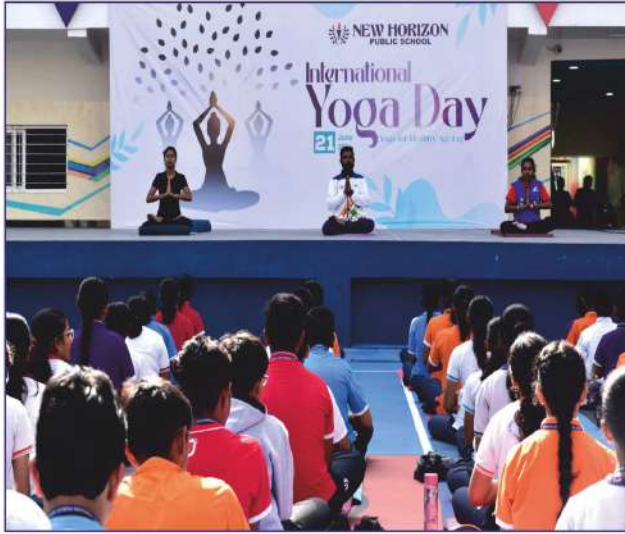


## INTERNATIONAL YOGA DAY

"Yoga is the journey of the self, through the self, to the self". International Yoga Day was celebrated with great enthusiasm, highlighting the importance of physical, mental and emotional well-being. The day began with a special assembly that introduced students to the significance of yoga as an invaluable gift of India's ancient tradition, promoting harmony between the mind, body, and nature. The event witnessed enthusiastic and wholehearted participation from students across all grades of the school. Through simple stretches, breathing exercises, mindfulness activities, and various yoga postures, the students experienced the benefits of yoga in a fun and engaging manner. The celebration encouraged students to adopt healthy habits, enhance their concentration, and cultivate inner peace, reinforcing the belief that a healthy mind resides in a healthy body.



## PLANTATION DRIVE

The best time to plant a tree was twenty years ago. The second-best time is now.



Students of Grades 8 to 10 enthusiastically participated in a large scale Plantation Drive as part of a Guinness World Record attempt. With great dedication and teamwork, they planted saplings, reinforcing the importance of environmental conservation and sustainable living.

The initiative was a meaningful experience, instilling in the students a sense of responsibility, deeper appreciation for nature, and the spirit of giving back to the Earth - one sapling at a time.

**Admissions OPEN 2026**

PG Programs  
**MBA | MCA**  
100% placement assistance  
+91 98805 34935, 080-6629 7777  
www.newhorizonindia.edu | Balindur Main Rd, Kaveraspet Layout,  
admissions@newhorizonindia.edu | Near Maruthahalli, Bengaluru, Karnataka 560102

## THOUGHT FOR THE MONTH

"Where the mind is without fear and the head is held high..." - Rabindranath Tagore

As we celebrate India's Independence Day, let us remember that true freedom is more than a historic achievement—it is a way of thinking and living. It begins with fearless minds, compassionate hearts, and the courage to stand up for what is right.

India's strength lies in its unity, diversity, and the countless individuals who choose honesty, kindness, and responsibility every day. As students, each one of you has the power to contribute to our nation's future through your actions, your character, and your willingness to make a positive difference. Together, let us strive to build an India where every individual has the opportunity to dream, grow, and succeed.

August Reflection: "How can I use my freedom to make a positive difference - in my school, my home, my community, and my country?"

### Table of Contents

#### IN THIS ISSUE - August 2026

Reflect • Grow • Achieve ✨



#### Wellness & Values

- International Yoga Day
- Plantation Drive
- Puberty Awareness Session
- Stranger Danger Day



#### Learning for the Future

- AI & Machine Learning Awareness Session
- Super Teacher Session - Competency - Based Education
- ISKCON Temple Visit



#### Creative Expressions

- Little Women - Book Review
- Diversity & Inclusion - Values Plus Team
- Brain Teasers



#### Student Achievements

- Chess Excellence
- Claret Cup 2026
- Jain Mun Achievements
- Zenotron Champions
- PRATIBHA Inter-School Achievement
- CISCE Zonal Swimming Champion



#### Creative Showcase

- Student Art Gallery

Healthy Minds • Future Ready • Proud Achievers

## PUBERTY AWARENESS SESSION

Growth is a journey, and every step forward helps us become our best selves.

A Puberty Awareness Session was conducted for students of Grades 4 to 7 to help them understand and navigate the physical, emotional, and social changes associated with adolescence.



The programme also included a short yoga session aimed at promoting overall well-being and self-awareness. The session encouraged students to embrace this phase of growth with confidence, practice self-care, and develop healthy habits for their overall well-being and holistic development.

## STRANGER DANGER DAY

The Pre-Primary Division of New Horizon Public School observed Stranger Danger Day on 10th July 2026 to help young learners understand the importance of personal safety when approached by a stranger. Through engaging and interactive role-play, the students learnt



how to respond confidently in unfamiliar situations. The session emphasised the importance of saying a firm "No!", moving away from the situation and seeking immediate help from a trusted adult.

## BRAIN TEASERS

1. The more of me you take away, the bigger I become. But if you try to add to me, I disappear entirely. What am I?
2. If you have me, you want to share me. If you share me, you haven't kept me. What am I?
3. Forward - I am incredibly heavy, a weight that few can lift. But spelled backward, I am absolutely nothing at all. What am I?
4. I have cities but no houses, mountains but no trees, and deep oceans but absolutely no fish. What am I?
5. I am ancient yet I reset every 24 hours. I have two hands but cannot clap, and I run constantly but never move an inch. What am I?

5. A clock

4. A map

(Spelled backward, it is "Not")

3. The word "Tall"

2. A Secret

1. A Hole

**SOLUTIONS**

## AI AND MACHINE LEARNING AWARENESS SESSION

The future belongs to those who learn more skills and combine them in creative ways.

To equip students for the future of technology, an insightful Artificial Intelligence and Machine Learning (AI & ML) awareness session was conducted for students of Grades 8 to 10 by Dr. Sreejith, Assistant Professor, Department of AI & ML, New Horizon College of Engineering.

The interactive session explored the opportunities and challenges of AI, its impact on future careers, and the importance of using technology responsibly while preserving creativity and critical thinking. The programme inspired students to embrace innovation with awareness and responsibility, equipping them to navigate and thrive in an AI-driven world with confidence.



## SUPER TEACHER SESSION

A good teacher can inspire hope, ignite the imagination, and instill a love for learning.



A professional development session on Competency-Based Education (CBE) was successfully conducted by Mr. Vasudevan Natarajan at New Horizon Public School, for the teaching faculty, to enhance their understanding of competency-focused teaching, learning, and assessment practices, aligned with the National Education Policy. The session focused on competency building, emphasizing the development of the knowledge, skills, attitude, and values required for effective learning and real-life application. Teachers were introduced to the principles of competency-based education to explore strategies for creating meaningful learning experiences that enable students to apply their knowledge in real-life situations.

Teachers were also introduced to the characteristics of high-quality multiple-choice questions, including the usage of meaningful contexts, plausible distractors, and questions aligned with specific learning outcomes and competencies. The session further strengthened teachers' understanding of the ICSE curriculum and its emphasis on conceptual learning, critical thinking, effective communication, and application-based assessment, empowering them to design engaging and competency-driven classroom experiences.

## ISKCON TEMPLE VISIT

The soul is nourished not only by knowledge but also by devotion, gratitude, and service

Continuing its cherished annual tradition, New Horizon Public School organized an enriching visit to the ISKCON Temple for students of Grades 1 to 5. The visit introduced students to temple etiquette, the significance of Archana, and the importance of offering prayers with devotion. Students experienced the serenity of the temple through darshan, the chanting of shlokas and soulful kirtans, followed by prasadam and a visit to the goshala, which instilled in them the values of compassion and care for all living beings. The visit provided a meaningful opportunity to deepen their understanding of India's rich spiritual heritage and cultural traditions.



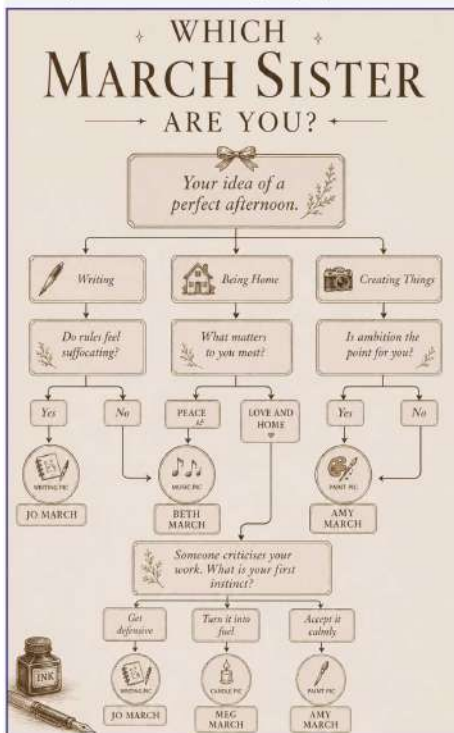
## STUDENT CORNER

## BOOK REVIEW

## Little Women – A timeless journey through love, family and growth

There are books we read and then there are books we live in. Set during the American Civil War, Louisa May Alcott's *Little Women* follows four March sisters - Meg, Jo, Beth and Amy - as they grow up, navigating poverty, personal aspirations, love and loss under the guidance of their mother Marmee, while their father is away serving in the war.

What makes the novel truly remarkable is that each sister possesses a distinct and relatable personality, with her own unique blend of virtues and flaws. Meg, the eldest, longs for comfort, love and a home of her own. She embodies elegance, dignity and maternal warmth. Though she occasionally yearns for the luxuries of high society, she ultimately discovers that true contentment lies in family life and the simple joys of home.



Jo is the passionate heartbeat of the story. Fierce, ambitious and independent, she challenges the rigid expectations of society with remarkable bravery and courage. Her greatest strength lies in her loyalty to her family and in the way she pours her heart and soul into writing.

Beth is the gentle, invisible thread that holds the family together. Shy, sensitive, and delicate, she seeks neither recognition nor applause, finding joy in her piano and in the quiet comforts of home. Even as her health declines, her purity of heart leaves an indelible mark on the reader.

Amy begins as a proud and ambitious child but gradually blossoms into a woman of sophistication, artistic sensibility and emotional maturity. Her fierce determination to rise above her circumstances through her talent

and perseverance makes her one of the novel's most compelling characters. Rich in nostalgia, emotional depth and timeless wisdom, *Little Women* is more than just a novel – it is a comforting companion that will linger in the heart long after the final page has been turned.

Though written over a century ago, *Little Women* continues to captivate readers across generations. The era of the March sisters may belong to the past, but the values celebrated within—love, sacrifice, ambition, resilience and hope—remain timeless. It is a classic that grows with the readers, offering new insights with every revisit. Whether you are reading it for the first time or returning to it years later, the March sisters will always feel like old friends waiting to welcome you home. It is a timeless classic that everyone ought to read at least once.

Charvi Sahni, 9

## DIVERSITY AND INCLUSION

Our world is full of varied cultures, religions, languages and traditions. We see people from a wide range of backgrounds, each with a unique identity shaped by these differences. Diversity is the presence and acceptance of these differences among people. Inclusion makes sure that everyone feels welcome, valued and included, no matter who they are.

Today, the world is more connected than ever before because of globalization. People travel, study and work in different countries. In such a scenario, understanding and accepting people from different backgrounds, brings people together and creates stronger communities.

Acceptance is showing kindness and respect, even if someone is different from us, and not judging anyone, based on their appearance, language, religion, gender, or abilities. Appreciating their strengths and learning from them can help us grow and enhance our capabilities.

Equality is an important part of inclusion. Every person deserves the same opportunities to learn, grow and succeed. No one should feel left out or treated unfairly because of their background. When everyone is given equal respect and support, they become more confident and give their best. A fair and inclusive environment helps everyone feel safe and valued.

Being open-minded is also a part of being inclusive. Open-minded people are willing to listen to new ideas and understand different points of view. They do not make quick judgments or stick to conditioned mindsets. They ask questions, learn from others, and accept that there can be more than one way of thinking.

When people with different experiences and ideas work together as a team, they often come up with better

solutions to problems. Different perspectives help us think in new ways and encourage creativity and innovation.

Students can promote diversity and inclusion through simple acts of kindness. Listening to and respecting someone else's opinion, inviting a new student to join a game or an activity, avoiding bullying or discrimination, and appreciating

different cultures can create a positive environment where everyone feels accepted.

Diversity and inclusion are the foundations of communities that display understanding, friendship, collaboration and cooperation. They help in building a kinder, stronger and happier society. With all these things in place, world peace may not be far behind.



## STUDENTS' ACHIEVEMENTS



We are delighted to share that Samanth N. Naidu of Class 8E secured the 2nd Place in the 8th HSM Memorial One-Day Rapid Chess Tournament, held on 5th July 2026 at Petals Montessori School.

Competing in the Open Category against formidable opponents, including International Masters (IMs), Samanth remained undefeated throughout the tournament and earned a cash prize for his outstanding performance.

Congratulations to Samanth on this remarkable achievement! 🏆👏👏

We are delighted to share the outstanding achievements of our students at JAIN MUN



Vivek Vedanth received the Special Mention Award along with a cash prize of ₹ 5,000 in the United Nations General Assembly – Sixth Committee (Legal), representing the People's Republic of China. He secured the third rank among 50 delegates.

## CLARET CUP 2026



New Horizon Public School's U-17 Boys' and Girls' Basketball Teams showcased exceptional skill, determination and teamwork at the Claret Cup, hosted by St. Claret School, Jalahalli, finishing as Runners-Up. Adding to this proud achievement, Kavin P. and Prathika were honoured with the Best Defensive Player of the Tournament Award for their outstanding performances. This remarkable display of teamwork, resilience, and sporting excellence brought laurels to the NHPS family and reflected dedication and perseverance of our young athletes



Avyukth Igoor received a Verbal Mention in the United Nations Security Council (UNSC), representing the Russian Federation. He secured the fourth rank among 25 delegates.

Grahis earned a Verbal Mention in the IPL Auction event for his commendable performance.



Congratulations to all our achievers on their exceptional accomplishments! We are proud of your confidence, critical thinking, and exemplary representation. We wish you continued success in all your future endeavours. 🌟🌟



We are delighted to announce that Yuvanth B and Raghav Athreya secured the 1st Place in Zenotron through their exceptional performance. Their hard work, innovation, and teamwork have earned them this well-deserved recognition.

Congratulations to Yuvanth and Raghav on this outstanding achievement! 🏆👏👏



We are delighted to announce that **Anantha Subramanian of Grade 5A** has brought laurels to the school by securing the Second Prize in the Juniors Category at the PRATIBHA – Inter-School Competition, conducted by Geetha Govindam Samskrutha Sangha on 28 June 2026.

Congratulations, Anantha, on this commendable achievement! We wish you continued success in all your future endeavours.



We are delighted to share that our students brought laurels to the school with their outstanding performances at the CISCE Zonal Level Competitions.

✂ Shravya (Grade 9) secured the Gold Medal in Swimming.

## YOUNG ARTISTS' GALLERY



Atharva Aravind, 10



Saanvi Parthi, 7



Aditiya Roy, 7



Jai Gupta, 7



Aayansh Trivedi, 6



Anvayee Yogesh Thite, 4

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. Antara S, Ms. Sonia S, Ms. Vidya V K P  
Ms. Supreeta G V, Ms. Sindhu R

**Young Editors** Charvi Sahni - 9B  
Malvika Niasi - 9D

**Editorial Assistant** Ms. Uma M

**Photography** Mr. Niladri P