



IN OMNIA PARATUS

INDUS ALTUM
INTERNATIONAL SCHOOL
BELAGAVI

COMMUNIQUE

Official Newsletter of
Indus Altum International
School, Belagavi



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EXPERIENTIAL LEARNING



Ovi Kalpatri, Grade 1

Indus Altum International School had arranged a field trip on Friday, 12th August 2022 to Bhutaramanhatti Zoo, Belgaum. I went to the zoo and saw lots of animals which were new to me. I saw a baby crocodile, colourful hen, chipmunks, and a cheetah sitting on a log. There was a white peacock which I had never seen before. The zoo was full of trees and animals, It was such a wonderful experience to see so many animals which I had only seen on television.

Pottery is one of the oldest and most widespread of the decorative arts. On 23rd August 2022, the students of Grades 3, 4, and 5 visited the Central Village Pottery Institute, Khanapur. It was magical to see how they worked on the pottery wheel with clay and water.

Paavani Nagesh, Grade 5



GRANDPARENTS' DAY In the company of the Elderly



Indus Altum International School celebrated its first Grandparents' Day on 9th September 2022. Grandparents Day is a sweet reminder to show that we love them and care for them because they always pamper us with their unconditional love. We got an opportunity to show them how much we respect them and value them. I was the emcee for the day, and I loved anchoring the show. The highlight of the day was grandparents being engaged in handmade pottery with their grandchildren, guided by some instructors from the Central Village Pottery Institute, Khanapur. The result was some amazing clay figures of elephants and birds, as well as clay pots! The most memorable and interesting program was the Grandparents Talent Show, where several grandparents participated to show off their skills in singing and giving speeches. I remember that some grandparents even got emotional watching the skit based on a family! It was heart-warming to see so many grandparents attend the show and truly enjoy their day.

Viaan Nayak, Grade 4

INDEPENDENCE DAY ASSEMBLY



In August, we celebrated India's 75th Independence Day. A special assembly was conducted by the EY and Grade 1 Indus Altum eagles. This day was inimitable, as the students had put sedulous efforts into speaking about India's freedom fighters. The aspect that stood out the most for me was the splendid performances with remarkable speeches and attires. This assembly was an enormous success with the help of the coordinators, teachers, parents, and other members of staff. Speaking in front of a crowd takes a lot of courage, and it was heartening to see the young eagles speak confidently about India, and our freedom fighters like Mahatma Gandhi, Bhagat Singh, Rani Chennamma, Manikarnika Tambe and Jhansi ki Rani. The best part was everyone participated well, and we learnt a lot about our country and freedom fighters.

Shaurya Gautam, Grade 8

PARENT EXPERT RESOURCE PROGRAM - YOGA & MEDITATION



BEING MINDFUL

On 22nd of August, one of our parents, Ms. Rashmi Patil conducted a yoga and meditation session for us, in our school. Through her engaging activities she very well conveyed the importance of yoga and making it an integral part of our lives. The session began with stretching and warmup exercises, followed by Suryanamaskara and Meditation. The session inculcated essentials skills in us like working on our concentration power and focus, which would benefit us a lot in the future. We were then taught a few breathing exercises to help us focus our attention on our breath, and eye rotation exercises to help us know how to relax our eye muscles to relieve any stress caused specifically by screen-time. It was a very refreshing, relaxing and motivating session for all of us. I look forward to many more sessions like this one.



PRESENTS
Parent Resource Expert
Program (PREP)

Session 2
YOGA
AND MEDITATION

22nd August 2022
Grades 4 and above
11AM TO 12 NOON

SPECIAL SPEAKER:
MS. RASHMI PATIL,
PARENT OF KUSHI PATIL,
GRADE 6

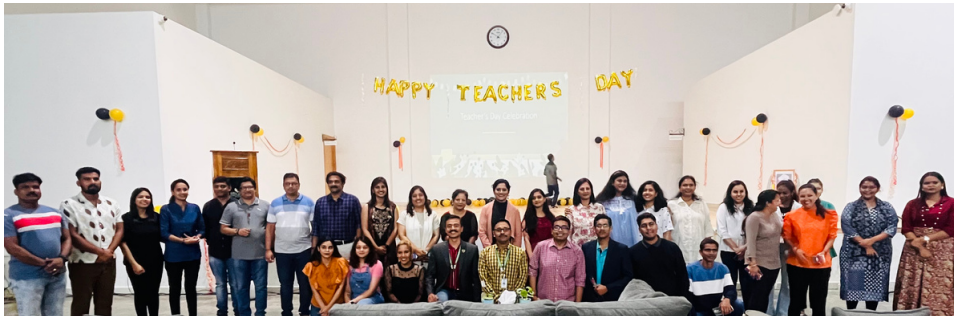
Laksh Maheshwari Grade 9

FROM A TEACHER'S POINT OF VIEW

On 27th August Ms. Rashmi Patil and Ms. Rashmi Raikar conducted an insightful yoga session for our staff members. The session started with breathwork and moved on to Kundalini Yoga, Meditation and concluded with a Forgiveness meditation. In the session, they emphasized the purpose of Kundalini yoga and the necessity of activating the Kundalini energy or Shakti. Kundalini energy is a spiritual energy that is said to be located at the base of our spine. The session also emphasised how to unblock the chakras for a better life. Towards the end of an engaging and mindful session, they conducted a guided forgiveness meditation. The forgiveness session emphasised upon the outlook that we need to have towards any negativity we hold as an individual in our mind, and to cut that negative chord to start fresh. Even as adults, we are often not ready to let the negativity go, but this session helped us a lot in understanding things from a fresh perspective and to start leading an intentional and mindful life.

Ms. Sagarika Mohanty - Facilitator - Special Education Needs

TEACHERS' DAY CELEBRATION AT IAIS



On 5th September, we, the students of grades 9 and 11 commenced the most important event for us – The Teachers' Day Celebration. As we wanted to make this day a memorable one, we started planning weeks before

the event. Although it was tough to brainstorm ideas and create a plan wherein all the students could participate and contribute towards celebrating our teachers with effective collaboration and teamwork we cleared all the hurdles.



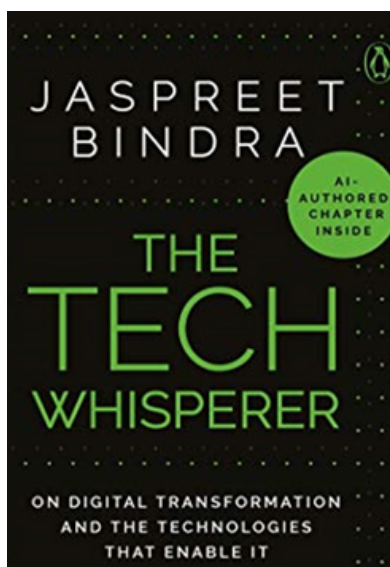
This event helped us learn the essential skills of persuasive communication when we were bargaining and budgeting for the resources. On the day of the event, we welcomed our teachers in a grand way and the student community presented a range of performances like dance, drama and songs followed by games for the teachers to have fun and relaxation. To make this day special and personalized for our teachers, we also gifted them customized fridge magnets with their pictures. We did have a little bit of chaos during the event, but I think that with proper planning and communication we were able to manage everything towards making this event a success.

Arnav Heda - Grade 9

The Indus Altum Bookmark

THE BOOK THAT WE RECOMMEND THIS MONTH IS

'The Tech Whisperer' by 'Jaspreet Bindra'



Digital transformation involves the use of digital technologies to remake a procedure to grow more efficient and powerful. Re-invention is the key to survive in the VUCA+ world and technology plays an important role in this volatile era.

In the book 'The Tech Whisperer', the author has provided a very beautiful perspective on various trends in technology and what disruptions could occur in the upcoming days. The book drove my attention more towards new technological advances such as AI, Blockchain, IoT and Machine Learning.

The author has simplified the concepts to give an in-depth insight into the digital transformational experience and its implementation. For me, the book definitely put forth the concept of Digital Transformation in a greater perspective and helped me understand the importance of technological advances which I can apply in my own teaching and learning journey too.

Ms. Sujata Majagaonkar