

NEW HORIZON PUBLIC SCHOOL

NEW HORIZON TIMES

A MONTHLY NEWSPAPER FOR THE STUDENTS AND BY THE STUDENTS

Bangalore, September 2024

CMM/BHE/DECL/NPP - 230 / 10 / 2033



NEW HORIZON PUBLIC SCHOOL
(Affiliated to C.I.S.C.E, New Delhi, School Code - KA - 027)
The Trust is a Recipient of Prestigious Rajyotsava State Award 2012 Conferred by the Government of Karnataka

ADMISSION NOTICE

SESSION 2025 - 26

Parents seeking admission for PLAYSCHOOL, NURSERY, LKG and UKG are requested to register online from 16th September 2024	Parents seeking admission for GRADE 1 & above are requested to register online from 5th November 2024
---	--

For details : +91 70222 99273
 admissionsnhps@newhorizonindia.edu
<https://nhps.in/>
 100 Feet Road, Indiranagar, Bengaluru - 560 008, Karnataka, India



Scan for Registration

Filled in registration forms to be submitted online on our website or school reception along with

- The latest passport size photograph (size less than 100KB in JPEG or PNG format)
- Scanned copy of birth certificate of the child (PDF format less than 1MB)

NOTE:

- Registration fee is Rs. 1000/-
- Concession available for parents serving in Armed Forces.
- We give priority to siblings and Alumni of New Horizon Educational Institutions (NHEI).
- Admission details will be intimated through E-mail and phone call.

Age Criteria (as on 1st June 2025)

PLAYSCHOOL - 2 years	NURSERY - 3 years
LKG - 4 years	UKG - 5 years
1 st STANDARD - 6 years	

**for other grades the corresponding age will be taken into consideration.*



New Horizon gurukul
(Affiliated to CBSE, Affiliation #930395)

ADMISSION NOTICE

SESSION 2025 - 26

Parents seeking admission for DAY CARE, PLAYGROUP, NURSERY, LKG & UKG are requested to register online from 16th September 2024	Parents seeking admission for GRADE 1 & above are requested to register online from 5th November 2024
--	--

For details : +91 99000 87732
 admissions@nhgpreschool.in
www.nhgpreschool.in
 Bhoganhalli Main Road, Bellandur

For details : +91 96633 97146
 admissions@newhorizongurukul.in
www.newhorizongurukul.in
 Bellandur Post, Behind New Horizon College of Engineering, Near Marathahalli



Scan for Registration

Filled in registration forms to be submitted online on our website or at school reception along with

- The latest passport size photograph (size less than 100KB in JPEG or PNG format)
- Scanned copy of Birth Certificate & Aadhaar Card of the child (PDF format less than 1MB)

Note:

- Registration fee is Rs. 1000/-
- Concession available for parents serving in Armed Forces.
- We give priority to siblings and Alumni of New Horizon Educational Institutions (NHEI).
- Admission details will be intimated through E-Mail and phone call.

AGE CRITERIA (as on 1st of June 2025):

PLAYGROUP - 2 years	NURSERY - 3 years
LKG - 4 years	UKG - 5 years
1 st STANDARD - 6 years	

**for other grades the corresponding age will be taken into consideration.*



NEW HORIZON INTERNATIONAL SCHOOL
(Affiliated to CBSE, Affiliation No. 831360 & Affiliated to CIE, Affiliation No. (A213))

ADMISSION NOTICE

SESSION 2025 - 26

Parents seeking admission for DAYCARE, NURSERY, LKG & UKG can register online from 16th September, 2024 onwards	Parents seeking admission for GRADE 1 to GRADE X can register online from 5th November, 2024 onwards
--	---

For details, contact : 9606955873, 8951933061
 admissions@newhorizoninternationalschool.in
www.newhorizoninternationalschool.in/
 Hennur Main Road, Kothur, Bengaluru, Karnataka - 560077



Scan for Registration

Filled in registration forms to be submitted online on our website or at the school reception along with:

- The latest passport size photograph (size less than 100KB in JPEG or PNG format)
- Scanned copy of Birth Certificate & Aadhaar Card of the child (PDF format less than 1 MB)

NOTE:

- Registration fee is Rs. 1500/-
- We give priority to siblings and Alumni of New Horizon Educational Institutions (NHEI).
- Admission details will be intimated through E-Mail and phone call.
- Registration forms will be available online and at the school reception

AGE CRITERIA (as on 1st of June 2025):

- NURSERY - 3 years
- LKG - 4 years
- UKG - 5 years
- Grade 1 - 6 years

**for other grades the corresponding age will be taken into consideration*

EXCELLENCE IS NOT A SINGULAR ACT, BUT A HABIT. YOU ARE WHAT YOU REPEATEDLY DO.



The highly anticipated NH Cup Tournament commenced with great enthusiasm and excitement on the 5th of August. The event was graced by the presence of a distinguished chief guest, the former captain of the Indian Basketball Team, Mr. Anil Kumar. His illustrious career and significant contributions to Indian basketball added immense value to the occasion.

Mr. Kumar declared the NH Cup officially open, inspiring all the participants with his encouraging words and sharing anecdotes from his own journey in sports. The inaugural match saw a thrilling contest between NHPS and UIS. Both teams showcased exceptional skill and determination, but ultimately, NHPS emerged victorious after a hard-fought battle, setting a high standard for the matches to follow.

The tournament featured multiple matches throughout the week, with teams of both boys and girls competing fiercely. The players displayed impressive teamwork, strategy, and sportsmanship, making the event a resounding success.

FOR ADVERTISEMENTS Promote your brands by advertising in New Horizon Times. For details contact Ms. Vasanthi S R Ph: 080 - 2526 1735 / 2526 1021

ALUMNI MEET 2024

The 27th of July was indeed a memorable day for both the students and teachers alike. New Horizon Public School hosted the Alumni Meet, 2024. It was a nostalgic moment for all as they reconnected and recalled all the priceless moments spent in the school. This journey down the memory lane will truly be cherished by all.

YOUTH PARLIAMENT 2024 HELD IN JAIPUR

Three of our Grade 10 students recently participated in the prestigious Youth Parliament held in Jaipur, bringing pride to our school with their impressive contributions.

Siddharth S. had the honour of representing the Chief Minister in the Rajasthan Legislative Assembly, demonstrating outstanding leadership and public speaking skills. Charith Prakash Hosamani and Shriya Mahesh also engaged actively in the sessions, displaying enthusiasm, commitment, and insightful perspectives on key societal issues.



Their involvement highlights their hard work, dedication, and the strong support from both home and school. This experience offered them a valuable platform to voice their ideas and participate in meaningful discussions. The school is immensely proud of the way Siddharth, Charith, and Shriya represented us with such poise and confidence. Congratulations to all three for their remarkable achievements and contributions.

KARGIL VIJAY DIWAS

The 25th Anniversary of Kargil Vijay Diwas was celebrated at New Horizon Public School with a solemn assembly honouring the martyrs of the 1999 Kargil War. Group Captain Angad Pratap graced the event as the Chief Guest. Students performed patriotic songs, delivered speeches on bravery, and performed a musical drama. A minute of silence was observed to pay homage to the fallen heroes, fostering patriotism and respect.

SHAPES AROUND US

Teaching shapes to pre-primary students lays the foundation for mathematical concepts like patterns, sorting and spatial awareness. Introducing shape names expands children's vocabulary and language skills. Identifying and manipulating shapes enhances children's visual discrimination. To make shape recognition and identification a priority in early childhood education, 'Shapes Around Us' was practiced on 30th July, 2024. An interesting game, namely, 'Four Corners', related to shapes was conducted which offered a play way method of learning the concept. For reinforcement, children were also given head gears depicting four basic shapes which they were too excited to put on. The teachers thus provided the foundation for children's overall cognitive, language, and motor development.

Grade 10 Students Visit Hydroponics Facility at New Horizon Gurukul

The students of Grade 10 visited New Horizon Gurukul on the 17th and 18th of July, to observe the hydroponics farm maintained by the students. Hydroponics maximizes space, produces higher yields, requires less labour, and facilitates a micro-climate. The students had a golden opportunity to learn about the intricacies of hydroponic farming from the students of Gurukul, who patiently explained the process, gave a detailed description of the materials required, and fielded questions.

"AMAZING ME" Competition

The "Amazing Me" competition was a wonderful initiative designed by pre-primary division for Nursery children which aimed at celebrating each child's unique qualities and talents. Children were given some time in the spotlight to share their talent and sharpen their skills.

FRIENDSHIP DAY

Friendship Day in pre-primary division was a celebration of the simple yet profound joys of friendship. Through thoughtful activities like making friendship bands, storytelling, and cooperative games, children learnt about the value of being a good friend and the importance of kindness, empathy, and sharing.

"JADE JAMBOOREE" - Green Day

In the vibrant world of NHPS pre-primary division, themed days play a crucial role in engaging young minds and making learning an exciting adventure. Among these, "Jade Jambooree - Green Day" stands out as a celebration that not only introduced children to the concept of colours but also fostered a connection with nature and the environment.

RAKSHA BANDHAN

Raksha Bandhan in NHPS was a celebration that goes beyond tradition, offering a rich learning experience for little children. It provided an opportunity for them to connect with their cultural heritage, develop social skills, and understand the deeper values of love, protection, and responsibility.

INDEPENDENCE DAY

On 13th August 2024, preparation for Independence Day in pre-primary division involved creating a festive atmosphere with 'Freedom of Craft' and Patriotic Colours. By participating in Independence Day festivities, little students took their first steps towards becoming informed, proud, and responsible citizens.

STRANGER DANGER DAY

Educating children about the difference between good touch and bad touch helps them recognize inappropriate behaviour and gives them the tools to speak up and seek help. Discussing this topic with children encourages open communication and helps build trust between children and their parents, caregivers, or teachers. With this objective, 'Stranger Danger Day' was practiced on 30th July, 2024, where the teachers took up this sensitive topic through a role-play.

PARENT'S CORNER

Title: Parenting 2.0

Parenting is a journey. Sometimes funny and sometimes not so funny. It is one that can be defined by the many adjustments you must make as you learn to understand and fulfil your role as a parent and meet your children's needs as they grow, develop, and change.

I am not a parenting expert but I would like to share my parenting journey with you all. It all started with many doubts and fears about how I was going to raise my child without any support from my parents or even my in-laws. Well, raising a kid in a nuclear family has its own advantages and disadvantages. I remember I was once approached by a young lady who asked me, "How do you manage to take care of your baby without any help? This was during the peak of COVID, making her question even more relevant. My immediate reply to her was, "I accept help from anybody who offers to help." I further reiterated, "I simply learn to find beauty in small moments and appreciate the gift of an ordinary day."

In practical terms, we all need an extra pair of hands whether at home or outside. Well, my parenting journey started in the true sense when my daughter started going to school when she was three and a half years old. Both my daughter and I were absolutely thrilled and delighted with the very thought of going to a bigger school with even bigger dreams. I still remember my first day of school. I was so petrified just by looking at the teachers, the classroom and everyone around me. I would just not leave my daddy's hand. I believe that school is an extension of our home where a child should feel at ease. My daughter felt exactly the same. Her teachers were all so welcoming, she made new friends and met a few old ones too (from her previous school). Her first day at school was nothing short of a roller coaster ride. In her words it was, "I had the best time of my life."

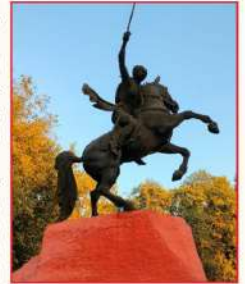
One of the basic rules of parenting is helping your child find his or her HAPPY PLACE. I, as a parent, did just that.

Sheetal Srivastava
Mother of Shayoni Mukherjee, Lkg C

RANI LAKSHMI BAI: THE WARRIOR QUEEN OF JHANSI

I went to visit my grandparents at Gwalior during the summer holidays. Gwalior is located in Madhya Pradesh. It is full of historical buildings and monuments. There are many tourist attractions in Gwalior like the Gwalior Fort or the Jai Vilas palace, but this time, I got a chance to visit Rani Lakshmi Bai's Samadhi. The samadhi (a resting place for the ashes) is situated on the foothills of the Gwalior fort in an area called Phool Bagh.

Rani Lakshmi Bai was the queen of Jhansi. She was a brave and fearless woman. She fought against the British in the Indian Rebellion of 1857. Rani Lakshmi Bai was born in a Maratha family at Varanasi in 1828. As a child, along with reading and writing, she also received training in horse riding, shooting a gun, self-defence and archery. Before marriage, her name was Manikarnika. After marriage, she became the Rani of Jhansi – Lakshmi Bai. She adopted a child named Damodar Rao.



After the death of her husband, the British government refused to allow her adopted son to become the Raja and Jhansi was then ruled by the British. Rani Lakshmi Bai's appeal to the British government was rejected. She was asked to leave her palace and fort of Jhansi. After being expelled from her palace, Lakshmi Bai did not want to give the town of Jhansi to the Britishers. She gave military training to both men and women of Jhansi for the defence of the city.

The British attacked Jhansi to take the city from Rani. Rani Lakshmi Bai wanted independence and announced that "Mein apni Jhansi kabhi nahin doongi" (I will never give my Jhansi!). The British army was able to conquer Jhansi only after a lot of resistance and heavy fighting. Many people of the city were killed in the fight. Rani Lakshmi Bai escaped to Kalpi with her son and with the help of the Maratha general Tantya Toppe. Jointly, they defeated the army of the Maharaja of Gwalior and later occupied the Gwalior Fort.

The Britishers thought that Rani was the "the most dangerous of all the rebel leaders." When the British army surrounded the Gwalior fort on June 17, 1858, Rani Lakshmi Bai escaped from the fort dressed as a soldier. She rode a horse, with her son tied to her back and began attacking the British troops. Lakshmi Bai fiercely fought the British army near the Phool Bagh area of Gwalior. When she got severely wounded in battle, she asked a hermit to cremate her body after death so that the British could not capture it. Her body was cremated by the local people as per her wishes. It is said that Lakshmi Bai's remains were buried under a tamarind tree.

The Samadhi of Rani Lakshmi Bai was built at the place where the great warrior queen laid down her life. An 8-meter tall metal statue of Rani Lakshmi Bai is present at the Samadhi. Legend has it that the statue of Rani Lakshmi Bai at the Samadhi also included a child riding behind her on the horse but the statue of the child disappeared or was stolen many years ago. A fair is organized at the Samadhi every year in June to honour the queen. The whole Samadhi complex is very peaceful. There is a lot of greenery, with tamarind and mango trees. Hundreds of parrots live among the trees. It gave me goose bumps to remember that hundreds of years ago at this place an important battle for Indian independence was fought.

A famous poem called, "Khoob Ladi Mardani, Woh toh Jhansi Wali Rani Thi" was written by the Hindi poetess Subhadra Kumari Chauhan, about the bravery of Rani Lakshmi Bai. Children all over India learn it in school and remember the brave queen of Jhansi who was one of the important leaders of the First War of Indian Independence. Rani Lakshmi Bai, who died on June 18, 1858, continues to inspire us with her fearlessness and determination. Aarav Pashilkar, V E

COMIC STRIP



Haanya Raj, 6

ARE WE HEALTHY ?

A recent report by WHO-UNICEF-Lancet states, "Children's exposure to commercial marketing of junk food and sugary beverages is associated with the purchase of unhealthy foods leading to the alarming rise in childhood comorbidities. The index of healthcare-related comorbidity has increased from 11 million in 1975 to 124 million in 2016 – a 11-fold increase"

What is wrong?

The rising popularity of convenience foods, ready-to-eat foods, and ready-to-cook categories offers plenty of room for health problems. Let Food Be Thy Medicine – Hippocrates. Medicine is not the real healthcare, food is. When your food is wrong, medicine is of no use and when your food is right, medicine is of no need. A Shloka in one of our ancient scriptures mentions 8 signs of a healthy human being. We can gauge our health by checking these parameters.



1. Equal distribution of heat in the body
2. A sense of lightness and comfort
3. Experiencing sharp hunger
4. Deep and unbroken sleep
5. A sense of peace in the mind
6. Ability to work with ease
7. No sign of laziness
8. Timely defecation

A Sattvic diet enables these eight characters to blossom. Our ancient scriptures which are manuals for leading a happy and content life offer great remedies. According to Bhagavad-Gita 17.8, Sattvic diet is light in nature, easily digestible, slightly cooling and not disturbing to the mind. Being rich in Prana (purity), it promotes longevity, strength, positive thoughts, happiness and satisfaction. These foods are sweet, juicy, fattening and palatable.

Sattvic diet encourages foods that are grown and ripened by nature. It shuns food that involves hurting animals. Vegetables, fruits, whole grains and nuts are Sattvic and are believed to clean the mind and body, leading to desirable physical and mental health. Food that is consumed within three-four hours of cooking is considered Sattvic.

Modern day health wisdom often focuses excessively on the physical dimension. However, the truth is that health is not just about the absence of disease or about just being physically fit. Real health is when we are physically, mentally and spiritually well nourished and balanced.



Values Plus team

YOUNG ACHIEVERS



Shaanvi Sahu of Grade 3C participated in the Karnataka State Schools Team Chess Championship 2024. She secured First place and won the gold medal in the Category-2 Girls. Congratulations to Shaanvi and we wish her good luck in all her future endeavours!



Nidhi Jadav of Grade 4B achieved a remarkable success by winning two medals - one gold and one silver, in the Karnataka State G4 Taekwondo championship 2024. Congratulations to Nidhi!



M. Tanvikasri of Grade 4D participated in the Karnataka State Schools Team Chess Championship 2024. She has secured First place and won the gold medal in Category-3, open category. Congratulations to Tanvikasri!



Daiwik Shetty of Grade 7C participated in the Southzone Taekwondo competition held at Vidyanapura. He secured two gold medals. Congratulations to Daiwik. All the best to Daiwik for all his future endeavours.



Hackhive 2024 results

We are proud to share that Chirag Anand of Grade 9D secured the 1st position and cash award of Rs 25,000 in HACKHIVE 2024 competition held at New Horizon Knowledge Park. Adwait Raghavendra of Grade 6A secured the Runner Up position in the 1st edition of HACKHIVE 2024 in another category and received cash prize of Rs 10,000. Around 50 teams from 10 schools had participated in the event. Congratulations to Chirag and Adwait on this remarkable achievement! We wish them good luck in all their future endeavours!



We are happy to inform you that Shravya Chintan Vaishya of Grade 7C participated in the Inter School Aquatic Championship organized by Navaprajna Public School on the 3rd August 2024. She secured two gold medals in freestyle and backstroke events in the U-14 category. Congratulations to Shravya! We wish her good luck in all her future endeavours!



We are happy to inform you that Krishna Chintan Vaishya of Grade 2C participated in the Inter School Aquatic Championship organized by Navaprajna Public School on the 3rd August 2024. She secured a bronze medal in the breaststroke event in the U-8 category. Congratulations to Krishna! We wish her good luck in all her future endeavours!



Dhaanvi Dechamma of Grade 4A has bagged a bronze medal in State Level National Javelin Day competition held at Kanteerava stadium, Bangalore on 4th August 2024. She completed the 60mts race in 9.5 secs.

STUDENTS' CREATIVE CORNER



Sourish V, 8A



Punnam, 5E



Soumili, 2D



Shreya Ravi, 5D



Rushika Dave, 4D



Manvik, 3B

Kindly follow us on :

-  <https://www.facebook.com/newhorizonps>
-  <https://www.instagram.com/nhpsofficial/>
-  <https://www.youtube.com/c/NewHorizonPublicSchool>
-  <https://nhps.in/>

BEHIND THE SCENE

- Publisher** Dr. Mohan Manghnani
- Chief Editor** Mrs. Anupama Sethi
- Editors** Ms. Seema A, Ms. Deepthi S, Ms. Ruhi H, Ms. Kalyani, Ms. Sonia P
- Young Editors** Aastha K, Shri Nidhi.S, Shirin K, Disha A, Vedika T, Athmi B, Avyukth I, Sharvil S, Aditri S, Stuti B
- Editorial Assistant** Ms. Uma M
- Photography** Mr. Niladri P