

**NAFL
GRADE 8
TERM 1 NEWSLETTER
2021-22**



HELLO!

September 2021

It is wonderful to reach out to you as we complete another term of virtual school for the second year running. Our landscape has changed, our tools of work transformed, yet our hearts beat stronger and braver!

A fierce commitment to give our NAFLERS the best continues undiminished.

The opening term of school has been busy beyond belief with so many school events and special assemblies.

*Enjoy the news updates and the stories!
Our students are well and happy!*

*Warm regards
Indira Jayakrishnan*



We have moved into a different era! There has been a huge leap in skills-building. I research, learn and share more through the new medium and parallelly, students have become more independent, disciplined and responsible in their approach to learning.

Creating ripples with new tech tools this year. From a new bee last year, I am a pro bee this year!



Facilitating learning for diverse learners has always been tricky. Online learning has opened an array of opportunities for both learners and instructors.

TEACHERS SPEAK

I keep striving to offer my students the best and keep them motivated. Walking that extra mile to bring smiles on their faces has been worth it!

Facilitating learning and catering to diverse needs has always been challenging. Online learning has made us delete the "im" from "impossible" and make it POSSIBLE!



The teachers are so patient, and they are engaging the students in a great way! Grade Teacher Time is a good idea ... communication within the class has really stepped up.

I believe the emphasis on physical activities to be given equal importance.

Few things could embody hope better in these challenging times than young children full of curiosity and enthusiasm, eager to continue learning despite all the curveballs that COVID has thrown at them... This has only been made possible by the immense dedication shown by teachers... Thank you.

The best part of NAFL's online teaching has been the stress on subjective tasks on a regular basis, thus ensuring that the students' progress in developing writing skills and critical thinking is not hampered in any way.

Please keep advising the children on digital time and encourage them to do more hands-on activities after school.

A big reason for my child blossoming into a confident girl is because of the school and the teachers!

Even though it is an online mode of working, the school has really pulled it off! I really appreciate the way events are conducted and the effort taken to keep up the school spirit!

Cheers to NAFLTY! Great effort and dedication!

I have never heard my child saying, "the class is boring!"

Wow!

PARENTS SPEAK



We, in the beginning, thought that Huddle Hubs are optional and not needed - but the practice on the concept given to kids via vagaries of games is amazing (at times we think - "Oh - we can teach this way too!")

Our heartfelt thanks for the great efforts put in to make teaching a wonderful experience in these pandemic times.

We are proud of everything that NAFL has taught our daughter over the years, which we believe will truly hold her in good stead as she embarks on the next phase in her life.

Congratulations to you and the NAFL team on achieving outstanding Grade 10 ICSE 2021 results!

Virtual Sports Day was a wonderful thought and you (entire NAFL team) have made it a reality. Thanks to the entire troupe

The Opening Day assembly was really special to us today...it was such a great start to an otherwise bleak year!

My gratitude on ensuring continuity of education!

I appreciate the efforts put in by all the IGCSE Faculty for their tireless efforts in keeping the students motivated despite the pandemic and students getting bored with online sessions.

Wow!

PARENTS SPEAK





ANNUAL PRIZE DAY

2020-2021



BE HAPPY.
BE BRIGHT.
BE YOU.



PROGRAMME

- Song: *This is My Prayer*
- Welcome Address
- Lighting the Lamp
- School Annual Report
- Song: *Good Things Just Take Time*
- Video: Felicitation of NAFL's Prize Winners , AY 2020-2021
- Documentary: *Be Happy. Be You.*
- Investiture Ceremony
- Special Address: Dr. Bindu Hari, Vice Chairperson, NAFL, NPS, TISB, GMC
- Video: *Let's Be Kind*
- Vote of Thanks
- National Anthem

- Ananya Subramanya**
- Outstanding Asynchronous Work Submission in **English Language & Hindi**
 - Outstanding Participation in **Circle Time & Indian Music**
 - Outstanding **Class Participation**
 - Outstanding **Punctuality**

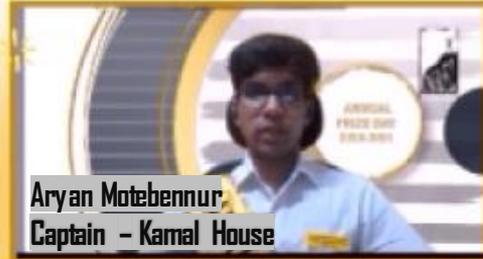
- Pranav Srisankar**
- Outstanding Asynchronous Work Submission in **Environmental Science**
 - Outstanding **Preparedness for Online Classes**
 - Best **Team Collaboration (Technical Support)**



2A

- Dhruv Sunil Kumar**
- Outstanding Asynchronous Work Submission in **Kannada**
 - Outstanding Participation in **Art**
 - Outstanding **Preparedness for Online Classes**

STUDENT COUNCIL LEADERS



Aryan Motebennur
Captain - Kamal House



Ustat Kaur Sethi
Captain - Kamal House



Raghav Mohankumar
Head Boy



Diya Suhas
Head Girl



Keerthi Nair
Captain - Vishal House



Shayan Veer
Captain - Vishal House



Swarna Acharya
Sports Captain



Anindya Batabyal
Sports Captain



Shruti R Mankhale
Captain - Nihal House



Ankith Halagur
Captain - Nihal House

THE NAFLER

NAFL GREEN



Rajath S



Suveena Suresh

Antara Vedantam

Arnav V Deshpande



Srinivas V



Palak Parthiban

Adantika Manikandan

Kaksha Gopinath

CLUB LEADERS

NAFL CHOIR

DEBATE CLUB



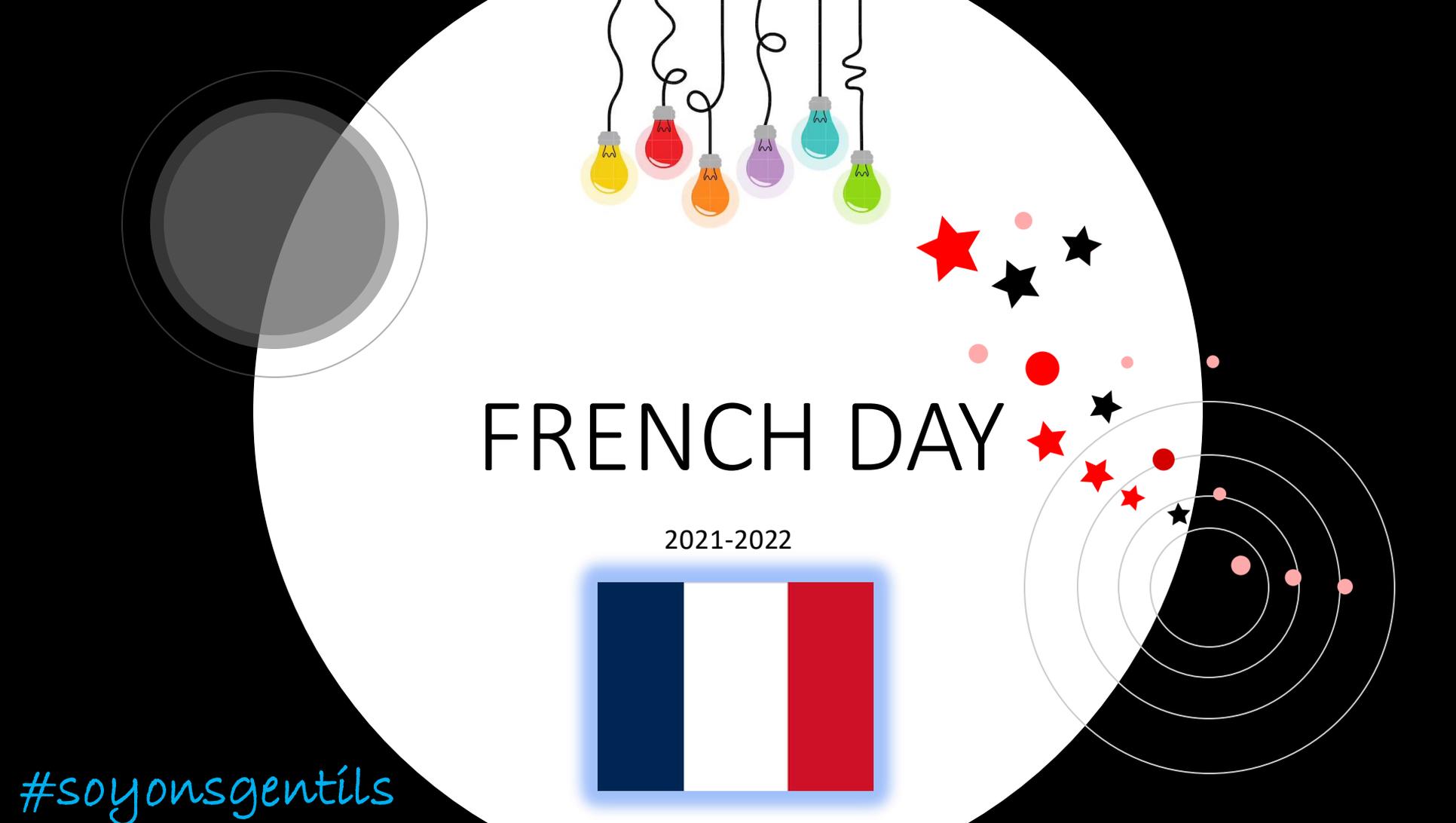
Niharika Krishnan

Sanchiya Pratiksh



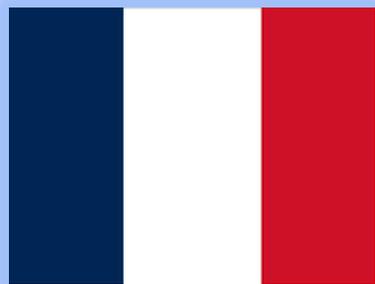
Anushka V

Arnav Mayur

The background features a large white circle on a black field. At the top, six colorful light bulbs (yellow, red, orange, purple, blue, green) hang from black wires. To the right, there are several stars in red, black, and pink, along with small pink and red dots. On the left, there are overlapping grey circles. On the right, there are concentric white circles with small pink dots. The text 'FRENCH DAY' is centered in the white circle.

FRENCH DAY

2021-2022



#soyonsgentils

FRENCH DAY 2021

As part of virtual French Bastille Day celebrations 2021, Primary, Middle and Senior school French students participated with great enthusiasm and zeal in a plethora of activities revolving around acts of kindness - *éclairons le monde avec notre gentillesse*, music, dances and in first-ever in-house TV show **NAFL TÉLÉ- café pause-itif** which broadcasted news infotainment segments on the French culture, language, architecture, tourism, fine arts and humourous skits followed by viewership quizzes. The two-week long celebrations culminated with special assemblies, a virtual tour of France and its festivities.





SPORTS

DAY

2021-2022



Yet another successful NAFL Virtual Sports Day 2021-22 was held on 14 August 2021!

The Student Council led by the Sports Captains began the proceedings with a March Past and the Sports Day Oath, followed by our esteemed Principal Mrs. Indira Jayakrishnan declaring the Sports Meet open.

A video of the events of the day can be caught on our school website!



Guest Speaker: NAFL Alumnus, Mr. Anirudh Krishnadas who has represented Karnataka at national level football championships, and COO of a sports company, addressed the students on the occasion.

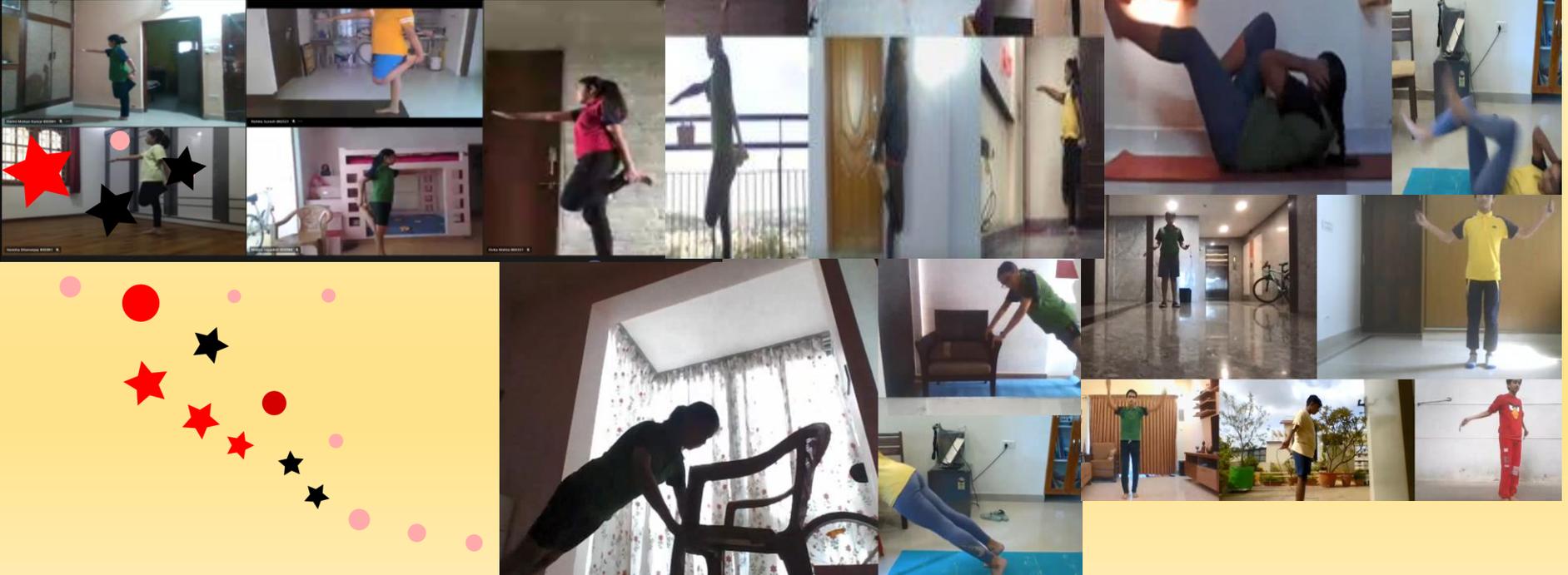


ANIRUDH KRISHNADAS



GLIMPSES OF MIDDLE SCHOOL SPORTS DAY

- Flamingo
- Skipping
- Push-ups
- Bicycle Crunches





VISHAL HOUSE



OVERALL ATHLETIC CHAMPIONSHIP!



SPECIAL ASSEMBLIES

International Yoga Day
Doctor's Day
World Tiger Day
World Mountain Climbing Day
Independence Day
Teacher's Day

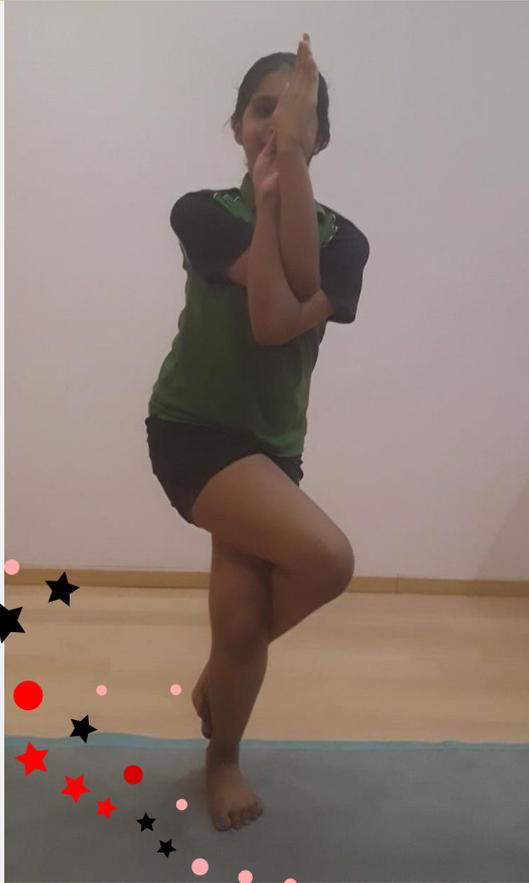


INTERNATIONAL YOGA DAY

21st JUNE 2021

Ms. Sudeepta Shanbagh, a passionate yoga instructor & co-founder of Eka Meditation demonstrated various asanas to help strengthen muscles for stretching, help breathing and for relaxation.

Ms. Sudeepta Shanbagh



GUEST SPEAKER

Dr VENKATESH S. MADHUGIRI

Professor of Neurosurgery at
NIMHANS, Bengaluru



Not all heroes wear capes!

July 1st

My doctor is special because



When the whole of humanity came to a standstill this past year and a half, struggling to make sense of the changes, one community of workers has been working overtime. They have been sacrificing sleep, family time and sustenance, to keep us afloat and help us combat the toughest malady of our times – the Corona Virus.

Naflers were delighted to honour this noble and selfless tribe – Doctors – in their special assembly. A documentary of sorts was put together with NAFL voices and amazing graphics by Siddhartha Rajiv and Govind Raman. A special song that drove the film was sung brilliantly by Jahanavi Nikkam and extraordinarily supported on the piano by Aniket Halagur.

SPECIAL ASSEMBLY
WORLD TIGER DAY 29th July 2021
With talented Guest Speaker
Ms. Ratna Singh

Ms. Ratna Singh has been working in the field of sustainable wildlife tourism for over 15 years. She is a qualified professional wildlife guide and trainer. Awarded for her work in the skilling of rural youth, Ms. Ratna has helped train over 1200 individuals till date in the fine art of eco-tourism.





TIGER

NAFL Senior School Choir



Arvaan Doshi 6C

Do tigers experience emotions like happiness, sadness, anger, etc.,? What has been your experience?

Raghav Mohan Kumar, 12 ISC

Other than donations, how else can we, as students, help in saving tigers and wildlife in general?

Q/A SESSION



Raksha Gopinath, 12 ISC

Are zoos really any good for wild animals like tigers? Do you think it's time to do away with zoos?

A question from our teachers to Ms. Ratna!

How does it feel to be breaking barriers and stereotypes and to be out there in the jungle? What keeps you going?

Tigers



NATIONAL MOUNTAIN CLIMBING DAY



*NAFLERS heard directly from **Ms. Malavath Poorna**, who scaled the highest peak of Mount Everest when she was just 13 years and 11 months old. Ms. Poorna shared valuable insights about her personal experience, focussing on the training a mountaineer goes through, the challenges she faced and the thrill of reaching the top. Our young NAFLERS were enthralled by the session!*



INDEPENDENCE DAY GREETINGS!

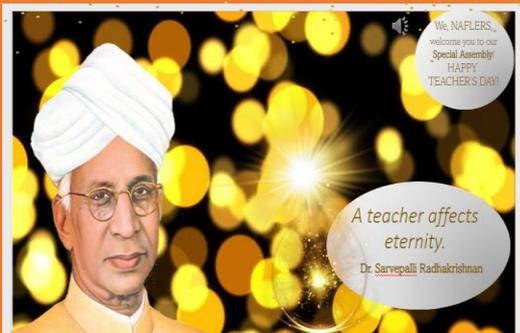


Independence Day



NAFL Celebrated India's 75th Independence day highlighting the glory of the Indian culture, beauty of its civilization through dance and music.

Musings... A presentation by grade 10 students captured all the beautiful moments that are scattered around us, on every step in India. From the meaning of our National Anthem to the buzzing streets of Delhi. The valour and saga of our Indian warriors and their extraordinary stories were also highlighted.



TEACHER'S DAY 2021

Teacher's Day was celebrated with great warmth and enthusiasm at NAFL on 4 September 2021! Children from the Early Years right up to the Senior Years participated in the festivities that included music, dance, theatre, quiz, and much more! The teachers and students thoroughly enjoyed the Special Assembly!



Class★BUZZ

The Grade 8 Team



Kavyarani N
Grade Teacher – 8A
Computer Science



Swathi Belur
Grade Teacher – 8B
French & Chemistry



Sangeetha P
Grade Teacher – 8 C
Computer Science



Devi Priya
Associate Teacher – 8A
Art



Archana Sheikhar
Associate Teacher – 8B
Hindi



Papiya Chandra
Associate Teacher – 8C
History & Civics



The Grade 8 Team



Leena R
English



Minu Sajji
English



Richa Jha
English



Sanjana Mani
Hindi



Raina Kumari Singh
Hindi



Priya Ramachandran
French



Manali Shah
French



Supriya Suresh
Mathematics



Sindhu Suresh
Mathematics



The Grade 8 Team



Chitra R
Physics



Jomcy Merin Philip
Physics



Lylla Murthy
Biology



Nalini GS
Biology



Anjali R
Chemistry & Biology



Mona Anand Prasad
History & Geography



Piyali Biswas
Geography



Abhijith Kishan R
Music - Western



Shwetha Shivakumar
Dance



Suresh A N
PE



Meet Your Happy Chemicals

Dopamine Endorphin Oxytocin Serotonin



Let us hack our happiness chemical - Dopamine!

8 A
Circle Time



Vishal Naveen 802890



Impana Krishna 801983



Esha Nahar 801955



What is your take away from this video?

My take away from the video is that you should not judge anyone on their actions, as they are deceptive. We should focus on our work rather than comparing ourselves. We should not be sensitive due to other's actions but accept it and be better.

The trick to dealing with arduous situations is to get in the right attitude.

we have to show kindness like that bird did to the clouds

To be positive and help others.

Always be happy, no matter what. Be kind and nice to others. Surround your self with positive people ... everything else in the PPT apply to the video. Clouds are sad during monsoon. Storks are loyal employees.

you should find a way to overcome your obstacles and problems. even if it is time consuming and difficult the result will make you happy and satisfied. no matter what challenges you face you must complete the task for the outcome is rewarding.-esha

We always have to stay positive

do not create dangerous things

From the video I learned that you should support your friends and family through their hardship, make them feel better, help them regain their confidence and never bring anyone down.

We should always be positive and never make assumptions about someone if you don't know what their motive is ,believe in your friends.

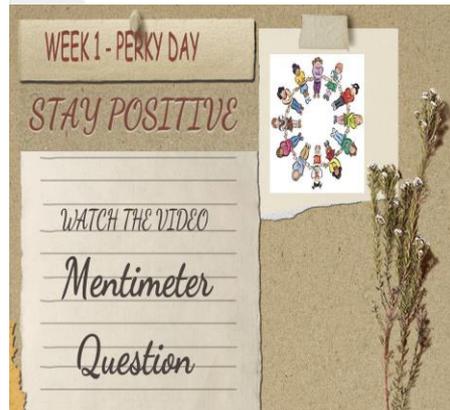
To be positive.

My takeaway from this video is that we should never give up and we should always remain positive.

take everything positive.

My take away from the vedio was that the black coloured cloud was different from others. Everyone are different from others but have various specialality.

Do not create something that causes harm to someone else





Gratitude Jar

JOURNAL



Shreyas Padmanabhan 801968 05/07 10:54 am

My mother made tea and biscuits for around 3 months for the security with our apartment during covid

P Ankita 802338 05/07 10:50 am

Ms. Swathi, My parents are volunteers to help during these COVID times in our apartments. They have helped many in search of hospital beds and ambulances. They used to wake up till late at night as well. My mom used to make food arrangements for securities and sometimes for COVID patients as well. Even though I didn't have a major part in it, I felt very happy and contented.



What did you remark in the video you just saw?

We should try to help everyone around us and spread positivity.	When something nice or kind happens to you, your mood elevates and you feel like doing the same.	What you do comes back to you...even if it's bad or good.
Spread positivity and love :)	Everyone helped other people so the other people were grateful and the people who helped felt good as they had helped someone in need.	The remarks in the video I just saw was being grateful, generous and humble.
When you are kind to someone, someone will be kind to you.		It was all about kindness and also send a message saying what you

How can we encourage cleanliness in our society?

- neighbourhood cleaning
- hand sanitization stations
- stop littering ourselves
- by educating others
- better hygiene
- no littering spitting
- preach clean
- dustbins
- show them the consequence
- pros and cons
- garbage truck on time
- make others be clean
- clean
- clothe bag
- spreading awareness
- put up posters and signs
- waste segregation
- no single use plastic
- be responsible
- planting more trees
- cleanliness campaign
- dust bins on roads
- taking initiative
- dustbins should be there

8 B – Circle Time





8 C- Salad Snacking



Achievers Of Our Class



WINNERS - SPORTS DAY 2021-22

AEROBICS GIRLS



Shamitha Rajesh Suryavamshi-8A
1st Place
Vishal House



Anand Narasimha -8A
1st Place
Kamal House

PUSH UP BOYS



Shreesh G Puranik- 8B
2nd Place
Vishal House



BICYCLE CRUNCHES GIRLS



Saanvi Bhutra – 8B
1st Place
Vishal House

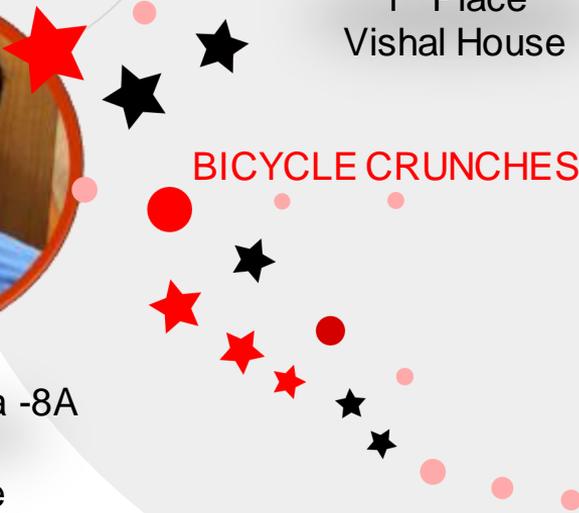
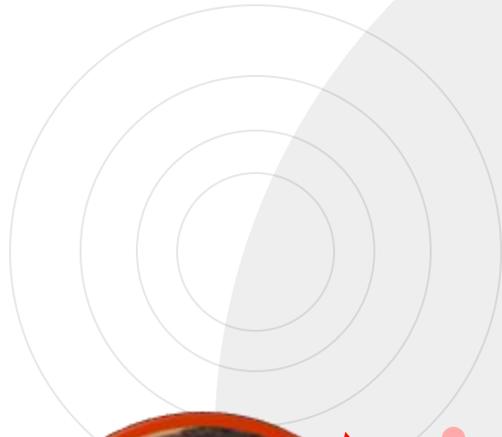


Shreesh G Puranik– 8B
2nd Place
Vishal House



Anand Narasimha -8A
1st Place
Kamal House

BICYCLE CRUNCHES BOYS





Esha Nahar– 8A
1st Place
Kamal House



Shamitha Rajesh Suryavamshi-8A
2nd Place
Vishal House



Impana Krishna – 8A
3rd Place
Vishal House



Anand Narasimha -8A
1st Place
Kamal House



Aakash Balakrishnan– 8C
2nd Place
Nihal House



Shreesh G Puranik– 8B
3rd Place
Vishal House





Saanvi Bhutra – 8B
1st Place
Vishal House



Impana Krishna – 8A
2nd Place
Vishal House



Esha Nahar– 8A
3rd Place
Kamal House



Aakash Balakrishnan– 8C
1st Place
Nihal House



Shreyas Padmanabhan -8B
2nd Place
Kamal House



Anand Narasimha -8A
3rd Place
Kamal House





Impana Krishna – 8A
1st Place
Vishal House



Shamitha Rajesh Suryavamshi-8A
2nd Place
Vishal House



Shraddha Muppirla – 8A
3rd Place
Nihal House



R Jishnav – 8B
1st Place
Vishal House



Shreesh G Puranik– 8B
2nd Place
Vishal House



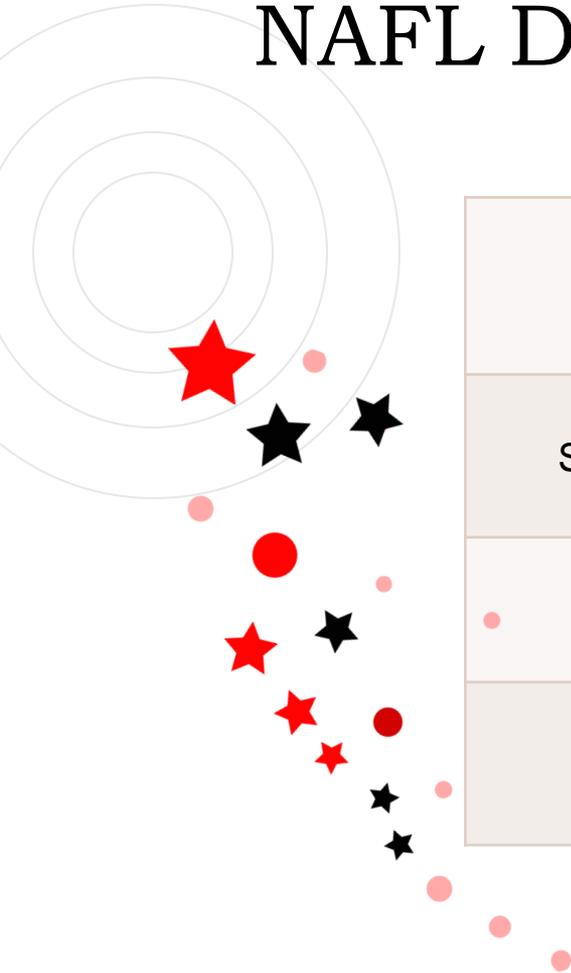
Ishan Rama Bhagavatula – 8A
3rd Place
Vishal House



NAFL DIALECTIC WINNERS

Event - Turncoat

Pratyusha RK - 8 C	1st Place – Nihal house
Siddhartha Suhas - 8 C	2nd Place – Nihal house
Vedant Daga - 8 B	3rd Place – Kamal house
Esha Nahar – 8 A	3rd Place – Kamal house



INTER-SCHOOL EVENTS



Saanvi Bhutra – 8B

Winner in the U17 category and runner-up
in U15 in the AKMA Junior Badminton
Tournament.



Campus News



“The Power of Augmented Reality”



31 August 2021

*NAFL senior school students had a wonderful opportunity to dive into the future through a workshop hosted by ENpower in partnership with **Snapchat India** to showcase the power of **Augmented Reality (AR)** and how it's shaping the world around us!*

The session helped students visualise new possibilities as AR is opening-up many avenues even in subject choices for higher education!



CAMPUS WEBINARS @ NAFL

PATHWAY TO THE FUTURE



- University of Arizona
- Boston University
- Flame University
- O.P. Jindal College of Psychology
- Manchester University
- Australian National University
- John Hopkins University

And many more...

Summer programs on journalism, medicine and law

SAT updates by College Board

Course updates

Alumini Connect

University Virtual Tours

Connect over coffee with admission officers

Post-Pandemic processes and teaching methods

Each university gave an insight about the courses they offer at the UG level along with their popular courses, admission criteria, fees, visa related issues, online/offline classes due to pandemic times. The UCAS and the common app webinars focused on the SOP, essays, prompts and how to write a winning essay.

The summer programs and virtual tours by the universities gave the students an insight of their university campus and connected them with their alumni.



NEWSMAKERS!



Inter-School Competitions





The CENTRE for EDUCATION in
MATHEMATICS and COMPUTING



UNIVERSITY OF
WATERLOO

ARNAV KUKKLE, former Grade 8 student of NAFL has been awarded a Certificate of Distinction in PASCAL and Computing competition and **ARNAV DESHPANDE** of 11 ISC Science has received a Certificate of Distinction in the CAYLEY Math contest.

PASCAL and CAYLEY (Math contests) are platforms for students to have fun and develop their mathematical problem-solving ability.

The Fryer Math Contest is an opportunity for students to write a full-solution contest. This is a fun way to develop mathematical problem-solving skills through a written mathematical activity.

Taekwondo Champion

The pandemic paved way for **ARJUN DOSS**, studying in 7C to nurture his passion for Taekwondo into a professional skill! He was awarded officially from Taekwondo Worldwide Headquarters in South Korea a Second Degree Blackbelt in this form of Martial Arts.

He is one of the youngest in the State and in the country to possess this blackbelt, and he has

- mastered 82 moves to reach this milestone.
- put in 7 years of practice (more than 2000 hours of training)!
- participated in many competitions and countless drills!

Well done, Arjun!



VIVAAN THOLASI of Grade 7C secured a silver in the 60cms
At the EPL (Equestrian Premier League) held at the Embassy
Riding School on 25th July 2021. The achievement was
featured in the Times of India and Deccan Herald.

Congratulations, Vivaan!



Grade 8

CLASS ASSEMBLIES



World Music Day



Performance by
Siddarth Mayur
Ditya Das
Sanika S
Shraddha Muppitala
Impana Krishna



Performance by Alumni



ANEZKA KURIAN
BMus, Music Education
at Temple University, USA;
Faculty at
Harmony-The Music School



Poem recital by
Esha Nahar



What Music means to me!

I press play,
It flows through me
tapping my foot
and bopping my head

music is an expression
deep down from the heart
it can cure depression
just by hitting start

music is an expression
that carries power in its tune
pipes down any aggression
it sure is a boon

music is an expression
it fulfils the soul
becomes your obsession
makes you whole

music is an expression
from every word to beat
you can feel a connection
when the meaning you meet.

-Esha Nahar





DOCTORS WITHOUT BORDERS



**MEDECINS SANS FRONTIERES
DOCTORS WITHOUT BORDERS**

HOW DO YOU PUT HUMANITY FIRST?

...It's a makeshift hospital in a huge metal tent. Walking into it the first time was a surreal experience; I've never seen anything like it...

Today, our greatest challenge is attrition of staff. People just cannot work in this environment for long periods of time. Its burn-out, and the burn-out cycles are faster now than in the first wave.

There are 28 wards; each ward should have two nurses present per shift and there are four shifts. You do the math and you can see – it's hard to find that many nurses.

COVID has changed me as a person and as a doctor. I used to be very patient-centred... Now, I'm scared of building relationships with patients."

Dr. Gautam Harigovind

It's Doctors' Day!

damini Bc

2

5318
6 out of 6

Haseeb

1

5465
6 out of 6

Likitha N R

3

5040
6 out of 6



Doctors' Day!

Presented by 8B

Saving lives, Changing lives

1st July, 2021
1:30 PM
Grades 8-9 Assembly Team



ESHA NAHAR 8A



THANK YOU FOR YOUR SELFLESS SERVICE!

ESHA NAHAR 8A



SAVE THE PEOPLE
THANK YOU
Doctors

From Dheetya

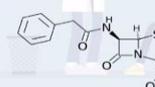
Jhnav interviews Dr. Harsha V Reddy, his aunt.

2021-06-28 15:46:19

Thank you doctors

GUESS THE DOCTOR!

He discovered penicillin.







INTERNATIONAL
**PLASTIC
BAG FREE
DAY**
Presented by 8C



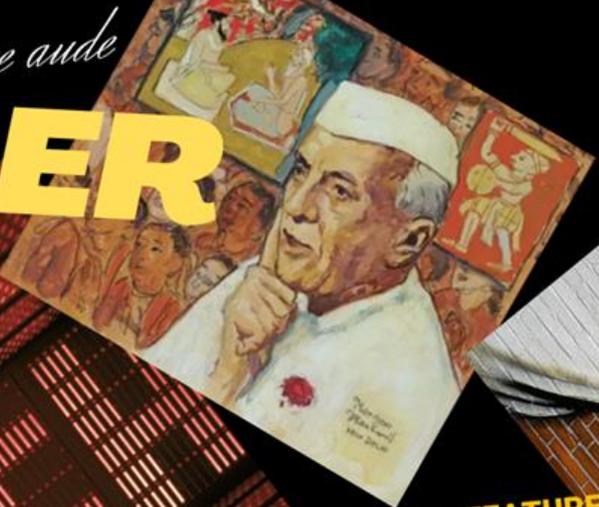
Beat Plastic Pollution

Say 'No' to plastics!



sapere aude

The NAFLER



OF THE STUDENTS, BY THE STUDENTS, FOR THE STUDENTS

MUSIC, LITERATURE,
PHOTOGRAPHY, SPACE,
CULTURE, ART, SCIENCE,
PHILOSOPHY, MENTAL HEALTH,
CHEMISTRY, TELEVISION,
MOVIES, NEWS, FUTUROLOGY,
HISTORY, NEWS, COLLEGE,
SCHOOLWORK, SOCIAL
MOVEMENTS, TECHNOLOGY

INTERESTED? WANT TO BE FEATURED?
WE TAKE SUBMISSIONS, BE IT
PAINTINGS, POEMS, OR PHOTOS!
YOUR IMAGINATION'S THE LIMIT
ON THE TALENT CORNER! DON'T
MISS OUT!

Contact us at:
thenafler@gmail.com

CHECK OUT
OUR
INSTAGRAM!

@THENAFLER

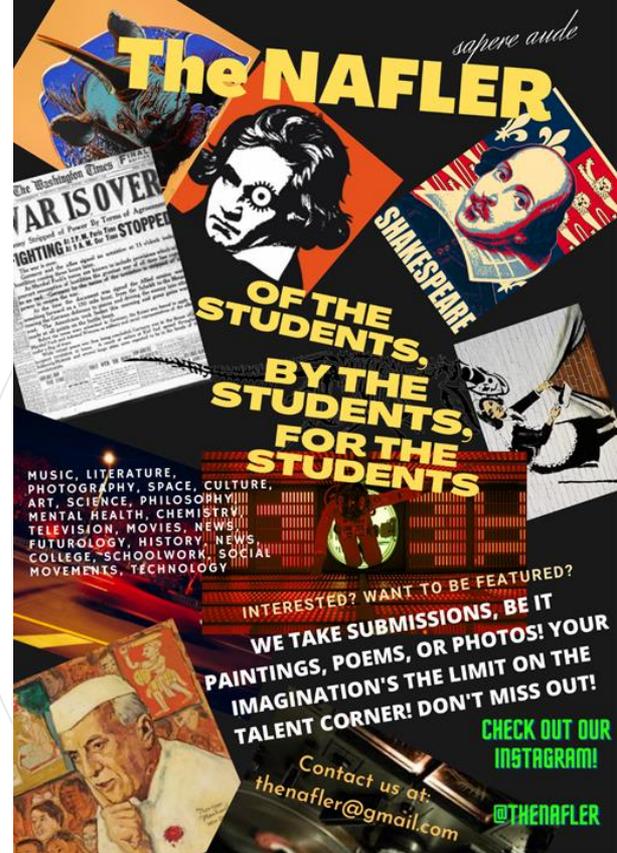


Class Buzz: Photo Feature

THE NAFLER has a page exclusively dedicated to showcase class activities. The photo collage is a visual treat as we get a peep into every class during different subject sessions that highlight learning through out-of-the-box scholastic and co-scholastic tasks. NAFL exuberates laughter, spreading kindness and joy for every NAFLER during online class!

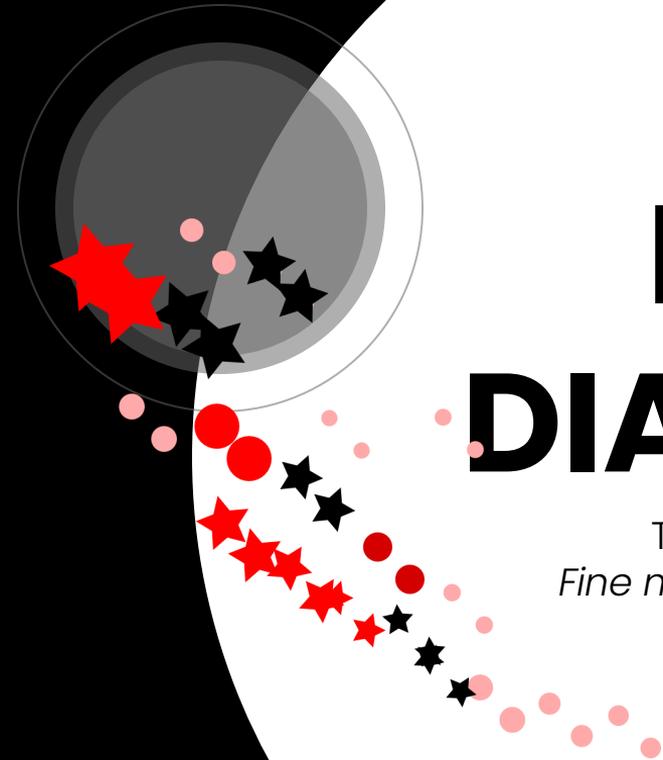
You can view the class buzz month-wise and level wise at the following link:

<https://thenafler.wixsite.com/emag/class-buzz>



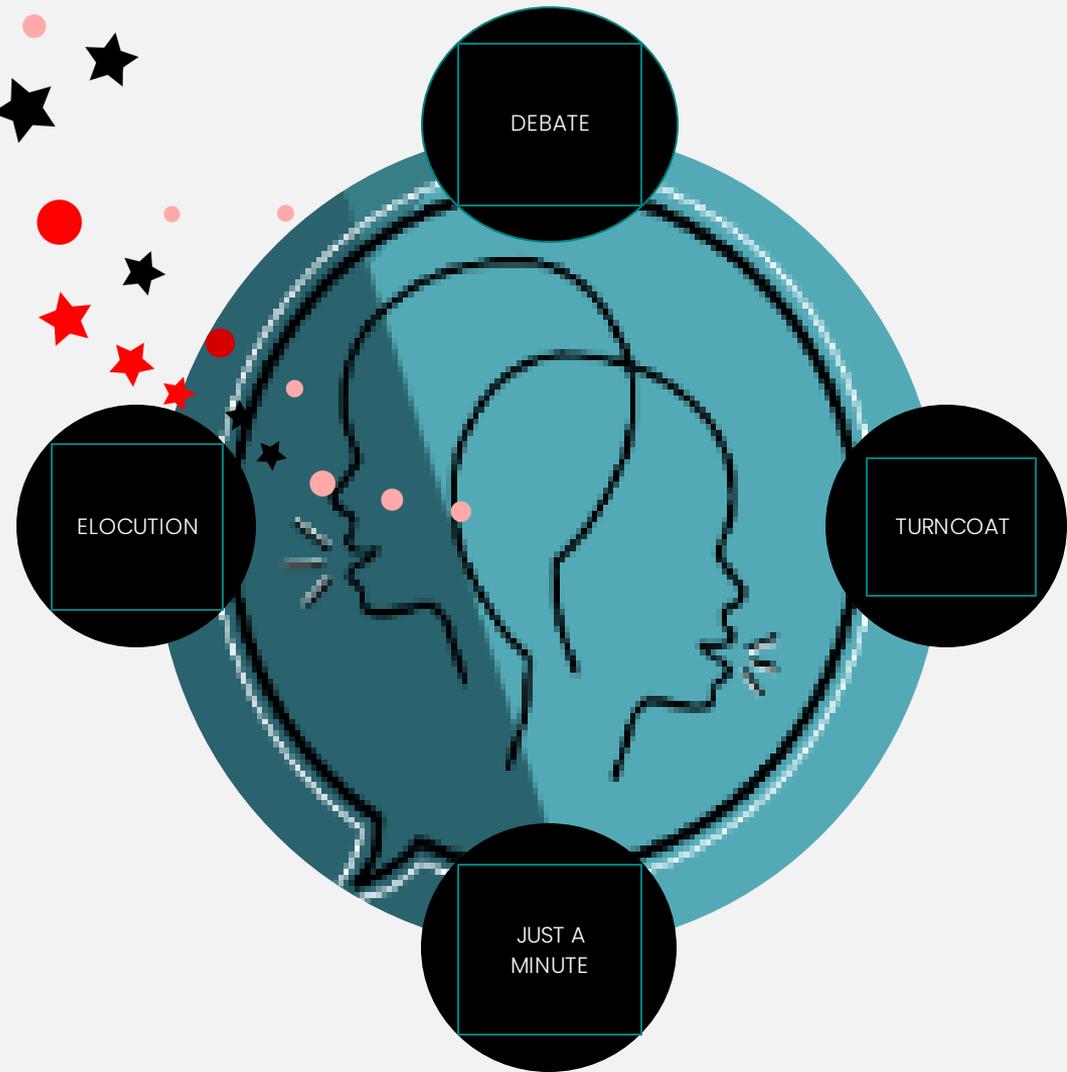
NAFL DIALECTIC

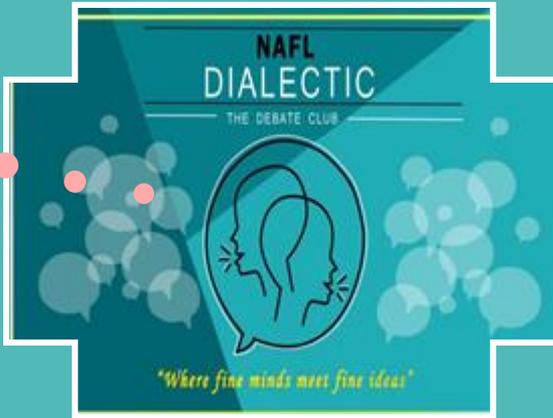
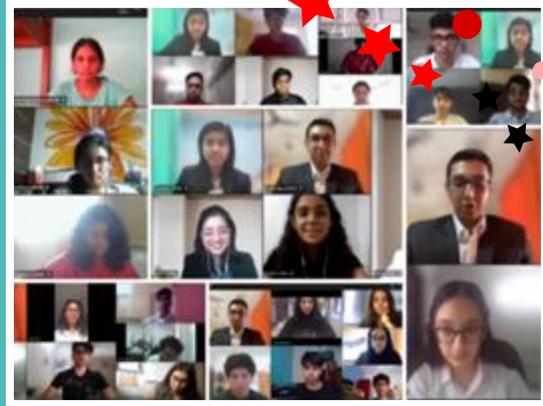
The Debate Club
Fine minds mine fine ideas



NAFL DIALECTIC

*NAFL proudly inaugurated its very own debate club - NAFL DIALECTIC, on 26th August 2021. **Mr. Rajiv Kacholia**, the founder of Speech & Debate India, was the Guest of Honour. The aim of the club is to enhance public speaking and debating skills across grades. The club is looking forward to hosting and conducting many more enthralling and engaging events.*





UPCOMING EVENTS

Term 2



What's In Store?



Dussehra Celebrations



Children's Day



Constitution of Kindness: Republic Day



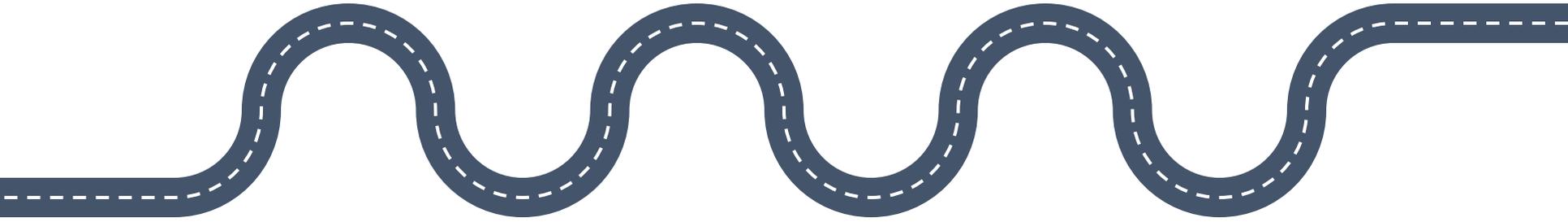
**Ultimatum
Second Edition**
An Inter-school Commerce & Humanities Challenge



Christmas Celebrations

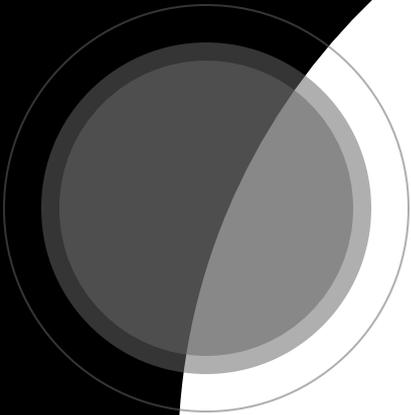


Show N' Tell



THE GOOD PLATE

Healthy Eating in Covid Times



THE GOOD PLATE

Immunity-boosting breakfast bars.

This is definitely a healthy breakfast bar you can feel good about 😊

- Total Time: 25 minutes
- 1 cup boiled chickpeas
- 1/2 cup chopped dates
- 1/2 cup chopped almonds
- 1 cup rolled oats
- 1/4 cup maple syrup / honey
- 2 tablespoons ghee
- 1 1/2 teaspoons cinnamon
- **Optional add-ins:** dark chocolate chips, raisins, chopped walnuts
- **Toppings**
- 1/4 cup rolled and roasted oats
- 1/4 cup pumpkin seeds (pepitas)
- Add a tablespoon of ghee in a pan and roast the almonds until they turn golden-brown.
- Remove the almond from the pan and dry roast the rolled oats in a low flame until it turns aromatic.
- Preheat the oven to 350 degrees. Line an 8X8 inch pan with parchment paper, leaving a little overhang.
- Put all ingredients in a food processor and process until very well combined. Scrape the sides of the machine down a few times and let the machine run until the mixture is quite smooth. Add any add-ins you prefer.
- Transfer the mixture to a pan greased with butter and flour and add the toppings. Bake in the preheated oven for 15 minutes.
- Cut into small squares when still warm.
- They are best if eaten within 2-3 days. Store in the refrigerator. Enjoy!

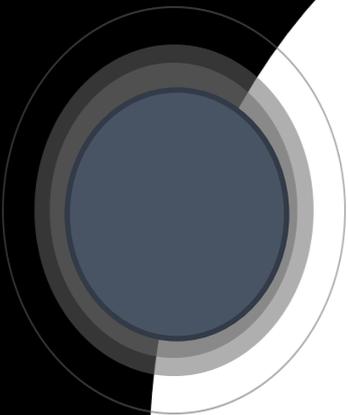


THE GOOD PLATE

Nutritive Value

- VITAMIN C: **chickpeas, pumpkin seeds**
- CAROTENOIDS: **pumpkin seeds**
- SELENIUM: **oats, maple syrup, chickpeas, almonds**
- VITAMIN E: **pumpkin, almonds, chickpeas**
- ZINC: **pumpkin seeds, chickpeas, maple syrup, almonds**
- VITAMIN B6: **almonds, chickpeas**
- BETA-GLUCAN: **oats**





NAFL

One-of-a-Kind.ness

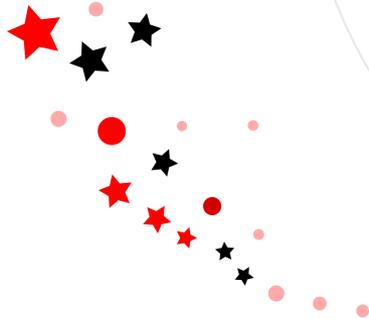
News of Kindness in the Classroom &
Beyond



Our everyday sparkle...

GRADE 7 B

***KHUSHI HEBBAR** of 7 B heard some screams of a street dog in her neighbourhood during the lockdown. Khushi informed her parents about the same and they decided to bring the dog home. It took some time for the dog to settle as she was really scared and afraid. This one of a kindness act created the most beautiful bond between Pari and Khushi.*



Dussehra Holidays
9th October to 19th October 2021

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