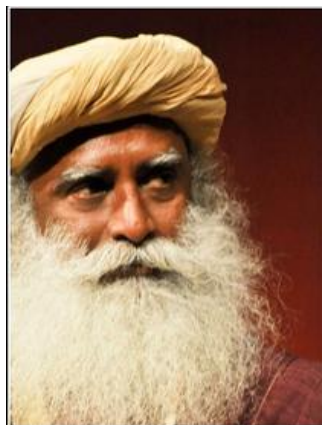




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There is no need to make spirituality a part of education. If you make

- education non-imposing and non-suppressive, people are naturally spiritual.
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— Jaggi Vasudev —

AZ QUOTES

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MICROSOFT AND EDUCATION MINISTRIES ACROSS ASIA ENABLE REMOTE LEARNING

Education ministries across Asia with the help of Microsoft Teams, Office 365 and Microsoft Azure, enabling millions of students to continue to learn from home. Beyond ensuring lesson continuity, schools have been facilitating real-time interactivity between teachers and students in class while enabling students to discover, create and share. In Vietnam, the Ministry of Education and Training deployed Microsoft Teams in a record time of 27 hours for more than 200 schools in Hai Phong city. In over 2 months, Teams was successfully adopted for more than 3.3 million teachers and students from primary and secondary schools, high schools and institutes of higher learning across the country. **Source: Microsoft News**

Education News across the World



REDEFINING ONLINE MEDICAL EDUCATION DURING COVID

Timely support by technology start-ups has enabled uninterrupted and structured online learning in as many as 757 health sciences institutions affiliated to Rajiv Gandhi University of Health Sciences (RGUHS) in Bengaluru. In April 2020, the RGUHS roped in tech startups to implement Learning Management Systems (LMS) to continue the lectures online. While the tech companies offered the software and learning apps free of cost to the university, the institutions with nearly two lakh students and medical teachers got trained to adapt to the online education system. During the COVID crisis, the startup volunteered to develop Medwhiz, a learning platform for medical, dental and paramedical education and develop content prescribed by the Medical Council of India. The varsity decided to have mandatory online teaching to engage the students during the crisis. Live sessions are conducted in the colleges and the software installed in the classroom helps record each live session in the classroom.. **Source: The Week**

BORIS JOHNSON HANDS SCHOOLS £2.2BILLION TO BOOST EDUCATION

BORIS Johnson has handed schools £2.2billion to boost education following the Covid-19 crisis for the next year. He mentioned that every pupil will benefit from the Government's funding bonanza worth a total of £14.4billion over three years. Secondaries will get a minimum of £5,150 a pupil – up from £5,000 this year – while primaries will get at least £4,000 a pupil, up from £3,750. Schools also get grants from a £1billion pot to help catch up following the lockdown. Education Secretary Gavin Williamson said: "This year has been incredibly challenging for schools, teachers, and students due to the COVID-19 outbreak, with everyone working in education going to incredible lengths to support children and ensure they can get back to the classroom. Headteachers are free to spend the cash however they want, including small group or one-to-one tuition, support over the summer, or additional support for great teaching. **Source: The Sun**



MANIPUR LAUNCHES THE FIRST DEDICATED EDUCATION TV CHANNEL

In a move to provide benefit to both the Teachers and Students, Manipur's first ever dedicated educational TV Channel called "Lairik" was launched under the platform of Jio TV in Imphal on Thursday. Through the channel, students can watch the contents easily on a mobile phone instead of depending on a TV unit. (Smart phones or even Jio Phone is capable of showcasing Jio TV). Lairik channel will be visible across India. Out of 700 channels on Jio TV – 64 channels are dedicated to Education – hosted by Ministry of HRD (Swayam Prabha), Ministry of IT (DigiShala), Government of Gujarat (Vande Gujarat), Skills Development (Million Lights) and many other similar states. Seven day catch up feature that allows students to repeatedly watch telecast content any number of times for the next 7 days. The Jio Saavn and Jio Chat have no dependency on Jio Sim and are open to all followers across the world. **Source: The Hindustan Times**

Tips for Positive Self-Talk

Beginning the Decoding Process

You Are Not Alone

Many people go through their lives unaware of how they feel or what causes negative their feelings. Instead they just know that something doesn't feel right. They don't feel content, get easily irritated, have a lack of energy, or are anxious and worried. And they do not know why...



The Faces of Feelings



So What Now?

Identify the Problem

Ask yourself questions about what you disapprove of. What don't you like? This will help you begin the information gathering process.



SLOW DOWN

When we are upset, we often just react. We do not pay attention to the thoughts that led us to feel this emotion. It is important to take some time to analyze your thoughts, so it is easier to consider your next step.

Putting your thoughts on paper can help you sort through your thinking. This demystifies the process of understanding how you feel.



Write down a list of your thoughts to identify negative thinking.



And then ask yourself...

"If I change any of these thoughts, will I feel better?"



With patience and practice...

