

**GRADUATION DAY**



On the 25th January 2026, New Horizon Public School celebrated the **Graduation Ceremony** of its outgoing Grade X batch of 2026 with immense pride and enthusiasm. The occasion marked a significant milestone, honouring the students' achievements, growth, and years of dedicated effort. Elegantly dressed in dazzling sarees and smart coats, the graduating students walked the stage with confidence and joy in their hearts. The ceremony was graced by our esteemed **Chairman, Dr. Mohan Manghnani**, Chief Guest, **Ms. Surabi Hodigere**, and our beloved **Principal, Ms. Anupama Sethi**. The presence of parents, the Secondary Coordinator, **Ms. Richa Bhatia** and the teachers, added warmth and encouragement to the celebration.

Addressing the gathering, Dr. Mohan Manghnani and Ms. Surabi Hodigere congratulated the students and wished them success for their future endeavours. They inspired the graduates to aspire to be **job providers rather than job seekers**, emphasizing the importance of goal-setting, focus, and contributing meaningfully to society. The **academic achievers of the Batch of 2025** were honoured with certificates and prizes in recognition of their excellence. The ceremony also featured the presentation of the **Excellence Awards** and **Best Outgoing Student Awards** to the most deserving students of the **Batch of 2026**.

A touching highlight of the event was the **traditional exchange of the scroll**. It was carried out between **Karan Jadon Reddy** of **Grade X** and **Avyukth Igoor** of **Grade IX**, symbolizing the passing of responsibility and legacy. This meaningful ritual was a representation of the continuity of values and leadership among the future torchbearers of the school. It was a proud moment to see the kids who walked into the same campus as toddlers now walk out graduating with flying colours. The entire team of New Horizon Public School wishes our Graduating batch of Grade X 2026 a very successful and bright future ahead.

**REPUBLIC DAY**



The 77th Republic Day of India was celebrated with great pride and patriotism in New Horizon Public School. The campus was beautifully decorated with tricolour flags, charts reflecting the spirit of the Constitution and national unity.

The program began with the unfurling of the National Flag, followed by the National Anthem, which filled everyone with a sense of respect and devotion towards the nation. The significance of Republic Day was highlighted, reminding students of the values of justice, liberty, equality, and fraternity enshrined in the Indian Constitution.

As part of the 77th Republic Day celebrations, students actively participated in dance performances that showcased India's rich heritage, including patriotic song and a speech by Charvi, a student of grade VIII. The School NCC contingent made this celebration even more special with their breathtaking march past.

Our distinguished guest and parent, Wing Commander of the Indian Air Force Ms. Suprita Kaur addressed the gathering. Drawing from personal experiences in the Indian Air Force, the speaker highlighted the values of courage, teamwork, and selfless service to the nation. She also motivated students to dream big, remain focused on their goals, and contribute positively to the society, irrespective of the profession they choose. The celebration concluded with a vote of thanks, leaving everyone inspired to uphold the ideals of the Constitution and contribute positively to the progress of the nation. The event truly instilled a deep sense of patriotism and pride among students and staff alike.

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Grade 1 to Grade 6 and Grade XI  
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### PRIMARY DIVISION SPORTS DAY

The Primary Division Sports Day held on 17 January was a vibrant celebration of energy, teamwork, and sporting excellence. The event featured graceful and artistic displays by students of Grades 3, 4, and 5, leaving the audience enthralled with their coordination and creativity. A special highlight of the day was the theme-based races for Grades 1 and 2 on "Operation Sindhoor", brought alive with mesmerising props and powerful presentations that showcased the grit, courage, and valour of our Armed Forces. The regular sprint races, hurdles, and relay events added excitement and healthy competition to the day.



Throughout the event, the team spirit, discipline, and sportsmanship displayed by the students were truly commendable. The Sports Day concluded on a high note, celebrating not just victory, but participation, perseverance, and unity, making it a memorable and inspiring experience for all.

### ALUM CUP 2026 – BASKETBALL & VOLLEYBALL TOURNAMENT



The Alum Cup 2026 was held on 3rd January 2026 at NHPS, bringing together alumni for a spirited day of basketball and volleyball. The matches showcased enthusiasm, teamwork, and exemplary sportsmanship. Beyond competition, the event served as a joyful reunion, allowing alumni to reconnect, relive fond memories, and strengthen lifelong bonds making the Alum Cup a perfect blend of sport and nostalgia.

### AUTHOR VISIT - EDITORIAL CLUB



On Friday, 14th November 2025, Editorial Club had organised an Author Visit at New Horizon Public School. Students had the pleasure of interacting with Ms. Sreeja Mohandas, an author and counsellor. They were eager to gain valuable insights from her. An interactive session kept the students enthusiastic enabling them to inculcate a few tips in enhancing their writing skills. Ms. Mohandas asked the members of the Editorial Club about their interests in writing and guided them through different genres of poetry and prose. They then participated in a creative activity where they were given a short introduction to a story and were asked to complete it in fewer than twenty words. The responses ranged from humorous to horrific, and the members thoroughly enjoyed reading and rating one another's work. The session concluded with tokens of appreciation awarded to the best story writers, leaving them with memorable insights shared by Ms Mohandas.

### THE RIDE ON A CLOUD

As I went up, my eyes above the sky,  
My hair took a turn as the wind went by.  
I held on tight as I took a slow flight,  
As I went by, my eyes lit up the sky.

When I looked down, people were  
saying bye.  
I waved back — it's now time to fly!  
After I went across my country,  
I started to feel lonely.

When I heard sparks as I went by,  
I started to worry — but it was just  
a dream,  
As my alarm woke me up  
With a loud scream.

Aditi G, 5D

### FRIENDSHIP

Oh, my darling friend,  
How very much your dear,  
To my little heart,  
Who seeks you to be near.

We don't pay heed,  
To the people who call our  
friendship queer,  
Because how can't they see,  
A bond so very clear!

And I know that you will be  
there,  
Year after year,  
Through my smiles of glory,  
And through floods of tears.

And when I succeed,  
You will stand and cheer,  
And when I fail,  
You will wipe away my tears.

Dear best friend,  
I need you to be here,  
By my side,  
And always near.

Hanraj Rathishraj, 7C

## HOW IMPORTANT IS SLEEP

When February – March comes, it is exam time! Students start planning and strategizing, to ace the exams. Today let us focus on a very important foundational human need that gets ignored during this time, the lack of which we feel will not have a significant effect. Yes, it is SLEEP.

Sleep is often ignored by students because of homework, exams and mobile phones. Quite a few of them believe that staying up late helps them study better. Social media has especially taken its toll on the quality and quantity of sleep. However, it has to be clearly understood that sleep is not a waste of time. It is very important for our body, mind and overall health. Let us look at some of the proven benefits of sleep.

- Sleep helps our brain work properly. When we sleep, our brain processes what we learned during the day. So, sleep helps us remember lessons, understand topics better, and enhance our potential. Good sleep can improve concentration, listening skills, performance and problem-solving skills.
- Lack of sleep makes us feel tired, confused and unable to focus.
- Sleep is important for physical health. During sleep, our body repairs itself and grows stronger. This is especially important for students, as their bodies are still growing. Good sleep improves immunity and helps us stay healthy and active.



- Lack of sleep can induce weakness and a feeling of lacking energy during the day.
  - Sleep plays a big role in mental health. Proper sleep helps reduce stress, anxiety, and mood swings. A good night's sleep can bring on happiness, calmness, positivity and confidence.
  - Lack of sleep may cause irritation, anger or sadness for no clear reason.
  - Over time, poor sleep can lead to serious problems like anxiety and depression. – Good sleep keeps us safe. Being well-rested helps in staying alert and making better decisions.
  - Lack of sleep may bring about tiredness which may lead to feeling sleepy during class, while walking, or even while travelling, causing accidents or mistakes.
- Following these healthy habits will improve sleep - Going to bed and waking up at the same time every day helps the body clock. Avoid using mobile phones, laptops, or watching TV just before sleeping, as screens make it hard to fall asleep. Eat light meals at night. Keep the bedroom quiet and comfortable.
  - Sleep is as important as studying, eating healthy food and exercising. Success does not come from staying awake all night but from having a balanced routine. Let sleep not get shunted to the bottom of the priority list. A well-rested student is a successful student.

Values Plus team

## BOOK REVIEW – “WHO MOVED MY CHEESE”

Spencer Johnson written – Who Moved My Cheese, written by Spencer Johnson is a thought-provoking story that explores and blends self-help and motivational genres with a touch of witty humour. The story is simple yet entertaining, exploring the themes of change, adapting to the change, resilience and acceptance. It revolves around four friends – Scurry, Sniff, Hem and Haw.

Spencer Johnson's use of maze and its inhabitants add a humorous touch. The book's core message touches the emotions of readers, promoting self-reflection about appropriately handling life's twists and challenges. The author has expressed a serious topic in a lighthearted way making it easier to understand and apply in our daily lives. The four characters have very distinct characteristics and way of dealing with challenges.

The story teaches us that there are different types of people. One, those who are stuck to the past and cannot let go of it. Second, those who are illusioned into being stuck in a comfort zone and then finally realize that changing with time is the right thing to do. Finally, the third type is those who do not worry about their past but look towards building a better future.

Overall, *Who Moved My Cheese* is an impactful and **life-changing** story that can inspire **readers** to navigate through challenges and adapt to change with courage and positivity. This book is an excellent resource for anyone pursuing personal growth. It presents ideas in a simple, engaging manner, enriched with humour, wit, and thoughtful exploration of human emotions.

Tanisha, X A

## A MUSICAL MESSAGE OF POSITIVITY FOR GRADE 10 STUDENTS

As the Grade 10 Board Examinations approach, NHPS has initiated a creative effort to promote a positive and stress-free outlook towards examinations. Under the guidance of the Music Department, students composed and performed an inspiring rap song highlighting confidence, calmness, and balance during exams.

The song is performed by **Aditi Ann Shiju (5D), Vishnu Satish (7E), and Akshara Subhash (6D)**, and reflects the power of music as a medium to spread positivity among students. We appreciate the students' enthusiasm and commend the Music Department for their support and mentoring.

Watch the rap song:

YouTube: [https://youtu.be/78\\_S72Bd8xo?feature=shared](https://youtu.be/78_S72Bd8xo?feature=shared)

Instagram: [https://www.instagram.com/reel/DUH\\_6mZEvFC/?igsh=MWlveGl1aWFjdzVveg==](https://www.instagram.com/reel/DUH_6mZEvFC/?igsh=MWlveGl1aWFjdzVveg==)



We wish all our Grade 10 students the very best as they prepare for their examinations.

STUDENTS' ACHIEVEMENTS

EISB SKATING COMPETITION



Kaina (IA) - Gold in 100m & 200m  
Nihal (VE) - Silver in 100m & 200m  
Susruth (VA) - Bronze in 100m & 200m

AKHADA ROLLER SKATING CLUB INTER-SCHOOL COMPETITION



Kaina (IA) - 200m race  
Akshara R (ID) - 200m race  
Saavnika (IID) - 200m race  
Nishil (VC) - 600m race  
Dhanveer S (IA) - 200m race  
L. Roshini (IIA) - 200m race  
Nihal (VD) - 600m race



Anvitha Chilapur (VIB) & Mahathi B.S (VIIID) - Silver Medal, Classical Dance, Step Up Competition (Bethany School)



Divyanshu Lahon (XD) - 1st Place, 4th Kaladarpana Rapid Chess Tournament, Gopalan Signature Mall



Grade IX Boys Basketball Team - Winners at Triton Fest; Pranav Guhan IX B- Most Valuable Player



Three-Peat Champions! U17 Girls Volleyball team has won the Karnataka-Goa Regional Championship for the 3rd consecutive year at Sri KV English Public School, Chikkaballapura!



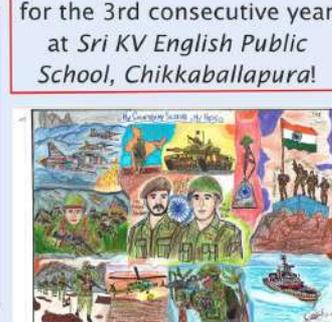
Samanth Naidu (Grade VIIB) - Triumph 3.0 Interschool Chess Championship, Chaman Bharatiya Public School - 1st Place, U-13 Open Category



Nidhi Jadav (5E) - 1 Gold & 2 Bronze Medals, State-Level Taekwondo Championship; 2 Gold & 1 Bronze Medals, G4 Taekwondo Championship



Yaashwin S. (IIA) - 3rd place, State-Level Abacus; Consolation Prize, Rubik's Cube Open State-Level Competition



Ruthvik (6E)- Consolation Prize (Junior Category), Rang De Veer - All India Open Online Painting Contest (Honour-point Foundation) Prize included: ₹5,000, Certificate of Excellence, and a gift set of books

YOUNG ARTISTS' GALLERY



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BEHIND THE SCENE

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