

# IISSENCE

NEWSLETTER  
JUNE 2025

EDUCATIONAL CONFLUENCE AT LEH, LADAKH



INDIA INTERNATIONAL  
SCHOOL SITAPURA



The Principal received appreciation from Sir Sonam Wangchuck and Dr. Geetanjali J Angmo.

## Message from the Principal

Namaskar !

Dear Petals,

As you step into the golden days of summer, may your holidays be filled with joy, laughter, and moments that make your heart smile.

This is a time to rest, to read stories, explore your creativity, help your family, and most importantly – to simply be happy. Let the sunshine fill you with positivity, and may each day bring new reasons to be grateful. Stay safe, stay kind, and return with refreshed minds and bright smiles.

Blessings and warm wishes always,  
Dr. Anju Jaideep



CELEBRATING INTERNATIONAL YOGA DAY ON 21 JUNE



HAPPY FATHER'S DAY





## A Transformative learning Journey in the Heart of the Himalayas

**The Principal Dr. Anju Jaideep at the Educational Confluence, Leh-Ladakh, 23rd-29th May 2025**

Amidst the awe-inspiring landscapes of Leh, Ladakh, where barren mountains whisper ancient stories and monasteries radiate timeless peace, our Principal Dr. Anju Jaideep had the honour of participating in a truly transformative Educational Confluence. Spanning an enriching week, the event offered a unique blend of intellectual depth, cultural immersion, and spiritual reflection—a reminder that education, at its best, touches both the mind and soul.

### **1. Education Rooted in Life: Transdisciplinary & Contextual Learning**

The confluence spotlighted a holistic, real-world approach to education. Sessions unpacked the power of experiential learning, contextual understanding, higher-order thinking, emotional intelligence, and even spiritual and psychic growth. The message was clear: today's education must connect with the learner's life, surroundings, and spirit.

### **2. Inspirational Voices, Transformative Ideas**

Renowned change-makers like Sir Sonam Wangchuk and Dr. Geetanjali J Angmo inspired with stories from the front lines of educational reform. Their sessions were a masterclass in purposeful leadership, urging educators to go beyond theory, embrace relevance, and stay rooted in lived experience.

### **3. Learning by Doing - SECMOL & HIAL**

Visits to SECMOL (Students' Educational and Cultural Movement of Ladakh) and the Himalayan Institute of Alternatives (HIAL) brought alive the idea of education through experience. Students there learn not just in classrooms, but through building, farming, innovating, and collaborating—with sustainability embedded into everyday life.



SEEKING BLESSINGS FROM  
HIS HOLINESS CHETSANG RINPOCHE



CELEBRATING THE BIRTHDAY OF HIMALAYAS





#### 4. Ladakh: A Living Textbook

From its unique geology and ecosystem to its rich cultural tapestry, Ladakh itself became a teacher. Sessions on place-based learning showed how integrating local knowledge and challenges into curricula makes learning authentic, relevant, and empowering.

#### 5. Sustainability in Action – The Ice Stupa Project

One of the most moving experiences was witnessing the Ice Stupa Project—a brilliant example of indigenous innovation that conserves water in high-altitude deserts. It stood as a glowing reminder of how education must prepare students to solve real-world problems with local wisdom.

#### 6. Reviving Land, Restoring Lives – The Kulum Model

The story of Kulum village showed how land reclamation, organic farming, and eco-tourism can transform a struggling community into a self-reliant, sustainable model—a powerful lesson in integrated development and resilience.

#### 7. Culture & Spirituality: The Soul of Learning

From tranquil moments at the Alchi Monastery to cultural exchanges and meditative stays at Uleytokpo Resort, the journey wove together learning with introspection, reminding all participants that education is as much about the heart as it is about the head.

#### 8. The Journey Within – Discovering Ikigai

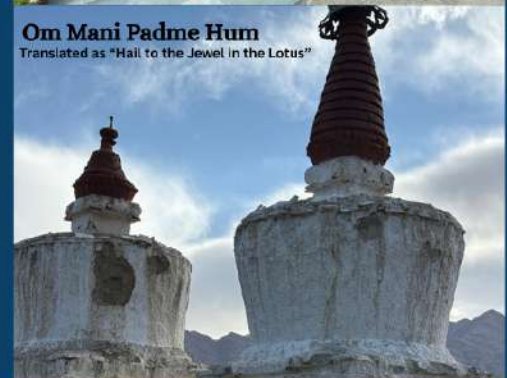
In a poignant closing, educators reflected on Ikigai—the Japanese philosophy of purpose. It was a call to align what we love, what we're good at, what the world needs, and what we're called to do. For educators, it reaffirmed teaching as a soulful, purpose-driven path.

Dr. Jaideep will be sharing the rich insights from this journey with faculty and students, sowing seeds of innovation, sustainability, and mindful education in our own learning ecosystem.

**Robert Frost beautifully reminds us:**

**“We have miles to go before we sleep.”**

**And what a meaningful journey it shall be.**



**Om Mani Padme Hum**  
Translated as “Hail to the Jewel in the Lotus”





## Pedals with Purpose: Cycling towards a Cleaner Tomorrow!

World Bicycle Day

3<sup>rd</sup> June 2025

Wheels spun, spirits soared, and green dreams took flight!

On 3rd June 2025, our vibrant eco-crusaders from Classes VI to VIII celebrated World Bicycle Day with unstoppable enthusiasm and an inspiring mission—to pedal for the planet.

As they cruised through the city's breezy parks and leafy trails, their bicycles became more than just vehicles—they turned into symbols of sustainability and silent revolutions on two wheels. Each joyful ride echoed a powerful message: A cleaner world begins with conscious choices.

The event beautifully blended fitness, freedom, and environmental mindfulness, proving that a single pedal stroke can ripple into a wave of meaningful change. From heartfelt pledges to reduce carbon footprints to shared laughter under the open skies, this day was a celebration of Earth, energy, and eco-awareness.

Our young riders didn't just cycle—they cycled with soul, purpose, and pride.

Here's to a generation that's not only moving forward—but moving forward sustainably.







## Eco-Warriors in Action: Young Guardians of Nature!

This World Environment Day celebrated on 5th June 2025, our dynamic students from Classes VI to VIII proved that age is no barrier when it comes to making a meaningful impact! With hearts full of purpose and hands ready to serve, these young eco-champions embraced the spirit of sustainability. Whether it was nurturing saplings, reviving green corners of nearby parks, or simply pledging mindful habits, their commitment during the summer break was truly commendable. This eco-conscious initiative was more than just an activity—it was a vibrant expression of responsibility, empathy, and environmental stewardship. Our students are not just learning about the planet—they are leading the way in protecting it.

Let's cheer for our green-hearted heroes who remind us that every small action sows the seeds of a better tomorrow!







## Flavors of Gratitude: A Delicious dive into food Safety !

On 7th June, Food Safety Day, our curious little chefs from Class Neev to II stepped into a world of flavor, fun, and food wisdom! With flour-dusted fingers and hearts full of joy, the young ones donned their aprons and embraced the art of healthy, home-cooked goodness.

From mixing and mashing to garnishing with glee, students created vibrant, nutritious dishes that weren't just tasty—they told a story. A story about gratitude for every grain, love in every bite, and respect for every meal.

This soulful celebration transformed our classrooms into mini kitchens of kindness, where children didn't just learn recipes—they learned values. The importance of sustainable living, mindful consumption, and appreciating the journey from farm to fork came alive in the most delicious way!

A spoonful of awareness, a dash of fun, and a generous serving of smiles—Food Security Day was more than a celebration. It was a reminder that every meal is a blessing, and every child has the power to make a difference—one bite at a time. 🍴🌍

“स्वस्थ भोजन, सुरक्षित भविष्य!”

Healthy Food, Secure Future!







## Student's Corner Spotlight: Celebrating World Ocean Day!

In a wave of creativity and consciousness, our school proudly observed World Ocean Day Celebrated on 8<sup>th</sup> June 2025 through the insightful work of our budding ocean advocate, Shivansh Sharma, Rudra Pratap from Class I and Divyanshi From Class 3.

As part of the initiative, students designed a visually striking, thought-provoking poster capturing the essence of ocean conservation and the urgent need to protect our blue planet.

Also One of Our student of class 12th Charu Jaswani (Head Girl) shared her views on World Ocean day with an Article—

"When we think of the ocean, we often picture blue waves, sailing of ships, and the wind brushing against calm tides. However, the ocean is more than just a beautiful view. It's life. On World Ocean Day, we're reminded that the ocean doesn't need us to save it: it needs us to respect it. As children, many of us made posters about saving water or wrote essays on conservation. But today, as we grow and understand more, we need to realize that it's not just about pretty posters or plastic bans. It's about understanding that every small step we take; whether participating in clean-up drives, being mindful of our waste, or simply spreading awareness, matters. The ocean, and all the resources it gives us, is the thread that silently connects every single one of us.

"The ocean whispers to those who listen, its waves carrying the secrets of peace, joy, and endless horizons."



Let's not lose that wonder. Let our actions be guided not by fear of losing, but by love for what we still have. For the planet that has given us so much, let this be our thank you. Happy World Ocean Day. This inspiring contribution reflects not just knowledge but compassion—an important step in nurturing environmentally responsible citizens of tomorrow. Through such student-led expressions, our young voices echo loud and clear: "Save Our Oceans, Secure Our Future!"







## Flowing Together: A Soulful Celebration of International Yoga Day



June 21st didn't just greet us with sunshine—it welcomed us with presence. Peace. Purpose. Our school bloomed into a sanctuary of soulful silence and joyful movement, as students, parents, and faculty united to celebrate International Yoga Day in a truly memorable way. Guided by the calming presence of Ms. Aruna, the gathering was more than an event—it was an experience. A living mosaic of asanas, breathwork, and stillness unfolded across the campus, forming a moving mandala of mindfulness.

✨ Each stretch whispered strength.

✨ Each breath carried balance.

✨ Each pause deepened the connection—to the self, to others, and to the Earth beneath.

From giggling young yogis to reflective adults, the atmosphere pulsed with unity and joy. Together, we discovered that yoga isn't merely about flexibility of the body—but the flexibility of heart and mind to bend without breaking, to breathe through chaos, and to blossom in stillness. The day was a testament to harmony—where generations stood side by side, not just in posture, but in purpose. A reminder that well-being is not an act, but a way of being.

**“Yoga is not about touching your toes. It is about what you learn on the way down.” – Jigar Gor**





## Super Dads & Little Stars: A Runway of Love and Laughter!



### Celebrating Our Heroes on Father's Day

On a day filled with cheers, chuckles, and charm, our school turned into a runway of memories as fathers and their little ones celebrated the joy of togetherness. Dads became showstoppers, walking the ramp with pride, grace, and childlike glee—hand in hand with their tiny twinkles.

The event was a symphony of smiles—as children serenaded their heroes with touching poems, energetic songs, and fun-filled games that echoed pure joy. It wasn't just a program; it was a celebration of that quiet strength, unspoken care, and infinite patience that fathers carry in their hearts. A theme-based photo booth stood as a colorful corner of creativity, capturing frame-worthy selfies and candid giggles, turning moments into lifelong memories.

From fun challenges and bonding games to the surprise gifts and cheerful prizes—every element of the day sparkled with love. It was a tribute to the everyday superheroes who may not wear capes, but always show up with shoulders strong enough to carry dreams.

☀️ This Father's Day wasn't just observed—it was felt, lived, and cherished.

A celebration of the gentle giants, the silent protectors, and the guiding stars in every child's sky.

"Behind every great child is a father who believed first."





## Empowering Minds: A Transformative Journey into Mental Wellness



### ONLINE SESSION- ATTENDED BY OUR FACULTY

In a world where minds are often burdened more than celebrated, MSMS II Museum Trust turned the spotlight on mental well-being through a groundbreaking online session that transcended mere dialogue—it ignited a movement.

Guided by the wisdom and warmth of Ms. Anita Karwal, IAS (Retd.), former Secretary of Education, Government of India, the session unfolded as a deeply resonant exploration into the hidden currents shaping young minds today. Drawing from the National Education Policy and cutting-edge neuroscience, Ms. Karwal revealed how stress, stigma, and silence are quietly rewriting our children's futures—and what we must do to rewrite them again with hope, resilience, and empathy.

From data-backed revelations on adolescent mental health to the alarming impact of toxic stress on memory, motivation, and relationships, the session didn't just raise awareness—it armed parents and educators with real tools and strategies for transformation.

Through compassionate yet candid discourse, Ms. Karwal addressed the all-too-common parental response of resistance and blame—urging instead a shift toward empathy, collaboration, and early intervention.

Reimagining schools not as academic factories but as emotional sanctuaries, she emphasized the power of connection, mindfulness, arts, and nutrition in creating truly holistic learning environments. Whether it was brain-based classroom strategies, gut-brain insights, or the NEP's whole-child approach, the message was clear: Mental well-being is no longer optional. It is foundational.

With a remarkable turnout and overwhelming engagement, the webinar planted seeds of awareness that are sure to bloom into systemic shifts—across classrooms, kitchens, and conversations at home.

**This wasn't just a session.**

**It was a call to conscience.**

**A reminder that when we empower minds, we don't just educate—we heal, we uplift, we transform.**





## Positive Parenting in Action: A Journey of Heartfelt Connections

Parenting isn't about having all the answers—it's about asking the right questions, listening with love, and growing alongside your child. This spirit echoed powerfully at the Positive Parenting Workshop held at India International School, Sitapura, where learning met heart in an unforgettable session led by the respected Major General Anuj Mathur, VSM (Retd.).

Backed by the inspiring presence of Principal Dr. Anju Jaideep, the workshop created a safe, reflective space for parents to explore the art and heart of parenting. In a warm and interactive atmosphere, real concerns were voiced, laughter was shared, and practical wisdom was received—leaving every parent feeling seen, heard, and supported.

### Key Takeaways from the Session:

- **Three Pillars of Development:** Physical, Emotional, and Intellectual growth must be nurtured equally.
- **Friendship Before Discipline:** Be your child's safe space—trust and open communication are the roots of respect.
- **Quality Time Over Quantity:** What children truly need is undivided, meaningful time—tailored to their age and needs.
- **Balanced Parenting:** Be firm when needed, but avoid over-pampering. Boundaries are love in action.
- **Trust the Process and the Teachers:** Have faith in the educators shaping your child's future.
- **Values Begin at Home:** Morals, manners, and mindset are seeds sown by parents.

More than a session, it was a soulful exchange—a reminder that parenting is less about perfection and more about presence, patience, and powerful connection.

As Major General Mathur gracefully addressed questions with empathy and experience, he left parents with one powerful message:

**“Be a friend first, and a parent next. The rest will follow.”**







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