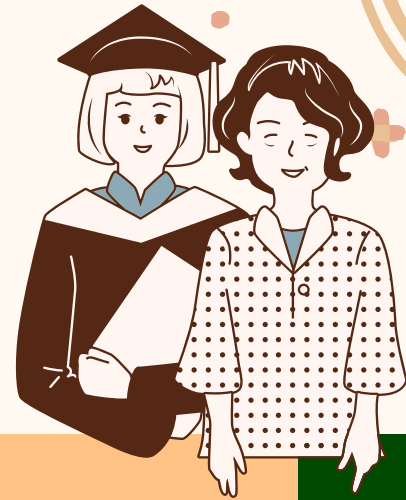




OFFICIAL NEWSLETTER OF INDUS ALTUM INTERNATIONAL SCHOOL, BELAGAVI



Content



- Swimming Pool @ IAIS
- Gender Sensitization



- Celebrating our Uniqueness



- Our parents featured in EW Magazine
- Yoga Day at IAIS



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Man's Search for Meaning by
Dr Victor E. Frankl



SWIMMING POOL @ IAIS



IAIS inaugurated its Swimming pool on 4th July 2022 with immense enthusiasm and joy. Our PE and Swimming coach Ms. Sakshi Bhatia addressed the students and informed them about all the necessary rules and safety measures to be considered when using the pool. This was followed by a free-style swimming display by Ms. Sakshi Bhatia and Captain Vijay, along with our student - Pranav Baragi - Grade 6. It was a very proud moment for IAIS. We look forward to our students learning the essential life skill of swimming and creating everlasting memories.

GENDER SENSITIZATION:



Our Special Educator, Ms. Sagarika Mohanty conducted an enriching gender sensitization session for Grades 3 to 11 from 5th to 8th of July 2022. Since it is important for students to be aware of the existing stereotypes and norms in the society, and become change makers of tomorrow, Ms Mohanty ensured that all the misconceptions associated with gender stereotypes and gender inequalities are addressed. The event started with tapping on students' existing ideas of what gender norms mean to them. The session also held discussions based on gender biases, conflicts, and issues, followed by reflections on their learning and how they may respond to such challenges in an assertive way. With our core values intact within our actions, we look forward to many more sessions in this regard to create a respectful and empathetic society.

EXPLORING OUR IDENTITIES CELEBRATING OUR UNIQUENESS



It's the beginning of IAIS's Parent Resource Expert Program (PREP) which will provide a platform for parents to share their experience and expertise in their specialized areas. In parallel, our students get to learn real life examples from our resourceful parents.

Ms Veda Dhau, our Early Years Parent conducted an enriching, meaningful yet fun-filled session on Expressive Art with the Early Years and Grade 1 young learners on 4th July 2022. Through various fun-filled and engaging activities like body movements connected to art, the learners explored their identities and celebrated their uniqueness.



PRESENTS
Parent Resource Expert
Program (PREP)

Session 1 Exploring our Identities:
Celebrating our Uniqueness

4th July 2022 Grade: EY and Grade 1
EY: 9:15 AM to 10:00 AM
Grade 1: 10:40 AM to 11:30 AM

SPECIAL SPEAKER:
MS. BHAKTIVEDA DHAUL
EXPRESSIVE ARTS THERAPIST
Mother of Azaad Taragi, EY3

A big shout out to Ms Veda for conducting such an amazing workshop for our kids!

OUR PARENTS FEATURED IN EW MAGAZINE



Indus Altum International School has a very strong parent community where parents get multiple avenues to express themselves. One such Platform came in the form of the **Parents World magazine** part of Education World India for the May 2022 issue. Among the parents were Ms. Deepa V. Mangalwedhe mother of Atharv Mangalwedhe- Grade 7, Ms Jyoti Raykar mother of Rishi Raykar-Grade 2, Ms. Shilpa V. Sainuche mother of Kriday Sainuche-grade 7 and Mr. Amar Phulari father of Vihaan Phulari Grade 6. Our parents were invited to share their insights on how they are helping their children make up for the lost pandemic months.

[CLICK HERE TO READ THE ARTICLE.](#)

YOGA DAY AT IAIS



We believe in the Yoga way of life!

We practice Yoga in our everyday lives at Indus Altum International School as it brings together physical and mental disciplines to achieve a balance of the body and mind. Our integrative approach to treat Yoga as a lifelong element allows our students to have mental clarity, increased body awareness, and sharpened concentration.

OUR STUDENTS SPEAK

Heroism is the inner sparkle, that comes out when an individual realises that, he has a purpose in life that also serves humanity. Opportunities are not meant to be given by anyone or to be waited for, when it comes to being a hero in someone's life. Heroism is about taking initiatives and reflecting upon your duties and responsibilities as a global citizen. People have now started to consider the concept of heroism in a very different and practical way, it can take any form like bringing happiness to people in small ways or just helping out someone in need.



Poorvi Rokhade
AS Level

It inculcates leadership qualities in you, and ultimately helps you grow and develop as a person wherein you also become an inspiration for many. You can be a change maker in the society like our great freedom fighters, even through a simple act of kindness and help. Heroism is not only applied to what you do for the society but what you do for yourself. It also helps you understand your own capabilities. The first step towards becoming a hero may cause you to go through hard times; people might try to oppose you or degrade you, saying that the little steps wouldn't make a big difference. The key to stay resilient and motivated in such situations is to have a strong sense of belief, confidence and trust in yourself. It is never too late, you are never too young and there always is an opportunity to become a hero.

OUR PARENTS SPEAK

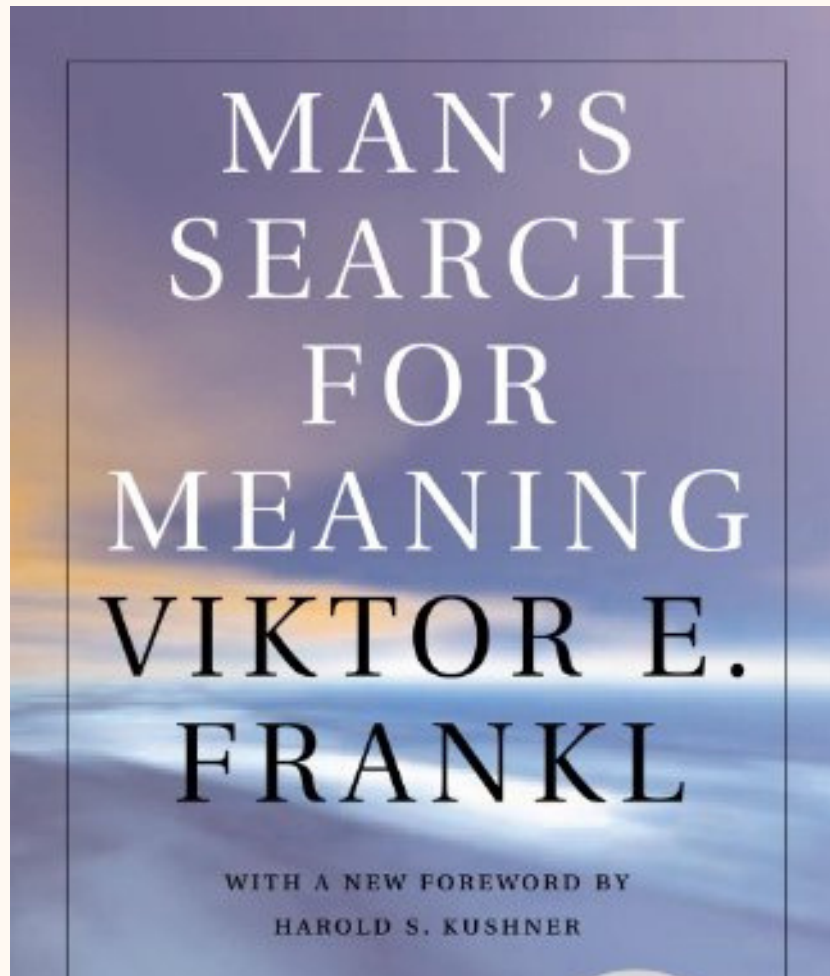


Our dream came true. It was an excellent decision to take admission in Indus Altum International School for my daughter Araina Ankalgi. My daughter has been part of IAIS for a year now. She absolutely loves the school, the Principal and the teachers. IAIS integrates compassion into their teaching standards, emphasizes the importance of values, and builds leaders through classroom experiences. They take pride in sharing moments of their students' good behaviour and achievements.

Great team - Great school!

Ms Adila Ankalgi
Mother of Araina Ankalgi - Grade 2

THE INDUS ALTUM BOOKMARK



THE BOOK THAT WE RECOMMEND THIS MONTH IS

Man's Search for Meaning by Dr Victor E. Frankl

Those who have a 'why' to live, can bear with almost any 'how'.

Dr Victor E. Frankl was an Austrian neurologist, psychologist, and Holocaust survivor. He is the author of Man's Search for Meaning.

In the first section of the book, Dr Frankl narrates his experiences in the Holocaust and the concentration camps dispassionately and with astute detail. In the second section, he talks about how he developed logotherapy to help people find meaning in their lives, a greater sense of purpose, and strength to brave challenges in their life. Dr Frankl allows for human fragility and greatness to coexist – Et lux in tenebris lucet: and the light shines in the darkness. This book is recommended to those interested in psychology, and in learning about the inspirational tales narrated by a Holocaust survivor and how he transcended beyond them.

MS SANIKA THAWARE, ENGLISH & FRENCH FACILITATOR