

NAFL
TERM 1 NEWSLETTER
2022 - 2023

GRADE AL

#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!

Grade Teacher

Mr. Murali S.V
Business

Associate Grade Teacher

Ms. Bindu Jayakumar
English Language

Meet the Team!
Our teachers

Ms. Vineeta Manoj
Physics

Mr. Prabhat Kumar K
Chemistry

Ms. Manisha Mandal
Biology

Ms. Shagun Banga
Pure Math

Mr. Umesh N
Statistics

Ms. Vinita Nair
Economics

Ms. Mamatha Ullal
Computer Science

Ms. Shilpa Satish
**Literature in
English**

Ms. Mohita Guha Sarkar
Psychology

Ms. Shree Nidhi N
Global Perspectives

Ms. Devipriya
Art & Design

Mr. Suresh A.N &
P.E

Ms. Mamatha H
Yoga

Teacher Speak

Getting back to school...

Connecting with students in the class is the best part of offline mode!

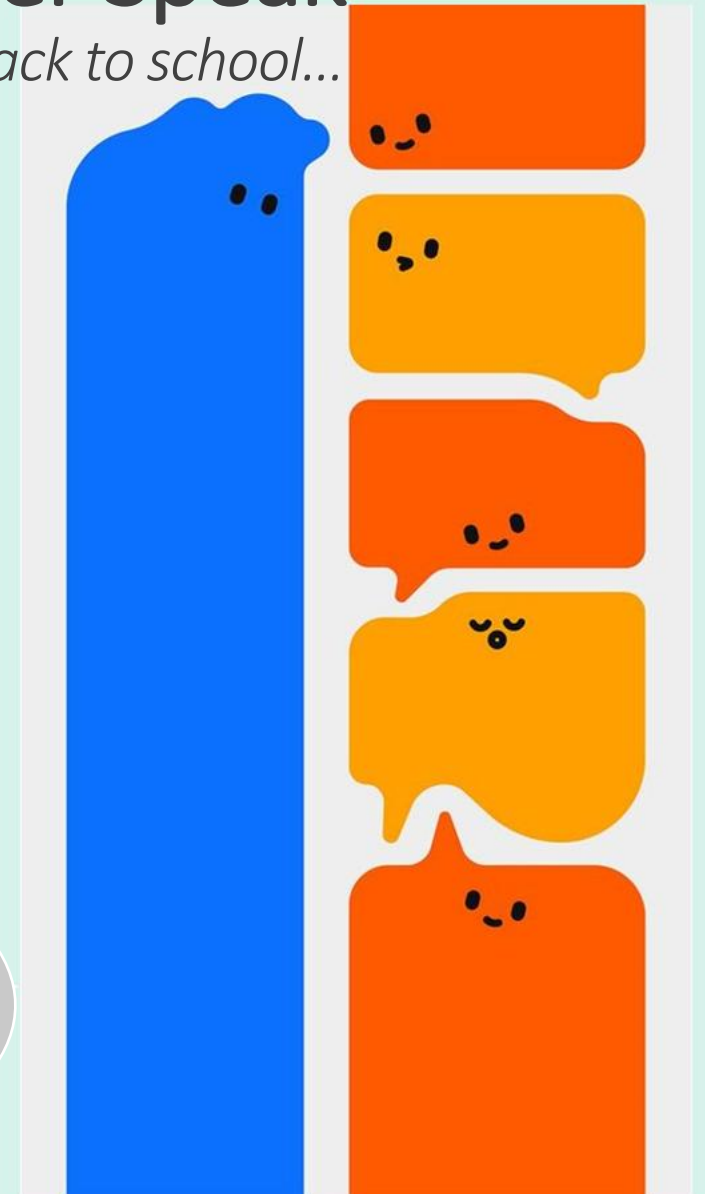
Having energising debates & discussions in class!

Students' smiles, nods, frowns and pranks in class makes our day!

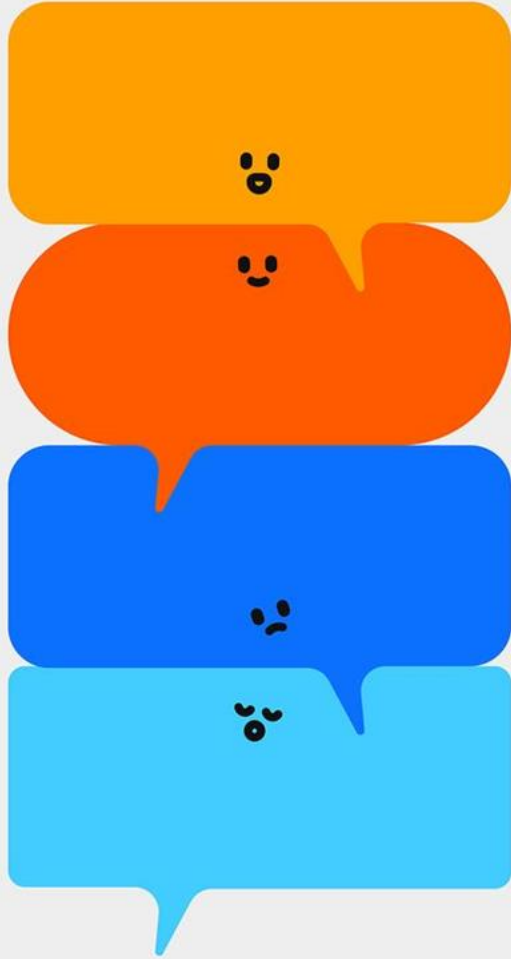
It is wonderful to be back with the bonhomie and joy of offline classes!

It's wonderful to have curious & enthusiastic minds in a class room .

The interactions and responses makes me feel good that I am not teaching blank screens!



#Conversation



Student Speak

Getting back to school...

It is wonderful to be back offline to create memories of our final year at school!

The transition was smooth as we as a class developed a great connection online with each other & our teachers.

It seemed daunting at first but became comfortable as days passed .

The transition was fun and exciting as we could resume all the fun activities in class.

It was a little difficult at first to get used to waking up early and having no breaks in between classes.

P.E. classes, lunch breaks and having Sports Day offline has definitely been a welcome change.

#AllTogether

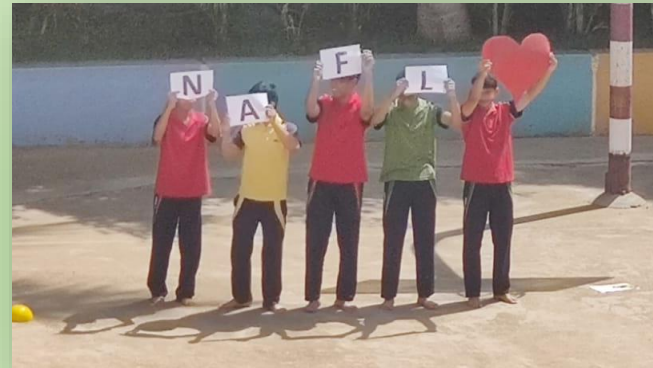


Events @ NAFL



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 joiners 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 10

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

NAFL 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

PRAKUL S NARASIPURA
(98.5%)

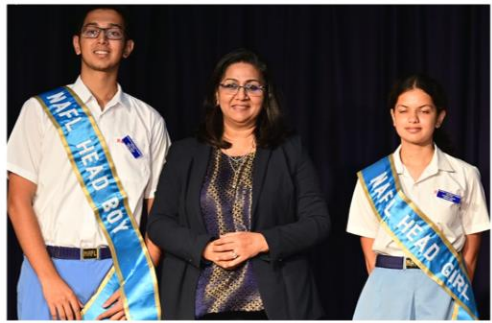
English	97
Mathematics	100
Physics	99
Chemistry	91
Computer Science	98

NAOMI RAJESH
(98.2%)

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

NAFL 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



- **THE NAFLER**

Shreya Shiju, Chetna Choudhary, Ananya Seth &

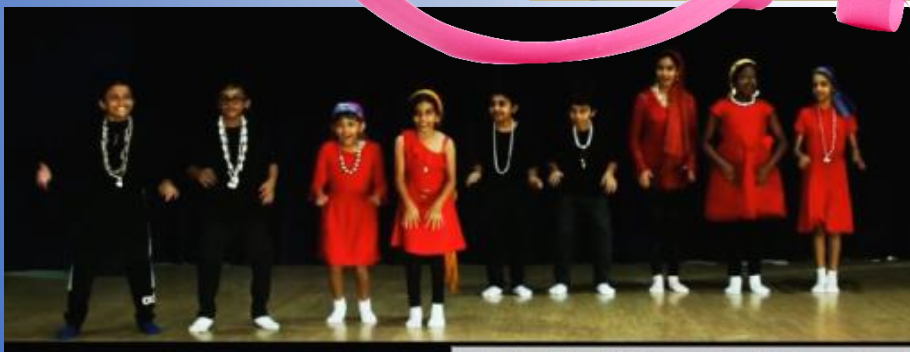
Samarth Sri Hari Rao

- **NAFL ART & CULTURE**

Varshini Raghavendran, Kriti Kanabar & Advait Nagarahalli

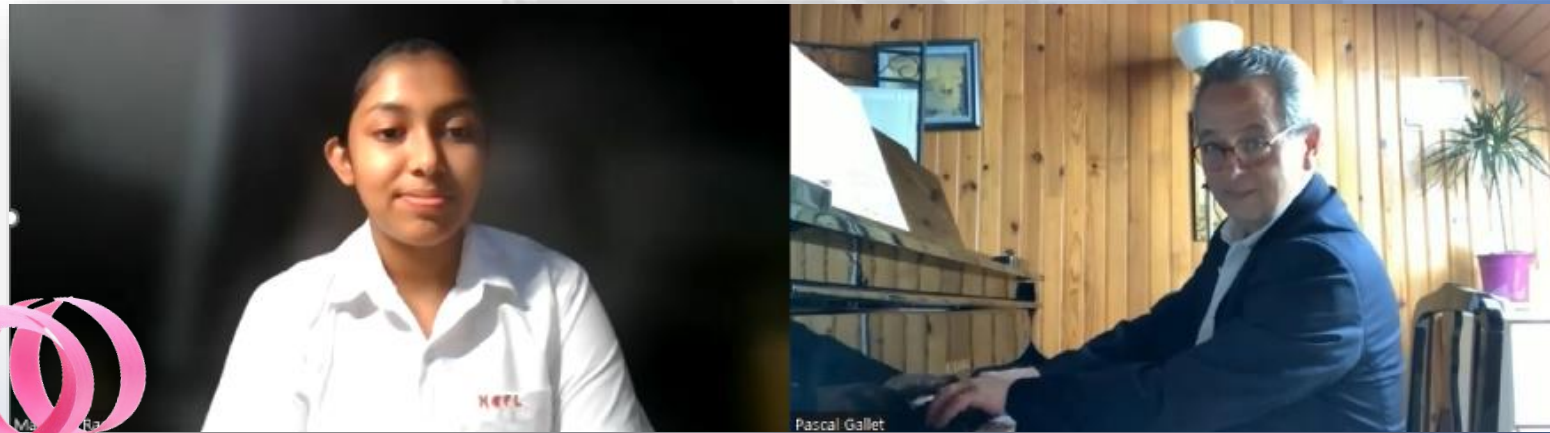
NAFL Bastille Day Celebrations

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!



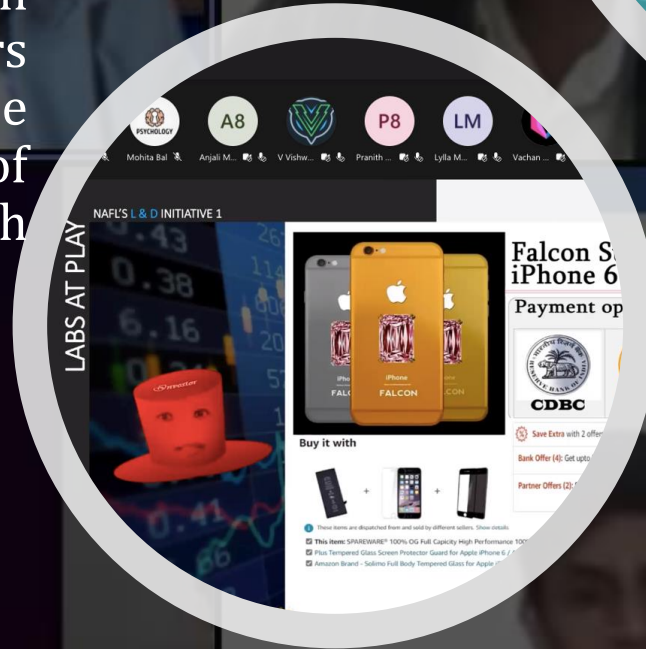
Invité d'honneur - Monsieur Pascal Gallet

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

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!**



The Journalist
Dr. SUCHITRA KAUL MISRA
Esteemed Judge

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




ULTIMATUM Third Edition



ULTIMATUM Third Edition



ULTIMATUM Third Edition




JEOPARDY!

Independence Day Celebrations

*Saare Jahaan Se Acchaa
Hindustan Hamaara!*

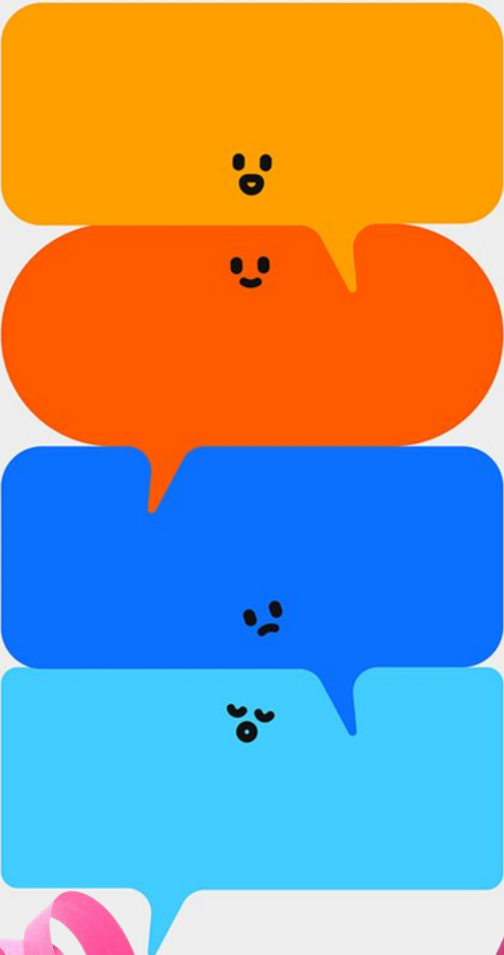
Independence Day Special Assembly was held outdoors and steered by the PY team! It was a happy morning for all when pride in country and good citizenry was on display!



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!

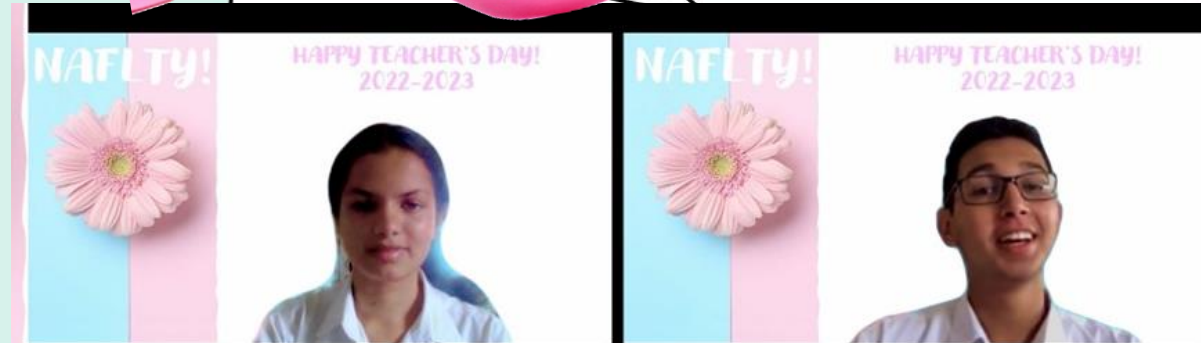


TEACHER'S DAY!

2022 - 2023



How do you make them happy?



Experiential Learning @ NAFL



National Gallery of Modern Art

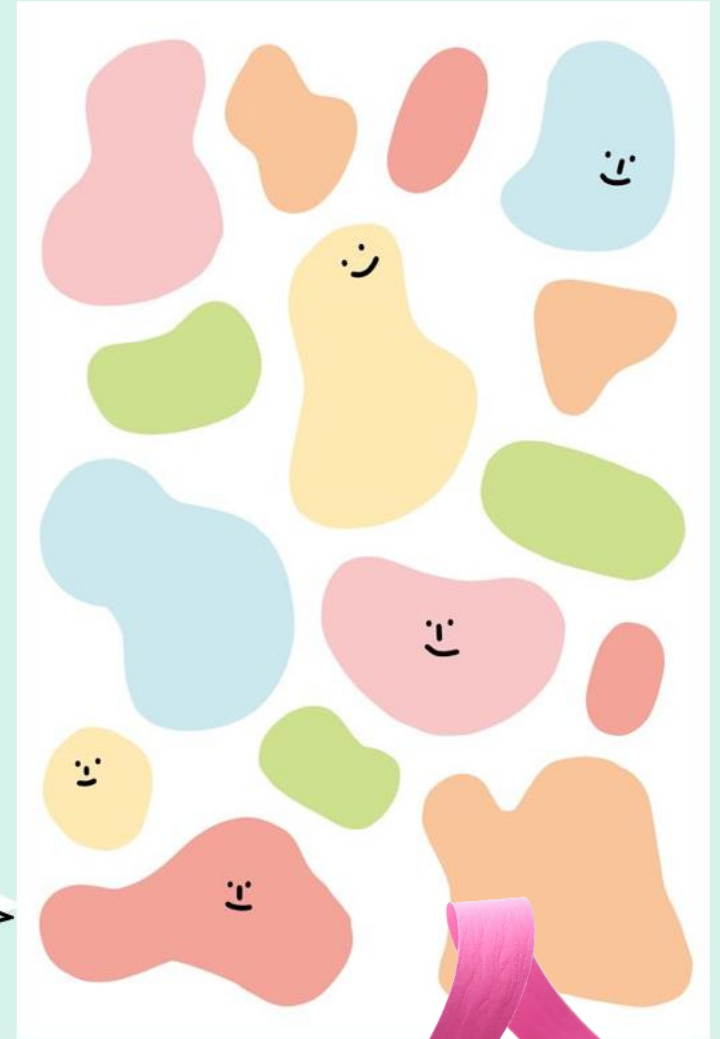
The Art students from Grades 9 to 12 visited NGMA on 17 June 2022, to enjoy a retrospective show on Upendra Maharathi's life and art. The experience of viewing his high impact work is best heard from the students themselves!



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!



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

Anvitha Ramachandra, 12 ISC

Bio-Nest

Student Responses

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

Mihika V Nambiar, AL



As future Biology scientist, I especially enjoyed the working room, where I saw how engineering plays an integral part in creating medical solutions.

Karina Bhaskar, 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**

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**

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.

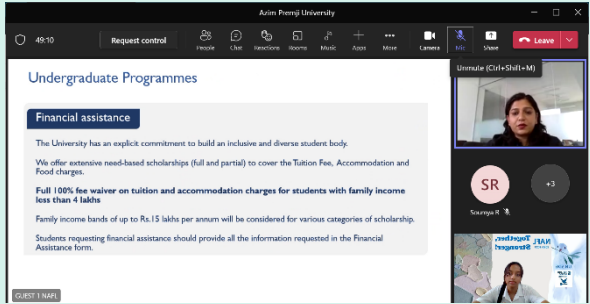
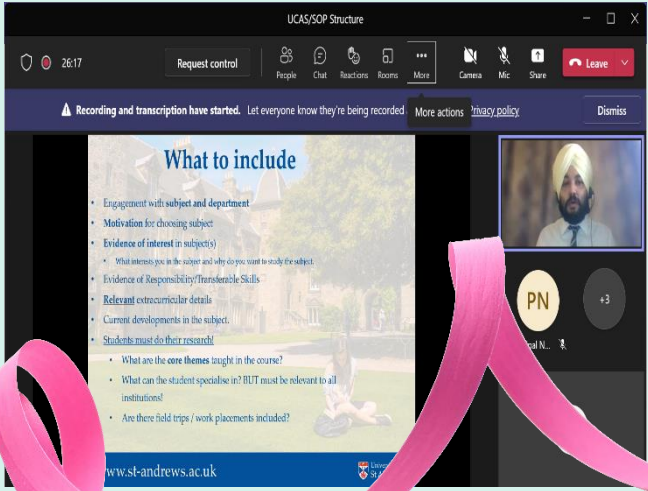
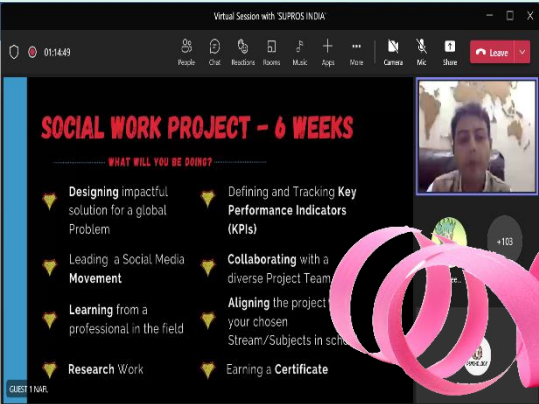
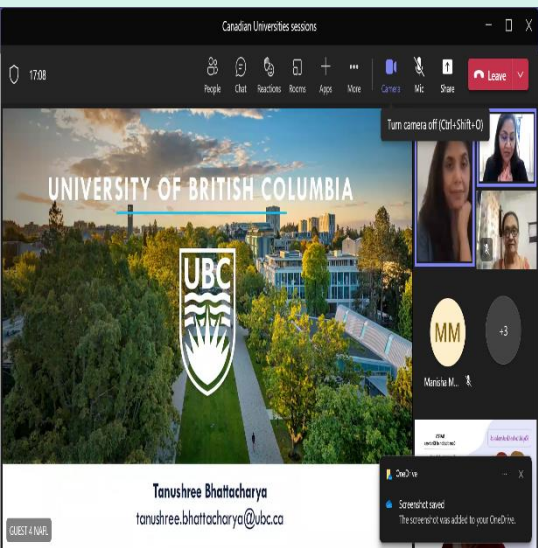
Ashoka University

Aziz Premji University

Flame University

Supros India

O.P. Jindal





Student Achievers



CONGRATULATIONS!



JIYA SHETTY
(8 B)



SHRAVYA SHETTY
(12 ISC B)



V VISHWA
(10 ICSE 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 from 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 Claret'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 Prize** 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!



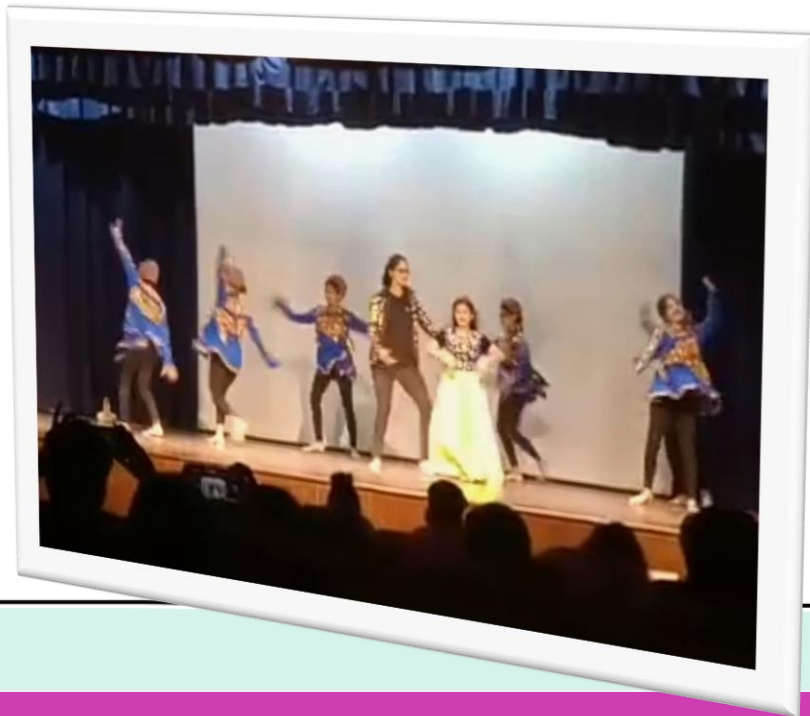
NAFL bagged the **First Prize in Dance**, after three rigorous rounds.

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!

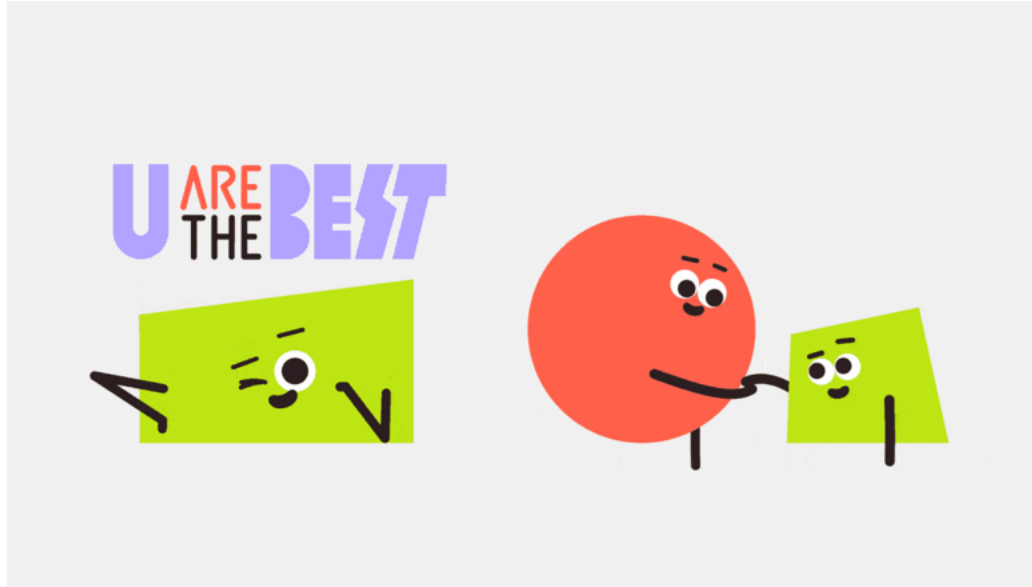
Sristi Sridhara, 12 ISC A & **Nihal Pinto**, AL participated in the **Bhatia Shield Debate competition** held at Rashtriya Military School on **September 3, 2022** on the topic '*You cannot have development without cutting down trees.*' Over 15 schools participated in the event. Sristi won the **Consolation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





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 efforts!

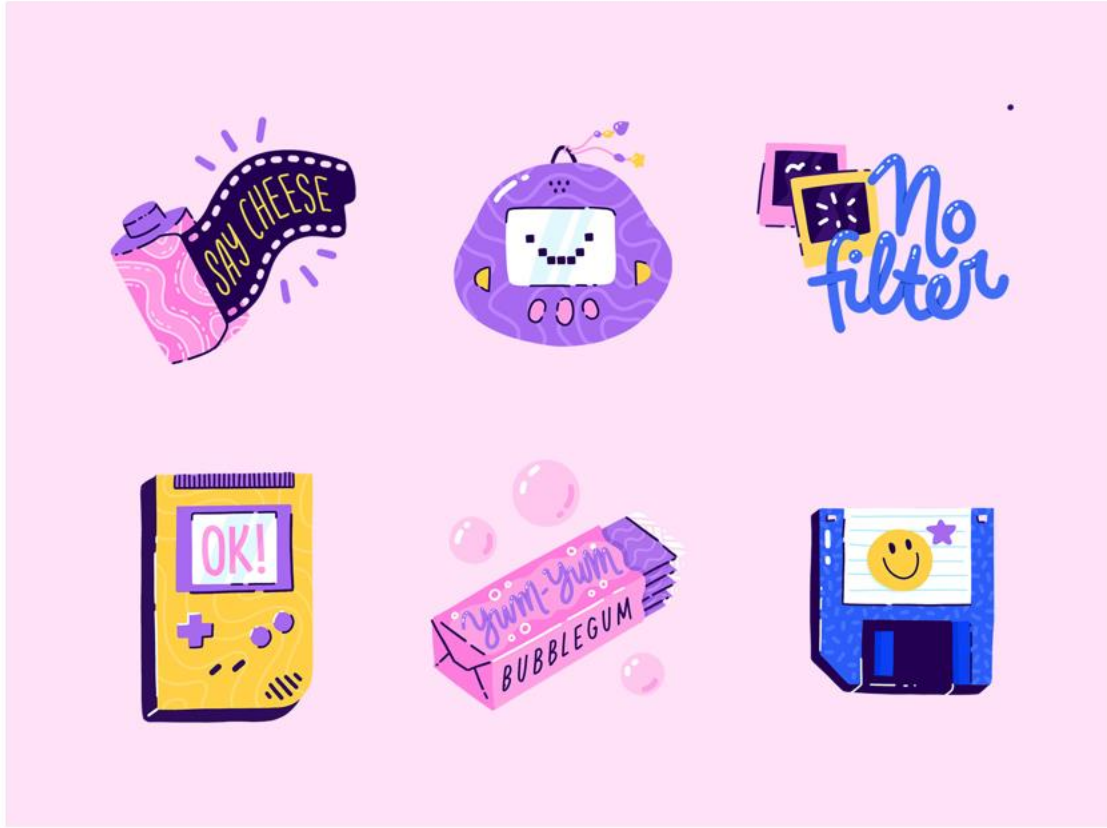


Sandeep Saravanakumar, AL

- Has successfully completed the 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



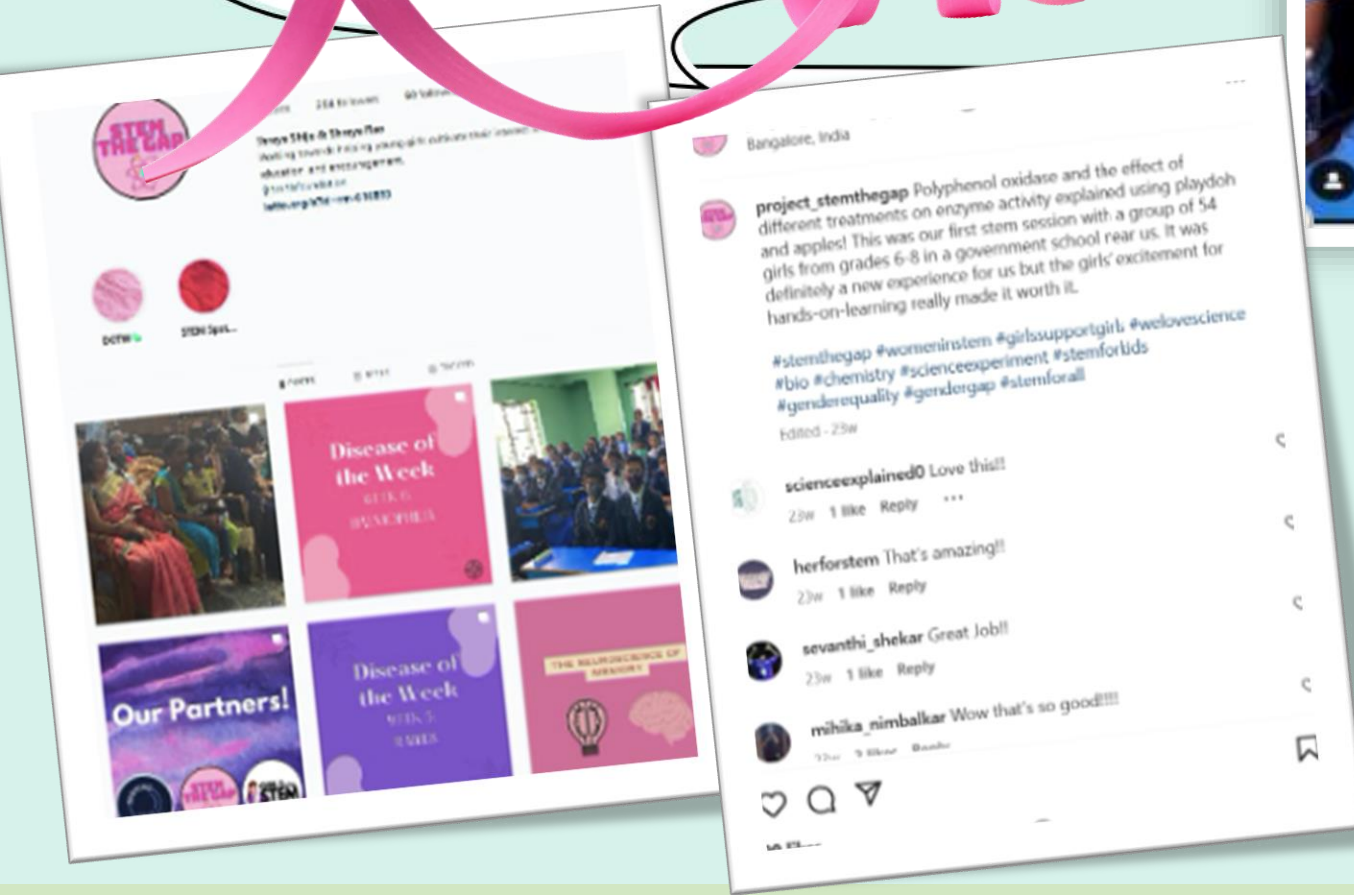
CLASS ASSEMBLY

This year's welcome assembly #TogetherStronger was dedicated to the new students of grades 9 and 11. After the school song, the Principal's welcome speech and the choir's rendition of 'The Climb', the tableau "NAFL: REDISCOVERED" showcased what being at NAFL entails. The finale of the assembly was the special treasure hunt for the newbies at NAFL.



LEADERSHIP INITIATIVE

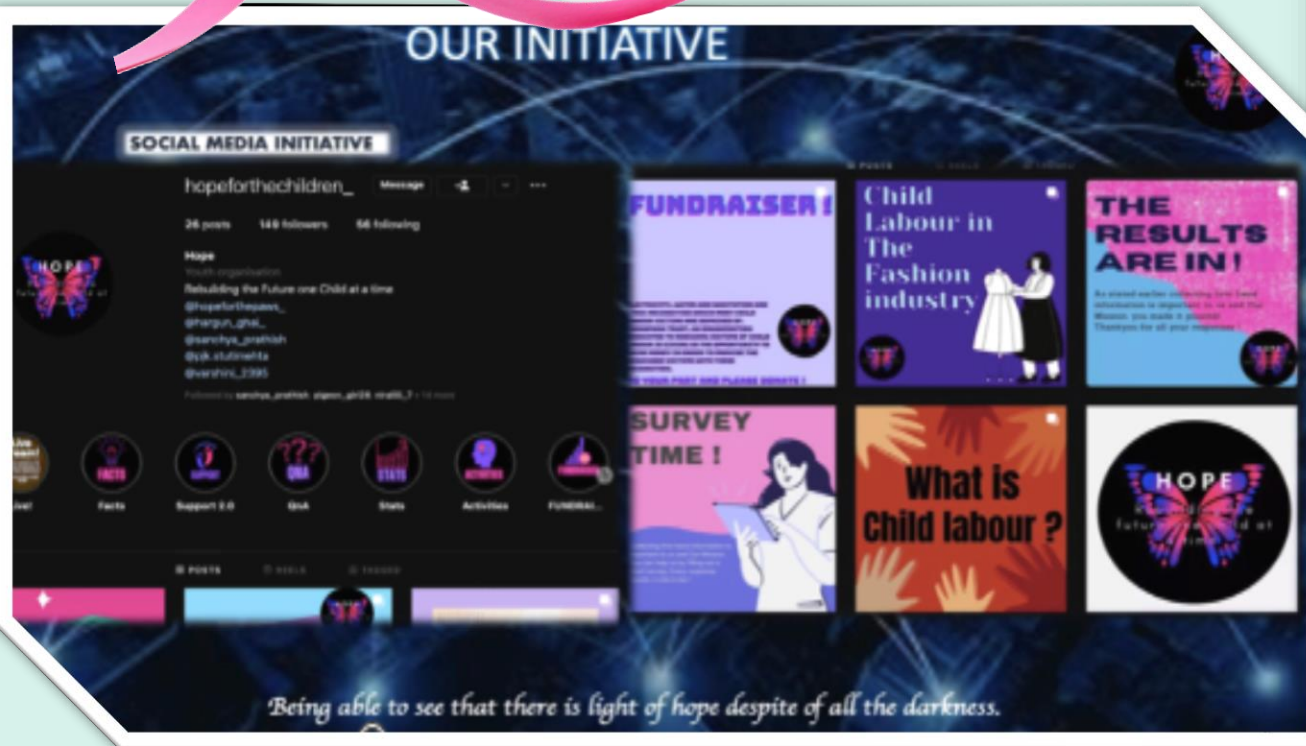
Stem the Gap 1M1B Initiative



Shreya Shiju & Shreya Rao of AL have successfully completed Levels 1 & 2 of their initiative creating equal opportunities in **STEM for girls** as part of the 1M1B initiative. They have impacted about **350** students from government schools with hands on experiments and sessions in Science. They are in the process of creating a handbook which includes Women in Stem role models and fun activities related to Science. Way to go!

LEADERSHIP INITIATIVE

Hopeforthechildren_ 1M1B Initiative



Sanchya Pratish, Stuti Mehta, Hargun Kaur Ghai & Varshini Raghavendran of Grade AL have initiated two projects, *Hope for the Children* & *Hope for the Paws* to raise awareness against **child labour** and **animal cruelty** creating instagram pages. They have **raised 11.5 K** for victims of child labour in Paraspara Trust to provide them with basic necessities. Wonderful effort!

Internships & Summer Programmes



Congratulations!

- **Stuti Mehta** successfully completes a **Harvard Leadership Bootcamp** in August 2022. She has also done an entrepreneurship course in April
- **Palak Banthia** has earned the **AP Scholar Award** & Summer School Programme in Computer Science from Amity University, Noida
- **Kannika Shivapal** has successfully completed internships in both **Law & International Relations** from **Supros** under industry professionals. She has also pursued programmes in Clinical Psychology & Sport Psychology from Fortis Hospital
- **Sandeep Saravanakumar** has successfully completed an Industry Engagement & Technology Exposure Program on Microsoft Technologies in June 2022

Persuasive writing by grade AL took an innovative turn with role play, rhetoric and triads in the rat'o'burger challenge! Students argued the case from the perspectives of displeased customers to placatory restaurant managers to great effect!



***LIGHTS
CAMERA
ACTION!***



OUR SPORTS CHAMPIONS

- ARNAV MAYUR 200m- Silver
- RUSHIL MADHU Shotput – Bronze
- MIHIKA V NIMBALKAR 100 m – Bronze
- VARSHINI RAGHAVENDRAN 200M- Bronze & Long Jump- Silver
- SNIGDHA C REDDY Long Jump- Bronze
- SANCHYA PRATISH Shotput- Silver



Now, for the FASHIONISTAS of the class ...



Tanvi Paramesh & Chesta Nahar have creatively blended their style, splendour & skill in creating a fashion catalogue while participating in Aera, The Odyssey Fashion event. Chesta also wowed the audience at the fashion event in Vivum.

Dussehra Break:

24th September - 5th October 2022

**With best wishes,
Mr. Murali S.V
Ms. Bindu Jayakumar**

**Contact us at
info@nafl.in**

+91(080)23231567

