EMPOWERING CLASSROOMS WITH IDEAS

Official **NEWSLETTER** of mohitguragain.com.np

Why This Newsletter Exists

WRITTEN BY MOHIT PRASAD GURAGAIN

This is our sincere effort to empower classrooms and bring meaningful change to the learning environment. Students in the 21st century face numerous challenges, including a shortage of fully dedicated and qualified professionals and classrooms lacking sufficient resources. These issues often create disengaged and uninspiring spaces, leading to lower levels of learning—an alarming concern in many schools today.

While a single initiative may not solve every problem, we have taken this step to inspire and support professionals in the field. We believe this effort will help educators make the most of available resources and implement more engaging, effective teaching strategies. Our goal is to provide improved pedagogical tools and meaningful assessment practices that truly reflect student learning. We are committed to nurturing a culture of continuous improvement, innovation, and collaboration among educators. Through this, we envision classrooms that not only inform but also inspire.

This newsletter is intended for educators, students, parents, policymakers, government authorities, social workers, and all those involved in shaping education. We hope it serves as a valuable resource for informed and impactful decision-making in the education sector.

Education is the most powerful weapon which you can use to change the world.

NELSON MANDELA

What Makes Classrooms Come Alive?

TEXT AND PHOTOS BY MOHIT PRASAD GURAGAIN

"I hear and I forget. I see and I remember. I do and I understand." – Confucius

This timeless quote perfectly captures the essence of today's dynamic classrooms. Around the world—and increasingly here at home—educators are moving beyond traditional lectures toward practices that make learning more interactive, relevant, and alive.

One major transformation is the shift toward student-centered learning. In Finland, schools use phenomenon-based learning, allowing students to explore real-world issues like climate change through interdisciplinary projects. Closer to home, Nepali classrooms are adopting similar strategies through community-based learning tasks.

Technology integration is another driver of change. Tools like AI tutors, Nearpod, and ClassVR are turning lessons into immersive experiences, providing students with simulations, real-time feedback, and personalized learning paths.

Project-based learning (PBL) is also gaining momentum. Students solve real-life problems—such as creating eco-friendly models for local communities—making learning practical and meaningful.

Collaboration and peer learning are actively encouraged through platforms like Padlet and Jamboard, allowing students to brainstorm, co-create, and reflect together— even in hybrid classrooms. At the same time, a focus on social-emotional learning (SEL) ensures that learners feel safe, heard, and motivated

Classroom spaces themselves are being redesigned into flexible learning environments, with movable furniture, creative zones, and comfort corners. Add to that the excitement of gamification, through tools like Kahoot! and
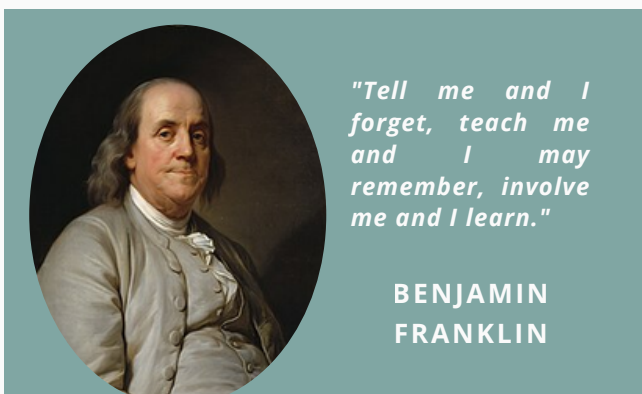

Minecraft Education Edition, and learning becomes both fun and engaging.

Finally, AI-powered feedback systems help identify each student's needs and guide them accordingly—making education more inclusive and personalized.

In short, today's most effective classrooms are not louder, but livelier. They are built on curiosity, collaboration, and creativity—where students learn not just to remember, but to understand, apply, analyze, evaluate and create.

How Students Learn: Insights from the Latest Research

WRITTEN BY MOHIT PRASAD GURAGAIN

"Tell me and I forget, teach me and I may remember, involve me and I learn."

BENJAMIN FRANKLIN

Recent studies show that students learn best through active, multimodal, and emotionally supportive environments. Research from Harvard and Singapore highlights the power of hands-on, discussion-based, and visual learning. Cognitive Load Theory urges simplifying content into manageable chunks. AI tools like Khanmigo and Century Tech boost learning through personalized feedback. Social-emotional learning (SEL) improves both academic and emotional outcomes, while Oxford studies stress the role of sleep in memory and focus. Effective classrooms today are not just about teaching facts— they're about engaging, adapting, and supporting the whole learner.