

# COMMUNIQUE



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*IAIS Newsletter Vol 5 - Issue No. 5*

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## **NASA Space App Challenge -**

***Belagavi Chapter 2025***





The NASA Space Apps Challenge was a truly enriching experience that tested our collaboration, teamwork, and creativity. It was a two-day event during which we had 48 hours to develop a solution for the challenge we selected. Our team, **GT<sup>3</sup>**, chose the challenge **“Your Home in Space: The Habitat Layout Creator.”**

For this challenge, we created a **Habitat Simulator** that allowed users to design and build space habitats on celestial bodies such as Mars or the Moon. I gained valuable learning experiences in coding, 3D game development, time management, and working with new software.

Overall, this event was an inspiring journey that deepened my passion for science and technology. I look forward to applying these insights to future projects and challenges.

**Atharva Naik, Grade 8**

## **Our First Humanoid - Eagle 7.0**



***We have our first Humanoid - Eagle 7.0 now.***

In our Humanoid class, there is a robot that explains concepts in Science and Humanities when given the right prompts with key words. Surprisingly, the robot's voice is crystal clear, and when it moves its hands, it almost feels like learning from a real teacher. In Science, it demonstrates reactions vividly, while in Humanities, it displays key notes that help us understand better.

I think it's really cool to learn from a robot! In a world where technology is deeply integrated into our lives, I'm glad to have a robot teacher who teaches exactly as I had imagined. This innovative approach allows us to engage deeply with the content, reflecting how technology can be seamlessly integrated into our education, providing a unique and effective learning experience.

**Aarvi Biradar, Grade 6**

**COFFEE LOUNGES - Where concepts come alive!**





Primary - Swara, Grade 3

Every year, we celebrate the Coffee Lounge to showcase what we have learned so far. Usually, every student is selected by a teacher for a particular subject, but this year was different. Our school decided to combine subjects and form groups of at least twenty-one students. Students from Grades 1 to 4 participated in the Coffee Lounge held on the 23rd of September. There were four groups in total.

The groups, **Embrace Change**, **Balance**, **Growth**, and **Helping Hands**—each presented their themes beautifully. *Embrace Change* combined the subjects DL, Astro, and Art. *Balance* included Maths, Sports, Science, Astro, and Dance. *Growth* brought together French, Hindi, Kannada, and Music. Finally, *Helping Hands* combined ICAP, Dance, and English.

After the presentations, we enjoyed drinks, fruit custard, and other refreshments.

### **Middle school - Vasundhara Tadasad, Grade 7 -**

On 22nd September, the middle school hosted a Coffee Lounge with the central theme of “Trust.” This event, held across Grades 5 to 7, integrated into all subjects - truly interdisciplinary. Students showcased skits, dances, and dramas to bring the concept to life. Activities involving parents allowed them to actively participate in the learning process. The Coffee Lounge strengthened the 4 Cs—creativity, collaboration, critical thinking, and communication. It also boosted our confidence, giving us the courage to try new things and step out of our comfort zones.

### **Secondary – Niyam Porwal, Grade 9**

On 26th September, Upper Secondary students proudly showcased their learning through the central theme “Planet B.” Students from various subjects collaborated using an interdisciplinary approach, divided into two dynamic groups: one advocating for restoring and protecting Earth, and the other proposing the creation of a new, sustainable civilization on another planet as an alternative future.

Throughout the project, participants from both groups gained valuable knowledge and honed essential skills such as communication, teamwork, public speaking, creativity, problem-solving,

and confidence, while meaningfully connecting academic learning with real-world research and practical applications.







## Book Review session on “The Anxious Generation” by Jonathan Haidt



We extend our heartfelt appreciation to the IALEC teachers for their engaging and insightful deep reading book review session on Jonathan Haidt’s *The Anxious Generation*. The review effectively captured key ideas such as *The Great Rewiring*, the mental health challenges linked to social media, and practical solutions for nurturing balanced, play-based childhoods. Despite a brief technical snag, the team kept participants engaged through thoughtful discussions and

meaningful reflections. Their clarity, preparation, and collaborative effort showcased a deep commitment to professional growth and to addressing timely issues that impact both educators and learners. Kudos to the IALEC teachers for delivering an inspiring and impactful session that encouraged awareness, dialogue, and positive action.

**Ms Meenaxi Mense - Facilitator**

## Experiential Learning





## Grade 5

On 23rd October, Grade 5 started their journey for the much-awaited field trip to Panchgani, Mahabaleshwar. Our trip was not just enjoyable but also full of valuable lessons. Through various activities, we learned the importance of teamwork, focus, and concentration. Visiting the historic Pratapgad Fort helped us understand the remarkable life and legacy of Chhatrapati Shivaji Maharaj.

The experience also taught us to be mindful about money, not to spend unnecessarily, but to save for emergencies. We learned to be grateful for what we have after observing the hard work of government employees. A visit to India's first book village reminded us that we should make friends with books, not with electronic devices.

As group leaders and team members, we realized the importance of staying humble and not becoming overconfident. Since the teams and room allocations were made by teachers, we also learned how to adjust, cooperate, and live harmoniously with others.

Overall, the trip was an eye-opening experience that combined fun with learning, helping us grow as individuals and as a team.

### **Anvi Patil, Grade 5**

#### **Early Years at the Farm with Nature**

Our students had an unforgettable farm visit on 9th October 2025, where they gained hands-on experience with farming and developed a deeper appreciation for the hard work that goes into growing our food.

With a range of activities, students thoroughly enjoyed themselves. Students worked alongside farmers to sow seeds, learned about the importance of proper spacing and soil care, and fed goats and other animals, understanding the role of livestock in farming and the importance of animal care. They also participated in digging and collecting sweet potatoes and peanuts, marveling at the process of growing and harvesting these crops.

Overall, it was an enriching experience for such little ones as they learned how to appreciate the importance of food and nutrition.

### **Ms. Vineeta Hollikeri - Facilitator**





## Our Student Speaks



1 - Aarohi Raibagi, Grade 10

It feels almost unbelievable how quickly time has passed. It seems like just yesterday we were in Grade 7, when life at school felt relaxed and carefree. Back then, teachers were more lenient, the atmosphere was light-hearted, and everyone carried a sense of ease. Exams didn't bring sleepless nights or stress-filled discussions; instead, we believed we had all the time in the world.

Our biggest concerns were simple things, group projects, sports days, and who would win the house competitions. But now, standing in Grade 10, everything feels different. The word "*boards*" echoes through every corridor, and the pressure has started to sink in. Teachers have become much stricter, guiding us to take our studies seriously and preparing us for the important year ahead. The once easy-going days have turned into focused weeks of revision, preparation, and determination.

Yet, in the middle of all this seriousness, something beautiful has happened; we've grown closer as a batch. Everyone has started supporting each other like one big family. Whether it's helping a friend before an exam, collaborating on assignments, or sharing notes, the spirit of togetherness has grown stronger than ever. We've learned to balance laughter with learning, and friendship with focus.

It all changed almost in a blink. From carefree seventh graders to responsible tenth graders, we've come a long way. Though things have become more challenging, we've grown with them. And as we move closer to our board exams, one thing remains certain, we'll face it all together, as one united family.

## Our Parent Speaks



As parents of twins studying in EY2, we feel truly blessed to have found a school that nurtures our children with such love, care, and curiosity. From the very first day, the teachers and staff have created an environment where learning feels joyful and natural. Every day our kids come home excited to share what they've learnt — from new songs and stories to tiny experiments and creative art activities.

What we love most about Indus Altum is how beautifully it balances academics with play, helping children grow emotionally, socially, and intellectually. The focus on communication, confidence, and hands-on learning has already made such a positive difference in our kids' personalities.

We are deeply grateful to the entire team for making the early years such a wonderful and enriching experience. It's heartwarming to see our children walk into school each morning with big smiles and return home even happier!

## The Indus Altum Bookmark

*The book that we recommend this month is*

***Stillness Is the Key by Ryan Holiday***

Ryan Holiday's *Stillness Is the Key* is a profound and timely reflection on the power of calm in a restless world. Blending Stoic philosophy, Zen teachings, and modern psychology, Holiday explores how stillness, the ability to remain focused, grounded, and present, is essential for clarity, creativity, and peace of mind.

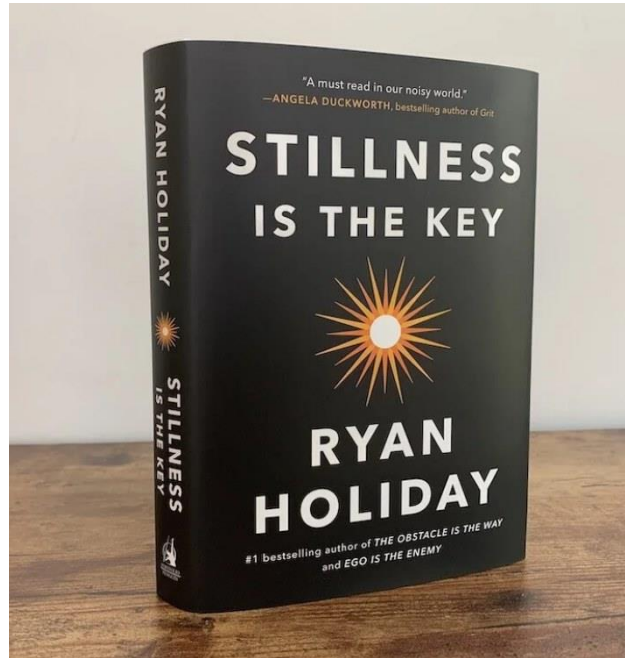
The book is structured around three dimensions of human life: Mind, Spirit, and Body. Through engaging stories of historical figures such as Marcus Aurelius, Leonardo da Vinci, and John F. Kennedy, as well as modern examples from sports and business, Holiday illustrates how these individuals achieved greatness not through constant motion, but through moments of quiet reflection and inner balance.

What makes the book especially compelling is its practicality. Holiday doesn't present stillness as a distant or mystical ideal; instead, he shows how it can be cultivated in everyday life by setting boundaries, avoiding distractions, and being intentional with our time and attention. Each chapter reads like a brief meditation, reminding us that peace is not a passive state, but a skill to be practiced.

Holiday's writing is clear, concise, and deeply relatable. He has a gift for transforming timeless wisdom into actionable insight. Rather than preaching, he gently encourages readers to pause, breathe, and reconsider what truly matters. Overall, *Stillness Is the Key* is both inspiring and

grounding. It teaches that true strength comes not from speed or busyness, but from the stillness that allows us to see, think, and act with purpose.

**Akanksha Gautam - Facilitator**



**3 - Stillness Is the Key by Ryan Holiday**