



NEWSLETTER

INSIGHT

**INTERNATIONAL
BACCALAUREATE
DIPLOMA
PROGRAMME**

**VOL 10
JAN 2024**



A MESSAGE FROM THE PRINCIPAL



Dear Students,

Wish you all a Happy New Year! As we embark on a year filled with possibilities and opportunities for growth, I would like to share some thoughts on the importance of creating a daily routine, effective time management, and strategies to overcome exam stress.

A well-structured daily routine is the cornerstone of success for our students. It provides them with a sense of stability and fosters good habits that contribute to both academic and personal development. I encourage students to allocate dedicated time for academics, extracurricular activities, and personal relaxation, as this not only enhances time management skills but also contributes to their overall well-being.

Time management is a skill that goes beyond the classroom and is crucial for success in various aspects of life. Motivate yourself to prioritize tasks, set realistic goals, and manage time efficiently. Learning these skills will serve you well throughout your academic journey and beyond.

As we progress through the academic year, the pressure of exams can be overwhelming. I encourage students to approach exams with a positive mindset and effective strategies. Breaking down study sessions, regular self-assessment, and seeking help when needed are key components of successful exam preparation. I remind you that exams are not only about grades but also an opportunity for personal growth and learning.

To alleviate exam stress, it is essential for students to maintain a healthy balance between study and relaxation. Adequate sleep, regular breaks, and physical activity contribute to a focused and resilient mindset. Students should recognize the value of self-care during demanding periods.

Parents, your support is crucial in fostering these skills. Engage in open communication with your child about their daily routine, offer guidance on time management, and provide a supportive environment during exam periods. Together, we can create an atmosphere where students feel empowered to manage their time effectively and face the challenges of exams with confidence.

Let this academic year be a journey of personal growth, resilience, and success. With a well-balanced routine, effective time management, and a positive approach to exams, our students can achieve their full potential.

Wishing everyone good luck for the examination ahead!

MS. GIRDHAR KUMARI

PRINCIPAL

FROM THE DESK OF DPC



Dear Students, Parents, and Colleagues,

As our Diploma Programme reaches a pivotal moment, the air is filled with anticipation and excitement. Reflecting on the academic year, I am truly proud of the exceptional intellectual growth our students have demonstrated. The upcoming exams serve as more than tests; they provide opportunities for students to showcase the knowledge, analytical skills, and resilience cultivated throughout the year.

Dear students, your unwavering commitment to excellence has been commendable. These exams are your chance to exhibit the depth of knowledge and skills acquired during this transformative journey.

To parents and guardians, your steadfast support has been pivotal. Your encouragement and collaboration play a crucial role in the success of our students.

Faculty and staff, your unwavering dedication has profoundly shaped the academic paths of our students. Thank you for your commitment to excellence throughout the year.

Approaching the exams with a positive mindset, let us see challenges as opportunities for growth. Remember, success is not just about grades; it encompasses knowledge and resilience. Together, let's continue supporting each other through this academic journey.

Best wishes,

MS. MANISHA CHANDRA

DIPLOMA PROGRAM COORDINATOR

Redefining Research in the 21st Century



In the landscape of academic exploration and inquiry, the International Baccalaureate Diploma Programme (IBDP) witnesses a significant shift in research paradigms. As an EE Coordinator within this educational framework, it's essential to recognize and champion the innovative approach to research in the 21st century.

Our traditional view of research, confined within disciplinary boundaries, has evolved. Today's research transcends these limitations, emphasizing interdisciplinary collaboration. This shift enables a holistic understanding of complex issues and fuels accelerated advancements in varied fields.

The hallmark of this evolution is the profound reliance on technology. The IBDP embraces the integration of technological tools, acknowledging their pivotal role in reshaping research methodologies. Technologies such as artificial intelligence, machine learning, and big data analytics empower students to delve into realms of information, unlocking insights that were previously unimaginable.

As an EE Coordinator, fostering adaptability and agility among students is paramount. The rapid evolution of methodologies demands a culture of continuous learning and adaptability. Encouraging students to embrace new tools and techniques becomes pivotal in nurturing their growth as 21st-century researchers.

Interdisciplinary research is encouraged within the IBDP framework. Collaborations between diverse fields facilitate innovative solutions to multifaceted problems. Students engage in cross-disciplinary approaches, fostering creativity and depth in their research endeavours.

Ethical considerations take precedence in this era of technological integration. Students are encouraged to abide by ethical guidelines, ensuring responsible data use and prioritizing privacy, security, and societal welfare.

In conclusion, as an EE Coordinator in the IBDP, embracing this transformative approach to research becomes integral. It promises to unlock new discoveries and equip students with the skills needed to address future challenges, shaping them into ethical and innovative global citizens.

MR. MANISH KEDAWAT

PHYSICS FACILITATOR / EE COORDINATOR

“Everyone can be great because everyone can serve.”

Martin Luther King Jr.



It is a delight to be the CAS Coordinator of Sanskar School, Jaipur. Creativity, Activity and Service (CAS) lies at the core of the IB Diploma Program. The primary objective is to help students develop a benevolent attitude with the intention to serve society to the best of their potential. Additionally, engaging in CAS builds a sense of purpose among students and helps them take stewardship of

their actions.

We have taken numerous initiatives to provide children with opportunities to showcase their creativity, tap into their areas of strength and develop an empathetic mindset. Some of the enthralling activities for students have been partaking in Model United Nations, orchestrating clothes and food donation drives and effectuating peer mentoring by guiding their juniors to sail through the challenging subjects.

Students at Sanskar are not only passionate learners but also have a profound sense of service as they periodically occupy themselves in activities that benefit society. One of them is making first aid boxes for the people in rural areas. Prior to their engagement in any activity, they reflect upon its requisition and welfare for society. Post that they engage in preparation, action and demonstration of the service/activity. For the very same, students were given a session on first aid by the nurse of our school, following that sufficient materials were arranged and they labelled the medicines in both English and Hindi languages before its distribution.

We at Sanskar School sincerely wish the best of learning experiences for students and hence CAS serves as a platform where students can unleash their creativity, foster their strength and service orientation. We aspire to cultivate a generation of youth who carry positive transformations within themselves and consistently strive for the betterment of the society.

MS. PRIYAL MALHOTRA

PSYCHOLOGY FACILITATOR / CAS COORDINATOR

"Consumer Spending Trends Reflect Shifting Economic Landscape This Christmas"



Christmas is the festive season that brings joy, togetherness, and goodwill is not only a time of celebration but also a fascinating intersection of economics and culture. The Christmas season offers a distinct viewpoint on consumer purchasing patterns amidst global uncertainty and economic developments. People's decisions about holiday gifts are a reflection of both their own preferences and the state of the economy as a whole.

Despite Supply Chain Issues, Online Shopping Predominates: Online purchasing is on the rise as a result of the continuous difficulties in global supply chains. Customers are using online purchasing sites to cross items off their Christmas wish lists because they are worried about shortages and in-store shopping. This change not only reflects shifting consumer preferences but also demonstrates how resilient digital markets are to downturns in the economy.

Local and Sustainable Products Gain Traction: As customers become more aware of environmental issues, they are choosing to give presents that are sourced locally and sustainably. There is a discernible trend toward more conscientious and responsible consumerism, from eco-friendly products to handcrafted goods. This decision promotes local companies and adheres to sustainable standards, strengthening the local economy and fostering community resilience.

Experiences Over Material Gifts: Many people are choosing experiences over material belongings, which is a deviation from the custom of giving gifts. This trend toward experiential presents, which includes everything from online classes and virtual events to local activities, is a response to travel restrictions and current pandemic concerns. This adjustment takes into account both the existing state of the world and the desire for unique experiences.

Subscription Services as a Practical and Convenient Option: This Christmas season has witnessed a notable increase in the popularity of subscription services. Customers are enjoying the ease and usefulness of subscription-based presents, from meal kit delivery to book clubs and streaming services. This trend gives both present givers and recipients a long-lasting and sustainable alternative, while also being in line with the digital age.

Tech Gadgets Continue to Grab Consumer's Attention: The market for tech gadgets is still robust in spite of the uncertain economic climate. Consumers are spending money on technology to stay connected and blend with the always-changing digital landscape. This includes anything from wearable technology to the newest smartphones and smart home

appliances. This tendency supports the expansion of the tech industry in addition to demonstrating the significance of technology in our day-to-day lives.

People's choices about what to give as Christmas presents this year reveal changing consumer tastes as they negotiate the current economic issues. This holiday season best represents the adaptability and resilience of both consumers and the economy as a whole, with everything from online shopping and sustainable options to experiential gifts and digital gadgets.

MS. NAMITA CHOUDHARY

ECONOMICS FACILITATOR

Leadership and teamwork



Leadership and teamwork are like superheroes for students, guiding them toward success in both academics and life.

Leadership isn't just about being in charge; it's about inspiring others, being responsible, and showing the way.

Students can nurture leadership skills by taking the lead in group projects, helping peers, and embodying a positive role model for their classmates.

On the other hand, teamwork is the art of collaborating seamlessly. It involves listening to others, sharing ideas, and combining strengths to achieve a common objective.

Engaging in group activities helps students recognize the power of collaboration, where each team member's contribution is crucial. Teamwork teaches essential life skills such as effective communication, the ability to compromise, and an appreciation for diverse perspectives. These skills not only enhance academic performance but also prepare students for the challenges of the future, where the ability to lead and collaborate is paramount.

As students master leadership and teamwork, they build a solid foundation for success, equipping them to excel in both their educational journey and future endeavours in the professional world.

MS. VIDHI SHARMA

CS / DS FACILITATOR

La ville paris



Paris est située au centre de la région Île-de-France, traversée par la Seine, l'Oise et la Marne. La ville est entourée de grandes forêts de hêtres et de chênes ; on les appelle les « poumons de Paris », car ils contribuent à purifier l'air dans cette région fortement industrialisée. La ville proprement dite est petite ; aucun coin n'est à plus de 10 km environ de la place devant la cathédrale Notre-Dame. Elle occupe une dépression creusée par la Seine, et les hauteurs environnantes ont été respectées comme limites de la ville. L'altitude varie de 430 pieds (130 mètres) à la butte de Montmartre, au nord, à 85 pieds (26 mètres) dans le quartier de Grenelle, au sud-ouest.

La Seine coule sur environ 13 km à travers le centre de la ville et 10 des 20 arrondissements. Il entre dans la ville par le coin sud-est, coule vers le nord-ouest et tourne progressivement vers le sud-ouest, pour finalement quitter Paris par le coin sud-ouest. En conséquence, ce qui commence par la rive est du ruisseau devient sa rive nord et se termine par sa rive ouest, et les Parisiens adoptent donc la désignation simple et immuable de rive droite et de rive gauche (face à l'aval). Cependant, les lieux spécifiques sont généralement indiqués par arrondissement ou par quartier (quartier).

Au niveau de l'eau, à environ 9 mètres sous le niveau de la rue, la rivière est bordée, du moins sur les portions non transformées en autoroutes, par des quais pavés ornés d'arbres et d'arbustes. Depuis le niveau de la rue, une autre rangée d'arbres se penche vers l'eau. Entre les deux niveaux, les murs de soutènement, généralement constitués de blocs de pierre massifs, sont ornés de grands anneaux de fer autrefois utilisés pour amarrer les navires marchands, et certains sont percés d'ouvertures laissées par des portes d'eau pour d'anciens palais ou des ports d'inspection pour les métros, les égouts. , et les passages souterrains. Par endroits, les murs sont recouverts de lierre.

Mr. DAYANAND SHARMA

FRENCH FACILITATOR

IS ARTIFICIAL INTELLIGENCE A BOON OR BANE FOR BIOLOGY LEARNING?

“The key to artificial intelligence has always been the representation.”—Jeff Hawkins



Artificial intelligence is becoming a powerful force in this technological age, which is generating relevant buzz in the field of education. I have known since I was a young child that computers are simply machines that can be programmed to do things and have no inherent intelligence; nonetheless, the phrase "artificial intelligence" suggests otherwise. AI means that machines can mimic or outperform human intelligence and decision-making abilities in practical applications. The application of AI has had a considerable impact, particularly in the field of biology education. As AI technology develops, the question of whether it will be beneficial or detrimental to biology education arises.

Interactive and engaging learning experiences are made possible by technologies driven by AI. Students can now conduct experiments, investigate intricate biological processes, and view molecular structures in ways that were previously not feasible thanks to virtual labs and simulations. These interactive resources can significantly increase students' interest in and comprehension of complex biological ideas. Teachers can use AI analytics to identify trends and change their pedagogical approaches to better meet the individual requirements of each of their students. For students with different learning preferences, AI technology can also make biology instruction more accessible.

Although AI has the potential to personalize learning, there is some worry that it could also depersonalize the educational process. If AI replaces traditional teaching methods, the importance of the human part of education, which includes mentoring, emotional support, and inspiration, might be reduced. Too much reliance on AI could impede pupils' ability to acquire critical thinking skills. Students may not engage in the cognitive processes necessary for problem-solving and hypothesis formation, which are important to biology learning if AI platforms offer solutions and answers too quickly.

In conclusion, the integration of artificial intelligence into biology learning has both potential and challenges. By delivering personalized and interactive learning experiences, AI can

dramatically change how students engage with biological concepts. However, it is vital to strike a balance between schooling that is driven by AI and the preservation of skills like critical thinking and interpersonal communication. The effectiveness with which the potential problems are solved will determine how AI will affect biology learning in the future.

MR. ARCHAN BHOUMIK

BIOLOGY FACILITATOR

MEDIEVAL INDIAN HISTORY OF MATHEMATICS



The medieval period in Indian mathematics, roughly spanning from the 11th to the 19th century, The old mathematical traditions of India were carried forth during the mediaeval era, with a focus on calculus, trigonometry, and astronomy. The developments in calculus throughout the mediaeval era were especially noteworthy and had a long-lasting effect on the evolution of mathematical concepts. Here are some key aspects:

Bhaskara II (1114–1185 CE)

Bhaskara II, from the Bhaskara dynasty, made substantial contributions to algebra and calculus.

His work "Lilavati" covers various mathematical topics, including arithmetic, algebra, and geometry. According to ancient Indian mathematics geometry, mathematician Bhāskara had already discovered many of Leibniz's ideas over 500 years earlier.

Madhava of Sangamagrama (1350–1425 CE) and the Kerala School

He was an Indian mathematician and astronomer who is considered as the founder of the Kerala school of astronomy and mathematics. One of the greatest mathematician-astronomers of the Late Middle Ages, Madhava made pioneering contributions to the study of infinite series, calculus, trigonometry, geometry, and algebra. He was the first to use

infinite series approximations for a range of trigonometric functions, which has been called the "decisive step onward from the finite procedures of ancient mathematics to treat their limit-passage to infinity".

Nilakantha Somayaji (1444–1544 CE)

He also referred to as Keḷallur Comatiri, was a major mathematician and astronomer of the Kerala school of astronomy and mathematics. One of his most influential works was the comprehensive astronomical treatise Tantrasamgraha completed in 1501. He also composed an elaborate commentary on Aryabhatiya called the Aryabhatiya Bhasya. In this Bhasya, and Nilakantha discussed infinite series expansions of trigonometric functions and problems of algebra and spherical geometry. Grahapariksakrama is a manual on making observations in astronomy based on instruments of the time. Known popularly as Kelallur Chomaathiri is considered an equal to Vatasseri Parameshwaran Nambudiri.

Srinivasa Ramanujan Aiyangar (1887-1920)

Being mostly self-taught, Ramanujan has an intuitive capacity to find and develop novel discoveries in mathematics. This mathematician, who was Indian, made important advances in number theory and other branches of mathematics. Among his significant contributions to the notions of numbers are the following: Ramanujan-Hardy Number (1729), Infinite Series, Mock Theta Functions, Ramanujan Prime, Modular Forms etc.

The foundation for mathematical ideas that have endured throughout history was built by Indian mathematicians in the Middle Ages. Their contributions to number theory, algebra, calculus, trigonometry, and other fields have had a profound impact on the development of mathematical theory. The rich mathematical traditions of ancient India and the contemporary global mathematical environment were connected by the intellectual legacies of mathematicians such as these luminaries.

MR. VIKASH AGARWAL

MATHS FACILITATOR

IMPORTANCE OF A FRIEND



What exactly is a friend?

Is it someone you trust? Someone you chat with? Someone to whom you expose your thoughts to? Someone who is there in the time of your need?

To be frank a friend is any one of these. Most of these friends are there for personal benefits and don't care about you at all. What separates these wannabes from real friends is **INVESTMENT.**

A true friend does not talk trash about you behind your back, he/she is not someone who arrives in your sight exactly when they need some favour, maybe you are rich and lend them money maybe you are smart and they want to copy your work maybe you're popular and they want to gain connections for benefits in future.

What a true friend does is stay with you whether you are poor or rich, ugly or handsome, smart or dumb, this person would stay with you even if they have nothing to gain, all that they want is your faith in them and their faith in you.

What exactly is the benefit of these so-called true friends?

Every one of us has had situations when we only talked to our 'friends' when we needed support in something and it was always specific. There was always a smart person we used to ask our questions or copy his work there used to be a person whose food was always eaten by us. In the end, we didn't care if they were gone or not as they could easily be replaced by someone.

Just think and try to remember if you have done something beneficial for one of these people. There would be a really low number who have done something others would realize that this so-called friend did not mean anything and was used by themselves for our benefit.

But there is always that one friend we had who has helped us through all of this and has either helped us move forward with him or has instead of letting himself go forth let the fellow us take the first step.

These people who are true friends will always come in handy in our most miserable and in situations, we just end up questioning ourselves. If we were to make these friends we should do our best to keep in touch and try to give them time if needed this helps us build a good connection circle and would help in the future if we need some financial or emotional support these real friends can act as a startup boost.

DIVYANSHU TAK

IBDP Y1

Unveiling the Subtle Art of Propaganda in Student Life

In the bustling world of academia, where young minds are nurtured and perspectives



shaped, an often-unnoticed force is at play – propaganda. Contrary to the images of overt political manipulation, propaganda in student life operates in subtle ways, influencing opinions, beliefs, and behaviors. From classrooms to social media, the tactics of persuasion are omnipresent, leaving students susceptible to a range of influences.

The Classroom Chronicles

Within the confines of the classroom, propaganda takes on various forms. Textbooks, often considered bastions of factual information, may subtly skew historical events or omit certain perspectives. Whether consciously or not, teachers can contribute to this by framing discussions in a way that favours a particular viewpoint. In an age where critical thinking is paramount, the inadvertent promotion of one-sided narratives can shape students' understanding of the world.

To combat this, educators must encourage students to question the information presented to them. They must urge students to seek out multiple perspectives and evaluate sources critically. Promoting open discussion and debate in the classroom can also help students develop a more nuanced understanding of complex issues.

Social Media Sway

In an era dominated by social media, the influence of propaganda extends beyond the traditional classroom setting. From viral memes to carefully curated posts, students are bombarded with information designed to evoke specific emotional responses. The echo chamber effect further intensifies, as individuals are exposed to content that aligns with their existing beliefs, creating a self-reinforcing loop of opinions.

To combat this, students must learn to evaluate the sources of information presented to them on social media. They must also develop the ability to recognize logical fallacies and biased arguments. Educators can help by teaching students how to identify and evaluate sources, as well as how to recognize and avoid propaganda.

Branding and Consumer Culture

Propaganda is not limited to shaping political beliefs; it extends into the realm of consumer culture. Students, often on tight budgets, are targets of marketing campaigns that employ psychological tactics to create desires and needs. The omnipresence of logos, influencers, and lifestyle marketing subtly nudges students towards specific brands and consumption patterns, fostering a culture of conformity.

To combat this, students must learn to recognize the psychological tactics employed by marketers. They must also develop the ability to evaluate the validity of claims made by companies. Educators can help by teaching students how to recognize and evaluate advertising techniques, as well as how to make informed consumer choices.

Navigating the Propaganda Landscape

Recognizing propaganda and developing critical thinking skills are crucial for students navigating the complex web of information. Educators play a pivotal role in fostering media literacy, teaching students to question sources, evaluate biases, and discern between fact and opinion. Encouraging diverse perspectives and open dialogue within classrooms can help students develop a more nuanced understanding of the world around them.

To navigate the propaganda landscape, students must have the necessary skills to critically evaluate information. They should be taught to recognize propaganda in its many forms and to question the validity of claims made by individuals and organizations. In addition, students must also learn how to seek out multiple perspectives and evaluate the accuracy of information presented to them.

The Call for Media Literacy Education

As the influence of propaganda becomes increasingly pervasive, there is a growing call for media literacy education in schools. This involves teaching students to analyze and evaluate information critically, empowering them to be discerning media consumers. By equipping the youth with the tools to navigate the information landscape, educators can foster a generation of independent thinkers resistant to manipulation.

Media literacy education must be a priority in schools. Students need to develop the skills necessary to navigate the complex landscape of propaganda. By providing students with the tools, they need to evaluate information critically, educators can help to create a more informed and critically thinking society.

Conclusion

In the dynamic landscape of student life, the influence of propaganda is ever-present. Whether it manifests in the classroom, on social media, or in the consumer choices students make, the power of persuasion is a force to be reckoned with. By acknowledging its existence and actively promoting media literacy, educators and students alike can work towards creating a more informed and critically thinking society. As the saying goes, knowledge is power, and in the face of propaganda, an educated mind is the most potent defence.

DHROOV JOSHI

IBDP Y1

Importance of reading extracurricular books



Books have been a part of our society for a long time. They teach us about a lot of laws concerning various aspects of the world we live in. To get a good grasp of how the world works and different things function, concerning the economy, politics, humans and what the future holds it is important to read books.

These books can be of different types like fiction, non-fiction, philosophy, psychology or fantasy, it doesn't matter, what matters is the knowledge they contain and how you can implement it in your real-life to attain great wisdom and reach great heights. Some topics that I would recommend can be:

Philosophy and formation of mindset

We all have a mindset of our own that functions in its own way and makes us unique, but that doesn't mean that getting a grasp of what others believe is prohibited. Reading philosophy helps us to learn about how different people thought/think and how their thinking skills transformed the world for a revolutionary turn or a destructive one.

People have their own beliefs which can't be shattered but adapting is important. Reading philosophy tells us how the perspective of each human matters and how understanding and accepting that can help us reach great heights. To a certain level it makes us realize our own standing in society which creates self-awareness, and that is really important.

Psychology and Social Acceptance

In the physical world, we all have friends. Some of them whom we met are now unknown and some of them still remain with us. Reading books related to psychology helps us to understand our own emotions and help us maintain ourselves better. This is a really important aspect of life whether it is a teenager, a child, an adult or an old aged, you can be of any profession or age but if you can't control your emotions, they are surely going to hinder your work and daily routine.

Social acceptance and understanding of society are also important if we can't do that, we will just be isolated, which really isn't a good feeling. Psychology helps us to get a grasp of our own self and function in the best possible way to climb the stairs of success. Social unacceptance is one of the reasons for various disorders like depression, self-harm, anxiety, etc.

How Fiction creates an advantageous course of creativity

Fiction is something that we all have read once in our life and till an age, we all felt intrigued by these stories and the fantasy worlds these stories had. Fiction is something that is not real, which means it has no boundaries and the story and concepts can be altered as per the writers' point of view, this helps us to bring our dreams to life (even if for a short period of time), and enhance your own thinking skills which boosts creativity and in the modern world, the age of AI we all need this sort of course.

People with a high sense of creativity lead the world and create a separate space for themselves, differentiating them from the crowd. Reading fiction provides us with the concepts we need and the best part is that we have the right to choose which makes it more comforting.

Reading books and escaping the social media trap: Detox over Dopamine

Social media asks us to reveal a lot about ourselves and present a front that is not really us, After all it's about acceptance. On the other hand, books help us to escape that trap and build ourselves to a potential that can help us reach greatness. Social media platform creates a roller coaster of emotions which drains the energy out of your brain. It works this way, you see a video that has a sad vibe to it, then move to a video that has a happy vibe, then a motivational one and finally a video with a more sexually appealing character or figure. This releases a variety of hormones in a really short period of time which creates distress and loss of energy.

It builds our mindset in a tunnelled way where our thinking is stopped and we can't really focus on creating something new and are stuck on the same mindset and skills that will fade and be rusted in future. So, reading books is really important for society irrespective of the age group, especially teens as they are most vulnerable to this dopamine trap.

RISHI MAHALA

IBDP Y1

THE GRANDFATHER PARADOX



Imagination is important. For knowledge is limited to all we now know and understand, while imagination embraces the entire world, and all there ever will be to know and understand. -Albert Einstein

The Grandfather Paradox is a self-contradicting theory where it is believed that if someone goes back in time by doing time travel and kills their grandfather then the existence of him and his father would not be there.

But here comes the interesting part about it according to superposition of particles would mean that the time traveller would not vanish into thin air and thus come two theories

1st theory states that there would be an alternate reality.

For Example, the rule of time travel governs that the past affects the future and thus if the time traveller returns back to the present time then that would mean there would be no historical documentation of him and his father but he would stand as a solid body because of the principle of superposition.

2nd Theory states that the person would trigger a wormhole and would thus create a parallel universe where this incident happens. Which looks like a sensible and more logical approach to this idea.

In reality, this would look as if the person would create another reality where the grandfather is replaced by you take it for example as -1 for your grandfather and +1 for you.

But this theory is still not proven and is a proposed theory which has a hypothesis but does not have a proof.

If you put your mind to it, anything is possible. Determination Over Negativity is a belief that anything is possible no matter who you are or where you come from. – Andy Ruiz Jr

TAUQEER AHMED
IBDP YEAR 1

ma ville



Jaipur, surnommée la « Ville rose », est une destination ensorcelante qui captive l'imagination avec sa riche histoire, son architecture splendide et sa culture vibrante. Située dans l'État du Rajasthan, cette ville emblématique de l'Inde séduit les visiteurs par ses palais majestueux, ses forts imposants et ses marchés animés. Fondée en 1727 par le maharaja Jai Singh II, Jaipur est un témoignage vivant de l'ingéniosité architecturale de l'époque. Le Palais des Vents, avec ses fenêtres en treillis délicatement ouvragées, symbolise l'élégance de l'artisanat rajasthanais. Le City Palace, un complexe palatial grandiose, offre un aperçu fascinant de l'histoire royale de la région. L'observatoire astronomique de Jantar Mantar, également construit par Jai Singh II, est une prouesse architecturale qui étonne par sa précision dans la mesure du temps et des

astres. Les bazars animés de Jaipur, tels que Johari Bazaar et Bapu Bazaar, éveillent les sens avec leurs étoffes chatoyantes, leurs bijoux étincelants et leurs épices envoûtantes. La cuisine de Jaipur est un véritable festin pour les gourmets, offrant des plats épicés et délicats, dont le dal baati churma et la gatte ki sabzi sont des incontournables. La ville s'anime également lors de festivals colorés tels que le festival du kite, le Teej et le Gangaur, où les habitants célèbrent la vie avec une joie contagieuse. En somme, Jaipur est bien plus qu'une simple ville, c'est une expérience sensorielle et culturelle qui enchante ceux qui ont la chance de la découvrir.

YASH PRATAP SINGH RATHORE

IBDP YEAR 1

Mental health challenges faced by students

Salutations Sanskar Community,



Within the vibrant corridors and digital classrooms of Sanskar, it's vital to recognize the distinctive odysseys of every student- Replete with victories, tribulations and moments of self-discovery. This issue delves into the realm of a student's mental health, spotlighting the imperative of cultivating a nurturing atmosphere for their welfare.

The Unvoiced Battle

Mental health tribulations often unfold surreptitiously among students. From academic stresses to social intricacies and personal anticipations, the scholastic journey can exact a toll on mental health. It's paramount to establish a way students feel acknowledged, comprehended, and bolstered.

Inspirational quotations

Taking inspiration from the animated series "BoJack Horseman", let's take a look at some insightful quotations resonating with the intricate facets of mental health:

"It becomes easier. Every day it becomes a little easier. But you have to do it every day that's the hard part but it does get easier." - BoJack Horseman

This quote tells us that with time we progress on bettering our mental all we have to do is take small but consistent steps towards our overall betterment

"All that exists is what is ahead" - Secretariat (BoJack's favourite TV star)

This quote gives us the message that whatever has happened in the past has gone and is no longer important, there is no point in feeling sad or guilty about it as we can't change it but what we can change is our future through excelling in academics and grabbing all the opportunities we get to prove ourselves.

Scholastic pressure and Exhaustion

The quest for academic prominence, while applaudable, can cause stress and exhaustion. The pressure to excel academically, engage in extracurricular pursuits, and plan for the future can be overwhelming. It is crucial for educators, parents, and peers to detect signs of burnout and provide the support needed.

Social Dynamics and Peer Influence

Navigating social dynamics and peer influence is inherent to the student experience. Students may grapple with assimilation, forging friendships, or confronting societal expectations. Open dialogues and fostering an inclusive culture can assuage the societal pressures students confront.

Seeking Assistance signifies resilience

Encouraging students to seek assistance when necessary is fundamental to supporting mental health. Confiding in a friend, consulting a counsellor, or utilizing mental health resources provided by the school, seeking help is an indication of high resilience and fortitude.

Advocating a Compassionate Culture

In the Sanskar community, let's continue to cultivate a culture of compassion and empathy. Recognizing the uniqueness of each student's expedition, we can create an ambience where they feel secure expressing their sentiments, thoughts and judgment.

MANISH SAWLANI

IBDP YEAR 1

ANNUAL PRIZE DISTRIBUTION 2023

The Annual Prize Distribution celebration was held at Sanskar School on 20th December 2023 in memory of (Late) Shri Kanni Thahryamal who chartered a way ahead in the field of world class education through his vision. The students were awarded certificates and trophies for proficiency in the academic year 2022-23 and for their commendable performance in numerous Inter-House Competitions in the current academic session 2023-24.

The Chief Guest, Mr. Sudhir Mathur, the Chairperson, Ms. Rhea Tharyamal, the Principals, Mrs. Neelam Bhardwaj and Mrs. Girdhar Kumari gave away the prizes to the meritorious students. The Principal, Mrs. Neelam Bhardwaj addressed the awardees and motivated them to continue to strive for excellence and remain lifelong learners.

In both Primary and Senior School, Rig House was declared the 'Best House' and had the privilege of receiving the Kanni Thahryamal Trophy. Bhavya Yadav (V) was bestowed with Lachman Bhatia Trophy for the 'Best Pupil of the Year 2023' in the Primary school while

Krish Narang (XII) was declared the 'Best Pupil of 2023' among the seniors and awarded the Dr. Daisaku Ikeda Trophy.

Some special awards like Language Artistry Award, Canvas Prodigy Award, Tech Team Award, Sanskar Shark Tank Award, Award for contribution to Phad se Padh Project, Student Initiative Award, Exemplary Conduct and Leadership Award, Athlete of the Year Award were also given to the deserving students.



Thereafter, Grade 10 and 12 Board Toppers for the session 2022-23 were felicitated. This included Tavisha Nindawat (Humanities) and Khushi Malhotra (Science) who topped SSCE 2022-23, Apeksha Verma and Swastik Soni of SSE 2022-23, Ishika Yadav and Rudra Chouhan of IGCSE Year 2, 2022-23 and Akshita Swaroop of IBDP Year 2, 2022-23.

Two more trophies were bestowed by the honourable Chief Guest, Mr Sudhir Mathur, to the worthy candidates. The first trophy for 'Raghu Sinha Stellar Award' was presented to Apeksha Verma, School Topper of Class X CBSE Board Examination 2022-23. The second trophy for the 'Mala Mathur Versatile Award', for a student displaying proficiency in academics and co-curricular activities, was given to Bhavya Gaur (XII). Mr. Sudhir Mathur congratulated the winners and motivated them to keep giving their best in their future endeavours.

The event was concluded with a Vote of Thanks by the Vice Principal, Mrs. Manisha Chandra where she showed her gratitude towards the School Management for providing various opportunities to the students to showcase their talents.

CHRISTMAS CELEBRATION

“Christmas isn’t a season It’s a feeling.” -Edna Ferber

The Christmas celebration at Sanskar School on December 22, 2023, was a heartwarming and festive event, filled with the spirit of joy and goodwill. The quote by Edna Ferber captures the essence of Christmas as more than just a season but a profound feeling.

The students' presentation of the birth of Jesus Christ must have added a special touch to the occasion. Christmas carols and dance performances often contribute to creating a



magical and enchanting atmosphere, enhancing the overall experience for everyone present.

It's wonderful to hear that Madam Principal, Ms. Girdhar Kumari not only appreciated the efforts of the students but also took the opportunity to impart valuable messages about the importance of kindness, sharing joy, and the act of giving. Such messages are crucial, especially during the holiday season, as they remind us of the true spirit of Christmas and encourage positive values.

SANSKAR SHARK TANK

Sanskar School orchestrated its very own Sanskar Shark Tank with the exuberance and hope to ignite bright minds. The aim of executing this event was to bring innovative business ideas to fruition. Additionally, the objective was for students to have an

experiential learning where their ideas could be evaluated and critiqued, thus feeling their motivation to become aspiring entrepreneurs.

The event was initiated with a prior registration and an elevator pitch round. Following this the shortlisted students were trained by expert business and entrepreneurship facilitators



of the school. Subsequently the selected students prepared their business ideas in terms of market research, feasibility, competitor analysis, problem analysis, situation, innovation and sustainability initiatives by their venture. The culmination of this event took place on Friday, October 20th, 2023 when they presented their innovative business ideas to the sharks. The event proved to be a resounding success and the novel concepts of students enthralled the audience and the panel of experts throughout the event. Overall, it was a valuable learning experience and served as an encouragement for the budding entrepreneurs to partake in such flourishing opportunities offered by the school.

SANSKAR FIESTA

On the dazzling evening of December 24, 2023, the Sanskar Fiesta unfolded its grandeur at the Sanskar Cricket Ground, transforming into the most anticipated event of the year. A colossal gathering of thousands of people, a mix of students and their elated parents, converged to partake in the Christmas Carnival, ushering in the winter season with joyous celebrations.

Spanning the sprawling venue were 65 stalls, each a gateway to diverse experiences. From the tantalizing aroma of delectable cuisines to the thrill of games that challenged both skill and luck, the Fiesta encapsulated a carnival spirit that resonated with attendees of all ages. Enthusiastic participants indulged in the artistry of tattoo-making and crafted timeless memories with personalized picture frames.

At the heart of the Fiesta were the adrenaline-pumping roller coasters and dragon rides that stood tall as the major attractions. The laughter of little ones echoed through the air as they reveled in the excitement of jumping jacks, while the youth embraced the rhythm of their favourite songs, turning the dance floor into a vibrant display of collective jubilation.



As the night unfolded, twinkling lights and the buzz of merry conversations painted a picture of sheer delight. The Sanskar Fiesta of 2023 transcended the ordinary, leaving an indelible mark on the hearts of attendees—a testament to the school's commitment to fostering not just academic excellence but also a vibrant and inclusive community spirit.

ANNUAL SPORTS MEET 2023

Sanskar School celebrated its 5th Annual Sports Meet, 2023 at the Sanskar Cricket Ground on 3rd December with great pomp and enthusiasm. Our Chairperson, Mrs. Rhea Thahryamal graciously agreed to preside over the event as the Chief Guest and Ms. Divyakriti Singh who won a gold medal in Equestrian at the recently concluded Asian Games 2022 was the Guest of Honour.



The event commenced with an Orchestra performance involving around 200 students playing various musical instruments followed by the symbolic opening of the Sports day signified by the Lighting of the Torch ceremony by the young achievers of Sanskar School who have achieved laurels at the International and National level. Ms Rhea Thahryamal then declared the Sports Meet open.

The declaration was followed by a welcome address by the Principal, Mrs. Neelam Bhardwaj and the Guest of Honour Ms. Divyakriti Singh, wherein they encouraged the children to do their best and motivated them to strive hard to attain excellence in life.

The Principal, Mrs. Girdhar Kumari, declared the names of the Sports Boy of the Year, Prince Kumar and Sports Girl of the Year, Payal Kanwar amidst loud cheering from the audience.

Thereafter the meet continued with a stunning March Past by the students led by the school council members of each house and the students of the National Cadet Corps. This was followed by a Yoga presentation, a Western Dance with the theme of Athletics and Patriotism, a Folk Fusion Gedi dance from Chhattisgarh followed by a superb Martial Arts display. The Sports Meet culminated with a grand finale by all the dance performers in a colourful and stunning display.

The performances were interspersed with Athletic events for students from classes 6-12 which included 100 m, 200 m and relay races. The participants were encouraged by their peers enthusiastically and the sports field resounded with students cheering for their Houses which made the event a grand success.

Will be back soon.....

Designed by Mr. Manish Kedawat