



**National Public School**

**Hosur Road, Bengaluru**

*"The  
beginning  
is  
always  
today"*

**FIRST FORUM**

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**2023-24**

**ISSUE-9**

**GRADE 10**

# THE EDITOR'S DESK



Greetings, everyone!

A warm welcome to NPS Hosur Road as we present the latest edition of our e-Newsletter. As the academic year commences, it brings with it a sense of novelty and fresh opportunities to approach things with renewed purpose. However, we acknowledge that this period can also be quite demanding for many of us.

With the start of the new academic session, numerous dreams, aspirations, and exciting events lie ahead, waiting to unfold.

We are truly grateful for your continued support, and we sincerely hope that browsing through this newsletter brings you as much joy as it does to us while creating it.

Happy Reading...!

# MESSAGE FROM THE PRINCIPAL'S DESK



## HAPPINESS – What it truly means

Happiness is the positive evaluation of one's life and accomplishments overall. Happiness is the only feeling in pursuit of which every person runs the rat race. Yes! Every act, deed, word, thought is only aimed to satisfy our happiness. Well! The means and definitions are subjective though and is definitely a matter of great debate.

In a broader sense, happiness is related to various materialistic and emotional aspects at different stages of human life.

Childhood: This golden phase of a human life is so joyful that almost every small thing brings happiness to the child. The loving touch of a mother, a tiny appreciation from the father, sharing with siblings, the yellow smiley from a teacher, a thank you from a classmate, dancing in the rain, licking that melting ice cream from the cone, moments of festivity, and the list goes on and on and on....

Adulthood: As we grow, our wings of happiness become crippled by the unwritten rules of the society. The economic standards which propose to be the major deciding factor evaluating our happiness, seems to further constrict our perception. We succumb to so much of peer pressure that we in fact forget what gives us happiness. Social media, media and of course our toxic thoughts of people around, infiltrate deep and redefine our happiness. Thus, happiness at this stage seems just a mirage towards which all of us constantly keep riding to.

Despite our so-called goals of happiness, we still do laugh our hearts out, and get a sincere sigh of accomplishment. Most of our undiluted and unadulterated smiles of happiness are by far credited to our little ones at home. At home and at school, children display their untainted love, care and compassion. They often accomplish tasks beyond the set boundaries. They astonish us by exhibiting such talents that we were clueless of. These acts of great sophistication from such tender minds truly mesmerise us.

It's time we stop telling them what to accomplish in life materialistically and rather change the focus to encouraging their definition of happiness. It's time to change our perception of happiness by imbibing certain subtle yet deeply impactful knowledge of our young, beautiful and brilliant minds.

Happiness is a habit you need to nurture every day to be successful

# World Environment Day

World Environment Day, is an annual global event celebrated on June 5th. It serves as a significant platform for raising awareness and encouraging worldwide action to protect the environment and promote sustainable development. Grade 9 and 10 were taken to a village named Thally. It was a great experience of learning about Sustainable Development.



# Founder's Day

NPS Hosur Road celebrated its 5th Founder's Day on June 19, 2023, honouring the founders' vision and principles. The day began with a special assembly, followed by an Inter-house Basketball match, showcasing teamwork and dedication. The House of Challengers won the Basketball match, securing the Founder's Day trophy. The celebrations not only commemorated the founders' legacy but also highlighted the school's achievements and collective efforts of the NPS Hosur Road community.



# International Yoga and World Music Day



NPS Hosur Road celebrated International Yoga Day and World Music Day together on June 21st. The Yoga day emphasizes holistic advantages like fitness, stress reduction, mental clarity, and spiritual growth.

World Music Day promotes music's universal language, encouraging performances and participation in various genres. Originating in France in 1982, the day breaks barriers, fosters musical diversity, and celebrates cultural expression. Musicians, amateur and professional, perform in public spaces, sharing their talent and creating a sense of community.



# National Reading Week

NPS Hosur Road celebrated National Reading Week 2023 from June 19th to June 23rd, honoring P. N. Panicker, the father of the Library Movement. On June 19th, National Reading Day featured a theatrical story session for Grades 1, 2, and 3, captivating the students with folk stories from renowned storyteller Mrs. Ramya Srinidhi. Primary students enjoyed a unique session with children's book writer Ms. Asha Nehemiah. The week included reading challenges, in-house storytelling, classroom library creation, poster competition, and story writing workshops, promoting the importance of reading across all grades.



## Investiture Ceremony

NPS Hosur Road's Second Investiture Ceremony was conducted on 30th June, 2023, empowering deserving students with leadership roles. The event, graced by esteemed dignitaries, commenced with a lamp-lighting ceremony and a melodious rendition of prayer. The Prefects and Captains were introduced, and the Student Council took an oath led by the Prefect Alina Mondal. The Vice-Principal delivered an inspiring speech, motivating the newly appointed council members to follow the right path. The ceremony united students, teachers, and staff, instilling enthusiasm to uphold the school motto - "Reach Out, Reach High, Reach Beyond!"



# Field Trip to Narayana Hrudyalaya - SEWA

NPS Hosur Road conveyed the proverbial wisdom, 'A stitch in time saves nine,' to its senior students. The school orchestrated an enlightening Health educational field trip on July 28, 2023, in collaboration with Narayana Hrudyalaya, Hosur Road, as part of the SEWA initiative. Under the guidance of Mr. Amruthesh, the hospital's head of marketing, and Ms. Ashwini Manjunath, the school's Lifeskill instructor, the students gained hands-on exposure to medical technology through visits to Xray, MRI, CT laboratories, and the Radiology department.



During this insightful journey, Dr. Vikram Huded, an intervention neurologist, shed light on the enigmatic threat of brain strokes, elucidating their causes and prevention methods. Additionally, Dr. Reshma from the emergency medicine department imparted essential knowledge about the CPR procedure. Both doctors armed the students with crucial defense measures to employ during life-threatening situations.

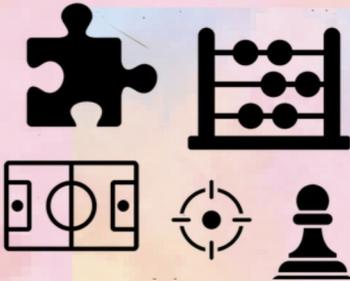


The accompanying teachers were deeply impressed, noting that the students not only gained intellectual insights but also underwent an empathetic and educational encounter of a truly rare nature. The field trip harmoniously accomplished its distinctive objectives, leaving an indelible impact on the participating students.

# Amazing facts



Game theory is a branch of mathematics that studies strategic decision-making in situations involving multiple players or agents. It has applications in economics, political science, biology, and various other fields. Game theory provides mathematical tools to analyze interactions, predict outcomes, and determine optimal strategies.



AB de Villiers holds the record for the fastest century in One-Day International (ODI) cricket. He reached a hundred off just 31 balls against the West Indies in 2015



The ocean is the largest habitat on Earth, covering about 70% of the planet's surface. It contains an estimated 97% of Earth's water and is home to a diverse array of marine species.

The largest living structure on Earth is the Great Barrier Reef, which is visible from space. It is made up of billions of tiny organisms called coral polyps and supports a rich ecosystem of marine life.



# A Symphony of Colours



Sneha



Ojasvini



Swati

Ojasvini

# A Symphony of Colours



Nishanth



Swati



# Capturing Life's essence in a single frame



Shreyas



Shreyas



Dishita



Keerthi

# Importance of Sports in Education

- Gagan Rathi

In recent years, the role of games in education has gained significance and become important. With their ability to engage, motivate, and educate, games offer a unique and immersive learning experience that can enhance various aspects of education.



Games have emerged as powerful educational tools that bring innovation and effectiveness to the learning process. By harnessing the engaging and interactive nature of games, educators can create dynamic learning environments that promote critical thinking, problem-solving, collaboration, and motivation.



# WONDERFUL POETRY

## Classroom Bonds



Friendship has a special connection  
That doesn't have a specific shape nor a direction  
However the ones that are made in class  
Hold an entire cluster of stories to amass

We meet them as a faceless soul  
Slowly, we learn about them as a whole  
As the the minutes and hours tick away  
The bond gets stronger day by day



Together we have the most fun of times  
Laughing away at our innocent crimes  
Staring away as the teacher bored and bored  
Racing her marker over the the vast whiteboard

The toughest situations, we have faced  
The toughest deadlines, we have chased  
United in every situation in which we stand  
Loyal to one another, hand in hand



These memories will be burnt in my mind  
The memories that I cannot leave behind  
Because it is these memories that are left with us alas  
When we finally leave our beloved class

-SHREYAS

# YUMMY TUMMY – FOXTAIL MILLET UPMA

1. Heat oil in a pressure cooker over medium heat add mustard seeds and add some urad dal and allow it to crackle. Allow the urad dal to turn golden brown and crisp.



2. Once the dal is golden brown, add the green chilli and red chilli and sauté for a few seconds.

3. Add the onion, ginger and sauté until the onions soften. Once the onion softens, add the curry leaves, turmeric powder, beans, carrots, foxtail millet, salt and 2-1/2 cups of water.

4. Cover the pressure cooker and pressure cook the millet upma for 5 to 6 whistles and simmer for 5 minutes and turn off the heat. Allow the pressure to release naturally.

5. Once the pressure releases, give it a gentle stir. Squeeze in the juice from one lemon and stir in the chopped coriander leaves.

6. Serve Foxtail Millet Upma Recipe along with tomato onion recipe or coconut chutney.



# THE COTTAGE

-ALINA MONDAL



It was a cold and windy night. I looked for shelter nearby for the night. I had been separated from my hunting party for a while now and still, there was no sign of them. I started to lose hope as I walked through the forest with creepy trees that intimidated me. And then, it started to rain. I was running as fast as I could. Then, finally, I found a cottage. It was old and in a condition but enough for the night.

I was greeted by an old couple, Mr and Mrs Gwaine and their son, Arthur. Mr. Gwaine was an intelligent man, having incredible knowledge regarding political affairs and science. Mrs. Gwaine seemed really worried about my situation, although I told her that I would be fine. She told me that the family would be going out tomorrow so she'll leave me some breakfast which I could have before I left. I thanked her for this. Although Mr and Mrs Gwaine were kind and welcoming, their son, Arthur didn't seem to like me very much.

The next day sun shined in through the window and onto my bed. I got out of bed and went downstairs only to find the house empty. I ate the breakfast left by Mrs. Gwaine and left the cottage after locking it, as instructed, by Arthur, who had given me the silver lock and key the day before, for doing so.





"Well, this can't be true. You don't expect me to believe this now, do you?"

"Oh come on Percy, why would I lie about this?"

"William there is no cottage in the woods"

"What?"

"There was one but 30 years back"

"No... that can't be possible. I stayed with Mr and Mrs Gwaine and their son. You're probably talking about a different cottage"

"No William, it's the same one. About 30 years ago the same cottage had burned down mysteriously and the Gwaines had apparently disappeared somewhere into the forest during the fire.

"This can't be true Percy I was in that cottage"

"I know the woods better than you and you can ask anyone on the street, they will tell you the same thing. To this day, their whereabouts is a mystery. Questions like who started the fire or why the main door was locked from the outside are still unanswered"

"Locked?"

"Well, yes. This fact puzzled the police. If the Gwaines were trying to flee the cottage, they wouldn't have the time to lock it and as per reports, they were inside the house when the fire started. Also, there was no reason for the Gwaines to burn down their own cottage"

"What...I..." I looked down in disbelief, out of breath.

"Well...I... I might know something Percy"

# Yoga and Healthy Life

In today's fast-paced and stressful world, maintaining a healthy lifestyle has become more important than ever. Amidst the chaos, yoga has emerged as a powerful practice that not only promotes physical fitness but also nurtures mental and spiritual well-being. With origins dating back thousands of years, yoga has stood the test of time, gaining popularity worldwide for its transformative benefits. This article explores the profound impact of yoga on achieving and sustaining a healthy life.

- **Enhances Physical Fitness:** Regular yoga practice enhances cardiovascular health, improves respiratory function, and boosts metabolism, leading to increased energy levels and stamina.
- **Promotes Mental Well-being:** The combination of deep breathing, mindfulness, and meditation in yoga practice has a calming effect on the mind. It reduces stress, anxiety, and depression by promoting relaxation and reducing the production of stress hormones like cortisol., enabling individuals to cope better with the challenges of daily life.
- **Stress Relief and Relaxation:** Yoga provides a refuge from the chaos and offers effective tools for stress management. The practice of yoga activates the parasympathetic nervous system, triggering the relaxation response.
- **Improves Sleep Quality:** With regular practice, individuals experience improved sleep quality, reduced sleep disturbances, and increased overall well-being.

Yoga offers a comprehensive approach to holistic health. Embracing yoga as a regular part of our lives can empower us..

- Gaurav Rathi

# Corruption

- Devansh

Corruption is a deeply entrenched global issue that has plagued societies across the world for centuries. It is an insidious disease that undermines economic growth, erodes public trust, and hampers the development of nations. Corruption manifests in various forms, ranging from bribery, embezzlement, nepotism, and fraud, among others. This article sheds light on the detrimental effects of corruption, its root causes, and the urgent need for collective action to combat this pervasive menace.



Corruption has far-reaching consequences that permeate every aspect of society. At the macro level, it stifles economic growth and investment, diverting funds meant for public welfare into the hands of a select few. This misallocation of resources results in crumbling infrastructure, inadequate healthcare and education systems, and a general decline in the quality of life for citizens. Moreover, corruption undermines the rule of law, weakening institutions and distorting the justice system, thereby fostering a climate of impunity.

# The Gift Of Gratitude

-Rishith

Rajesh was a young boy who lived in a small village with his parents. He was always unhappy and dissatisfied with his life. He complained about everything: the food, the clothes, the school, the weather, and even his friends. He always wished he had more money, more toys, more clothes, and more fun.

One day, his father decided to take him to the city for a special trip. He wanted to show him how fortunate he was and how much he had to be grateful for. He took him to a big mall, where Rajesh saw many things that he wanted to buy. He begged his father to buy him a new video game, a new bike, a new watch, and a new shirt. His father smiled and said, "Maybe next time, son. We are just here to look around."

Then, he took him to a park, where Rajesh saw many children playing and laughing. He wanted to join them, but he felt shy and awkward. He noticed that some of the children had no shoes, no toys, no bikes, and no watches. They wore old and torn clothes, but they seemed happy and content. His father said, "Look at these children, son. They have so little, but they are so joyful. They appreciate what they have and share it with others. They are grateful for every day and every moment."

Rajesh felt a rush of guilt and shame in his heart. He realized how selfish and ungrateful he had been all his life. He realized how much his parents loved him and how hard they worked to provide for him. He realized how lucky he was to have a home, a family, a school, and friends. He realized that happiness was not in having more, but in being more.

He hugged his father and said, "Thank you, dad. Thank you for this gift of gratitude." His father smiled and said, "I love you too, son. And I'm proud of you." And they walked back to their car, and Rajesh never complained about anything after that.

Welcome to  
Montessori/Kindergarten



BACK  
TO  
SCHOOL





# Montessori Day 1



The Academic Year 2023-24 at Glow Montessori Centre got underway this June, with Montessori Seniors and Juniors coming in enthusiastically. The children shared their experiences during their vacation. Many shared about visits to their grandparents' house, visiting a bird sanctuary and various places in and around Bangalore. Playing in snow for the first time and learning swimming were a few other things that some of the children seem to have explored.

The children were taken to their respective environments by their class teachers, and they gleefully carried home the welcome cards made for them.

A new group of children coming to school this year were the Toddlers. Much to everyone's surprise they settled in the Environment exploring the displayed materials.

The Freshers, for whom it was their first-time schooling, walked in curiously looking around the school and are slowly warming up to the work routine.

With the start of a new academic year, a journey of growth and learning has begun!



# International Yoga Day

The International Yoga Day was celebrated at the Glow Montessori Centre to bring peace, harmony, happiness and success to every soul present there. This being the great opportunity to imbibe the value of discipline in children, they also got a chance to know how yoga embodies the unity of body and mind. The students of GMC with the teachers performed a few yoga poses. The Montessori children's focus this year was based on animal theme. Children posed as lion, monkey, elephant, snake and so on. Children also posed few asanas like Vajrasasna, Vrikshasana and ended with Surya Namaskar and meditation.



**GLOW MONTESSORI CENTRE  
YOGA DAY**

**GLOW  
MONTESSORI  
CENTRE**

Kindergarten children started up with warm up exercises and they performed various simple asanas. The importance of these asanas was explained to them simultaneously. Children were shown a story based on asanas. The yoga teacher encouraged the students to practice regular yoga to remain fit and improve concentration.

In conclusion the celebration of Yoga Day was an excellent opportunity to highlight the importance of yoga in promoting physical and mental health for children.

# Monthly Treats - June / July

'Monthly Treat' provides an opportunity for children to eat together during snack time and share their thoughts about eating healthy and staying healthy. The Montessori children at the Glow Montessori Centre enjoyed abundantly the delicious food they brought for the theme 'Healthy Food', for the month of June.

Monthly  
Treat  
JUNE 2023-24



GLOW  
MONTESSORI  
CENTRE

Monthly Treat  
JULY 2023-24



GLOW  
MONTESSORI  
CENTRE

'The theme for the month of July being 'Colourful Healthy Food', parent's creativity in preparing the food showed how curious children were to open their tiffin boxes and show their classmates the colorful snacks they brought.

All in all, the children joyously ate their snacks and had fun sharing their thoughts about eating healthy food.

# Colour Days

The theme for the month of July was Colours, and it was a vibrant journey of learning and fun over the entire month.

As part of the celebration different days were designated for different colours. The first week was about Primary colours, followed by secondary colours and then by tertiary colours. Children and teachers came dressed in the specified colour and children were engaged in activities around that colour. Each day the Freshers carried a picture of an object in the specified colour and stuck them altogether. It was a delight to see the pictures brought by them, few of which they had coloured all by themselves. The Juniors coloured pictures of that colour in a prepared colouring worksheet. While the Seniors brought objects like charcoal, pink umbrella, potato, avocado, toy fire truck to name a few and shared their thoughts about the objects with their friends and teachers was very thoughtful.

The colourful month of July finally culminated with the children coming in their favourite colour dress and bringing the snacks of their favourite colour too.



# “A Great Education Begins With A Great Kindergarten Experience”

The first day of school is that singular moment where parents watch their babies blossom in the blink of an eye. Our kindergarteners started their journey into learning at Glow Montessori Centre on 7th June 2023.



Those little hands gripping onto parents left the premises with a memorable experience. The first journey of every tiny tot was made exciting, the classrooms were decorated, the teachers introduced themselves, sang rhymes and made the class lively with stories using puppets.

The main highlight of the day was infusing the importance of World Environment Day into their new beginning. Introducing them to Tulsi as a medicinal plant, the different kinds of trees and shrubs in the premises and demonstration of removal of weeds by the gardener fascinated the little ones.



Bonding and trust are considered a priority at GMC. This event captured many smiles and beautiful moments that helped in settling-in the students.

The day ended with new friendships, exciting discoveries, and hope for endless learning opportunities.

# Stretch, Pose and Repeat!

International Yoga Day was observed at GMC on 21st June, 2023. Yoga has been proven to be beneficial to any age group. The tiny tots were indulged in performing asanas in a playful and fun way. The story yoga that was demonstrated, imbibed the values of exercise in them. The programme commenced with 'Clap it' song which thrilled the students. Children were elated to be accomplishing the poses like child pose, cat, butterfly, and tree. This activity brought about a challenge as well as mindfulness amongst the students. Simple breathing exercises and meditation were also part and parcel of the event. Ultimately, the glimpses of the littleones bringing about the balance in the body was a feast to the eyes.



# Show and Tell!

An exciting opportunity was provided to students at GMC to equip them with the art of speaking. "Show and Tell" encourages creativity, public speaking skill and self-expression. During the event the little ones showed their favourite object and spoke about their emotions, also threw some light over the knowledge they absorbed about the sense organs and captured many smiles. The event was aimed at building confidence in expressing their thoughts and articulating ideas effectively. Using visual aids to support their presentations encouraged all the mighty ones to observe their surroundings, gather information and share the same with their peers and teachers. This indeed helped in providing them with an experiential learning environment.



# Upcoming Events

- Interhouse Competitions



- Independence day  
Celebration



- National Sports Day



- Onam Celebration

