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## IAIS RECEIVES GRAND JURY AWARD FROM EDUCATION WORLD



***Indus Altum International School, Belagavi receives Grand Jury Award from Education World under 'Emerging High Potential Schools' Category at ISRA-New Delhi!!***

It was a great moment of pride for Indus Altum International School, Belagavi at Education World's India School Ranking Awards function, New Delhi on 17 December 2021, when our CEO and MD- Lt. Gen. Arjun Ray, PVSM, VSM (Retd), Director-Special Projects and ISL- Lt.Col. Sathya Rao(Retd) and Mrs.Sarojini Rao, Principal of Indus International School, Bangalore received the very first award for Indus Altum International School, Belagavi. IAIS is ranked No.8 in India, No.1 in Karnataka, and No.1 in Belgaum under the Grand Jury Award Category of 'Emerging High Potential Schools' in the Education World Ranking. This award marks the beginning of a prestigious journey for IAIS strongly believing in its purpose of education - to prepare students to be future-ready.

Congratulations to the entire team, students and parents at IAIS!

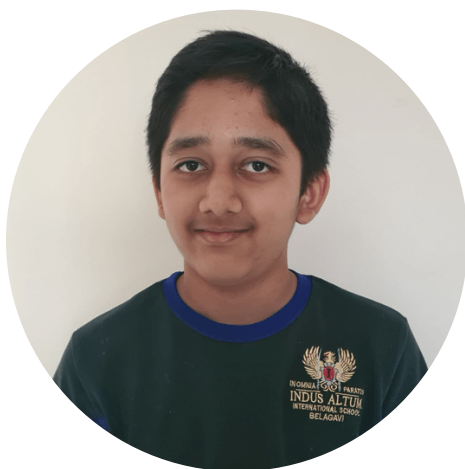
## SELF DEVELOPMENT SESSIONS - I DISCOVER MODULE - 6



The Indus Altum team eagerly looks forward to the I-Discover self development sessions conducted by our Principal Dr. Praseedha Sreekumar. Each session gets us to introspect and reflect on how we can better ourselves personally, professionally and spiritually.

This month's session focused on how we can be efficient in our work and debunk the concept of time management. Through interactions and activities, we realized that 'time' was not the challenge or concern, it is our perspective that needs to be changed. We should reorganize and manage ourselves well to perform better and reach our highest potential.

## EXPRESSIONS - INTER HOUSE ART COMPETITION



'Art is the expression of the profoundest thoughts in the simplest ways' - Albert Einstein

'Expressions' was the theme of our first Interhouse Art competition on 30th November 2021. The Lower Secondary students were provided with the opportunity to appreciate various artwork by famous artists - Starry Night by Vincent Van Gogh, The Old Guitarist by Pablo Picasso, Composition with Red etc. It was fascinating to see how each one of us expressed ourselves and interpreted the same artwork differently through our painting masterstrokes.

My biggest learning from 'Expressions' was to be able to analyze and evaluate different paintings and express my thoughts and feelings through paper and vibrant colours. It was such a relaxing yet rewarding day for all of us!

- Jayesh Negi Grade 7

## DEEP READING BOOK REVIEW – BOOK TO BUDDY PROGRAM



Developing deep reading habit in children is one of the mottos at IAIS and as part of the Book to Buddy Program, the primary students (Grades 1 to 5) had their first Book Review panel discussion. The session started with students discussing the importance of inculcating the habit of reading regularly and how it would enhance their communication skills; thereby leading to intellectual, creative and social development. Students summarized the stories they read and shared their views on the same. The session culminated with a reflection activity where each student shared a word on how reading would help them personally.

## GREEN EAGLE RETREAT 1 - CREATING CLIMATE CHANGE LEADERS OF TOMORROW



**Vihaan Phulari**  
**Grade 5**

On 4th December, Grades 5 to 8 had their 1st ever Green Eagle Retreat. The idea was to build empathy and bring in more climate change awareness in us students. Our principal, Dr. Praseedha Sreekumar conducted the sessions and made our learning experience enriching. I loved the Nature walk as it helped me understand the surroundings. We read a few climate change related articles and empathized with the problems faced by people because of climate change followed by a Diamond 9 activity to understand the root causes of the same. My key learning from the session was that we should not pollute our environment, stop burning fossil fuels and take care of plants and animals around us.

We learnt that our school aims to create climate change leaders and we should be prepared for it.

[CLICK HERE TO WATCH.](#)

## SAFETY FIRST - FIRE DRILL AND EVACUATION TRAINING



On the 24th & 25th November 2021, we at Indus Altum International School, Belagavi organized our first Fire Drill for the students and members of staff. This was another step in preparing our students for all challenges and helping develop skills and competencies that they can utilize in real life scenarios thereby boosting their confidence in the process.

[CLICK HERE TO WATCH.](#)

## COFFEE WITH THE COUNSELLOR - DR ANJITA DAHIYA

**INDUS ALTUM INTERNATIONAL SCHOOL BELAGAVI**  
IN OMNIA PARATUS

# COFFEE WITH THE COUNSELLOR

## EPISODE 3

### DISCIPLINE

-First form of self-love

**DR. ANJITA DAHIYA**  
STUDENT COUNSELLOR & SEN FACILITATOR, IAIS

**Nov 27, 2021 @ 4.30 PM**

The Wellness session for the parents was conducted by Dr. Anjita Dahiya on November 27, 2021. The topic for the session was 'Discipline: the first form of self-love', which revolved around the meaning and perceptions of discipline, the negative connotations of discipline, the pragmatics of self-love, and how one can inculcate discipline in children with the help of daily routines.

## A NEW BEGINNING....

### KRIDAY SAINUCHE GRADE 6

In 2021, the pandemic had constrained us from the first day. I would say that the start of 2021 was a drastic change from our normal to “new normal” routine. The year was spent almost completely online and indoors, However I tried to make the best of it. I’d spent most of my day in online classes, but whenever I’d have a break between my classes, I’d go in my balcony to take fresh air and look at isolated world around me and then exercise for an hour or so. But now with the pandemic subsiding, there is hope of physical interactions with people and stepping out of home more often. However, things are still risky. But don’t worry there is a silver lining to this.

With Covid-19 positivity rate declining, more schools and offices opening up, people getting vaccinated and seeing more people outside rather than inside

I think 2022 might not be that bad of a year!

May this year bring peace, health, happiness. Have a fabulous New Year ahead!



## OUR PARENTS SPEAK



I think we all as parents are extremely fortunate to have come across Indus Altum! It goes without saying that the entire team from the Principal to the Academic Coordinators and of course the Teachers are master educators in a true sense. What is most impressive is that we’ve seen the focus being placed upon making students well-rounded as opposed to keying in on pure academics. There is greater emphasis on soft skills, including developing many key interpersonal skills, which will allow children to grow into having a natural ability to communicate and work effectively across the spectrum - be it globally amongst the populations of different nations, or even within the confines of the corporate or business world. Other parents have stated that

there is an instant tangible difference that they’ve noticed with their children upon attending IAIS for as little as two weeks. We can confidently state that the educational style at IAIS is on the lines of a top tier school in the US, far ahead of many there and across the globe. I think we all can remember a few specific examples in our early lives that shaped our thought process and outlook in general - we’ve already seen a number of such examples that have come out at IAIS that will positively shape our children’s future. Kudos again to the team at IAIS for setting up the foundation to shape dreams into prospective realities!

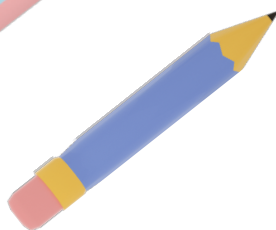
**- Jyoti Raykar - Mother of Rishi Raykar Grade 1**

## STUDENT REFLECTION - CHILDREN'S DAY ASSEMBLY



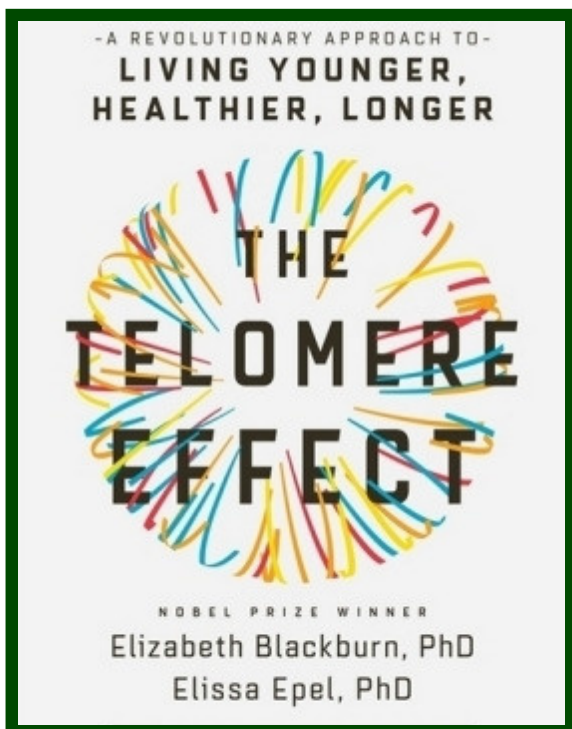
**KUNAL NANAWATI GRADE 3**

Indus Altum celebrated Children's Day on 22nd November. The teachers had put in a lot of effort to ensure that we enjoyed the day thoroughly. They presented songs, memes and different programs. As students, we felt very special. Thank you teachers for all the love, care and efforts for making us enjoy and be happy



[CLICK HERE TO WATCH.](#)

## THE INDUS ALTUM BOOKMARK



The book that we recommend this month is *The Telomere Effect -A Revolutionary Approach to Living Younger, Healthier and Longer -by Elizabeth Blackburn and Elissa Epel*

Why do some people look more than their age? And some younger than their age? That's interesting to know.

Telomere sounds strange to many of us. But what attracts us is the subtitle of the book- A Revolutionary Approach to Living Younger, Healthier and Longer.

Telomeres are the cap-like structures that are found at the end of our DNA and act like shoelace caps.

This book is particularly interesting because of the interdisciplinary connections between science and spirituality- Telomeres to Human Spirituality.

Part 2 of the book is striking since it talks about 'How Stress Gets into our cells' and this section gives a detailed analysis of different types of thinking that we have as human beings - Negative Thinking, Pessimism, Rumination, Thought Suppression, Mind Wandering. The book advocates resilient thinking as a replacement for negative thinking to prevent our telomere wear out. Heart Focus Meditation is a practical tip suggested by the book and the steps are explained too.

*In short, Telomere Effect is a reminder- Our Body is listening to our thoughts and observing our Habits.*