

The Gazette

April 2026
Sports Day

DP TOK Exhibition
Personal Project Exhibition

PYP Exhibition

Edubridge Football League

Edubridge Fiesta

School Trip





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A Note from the MYP Coordinator



By Ms Mansi Gandhi

Dear Students and Parents,

As we approach the end of the academic year, it is a good time to reflect on how much our learners have grown and achieved varied success.

At the heart of meaningful learning is ambition. When students set new goals, try something unfamiliar, new learning naturally follows. This has been evident in our recent dance and art competitions, where students embraced opportunities to express themselves and think freely beyond the walls of a classroom. In doing so, they showed confidence, resilience, and a strong sense of their own abilities.

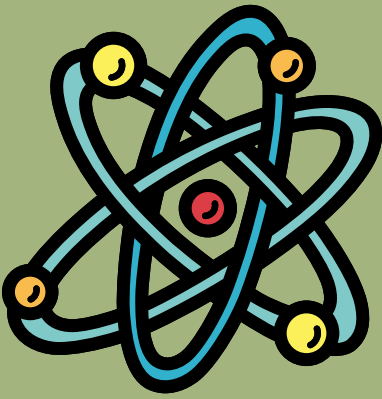
At Edubridge, we recognise that success looks different for every learner. For some, it may be academic achievement; for others, it may be performing on stage, creating something, or simply having the confidence to try. Acknowledging and appreciating these varied forms of success is central to our mission, as we support each student in discovering their strengths.

As we move towards the end of the year, we encourage our students to keep taking on new challenges, while also recognising and appreciating their own progress.

Thank you, as always, for your continued support and partnership.

Best Regards,
Mansi Gandhi





Whole School



Goa ✈️ School Trip



By Ananya Ladella and Vedika Chinoy, DP1

On the southwestern coast of India lies a diamond in the rough, an everlasting memory for the myriad tourists that visit its shores with every chance they get. Covered in jungles and beaches, this vacation spot is famous for its diversity, a melange of Portuguese and Indian culture and wildlife. This particular place is called Goa, the destination EIS students travelled to as part of their camping expedition.

The trip proved quite adventurous, featuring various events including a two-night campsite, irrigation and tree plantation activities, a sea cave trip and bird watching. Students scoured the forests, making an arduous trek up to the Ponda campsite. Upon finally reaching, they pitched their tents and embarked upon a series of survival training activities such as water irrigation and tree plantation, expanding both their knowledge of the wilderness and their appreciation for nature.

Two nights later, the students reached their eco-friendly resort, located in the heart of the jungle. The following days featured bird watching, a sea cave trip and lessons in survival cooking. Students travelled a little further each day, achieving multiple milestones, including learning camera trapping, pug mark casting, dam construction observation, a village visit, and a night safari.

This camp trip was truly an educational and scenic experience, teaching students survival skills and contributing to the betterment of their futures and lives. Students returned with an increased appreciation for nature and its diversity.

Batch 1



Batch 2



Batch 3



SPORTS DAY



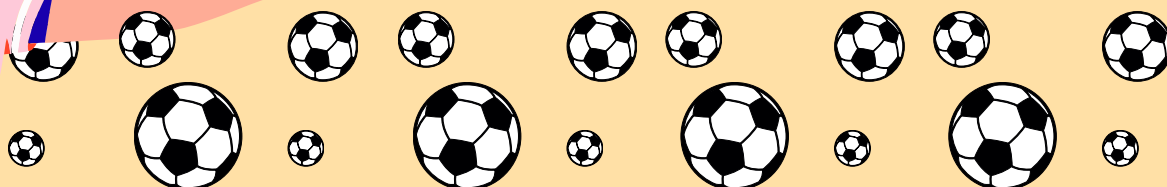
By Vedika Chinoy, DP1

The march of the students, the flame of the torch and the passionate hearts of numerous athletes were experienced by a cheering audience on the 13th of January, 2026. In light of the New Year, Edubridge International School celebrated the integration of sports and athletics with health, endurance and skill. Houses Mojave, Vesuvius, Agumbe and Yangtze assembled at Kohli Stadium to participate in the school's annual sports day. The chief guest, Diksha Dagar, a decorated professional golfer, inaugurated the event.



Sports Day featured several feats of skill and strength, such as the 100m, 200m, and 400m races, long jump, and the medicine ball throw. With the sun blazing, wind in their faces, and grass greener than ever, the EIS students gave it their all!

However, at the end of the day, one winner must be decided. Points were counted, and Vesuvius was named victorious on Sports Day 2026, followed by Yangtze, Mojave, and finally Agumbe.





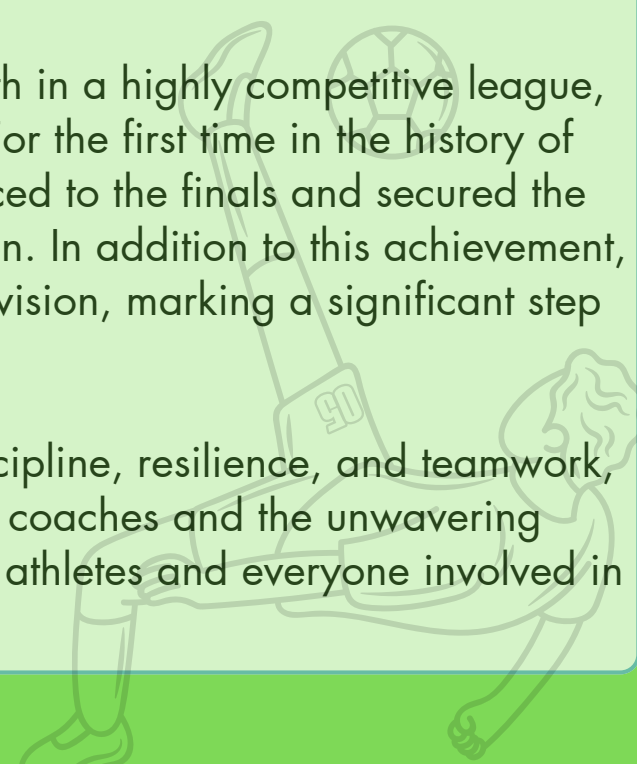
MSSA CONQUERED!



This year, our Under-10 Boys Football Team has achieved a remarkable milestone! They participated in the MSSA (Mumbai School Sports Association) Sub-Division tournament, competing against the top 64 school teams across Mumbai.

The team remained unbeaten for an entire month in a highly competitive league, an extraordinary accomplishment at this level. For the first time in the history of Under-10 Boys Football at EIS, the team advanced to the finals and secured the position of Runners-Up (2nd Place) in the division. In addition to this achievement, the team has earned promotion to the higher division, marking a significant step forward for EIS's football team.

This success reflects the players' hard work, discipline, resilience, and teamwork, as well as the commitment and guidance of our coaches and the unwavering support of parents. We congratulate our young athletes and everyone involved in this historic accomplishment!





ISSO BASKETBALL SLAM DUNK!



The U-11 basketball teams delivered an outstanding performance at the ISSO basketball tournament! The team showed exceptional skill, teamwork, and determination, finishing as the 1st runners-up after a series of competitive and hard-fought matches. Equally impressive, the U-11 girls' team demonstrated remarkable perseverance secured the position of 2nd runners-up.

Adding to this achievement, Rajveer Jain from Grade 5 stood out with his brilliant gameplay, leadership on the court, and consistent excellence, earning the prestigious MVP (Most Valuable Player) Award.

OBEROI INTERNATIONAL SCHOOL

BASKETBALL CHAMPIONS!



We are proud to share another fantastic conquest by our student athletes! Our U-11 boys team secured an impressive runners-up position at the Oberoi International School Basketball Tournament. Leading up to the tournament, the students practiced extensively, showcasing grit, teamwork, and skill. Kudos to Aadiv Jain for winning Best Shooter of the Tournament. Truly a proud moment!

EIS TAKES ON GICLM

By Vedika Chinoy, DP1

Over this past year, Edubridge International School has become the recipient of numerous athletic accolades and awards.

The Grade 2 and 3 Boys' teams were crowned champions of the GICLM (Garodia International Centre for Learning Mumbai) Football Tournament. The Grades 4 and 5 Boys' team also secured the runners-up position at the same tournament, while the Grade 6 and 7 Boys' team finished as second runners up. Finally, the Grades 6 and 7 Girls' teams emerged victorious as champions in their category too!

This was truly an outstanding performance by all of the EIS students, reflecting their passion, hard work, teamwork, collaboration and sportsmanship. Indeed, it was truly an exemplary portrayal of EIS's school values.



Ecole Energise Win!

Our Grade 2 and 3 mixed category basketball team proudly participated in the Ecole Energize Tournament and delivered an outstanding performance throughout the event. Demonstrating great teamwork, determination, and sportsmanship, our young players rose to the challenge and were ultimately declared champions. This achievement reflects their hard work, dedication, and growing skills on the court.

We are proud of our young athletes for their incredible effort and well-deserved success.





EDUBRIDGE FIESTA

By Ananya Ladella, DP1

On Friday, 6th February, Edubridge hosted our annual school Fiesta. As always, it was an entertaining and well-organised event which everyone enjoyed. The fiesta consisted of beautifully designed stalls, shopping and delicious food such as dosa, waffles, Asian foods, potato swirls, and much more. Every class had their own stall, allowing the class parents and students to raise money and to gain experience in running a stall. The Edubridge Fiesta was an entertaining and joyful occasion which brought the entire school community together in a fun-filled extravaganza!





Inter-House Dance Competition

By The Dance & Drama Team

The EIS Inter-House Dance Competition was a dynamic and colourful celebration of talent, creativity, and expression, bringing together students ranging from Sr. Kg to MYP3! The event featured Solo, Duo, and Group performances across a range of exciting themes, including Retro Groove, Festive Folk Culture, Lyrical Storytelling, Fusion Dance, K-Pop, and Dance Your Own Style. Each act reflected thoughtful choreography and strong stage presence, and was evaluated on key criteria such as "Choreography and Creativity," "Coordination and Timing," "Expression and Energy," "Costumes and Props," and "Theme Representation."

Judged by renowned dance professionals Mr. Kunaal Sangtiani and Ms. Pooja Radhakrishnan, the competition reflected a high standard of performance, with students lighting up the stage with energy, confidence, and originality.

Vesuvius emerged as the overall winner of this year's Inter-House Dance Competition, securing first place with an outstanding display of talent and teamwork. Mojave followed in second place, with Yangtze securing third and Agumbe placing fourth. Each house brought its own unique flair and spirit to the stage, making the competition both close and exciting.

The event stood out not only for its performances but also for the collective effort behind it. The enthusiasm and commitment of the participants were evident throughout, while the support from the parent community played a significant role in enhancing the overall experience. Thoughtfully curated costumes and thorough preparation added depth and vibrancy to each performance, making the competition a truly memorable occasion.



INTER-HOUSE ARTS COMPETITION



By the Art Department

In the PYP, the Inter-House Art Competition provided students with a vibrant platform to showcase their creativity and artistic expression. The event encouraged participants to explore their imagination, experiment with ideas, and confidently present their unique perspectives through art. Students across all houses participated with great enthusiasm, displaying remarkable talent, originality, and effort. Such initiatives nurture creativity, build confidence, foster healthy competition, and inspire a deeper appreciation for the arts. The competition was a true celebration of young talent and creative spirit.



The MYP students showcased their creativity and unique artistic styles during the Inter-house Art Competition. Working on given themes, students explored a variety of ideas and expressed them through visually engaging artworks.

This year, Mojave emerged as the overall winner of this year's Inter-House Arts Competition, securing first place with an outstanding display of talent. Yangtze followed in second place, with Vesuvius securing third and Agumbe placing fourth. The competition provided a showcase for students to demonstrate their skills, originality, and conceptual understanding, making it a vibrant and inspiring experience for all.

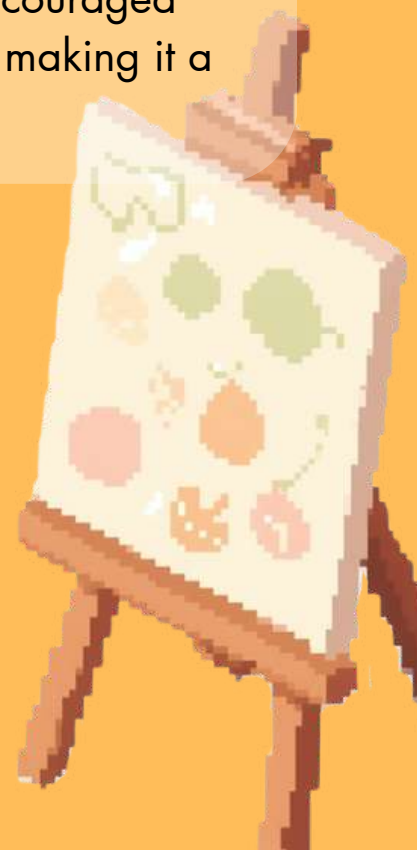


Art Exhibition

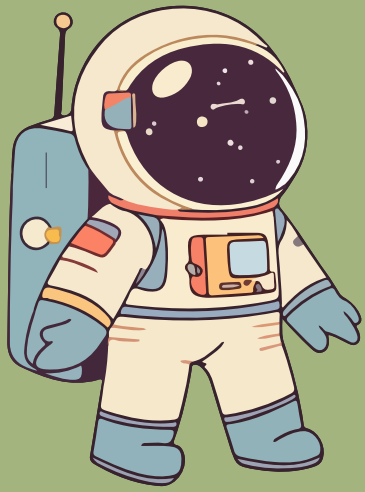
By the Art Department

This year, the Art Exhibition offered students a meaningful opportunity to present their artistic journeys and celebrate their learning. It also created a space where students could express their ideas, emotions, and experiences through a variety of creative forms. It encouraged thoughtful exploration, reflection, and a sense of ownership over their work. Visitors had the chance to appreciate the effort, imagination, and growth reflected in each piece. Such experiences play an important role in building confidence, encouraging self-expression, and fostering a lasting appreciation for the arts.

The Art Exhibition also highlighted the importance of the creative process, where students explored ideas, experimented with materials, and developed their skills over time. It provided a supportive environment for students to share their work with pride and receive appreciation from peers, teachers, and parents. The exhibition fostered a sense of accomplishment and encouraged students to continue expressing themselves creatively, making it a truly enriching and inspiring experience for all.







EYP



Caring for Animals: Students Taking Action

By Team Nursery

As part of our Unit of Inquiry, "Sharing the Planet," we explored the line of inquiry: "Actions we take to co-exist in nature." To deepen students' understanding, we were delighted to invite our guest speaker, Mr. Sailesh Chowatia, from Bird Helpline, an organization dedicated to rescuing injured birds and animals. Mr. Sailesh engaged the learners through an informative presentation, explaining how his team rescues and cares for animals in need. He also raised awareness about how our everyday actions can make a positive difference in protecting and supporting animal lives.



Inspired by this, our Nursery students took meaningful action by organizing a fundraiser, with the support and collaboration of Grade 5 students. They set up exciting stalls offering popcorn, lemonade, and bhel, along with creative art and fun games and activities.

A total of ₹8,050 was raised, which will be used to purchase essential items such as bird cages and bird food. This experience helped our students develop a sense of responsibility, compassion, and teamwork, while understanding the importance of caring for living beings and co-existing harmoniously with nature.



CARNIVAL OF SENSES



By Team JR. KG

Skill building is an integral part of our Early Years Curriculum as it helps us nurture lifelong learning in our little learners. As we looked into developing our Investigation skills in the Jr. Kg, we curated the Carnival of the Senses for students to have an immersive learning experience.

Students developed their investigation skills by exploring through their senses of touch, taste, sight, smell, and hearing through various engagements. To make their learning enduring and memorable, students participated in engagement centres like Smell-tastic, Taste-tastic, Sound-tastic, Feel-tastic, and See-tastic!



SPACE EXPLORATION

By Team Sr. KG

The Sr. KG learners began their unit, "How the World Works," by exploring the Big Bang Theory in a simple, engaging way, helping them understand how the universe was formed very long ago. This led to exciting discussions about space, as students were introduced to the different planets in our solar system and their unique features.

The inquiry then focused on the formation of Earth, where children learned about the role of Planet Theia and how our Earth came to be. They also explored how we depend on the sun, moon, and stars in our daily lives. As the unit progresses, students will be encouraged to take action by learning ways to care for and protect our planet Earth.





PARENT COLLABORATION SCIENCE FEST: EYP

By The Early Years Team

The Nursery parents joined us for a wonderful collaboration, making the science experience more meaningful and interactive. Our little scientists were bubbling with curiosity and excitement as they explored a variety of engaging experiments; including 'sink and float,' watching a dancing doll come to life, turning milk into paneer, and being amazed by milk reactions and volcano eruptions!

In Jr. Kg, parents and learners collaborated through engaging, hands-on science activities. Children explored volcano eruptions, discovered how a foil boat can hold more weight than a flat sheet, and enjoyed a colour-changing rainbow experiment. The highlight was the magical baking soda and turmeric activity, revealing bright red palm prints, making the learning fun, interactive, and memorable.

Similarly, our Sr. Kg parents joined us to make science engaging and fun for our learners. Through a series of exciting experiments, children explored concepts such as volcanic eruptions, static energy using balloons, and colour integration through activities like growing a rainbow, dancing paper, and mixing colours in salt water. The hands-on experiences sparked curiosity, and the learners thoroughly enjoyed the sessions while deepening their understanding.

It was heartwarming to see parents and children learning together, creating memorable moments of discovery!





PYP

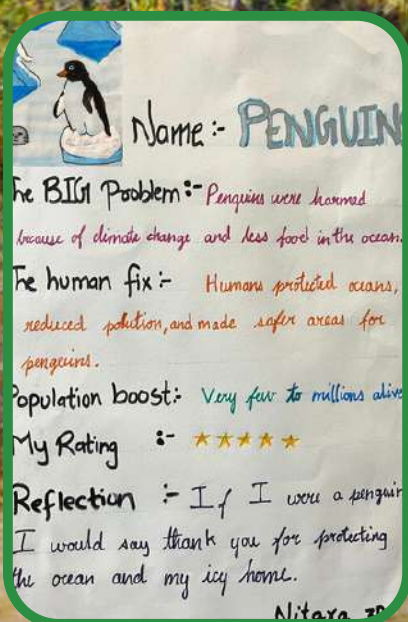
PYP3: Wildlife Success Stories


By Team Grade 3

During the unit on "Sharing the Planet," Grade 3 transformed into a hub for wildlife advocacy, shifting the focus from environmental challenges to stories of hope. Through the "Wildlife Success Stories," students explored the powerful "wins" where human intervention saved species from the brink, proving that dedicated conservation can successfully reverse the threat of extinction.

As investigative reporters, students researched and illustrated these recovery stories. Each hand-drawn card documented a specific "Human Fix"—such as banning chemicals or restoring habitats—while tracking the dramatic rise in animal populations. By comparing "then and now" data, students saw firsthand how human actions directly impacted the survival of our wild neighbours.

The students' responses were a reminder that while humans can cause challenges, we also possess the incredible power to fix them, and to protect the planet we share.



 Name :- PENGUIN

The BIG Problem :- Penguins were harmed because of climate change and less food in the ocean.

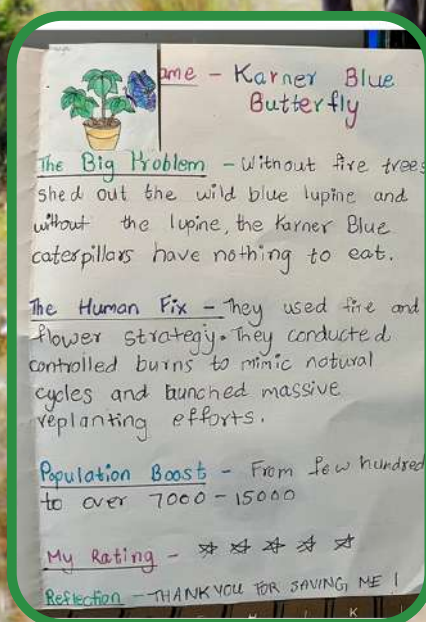
The human fix :- Humans protected oceans, reduced pollution, and made safer areas for penguins.


Population boost :- Very few to millions alive

My Rating :- ★★★★★

Reflection :- If I were a penguin I would say thank you for protecting the ocean and my icy home.

Nitara 70



 Name - Karner Blue Butterfly

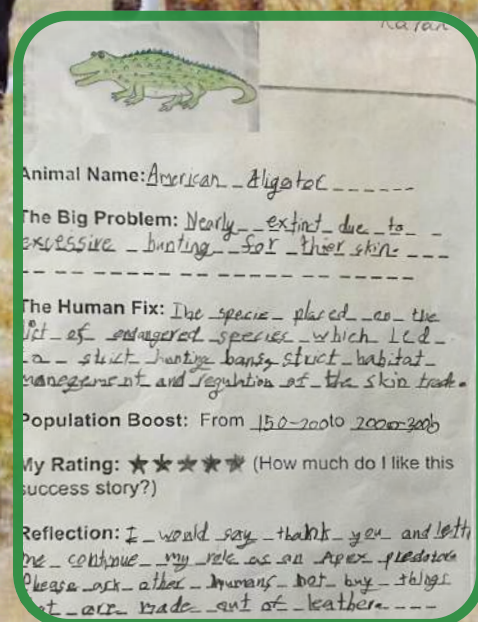
The Big Problem - Without fire trees shed out the wild blue lupine and without the lupine, the Karner Blue caterpillars have nothing to eat.


The Human Fix - They used fire and flower strategy. They conducted controlled burns to mimic natural cycles and launched massive replanting efforts.

Population Boost - From few hundred to over 7000 - 15000

My Rating - ★★★★★

Reflection - THANK YOU FOR SAVING ME!



 Animal Name: American Alligator

The Big Problem: Nearly extinct due to excessive hunting for their skin.

The Human Fix: The species placed on the list of endangered species which led to strict hunting bans, strict habitat management and regulation of the skin trade.

Population Boost: From 150-2000 2000-3000

My Rating: ★★★★★ (How much do I like this success story?)

Reflection: I would say thank you and let's me continue my role as an apex predator. Please ask other humans not buy things that are made out of leather.

PYP4 Unit Celebration: Organisations



By Team Grade 4

Grade 4 students explored the unit "Organisations," inquiring into why organisations are created, how people collaborate, and how shared goals guide action. Inspired by their learning, they became social entrepreneurs by creating their own organisations, designing hierarchies, and assigning roles and responsibilities.

They showcased their learning through "Market Mania," a student-led marketplace featuring products, games, and food items planned and managed entirely by them. As responsible action linked to the Sustainable Development Goals, the proceeds were donated to the Ohm Jyoti Foundation, reinforcing the idea that organisations can create positive change. This authentic experience strengthened their collaboration, leadership, and sense of social responsibility.



PYP 5 Unit Celebration



By Team Grade 5



Our Grade 5 learners brought the central idea — how government systems influence the lives of citizens—through an engaging two-part unit celebration.

In the first segment, students designed their own government systems, complete with laws, rule books, national anthems, and even their own currencies! They confidently explained the structure, formation, and functioning of their governments, showcasing strong conceptual understanding.



The second segment featured two lively debates: Should countries promote local businesses or allow cheaper foreign products? Should governments control social media more strictly?

Through thoughtful arguments and collaboration, students made meaningful connections to human rights, decision-making, and global cooperation.





Music Assembly

By The Music Department

The Music Team organised a joyful and engaging music assembly for the primary grade students, creating a vibrant space for young learners to explore and celebrate music. The assembly aimed to nurture a love for music while encouraging students to express themselves through rhythm, song, and movement.

Students participated with great enthusiasm, singing cheerful songs and engaging in simple yet meaningful musical activities. Their performances filled the space with energy and excitement, creating a lively atmosphere that the audience thoroughly enjoyed. The melodies, rhythm, and confidence of the young performers brought smiles and applause from their peers and teachers.

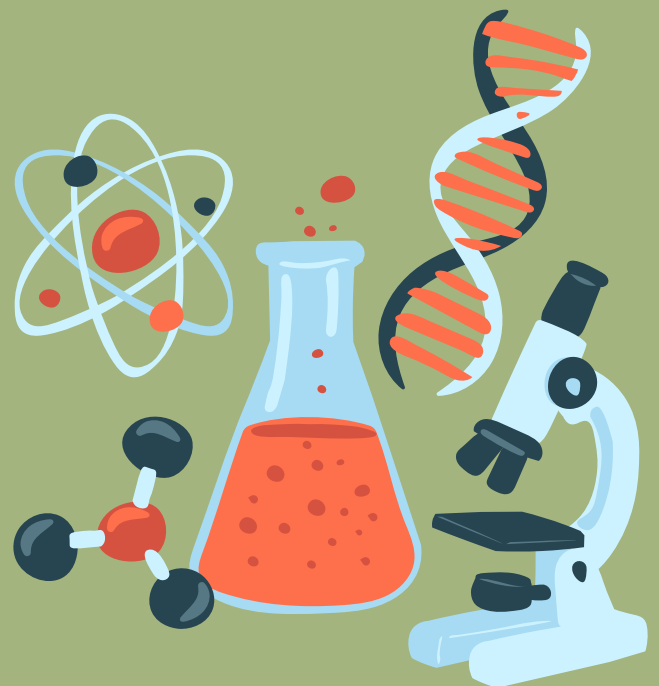
The assembly not only showcased students' musical abilities but also helped build their confidence and appreciation for the arts. It highlighted how music can be a powerful medium for creativity, expression, and joy in learning. The Music Team is proud of the students' participation and looks forward to creating many more such enriching and memorable musical experiences. 🎵







MYP & DP



PERSONAL PROJECT



EXHIBITION



By Vitraag Punamiya, MYP5

In the final year of the MYP, the class of 2028 took on the Personal Project, an experience that involves planning, researching, and creating a project based entirely on their own interests and passions. Unlike regular classroom assignments, the Personal Project allows students to take full ownership of their learning, combining creativity, critical thinking, and self-management skills developed throughout the MYP years. It showcases their personal growth apart from academics through the MYP years while also preparing them for the independence and challenges of the Diploma Programme.

This year's MYP 5 Personal Project exhibition was a powerful showcase of student creativity, dedication, and independent learning. Students spent several months exploring a topic they were genuinely passionate about and turning it into a meaningful final product. The process challenged students not only to create something original but also to plan, manage time, conduct research, reflect deeply, and sometimes connect their work to real world issues.

The diversity of projects this year was impressive as students created detailed animal pencil sketches, composed original musical pieces, and even designed music teaching applications to support beginner learners. Others explored creativity by producing a traditional cookbook, mixing custom perfumes, and even making lactose tolerant chocolates. The exhibition also featured short story collections, karting tutorials, stock market guides for beginners, and a 3D modelled miniature Formula 1 model. Each project reflected a strong personal interest and commitment that is usually missing in normal assignments. For many, the project also changed how they view their passions and helped them explore them in a more structured way.

Beyond the final products, the Personal Project pushed students to grow real world skills such as developing stronger research skills, more resilience and problem-solving skills when facing challenges. These are skills that will be essential as the students transition into the Diploma Programme.

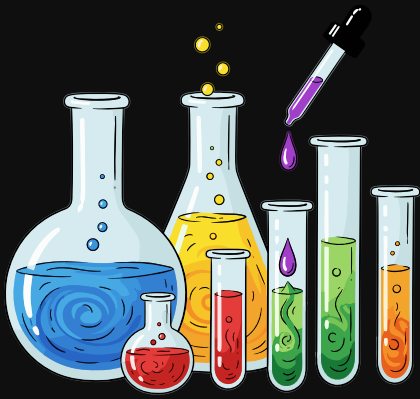
Overall, the Personal Project exhibition was a celebration of curiosity, skill, and student creativity. It highlighted how, when given control and ownership of their learning, students can make thoughtful, creative, and impactful work. The experience has prepared the MYP5 class for the academic and personal challenges ahead, and it stands as a proud milestone in their IB journey.



MYP PERSONAL PROJECT EXHIBITION 2026!



INTER- HOUSE SCIENCE FEST



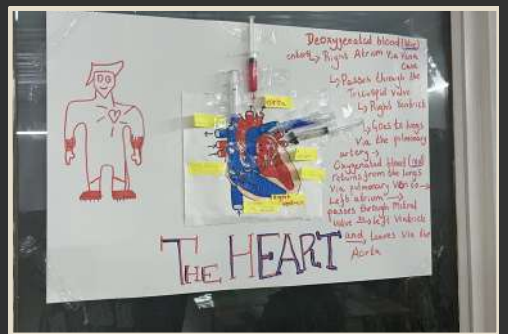
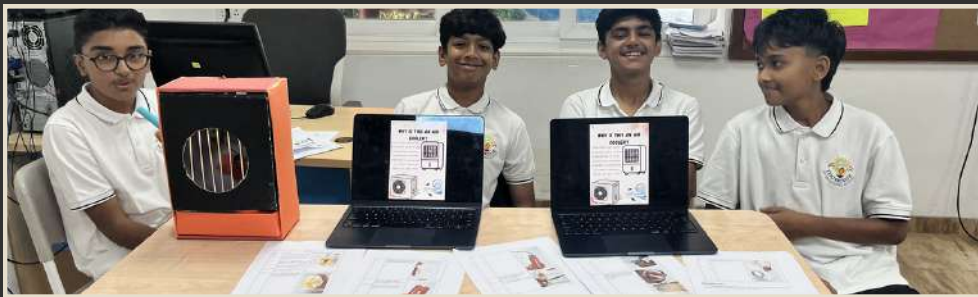
PYP & MYP

BY MS. KHALIDA QURESHI

The PYP and MYP Science Fest, held on the occasion of National Science Day, was a vibrant celebration of curiosity, creativity, and scientific thinking. Students showcased a wide range of innovative projects, demonstrating strong conceptual understanding and the practical application of science in everyday life. Highlights included working models on renewable energy, water conservation systems, robotics, sustainable city designs, chemical reaction demonstrations, and interactive experiments.

The event reflected months of dedication, inquiry, teamwork, and perseverance. A key feature of the fest was the strong sense of student ownership, as learners confidently explained their ideas and research processes. The collaborative efforts of the Science team ensured the smooth execution of the event, making it an enriching and memorable experience. In the final results, Blue House secured the first position, followed by Red House in second and Green House in third place.





EFL

By Hridaan Jain, DPI



The Edubridge Football League (EFL) kicked off as an exciting initiative bringing together four iconic football nations Brazil, Spain, Argentina, and Portugal-, each represented by their own team with a dedicated captain and head. The league was built on a foundation of passion, teamwork, and healthy competition, giving students a platform to showcase their skills and school spirit. Behind the scenes, the hard work of Vivaan Purohit, Shanay Mehta, and Dev Agarwal helping to organise the league was instrumental in making the EFL a success. The league quickly became one of the most talked about events at Edubridge, uniting the school community.

As the league progressed, rivalries began to form and the excitement on the field grew with every match. Each team brought its own unique energy and style of play, from Brazil's flair, to Spain's precision, Argentina's passion, and Portugal's elegance. The stands buzzed with chants and cheers as students sat behind their respective teams, turning every game into a precious memory!



MYP POLICE ASSEMBLY



By Aahana Kapoor, MYP4

During a whole-school assembly held in the cafeteria, officers of the Mumbai Police briefed the students about several essential survival tips. They emphasised the importance of being cautious when encountering unknown objects in public spaces, as they could potentially be attached or contain an explosive.

The students were also educated about the concept of good touch and bad touch, and how to distinguish between the two. They were advised on the appropriate course of action if they find themselves in a situation involving inappropriate touch, such as reporting the incident to a trusted adult at home, like their parents or a teacher at school.

Furthermore, the students were informed about the alarming rise in cybercrime incidents and guided on how to protect themselves from falling victim to such situations. They were encouraged to create strong passwords for important accounts, refrain from following or allowing strangers to follow their social media accounts, and exercise caution when interacting with individuals on social media platforms.

To ensure their safety, students were also informed about various contact numbers of the Mumbai Police, including the police helpline (100) and the child helpline (1098), which they are encouraged to use to report any concerns or issues they may encounter.



Digital DETOX DAY



By: Panav Choksi, DP1



In an age defined by constant connectivity, EIS paused, completely. On Digital Detox Day, every electronic device was set aside, creating an unusual but strikingly focussed academic environment aimed at educating students regarding the impact of e-waste. Digital Detox Day is an initiative designed to reduce dependence on technology and mitigate climate and environmental effects. A group of DP students decided to utilise their Collaborative Sciences Project regarding E-Waste to educate younger grades. They delivered engaging sessions aimed towards spreading awareness, transforming this activity into an enriching CAS experience. Their project inspired focus on electronic waste and underscored the environmental cost of unchecked technological consumption and production. Ultimately, the day reaffirmed a simple truth: the world is not bound by technology but rather by humanity. Connectivity is not solely online.



TOK EXHIBITION



By Divyansh Mehta & Vedika Chinoy, DP1

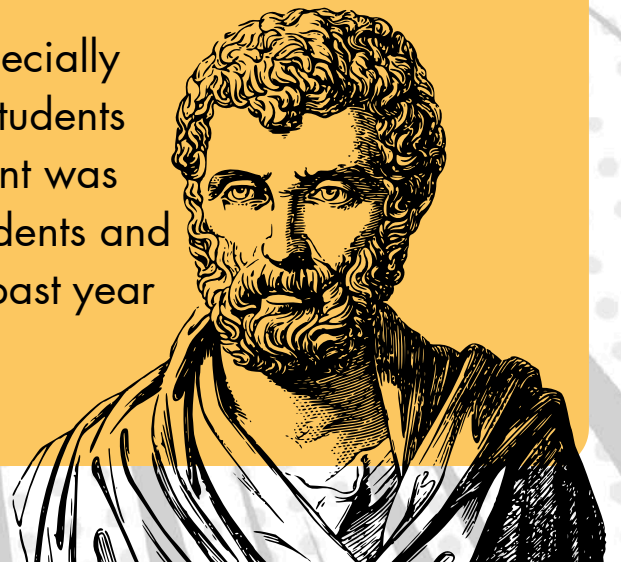
For the Theory of Knowledge Exhibition, the DP1 students demonstrated their understanding of various prompts through the lenses of their objects. Preparation for this required thorough research and personal connection.

During the exhibition, students presented what knowledge they possessed while understanding the deeper meanings behind it. They delved into philosophical questions, comprehending personal interpretations behind everyday ideas.

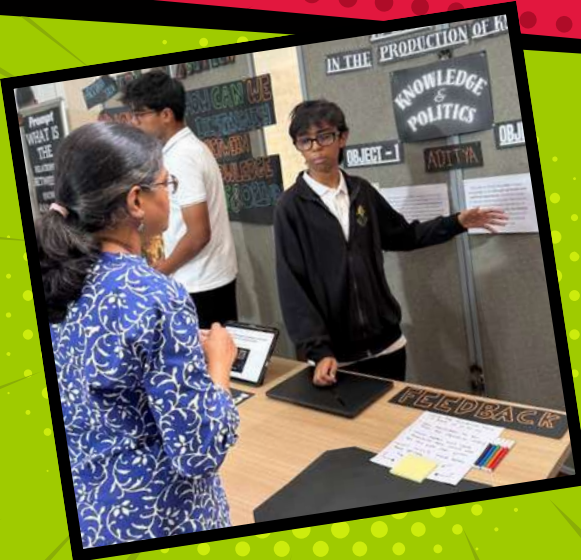
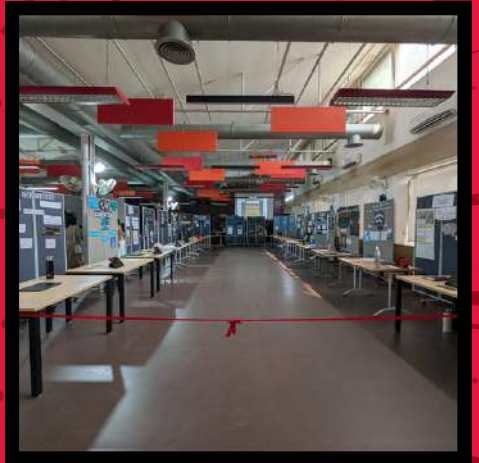
Students had to compose a commentary as part of their TOK Internal Assessment, discussing three objects that were pertinent to explore a prompt of their choice. These commentaries helped students expand their personal perspectives. The class as a whole did their best to set up an effective exhibition for their visitors.

The exhibition functioned as a culmination ceremony, one that presented a compilation of students' gained perspectives, ideas, and interpretations of their prompts and their objects' relevance to members of the EIS community. From the farrago of contrasting perspectives, a newfound interest in philosophy and the theory of knowledge emerged.

The exhibition was received positively, especially reflected in the feedback collected by DP students in their individual feedback forms. The event was overall a triumph and a success for the students and teachers who have worked hard over the past year in expanding their understanding and metacognition about knowledge.



TOK EXHIBITION 2026





Collaborative Sciences Project

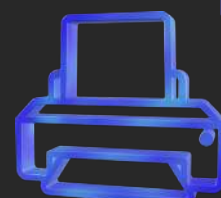
By Haikal Muhasyah, DP1

The Collaborative Sciences Project (CSP) gave DP1 the chance to work together as an interdisciplinary team, focusing on the global issue of 'Electronic Exposure'. We brought together different perspectives from subjects such as Computer Science, ESS, Chemistry, Physics, and Biology to see how electronics affect our environment and health. By combining these scientific fields, we were able to realise the bigger picture of how our personal digital consumption impacts the world around us.

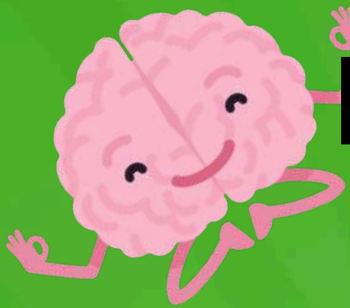
To bring our research to life, each group developed unique products that made the data engaging and easy to understand.

- One group focused on the technical side by building an app where users input their daily electronic usage.
- Another group designed brochures so that the information was engaging and easy for the audience to comprehend and take away.
- The third group conducted a live experiment that gave the audience a firsthand look at the impact of the research. By using these interactive tools and clear visuals, we turned complex scientific concepts into something that felt extremely relevant and interesting to the audience.

Overall, the project showed us how different sciences work together to solve real world problems. It was a great way to apply what we've learned in all our science classes to a major issue like electronic exposure. We finished the project with a much better understanding of how the technology we use every day fits into larger environmental systems, and what that means for the future.







MENTAL HEALTH AWARENESS WEEK



By Panav Choksi & Yehzad Debu, DPI

During Mental Health Week, the counsellors conducted short homeroom activities to support student well-being and emotional awareness.



In the guided relaxation activity, students watched a short video that led them through simple breathing and mindfulness techniques. This created a calm atmosphere in the classroom, allowing students to slow down, reduce stress, and refocus during the school day.



In the reflective art-based activity, students chose an emotion they found difficult and represented it as an "Emotion Monster." By visualizing their feelings, they were able to better understand and express them. They also selected three emojis to describe their emotion, encouraging clear and simple reflection. Through these activities, the students found a quick way to reset when their mind and bodies feel overwhelmed.



CELEBRATING INTERNATIONAL DAYS

By Yaazhini Karthigeyan, DPI




Why do we discriminate against selected groups of people? Is there a scientific or psychological reason? Or is it simply based on our preferences? What are the effects of discrimination and who is most affected?

Discrimination is a major issue in today's world, where all individuals are extremely interconnected and social media is accessible to all. The types of discrimination that take place differ according to who is being targeted, but harm all individuals just the same. The question now is who is being discriminated against? And why is this happening?

The social identity theory is a psychological theory that explains the factors that affect our habits of including or excluding certain people. The theory suggests that individuals make 'in-groups' and 'out-groups' into which we sort people based on shared characteristics. The in-group consists of people who enhance our self-esteem while the out-group are people who we feel we need to differentiate ourselves from. This process of differentiation leads to prejudice, bias, and discrimination. In simple words, the social identity theory seeks to understand the cognitive processes and social conditions underlying intergroup behaviour, especially those related to prejudice, bias, and discrimination.

The groups of people said to be most severely affected by discrimination are women, urban residents, people with disabilities, the poorest, those with lower education, people with disfigurement and people with chronic neglected tropical diseases (NTDs).

A faint outline of a globe in the top left corner.

Discrimination does not only lead to exclusion or lack of education and job opportunities; it also creates issues with mental wellbeing and lower confidence levels in those affected.

In just the span of one year, 1 in 5 people have been said to experience discrimination. In schools, 11% of adolescents have been bullied according to data from 2024. As digital gadgets and exposure to social media increase drastically, 15% of adolescents have experienced online bullying. The high rate of people facing discrimination is alarming and must be reduced. Although steps and education have been used to decrease the scale of discrimination, the impact of these is debatable.

Often the steps taken to reduce discrimination are short-term and can have unwanted results such as reinforcing stereotypes that elevate the scale of the problem. Efforts that are known to have no effect on the issue but are still implemented will not work. However, in most cases, the efforts to prevent discrimination are single lessons or workshops which do not guarantee long-term results. Steps should be practices that are consistently utilised, and should also vary according to the group of individuals who are in the workspace or educational centres.

EQUALITY 



DIVERSITY

INCLUSION 





NEWSLETTER TEAM

STUDENT LEADERSHIP



Prini Shah
Head of Design



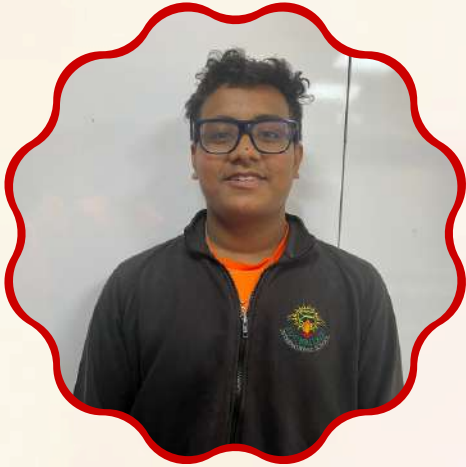
Vedika Chinoy
Chief Editor



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Co-Chief Editor



TEAM MEMBERS



Divyansh Mehta



Yaazhini Karthigeyan



Panav Choksi



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Aahana Kapoor

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