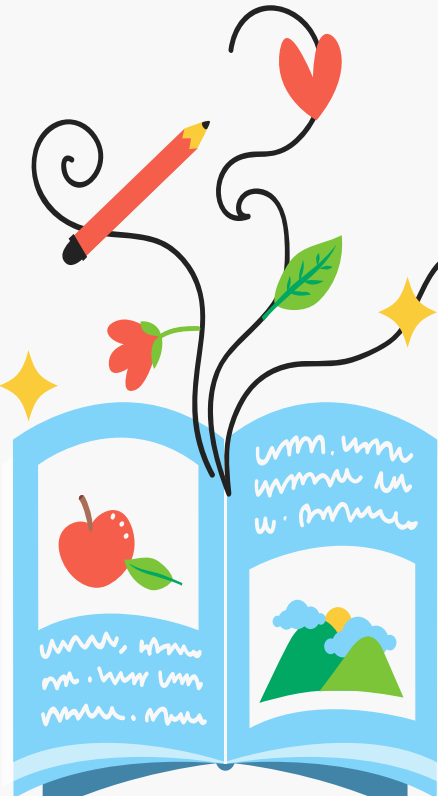


March 2023-24 | Vol. 9

# *The Communiqué*



**Nahar International School**



# Table of contents

01 Attribute Of The Month - Reverence

02 EVENTS

2.1 Marathi Bhasha Din Celebration

2.2 Primary Basketball Evaluation

✦ 2.3 Yoga Everywhere

2.4 Interlude 2024: A Celebration for Grade 10 Students

2.5 Commemorating National Science Day

03 Active Learning

3.1 World of Work

3.2 Exploring Shapes

✦ 3.3 Landmark Treasure Hunt

3.4 SkillXcelerator: Beyond the Curriculum

3.5 Exploring Light and Shadow in Portraiture

3.6 Journey Through Ink

3.7 The Plastic Predicament



# Table of contents



## 04 IBDP

4.1 Visual Arts Exhibition

4.2 Trip to my mind

4.3 Theory of Knowledge Exhibition

4.4 Empowering Change : CAS trip to Wada

4.5 Collaborative Science Project:  
Fostering Innovation for Sustainability

## 05 Students' Column

5.1 The Art of Making Smiles

## 06 Mentors' Column

6.1 Being a Multilingual

07 Library



# Attribute of the Month – Reverence

Have you ever stopped on the street to gaze at the lights, the colourful displays outside the shops? Or paused yourself while watching a movie or listening to a song, to understand the characters, the aesthetics of the movie, or the lyrics?

In the calm spaces of our minds, where things slow down and we can really think, there's something special called reverence. It's that warm feeling we get when we see a beautiful sunset or look up at the stars. Reverence is like a secret treasure waiting for us to discover, inviting us to appreciate the small, quiet moments that make life special. Reverence is a powerful quality that many ignore in today's busy world. It helps us respect others, feel amazed by the world, and stay humble. It's about recognizing things bigger than ourselves.

At Nahar International School, while reverence may not be explicitly taught in the classroom, the attribute is instilled through a variety of lessons. Students are provided with ample opportunities to appreciate such moments. Special occasions like Independence Day, Hindi Divas, Art Day, Cultural day production, etc., serve as platforms for students to engage in various activities that encourage them to learn, reflect, and ponder on significant moments. In History classes, students engage in activities that prompt them to reflect on their past and develop a reverence for their rich heritage. CAS projects offer a holistic approach to education that integrates academic learning with experiential opportunities for personal, social, and emotional development. By connecting students to their communities and the world around them, CAS projects inspire reverence for the environment, culture, humanity, and oneself, nurturing compassionate and responsible global citizens.

Think about it. In a world that's always go-go-go, reverence is that little voice saying, "Hey, slow down, check this out!" It's like hitting pause on life and soaking up the beauty around you. You see a sunset, you feel that warm glow, and suddenly, you're all about the moment.

So, next time you're hustling through your day, take a sec. Look up, look around. Maybe it's the way the light hits the leaves in your backyard, or how the clouds shape-shift across the sky. Whatever it is, let reverence nudge you and say, "Hey, isn't this cool?"

-Ms. Jui Damle  
Librarian and EE Coordinator





# Events

[Back to Content Page](#)

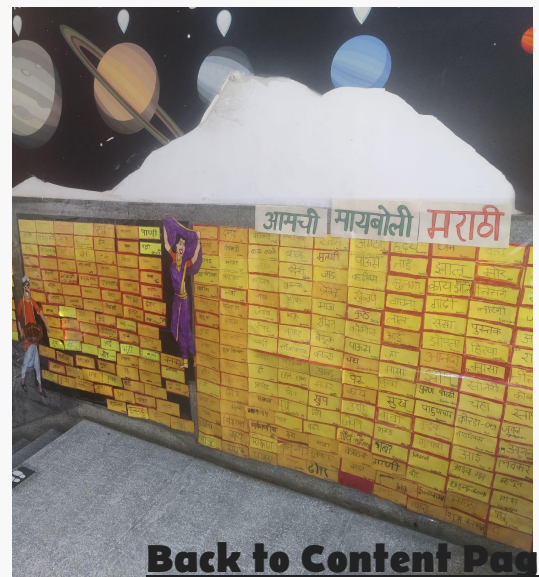


# Marathi Bhasha Din Celebration



We're delighted to share highlights from Nahar International School's vibrant Marathi Bhasha Din celebration on February 27, 2024. Students from Grades 1 to 5 actively engaged in an educational activity, selecting unique Marathi words to share with teachers, fostering a deeper appreciation for the language. Parents joined in, contributing their chosen Marathi words to a collaborative word wall, reflecting our diverse linguistic community.

The inclusive spirit was evident as every member, including support staff, added their own Marathi words, enriching our students' vocabulary and cultural connection. Nahar International School remains committed to celebrating linguistic diversity and cultural richness, nurturing an inclusive learning environment.



[Back to Content Page](#)





# Primary Basketball Evaluation

At NIS, fostering skill development and game performance among our primary grade students is a priority. To achieve this, we recently conducted comprehensive basketball evaluations tailored to each grade level.

For Grades 1 to 3, our focus was on skill-based evaluations. Students participated in various drills and exercises to refine fundamental basketball skills such as dribbling, passing, shooting, and basic footwork. These evaluations provided valuable insights into individual skill levels and areas for improvement, laying a strong foundation for future basketball development.

For Grades 4 & 5, exciting basketball matches were organized to assess performance in a game setting. These matches showcased students' skills, strategic thinking, teamwork, and sportsmanship. Observing their gameplay and decision-making provided insights into their overall abilities and potential areas for enhancement, while fostering camaraderie and healthy competition.



[Back to Content Page](#)

# Yoga Everywhere

In a vibrant assembly, the third graders of 3C stole the spotlight with a dynamic yoga presentation, displaying not only physical prowess but also emotional equilibrium and mindfulness.

Led by the students, the yoga display unfolded a sequence from sun salutations to asanas mirroring various creatures on Earth, showcasing their growing understanding of yoga's principles and contemporary relevance. Engaging in these practices and exploring modern dance forms, students broadened their understanding of wellness and embraced holistic well-being from a young age.



[Back to Content Page](#)



# Interlude 2024: A Celebration for Grade 10 Students

Interlude 2024 was a memorable event for Grade 10 students at Nahar International School. The occasion, held at the school auditorium, offered a welcome break from the intensity of the IGCSE exam season.

The event kicked off with a heartwarming photo montage, capturing cherished moments from the past two years. Laughter and nostalgia filled the air as students reminisced about shared experiences. A highlight of the evening was the unveiling of "Petals of Prose," an anthology of short stories written by the Batch of 2024. The book, a testament to their creativity, was released with pride by the young authors and the school's Principal, Ms. Vandana Arora.

Adding a touch of nostalgia, students engaged in signing a Slam Book, exchanging heartfelt messages and best wishes for the future. This cherished keepsake will serve as a reminder of their journey together. The festivities continued with indoor sports, followed by a delectable spread of food and desserts. The evening concluded with a fun-filled photo booth session, capturing smiles and memories.

As the event drew to a close, students parted ways with good wishes, cherished keepsakes, and promises to keep in touch.



[Back to Content Page](#)

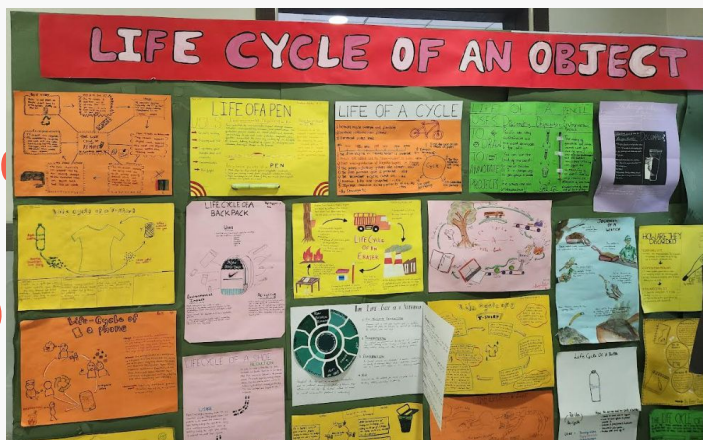


# Commemorating National Science Day

Celebrated annually on February 28th, National Science Day marks significant scientific milestones, such as Sir C.V. Raman's groundbreaking discovery of the Raman effect.

This year we embraced the theme "Indigenous Technologies for Viksit Bharat." Students from Grades 6-9 collaborated with art to showcase the practical applications of science. Grade 6 built Catapults, Grade 7 crafted kaleidoscopes reflecting UNSDG goals, and Grade 8 designed instruments producing diverse sounds. Grade 9 delved into the "Life Journey of a Daily Object" through posters.

As we invest in science, we invest in a better future. Through these endeavors, Nahar International School continues to inspire curiosity, innovation, and a passion for scientific exploration among our budding scholars.



[Back to Content Page](#)

# Active Learning



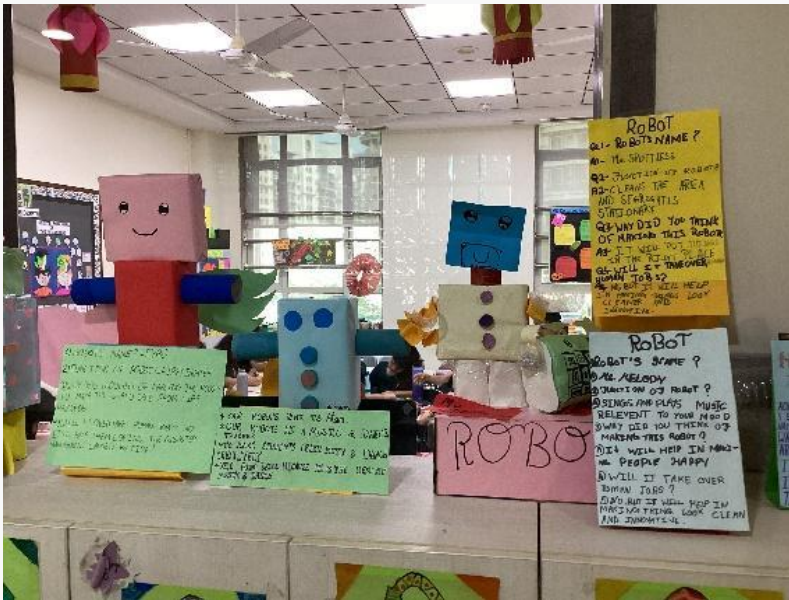
[Back to Content Page](#)



# World of Work

Grade 4 students showcased remarkable achievements in the Global Perspectives program themed "World of Work." They embarked on a journey of innovation, culminating in an exceptional project. Challenged to create purposeful robots, students demonstrated curiosity and ingenuity in researching and designing a diverse array of innovative robots.

These creations serve various purposes, from assisting the elderly to addressing environmental challenges, reflecting students' commitment to using technology for societal benefit. The culmination event was spectacular, highlighting students' creativity, teamwork, and dedication to making a positive impact. We're inspired by the transformative power of education and the potential of young minds.



[Back to Content Page](#)



# Exploring Shapes

In our Grade 2 Math sessions, students delved into the fascinating world of shapes, enhancing their cognitive skills through interactive methods and enjoyable activities.

At school, children engaged in hands-on exploration of various shapes, igniting their curiosity and understanding. Additionally, parents played a vital role in reinforcing learning at home. Through hands-on tasks like drawing and identifying shapes in everyday objects, families extended the learning experience beyond the classroom, creating a supportive environment for mathematical growth.

This blend of school and home learning nurtured a robust foundation in spatial awareness and problem-solving skills. By combining fun activities with educational content, we transformed the learning journey into an exciting adventure, fostering a genuine love for math among our students.



[Back to Content Page](#)

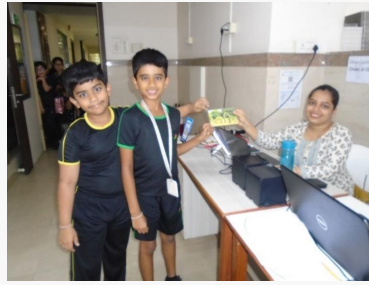


# Landmark Treasure Hunt

Education transcended traditional classroom boundaries in Grade 3 Geography through an engaging team-based landmark treasure hunt for children.

Paired up, students embarked on a quest, deciphering clues to locate landmark pictures strategically placed across diverse locations. From their cubbies to the diligent didis on their floor, hidden images were uncovered in key areas like the cafeteria, library, music room, reception, foyer, and the turf.

The children adeptly decoded the clues, turning the treasure hunt into a delightful and enriching experience. This interactive approach not only enhanced their geographical knowledge but also fostered teamwork and problem-solving skills.



## Road Signs Revealed

Grade 2B embarked on an enthralling exploration into the realm of road signs—a voyage that transcended mere textbook learning. Engaging in interactive activities, they deciphered worksheets, illustrated road signs, and animated them through collaborative role-plays. These immersive encounters imparted valuable knowledge about the significance of signs while also highlighting the critical importance of adhering to them for the safety of all.

**[Back to Content Page](#)**



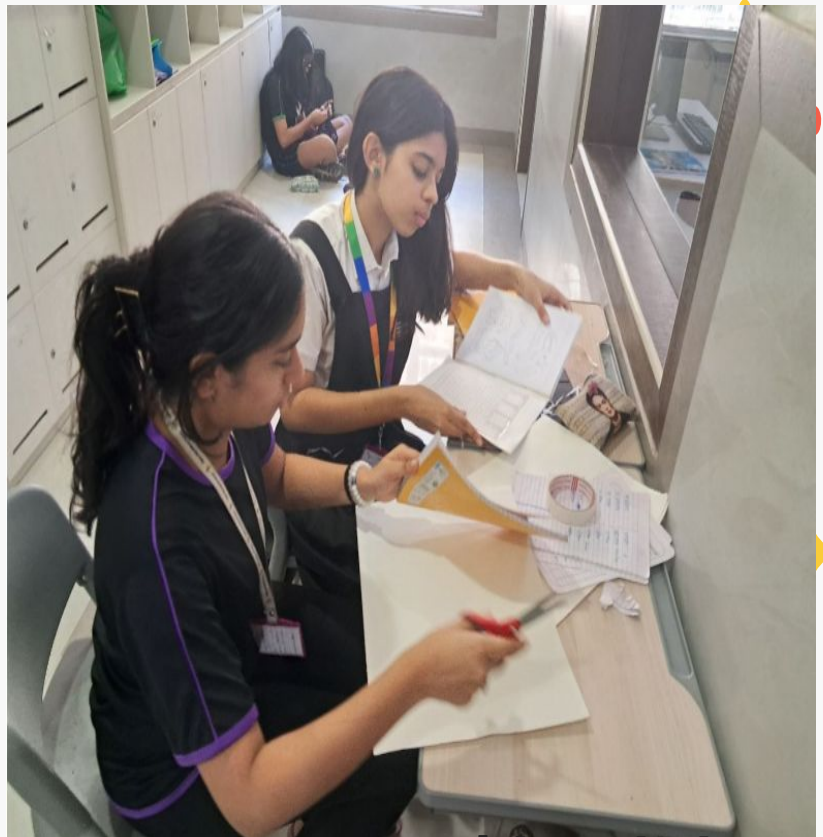
# SkillXcelerator: Beyond the Curriculum

SkillXcelerator was a transformative initiative aimed at enhancing the academic experience and personal growth of Grade 9 students, preparing them for college. Through micro lessons and projects, students explored topics beyond the regular curriculum, experienced hands-on learning, and developed valuable community-building skills. Courses included:

- Visual Chronicler
- Community Outreach
- Braniac Brigade
- Eureka
- Romantic Poets: William Blake
- Create Exquisite Lettering



SkillXcelerator empowered students to broaden their horizons, cultivate creativity, and build essential skills for future success.

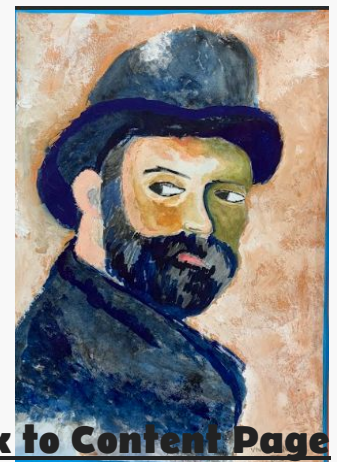
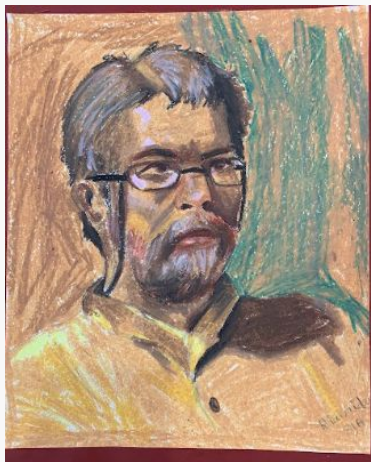


[Back to Content Page](#)



# Exploring Light and Shadow in Portraiture

In a recent portrait session, Grade 8 students delved into chiaroscuro, the art of playing with light and shadow. Using charcoal, oil pastels, and pencils, they meticulously captured the model's features against deep shadows. Inspired by masters like Picasso and Raja Ravi Varma, they learned to convey emotion and depth through the manipulation of light. This immersive experience not only honed their artistic skills but also deepened their understanding of how light shapes perception. The resulting portraits adorned the art room, each showcasing their exploration and newfound appreciation for the interplay of light and shadow in art. Through this journey, students not only learned technical skills but also developed a deeper connection to the rich history and techniques of portraiture.



[Back to Content Page](#)



# Journey Through Ink

Grade 8 students recently returned from an enriching journey to Amritsar and Dharamshala, profoundly impacted by the cultural richness of the region. Inspired to channel their experiences into creative expression, a captivating printmaking activity was organized upon their return.

Drawing from the diverse landscapes and cultural motifs encountered during their travels, students enthusiastically etched bold and vibrant designs onto Styrofoam sheets. The session, held outdoors in the school's foyer area, provided a stimulating environment for creative exploration, with students experimenting with various papers and colors.

This immersive activity not only encouraged students to reflect on their journey but also offered valuable insights into the historical significance of printmaking. Discovering its enduring relevance in contemporary art, students drew parallels to influential artists like Andy Warhol.



[Back to Content Page](#)

# The Plastic Predicament

## Did You Know

Every year, humans produce 350 million tons of plastic waste. Additionally, approximately 8 million tons of plastic enter the ocean annually. While these statistics are familiar, recent studies suggest that the plastic predicament may be even larger than anticipated. Research indicates that plastics may not decompose at all, instead transforming into microplastics. Coupled with the fact that almost 100% of all plastics ever manufactured still exist, this poses a significant threat to biodiversity and our daily lives. Moreover, the ocean can transport waste and its harmful chemicals worldwide through rotating currents, leading to the consumption of carcinogenic substances that impact our endocrine and neurological development.

## What Are We Doing About It?

Although the permanent solution lies in minimizing plastic usage, we believe change begins with small steps we can implement together daily. To address the plastic predicament in school, the Community Welfare Committee has launched a plastic recycling initiative. We are collecting clean and dry plastic, which will then be handed over to a recycling NGO. We encourage you to contribute to the welfare of our community and environment by depositing any plastic products you may have in the nearest collection box. Additionally, here are some steps you can take at home to reduce plastic waste:

- Separate your dry and wet waste into different bins.
- Opt for paper or metal straws, cloth bags, wooden toothbrushes, and metal containers instead of plastic alternatives.
- Reuse plastic items as much as possible rather than disposing of them after single use.

Let's work together to combat the plastic predicament and create a more sustainable future for our school and planet.

Saira Viswanathan (9C)

Community Welfare Committee, Student Council





# IBDP



# Visual Arts Exhibition

The IB Visual Art exhibition showcased the exceptional talents of three remarkable students: Aleeza, Rishona, and Shlok. Each of them brought a unique perspective to the representation of art, demonstrating a deep understanding of the IB curriculum and a passion for exploring diverse media

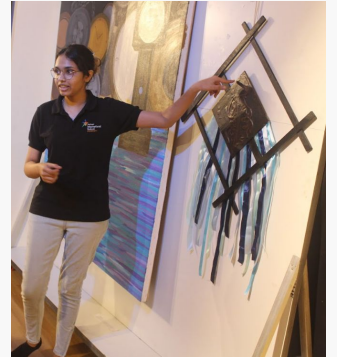
## Aleeza : Exploring Timeless Elegance

Aleeza's exploration of "Timeless Elegance" captivated viewers with her versatile approach to artistry. From exquisite dress designing to captivating charcoal sketches, knife paintings, and delicate 3D paper sculptures, Aleeza demonstrated mastery across various mediums. Her exhibition showcased not only her artistic range but also her commitment to creative expression.



## Rishona : A Journey Through the Mind

Rishona's exhibition offered a poignant glimpse into her inner world, guiding viewers on a deeply personal journey. Her 3D fish installations provided a tactile experience that resonated on a profound level, complemented by her expertise in macramé, printmaking, mixed media, and digital animation. Rishona's work reflected her meticulous attention to detail and her fearless exploration of the intersection between technology and emotion.



[Back to Content Page](#)



## Shlok : Bridging Species Through Art

Shlok's theme, "Between Species," was a thought-provoking exploration represented through carving, printing, pixel art, and mixed media. His conceptual understanding shone through in his compelling 3D assemblage shelf, featuring a cow adorned with Indian mythological Gods and Goddesses. Shlok's work exemplified his ability to convey complex ideas through art and bridge cultural boundaries.





# Trip to my mind

Rishona Hegde, an IBDP 2 student, recently embarked on a captivating artistic endeavor in collaboration with the Environmental Science Society (ESS). Inspired by the concept of Ecosystem Services (ESS), Rishona's project represents a remarkable fusion of artistry and environmental consciousness.

Following the challenges of the lockdown, Rishona found inspiration in nature and sought to convey its beauty through her art. Her project, titled "Trip to my Mind," delves into the intricate connections between nature and human psychology, drawing from the works of environmental art pioneers such as Andy Goldsworthy.

Using succulents, moss, and wire mesh, Rishona crafted sculptures that echo the resilience and beauty of nature. Her creations, displayed with care during the exhibition, received commendation from peers and faculty alike, highlighting the transformative power of art in fostering environmental awareness and action.

Rishona's journey serves as a testament to the creative potential within our school community and the importance of nurturing a deep appreciation for the natural world.



[\*\*Back to Content Page\*\*](#)



# Theory of Knowledge Exhibition

The Theory of Knowledge (TOK) Exhibition showcased the scholarly journey of IB DP 1 students, presenting a symphony of intellect and philosophical exploration within the International Baccalaureate (IB) program.

With meticulous planning and fervent dedication, students transformed the space into a sanctuary of ideas, inviting the audience to embark on a philosophical odyssey. The exhibition challenged conventional paradigms and offered diverse perspectives on human understanding, transcending disciplinary boundaries.

Interactive dialogue sessions sparked thought-provoking discussions among participants, encouraging them to question assumptions and probe the foundations of knowledge. Engaging with prompts such as "How did the world's biggest war crime become its biggest lesson?" and "Can our knowledge be imaginative?" deepened intellectual curiosity and nurtured critical thinking skills.

Multimedia installations captivated the senses and stimulated the mind, showcasing captivating media articles, avant-garde art pieces, and thought-provoking tweets. Each presentation was a testament to students' creativity and ingenuity, transcending traditional academia to captivate the audience.



[Back to Content Page](#)

# Empowering Change : CAS Trip to Wada

In a transformative two-day CAS trip to Wada, Maharashtra, the IBDP-1 students showcased remarkable dedication and initiative, leaving a lasting impact on the community through their service projects.

One key undertaking involved constructing a water pipeline for the school, addressing their essential needs for drinking, cooking, and washing. Despite the physical demands, students approached the task with unwavering determination, completing the pipeline with meticulous care and teamwork.

Additionally, students undertook the reorganization of materials, transforming a chaotic collection into a functional library. Each book was cataloged, and a system of library cards was established, fostering a love for reading and providing a valuable resource for the school's growth.

Despite challenges and fatigue, the students' shared commitment to making a difference drove them forward. Their efforts not only transformed physical landscapes but also touched the hearts and lives of those they served.

Furthermore, students provided toys, lunch boxes, water bottles, and visual aids to enhance the learning experience for the students. Through these activities, students gained valuable insights into their privileges and the challenges faced by others.

This experience in Wada served as a reminder of the power of determination and collaboration. As students returned home, they carried with them invaluable lessons and memories, knowing that their actions have made a tangible difference in the world.



Advaith Pillai  
IBDP 1





The Wada trip involved aiding a school in a village, aiming to improve the students' lives. We dug a pipeline to provide easier access to water and transformed a room into a library by cleaning, creating a new register, and installing shelves. Additionally, we provided toys, lunch boxes, and water bottles for the students, along with visual aids for subjects like biology, math, and art. Engaging in these activities and interacting with the students was truly rewarding, despite the tiring and challenging work.

Being in the school shed light on our privileges and the villagers' lives without readily available water. This experience inspired me to continue helping them.

Asmi Bhandari  
IBDP 1



The Wada trip involved assisting the school our school has adopted by providing them with essential amenities. We connected the school to the village borewell, established a functional computer lab and library, and sorted and donated water bottles and toys for the children. Physically challenging tasks included digging a path from the borewell to the school and laying down pipes, which required teamwork but resulted in the rewarding outcome of providing running water to the children. For the computer lab and library, we cleaned the room, organized the systems, built shelves, and set up a book system for donated books. Distributing library cards and explaining the system to the students was fulfilling, especially for someone who enjoys reading. Despite the challenges, I believe our efforts truly benefited the students at that school.

Anshrutha Nadig  
IBDP 1



# Collaborative Science Project: Fostering Innovation for Sustainability



Our recent Collaborative Science Project (CSP) brought together DP1 students from Biology, Physics, and Chemistry to tackle sustainability issues in our community. Split into three groups, each with representatives from all sciences, we worked tirelessly over 10 hours to develop solutions and create working models on topics aligned with sustainability.



One group explored sustainable transportation, developing a hybrid car model fueled by electricity and hydrogen. Another focused on solar energy, aiming to power a portion of our school's electricity with cost-effective solar panels. The third group proposed eco-friendly buildings inspired by biomimicry, emphasizing natural ventilation and sustainable power sources.



Through CSP, the students discovered the interconnectedness of the sciences and how they can be leveraged to address real-world challenges. Peer teaching and collaboration enriched our learning experience, fostering creativity and teamwork beyond the classroom syllabus. The project not only allowed us to apply scientific principles but also encouraged us to explore our own scientific interests while making a positive impact on our community.





# Students' Column



[Back to Content Page](#)

# The Art of Making Smiles

We have been given the gift of company for a reason. If humans weren't meant to socialize, civilizations would not have started. The comfort of having support and reassurance is something we all need. But can everyone give it to us?

Empathy is human nature. We feel for people when they are in pain. However, jealousy cancels out that nature. If we're always thinking about ourselves, we don't have the capacity to think about others. This does not mean neglecting yourself, but it would do well to remember we are not the only, nor the most important people there. To each individual, anyone else is just a part of their lives.. How far are we willing to go to keep the people around us happy?

Maybe you don't intentionally hurt people, but sometimes people just like to be reminded about how much they mean. Sometimes, we all need to be reminded that someone cares. For example, think about the last time a friend reached out to you when you were feeling down. Remember how much it meant to you? That simple act of empathy made a world of difference. Similarly, when we take the time to listen to others without judgment, offer a shoulder to lean on, or simply send a kind message, we create ripples of positivity that spread far and wide.

Here are a few practical tips to incorporate empathy into your daily life:

- Practice active listening: Give your full attention to others when they speak, and show genuine interest in what they have to say.
- Put yourself in their shoes: Try to understand things from the other person's perspective, and empathize with their emotions and experiences.
- Offer support: Be there for your friends and classmates when they need it most, whether it's through a comforting hug, a thoughtful gesture, or a simple "How can I help?"

By incorporating these simple practices into our lives, we can become better friends, classmates, and human beings, creating a more compassionate and supportive community for all.

Sukriti Bhatia  
Grade 7D

[\*\*Back to Content Page\*\*](#)



# Mentors' Column



[Back to Content Page](#)

# Being a Multilingual

“To speak a second language is to have a second soul.”

In a world where connectivity is paramount, owing to advancements in science, technology, and globalization, the value of multilingualism is more apparent than ever. While English serves as the lingua franca, the benefits of learning a foreign language are expanding, making multilingualism an invaluable asset.

Learning a new language is a transformative journey. Multilingualism enhances cognitive abilities such as problem-solving, decision-making, and critical thinking. Constantly switching between languages stimulates the brain, making it more flexible and adaptable. This challenge encourages individuals to embrace new perspectives, leading to profound personal growth.

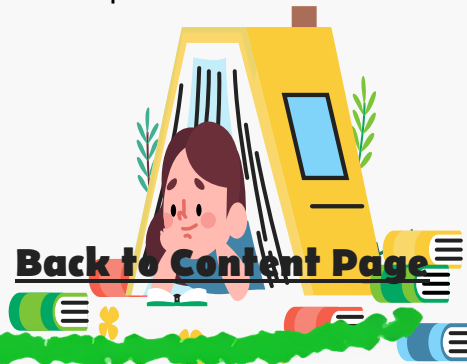
Moreover, multilingualism fosters cultural empathy and inclusivity by promoting appreciation and understanding of diverse cultures. It opens doors to a plethora of career and educational opportunities, making individuals more globally competitive.

Here are some practical tips to enhance your language learning process:

- Utilize language learning applications like Duolingo, Babbel, or iTalk for 15 minutes daily to boost vocabulary.
- Practice using new words in sentences for better contextual understanding.
- Immerse yourself in the target language by listening to podcasts or watching videos/series to familiarize yourself with its sound.
- Incorporate the target language into your daily routine by writing your diary or to-do list in it.
- Use flashcards to test your memory and reinforce learning.
- Collaborate with peers to form a language practice group for mutual support and motivation.

So why not embark on the multilingual journey today? The rewards are waiting to be discovered.

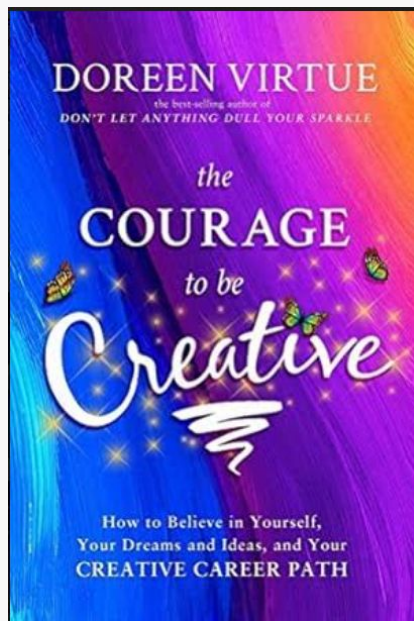
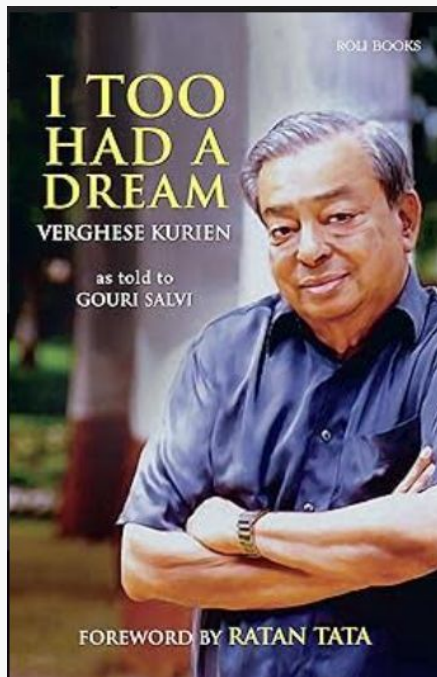
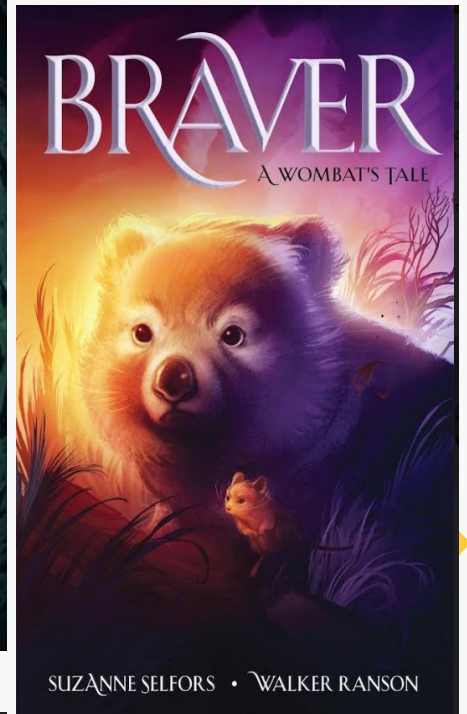
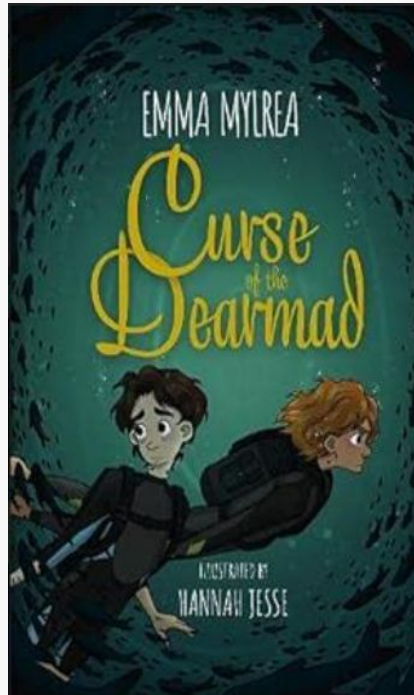
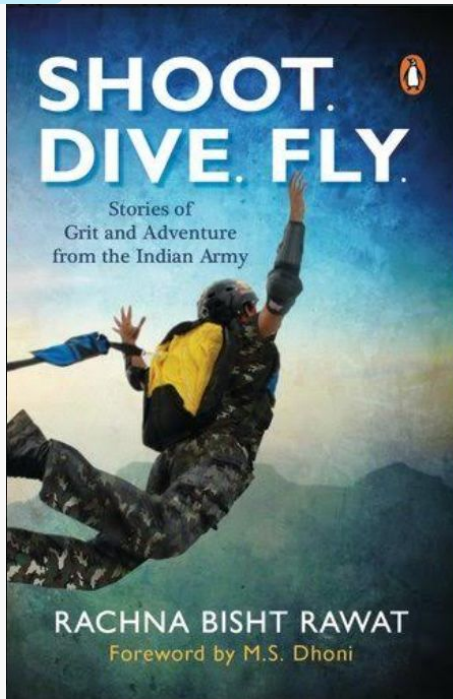
- Janvi Bhanushali  
Middle School Spanish Facilitator



[Back to Content Page](#)

# Library

NEW  
ARRIVAL



[\*\*Back to Content Page\*\*](#)





### Contact us:

Nahar's Amrit Shakti, Chandivali Farm Road, off Saki Vihar Road, Andheri (East), Mumbai, Maharashtra 400072

Phone: 022 68385500

Email: [info@nahar-is.org](mailto:info@nahar-is.org)

Web: <https://www.nahar-is.ac.in>

Acknowledgments: Teachers and Students of Nahar International School.

Compilation and editing of Articles : Ms. Prachi Andani

Compilation, Page setup and Design - Ms. Darshana Rawle

Teacher Coordinators - Ms. Karla Ferreira, Ms. Veeral Goradia,

Ms. Sheeba Passanha, Ms. Dorothy Chowdhury, Ms. Janvi Bhanushali

Student Coordinators - Aarti Aanand, Viana Patel, Parnika Agarwal

Original Concept - by slidesgo; Illustrations- by Flaticon and Freepik and content by Sandra Medina

Clipart by : <https://creativemarket.com/>

[sdgbook.com/2019/09/24/zero-hunger/pinterest.com](https://www.pngegg.com/)

<https://www.pngegg.com/>



### Follow us!



Instagram: @nis.officials



Linkedin: NAHAR INTERNATIONAL SCHOOL



Twitter: @NaharNIS



Facebook : @NaharInternationalSchoolMumbai

**[Back to Content Page](#)**