



Thomas Jefferson



Above all things I hope the education of the common people will be attended to; convinced that on their good sense we may rely with most security for the preservation of a due degree of liberty.

AZ QUOTES

## *In this Issue*

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## Education News across the World



### **PADMASREE AWARDEE AND EX-RAW OFFICER PROVIDES FREE EDUCATION IN BIHAR**

Jyoti Kumar Sinha, a 74 year old Padmasree awardee and ex-raw officer is now providing free education to the marginalised sectors of our society, Hailing from the state of Bihar, In 2005 he laid the foundation for Shoshit Seva Sangh (SSS), a non-profit organisation to provide quality education for free to Musahar children. Today he runs a CBSE affiliated residential school for more than 500 boys and girls in Patna. Sinha has an extremely illustrious career who understood the importance of education and played a pivotal role in the up-liftment of these individuals. He soon retired from his service and began working for their welfare. His ultimate aim is to give these children a better future and enhance their livelihoods **Source: Your Story**

# Education News across the World



## RENOWNED WEST INDIES CRICKETER BATTED ON RACISM FOR YOUNGSTERS

Well known West Indies cricketer - Darren Sammy batted for education on racism for youngsters. Speaking about it during a session organised by ICC, the cricketer mentioned that the cricket body should take up issues like anti-doping and anti-corruption to help young cricketers understand diversity in the game and adapt to it from an early age. The cricketer revealed that he too was subjected to racism by his fellow teammates who called him names like 'Kalu' during his stint at the IPL Hyderabad team in 2014. Though he didn't know the meaning then, realizing what it actually meant later made him feel very disappointed. He had also demanded an apology from the players who called him by that name. 'Black Lives Matter' moment which started off in the US has now taken the entire world by storm today. The recent death of George Floyd by the hands of the police has kicked off a global debate on racism and the sports fraternity too have joined their hands to curb this racial discrimination and atrocities against the blacks. **Source: Telangana Today**

## MICROSOFT LAUNCHES NEW TEAMS FEATURE TO SUPPORT GLOBAL EDUCATION

Microsoft recently announced 'Teams for Education' feature to engage and prepare schools and teachers for new remote and hybrid learning formats in the upcoming school year. These features include expanded audience view of up to 49 participants, custom backgrounds, class insights, and virtual breakout rooms, among other new features. New remote learning formats require educators to create compelling, engaging, and inclusive content to ensure strong student engagement. To support this, educators are turning to a central hub of digital tools for remote learning across different activities, while maintaining secure learning environments. The new 'Teams for Education' features are aimed at increasing student participation and give educators' new methods to keep students digitally engaged.

**Source: Microsoft**



## FILLING A GAP IN EDUCATION VIA DIGITAL TEACHER TRAINING

During the times when the education sector is hardly hit by the COVID 19 pandemic - Former CEO of Infosys Mr. S D Shibulal has started a digital teacher training platform called ShikshaLokam. This platform is used for leadership training of teachers, and even reaches rural and far-flung areas. It works on filling the leadership-deficit in education by taking training to teachers across states including Punjab, Haryana, Delhi, Rajasthan, Madhya Pradesh, Karnataka, Andhra Pradesh and Goa. ShikshaLokam offers intervention at various levels, where teachers and other school leaders can analyse an issue, develop an intervention/solution for the problem, learn about relevant solutions from the platform, and analyse the database. The platform also takes the help of local people to generate an area-specific response to issues. ShikshaLokam, which falls under the aegis of the Shibulal Family Philanthropic Initiatives, and how it has become more relevant today, by virtue of being a digital intervention. **Source: The Print**



LEARN



CREATE



ENABLE



# 5 Tips To Handling Depression



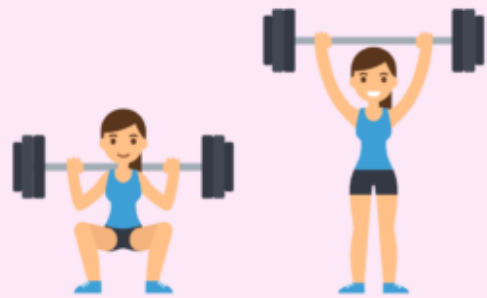
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## Speak Up

Stay in touch with family and friends and don't be afraid to reach out. Socializing has been proven to boost general moods.

2



## Get Physical

Taking up any form of exercise for at least 20 minutes a day has profound effects on mood, energy levels, and quality of sleep. Find a routine that works for you and have fun working out!

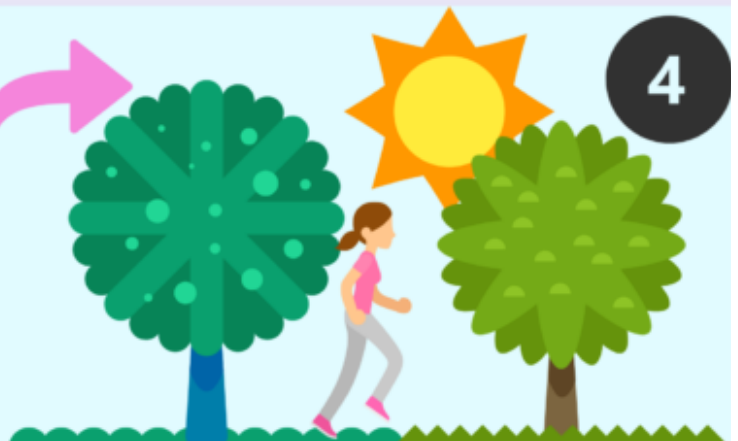
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## You Are What You Eat

Try to avoid 'comfort foods' that are high in sugars as this can lead to a crash in energy levels. Fruits and Vegetables are great sources of vitamins and nutrients!

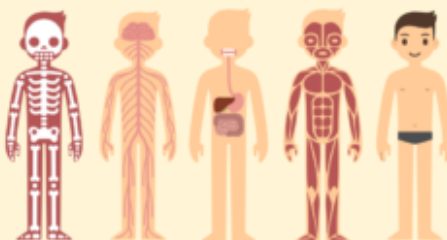
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## Sunlight Delight

15 minutes of sunlight a day has been linked to boosting serotonin levels and overall mood. Walks through the park or even taking the long way home are some ways to get extra sunlight exposure.

5



## Get To Know Yourself

At the end of the day, knowing your body is important. Understanding what makes you relax or what triggers stress can help you manage your depression.