



# National Public School

## HOSUR ROAD

### FIRST FORUM



Issue: 16

#### Behind The Pen

“Books are a uniquely portable magic.” – Stephen King

Welcome to the first edition of The First Forum for the Academic Year 2025–26! With the turn of a page or the tap of a screen, words have the power to transport us—to other times, distant places, and new perspectives. That is precisely the magic we, the students of Grade 10, have aimed to capture in this edition.

This isn't just a collection of articles—it's a journey woven with creativity, curiosity, and collaboration. We've programmed ourselves not merely to write, but to dream, to think boldly, and to bring our unique voices to life. Every section has been crafted with intention and care to offer a little something for every kind of reader.

Inside, you'll find vibrant stations to explore: step into the Spotlight to celebrate achievements, wander through Campus Chronicles to relive moments from school life, tune in to Voices and Views for thoughtful opinions, browse Buzz Boards for exciting updates, admire artistic expression in Canvas and Quills, and glimpse innovations in On the Horizon.

Whether you're here for a quick read or a deep dive, for entertainment or inspiration, there's a corner here for you. So, settle in, turn the page, and enjoy the ride—we're glad to have you with us.

Happy Reading!

Grade 10 Editorial Team

#### At The Helm



#### Digital Detox: A Step Towards Health and Harmony

In today's fast-paced digital world, our lives are increasingly entwined with screens. While technology has brought the world to our fingertips, it has also quietly distanced us from real-life connections and meaningful engagement. As educators and guardians of the future, we must reflect on whether we are giving our children a balanced environment that nurtures both intellect and emotional well-being.

A digital detox is not about rejecting technology but about reclaiming control. It's about creating intentional pauses – moments where gadgets are set aside and genuine interactions flourish. A screen-heavy routine often leads to fatigue, social withdrawal, and reduced attention spans. Conversely, an activity-oriented and interaction-rich environment at home fosters creativity, empathy, communication, and holistic development.

Families must consciously dedicate time to unplug and reconnect – with each other and with nature. Encourage children to engage in hobbies, board games, storytelling, gardening, or helping in household tasks. Plan regular tech-free hours or a family “no-gadget” evening. Most importantly, let us lead by example.

Home should be a sanctuary of warmth, not a zone of digital distraction. Let it echo with conversations, laughter and learning – not the hum of electronic notifications. Let us gift our children the joy of presence – being in the moment, with those who matter.

A digital detox is not just a break from screens – it is a return to authentic living. As we champion academic excellence, let us also advocate for balanced living – where minds grow, hearts connect, and families thrive.

Mrs. Usha Mahesh Reddy  
Director - Principal

## The First Day

The first day in our school was one of joy and excitement. The students were thrilled to be back to school. They were eager to explore the exciting possibilities the new school year would bring. Our Director-Principal, Mrs. Usha Mahesh Reddy gave a heartwarming welcome to all the students and motivated them with an empowering speech, emphasizing on determination, discipline and hard work.



## World Environment Day

Our school celebrated The World Environment Day on the 5th of June, 2025. The program started off with a wonderful speech, showcasing the true beauty of the environment. The students then addressed the gathering on how we as a community are damaging nature and how we can mitigate the effects of global warming and widespread pollution.

BEAT  
PLASTIC  
POLLUTION



## Founders' Day

The spirit of sportsmanship, discipline and talent were showcased amazingly by the students of Grades 9-12 in the sixth edition of the Founders' Cup held at NPS HRD. The annual celebration pays tribute to the vision and legacy of our founders and reinforces the values upon which our institution is built upon. This special occasion was attended by the founders - our Director- Principal Mrs. Usha Mahesh Reddy and our Managing Trustee Mr. Mahesh Reddy. The inter-house basketball and throwball matches kicked off with our founders doing the honours. The teams showed great spirit during the game and also their dedication towards the sport. Voyagers came out victorious in the Boys Basketball Cup while the Explorers won the Girls Throwball Cup.







## International Yoga Day

Our school celebrated the International Yoga Day on the 21st of June, 2025. Through a special assembly, students demonstrated exceptional talent and physical prowess. It was a meaningful learning experience for everyone, offering deeper insight into the true essence of yoga. The session helped everyone recognize the powerful role yoga can play in enhancing their everyday lives.

## World Music Day

The students of NPS Hosur Road celebrated the occasion of World Music Day on the 21st of June, 2025. The special assembly, held as part of the celebrations, was a remarkable showcase of musical skill and talent. The students presented a stunning fusion of Indian classical and Western rock music, leaving a lasting impression on the audience.



## Investiture Ceremony

On June 25th, our school proudly held the Investiture Ceremony for the academic year 2025–26. The newly elected Student Council members were honoured with badges and sashes, symbolizing their roles as student leaders. Our Director-Principal Ms. Usha Mahesh Reddy and Academic Coordinators, Ms. Anju Chokhani and Ms. Maithili Arun, along with special guests and Management Trustee Mr. Mahesh Reddy, officially conferred responsibilities in the presence of teachers and students. The council members took a solemn oath to uphold the school's values and vision, pledging to lead with integrity, commitment, and purpose. It was an inspiring start to a promising year of leadership and teamwork.



## Grade 10A Assembly



Grade 10A delivered an assembly titled “Rise Above Fears”, leaving the school community both inspired and introspective. Centered on the themes of courage, confidence, and resilience, the assembly emphasized that overcoming fear is a crucial step toward personal growth. Comperes set the tone with thoughtful reflections on common fears we all face. The class band’s rendition of “Unstoppable”, enhanced by a powerful mime performance brought the song’s message to life. A dynamic dance performance further embodied the spirit of rising above fear. The assembly concluded with a strong message: Forget Everything And Run – or Face Everything And Rise.



## Kargil Vijay Diwas Assembly

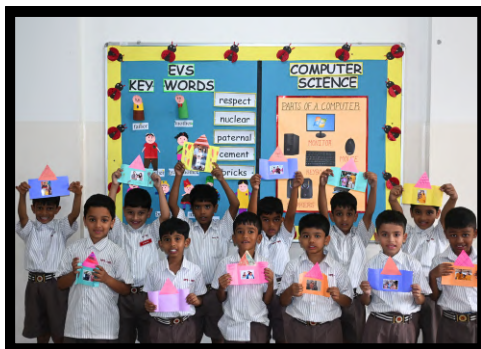
The school commemorated Kargil Vijay Diwas with a heartfelt and meaningful assembly. The event began with the National Pledge led by the school prefect, followed by a patriotic speech that reflected on the courage and sacrifices of our brave soldiers. A stirring Hindi poem recital added an emotional touch, evoking pride and gratitude in the audience. The message was reinforced in the classrooms by the teachers.



## Grade 10B Assembly



The students of Grade 10B led an assembly presentation centered on the theme of ‘Kindness’. The assembly aimed to promote the value of kindness and encourage its practice throughout the student community. It also aimed to teach them that, “A person is never born with the feeling of hate, if a person can be taught to hate, he can also be taught to love, whereas love comes more naturally.” The thought, song and the skit spread the message of kindness and empathy in a fun and engaging manner and conveyed a common message: ‘Be kind, Be empathetic and Spread joy’.



## No Bag Day

Students of Grades 1 to 5 enjoyed a fun-filled No Bag Day featuring a special Reading Day, Sadak Suraksha - road safety activity, designing their own constellation and exciting sports activities . The day was designed to encourage a love for books, emphasis on staying safe on the road, and an opportunity to explore space creatively. In addition, the children participated in lively sports heats, promoting teamwork and physical fitness.





## Sweet Trap



In line with the CBSE directive to promote health awareness, a talk titled "Sugar Trap – Harmful Effects of Excessive Sugar Intake" was organized on 6th June 2025. The session was conducted by renowned paediatric endocrinologists Dr. Suma Uday and Dr. Pavithra Nagaraj from Narayana Health Hospital for students of Grades 1 to 12. The talk focused on the dangers of excessive sugar consumption, including hidden sugars, obesity, and early onset of type 2 diabetes. Students were given simple tips for healthier eating and reducing sugar intake, along with the importance of a balanced diet and physical activity. A webinar was conducted by Dr. Suma Uday for parents, emphasizing their crucial role in fostering healthy eating habits in children.

## National Reading Week

National Reading Week was celebrated with great enthusiasm and excitement from June 16<sup>th</sup> to June 20<sup>th</sup>. The week was filled with activities designed to promote a lifelong love for reading among students and to emphasize the importance of literacy in our daily lives. The students took the Reading Pledge to show their commitment to making reading a regular and meaningful habit.



## Parent Orientation

Orientation sessions were organized for the parents of students from Grade 6 and Grades 9 to 11, to introduce parents to the respective grade's curriculum and outline expectations from students. The session also featured an interactive activity where parents discussed case studies highlighting common challenges faced by students, parents, and the school. This collaborative approach aimed to foster better understanding and support between home and school. The orientation helped parents become more involved in their children's academic journey. Overall, it strengthened the partnership necessary for student success.



## The Great Outdoor Escape



The Grade 5 students had a fun-filled field trip to Decathlon! It was a day full of energy, laughter, and learning. The students enjoyed exploring different sports equipment and trying out various activities. They learned about the importance of fitness and teamwork while playing in the open space. The Decathlon team was friendly and helpful, making the experience even more enjoyable.

The Grade 4 students went on an exciting field trip to Jawaharlal Nehru Planetarium, where they explored the wonders of space. They watched a fascinating show about the solar system, stars, and planets, which sparked their curiosity and imagination. The students learned interesting facts about astronauts, space travel, and galaxies. It was a fun and educational experience that made science come alive.



The Grade 3 students had a magical day at Jawaharlal Nehru Planetarium! As they stepped into the dome, they were amazed by the dazzling stars and swirling galaxies above them. They learned about the sun, moon, and planets in a fun and interactive way. The highlight was the space show, which made them feel like they were in space.

The Grade 2 students had a fantastic time on their field trip to Namma Bengaluru Aquarium! They were amazed to see colorful fish, playful sea otters, graceful jellyfish, and even sharks swimming above their heads. The students learned about different marine animals and their habitats through fun displays and interactive exhibits. Their eyes lit up with excitement as they explored the underwater world.



Grade 1 students went on a wonderful adventure to Namma Bengaluru Aquarium! They were excited to see bright, beautiful fish, big turtles, and friendly sea creatures swimming all around. The children were full of questions as they learned fun facts about ocean life. It was a fun-filled day where the students explored, discovered, and smiled from start to finish.



## The Failed Captain Who Never Failed

In cricket, success is often judged by trophies. But there are some leaders who leave a mark far deeper than the limits of the game—they change the very fabric of the game. Virat Kohli, India's most successful Test captain, is one such name. Though he never lifted an ICC trophy as captain, his leadership transformed Indian Test cricket forever.

The Numbers Speak — But Not the Whole Truth

Virat Kohli captained India in 68 Tests, winning 40, losing 17, and drawing 11. This gave him a win percentage of 58.82%, the best among Indian Test captains. He stands third amongst all test captains to have played the game. Under him, India reached the World No. 1 Test ranking and held it for 42 months straight, from 2016 to 2020. He overtook legends like MS Dhoni (45%), Sourav Ganguly (42.86%) and Mohammed Azharuddin (29.78%) to become India's most successful red-ball skipper.

Historic Overseas Feats

Kohli's greatest contribution was breaking India's "home team" tag. Under his aggressive leadership, India began to win consistently overseas, something that had eluded the team for decades.

Australia 2018–19: India defeated Australia 2-1, becoming the first Asian team to win a Test series Down Under. Kohli called it "the proudest moment" of his captaincy.

England 2021: India led 2-1 in the five-match series before the final Test was postponed. Memorable wins at Lord's and The Oval displayed India's ability to bounce back and dominate.

South Africa 2018: Despite losing 2-1, India won the Johannesburg Test on a spicy pitch, proving their fast bowlers could win on foreign soil.

West Indies 2016 & 2019: Clean sweep series victories where Kohli also became the most successful Indian captain overseas.

Sri Lanka 2017: India won 3-0, sweeping the Sri Lankans at their home on the tough spinning tracks.

Sajal Saraf 10A

## The Role Of Art in Our Lives

It is the natural instinct of us humans to respond and react to colours. Every colour be it vibrant or dreary draws the attention of the human eye, captivating, apprising an emotion. Where the iris upholds the power to distinguish nearly a million colours it does pause a moment to admire spectrum of colours consolidated on a plane art. It is a medium of self-expression, conveying a thought through colours and re-establishing mental peace somewhat through delusions or satisfactory imaginations.

One's feelings and experiences are spectacularly represented through a piece of canvas and a few strokes of colours. "A picture speaks more than thousand words." Art communicates through colour helping one find solace in solitude.

Aditi V Reddy 10A

## The Three Point King : Stephen Curry

When we think of modern-day basketball legends, one name that always comes to mind is Stephen Curry. He not only mesmerised everyone with his three-point shooting, but also with his precision passing and play-making.

Wardell Stephen Curry, born on March 14, 1988, is an American professional basketball player and point guard for the Golden State Warriors of the NBA. Nicknamed 'Chef Curry', he is widely recognised as the greatest shooter of all time. His three-point shooting and competitiveness have not only inspired millions of people but also almost every basketball player to improve their three-point shooting.

Curry played his college basketball for the Davidson Wildcats. During his time there, he was named the Conference Player of the Year twice. He later went to set the NCCAA single record for the most three-pointers made (162) in a single season. He also led the NCCAA Division I scoring in his junior year. Curry was selected by the Golden State Warriors during the 2009 NBA Draft.

But not all was smooth for Stephen Curry. When he first entered the draft, many teams considered him to be a small, thin point guard who was prone to injuries, as his ankles were very weak. Many teams considered that there was no future for him in the NBA. But one of the teams that trusted Curry and his skills was the Golden State Warriors. He was the 7th overall pick in the draft.

Curry's career in the NBA did not start as smoothly as he wanted. Because of his small stature and slender frame, he was dominated by the big centres.

But then, things turned around during the 2014-2015 NBA season, when he won his first MVP award and led the Warriors to their first championship since 1975.

From that point on, there was no turning back. Curry's best performance had come during the 2015-2016 NBA season. He had led the Warriors to a championship victory against the mighty LeBron James and the Cleveland Cavaliers, and also was the first player to be unanimously voted the MVP (got every single vote for MVP).

Throughout the years, Curry is a four-time NBA champion, a two-time MVP, a Finals MVP, two gold medallist at the FIBA World Cup and a gold medallist with the USA as part of the 2024 Olympics.

Though Curry's absolute peak was in 2016, he continues to show his talent, determination and skill. He is one of the best three-point shooters there is and one of the best for a long time to come.

Pushkal Manikonda 10A

## Reclaiming Lives

Agreeably, after a long day at school- a day filled with lectures, tests and the constant upbringing of upcoming exams, one is inclined to pick up the phone- constantly buzzing with notifications and endless digital streams, it's easy to get lost in the glow of our screens. But one does not realize that even five minutes of going through your phone can devour valuable time and derail your original intentions. This phenomenon is called a 'Rabbit Hole'- a rock in your path so that if you don't pay attention, can get you deep down the hole of mindlessly scrolling through social media for hours.

Let's look at this from a scientific perspective. The human brain's prefrontal cortex is only fully developed at the age of twenty-five. Before this, the brain is much more susceptible to rewards like dopamine- since the prefrontal cortex is responsible for impulse control. The constant bombardment of high-dopamine stimuli from social media can desensitize the brain's reward system- resulting in increasingly high rates of depression and other corresponding mental health issues

When a child's brain becomes desensitized to dopamine, natural activities that should trigger a healthy sense of joy and reward no longer provide the same level of satisfaction. They feel flat or uninteresting. This chronic lack of pleasure and motivation is a direct pathway to anhedonia, which is a major component of depressive disorders.

Now, let's see what happens in the first five minutes of turning on your phone:

### · The Immediate Brain & Body Response: (0-1min)

**Dopamine Surge (The Anticipation):** Even before you see anything, the mere act of picking up your phone or hearing a notification sound can trigger a release of dopamine in your brain. Your brain anticipates a potential reward. This is the 'wanting' chemical driving you to unlock and check.

### · The "Rabbit Hole": (1-5min)

**Opening the "Most Compelling" App:** You get a quick hit of dopamine from a funny meme, or some interesting news. You keep going, even if the next few posts aren't as exciting, because the brain is wired for that unpredictable next reward.

### · The Aftermath

**Residual Distraction:** Even if you manage to put the phone down after 5 minutes, your brain is still processing the information it just consumed. It takes time and mental effort to shift your focus back to your original task. This is called attention residue.

The allure of the screen is undeniable, especially after a demanding school day. However, by understanding the science behind the "Rabbit Hole" and the impact of constant digital stimulation on our developing brains, we can begin to reclaim our focus and well-being. Recognizing how quickly our reward systems desensitized is the first step towards a healthier balance- and eventually, our life

Arohini Suman 10A

## The Unseen Footprints Of EV

Electric vehicles (EVs) are often touted as a key solution to reducing greenhouse gas emissions and mitigating climate change. However, a closer look at their entire lifecycle reveals a more complex environmental picture. From the mining of raw materials to the disposal of batteries, EVs have a significant environmental footprint that deserves critical examination.

The extraction of materials like lithium, cobalt, and nickel for EV batteries can cause habitat destruction, pollution, and water usage. Additionally, the manufacturing process for EVs is energy-intensive and carbon-heavy, contributing to greenhouse gas emissions.

The environmental benefits of EVs also depend on the source of electricity used for charging. If the electricity comes from fossil fuels, the emissions are simply shifted from the vehicle to the power plant.

Furthermore, the disposal of EV batteries poses environmental risks, and recycling technologies are still developing. To make EVs truly sustainable, it's essential to address these challenges through sustainable mining practices, cleaner energy sources, improved recycling, and alternative battery chemistries.

Overall, while EVs can be a valuable part of a sustainable transportation solution, it's crucial to consider their entire lifecycle and work towards minimizing their environmental impact.

Tanush PH 10B

## RCB's Historic IPL Victory

On June 3, 2025, Royal Challengers Bengaluru (RCB) ended an 18-year-long wait by achieving their maiden IPL title in a thrilling six-run win over Punjab Kings. The final, held at the Narendra Modi Stadium, saw RCBs batting lineup setting a modest but defendable target of 190. Despite a boundary filled innings from Punjab's Shashank Singh (61 off 30), RCB's bowlers, led by Krunal Pandya's amazing 2/17, won them the historic title of RCBs first trophy.

The celebrations in Bengaluru were gripping. Chants of "Ee Sala Cup Namdu" echoed through the city as fans poured into the streets. The team was felicitated at the Vidhana Soudha, with plans for a grand open-bus parade.

However, the joy turned tragic. During a post-victory event at Chinnaswamy Stadium, an unexpected stampede occurred due to overcrowding and lack of control, resulting in 11 deaths and over 50 injuries. The incident cast a dark shadow over the victory. RCB immediately announced ₹10 lakh compensation for each deceased's family and expressed deep condolences. Even though RCB took immediate action, this black spot on their maiden trophy will never be forgotten.

Despite the heartbreak, the night remains a landmark in IPL history. Kohli's emotional tribute to fans and his gesture of lifting the trophy with Chris Gayle and AB de Villiers will be remembered as symbols of loyalty, legacy, and love. RCB's win marked not just a title, but the reward of unwavering support of not only the fandom, but also the man of the night, Virat Kohli.

Nihar Dave 10A



## The Science Behind Happiness

Happiness is closely linked to how our brain functions. Chemicals like dopamine, serotonin, and endorphins help control our mood. Dopamine is released when we achieve something, giving us a sense of pride and motivation. Serotonin helps keep our mood steady and can be increased by sunlight, exercise, and spending time with others. Endorphins are natural painkillers that make us feel good when we laugh, work out, or eat spicy food. These chemicals show that happiness is not just about luck—it's affected by what we do each day.

Our thoughts also play a big role. Positive thinking and gratitude can train the brain to focus on the good in life. Writing a gratitude journal or noticing small positive moments can increase happiness. We also get used to new things quickly—a concept called the “adaptation effect.” That's why experiences and relationships often bring more lasting joy than material things. Doing something we love, like a hobby or creative activity, can put us in a state of “flow,” which feels deeply satisfying.

Other key factors include sleep, healthy eating, social connections, and even genetics. While some people may be naturally happier, anyone can boost their mood with simple habits. Happiness is something we build—through choices, thoughts, and daily actions.

Saisha T 10B

## The 14 Year Old Who Shook The World

Four records broken in his debut IPL match — Vaibhav Suryavansh, the 14-year-old prodigy, is already making history! Smashing bowlers whose experience is more than his age - he shows promise of becoming a future star in the Indian national team. Batting with a strike rate of more than 200 is not child's play. It comes with immense hard work, dedication, iron will and mental toughness. Though his team couldn't make it to the semis I am sure that he will always comeback stronger...He is an inspiration for the early teenage community. I admire his dedication and acknowledge his skill in the game. This is the kind of talent India needs.....

Soushil Shiva 10A

## The Wish Fulfilling Tree

The Parijat tree, also known as the wish-fulfilling tree, is a mythical and sacred plant in Hindu mythology. Said to grant beauty, charm, and blessings, this divine tree also holds a special place in ancient stories, particularly those involving the gods and Lord Krishna.

The Parijat tree emerged during the Samudra Manthan, the great churning of the ocean by the Devas and Asuras in search of the nectar of immortality. As the churning produced many celestial treasures like Goddess Lakshmi, Kamadhenu (the divine cow), and Airavata (the white elephant), the glowing Parijat tree appeared.

Its flowers were unlike any found on Earth with white, fragrant, and faintly glowing petals, they bloomed only at night and fell off the tree by morning. Indra, the king of the gods, took the tree to his heavenly garden and guarded it as one of the most divine possessions of the heavenly world.

Then came along Lord Krishna, the eighth avatar of Vishnu, known for his wisdom and charm. Among his many queens, two stood out—Rukmini, his first wife known for her gentle devotion, and Satyabhama, who was bold, prideful, and determined to prove her importance. When Satyabhama learned about the Parijat tree and how Rukmini often received Krishna's attention and affection, she demanded that Krishna bring her the divine tree as proof of his love. Krishna agreed, but retrieving it was no easy task. Indra, furious at Krishna's attempt to take the sacred tree, tried to stop him. However, Krishna defeated Indra in battle and brought the Parijat tree down to Earth.

Krishna planted the Parijat in Satyabhama's garden, fulfilling her wish. However, the tree's flowers mysteriously began to fall only in Rukmini's courtyard, not Satyabhama's. This twist revealed a deeper message—while Satyabhama possessed the tree, it was Rukmini's humble and selfless devotion that attracted its true blessings.

This tale beautifully illustrates that love and material gifts are not as powerful as sincerity and purity of the heart. Krishna, without punishing either queen, subtly showed the power of devotion over pride.

Sukriti Sri Kumar 10A

## Woes Of Being A Teenager

I'm thirteen going on thirty,  
But still can't cross the street alone.  
One minute I'm "so mature,"  
The next, I "need to watch my tone."

They say, "Be yourself!"  
—but not that self.  
Not too loud, not too shy,  
Not too smart, not too dumb,  
Not too pretty, or they'll ask why.

My skin breaks out like my emotions do,  
Sudden, messy, hard to hide.  
And every mirror's a battlefield,  
Where confidence goes to die.

There's pressure wrapped in every text,  
In every score, in every stare.  
Everyone's chasing some perfection  
That's not even really there.

Crushes feel like the end of time,  
Friendships feel like forever—  
Until they don't.  
And I'm left reading old messages  
Like they're sacred poems I wrote.

I'm stuck in the middle of who I was  
And who I'm supposed to be.  
Too old for playgrounds,  
Too young to be free.

But in the mess, the moods, the mayhem,  
There's magic I can't ignore—  
Because no one really gets you  
Like the version of you at 14 does at 4.

So here's to the late-night spirals,  
And healing through playlist cures.  
Being a teen is tough as hell—  
But maybe that's how we find our worth.

Tahalia 10B

## Beneath The Surface

The dolphin shines in stories told,  
With cheerful eyes and actions bold.  
We call it kindness, we call it wise—  
A gentle soul beneath blue skies.

But not all grace is free from flaw,  
Some dolphins fight with tooth and jaw.  
They guard their own with force and pride,  
And darker truths they do not hide.

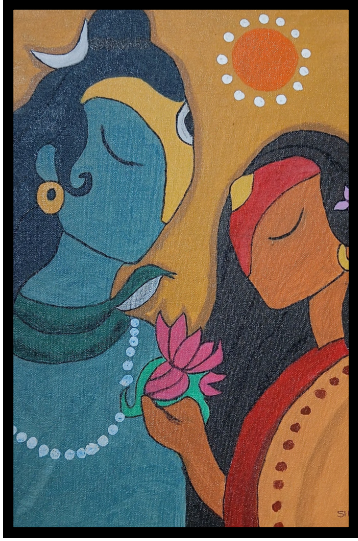
The shark, once cast in shadows deep,  
With science stalks, yet does not seek  
To harm or hunt without a need—  
It follows nature, not with greed.

So now the lines begin to blur,  
And roles we gave no longer stir.  
The fear may calm, the praise may harm—  
True nature lies beyond the charm.

Ashita 10B



# Canvas And Quill



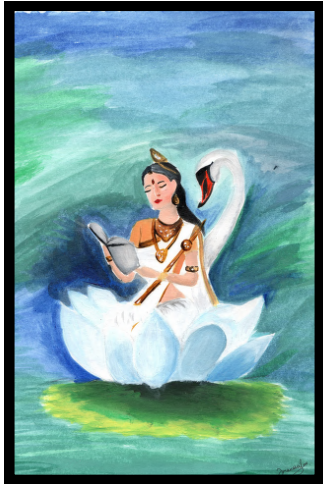
Shreya 10B



Vidhi 10A



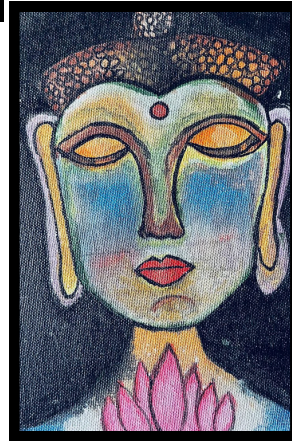
Vidhi 10A



Manasvi 10B



Nandana 10A



Arohini 10A



Shreyasi 10A



Pavithra 10A



Aarna 10B



Aarna 10B



Aditya Ansuman 10B



Haneesha 10B



## “9th SCS International Fide Rated Open Chess Tournament”



Shashini Puvu of 7A participated in the “9th SCS International Fide Rated Open Chess Tournament” held at ‘MEPCO Schlenk engineering college’ and secured Third position.

## ‘National Level Science Talent Search Examination 2024-25’

Vignesh Shankar of 9A participated in the ‘National Level Science Talent Search Examination 2024-25’ and was ranked 33<sup>rd</sup> overall. He was awarded with a medal and cash prize.



## Triple Crown All India Open Rated Rapid Chess Tournament 2025



Shashini Puvu of 7A participated in the 2nd Triple Crown All India Open Rated Rapid Chess Tournament 2025 and secured First place.



Ananya AL of 6A participated in the 2nd Triple Crown All India Open Rated Rapid Chess Tournament 2025 and secured Second place.



The students of NPS Hosur Road demonstrated exceptional talent, teamwork, and determination at the inter-school competition held at NPS Jayanagar on the 11th and 12th of July. Their outstanding performance earned them five awards, placing the school second overall in the number of awards won. This achievement is a testament to their hard work and dedication.



Saisha 10B(left) and Nainika 12A (right) won  
First place in Code Squadron



Vedha 10B(left) and Pushkal 10A(right) won  
First place in Entrepreneurs Strike Back



The Art Club (left to right): Anshika 10A, Avni 9A, Manasvi 10B,  
Pratishaa 10A, Dakshesh 10A, Aditya Mishra 9B, Saksham 9B won  
Second place in Echo Base Build



Cyber Club (left to right): Vikram 9B, Mukund 9B and Harsha 10B  
won Third place in Holograms and Hyperspace.



The School Band (left to right): Nihar 10A, Aarav 10B, Shashwath  
10A, Aryalakshmi 10B, Sukriti 10B, Aryadita 12A, Dev 9A, Harnoor  
10A won Third place in Imperial Beats.



## Anubhava 2025

On July 19th, the students of NPS Hosur Road participated in the Vibgyor HSR interschool event 'Anubhava 2025' with remarkable enthusiasm and grit. Their dedication and consistent effort paid off as they secured multiple prizes across events. Their impressive achievements were a reflection of the disciplined preparation, collaborative spirit, and commitment to excellence. Every participant brought pride to the school with their commendable performance.

### Solo Classical Singing



Shriya Kulkarni of 3C had won First place.



Aryalakshmi of 10B had won Second place



Narayanan of 5C had won Second place.

### Solo Western Singing



Sthitadhee Bhattacharjee of 4D had won Third place



Kaira of 4A had won Second place





The School Band (from left to right): Aarav 10B, Saisha 10B, Aryalakshmi 10B, Sukriti 10B, Harnoor 10A, Nihar 10A and Dev 9B, have got second place in Battle of Bands



Theatre Club (from left to right): Sajal 10A, Veeksha 9B, Anika 10B, Vedanshi 10B, Khushi 10B, Tahalia 10B, Rohan 10B, Vivin 9B, Soushil 10A won second place in Drama: Good vs Evil



The Dance Group (left to right): Aditya 10 B, Mokshita 8B, Devanshi 9A, Aadhya 7C, Khyati 7C, Vidhi 10A, Rithu 9A, Hemanth 6A, have got the First place in Dance: Crew It



Anika of 10B won the award for Best Actress in the Drama Category



Vedaanshi of 10B won First place for Megastar actress in category B





## A Joyful First Step into Kindergarten



The first week in Kindergarten was nothing short of magical! With wide eyes and eager smiles, our little learners stepped into a world filled with wonder, warmth, and new beginnings. For our KG1 children, each day brought tiny yet meaningful milestones — from learning how to greet their teachers and line up, to discovering the joy of tidying up after play. Through rhymes, music, and gentle games, they began to find comfort in their classroom, slowly making it their second home. Our KG2 children embraced the new term with confidence and creativity. They engaged in storytelling, role play, and hands-on activities like clay molding, scribbling, and exploring the “Mystery Bag”. Throughout the week, the air was filled with laughter, music, and little voices sharing new stories. It was a week of new friendships, joyful learning, and stepping into school life with hearts full of wonder. Here’s to a beautiful year ahead!

## World Environment Day



### Caring for the Earth, One Little Hand at a Time

This Thursday, our kindergarteners celebrated World Environment Day with hearts full of care and creativity. It was a beautiful reminder that even the youngest among us can make a difference for our planet. KG2 children went on a nature walk around the school campus, observing the beauty of trees, leaves, and flowers. Inspired by their surroundings, they created charming bookmarks using natural materials and shared thoughtful messages like “Save Trees” and “Keep Earth Clean”. KG1 joined the celebration with Earth-themed art activities, proudly wearing badges they crafted with their own little hands. Through stories, songs, and conversations, the children explored how they can help the Earth — by saving water, not littering, and loving nature. It was a day full of discovery and purpose. The children left not only with handmade creations but also with the understanding that small steps can lead to big changes. Together, they made a beautiful promise — to grow up as caretakers of our planet.

## International Yoga Day



Our kindergarteners embraced calmness, balance, and good health as they celebrated International Yoga Day with great enthusiasm and positivity! The day began with teachers speaking to the children about the importance of yoga in our daily lives. They explained how yoga helps us stay strong, healthy, and happy, and why we celebrate Yoga Day every year on June 21st. To make the experience enjoyable and age-appropriate, children were guided through a few simple and child-friendly yoga poses like the butterfly pose, tree pose, and cat-cow stretch. The little ones followed along with excitement, stretching and breathing mindfully. The celebration left our little yogis refreshed, relaxed, and filled with joy. It was truly a wonderful way to introduce the habit of healthy living from an early age!

## World Music Day



Music has a magical way of bringing smiles, energy, and joy to young hearts—and today was no different! Our enthusiastic kindergarteners celebrated Music Day with boundless excitement and cheer. The day began with children singing their favourite songs in chorus, filling the air with sweet melodies and happy vibes. The sound of tiny voices in harmony was truly heart-warming. The celebration concluded on a cheerful note, leaving every child beaming with joy and bright smiles on their faces!

## Joyful Learning of July



This month was filled with laughter, learning, and discovery! Our little ones explored literacy and numeracy through fun games and stories, built their motor skills with art, movement, and play, and developed healthy habits like washing hands and caring for the environment. They enjoyed free and structured play, bonded during circle time, and explored the wonders of nature—watching a plant grow, observing leaves, and learning about their body and senses through exciting, hands-on activities. Each day brought new adventures and joyful moments that helped our children grow in every way!





## First Week of Freshers

The first week of school for Freshers was a momentous occasion, brimming with excitement and curiosity. With great enthusiasm, children, alongside their parents, settled into their respective classes, exploring the materials laid out before them. Circle time brought an air of joy as young voices harmonized in rhymes and songs, fostering a sense of belonging. The children engaged with learning materials for brief yet meaningful moments, an early glimpse into their academic journey.

## First Day of Juniors and Seniors



The Senior and Junior children returned to school filled with joy and excitement. They eagerly shared stories of their holidays, recounting family trips and gatherings with their friends and teachers. The air buzzed with laughter and animated conversations as they reunited with old friends and met new ones. Meeting their new teachers added to the thrill as they looked forward to the learning adventures ahead. Meanwhile, parents attended an orientation session where teachers provided an overview of the curriculum.

## First Week of Toddlers

The first day of school is an exciting milestone for both parents and children. It was a moment to cherish for GMC, as a new set of Toddlers with beaming smiles and eyes filled with curiosity arrived at the Montessori environment. Children entered their respective classrooms accompanied by their parents, and occupied the mats laid out with materials on them. The day began with the school prayer creating a warm and welcoming atmosphere. Teachers provided instructions to help the parents orient themselves for the days to come. The children collected a welcome card, a keepsake of their special day.



Over the days, the Toddlers, having quickly settled into their classrooms, have started to explore the various activities eagerly. They are adjusting to the new routine and engaging with the materials. Circle time is filled with laughter and action songs. Their smooth transition promises a positive start to their learning journey.



## Montessori Orientation



The Montessori Orientation program was held at GMC and the main objective was to make the parents aware of the academic aspects of the course, the rules and regulations of the institute and ensuring parental participation in monitoring the performance and progress of children. Parents were addressed by Anjana Ma'am the Mentor for Montessori who welcomed the parents and gave them an introduction regarding the academic disciplines.

Teachers introduced the learning materials that children will engage with throughout their Fresher year, explaining each area to help parents understand the purpose and significance of the materials used in the Montessori environment. It left parents feeling informed, connected, and ready to support their child's academic journey.

## World Environment Day



Montessori children celebrated Environmental Day at GMC to teach young minds about the importance of nature and promote sustainable living. Children were engaged in environmental activities like nature walks and outdoor exploration where they were exposed to different varieties of plants which they thoroughly enjoyed. They walked around the school ground touching leaves, spotted butterflies and listened to the bird sounds. The purpose was to make them curious about nature and teach them how to care for plants. This was an initiative to commune with nature.

## International Yoga Day

International Yoga Day was celebrated by the children and teachers of GMC with great fervor. Children demonstrated various yoga asanas. Juniors and seniors performed various asanas like butterfly pose, tree pose, cat pose, warrior pose, camel pose, Natarajasana pose and teachers explained the importance of these simultaneously. Children then headed to the AV room where they were shown a video which was called "Rachel's Day in the Garden". They also tried to emulate the various asanas that were shown in the video. Their excitement knew no bounds.



## World Music Day

GMC celebrated World Music Day on 20th June. Teachers and children participated enthusiastically. Children displayed their amazing skills and talent by singing songs like The Earth is my home, Sa sings the sunflower, Beke Beke Tharkari, See the little bunnies sleeping, chapati chap chap, Colour pencil song and Wash your hands clean. The staff enjoyed participating in a small fun and interactive session.



## Silent Journey



Montessori Senior parents were warmly welcomed to participate in the Silent Journey program conducted at GMC. During the Silent Journey, parents had the option to engage with the activities in one of three ways: Do it yourself, Follow the instructions and Ask for a presentation. Senior parents worked with the Montessori materials with great attention and care. There, parents were given the opportunity to reflect on and share their experiences from the Silent Journey. The session concluded with information regarding the extended school timings, and the dates for the upcoming observation session were also announced.

## Primary Colours

The theme for the month of July at Montessori was a vibrant journey through the 'Splash of Colours', bringing excitement and creativity to every corner of the classroom. To mark this lively theme, specific days were dedicated to different hues, making each week a colorful adventure. The month began with a focus on Primary Colours. Throughout the first week, children came dressed in red, blue, and yellow, lighting up the school with their cheerful outfits. Engaging activities were tailored to each age group.



## Secondary Colours

Following the vibrant week of Primary Colours, the spotlight shifted to the Secondary Colours. The children arrived at school dressed in beautiful shades of orange, green, and purple. The Seniors deepened their understanding of colour theory by bringing objects that represented secondary hues and engaging in meaningful discussions about their significance. The Juniors selected images corresponding to each colour and demonstrated focus and creativity while colouring them within carefully prepared worksheets. The youngest learners embraced the theme through sensory craft activities, joyfully using knuckle prints, footprints, and fingerprints to create imaginative representations of carrots, grapes, and trees.



## Tertiary Colours

The final week of July culminated in a celebration of Tertiary Colours, wrapping up the month's colourful journey with enthusiasm and creativity. Children arrived in delightful blends of hues like red-orange, yellow-green, and blue-violet, bringing a lively burst of colour to the campus. The Freshers enjoyed creating charming crafts such as clouds, trees, and flamingos using their handprints, turning simple materials into imaginative artwork with the support of their teachers. The Juniors continued to explore colours through engaging colouring activities, carefully filling in designs that reflected the week's theme. The Seniors took to the spotlight once more, participating in public speaking sessions where they confidently presented and spoke about objects representing tertiary colours. This activity encouraged both creativity and self-expression, rounding off the month with a sense of accomplishment.





## Monthly Treats - June & July



The Monthly Treats of June being ‘Healthy and Junk Food’ and July themed ‘Colourful Healthy Food’, was a delightful and enriching experience for the children. Parents went the extra mile in preparing vibrant, nutritious snacks that sparked curiosity and excitement among the young learners. The teachers discussed the benefits of eating healthy food and how junk food affects us.

It was heartwarming to witness the joy on the children’s faces as they eagerly opened their tiffin boxes, proudly sharing the colourful and creative snacks brought from home. The variety and presentation of the food not only captured their attention but also initiated thoughtful conversations about healthy eating.





“When you don’t value what has to be valued, you lose your value!” “The beautiful thing about pressure is... you win and you lose at the same time!”

Parents of Aditya 10B

When our kids initially joined the school, we had an impression that National Public School means only academics and negligible extracurricular activities. While this focus is absolutely vital, we must highlight here that the sports, cultural, excursion and variety of enriching activities organized by NPSHRD has proven our initial impression incomplete.

We appreciate the efforts made by the school in organizing these events and are very happy to see our daughter Vidhi Sinha’ participation. We see a positive growth in her personality. Thanks again to the entire school fraternity.

Parents of Vidhi 10A

We have been following NPS since 2002, the Rajajinagar branch which is an esteemed educational institution known for student’s upbringing. So, we enrolled both our daughters in NPS Hosur Road with great expectations for our child’s education and career.

With disciplined curriculum and activities, we can see our kids grooming into well-behaved students, concentrating on studies, core concepts and co-curricular activities

Parents of Jisha 10A

Our child has been with the National Public School Hosur Road family since its establishment in 2019. This school has set a foundation for my child’s future by providing him with the right guidance and support. The school provides an immersive and interactive learning experience and encourages holistic development.

Overall we are very satisfied with the education and learning opportunities. provided by the school

Parents of Nihar 10A

## Life Hack for Students: The 10-Minute Preview Technique

School can feel overwhelming—especially when you're juggling multiple subjects, homework, tests, and extracurriculars. But what if a small change in your routine could make a big difference in how well you learn and remember things?

Here's a powerful but simple life hack: The 10-Minute Preview Technique

### What Is It?

The 10-Minute Preview Technique is the habit of spending just 10 minutes previewing your next day's lessons the night before. This means skimming your textbooks, notes, or slides to get a basic idea of what will be taught tomorrow.

You're not studying deeply—you're just reading ahead to give your brain a "heads up."

### Why It Works

This method uses a psychological principle called "priming." When your brain sees something once—even briefly—it's more prepared to absorb and understand it the second time.

So when your teacher explains that topic in class the next day, it feels more familiar and easier to follow. You'll retain more and feel less lost.

### How to Do It

1. Before bed, open your textbook or notes.
2. Spend just 10 minutes skimming what will be covered tomorrow.
3. Don't try to memorize—just read headings, bold words, and summaries.
4. Ask yourself: What seems important? What looks confusing?

That's it.

### Why it's worth it:

You'll understand more during class

You'll feel more confident speaking up or asking questions

You won't need to cram as much before tests

Study sessions will be shorter (and less painful), because your brain already has a head start

### Give it a try

You don't need to study longer—you just need to study smarter. Try the 10-Minute Preview Technique for a week and see how it feels.

It's a small habit, but it can make a big difference.

Mrs. Ashwini Manjunath



# Lessons and Reflections

## Living Our Motto

“Reach Out, Reach High, Reach Beyond”—these words are not just inscribed on the school walls; they are the heartbeat of our school community.

To our Grade 10 students standing at the crossroads of new adventures and transformation, I invite you:

Reach Out—not only with your hands, but with open hearts. Support each other, and lead with compassion.

Reach High—not merely for academic excellence. Aspire instead for integrity, courage, and excellence in character.

Reach Beyond—go further than what is expected; transcend the ordinary, push past limits, dream boldly, and create your unique path.

As you step outside the school walls and into the vast world, allow the values and principles instilled by the school to guide you at every turn. Let your journey be one of purpose and passion, rather than fear and anxiety.

"Competence may open doors, but it is character that keeps them open—integrity, humility, and resilience define true success beyond anything else."

— Mrs. Anju Chokhani  
Academic Coordinator (PY)



# **National Public School**

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