



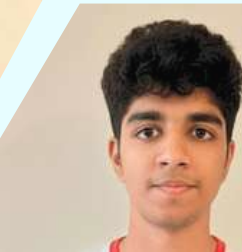
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2015-2025

JAMNABAI NARSEE INTERNATIONAL SCHOOL

● A Decade of Excellence ●

DP 360°

February 2026



Annual Athletic Meet 2026



Chief Guest Ms. Isha Lakhani being felicitated as an Honorary guest



Head of School Smt. Jasmine Madhani addresses the gathering



Students sprint toward victory during the high-energy relay races



Lincoln House display coordination and collaboration during the tug-of-war



The Annual Athletic Meet 2026 celebrated fair play and teamwork. The event saw the hoisting of the school flag, followed by a march past led by the Student Council members and events with athletes cinching their well-deserved medals!



Cultural Reps., Anaaya Rathod and Shaurya Sharda announce winners of various competitions held during the year



A stunning showcase of Yoga practices



Student Council marches proudly at the opening ceremony

Celebrating Our Winners!



The Annual Athletic Meet 2026 was a vibrant celebration of athleticism, unity, and school spirit. Students enthusiastically participated in a variety of track and field competitions, demonstrating determination, resilience, and sportsmanship. As the competitions unfolded, the atmosphere was filled with excitement and encouragement from peers and teachers. The event concluded with the recognition of outstanding performances.



Recognising our young athletes for their remarkable sporting achievements in school and on larger platforms



Coordinators proudly present awards to students recognised for their exceptional achievements in sports

Classroom Chronicles

Economics: Game Theory



Grade 11 students actively participate in the Game Theory session- how strategic decision-making can be applied to real-life situations

Students of Grade 11 had the opportunity to attend an engaging session on game theory conducted by Prof. Surya Banerjee, Director, Math-Economics Programme from the University of Waterloo. Through interactive examples and discussions, students explored how game theory is used in economics, business, and everyday decision-making.



Prof. Banerjee discusses Game Theory with the young minds



Prof. Banerjee engages students in interactive games to demonstrate the theory

The session helped us understand how decisions are connected. Game Theory showed us that every choice we make depends on the choices of others, which made strategy and economics feel much more real and exciting!

Shlok Sanghvi, Grade 11

Citations and Referencing



Our school librarian, Smt. Kshitija Sawant, educates the Grade 11 students on the importance citations and references

A session on citations and referencing was conducted by the school librarian to guide students on the importance of academic integrity in research and writing. Students learned why it is essential to acknowledge the ideas and work of original authors and how correct citation helps prevent plagiarism. Smt. Sawant explained different referencing styles and demonstrated how to cite books, articles, and online sources accurately. The session was informative and helped the cohort understand the value of responsible research and credible academic writing.

Wood Carving Workshop



Under the guidance of Ms. Tanisha Raj from Lisbon, students stepped beyond their comfort zones in a hands-on woodcarving workshop, fostering creativity and confidence.



Cybersecurity Awareness Session

A cybersecurity workshop was conducted for the students of IBDP by Mr. Siddharth Kapoor, certified in Cyber Security from IIT, offering valuable insights into how cyberattacks occur, the techniques used by hackers to exploit vulnerabilities across different online platforms, and the importance of safeguarding personal and institutional data. Through real-world examples and interactive explanations, Mr. Kapoor highlighted common threats such as phishing, password breaches, and social engineering, while demonstrating how easily weak security practices can be exploited. The session was both informative and eye-opening, helping students develop a deeper awareness of cybersecurity in an increasingly digital world and encouraging them to become more responsible and vigilant internet users.



Mr. Kapoor enlightens students about online dangers and protocol



Cybersecurity in our lives

Mind and Meaning

Beyond the Final Page: *1984*



I recently read *1984* by George Orwell. This book is more mysterious than I expected it to be. Published in 1949, it explores a dystopian futuristic idea of the year 1984 in Oceania (place), centred around Winston Smith, who works for the 'Minitrue' (Ministry of Truth), under the political party of Big Brother. Winston discovers that every move is watched. The system invades people's privacy and their right to maintain their personal space, prompting them to stand against it. On every poster he comes across, he sees a huge face with a big moustache, described as watching us from every angle, with the big bold letters which say, 'BIG BROTHER IS WATCHING YOU'.



Winston faces challenges socially and mentally, continuing regardless of whether he succeeds in his quest or not. It speaks of the world we live in. It is simply fascinating to know how a book published in 1949 could so precisely predict the future!

This book clearly warns its readers about totalitarian states, the idea of the panopticon, and surveillance. It also critiques how manipulators often twist narratives to portray an idealised version of the world. Given the world scenario, it brilliantly yet terrifyingly conveys how our phones and other gadgets can see and hear everything we do! It has made me doubt my perspective on world events that occur.

Jhassithaa Nadar, Grade 11

Dopamine Detox

Why Your Phone Feels More Interesting Than Reality (and What to Do About It)

Let's get real. Most of us didn't "choose" to be glued to our phones.....It just happened....You'd say " Oh, it's not that deep", but guess what?!..... It is. One notification turns into ten. One reel turns into an hour. Sometimes we watch something on our laptop while scrolling on our phone at the same time because one screen isn't enough anymore. What's actually happening in your brain every time you get a like, a message, a new video, or even just refresh your feed, your brain releases dopamine. Dopamine isn't happiness, it's motivation. It's the chemical that signals, "This feels important. Do it again."

Psychiatrist Dr. Anna Lembke, in her book Dopamine Nation, explains dopamine is about anticipation, not pleasure. This means the scroll itself becomes addictive, not because it's deeply satisfying, but because your brain keeps expecting and hoping that the next thing will be better. Over time, your brain gets used to it. What once felt exciting now feels normal. So, you need more stimulation to feel the same level of interest. This is why sitting quietly with a book, studying, or even having a simple conversation can start to feel extremely boring or sometimes even unbearable.

Phones are designed to grab your attention. Infinite scrolling, algorithms, autoplay, notifications that are timed to pull you back in. As Lembke puts it: "The relentless pursuit of pleasure and avoidance of pain, leads to pain."

The "pain" doesn't show up dramatically. It appears as:

- Shorter attention spans
- Difficulty starting tasks and keeping at them
- Feeling restless or bored easily
- Needing constant stimulation
- Procrastination that turns into panic

Lembke explains that when we take a break from high-dopamine activities, our brain's reward system can rebalance.

That means:

- Choosing one screen instead of two
- Sitting with boredom instead of escaping it immediately
- Allowing your brain to feel "under-stimulated" for a while



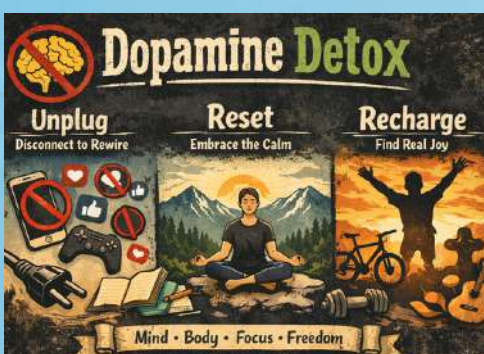
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Try this:

- No phone for the first 30 minutes after waking up
- One-screen rule: laptop or phone, not both
- Study in 25-minute focused blocks without checking notifications
- Replace one scrolling session with a walk, music, talking to someone face-to-face or journaling



Ms. Heena Agarwal
Counseling Psychologist

Prayatna- French Examination



Grade 11 students of French display their success in Prayatna

“Participating in the ‘Prayatna French Examination’ up to the second level with eligibility was a really enjoyable and rewarding experience for me. While preparing for the exam, I slowly started becoming more comfortable with French vocabulary, grammar, and pronunciation. At first it felt challenging, but with regular practice I began to appreciate how interesting it is to learn a new language. It felt exciting to understand simple phrases and realise that I could communicate in a completely different language.”

Jhassithaa Nadar, Grade 11

“I learned that understanding simple French requires regular reading and careful attention to vocabulary and context. Practising short audio comprehensions helped improve my comprehension skills and confidence in identifying key ideas. This activity also showed me the importance of consistency and focus while preparing for a French MCQ exam.”

Veer Mahajan, Grade 11

Brain Teasers



Number puzzle

I am an odd number. Take away a letter and I become even. What number am I?

What three numbers give the same result when added or multiplied?

What number becomes smaller when turned upside down?



Lateral Thinking

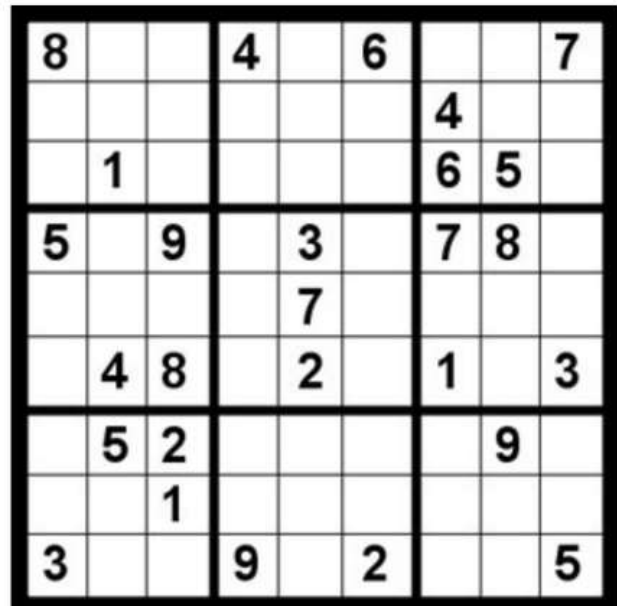
1. What's bought by the yard and worn by the foot?
2. What occurs once in a minute, twice in a moment, and never in 1000 years?
3. You throw away the outside, cook the inside, eat the outside, and throw away the inside. What is it?
4. Brothers and sisters I have none, but that man's father is my father's son—what relation is he to me?

Answers

Number Puzzle:
Seven
 $1+2+3=6$ and $1 \times 2 \times 3=6$
9

Lateral Thinking
1. Carpet
2. Letter M
3. Corn on the cob
4. He is my son

Sudoku



835|416|927
296|857|431
417|293|658
-----+-----
569|134|782
123|678|549
748|529|163
-----+-----
652|781|394
981|345|276
374|962|815

Acknowledgements

Upcoming Events



Grade 12 IBDP Final
Board Exams Commence
28th April 2026



Grade 11 Term 2 Exam
Commences
11th May 2026



Graduation Ceremony
for Class of 2026
29th May 2026

Core Team

Ms. Jasmine Madhani
Dr. Samir Jale
Ms. Akanksha Mahajan

Teachers

Ms. Malavika Bhaumik
Mr. Manish Hatkar
Ms. Amisha Jayakar

Newsletter Team

Ambika Duhlani
Aria Ullah
Arya Shrivastava
Jhassithaa Nadar
Riya Chaudhry
Vedika Desai

Extended Essay Orientation



Coordinator, Smt Akanksha Mahajan, introduced students of Grade 11 DP to the Extended Essay, followed by sessions conducted by the subject teachers. The faculty familiarised them with the essay's purpose and structure, allowing the students to conduct independent research on a topic of personal interest. The session aimed to help pupils understand how the Extended Essay fosters critical thinking, research skills, and academic writing.



Subject teachers conduct individual sessions to guide Grade 11 DP students through the Extended Essay, fostering independent research, critical thinking, and academic writing skills

