

A MONTHLY NEWSPAPER FOR THE STUDENTS AND BY THE STUDENTS

Bangalore, August 2022 CMM/BHE/DECL/NPP - 230 / 10 / 2033



15th August, 2022 was indeed a historic day as we celebrated our 75th Independence day. Our relationship with the flag has always been more formal and institutional than personal. Bringing the flag to our institution collectively as a nation in the 75th year of independence, was symbolic of not only an act of personal connection to the Tiranga but also an embodiment of our commitment to nation-building. The idea behind the initiative 'Har Ghar Tiranga' under the aegis of Azadi Ka Amrit Mahotsav, invoked the feeling of patriotism in the hearts of the students and staff.

The Chief Guest, retired Air Marshal Anil Khosla, inspired the students with his motivational speech. The patriotic songs sung by the choir and the dance dedicated to our fallen heroes truly filled our hearts with love and pride. The speeches given by our students made us remember the sacrifices made by our freedom fighters and soldiers.

May our Indian tricolour always fly high. With freedom in our mind, Faith in our words, Pride in our heads, Memories in our soul, Let's salute our nation. **Jai Hind**

NEW HORIZON TWIST

"I spent my whole childhood wishing I were older and now I'm spending my adulthood wishing I were younger."

NHPS organized the reviving "Experience New Horizon with a Twist" event on 20th August, 2022. It was an amalgamation of planned activities that took parents back to some of the fondest memories of their school life with a modern touch. Parents received a warm welcome at the entrance and were gifted with hampers. The program commenced with a morning assembly followed by a welcome speech by the principal Ms. Anupama Sethi. All the parents were excited, as they were transported to good old days through the class activities curated and crafted for them. Parents were overwhelmed by the Life Skills session that gave them the platform to display their soft skills and aptitude towards the daily chores. The energy levels and the spirits were extremely high during the PE session and parents didn't let go off any opportunity to cheer their teams up in the competition.



They experienced the exuberant feeling of hands-on experience in the exalted laboratories and rocked the dance floor. They captured their memories at the artistic selfie booths lodged in the quadrangle.



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STRANGER DANGER DAY

Wisdom is giving children their wings, along with the rudder of awareness to keep them safe from the prying hand.

'Stranger Danger Day' is a day specially dedicated to safeguard and protect our teeny weeny toddlers and give them the warmth of wellbeing through a deliberately planned programme on "Good touch and Bad touch." The children learn to identify the "No Touch" areas and understand who trusted adults are and whom to report when there is an alarming situation.

They also learn to handle strangers and say 'NO' to unwanted touches by running away and shouting out loudly. The demonstration conducted by the teachers gives a clear picture about the safe circle. The objective of the session is to enlighten the children that their bodies belong to them and they need to stay safe and secure.



A VISIT TO A TEMPLE

Our nursery students visited the Surya Narayana temple as a part of a field visit on the 30th of June. This experience inculcated a sense of reverence for sacred places among our young students. By partaking in the customs and practices of the temple, our students gained a sense of appreciation for the value of spirituality. In addition to this, the students displayed a deep sense of admiration for the serene grace of the temple's architecture.

Our young students were back happily with the message loud and clear, "Love and respect all!"



A VISIT TO THE HAL HERITAGE CENTRE AND AEROSPACE MUSEUM

To young students, few things are more intriguing than the exciting world of air planes and helicopters. Our young students had the opportunity to explore these marvels of air space engineering during their field visit to the HAL Heritage Centre and Aerospace Museum on the 29th of July. Our students were particularly captivated by the magnificent outdoor display of aircrafts. Itably, their time at the museum's hall of fame gave our students an insight into the rich history of Indian aerospace over the past several decades.

SHLOKA COMPETITION

A shloka competition was conducted for the students of Lkg and Ukg on 22nd July. Reciting of shlokas spreads tranquility and serenity to the environment. It also helps to improve concentration and memory. Students participated enthusiastically with flawless chanting of shlokas with utmost sincerity. They displayed great confidence as they chanted difficult shlokas at ease. It was a pleasure to see the tiny tots participating with such zeal and enthusiasm.



GURUPURNIMA CELEBRATION

'As we walk with the Guru, we walk to the light of existence and away from the darkness of ignorance.'

Guru Purnima, also known as Guru Purab, is dedicated to the teachers and mentors we have in our lives. This auspicious day is also known as Vyasa Purnima as it marks the birth anniversary of Ved Vyas. It is celebrated with high spirits to express our gratitude to our gurus.

On the auspicious occasion of Guru Purnima let us show reverence to our teachers and mentors for inspiring and supporting us and for being our guiding light.

AMAZING ME

The Amazing Me theme offers lots of new lessons and activities that provide plenty of playful and hands-on opportunities for children to get to know themselves and their new friends. On 26th July, the Amazing Me competition was conducted for our Nursery children. All the participants dressed up in colourful attire on that day. Our little ones participated in the competition with a lot of enthusiasm. The competition began by exploring children's names. Children were able to identify their names and the names of some friends and develop friendships with peers. Then the children were asked to speak three sentences about themselves. The main motto of the competition is to encourage the infants to express their thoughts, feelings, and ideas.

KARGIL VIJAY DIWAS CELEBRATION



"Kargil is not a story of just winning. It's a story of pain with pride."

The Kargil Vijay Diwas is celebrated every year on the 26 of July to commemorate India's victory in the Kargil conflict with Pakistan, twenty years ago. Named after the success of Operation Vijay, Kargil Vijay Diwas is celebrated to remember the supreme sacrifice of 500 brave souls who laid down their lives for the country. It reminds us of India's military prowess and the great sacrifices our armed forces make while steadfastly keeping our country safe.

Let us honour the supreme sacrifices made by our soldiers and the exemplary courage displayed by them.

They gave up their today for our tomorrow
They wore a smile and laid down their lives
A salute to these gallant soldiers and their sacrifices
They are fallen but not forgotten.

Jai Hind.

"No challenge poses a greater threat to future generations than climate change." On 27th of July 2022, students of Grades VI and VII attended an interactive Awareness Session on Climate Change organised by Yi. The guest speakers were Ms. Sanjana, a regional officer with C40 Cities and Mr. Sidh Kevadia, an intern at the Living Earth Foundation.

The speakers emphasised on topics such as Climate Change and the impact of Global Warming – its causes, effects and challenges through a presentation and a few interactive activities with students. Elaborate explanation was given on the release and absorption of carbon dioxide. Practical solutions such that the usage of renewable energy, reduction of wastes, protection and restoration of natural resources to stabilize the climate change were discussed. Students were also provided with information on 'Citizen power' which can make a difference. This session taught students the importance of being responsible in taking actions to reduce Global Warming.

RIDDLE TIME

FILL ME UP WITH HOT OR COLD. PUT ANYTHING IN ME AND I WILL MAKE SURE I WILL HOLD. WHAT AM I?

WHAT IS FULL OF HOLES BUT STILL HOLDS WATER?



An Interactive and Awareness Session on Road Safety for students of grade IV was conducted by Yi on 28th July 2022.

The speakers from the field emphasised the rules and regulations to be followed while on the road and the consequences they may face if not followed. An elaborate explanation was given on the signs that are seen on the roadside which people tend to ignore but are otherwise particularly important. This session also taught students the importance of wearing helmets and fastening seat belts whenever they are on a two-wheeler or in a car.

ONCE IN A LIFETIME



As I gazed out of the window of the aeroplane, it still seemed surreal – not the view but the situation. Let's rewind to where it all began. I remember very clearly, on a rather gloomy Sunday in November, my father told us he would be going for a trek in Leh (Kashmir) with some of his friends. I was curious and decided to search for it on the internet. I discovered that trekking would be possible only in January because of the frozen river. The more information I found, the more curious I got. After an hour of research, I had my adrenaline flowing, and there was no stopping me. My parents were not ecstatic about my plan, but I knew I would go even if it meant sneaking onto the plane, just kidding. To prove I was serious, I started working out regularly. My parents believed me; in mid-December, we went shopping for warm jackets, gloves, sleeping bags and gumboots.

A month went by, soon we had our bags packed, and after only a night's sleep would our long journey begin. I woke up early, excited and nervous, reached the airport with my dad and boarded our flight. When we reached Delhi, we stretched a bit and boarded another flight to Leh. It was cold but tolerable. We stayed for three days to acclimatise to the weather and later reached the campsite where we would begin our trek. It's known as the Chadar Trek – the trek on the frozen river, Zaskar. Every trekker had to pass a fitness test before we attempted it. My father, his friends and I passed the test.

On the first day, we came across the confluence of the Indus and Zaskar river. We met the trek leader and the accompanying guides who would come along with us to help. Initially, I kept slipping on the ice but gradually got on hold of it. We reached the first campsite where our guides prepared food like eggs and instant noodles for us.

The next day, the ice started cracking as we trekked to the next campsite. There was hardly any land to walk on. We dodged, jumped and tried to get out of that narrow path. Suddenly, I heard a crack behind me and turned around just in time to see that my father had lost his footing and was slipping down. I caught his hand and tried to pull him up with all my might. With the help of his friends and the guides, we pulled him back up. Woah! That was a close call. We proceeded more cautiously and reached the next campsite. We had dinner, slept well and resumed our trek the following day.

It was a seven-day trek before we reached the summit. On our way, we got a glimpse of the famous frozen waterfall. It was a sight to behold. It seemed as though time had stopped, and the water would continue flowing if resumed. With a few metres to the summit, I had the same flow of adrenaline when I initially gathered information about this trek. I could not believe my eyes when we finally reached the summit. The view was so alluring that it remains in my mind, fresh as a painting. It was a once-in-a-lifetime experience.

Riya A
9 A

POWER OF FORGIVENESS



Forgiveness is a voluntary choice to consciously pardon or excuse someone who has been the cause of distress or hurt. True forgiveness is not arguing or concluding about who is right or who is wrong. It is all about acceptance and letting go of expectations, resentment and blame.

Often, the hurt or distress caused to us by someone can be closely compared to a red-hot boil underneath the skin, causing us incessant pain. It eventually erupts out of the skin, and all the infection oozes out for the next few days. Then, it slowly recedes over time and fades away. Unfortunately, after a few days, because the core of the boil is untreated, the infection flares up again, causing the same pain as before.

Superficial forgiveness is when we say 'It's okay!' but still hold the negative emotions inside us and cannot let go of them. It may relieve us temporarily, but the infection persists and sooner or later flares up again. The negative emotions resurface and hinder us from experiencing complete freedom and happiness.

A Yogi (a renowned seeker of spirituality) was bathing on the edge of a flooded river. Because of the flood, a scorpion happened to float by. As soon as the Yogi picked it up, the poisonous creature bit him.

Unmindful of the poisonous bite, the Yogi picked up the scorpion but was bitten on his hand again. That continued to happen for some time. A man who had been watching this approached the Yogi and asked him why he was trying to help the nasty scorpion. The Yogi said, "This poor scorpion does not give up his nature to bite. Why should I give up my human nature of helpfulness?!"

We should never come down to the level of those who wish to harm us. Forgiveness brings inner peace and improves the quality of our lives by helping us to be healthier and happier.

While true forgiveness can be hard to accomplish, here are 4 Mantras that can help:

1. Compassion is the anti-toxin of the soul. Show compassion as people who hurt others are already suffering inside.
2. If we can't forgive someone, we may not be forgiven by others in due course of time.

māmaigalāā tāta pareṇu maāsthā// bhūikte jano yat para-duūkhadas tat. Suniti said to Dhruva: "My dear son, don't wish anything inauspicious for others. Anyone who inflicts pain upon others suffers himself from that pain. (SB 4.8.17).

3. "Forgive them, Father, for they know not what they do." - Jesus.
We must understand that people often hurt others in ignorance, and to forgive is a divine quality.
4. Recall a time when you committed a mistake, and someone forgave you. Remember how you felt and how good you will feel when you forgive others.

Values Plus Team

ಎಚ್ಚತ್ತುಕೋ....!!

ಮುಂಗಾರು ಮಳೆಯ ಆಗಮನ,
ಸಜ್ಜಾಗಿ ನಿಂತಿತು ಈ ಭುವನ
ಬರುತ್ತಲೇ ಬೋರ್ಗರದ ಪರುಣ
ತಿಳಿಯದಾಯಿತೇ ಇದಕ್ಕೆ ಕಾರಣ!
ಭೂಮಿಯು ಒಡಲನ್ನು ಬಗೆಯುವಿರಿ,
ಸಸ್ಯ ಶ್ಯಾಮಲೆಯನ್ನು ತರಿಯುವಿರಿ
ಸಲ್ಲದ ಅಪ್ಯವಹಾರವೆ ಮಾಡುವಿರಿ
ನಿಮ್ಮ ನಾಶಕ್ಕೆ ನೀವೇ ಕಾರಣರಾಗುವಿರಿ.

ಎಲೇ ಮಾನವ! ಈಗಲಾದರೂ ನೀ ಕಣ್ಣಿರೆ
ನಿನಗೆ ಅನ್ನುನೀರನ್ನು ಈವುದು ಈ ಧರ
ಗಿಡ ಮರಗಳನ್ನು ನಟ್ಟು ನೀ ಬೆಳೆಸಿದರೆ,
ಮುಂದಾಗುವುದು ನಿನ್ನ ಜೀವನ ಹಾಲಿನಾ ತೂಲಿ!
ನೀ ನನಗಿದ್ದರೆ ನಾ ನಿನಗೆ,
ನನಪಿರಲೇ ಈ ನುಡಿ ನಮ್ಮೊಳಗೆ
ಹಸಿರು ಸಿರಿಯ ತರಲು ಇಳಿಗೆ,
ಬೆಳಗುವುದು ನಿನ್ನ ಬಾಳ ದೀವಿಗೆ!!

ವಾಸಂತಿ ಲಕ್ಷ್ಮಣ್

ಕನ್ನಡ ಶಿಕ್ಷಕಿ

ನೂರು ಹಾರೈಜನ್ ಪಬ್ಲಿಕ್ ಸ್ಕೂಲ್

The Hopeful New Academic Year

This year brought new hope, and new energy too,
The little and the big stay home, kids won't stay so!

Getting ready to go to school is a reality again,
New learning, new classrooms, and carrying big bags are the things main.

Online classes were shorter, with more breaks and fun,
In between chit-chat, munching on something while the lecture had just begun!

Getting ready, stepping out, leaving parents behind,
We are yet again entering the school,
Surely tough yet necessary for the body and mind,
Oh! Dear kids don't get stressed, enjoy and remain cool!!!

Manasi
M/o Tanisha and Aryan

CONGRATULATIONS

Results of Inter House Recitation Competition - Standard I held on 30-06-22

Table with 4 columns: Sl.No., Name of the participant, Position, House. Lists results for Standard I across four houses (IA, IB, IC, ID, IE).

Results of Inter House Recitation Competition - Standard II held on 27-06-22

Table with 4 columns: Sl.No., Name of the participant, Position, House. Lists results for Standard II across five houses (2A, 2B, 2C, 2D, 2E).

Inter house recitation competition was conducted for the students of grades 1 and 2

"Poetry is when an emotion has found its thoughts and the thought has found the words" - Robert Frost

Recitation is an important & effective mode of English learning. Beauty is the realm of poetry. Children enjoy the beauty of expression, thoughts, feeling, rhyme, rhythm and music of words. Grade 1 and 2 children astonished everyone with their voice modulation, creative props and amazing memorizing skills.



Jashwanth.G.S (IV B) participated in a world record of most Silambam artists to perform most varieties of Silambam martial art forms for 20 minutes 22 seconds in multiple locations across India and featured in the world's largest Silambam book measuring 8 feet height x 6 feet width on 14th April 2022 on the occasion of International Silambam Day, 2022.

We are very proud of Jashwanth. Wishing him lots of luck in his future endeavours!

Results of Inter House Card Making Competition - Standard III held on 24-06-22

Table with 4 columns: Sl.No., Name of the participant, Position, House. Lists results for Standard III across five houses (3A, 3B, 3C, 3D, 3E).

Results of Inter House Card Making Competition - Standard IV held on 28-06-22

Table with 4 columns: Sl.No., Name of the participant, Position, House. Lists results for Standard IV across five houses (4A, 4B, 4C, 4D, 4E).

Results of Inter House Card Making Competition - Standard V held on 27-06-22

Table with 4 columns: Sl.No., Name of the participant, Position, House. Lists results for Standard V across five houses (5A, 5B, 5C, 5D, 5E).

Inter house card making competition was conducted for the students of grades 3, 4 and 5

A blend of exceptional creativity & imagination was displayed by the students of Grade 3, 4 & 5 during the "Interhouse Card Making Competition", held on 24th, 27th & 28th respectively in the Primary Department.

Basketball Champions of the Dr. APJ Abdul Kalam Memorial Cup 2022



NHPs U 17 Volleyball boys team secured the Runner position and U 17 Girls team secured the 4th position in the CISCE Karnataka Regional Volleyball tournament conducted by Sri KV English School, Chikkaballapura.

U 17 Girls Team Secured 4th Position in CISCE Karnataka Regional Volleyball Tournament

Karate advertisement featuring a girl holding a certificate, a yin-yang symbol, and text about a karate competition.

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