

NAFL
TERM 1 NEWSLETTER
2022-2023

GRADE 11 ISC

#LetsStayTogether



Together, Stronger

From the Principal's Desk

Dear Parents

We are back in school! We love having our children with us!

Balancing life in a VUCA world has made us more agile, flexible, understanding, and empathetic. A divergence in how our children learn and respond after two years apart has had us redouble effort, the NAFL way, to hold everyone steady and keep the work going. And in the three months of school, we see heartening growth and healing.*

We know the togetherness theme for this school year works. Kind and generous NAFL parents are joining hands to educate the community, work with the authorities and make the space outside school a safer, cleaner, and less congested place for all. The hand of friendship is heartwarming. Good cheer, faith and confidence gather strength. Kudos to an effort that shouts out, "Team NAFL, Stronger, Together!" May the school year go brightly!

Warmest regards

*Indira Jayakrishnan
Principal*



Together, Stronger!

Teacher Speak

Getting back to school...

So excited to be back!
Online classrooms are no match for the drama/arguments/counter arguments that happen in an offline classroom.

Getting back to school was the most awaited event for all teachers.

Students are shaking off disinterest and getting used to the rigours of full-fledged school life!

The distance which online mode of teaching had created between teachers and students has almost gone and children are busy high fiving/fist bumping each other for every small success achieved in the classroom! They are busy building their own communities and it can't get any better!

The best part of getting back to school is that we are not using traditional teaching methods anymore, We have become more exploratory in terms of our pedagogical methods.

It is wonderful to be back with the bonhomie and joy of offline classes!



I am thrilled to be back as I was craving for attention... attention from my friends, from my teachers...and now I have got it all! The only downside is having to always wear a mask!

New school, new experiences: At first, I was extremely anxious about how I would settle in. Fortunately for me, the students and teachers at NAFL have been so welcoming and friendly. They have made me feel very comfortable around them and I can express myself without fear of judgement. I love how the school takes us to participate in many events including dance, sports, debate, music and quizzes!

Reset, realign, crawl, walk and run...Yes, this is how we have begun our offline year. It has been an exhilarating experience! The best part is knowing we have our teachers at our back, cheering for us, rooting for us whenever we need their support.

In the 5840 days that I have lived, I have spent 2860 days in this incredible school, and not once have I missed home. NAFL has made it possible for me to become a confident global citizen. My teachers have been by my side at every step and molded me into a better person. Now that I am entering Grade 11, I am forever grateful for NAFL's humble atmosphere of learning and camaraderie.

Coming to NAFL this year was a choice that made me excited, nervous and most of all curious. Learning at NAFL has been more than the sum of books, lessons and exams. My teachers and friends have equipped me with the tools and skillset required to take on more than just 30-page projects and 300-page textbooks. Like a dandelion blown by the wind to destinations unknown, I do not know what lies ahead. What I do know is that the journey will be scenic, and the destination worth it!

Student Speak

Getting back to school...offline!

#AllTogether



Events @ NAFL

June 1, 2022 - Welcome Assembly

Grade 12 kick-started the first day of offline school with a very special welcome assembly, 'NAFL REDISCOVERED'. Welcoming all the new joinees of the NAFL family, the school ground came alive with music, dance, and joi de vivre! Later in the day, the newbies raced about the school campus with a cleverly planned game of Treasure Hunt that familiarised them with places around school!



World Environment Day -The Right Pot Way

World Environment Day 2022 in June saw NAFLERS came together on a unique greening mission. Students from Early Years to Senior Secondary Years joined hands to plant saplings in eco-friendly recycled pots called RightPots. Young entrepreneur, Tia Shah (AL), promotes these planters that are designed and manufactured from recycled plastic and allow air pruning.





Yoga at NAFL

World Yoga Day was celebrated as a week-long event at NAFL with students across levels trained in the art of minding the Self. The practice of Yoga is part of the weekly calendar at school and students from Early Years to Senior Secondary Years are being trained in various breathing techniques and exercises that will help them keep inner and outward balance.

NAFL Annual Prize Day Celebrating 2021-2022

Keeping health concerns in mind, our Annual Prize Day was a hybrid version, with a live webcast to parents from school. Dr. Bindu Hari, Vice Chairperson, commended the school for “the Constitution of Kindness that aimed to embed caring, kindness and kinship into the social fabric of the school”. The event concluded with a live Investiture Ceremony, where members of the Student Council took oath of office.



Celebrating Academic Year 2021-2022

SIDDHARTHA RAJEEV
GRADE 11

- BEST ACADEMIC PERFORMANCE - English, Physics, Chemistry & Mathematics
- AWARD FOR FULL ATTENDANCE
- BEST LEADER AND MENTOR
- OUTSTANDING TECH COLLABORATION



PRAKUL S NARASIPURA
(98.5%)



English	97
Mathematics	100
Physics	99
Chemistry	91
Computer Science	98

NAOMI RAJESH
(98.2%)



English	96
French	93
History & Civics	100
Geography	99
Mathematics	97
Physics	96
Chemistry	99
Biology	100
Art	100

NAFL Picture in picture ANNUAL PRIZE DAY
Celebrating Academic Year 2021-2022

ANUPAMA N RAO
GRADE 10 IGCSE

- BEST ACADEMIC PERFORMANCE - Physics, Chemistry, Mathematics, Biology, French, Economics, Computer Science & Additional Mathematics
- OUTSTANDING PREPAREDNESS FOR ONLINE CLASSES




NAFL Annual Prize Day Investiture Ceremony - 2022-2023



- **Head Girl:** Snigdha C Reddy
- **Head Boy:** Arnav Mayur
- **Sports Captains:** Sanchya Pratish & Nihal K.S.

- **NIHAL HOUSE**

Captains: Kannika Shivapal & Shashank Danda

Vice Captains: Karina T Bhaskar & Harshavardhan P.

- **VISHAL HOUSE**

Captains: Palak Banthia & Aditya Vasisht

Vice Captains: Anushka V & Vaishnav Das

- **KAMAL HOUSE**

Captains: Shreya Rao & Sandeep Saravanakumar

Vice Captains: Shaili Shah & Yuvraj Chopra

- **NAFL DIALECTIC**

Suveena Suresh, Nihal Pinto, Megha B., & Mihika V. Nimbalkar

- **NAFL GREEN**

Sristi Sridhara, Tiaa Shah

- **NAFL CHOIR**

Shravya Shetty & Lathika Venkateshkumar



NAFL Student Council Members - 2022-2023

- **THE NAFLER**

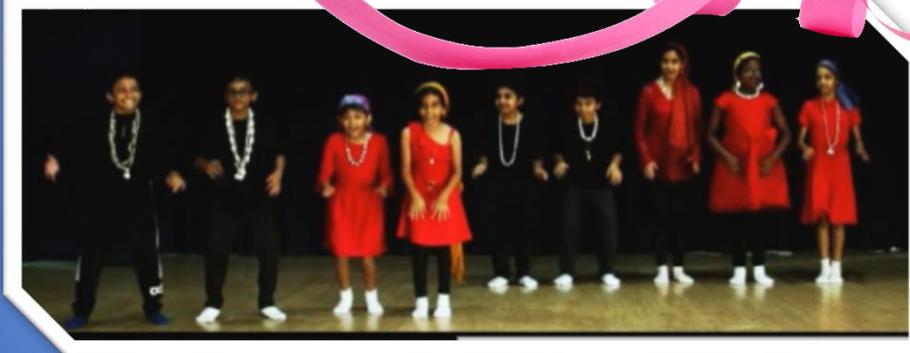
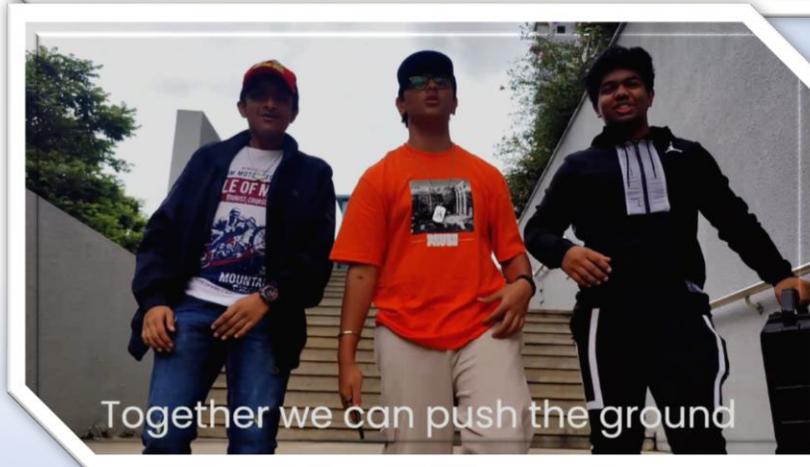
Shreya Shiju, Chetna Choudhary, Ananya Seth & Samarth Sri Hari Rao

- **NAFL ART & CULTURE**

Varshini Raghavendran, Kriti Kanabar & Advait Nagarahalli

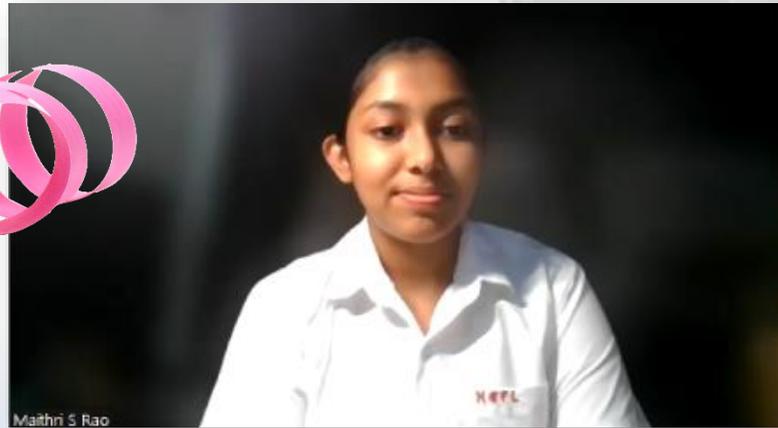
NAFL Bastille Day Celebrations

NAFL honoured the spirit of Bastille Day with *Fête de la Musique* on 14 July 2022 at a Special Assembly. The iconic event began in France in 1982, envisioned as music everywhere, for everyone, and free of cost. Our French Department and NAFLERS entertained the school with some foot tapping numbers in different genres, along with NAFL's Middle and Senior Choir, who enthralled the audience with melodious renditions, including the classic, Aux Champs Elysées. The rap, Égalité, composed by the Senior School Students stood out in the Audience choice!



Invité d'honneur - Monsieur Pascal Gallet

The highlight of the assembly was a live interview and soulful performance of Chopin's *Nocturne* by world-renowned classical pianist, Monsieur Pascal Gallet, from Chambéry, France. The only pianist in the world to have recorded the entirety of André Jolivet's works. We were enchanted by his deep words of wisdom and friendship to the school. Most of all, we were deeply inspired by his immense dedication to his art!



Interviewer: *What are the qualities of a good musician, Mr. Pascal?*
Mr. Pascal: *Modesty, humility, passion and work, work, and WORK!*

Labs at Play is NAFL's newest L&D initiative. The first edition of this was "Use it with ease", a session on cryptocurrencies. The event saw the Teachers and Students of grades 9-12, demonstrate the working of cryptocurrencies using the concept of "Thinking Hats"! A Panel Discussion and Q & A with the students tied up a perfect launch!

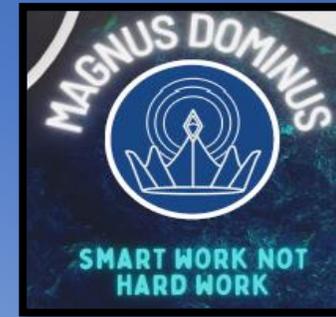




WELCOME



ULTIMATUM
THIRD EDITION



ULTIMATUM, Third Edition, NAFL's Senior School Commerce and Humanities fest returned with six extraordinary events that put the spotlight on real-world frontiers of investment, law, journalism, public relations, and even a cricket auction!

An entirely student-led effort, the events upped the ante even further and made for pure exhilaration and a super-charged atmosphere on 29th and 30th July 2022!

Ceteris Paribus

Mr. AMBAREESH BALIGA
Esteemed Judge



Ready, Set, Invest

Mr. RAGHAVENDRA KUMAR
Esteemed Judge



Mr. Anil Nahar
Esteemed Judge

Ready, Set, Invest



Mr. Srinivas Katta
Esteemed Judge

Objection, Your Honour



Magnus Dominus

Mr. NIKHIL RAO
Esteemed Judge



The Journalist

Dr. SUCHITRA KAUL MISRA
Esteemed Judge



ULTIMATUM - Third Edition

The two-day online fest saw **20** schools participating from around Bengaluru, Mysore, Chennai and Hyderabad. The spirited involvement of NAFL alumni judges along with professional judges from around India, USA and Canada raised the event's scope. The Best School Award was bagged by **National Public School, Koramangala!**



WHAT EXACTLY WAS THE PERSON GOING THROUGH HIS ROOM LOOKING FOR?



ULTIMATUM Third Edition



ULTIMATUM Third Edition



ULTIMATUM Third Edition



JEOPARDY!

Slogane	Business Knowledge	Current Affairs	Slogane PL2	PL2
\$100	\$100	\$100	\$100	\$100
\$200	\$200	\$200	\$200	\$200
\$300	\$300	\$300	\$300	\$300
\$400	\$400	\$400	\$400	\$400
\$500	\$500	\$500	\$500	\$500

ULTIMATUM Third Edition



Independence Day Celebrations

*Saare Jahaan Se Accha
Hindustan Hamaara!*

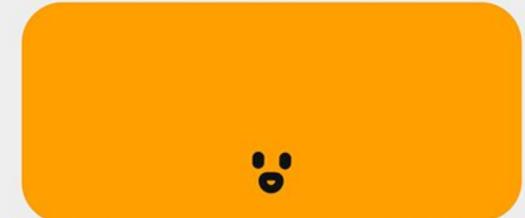
Independence Day Special Assembly was held outdoors and steered by the PY team! It was a happy morning for all when pride in country and good citizenry were on display!

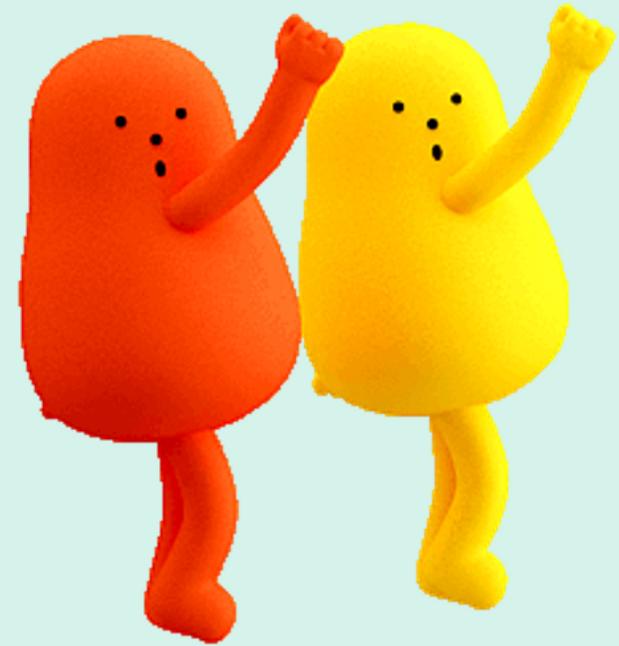


NAFLERS = WINNERS!



#Conversation





The Tug O' War semi-finals was also conducted, and had the students roaring!





Annual Sports Meet 2022-2023



NAFL's Annual Sports Day was a sunny and happy day! A live sports event after a two-year hiatus lifted spirits and morale!



The school grounds reverberated with the spirit of competition, camaraderie and teamwork!



Nihal House won the Overall Trophy in the Annual Sports Meet 2022-23



Vishal House won the Games Trophy

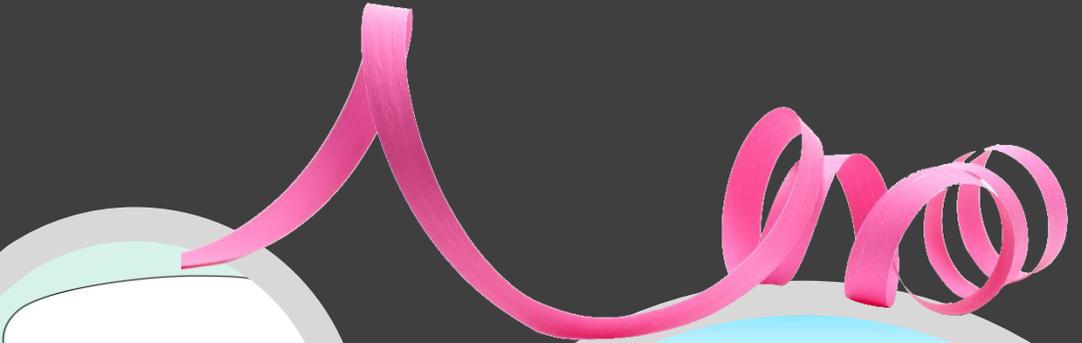


Kamal House won the Athletics Trophy



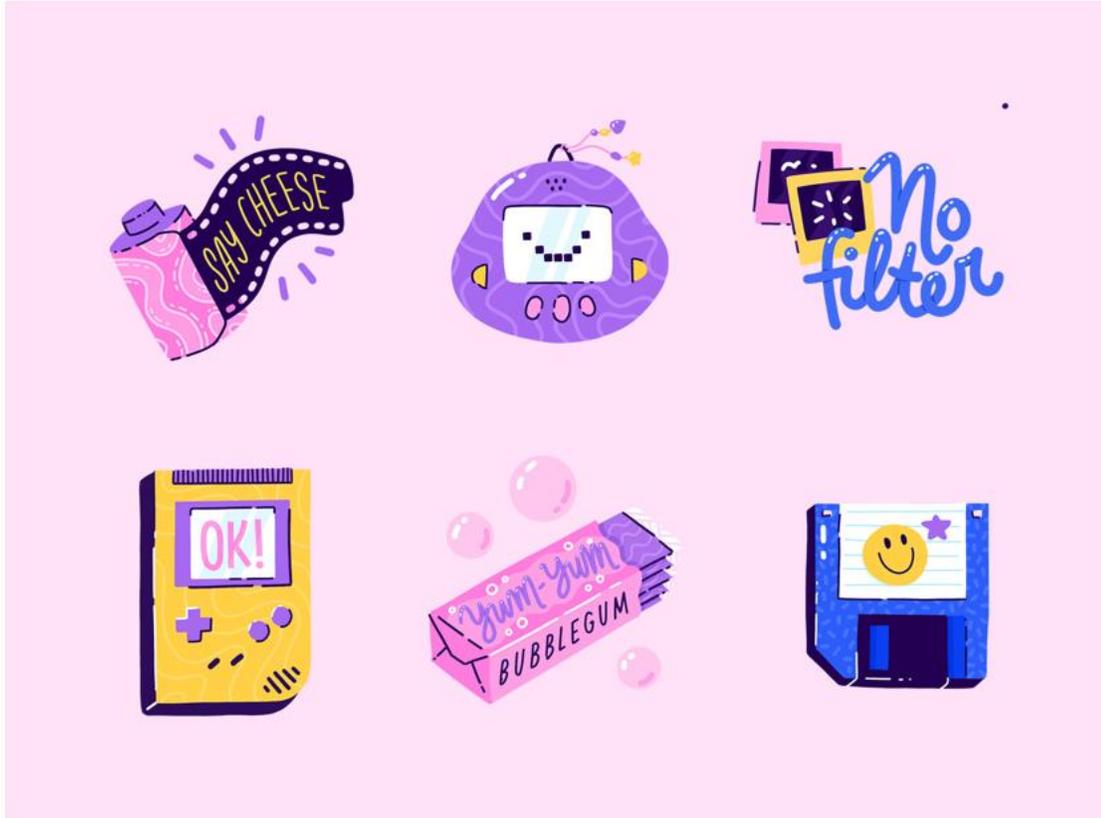
TEACHER'S DAY! 2022 - 2023

NAFLERS celebrated Teachers' Day with a special assembly on **1st September**. The stars of KG and Montessori welcomed the teachers with handmade heart souvenirs. Students of grades 10, 11 and 12 performed three pulsating dance numbers and lit up the grounds. The teachers then had a fun-filled morning of cricket, throw ball, lemon and spoon race and Tug O' War, followed by a recorded assembly that everyone enjoyed in their classrooms!



TEACHER'S DAY! 2022 - 2023





Experiential Learning @ NAFL



National Gallery of Modern Art

The Art students from Grades 9 to 12 visited NGMA on 17 June 2022, to enjoy a retrospective show on Upendra Maharathi's life and art. The experience of viewing his high impact work is best heard from the students themselves!



Student Responses

*The variety of artwork represented different cultures, media and techniques was stunning. From the vibrant and intricate weave installation to the rough sketches of artists, one could deeply explore different types of art. I truly enjoyed the visit and hope to go to another gallery soon! **Diya Choudhari 10 IGCSE Art***

*Upendra Maharathi's work was other worldly! It was clear that he drew inspiration from the lives of the Mahatma and the Buddha who seemed to be the favourite subject matter of his art. In his nature paintings, he personifies nature in a way I have never seen before. The most remarkable work was a linoleum print of Rabindranath Tagore. I liked it because I had done something similar for my art portfolio. The gallery visit was a truly unique experience! **Dhruva Rau, 10 IGCSE Art***



Bio-Nest

Bio-NEST at IKP EDEN in Koramangala is a wet-laboratory with state-of-the-art equipment such as biochemistry analyser, thermal cycler, Class II Biosafety cabinets along with cell culture and tissue engineering. Our grade 12 students visited the lab for an exposure to the various areas of stem cell research and were captivated by the inspired work going on at the lab!



I was fascinated to know more about metastatic cancer cells and the drugs that treat them. It was exciting to link the concepts learnt in the classroom and the research in the real world.

Shreya Rao, AL

Bio-Nest



It was an unforgettable experience that helped us understand microbiology and entrepreneurship!

Anvitha Ramachandra, 12 ISC A



Student Responses

I really appreciated the opportunity to meet entrepreneurs brimming with new ideas and technology.

Mihika V Nambiar, AL

I was exposed to all kinds of state-of-the-art technology, such as a 3D printer, which produces drone parts and a magnetic stirrer to help different chemicals. It was good!

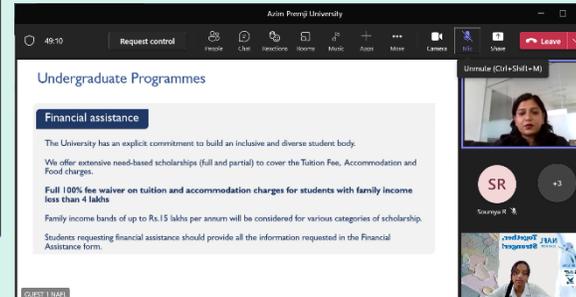
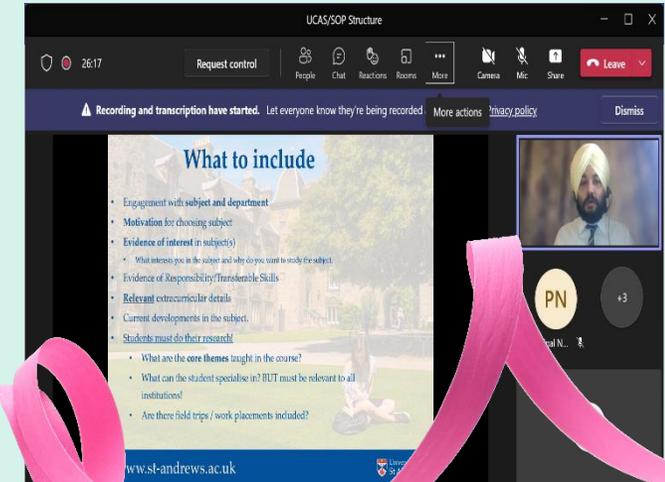
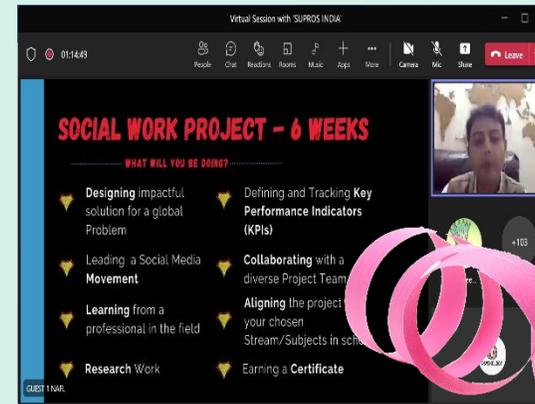
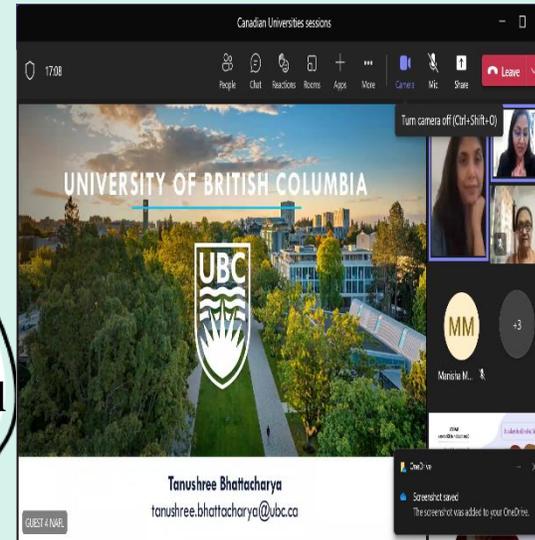
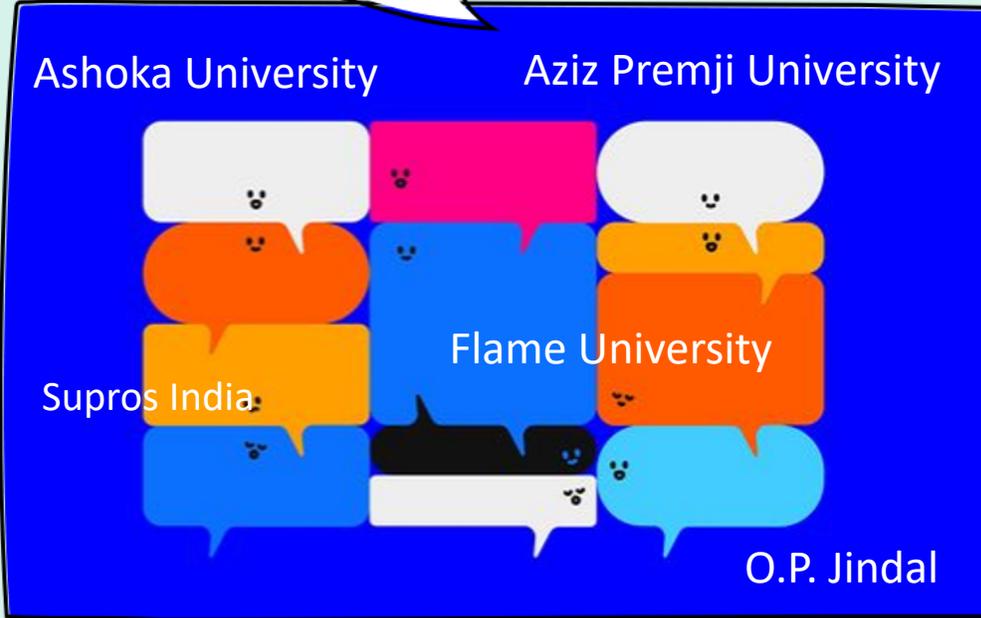
Shreya Shiju, AL

As an aspiring scientist, I enjoyed the working room. I saw how engineering is an integral part of medical solutions.

Karina Bhaskar, AL

TERM 1 University Fairs

Grade 11 & 12 had a series of training in filling the Common App, writing SOPs, the process of college admissions, etc., with visits from top universities in India, U.S.A, U.K., Canada & New Zealand. The Campus Talks helped our students widen their knowledge and awareness of college courses and financial support.





Student Achievers



CONGRATULATIONS!



JIYA SHETTY
(8 B)



V VISHWA
(10 ICSE B)



SHRAVYA SHETTY
(12 ISC B)

KISA UTSAV - 2022

Christ Academy hosted the **State Level Finals of KISA (Karnataka ICSE Schools Association) UTSAV-2022** on August 1, 2022. More than 120 schools participated in a range of competitions such as Creative Writing, Debate, Declamation, Painting and Quiz.

Jiya Shetty of 8 B won the First Place in the Sub-Junior Category of Creative Writing and will represent NAFL in the National Finals at Lucknow in September.

Shravya Shetty of 12 ISC B won the Third Place in Painting.

Vishwa V of 10 ICSE B qualified to the final round of Declamation.

Aarav Arjun, 7A

- Awarded a Gold Medal and scholarship of 5000/- in the science stream of the Olympiad exams conducted by Cambridge University Press.

Science Olympiad Foundation -2021-2022 Results

Vishal Naveen, 9 ICSE B

- IEO-Zonal Distinction
- NCO-Zonal Distinction

Satvik Anand, Grade 8 (2021-22)

- IEO-Zonal Gold

Ananya Vinay, 10 ICSE A

- IEO-Zonal Distinction

V Vishwa, 10 ICSE B

- IEO-Zonal Gold
- NSO-Zonal Distinction

We rocked at the
Olympiads!



NPS RNR MUN-2022

Model United Nations is an educational simulation in which students learn about diplomacy, international relations and the United Nations. The NPS Rnr MUN was held from 4th – 6th of August 2022 for students from grades 9 – 12.

The event consisted of 5 committees, namely: UN Emergency meeting, UN Human Rights Council, Indian Constituent Assembly, Futuristic Crisis Committee, International Press Corps. Out of the 23 students that represented our school, 5 won prizes and 2 got Special Mentions!



Prize Winners! Congratulations!

OUTSTANDING DELEGATE AWARD

- FCC – Anushka V, 12ISC B

COMMENDABLE DELEGATE

- HRC – Nihal Pinto, AL
- ICA – Sristi Shridhara, 12ISC A

BEST EDITORIAL

- IPC - Shravya Shetty, 12ISC B

BEST FIRST TIMER –

- ICA - Arnav Deshpande, 12ISC A

SPECIAL MENTION

- HRC - Advait Nagarahalli, 12ISC A
- UNEM -Vaishnav Das, 12ISC B



Interschool Sports Competitions

- **Ritu R Bharamaraddi, Grade 11** - Won 200m backstroke, 100m backstroke and 50m backstroke at the CISCE swimming event held at the Basavangudi Aquatic centre on 9th and 10th August 2022. Ritu won the Individual championship at the same event. She also won Bronze at the Senior State Aquatic Championship in 100m and 200m backstroke events between 12-14 August,2022.
- **Samyak Kashyap, Gahan Anjan K and Mukund Arun, Grade 11** won the First Place in Table tennis at VIVUM 2022 conducted by TISB on 11th and 12th August 2022.
- **Samyak Kashyap** also won the State ranking U-19 table tennis tournament at Belagavi conducted by the Belagavi district table tennis association.
- **The NAFL football team** comprising of the following team members- From Grade 10: **Mishant Jain, Dhruva Rau, Anshul Srinivas, Maanav Bharath Kanabar, Pranesh Raghavendran, Pranith Prabhu Gowda, Krsna Sirohi, Avi Sinha, Pranav Iyer** From Grade 9: **Anand Narasimha, Vignan S, Supreet K** and **Vivaan Tholasi** from Grade 8 won the **St Clare's Football Tournament** on 14 July 2022.



NPS HSR-Odyssey

On **22nd July**, NPS-HSR hosted their interschool fest, Odyssey, a multi-disciplinary fest to showcase creativity and talent.

Sandeep Saravanakumar and **Shreya Shiju** from **A Level** won the **First Place** in D'Zephyr, a treasure hunt competition that requires students to apply their logical and reasoning skills.

Arnav Mayur, **Aditya Vasisht** from **A Level** and **Shashank Danda** from **Grade 12 ISC** won the **First Prize** in Champions League, NPS-HSR's FIFA event that kept our students on the edge of their seats!

Kriti Kanabar from **12 Com**, **Manya Kumbashi & Adhya Shigehalli** from **AS** and **Aadhya Satnur** from **11 ISC** won the **Second Prize** in the dance event.

The NAFL Choir team of **Shravya Shetty**, **Anushka V**, **Sanchya Prathish**, **Niharika Krishnan**, **Chetna Choudhary** from **Grade 12** and **Abhay Sethi & Ishthara Kiran** from **AS** won **Third Prize** in the music event!



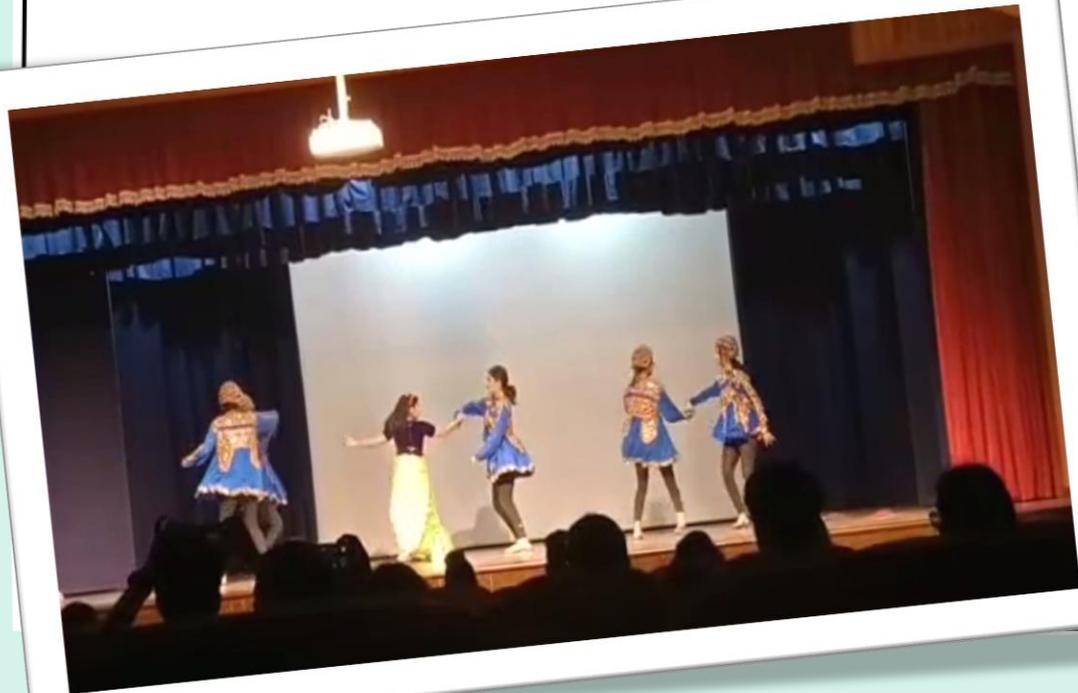
NAFL bagged the **First Prize in Dance**, after three rigorous rounds.

Round 1 - Watch the tutorial, learn the movements, perform and send the recording.

Round 2 - Bollywood mash up of retro and latest remake songs.

Round 3 - A western fairy tale with a twist (Bollywood songs had to be used to perform a western fairy-tale). We performed Snow White and 6 Dwarves, with a twist!

TISB's VIVUM



Kudos!

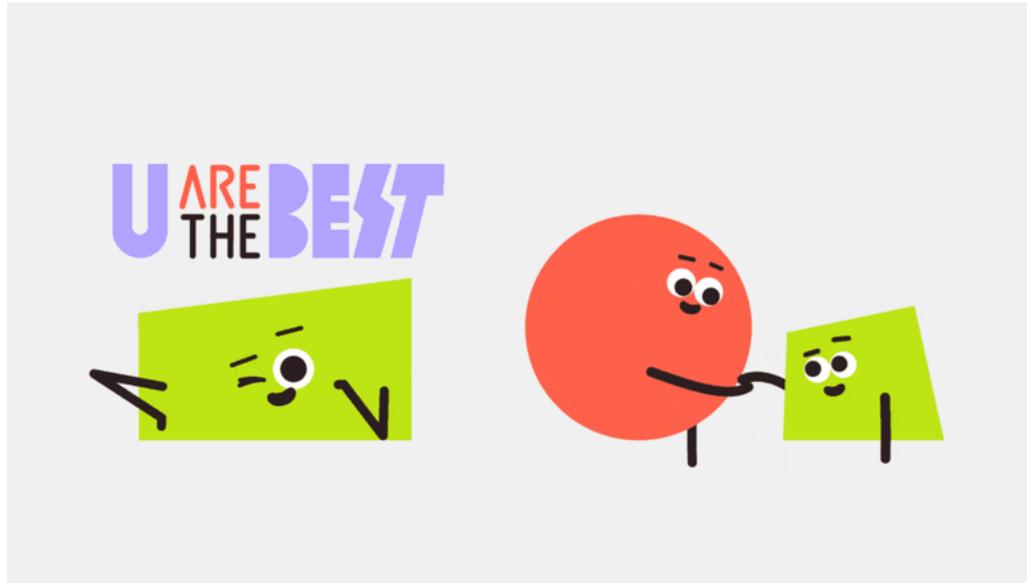
Sristi Sridhara, 12 ISC A & **Nihal Pinto**, AL participated in the **Bhatia Shield Debate competition** held at Rashtriya Military School on **September 3, 2022** on the topic '*You cannot have development without cutting down trees.*' Over 15 schools participated in the event. Sristi won the **Consolation Prize** and both Sristi and Nihal won cash awards.



Abhay Sethi, AS participated at **Cadence**, the **inter-school music fest** hosted by St. Joseph's School on August 11, 2022. Against stiff competition from over 33 schools, he won **Third Place** for his rendition of *Rolling in the Deep* by Adele!

Ustat Sethi, AL (Class of 2021)

- Ustat has been selected for “The Young Writers Series”, 2022. She secured a place among the top ten recommendations out of a pool of 63.
- Her Haikai works written during the Gurukulam Mentorship Program 2021 are part of this chapbook. The book was formally launched in India at the DLF poetry festival in August 2022 in Gurgaon.





Wow!

Shreya Shiju, AL

- Completed DELF B1 French Examination with a score of 87.5%. Très bien!
- She ranked 3rd in India and 26th in the world in the Waterloo Avogadro Chemistry Competition.
- Her article titled 'Neuroplasticity: Reorganising structure, function and connections in the brain' , has been published in *BrainSightAI*.

<https://www.blog.brainsightai.com/post/neuroplasticity-reorganising-structure-function-and-connections>

Great effort!

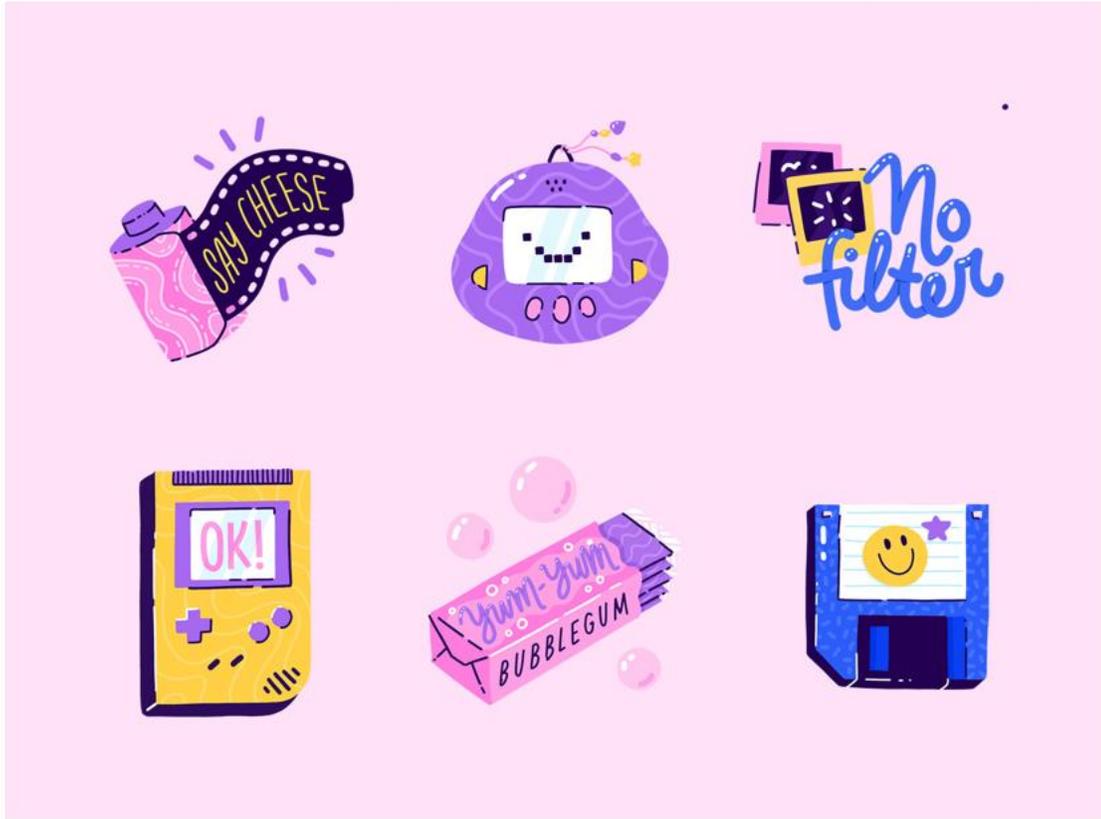


Sandeep Saravanakumar, AL

- Has successfully completed a Pre-collegiate Math course offered by Stanford University with 3 credits!

Ananya Moolemane, 11 ISC Commerce

- Has won the Intuit Scholarship Program 2022 with financial aid for up to 4 years of school/college education, with an annual award of \$5150!



Class Buzz

Awards, Programmes & Internships



- **NEHA**
- Attending courses by Homilab (Interstellar Traveller, Black holes, Making of an astronaut, etc.)
- Kidbit courses for Python Programming
- Trinity's Step1, Step2, Grade 1-3 keyboard examinations
- Took part in Vikram Sarabhai Science Foundation's program "Do You Science?" (included astronomy, earth science, medicine etc.)
- Was a part of the online classes by ISRO on Usefulness of Remote sensing and GIS for Environmental studies
- Participated in the Digital Skilling and Prototyping Challenge conducted by Atal Tinkering Labs

VIBHA

- Interning at 'Sisters in Sweats' a women-driven wellness organisation that accounts for many sports such as football, cycling, badminton, rugby, etc.
- Interning with a Professor from RV University; project about dealing with theoretical physics and quantum mechanics

Advay

- Winner - 2 silver medals in karate at an interschool event, 'Abhirakshanam'
- Winner - a silver medal in karate at the RDC Cup

Awards, Programmes & Internships



S Grahesh

- Participated in the smart Harvey's entrepreneurship competition and won Rs. 1 lakh, which was shared among three teammates of the group
- The competition tested business-related acumen and advertising skills. Furrango beat everything and won the last round
- Established a start-up, Furrango, to make apparel for pets and their owners
- Completed a course by Alison.com on the fundamentals of business law – revised

PURVI

Worked on a project, called project Fullstop to combat the taboos surrounding menstruation for school-going girls by giving them :

- a hygiene kit
- counselling sessions educating them about menstrual health and hygiene
- better sanitation through new sanitation units
- raised a total of Rs.1,07,500 as a team of 9 members

Ananya, Vibha, Ritu, Akash, Ayush, Atharv and Siddhath came together to organise a football and cricket tournament and raised Rs. 13000 which will be donated to Equal Souls, a project under the 1M1B Leadership initiative



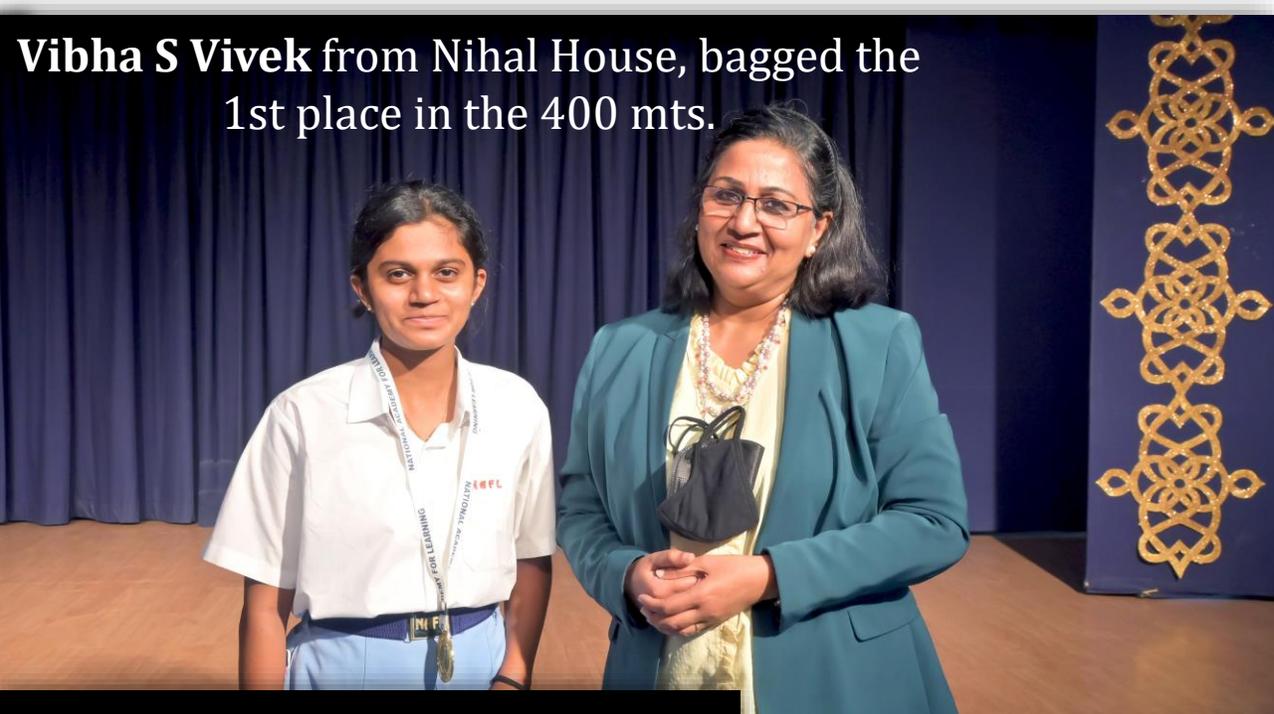
Class Assembly Time!



Togetherness is the backbone of any mass movement. There have been several environmental issues in the past which have brought people together. These include, the Chipko Movement, Narmada Bachao Andolan, and the Project Tiger movement in India, among several others worldwide. The class did a deep dive into these three movements, researching their impact on the environment and their success. We saw how these movements fostered a sense of community and brought people together.



Nuthan Baskar
from Nihal
House bagged
the 1st place in
Shotput.



Vibha S Vivek from Nihal House, bagged the
1st place in the 400 mts.

Our proud Sports Stars!



Ritu Bharamaraddi
from Nihal House
bagged the 2nd place
in the 200m

Abhay Arjun Kharge Vishal House, was part of the
winning team in the Tug O' War

Our Teachers: The force behind the students!



#proudnafly

Name of the Teacher	Subject
Ms. Roopa Nagaraja Rao	Grade Teacher
Ms. Mamatha Ullal	Associate Grade Teacher
Ms. Bindu Jayakumar	English
Ms. Vineeta Manoj	Physics
Ms. Anupama Das	Chemistry
Mr. Umesh N	Mathematics
Ms. Lylla Murti	Biology
Ms. Roopa Nagaraja Rao	Accounts
Mr. Murali S V	Commerce
Ms. Vinitha C Nair	Economics
Ms. Shagun Banga	Mathematics
Ms. Mamatha Ullal	Computer Science
Mr. Suresh A N	Physical Education
Ms. Mamatha Harish	Yoga



Dussehra break:
24th September - 5th October 2022

With best wishes,
Ms. Roopa Nagaraja Rao
Ms. Mamatha Ullal

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