

FEBRUARY 2021

RAJENG/2019/77832 | VOLUME 3 | ISSUE 2 | INR 100

# BLUB

INSPIRING

CHILDREN

# WORLD

ACROSS

THE

WORLD

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# TEEN INVENTOR

Gabrielle Goodwin

# STOP LOSING STUDENTS TO OTHER SCHOOLS!

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STUDENTS, TEACHERS & THE SOCIETY!

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## LEAVE YOUR 'MASK' BEHIND!

**C**an't we remain who we really are? If we are not a music-lover, then why to pretend; if we are not a book-lover, why to pretend; if we are not a mathematicophile, should we put on a mask of a Mathematician, or if we are not a Science person why should we pose that way?

When we try to pretend who we are not, we have to invest immense energy in posing our fake self. We have to take a lot of pains to carry on the masks that we think people around us like and appreciate.

If we act otherwise, i.e. if we remain our true self, the effortless 'We', then we don't have to put a lot

of effort and energy to play this not to be 'Me' game.

A big quota of energy is saved this way, which we can use elsewhere like in enhancing and developing our true self, the real 'We'.

This abundant-energy-utilization in our favorite direction will brush up and enlighten our true personality and we will then be showered with the gifts of true happiness.

Here are a few stunning examples of people who turned their lives into success stories - Giorgio Armani was a military doctor in 1953 before he removed his mask and followed his heart to become the

world's top fashion designer; Brandon Stanton removed the mask of a bonds-trader and now is a renowned photo-blogger at Humans of New York, attracting 17 million followers on Facebook and over 8 million on Instagram; Mahendra Singh Dhoni removed the mask of a T.T.E. in Indian railways and became the beloved captain of Indian cricket team, like he was born to be making history at the stadium.

So friends, let's start unveiling our faces to become the real 'We' to give our life and the whole humanity a real worth for ourselves.

- Veena Bhavnes Gaur





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BLUB WORLD



# BLUB WORLD

INSPIRE  
ENGAGE  
EDUCATE  
ENTERTAIN

Blub is the sound that a fish makes. Like all its bubbles of expressions, we aim to capture every creative and inspirational inclination of children in the age group of 13-19 years.

Believing in Peer-to-Peer inspiration, Blub World is always on the hunt for teens who are child prodigies, have achieved success using their innate talents or have done something exceptional or innovative in their life so far. We share such stories through our flagship section 'Children of Blub World' and aim to bring every inspirational story here.

AUGUST 2020

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# BLUB WORLD

INSPIRING CHILDREN ACROSS THE WORLD

## INSIDE

Connecting The Unconnected

Are your Devices in the Pink?

## EXCLUSIVE

Interviewing The Chemistry Enthusiast – Jennisha Agrawal

Blub World 'Teenage Tunes' Winners' Poetry

Interviewing The Future of Odessa, Ukraine

MINI MISS  
UNIVERSE  
TURKEY  
ANISIYA  
GONYMOVYCH



# SHRISHTI SHARMA

**N**agpur's 16-year-old Shrishti Sharma became the fastest limbo skater by skating below 10 bars in just a matter of 1.694 seconds. In doing so, Sharma broke her own Guinness World record, which she had set on January 28, 2020 at 1.720 seconds. Sharma performed at an event organized by Aam Valley Sporting Association and Centre Point School (Wardhaman Nagar) at WCL Umrer Skating Rink.

Sharma took three attempts to achieve the timing of 1.694 seconds. However, she surpassed



the previous record in her first and second attempts itself by clocking in 1.705 seconds and 1.697 seconds respectively.

Source - Nationnext.com  
Image Source - Guinnessworldrecords.com



#childrenofblubworld

# ANURAG RAMOLA

Anurag Ramola hailing from the city of Dehradun, has been recently awarded the Pradhan Mantri Rashtriya Bal Puraskar 2021 for art and culture by Prime Minister Narendra Modi via video conferencing. He has been conferred, according to him, with 19 international awards, 38 national awards, and over 70 state and

district awards.

16-year-old Ramola studying in Kendriya Vidyalaya ONGC in Dehradun has had his artwork displayed in an exhibition at Talkatora Stadium in New Delhi last year where he explained his painting before Prime Minister Modi and union education minister Ramesh Pokhriyal 'Nishank'.

He has also received the National Child Artist Award and National Art Excellence Award among other awards.

Source - Hindustantimes.com

Image Source - Indiatimesgroup.com



#childrenofblubworld

# MARYAM TSEGAYE

**M**aryam Tsegaye, a Grade 12 student at École McTavish Public High School in Fort McMurray, Alta., is the first Canadian to win the international Breakthrough Junior Challenge. Her three-minute video explaining quantum tunnelling won the lucrative prize. Maryam Tsegaye spent two weeks crafting her

winning video, comparing quantum tunnelling to rolling dice and playing video games.

A Fort McMurray, Alta. student, she is the first Canadian to win the \$500,000 Cdn international Breakthrough Junior Challenge, a prize that includes a scholarship and new science lab for her school. The competition asks students from around the world to create a video

that explains a scientific principle to the public. About 5,600 students entered the competition.

Typically, the student would be surprised at school with the prize announcement, but recent COVID-19 restrictions moved Tsegaye's classes online.

So her principal, Scott Barr, got creative and asked Tsegaye and her friends to come in to help with an







A screenshot from the winning video.

educational video. He made them sit in a classroom and watch a video on the board, while also encouraging them to look interested and act like they were learning from home.

Then a video of astronaut Scott Kelly and Sal Khan, founder of the Khan Academy – which is one of the partners in the prize, appeared

on the screen.

He said it was only when they actually said her name that Tsegaye realized she won, giving her a pleasant surprise.

Tsegaye recruited a friend to help her edit the video and the rest she did on her laptop, which is held together by binder clips and half of

the keyboard doesn't even work. She says that if anyone is thinking about participating in the challenge, it doesn't take very fancy things to get it done.

Tsegaye says with the prize scholarship, tuition is no longer a concern.

She's hoping to study physics at a university abroad after graduation. Tsegaye also plans to buy herself a new laptop.

Source – Cbc.ca

Image Source – Dailyadvent.com, Fortmcmurraytoday.com, Tonybates.com



#childrenofblubworld

# KAMAL SINGH

**T**ill four years ago, Kamal Singh had never heard of a dance form called ballet. Now, the 20-year-old son of an e-rickshaw driver from Vikaspuri in West Delhi has been accepted into the prestigious English National Ballet School in London. Kamal will be the first student from India to be admitted to the School.

He was 17, more than a decade too late for a boy to start ballet lessons when Singh came to Imperial Fernando Ballet Company's centre in Vasant Kunj after watching the movie ABCD.

One of the performers in ABCD was Mario Fernando Aguilera, a ballet dancer from Argentina, who has been running the ballet school, Imperial Fernando Ballet Company, in Delhi since 1997. He invited Singh to be a part of a trial class, which was free. The dance school's fees would be impossible for Singh, whose family comprises an older brother and a younger sister beside his parents. Aguilera offered him a full scholarship with one condition — he was to train every day to make up for lost time.

Last year, he was accepted for a summer programme at the historic Vaganova Academy of Russian Ballet in St Petersburg where he was cast as the soloist in the production, *Gayaneh*. He has been the principal dancer in the school's annual productions of *The Nutcracker*, *Swan Lake*, *The Legend of Love* and *Sleeping Beauty*.

Former students of the English National Ballet School are among the Who's Who of the ballet world. The acceptance letter received from





the English National Theatre to Singh states that the year-long Professional Trainee Programme is meant to support talented individuals such as him, to prepare them for the career progression in the dance world.

Singh is scheduled to start the year-long Professional Trainee Programme with the English National Ballet soon and has started a fundraiser.

Source - Indianexpress.com

Image Source - Sputniknews.com, Indianexpress.com,

Iglobalnews.com



# GABRIELLE GOODWIN



**S**olutions are often found in dark places. Similar is the story of Gabrielle, an American teen with African lineage. Often agitated because of her loose barrettes and unmanageable curls, Gabrielle and her mother lost patience and grew frustrated. But soon the mother-daughter duo, after research and experiments, invented non-slip barrettes and plant-based girls natural hair styling products and other solutions, to help parents and girls have fun while brushing and grooming their gorgeous African tresses.

In an exclusive interview with Blub World, Gabrielle speaks about the other profession she wishes to explore, her pet peeves and ways in which she adeptly manages school, business and the teen tantrums. Read on:

## **Who is Gabrielle Goodwin?**

I am the CEO of Confidence and the inventor of GaBBY Bows.

**“... I put pressure on myself to be my authentic self at all times.”**

**List your five major accomplishments so far? And which among them is your favorite, and why?**

My top five major accomplishments



are getting into Target stores, hitting six figures in the sixth grade, buying a headquarters, being the 2018 Black Enterprise Teenpreneur of the Year, and appearing on HSN and QVC. My favorite accomplishment is buying a headquarters because my family and I now have space for all of our businesses. We have been running our business out of our house, so we are excited to have a dedicated place to work and our first piece of commercial real estate.

### **Why Bows?**

We create GaBBY Bows because I would lose my barrettes all the time and my mom would lose time, money and patience. Through frustration and advice from others, we looked into creating a barrette that stayed in the hair and GaBBY Bows were born.

### **Name and describe in one line**

**each of the products at Gabby Bows and Confidence by Gabby Goodwin.**

With our patented, non-slip barrettes, plant-based girls natural hair styling products and other

**“...One thing that adults don't understand is that we are growing and maturing inside and outside, so we may have amazing days and horrible days.”**

solutions, we are able to remove stress from the hair-styling process so moms, dads, and girls can cherish their time together.

**What is your business model, and where all are you**

**available?**

Our business model is primarily direct to consumer and B2C with some B2B. We are in select Target stores and other beauty supply stores.

**Being in the constant limelight, do you feel any pressure?**

I don't feel too much pressure being in the limelight. If anything, I put pressure on myself to be my authentic self at all times.

**One thing that a teen knows but adults don't understand.**

One thing that adults don't understand is that we are growing and maturing inside and outside, so we may have amazing days and horrible days.

**What's your mantra of managing studies and work?**

My mantra for managing studies



Image Source - Kebloom.com

and work is to have my time planned and scheduled out. I always have a to-do list and update it as soon as possible to make sure I am getting everything done.

**One thing about you that the world would be surprised to know.**

I have been a dancer since I was two years old and I've played the violin since 5th grade.

**One thing from any part of the world, you wish should be accessible to every child.**

I wish that every child gets access to proper education.

**How different is your life from any regular American Teen?**

My life is different because I have more than school to worry about. I have a business as well. I have to do school work, work on my business,

and do personal things which make for a busy life. I may not always have the time to hang out or have time to myself sometimes.

**How do you want the world to change?**

I want the hatred and discrimination for anyone to change.

**What do your friends have to say about your growing popular**

My friends are really supportive and I've even used them for some aspects of the business: photoshoots, brought them to vendor shows, etc.

**Do you face any competition,**

**"...I always have a to-do list and update it as soon as possible to make sure I am getting everything done."**

**how do you deal with it?**

Yes, there is a lot of competition in the hair and beauty industry. We deal with it by differentiating our business through customer service. I write a thank you note to everyone who orders on our website and we make sure that our consumers are not just customers, but family.

**What role have your parents played in building this business?**

My parents have been my supporters since day one. Before the business started, they dipped into retirement funds and have since

then made so many sacrifices. My mom is my other co-founder, so she helps me with everything else I don't do. My dad is a comedian so he specifically helps with my speaking since he has a lot of experience.

**Who is your role model and why?**

My role models are my parents and other black girls who are doing amazing things. My parents are because we are first and now second generation entrepreneurs, and to see them learning every day and becoming successful is really inspiring. Other black girls because are role models because it is inspiring to see other young girls like Mikaila Ulmer, Amanda Gorman, Kheris Rogers and others who look like me, and are doing amazing things.

**One thing that the ongoing pandemic of Covid-19 has taught you about life?**

One thing that the pandemic has

Image Source - Bet.com



taught me is to cherish moments in life.

**Which country do you wish to reside in, other than America and why?**

The country I wish to reside in is South Africa because it's a goal of mine to travel to Africa. I chose South Africa specifically because my mom went there and loved it.

**Over the years, which all skills have you developed while negotiating business deals?**

Some skills I have developed in business deals are confidence in the value of me and my business, as well as communication.

**Which new career option would you like to explore?**

A career option I would like to explore is becoming a chef.

**If you were in a class filled with ten-year old children, how would you entertain them?**

I would entertain ten-year-old children with a dance party.

**“... I write a thank you note to everyone who orders on our website.”**

**What would you do if you made the rules at home?**

If I were able to make the rules at home, I would let me and my brother eat in our rooms, especially during

virtual learning if we get hungry.

**Are you paid a pocket money?**

No, I am not.

**What are your pet peeves?**

My pet peeves are when someone talks too much or smacks.

**What message would you like to give to our teen readers?**

A message I would give to them would be believe in yourself, do something you are passionate about, and remember NO is just an abbreviation for Next Opportunity.

*Exclusive Interview*



Image Source - Thefsuite.com



An aerial photograph of the Theatre of Delphi, a large ancient Greek theatre. The stone seating is arranged in a semi-circle, and the stage is visible in the center. The background shows lush green trees and a hilly landscape. A large yellow circle is overlaid in the center of the image, containing the text 'WORLD TEEN PARLIAMENT' in white, bold, uppercase letters.

**WORLD  
TEEN  
PARLIAMENT**

# **WORLD TEEN PARLIAMENT**

Inviting Teenagers from across the world to share Innovative Solutions for their Local and Global Problems with the World Leaders and push for a Positive Change in the World!

Virtual Parliament Sessions  
Ideas to Improve Life  
Push a for Positive Change  
Share Solutions for Local to Global Problems  
Pursue Global Leaders to address Challenges often neglected

## **World Teen Parliament**

A body of teens with a clear aim to make the world a better place to live; will opine and push on everything that empowers Life!

Identifying 1,00,000 Global Teen Change-Makers in 2021.

## **Encourage - Elaborate - Empower - 'CHANGE'**

The election to the teen parliament will only depend on the 'IDEA' that the Teen gives with the execution plan for any local to global problem.

Each session will be chaired by Global Leaders to give this body immunity from influence and persuasion.

**World Teen Parliament invites teens to "Inspire Change"**

[Worldteenparliament.org](http://Worldteenparliament.org)



# WORLD TEEN PARLIAMENT

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*\*Arranged in Alphabetical Order*



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# WORLD TEEN PARLIAMENT

## **BACKGROUND:**

We believe that teen age is the most energetic and innovative age bracket of any human being because he or she is not stuck with a lot of mental blocks of past experiences and advice.

This makes them immune from maximum prejudices, giving them freedom to innovate. And this very freedom can become the premise of innovative solutions that could change the world for a better future.

## **INTRODUCTION:**

A body of teens from all across the world giving innovative solutions to their local and global problems to world leaders pushing for positive change in the world.

Weekly virtual parliament sessions with teens from schools across the world, for passing weekly resolutions to push for improving lives of all around them, with solutions and deliberations to pursue global leaders to address the challenges that have been neglected.

## **OBJECTIVE:**

A body that will opine and push on everything that will empower human life.

A body of teens with absolute objectivity and a clear aim to make the world a better place to live.

## **PROCESS:**

A target to reach 1,00,000 teen changemakers across the world in 2021.

We will be hosting zonal parliamentary sessions to select the best teens from varied geographies to become a part of the World Teen Parliament.

**CHANGE**  
**E**NCOURAGE  
**LABORATE**  
**EMPOWER**

The election to the teen parliament will only depend on the 'IDEA' that the teen gives with the execution plan for any local or global problem.

Each idea will have to balance the 'practicality' and 'popularity' aspect of it, as is the need of every democracy.

The teen parliamentarian has to learn to respect the merit and the mandate balance of democracy, making him a much more responsible global citizen.

Each session will be chaired by leaders from different parts of the world to give this body immunity from influence and persuasion.

## **EXPECTED RESULTS:**

- 100 teens with the right energy and intent to empower goodness in the world by inspiring their peers
- 100 innovative ideas to local and global problems
- 100 changemakers ready to do some hands on work to make their communities better places to live
- A self sustaining community of teens to inspire other teens and the world
- A body of teens that will be "Of the teens, By the teens, For the World"

## **INNOVATION:**

- There is no such dedicated platform in the world exclusively for teens.
- Most such other platforms do not talk about local issues and problems in their proximity, so the research and the solution suggested by young participants is mostly based on secondary reading and not first hand experience, this activity will make them much more empathetic to their surroundings and nurture an attitude of taking responsibility in them, making them a responsible citizen of the future.
- Technology has overshadowed human connect, this will be an initiative to empower the magic of community spirit via the use of technology.



**BLUB WORLD INVITES TEENS TO  
"INSPIRE CHANGE"**



## SELECTION PROCESS



01. Students above 15 years of age can register on the Facebook or Instagram page of Blub World by posting a 59-second video of their vision statement or idea.

02. The participants whose video is most liked and shared will get selected for the round 1 or the Live Zonal Parliamentary Session (the Jury will also have a say in the idea selection)

03. Live Parliamentary Session on Zoom where the best 20 future MPs get selected for the WTP 2021 (50% Jury Judgment and 50% Live Voting)

04. The selected participants attend the training for participating in the Virtual Parliament

05. The top 20 teen MPs from all the zones get to participate in the WTP 2021 of 100 Teen MPs

06. The Prime Minister and the cabinet get elected by the votes of the teen MPs for the year 2021

07. These 100 Teen Parliamentarians start addressing students from all across the world for inspiring them

08. They work on the ideas given by them during the WTP 2021 to make their ideas a reality

09. The Teen Parliamentarians will also work to establish the World Teen Parliament 2022

**#blubworldpoetry**

# VALENTINE'S DAY!

The month of Feb  
And the date Fourteen  
Is a day Special  
Up to age Nineteen!

Buying a Card  
Or buying a Flower  
Is an Experience  
Sweet-n-Sour!

In the crowd of Cards  
In the mob of Flowers  
How to Select  
Your North-Star  
Which could lead the Love-  
Friendship,  
Very, very, very far!

**- Veena Bhavnesh Gaur**



# BLUB WORLD 'TEENAGE TUNES' ONLINE OPEN MIC FOR TEEN POETS

Below is the poems of Teen Poet who grabbed the first position in Sessions 28,29 & 31 of  
Blub World 'Teenage Tunes' Open Mic.

Sip some tea, perch on a swing and let yourself lose in the magical world of Teenagers!

*It's beautiful, it's deep and absolutely worth reading!*

## **'Memories'**

You were my mentor,  
You were my guide,  
You were the reason,  
Why I used to smile.

There is nothing in this world that you did not give me  
The happinesses,  
The joy and  
This lavish environment to live and see.

You had so much work to do  
But still you were a family man  
In every situation you were the one who encouraged us that  
YES YOU CAN!!!!

You were a person with immense knowledge but so down to earth  
That even today your employees say  
"We could never find a better sir."

But I don't know why god did this to us and called you so early  
I know I may sound a little selfish or girly..  
We miss you soo much and we love you  
Extraordinary people like you are really few.

Though you are too far away from us now but you are  
connected to our hearts,  
Your blessings and teachings will remain with us which in all  
phases of life enable us to have a better start.

I promise you Dadu that one day I'll become like you,  
And I know that from heaven you will see me and bless me  
too.

**Session 28**  
**Gauri Mutha**  
**The Icon Public School, Ahmednagar, Maharashtra**  
**Winner - 1st Position**



# BLUB WORLD 'TEENAGE TUNES' ONLINE OPEN MIC FOR TEEN POETS

## **'Mother'**

She is not a Doctor,  
But still takes my care,  
People like her are so rare...  
She is not a teacher,  
Still teaches me the best,  
For the life full of different tests....  
She is not a warrior,  
still fights for me.  
A tear in my eyes,  
She can not see....  
She is not a chief,  
Still cooks yummy food,  
And always makes my mood.....  
In the sun she is like a shadow of tree,  
For my help she is always free...  
She is a mother  
And has all professions within,  
She is beautiful, gorgeous and stunning....  
She is my best friend,  
She is my sister,  
In this world  
There is no one like her...  
Take a promise to respect your mother  
Because,  
Love like her  
No one can shower.....

## **Session 29**

**Diya Poptani**

**The Icon Public School,  
Ahmednagar, Maharashtra  
Winner - 1st Position**

## **Beauty At Its Best**

She is fair, he is dark,  
But their smiles do ignite a spark.  
He is brown, she is yellow,  
Yet, both of them have a lovely glow.

Some are tall, some are short,  
They were satisfied in their spots.  
But to compare them, we never fail,  
Till we send them over the rails.

He is fat, she is frail,  
We are healthy, they are pale...  
Today, these comparisons don't fit,  
Before it's too late, please realize it.

To cherish beauty at its best,  
All the injustice we must put to rest...  
Love yourself and brighten up your nest,  
In equality, we must consistently invest...

## **Session 31**

**Shrija Mukherjee, La Martiniere  
Girls' College, Lucknow, UP  
Winner - 1st Position**

*\*As submitted by  
the Participant.*

# AN EDUCATOR'S VIEW ON BUDGET 2021

**H**onorable Finance Minister has taken a leaf out of Schools' books: she presented the budget paperless, completely digital. This was perhaps a tip of the hat to millions of teachers who shifted to in-person education of children when the pandemic struck: from face-to-face in the School building to face-to-device. Delighted to hear about quantitatively strengthening of 15,000 schools under the National Education Policy, and the development of more than 100 new Sainik Schools and 750 model Eklavya Schools, the HEC and the umbrella structure for higher Ed, and the proposed central university at Leh - a shot in the arm for the region. I do believe that we have capabilities in the country to provide learning and development of the highest level, at par with anywhere in the world.

There is spending in this Budget. We require that. Even to meet the requirements as laid out in the NEP 2020, there is infrastructure required. For sustainability and growth, there are investments required. Last year, the budget gave the education sector INR 94,850/- Crores, this year (if I heard correct) is INR 99,300/- Crores. Factoring inflation, we are still off the required exposure and

hardly any increase. Being the year that was with the pandemic looming large and schools going completely digital initially and now hybrid with massive expenses and even greater revenue losses, there was hope for more support for the sector. The strange stance taken by certain segments of the society not paying fees has hurt millions of educators



and schools whose livelihood depends on the fees payment by parents. Anyway, glad that there was a nod to the acceptability of the NEP. All educators pan-India have actively participated in the NEP consultations, and perhaps there is now a sense of ownership the

educators now have about it! I've often said that it will take a VERY strong desire and will from the FM to allocate 6% of GDP to education; well, we're at around 2% this year.

I am a strong believer that the future of the country is knowledge-led, technology-enabled, with more and more communication in vernacular languages. The allocation of INR 50,000 crores to promote R&D to spur innovation, and efforts to make available all documents in major Indian languages is welcome. This was to be the best budget in 100 years. Well, I don't know about that. Most of it is good though some of the expectations are lacking, but an aspirational budget with focus on growth. Greater collaborations with private players, focus on governance, and ease of running is beneficial to the sector.

Overall, a 7.5/10 budget, plus brownie points for the FM going paperless!

- Mr. Kanak Gupta, Director, Seth M.R. Jaipuria Schools Group

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# LEISURE – NOT JUST LEISURE, BUT A NEED!

In the past one year, the working of every household, office, individual and organization has changed. The concept of 'Work from Home (WFH)' has finally seeped in, which was a desire for many. But as it is said that excess of anything can be dangerous, and so this mode of working from remote locations is proving out to be.

As exciting as it sounds, WFH has its own merits and demerits. From working in your PJs without moving out of home, one gets to begin work as soon as he gets up. For late risers, this may look appealing but over a course of time, this can have a detrimental effect on

one's mental, physical and emotional well-being. Let's see how – When we get up, it is important to have some time for yourself and with your family members devoid of



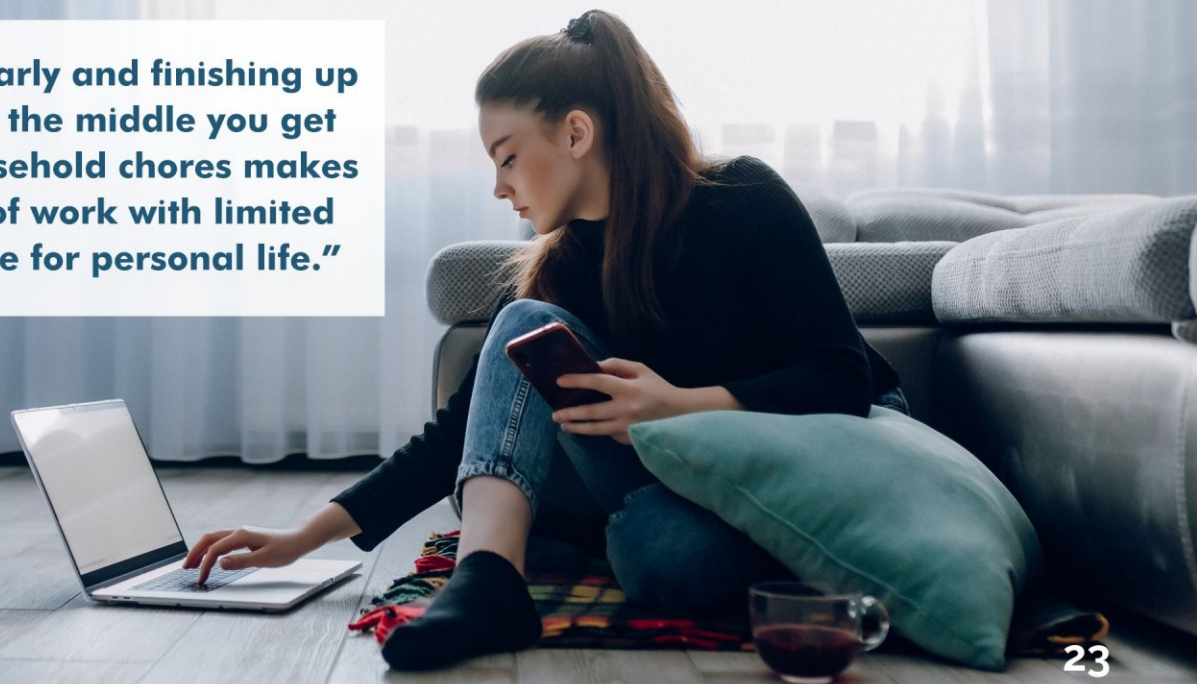
electronic devices. From simply sitting and mentally organizing your thoughts, schedule, learnings to plans, the morning hours are critical

and most fruitful.

After a small tete-e-tete with everyone, simple stretches, walk, Yoga, dance, singing to playing an instrument, devoting a small amount of time for fitness and hobbies can be creative and leave a very positive, long term effect on your health. Such small acts at home not just make one calm, confident and happy but also brings an air of freshness for all the family members. So it is imperative to create and follow your own unique morning ritual and feel its influence in life.

WFH unlike offices involves sitting in front of the laptop for hours together on sofa sets, bed,

**“... Starting work early and finishing up late only because in the middle you get caught in other household chores makes for a complete day of work with limited productivity and time for personal life.”**



carpets to an uncomfortable setting on the terrace or balcony. This can be distracting, unhealthy and is bound to reduce your efficiency while also giving you body pains due to unhealthy postures. Babies, pets and guests add to the already existing woes.

Inconsistent internet, electricity as well as a mixed environment of work and leisure makes professionals confused, unmotivated and lazy. Sooner or later, the timings also become a challenge. Starting work early and finishing up late only because in the middle you get caught in other household chores makes for a complete day of work with limited productivity and time for personal life.

A recent report by the International Labour Organization (ILO) has found that Indians are among the most overworked workers across the world while earning the lowest minimum statutory wage in the Asia-Pacific region, except Bangladesh. According to 'Global Wage Report 2020-21: Wages and Minimum Wages in the Time of COVID-19', India ranks fifth in the world among countries with long working hours, often stretching up to 48 hours a week. Only Gambia, Mongolia, Maldives and Qatar have average working hours longer than in India. As per the report, an average worker in China works 46 hours a week, 36 hours in the UK, 37 hours in the US and 36 hours in Israel. The report reveals that Indians spend less than one-tenth of time in a day for leisure, and especially women get far less



**“... The report reveals that Indians spend less than one-tenth of time in a day for leisure, and especially women get far less time than men for leisure.”**

time than men for leisure. (Source – Theologicalindia.com)

When a person works from office, he or she has a fixed schedule, morning and an evening routine. Getting dressed in the morning gives a sense of pride while walking out of home to reach your workplace involves movement, deviation from gadgets, time to think and relax

while also adds a newer perspective each day.

When one returns home at a fixed time, not just his official work gets over or carried forward to the next day but a shift in the environment of work and leisure allows the mind to involve in other activities as well. On the other hand, WFH hardly ends your tasks, leaving

no free time.

The time of leisure is not just simply for chilling but has other purposes as well. Here are a few that we all must know and try to achieve:

1. Freeness from routine, hustle and work is important for the mind, body and soul to take a break and rejuvenate
2. Freeness gives time to think and rethink our plans, actions, mistakes and corrective measures
3. A free mind, unoccupied with stress, tasks and guilt of being free, helps one strategize and innovate, not just at work but in every day chores and way of life as well
4. Leisure enables one to pursue activities of interest thereby boosting the overall well-being – mental and physical
5. A free mind compels you to think about others, their needs and requirements, thus reviving old bonds with the closed ones



6. When one is free, he is more conscious about his own routine, health and relationships. He or she is in control of their life and each day is lived and not just passed away in mere scrolling down of the screen
7. The act of giving yourself some free time helps create newer goals, opportunities thus driving you to success and a healthy-happy life

It is often said that only the one who is free can do something magical and marvelous, but the irony today is that freeness is something that is often ignored and undervalued. So, build a routine, control your time in life, break the shackles of the electronic devices and give yourself and others around you, moments of leisure and laughter! ❖

**“... It is often said that only the one who is free can do something magical and marvelous, but the irony today is that freeness is something that is often ignored and undervalued.”**



## WELLNESS AND GOODWILL: A GLOBAL NEED

I wish to ponder over the most topical aspect, the wellness of the mind, body, heart and soul. To begin with I think the foremost lesson for ourselves is to self-actualise and realise that the world is what we make of it as you can be the change you wish to see in others, famously said and oft quoted from the Mahatma, the one and only. You can be the humble creator of your own world as was bestowed by our creator, a world of happiness, kindness, humility, compassion. It is easy to focus on things that we do not have by way of comparison but you can build on what you have which can become a good practice to not

only sustain you, but also the universe.

Secondly, you can create your own world despite the disruptions that you face as you reflect upon yourself from the space you have created in your life; those subliminal spaces become your stories. These spaces could be your living room, the corner in your garden, the study, the corridor, the car, the painting/ scribbling on the wall of the home, the work station etc.

Thirdly, you can be conscious about who you surround yourself with, create the positive energy that can spiral the domino effect of positive chakras in the lives


of those who surround you. If you become aware of what you speak, hear, see, you can certainly improve the quality of your life without having to add anything materially in it. Surround yourself with people who make you feel better because they want you to do better and be a better person.

Fourthly, you may become selective in where you wish to expend your energy. You need to save your energy for winning the war, so let go of the skirmishes and battles of the mundane.

If we can adopt some of these practices in our daily lives, we can certainly build on a community of wellness and goodwill which is the dire need today. We must at the same time assist children in realizing for themselves what they truly need and to differentiate it from their desire. Being mindful is the first step towards wellbeing. Only when we can be compassionate and empathetic to our needs can we aspire to achieve it for others.

(The article is written by Dr. Richa Prakash, Principal, Allenhouse Public School, Panki, Kanpur, Uttar Pradesh)

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**"... If you become aware of what you speak, hear, see, you can certainly improve the quality of your life."**



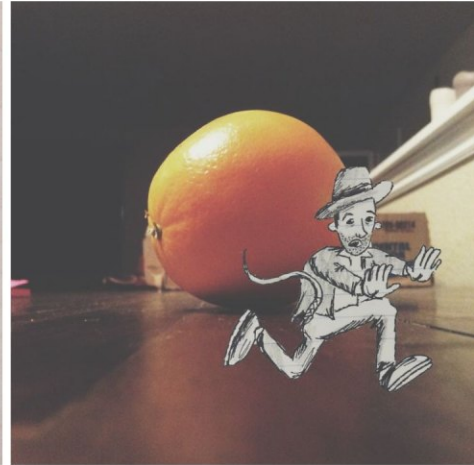
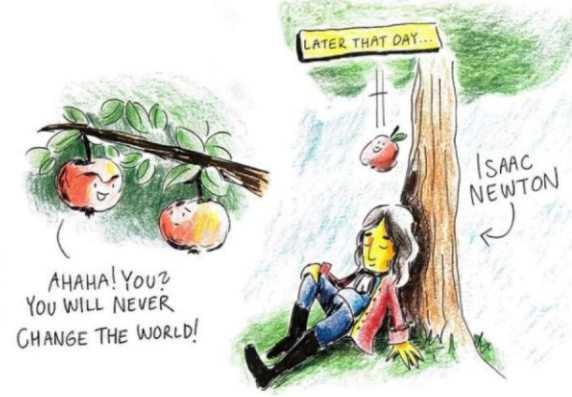
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# CREATIVITY IN ORDINARY!

**K**ristián Mensa is a 17-year-old artist from Czech Republic. Since childhood, he has looked at things from a different perspective which shows on his Instagram page named Mr. Kriss with more than 89,900 followers.

From the most ordinary things, the innovator has created unique images, using his drawing and illustration skills. He says, "Try to look around when on your way to school or work and you'll be surprised how many things around us can represent something completely different!" 🎨

Source – Boredpanda.com, Instagram.com



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# NATIONAL SCIENCE DAY FEBRUARY 28



National Science Day (NSD) is celebrated in India on February 28 every year. The day is celebrated to commemorate the discovery of the 'Raman Effect' by the great Indian physicist Sir CV Raman on February 28, 1928. He was awarded the Nobel Prize in Physics in 1930 for the same.

## INTERESTING QUOTES BY DR. C. V. RAMAN

Ask the right questions, and nature will open the doors to her secrets.

You can't always choose who comes to your life but you can learn what lessons they teach you.

I am the master of my failure...  
If I never fail, how will I ever learn?

Treat me right and you will see

the light. Treat me wrong and you will be gone.

We need a spirit of victory, a spirit that will carry us to our rightful place under the sun, a spirit that will recognize that we as inheritors of a proud civilization are entitled to a rightful place on this planet.

Success can come to you by courageous devotion to the task lying in front of you.

In the history of science, we often find the study of some natural phenomenon has been the starting point in the development of a new branch of knowledge.

It was poverty and the poor laboratories that gave me the determination to do the very best I could.

*Source - Internet*



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