

US Strategy Shift: The US now views Ukraine as a critical priority, providing military, economic, and financial support to counter Russian aggression ¹. This support aims to:

- Weaken Russian capabilities. Construct Ukraine as a 21st-century front-line state against Russia. Contain Russia's efforts to modify the post-Cold War order

Recommendations for the US: Constraining Putin's Resources: Maintaining sanctions and limiting Russia's access to wealth and technology. Disrupting Hybrid Operations. Identifying and exposing Russian hybrid operations, and developing counter-measures. Delegitimizing Putin as a Mediator- Recognizing Putin's adversarial stance and refusing to engage with him as a partner unless he demonstrates a willingness to advance Western interests. These recommendations prioritize a coherent global approach to meeting the Russian challenge, addressing the West's weaknesses, and promoting unity among NATO members.



Topic : EDUCATONAL STUDIES

Mrs. PARAS RANA

(Teacher of Biology, Hi. Sec. Science Section)

Educational studies play a vital role in shaping individuals and societies by exploring the methods, science, and philosophy behind teaching and learning. This field delves into understanding diverse learning styles, developing inclusive and future-focused curricula, and equipping teachers with effective pedagogical tools to enhance education quality. It emphasizes the importance of addressing inequality in access to education, updating outdated teaching methods, and incorporating mental health support into learning environments. Educational studies also tackle challenges posed by globalization and technological disruption, advocating for adaptable, critical thinking-focused approaches that prepare students for the demands of a rapidly changing world. As education evolves, the focus has shifted toward integrating technology, promoting lifelong learning, and fostering inclusive and holistic education. By leveraging digital tools and modern teaching methods, educational studies make learning accessible and personalized while ensuring the emotional and social development of students. The field envisions an equitable education system that not only equips individuals with career-ready skills but also nurtures well-rounded, empathetic citizens. Through innovation and commitment, educational studies pave the way for education to become a transformative force that shapes a better, more inclusive future for all.





Topic: Easy ways to remember tough point in science

-Miss. Vani Gandhi
(Assistant Teacher)

Neither subject is universally harder than the other it really depend on your strength and interest .scientific way to remember tough points easily

1. Link new information 2.Use active recall 3.Read key information out loud 4.Take regular study breaks 5.Reward yourself 6.Focus on the process not the outcome 7.Drink at least 8 glass of water a day 8.Exercise at least three times a week 9.Sleep at least eight hours a night and don't pull all nighters 10.Use mnemonics methods to study.



Topic : Here are some ways to help irregular students become more regular:

-Sonal Wagh
(Computer Teacher)

- ✱ **Identify the reasons for absences:** Try to understand what's causing the absences, such as bullying, embarrassment, or a conflict with a teacher.
- ✱ **Provide individualized support:** Recognize that students have different needs and learn at different paces. Provide resources and interventions based on each student's specific challenges.
- ✱ **Create an engaging learning environment:** Make sure students feel valued and have a voice in the classroom.
- ✱ **Set expectations:** Establish an attendance policy and set expectations early on.
- ✱ **Use a timetable:** Provide an automated timetable scheduling system to help students manage their time and prioritize tasks.
- ✱ **Use motivational strategies:** For example, a teacher could assign different colored flags to different classes based on attendance. The class with the best attendance could hold the flag with pride.
- ✱ **Teach responsibility:** Help students learn to take responsibility for their own efforts.
- ✱ **Be encouraging:** Recognize and reward acceptable behavior, and try to help students feel good about themselves.
- ❖ **There are many reasons why a student might be irregular, including:**
- ✱ **Personal issues :** Students may be struggling with personal issues, such as depression, family problems, or health concerns.
- ✱ **Time management :** Students may struggle with time management and lack regularity in their study habits.

- ✱ **Curriculum** :Students may struggle with content overloaded curriculums or unappealing curriculum.
- ✱ **Teacher relationships** : Students may face non-friendly or non-cooperative attitudes from teachers.
- ✱ **Institutional factors** : Students may experience poor working conditions, inadequate supervision, or a dysfunctional relationship between student and school.
- ✱ **Other factors** :Students may be affected by employment, marital status, age, nature of subjects, lecture effectiveness, visual processing difficulties, peer influence, indiscipline, and other excuses.



**Topic-What can be done to simplify the
RELATIONSHIP between MATHEMATICS and
PHYSICS ? AND How to prepare for JEE/NEET?**

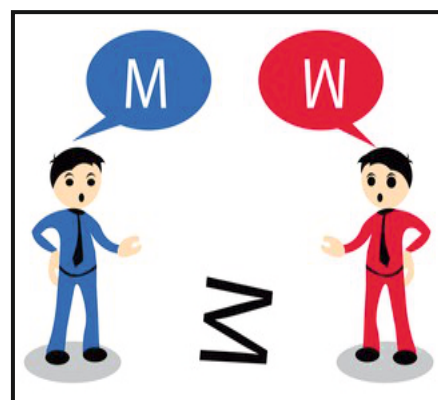
-Mrs. Shruti Vyas
(Teacher of Maths, Higher Secodary Section)

The topic discusses strategies to enhance the understanding of the relationship between mathematics and physics, emphasizing the importance of simplification. It suggests teaching concepts rather than just formulas, using real-world examples, and employing visualization techniques to make complex ideas more accessible. The text highlights the value of hands-on learning and collaborative approaches to problem-solving, which can help students grasp the connection between these two subjects more effectively.

Additionally, the topic provides tips for preparing for competitive exams like JEE and NEET. It encourages establishing clear goals, focusing on fundamental principles, selecting appropriate resources, and maintaining a positive mindset throughout the study process. The inclusion of historical context and stories about renowned scientists is also recommended to make the subjects more relatable and engaging for students. Overall, the topic aims to simplify the learning experience in both mathematics and physics, making them more enjoyable and less intimidating.

Obstacles can be overcome through strategy and learning. The essence of strategy is choosing what not to do. Creative without strategy is called 'art.

फूल बिछे हों या कांटे हों, राह न अपनी छोड़ो तुम।
चाहे जो विपदायें आयें, मुख को जरा न मोड़ो तुम।
साथ रहें या रहें न साथी, हिम्मत मगर न छोड़ो तुम।
नहीं कृपा की भिक्खा मांगो, कर न दीन बन जोड़ो तुम।
बस ईश्वर पर रखो भरोसा, पाठ प्रेम का पढ़े चलो।
जब तक जान बनी हो तन में, तब तक आगे बढ़े चलो।



“Make each day your masterpiece.” – John Wooden