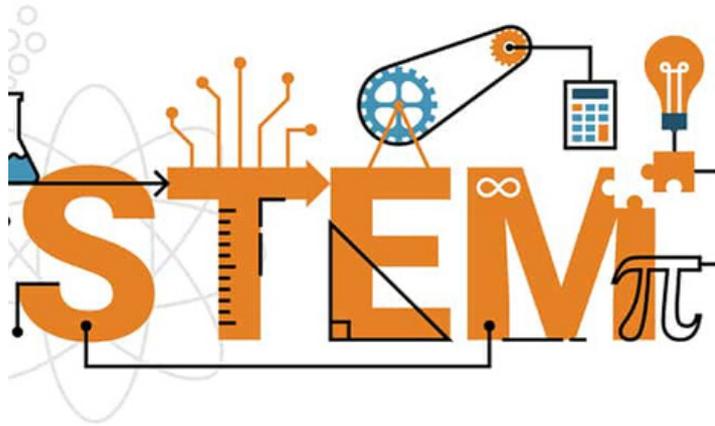
## Education News across the World



### THE ERA OF BLOCKCHAIN EDUCATION

As blockchain weaves its way deeper into the world economy, more American universities are teaching the technology, offering more courses and expanding delivery methods. To prepare students for this evolving marketplace, more universities than ever offer blockchain education. Not only are course offerings expanding, but innovative programs, student clubs and research centers are also taking root. A study by LinkedIn named blockchain this year's most in-demand work skill, after reviewing the data on who's getting jobs and with what kind of know-how. Familiarity with blockchain can also amplify other skills employers need, such as analytic reasoning, cloud computing and artificial intelligence. This maturation of course offerings is not just at Cal but across universities. Some courses hew to the tech side of things, such as engineering and programming, while others embrace the breadth of blockchain, like economics and law.. **Source: Cointelegraph**

# Education News across the World

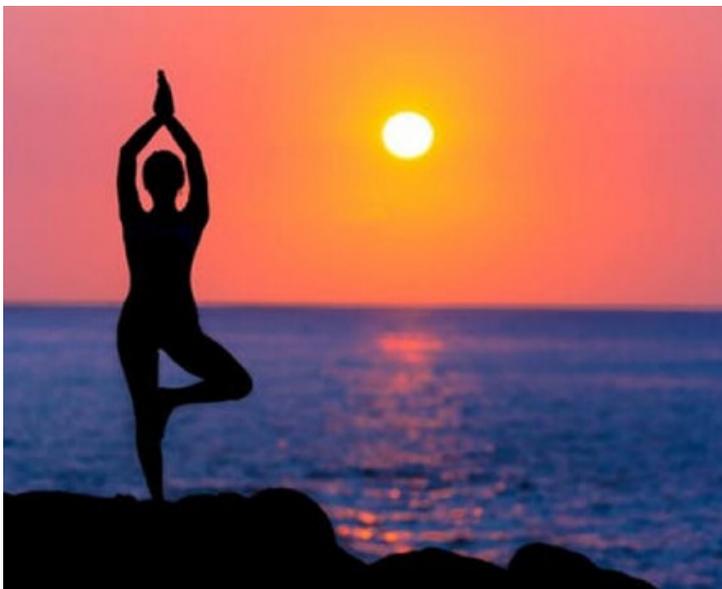


## STEM EDUCATOR TO BRING INSPIRATION, EDUCATION

Lajvardi is a nationally recognized science, technology, engineering and mathematics (STEM) educator who leads his team of disadvantaged teenagers in a university-level competition and defeats leading schools. The team's victory inspired "Underwater Dreams," a documentary about a robotics team from Carl Hayden High School, Arizona. It captures the road to success for the sons of Mexican immigrants who learned how to build robots from scratch and go on to be national champions. A different speaker comes to campus each semester for the Knowledge for Life Speaker Series to talk to students and broaden their perspectives on the world. The Student Development Program picks different speakers overlapping different colleges and areas of study to show life long learning and how what you learn in school connects to the real world. "Underwater Dreams" was also adapted into a major motion picture, "Spare Parts." A movie called "Big Dreams" came out in 2017 and featured Lajvardi's Falcon Robotics team. **Source: The Shield**

## UAE MINISTRY TO SCRAP HOMEWORK, MERGE CLASSES IN PUBLIC SCHOOLS

The Ministry of Education on Tuesday announced the launch of 'My Optimum Time' initiative, which focuses on eliminating homework and balancing studies with activities. The initiative, which begins next week, applies to public schools following the ministry's curriculum. The ministry announced the changes on its social media accounts. The new system will merge two continuous sessions without a break, for a period of up to 90 minutes, in Arabic, English, maths, science, design and technology subjects. Lubna Al Shamsi, acting executive director of the ministry's school operations sector, said classes will include five minutes for mental stimulation, 50 minutes for applying the lesson skills, and the rest will be divided into activities. **Source: Gulf News**



## WORLD'S FIRST YOGA UNIVERSITY OUTSIDE INDIA TO START CLASSES LATER THIS YEAR

World's first yoga university outside India would start its post-graduation course later this year in the US along with research in the ancient Indian practice and the admissions for it will begin in April, university officials said on Saturday. The Vivekananda Yoga University (VAYU) has established its initial campus in Los Angeles with a budget of USD 5 million. Sree Sreenath, a Professor from Case Western University, has been named its president and Indian yoga guru H R Nagendra as its chairman. The announcement by the university came within three months of receiving official recognition from the Bureau for Private Postsecondary Education, California to offer yoga-based higher education programs in November 2019. VAYU would facilitate collaborative research, credit transfers and joint programs with multiple premier universities across the world. **Source: Devdiscourse**



## ASK THE EXPERT

I have signed for the gym and yet have not been able to go. I don't know if I am just lazy or trying to avoid it. How can I overcome this? - **Lata Suresh, Professional**

Hi Lata,

We have all been there and done that. In fact I myself have joined gym twice and stopped it midway. So, here is my advice for you, do something which you actually want to do. Find that drive and not just be a part of the herd. Just because your friends have enrolled, don't jump ahead, make sure that you want to do it.. And if your answer is yes, then follow these few steps and you won't feel lazy anymore.

1. Make a Gym partner, who can not just help you with the motivational aspect but also push you to help you make the best version of yourself.
2. Set realistic goals for yourself which are attainable, performance-oriented goals specific to your abilities. This will help you stay motivated and inspire you to do much better in life
3. If you feel the gym is boring try some unconventional ways to stay fit. Join in Yoga or dance classes and add that little twist to your work out schedule.

We all have our lazy days, but keeping to a consistent workout schedule today is extremely important for staying healthy tomorrow. So, make sure you do it for yourself. Because only a healthy body can harbour a healthy mind. So, get back up and take control of your life.

This specific corner has been introduced for those who seek advice on education and related matters. If you have a feel free to submit your questions to [aimri@ariesgroup.ae](mailto:aimri@ariesgroup.ae)