

A group of students in school uniforms are gathered around a large pile of dark brown compost. They are wearing gloves and appear to be engaged in a hands-on learning activity. The background shows a school building with a fire extinguisher visible on the wall.

**International Baccalaureate  
Diploma Programme  
SANSKAR SCHOOL**

**INSIGHT**

**NEWSLETTER  
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## FROM THE PRINCIPAL'S DESK

**“Stay committed to your decisions, but stay flexible in your approach.”**



**An essential part of becoming a successful learner is developing the ability to self-regulate in various situations. Since learning is technically boundary-less, it is only suitable if there are numerous learning approaches to match various learning goals.**

**Approaches to learning focus on how children learn. It refers to the skills and behaviours that children use to engage in learning. Children draw on emotional and behavioural self-regulation skills in many ways. They develop different coping strategies to manage feelings when playing with other children and following classroom rules. This growing ability for children to manage emotions and behaviour allows for more positive engagement in learning activities.**

**They learn to navigate learning experiences that are challenging, frustrating successfully, or simply take time to accomplish.**

**Many factors influence how children approach learning. Some children are born risk-takers eager to try something new, while others prefer to observe for a while. Creativity makes learning come alive. It gives opportunities to children to explore new ideas, think critically and problem-solve, and express themselves in their unique way.**

**The Approaches to the learning domain incorporate emotional, behavioural, and cognitive self-regulation. This domain also includes initiative, curiosity, and creativity. Supporting children's skills in this domain helps children acquire knowledge, learn new skills, and set and achieve goals.**

**Schools want their learners to combine a deep understanding of their own culture and nation with the skills to be global learners who can contribute and adapt to the uncertainties of the modern world.**

**Ms. Girdhar Kumari  
Principal**

**“Education is considered a fundamental vehicle for enhancing happiness and well-being, and schooling plays an influential role in shaping the course of children’s lives.”**



**Educating children in the pursuit of excellence, the practice of ethical conduct, and the goal of well-being and overall development, is the overarching objective of a school.**

**Likewise, cultivating the essential attributes of enthusiasm to learn and nurturing in them the life-long curiosity to explore the world is vital for a productive and purposeful life - in school, at work, and beyond.**

**Well-being is an essential indicator of a happy school.**

**It makes children confident and reflects in their physical and mental health. It improves their cognitive capacity motivates them to be self-directed learners and makes them emotionally intelligent. Education is considered a fundamental vehicle for enhancing happiness and well-being, and schooling plays an influential role in shaping the children’s course lives. A balance between academic competence, the strength of character, and well-being must be achieved, which is essential for a happy life.**

**That is why at Sanskar, we have integrated the philosophy and practices of well-being as an intrinsic part of our educational policies and pedagogies and into every element of school life. Every day we endeavor to make teaching and learning fun and enjoyable and positively excite children, with promising and innovative practices and positive values and a collaborative spirit. A positive and motivating classroom climate where efforts are encouraged and rewarded, and in which children are recognized and supported by their teachers, regardless of their abilities and dispositions, leads to better outcomes.**

**Ms. Manisha Chandra  
IBDP Coordinator**

**"A seed refuses to die when you bury it; that is why it becomes a tree."**



**CAS activity 'Deeply Seeded', for IBDP students, was organized by Sanskar School. Students decided to make a 'seed bomb' in this activity. It is a technique of planting trees by embedding organic seed balls in the ground. It is also known as aerial reforestation. Vegetation can be introduced to any land by throwing or dropping seed balls in the ground. The best time to execute this process is raining season.**

**Students of IBDP Year 1 & 2 started working on it in July. They gathered information about the various natural vegetation, which is local and sustainable in our regional hot and dry climate. They started researching how to make a seed ball, the perfect size, and the right time to let it dry and make it ready to plant.**

**In August, students decided to open this event for Grades 6 to 12 of IGCSE and IBDP, where they gave a presentation about Deeply Seeded, why seed bomb is more effective than plantation, and they informed students about various varieties of local seeds, the right way of collecting and storing the same, and process of making the seed balls. All the students from Grades 6 to 12 participated in making these seed bombs, i.e., around 550 seed bombs were made, which they decided to plant near the 'Papad Wale Hanuman Ji' nearby forest area on the 27<sup>th</sup> of August. Students, teachers, gardeners and administrative staff went along with the students, and they guided and supported them in planting the balls.**

**Students were delighted to learn and understand the entire process of germination of seeds and plant the same to have a greener and healthier Earth.**

**It was a great activity as students learned by doing and observing the entire process.**

**Ms Mansi Shekhawat**

**CAS CO-ordinator**

## Misuse of technology under the guise of education



Technology, widely used for various purposes, now dominates our lives. However, misusing it can have unfavorable results.

Many students misuse technology while acting like they're in class.

Utilizing technology in education is an excellent way to learn and advance one's abilities. Some students, however, abuse

this privilege by using it for other purposes, such as playing games, watching videos that are not educational, or conducting non-academic internet browsing. This is a time waster but also interferes with their academic progress.

Students can misuse technology by cheating on online quizzes or homework. They might use Google to look up the answers or copy information without citing it from other sources. This harms both the educational system and students' own learning.

Technology is a fantastic tool when used correctly. However, if misapplied, it might harm students. They should be aware of these risks and exercise caution when using technology to protect themselves and society.

There is a problem with students misusing technology in the name of education, which needs to be fixed. It is getting more accessible for students to access and use technology for non-educational purposes due to the widespread use of technology in our society. Although technology can be a fantastic learning and development tool, students must be aware of the dangers involved with its improper use.

**Kartikeya Beniwal**  
**IBDP YEAR 2**

## YOUTH MORTALITY

Suicides and self-harm are among the leading causes of young deaths in today's society. The thought of ending life is widely developing in teenagers' minds around the globe, there can be many reasons for it, stress, depression, loss of a loved one, or being bullied etc. Youth suicide has not been issue in modern life nowadays, this matter has become a tragedy over the world, a burden for both government and families. According to the Times of India, the suicidal deaths among students saw an increase of 4.5 percent in 2021, so why is this happening? Why the students or the youth become so miserable that they



commit suicide? I as a youth think that when a teen grows up, they have to deal with a lot of stress and it may get difficult for them to cope with the world and the amount of stress that comes with it, the fear of lacking behind forces us to push ourselves so much that at the end it's hard for us to take any of it and we end at a mental breakdown. It becomes hard for us to cherish our lives anymore, which can slowly lead to depression. However, it's preventable. The parents and the friends here, play the main role, they should take the warning signs in the child seriously, they should listen and talk with them, which may help them to overcome that phase. The youth at this phase needs the love and support of their family and friends, hope is needed more than judgement at this time. Many people who commit suicide don't always show the signs or what they are feeling, the good thing to do here is to observe their behaviour and try to make them happy, by doing this you can save someone's life. In conclusion, youth mortality is directly proportional to suicides, and it is a very crucial topic that should be taken very seriously and looked upon, and at last for the youth out there, remember, hold on to this hope, and may everything will get better.

**Rinki Kumari**  
**IBDP Y 1**

**Dear fellow youth,**



**We as young people, hold the key to shaping a better future for ourselves and for generations to come. We are the ones who will inherit the**

**world, and we have a responsibility to use our voices and our actions to create positive**

**change. It's important for us to recognize the power that we have as a collective force. Our energy, creativity, and passion can inspire others and make a real difference. Whether it's advocating for social justice, promoting sustainability, or pursuing our dreams and aspirations, we have the ability to create a brighter tomorrow. But with great power comes great**

**responsibility. It's up to us to educate ourselves, stay informed, and actively engage in the issues that matter most to us. We must also strive**

**to be compassionate and empathetic towards others, and recognize that we are all interconnected.**

**Dream, Dream, Dream. Dreams transform into thoughts and thoughts result in action.**

**- APJ Abdul Kalam**

**So, let us embrace our potential as young leaders and change-makers, and work inclusive, equitable, and sustainable for all.**

**Thank you.**

**Siddhi Sharma**  
**IBDP-1 YEAR**

## SELF COMPARISON AND ENVY



**“I want a partner like yours, I want friends like that girl. I want her popularity, looks and money. I want her bravery, her intelligence and happiness. I don't think about comparing myself to these people but it's inevitable, a natural instinct, as we collect information about our surroundings to evaluate how we are doing in life. When I compare myself and measure up, I tend to feel good about myself and when I compare and measure down, I tend to feel bad about myself.**

**Though not all self-comparison leads to envy, envy always starts with self-comparison, but it goes far beyond simply wanting something....**

**See, not only do I want what you have, but I don't want you to have what you have. In fact, I can't stand that you get to have it and I don't. It's unfair. I'm entitled to everything that everyone else gets to have. Why should I be any less? If you were a little bit less happy, I would get happier. Everyone seems to like you and speak so fondly of you, so when someone finally criticizes you, it's deeply rewarding to me. In fact, you are not even that smart, pretty, funny or accomplished. You have something that I want; I feel inferior to you. So, in order to at the very least feel equal to you, I need to either bring you down, or bring myself up. And since it is easier to bring others down than it is to work on lifting myself up, that's what I'll try to do.**

**Yeah, so sometimes something like that is an example of how anyone may play a role in a person's life. Envy is when we see something someone has that we want.**

**Basically, envy and self-comparisons are what is common between youths and what we all go through. The peak of every and self-comparison according to me is the teenage years, in which we spend most of the time thinking about our looks, bodies, heights, acne's , etc. which tends to lead towards envy to other people around us. I remember seeing a girl, that girl, to whom I used to see every day and be like wow she is beautiful and complimentary her to be, why does she have to be who she is right now? Why does she have to be beautiful? Why? And that's where envy started leading to a comparison phase, an unhealthy comparison and a competition I never meant to start. Though after all the struggles, you eventually come out of it. I have noticed that as we grow towards the older side, we tend to leave all this behind for once and all. So the thought which comes to my mind is that, is it what everyone has to go through, all the pain, tears, unhappiness, negativity, just to love oneself truly. There are many reasons why an individual thinks all this, it could be the social network, peer group, family, or the standards of beauty which lead us to say that yes you are perfect and are eligible to fit in. There is no such thing as standards to define beauty. Beauty means different to every individual. It could be a beautiful smile, a beautiful day, a beautiful heart. With that I would like to conclude at the end that feeling sad, unhappy or down sometimes is okay but don't let it get to you and change who you are. Self-comparison is good but there is a limit to all that. Don't let your envy add fuel to your comparison and create a person who you never were, you never meant to be.**

**REENA DHAKA  
IBDP-YEAR 1**

## **Sanskar Fiesta 2023**

**Sanskar School, Sirsi Road, celebrated its grand Fiesta 2023 with lots of fun and frolic at Sanskar Cricket Ground on 22nd January 2023.**

**Students, parents and visitors could be seen having an enjoyable time at the games stalls that included mind games, tech-savvy virtual reality games as well as games of sheer luck and general merriment. The young lot also made the most of the tattoo design stall by getting themselves inked with some remarkably creative designs. To add to the gaiety, there was an amalgamation of food stalls catered to all palettes and**



**cuisines. The young lot also made the most of the tattoo design stall by getting themselves inked with some remarkably creative designs.**

**The feather in the cap was the mix of dance and music performances based on Bollywood and Hollywood themes by the Sanskar students that called for an encore from the crowd at the venue. A live orchestra further added to the pulsating music in the air.**

**The icing on the cake was however the Raffle Draw that included exciting gifts like Apple iPad, LED TV, Mobile Phone, Smart Watch, Oven Toaster Grill, Gear Bicycle, and many more gifts and shopping vouchers from Shoppers Stop, Pilates Studio, Sketchers and Adidas.**

**The day allowed everyone to let their hair down, bask in some sheer merry-making and have a truly revitalizing day**



## **Graduation Ceremony 2023 held at Sanskar School**

Sanskar School bid adieu to its outgoing batch of class XII in an auspicious and heart touching ceremony on 28th January 2023 in the school auditorium. The event commenced with the traditional lighting of the lamp by the Chairperson, Ms. Rhea Tharyamal, the Director Ms. Disha Tharyamal and the Principals, Ms. Neelam Bhardwaj and Ms. Girdhar Kumari.

Thereafter, the event proceeded with some enthralling performances by the teachers in the form of an enactment based on offline classes after the pandemic, a melodious group song

presentation and captivating dance performance by the teachers left the audience in awe. Class XI students raised the tempo further with some worthy performances of their own that completely captivated the students and teachers present in the audience.

The Principals, Ms. Neelam Bhardwaj and Ms. Girdhar Kumari, addressed the students present in the audience. They motivated the students to be the best version of their self and to groom and grow as humble, honest and sincere human beings. They recollected their time spent in school in warm and poetic form and assured them that the school will always be looking forward to have them with open arms and that this is their safe haven as always.

Students from primary and middle age group shared their experiences of being a Sanskarians with everyone and how they look up to their seniors as role model for future. Finally, class XI students bestowed titles to their seniors in a moment that will be cherished by all the passing out students in the years to come. The event concluded with a heartfelt vote of thanks.



## **Annual Sports Meet 2022 celebrated at Sanskar School**

Sanskar School celebrated its 4th Annual Sports Meet 2022 at Sanskar Cricket Ground on 18th December with a lot of energy and high spirits. The Chief Guest for the event was Shri Sandeep Singh Chauhan, IG Recruitment and Promotion Board, Rajasthan Police, Guest of Honour, Dr. Ajeet Singh, Superintendent, University of Health Sciences, Jaipur, Special Guests, Shri Bhawani Singh, DSP, Jaipur Police, Shri Likhma Ram Choudhary, SHO Karni Vihar and Shri Shailendra Singh, a school parent.

The event commenced with an Orchestra performance involving around 240 students playing various musical instruments followed by the Torch Lighting ceremony carried forward by the International and National level players of the school. This concluded with the Chairperson, Ms Rhea Tharyamal, declaring the Sports Meet open. The declaration was followed by a welcome address by the Principal, Mrs. Neelam Bhardwaj and the Chief Guest, Shri Sandeep Singh Chauhan. They encouraged the children to do their best and motivated them to strive harder for attaining excellence in their life. The Principal, Mrs. Girdhar Kumari, declared the names of the Sports Boy of the Year, Tanush Sanghi, and Sports Girl of the year, Saniya Khan amidst loud cheering from the audience.



Thereafter the meet continued with a crisp March Past by the students led by the school council members of each house. This was followed by a Yoga presentation, Patriotic dance on Vande Matram, Martial Arts, Western dance by grade 5 students, Folk Fusion dance on Rajasthani and Punjabi folk music and 'Unity in Diversity' dance that concluded in a grand finale that was joined in by all the dance performers.

The events were interspersed with the main Athletic events for students from classes, 6-12 which included 100 m, 200 m and relay races. The participants were cheered enthusiastically with a final Vote of Thanks.

## **Sanskar School hosts SMUN 2022**

Sanskar School hosted SMUN 2022 on 23rd and 24th December 2022 for students from various renowned schools of the city.

Day 1 commenced with the lighting of the lamp by the Chairperson, Ms. Rhea Tharyamal and the Principals, Ms. Neelam Bhardwaj and Ms. Girdhar Kumari. The Director General, Meha Agarwal, welcomed everyone to the MUN. After a musical performance, the Principal, Ms. Girdhar Kumari, addressed the gathering and motivated the delegates to actively participate in the debate. The School Chairperson, Ms. Rhea Tharyamal, felicitated the guests present on occasion. Thereafter, the Chief Advisor, Mr. Shubham Maheshwari, delivered a speech and introduced the Executive Board members. The gavel was handed over and the conference was subsequently declared open by the Secretary General, Rishit Paliwal.

The debate continued through two sessions in the day followed by a gala social night



'Inferno' wherein all the delegates interacted with each other on an informal level. Day 2 began with reporting followed by two vociferous debate sessions that saw the delegates expressing their viewpoints emphatically. The Closing Ceremony marked the end of the exuberant two day MUN sessions that fostered negotiation, speaking and communication skills among the participants.

The Deputy Secretary General, Krish Narang, delivered a speech followed by the MUN Sponsor, Mr. Pawan Solanki, Global Reach and the Chief Advisor, Mr. Shubham Maheshwari. Finally, awards were given in the form of trophies, certificates and cash prizes to the outstanding delegates.

In UNHRC, the Chairperson, Ms. Manisha Singhal and the Vice Chairperson, Ms. Manya Bakliwal, gave the Best Delegate award to the delegate of China, Leisha Kataria, High

Commendation to the delegate of India, Anya Jain, and Special Mention to the delegate of Brazil, Naavya Garg.

In UNGA DISEC, the Co-chair, Mr. Anshu Yadav and Jyeshtha Singh gave the Best Delegate award to the delegate of Singapore, Lakshya Jain and High Commendation to the delegates of Mexico, Ayush Sharma, and of UK, Kavin Sharma. Special Mention went to the delegates of Nepal, Alisha Kumawat, and of Chad, Prince Soni.

In UNSC, the President, Divyansh Bhargava and Vice Chairperson, Ratyansh Garg gave the Best Delegate award to the delegate of Mexico, Anirudh Gupta, High commendation to the delegate of USA, Abhik Choudhary and Special Mention to the delegates of UAE, Aditya Gupta, and of Somalia, Maan Kumawat.

In AIPPM, the Moderator, Mr. Mayank Rajpurohit, Deputy Moderator, Mr. Swapnil Sharma and the Scribe, Ms. Kavya Dadhich awarded the Best Delegate, Ms. Mamta Banerjee, Jhalak M., High Commendation to the delegates, Mr. Akhilesh Yadav, Bhavya Kaul, and Mr. Amit Shah, Mehul Agarwal and Special Mention to Ms. Mahbooba Mufti, Megha Sharma, Mr. S. Jaishankar, Vatsal Sharma and Mr. Jyotiraditiya Sindhiya, Ojasvi Bhatia.

In IP, the IP Head, Mr. Yashovardhan Tiwari, gave away the award for the Best Journalist to Nutan Bhatnagar, Best Photographer to Rahul Yadav, Best Caricaturist to Priyakshi and Special Mention to Aryaman.

The award for the Best School Delegation went to Jayshree Periwal High School and Special Mention to Rainbow School. To conclude the event, the Closing speech was delivered by the Secretary General, Rishit Paliwal.

## NATIONAL SCRABBLE TOURNAMENT



Sanskar students win the National Scrabble Tournament

The National Scrabble Tournament by Collins, hosted by Sanskar School, saw a grueling competition between the top scoring teams from Jaipur Zone.

Jhanak Kumawat made the school proud by securing the first position and she qualified for the Grand finale to be held on 5th November 2022 in New Delhi. Additionally, Rishit Mathur, grade 6th, also brought laurels to the school by bagging the 1st Runner- Up title in Jaipur Zonal, Junior Category.

## **Annual Prize Distribution Function celebrated at Sanskar School**

The Annual Prize Distribution function was celebrated at Sanskar School on 20th December 2022 in memory of Late Shri Kanni Thahryamal who paved the way for a world class educational institution through his vision. The students were awarded certificates and trophies for their commendable performance in numerous Inter-House Competitions in the current academic session 2022-23.



The Chairperson, Ms Rhea Thahryamal, School Directors, Ms. Disha Tharyamal and Mr. Shiven Tharyamal, esteemed guest, Ms. Tanvi and the Principals, Mrs. Neelam Bhardwaj and Mrs. Girdhar Kumari gave away the prizes to the meritorious students. The Principal, Ms. Neelam Bhardwaj addressed the awardees and motivated them to continue working hard for success in the future. They were encouraged to continuously work on their personality development as well as the true spirit of being morally upright students and individuals. She also thanked the Chairperson, Ms. Rhea

Tharyamal, for her dedication in terms of providing her unwavering support and the very best facilities for the students' benefit.

In the Primary school, Rig House was declared the 'Best House' and Atharv Singh the 'Student of the Year'. In the Senior school too, Rig House received the privilege of being the 'Best House' and Rishit Paliwal was announced the 'Student of the Year'.

Maan Kumawat received the 'Student Initiative Award' for his relentless participation and initiative in planning and organising various events. The TechTeam Award was given to Arushi Mathur, Ishita Mathur, Lakshay Drolia, Naina Sambharia, Ekta Pincha, Aaditya Banerjee, Vishal Godara and Sejal Gorwal for making an exceptional app for Accounting terms and principles, in collaboration with CBSE and NCERT.

Thereafter, grade 10 and 12 board toppers for the session 2021-22 were felicitated. This included Nehal Jain, Raghav Maheshwari, Aditi Jha, Aarushi Verma and Shreya Goyal who topped AISSCE 2021-22, AISSE 2021-22, IBDP Year 2 2021-22 and IGCSE Year 2 2021-22, respectively.

## **Sanskar School lifts the 13th Kanni Tharyamal All India Level Inter-School T-20 Cricket Tournament Trophy**

The 13th Kanni Tharyamal All India Level Inter-School T-20 Cricket Tournament was inaugurated on 18th October 2022 at Sanskar Cricket Ground with great enthusiasm among the players after a gap of two years due to the pandemic.

The tournament's inaugural match was played between Rukmani Birla Modern High School and My Own School. In this tournament, 20 teams from Jaipur and other cities participated in total 37 matches including the Semi-Final and Final matches.

After a series of inter-school matches, the two Semi-final matches were played between Delhi Public School and Sanskar School, and St. Xaviers School and Neerja Modi School, respectively. The Final match was played between the two winning teams, namely Sanskar School and Neerja Modi School, on Monday, 21st November 2022 at Sanskar Cricket ground.

Sanskar School won the title by defeating Neerja Modi School by 8 wickets. Electing to bat first after winning the toss, the Neerja Modi School team scored 147 runs losing 6 wickets in 20 overs with the help of Ujjwal Chowdhary's 41 runs in 17 balls. Sarthak Chawla of Sanskar School took 2 wickets for 22 runs in 3 overs.

Chasing the target of 147 runs, Sanskar School team achieved the target by losing 2 wickets in 19.2 overs while remaining undefeated in the entire competition thereby winning the title. Sanskar School's Man of the Match Aryaman Sharma scored 55 runs in 52 balls and Tanush Sanghi scored 48 runs in 38 balls with a six to give victory to his team.

Rakshit Lunawat (Vedanta School) was declared the Best Batsman of the Tournament, Prince Rathore (Sanskar School) the Best Bowler and Kritin Raj (Neerja Modi School) was adjudged the Man of the Tournament.

In the end, the Chief Guest, Mr. Rajeev Sharma, former Ranji player, the Chairperson of Sanskar School, Mrs. Rhea Tharyamal and the Principals, Mrs. Neelam Bhardwaj and Mrs. Girdhar Kumari gave the trophies to the winning and runner- up teams along with a cheque of Rs.31,000 to the winning team and Rs.11,000 to the runner up team.



Until next time .....

Designed by Mr. Manish Kedawat