



NATIONAL PUBLIC SCHOOL UTTARAHALLI

C.A. Site No.1, Happy Valley Layout, Banashankari 5th Stage-Uttarahalli, Bengaluru-560061

NEWSLETTER 2024-25

From the desk of the Principal 

Dear Parents,

This year the NPSU panorama has been a testament of the power of 'Participation and Perseverance,' our chosen theme for 2024-25. From the classroom to the stage, the sports field to community initiatives, our students stepped up with courage, commitment, and a willingness to try. We believe that true growth happens when children actively engage with ideas, with challenges, with each other, and persevere through the uncertainties of the learning journey. Whether they faced success or setbacks, they learned to keep going, to support their peers, and to believe in their own ability to improve.

At NPSU, our goal is to create an environment where every child feels inspired to participate enthusiastically and resilient enough to persevere. It's in these moments of effort and determination that character is built, values are imbibed and we couldn't be prouder of the young individuals emerging through this process.

We are grateful to our esteemed Chairman Sri. Puttanna and the Governing Council for their unwavering support and motivation.

Honourable Chairman Sri Puttanna & the Governing Council

Headlines



NPSU's Vibrant Year: A rich tapestry of events including field trips, special assemblies, Math Hub activities, Scholastic book fair and Community Service programs!

First-ever at NPSU: In a landmark event of the school's history, we hosted our inaugural Science and Robotics Exhibition - 'Eureka' and 'Robosteam' to ignite young minds with curiosity.



NPSU crowned Rank #1 Emerging School in the 2024-25 Times Education Survey!



NPSU Unveils Dynamic Educational Offerings : Robotics, Coding and Life Skills Program to empower students to become future ready.



Dr. Reetu Thapa, Principal NPSU, honoured with prestigious Eminent Leader in Education at the Times Power Women Conclave 2025!

NPSU Celebrates Success: Honouring over 750+ students with prizes across various disciplines!



NPSU Celebrates Brilliance: 150+ students shine with Gold Medal of Excellence in various SOF Olympiads!

Stars in the making: Graduation of the first batch of Grade 10 students.

NOTE: Discover exciting holiday activities curated towards the end of this Newsletter!

Celebrating Achievement: NPSU Olympiads Shape Bright Futures!

NPSU also conducted the LogIQids exam, which aimed to enhance logical reasoning and critical thinking skills among students. This innovative exam provided them with opportunities to engage in brain-stimulating activities and improve their cognitive abilities. It sharpened problem-solving skills, fostered creativity, and encouraged out-of-the-box thinking. As a result, students not only performed admirably but also gained skills crucial for success in academics and real-life problem-solving. The LogIQids exam has proven to be a stepping stone for many students, helping them explore their analytical potential and achieve holistic growth.

OLYMPIADS

NPSU hosted Olympiad exams across various subjects, including English, General Knowledge, Hindi, Mathematics, Social Studies, Science, and Cyber Security, providing students with a platform to showcase their skills. Exceptional performances earned students numerous awards, showcasing their dedication and hard work. Teachers played a pivotal role by offering personalized guidance, organizing special preparation sessions, and providing additional learning resources. This collaborative effort enriched students' knowledge and highlighted the school's commitment to academic excellence and holistic growth. The success was a proud and joyous moment for the entire NPSU community.

Below is the list of awardees who brought laurels to the school.

CHAMPIONS CROWNED IN THE OLYMPIAD QUEST!

IEO RESULT SUMMARY

Student Name	Grade	Result
AIRA BAHUBALI	1	Gold Medal of Excellence
SAMANVIP	1	Gold Medal of Excellence
SHREST	1	Gold Medal of Excellence
DHRUTI V	1	Gold Medal of Excellence
PRAJWATP	2	Gold Medal of Excellence
PRANSHU BHAT	2	Gold Medal of Excellence
AANVI AMIT PESHKAR	2	Gold Medal of Excellence
ANAGHA PRANESH RAO	2	Gold Medal of Distinction
ARVIND N REDDY	2	Gold Medal of Excellence
TAPASYAINDRACANTI	2	Gold Medal of Excellence
PRACHETH SAMEER KASHYAP	2	Gold Medal of Excellence
SHLOK J PATIL	3	Gold Medal of Excellence
SANVEE DAS	3	Gold Medal of Excellence
ARYAVIRPRABHU	3	Gold Medal of Excellence
RAAJVI TRIVEDI	3	Gold Medal of Excellence
REYANPATRO	4	Gold Medal of Excellence
DIVITHA BALAJI	4	Gold Medal of Excellence
VIHAAN KARTHIKEYAN	4	Gold Medal of Excellence
GAUTAMI HEGDE	4	Gold Medal of Excellence
ARJUN NAVEEN REDDY	5	Gold Medal of Excellence
SIDDHANT ASHWIN SOWDI	5	Gold Medal of Excellence
SNIKSHA ABHIN	5	Gold Medal of Excellence
ABHIGNA K RAO	6	Gold Medal of Excellence
AKANKSHA KONDAPURAM	6	Gold Medal of Excellence
JVIN B DADANAVAR	6	Gold Medal of Excellence
AYUSH ANIL DESAI	7	Gold Medal of Excellence
MAYOLA PRINCIA PINTO	7	Gold Medal of Excellence
ARJUN VARMA	7	Gold Medal of Excellence
S SHRIVAS	8	Gold Medal of Excellence
TANAYBARANWAL	8	Gold Medal of Excellence
DHRITHI SHRIKANT	8	Gold Medal of Excellence
HARSHITH A	9	Gold Medal of Excellence

IGKO RESULT SUMMARY

Student Name	Grade	Result
DITI PATTANASHETTI	1	Gold Medal of Excellence
SUCHETA	1	Gold Medal of Excellence
R LAKSHAN ANEESH	1	Gold Medal of Excellence
SHIREESHA S	1	Gold Medal of Excellence
SAANVI SRIVATSAD N	2	Gold Medal of Excellence
PRANSHU BHAT	2	Gold Medal of Excellence
SWOJAS DANESH SHIROL	2	Gold Medal of Excellence
RIYANSHM	2	Gold Medal of Excellence
PARITHOSH B G	2	Gold Medal of Excellence
VEDANT MUKESH RATHI	2	Gold Medal of Excellence
AKANKSHA C	3	Gold Medal of Excellence
DHANVIHTA G S	3	Gold Medal of Excellence
HIRANMAYI MANASVI	3	Gold Medal of Excellence
AARADHYA BHALCHANDRA ATRE	4	Gold Medal of Excellence
DIVITHA BALAJI	4	Gold Medal of Excellence
TANISH BHAGAV	4	Gold Medal of Excellence
ARJUN NAVEEN REDDY	5	Gold Medal of Excellence
SHASHANK SUNIL BHANDARI	5	Gold Medal of Excellence
SIDDHANT ASHWIN SOWDI	5	Gold Medal of Excellence
RIDDHI GIRISH BHANDARI	6	Gold Medal of Excellence
SIRI MURTHY	6	Gold Medal of Excellence
AKANKSHA KONDAPURAM	6	Gold Medal of Excellence
REVANTH DREDDY	7	Gold Medal of Excellence
AARINI P	7	Gold Medal of Excellence
DEVANSHIGARG	7	Gold Medal of Excellence
TANAYBARANWAL	8	Gold Medal of Excellence
ANANTH RAI	8	Gold Medal of Excellence
DHRUTHI S	8	Gold Medal of Excellence

IHO RESULT SUMMARY

Student Name	Grade	Result
HANISHKA RAJA	3	Gold Medal of Excellence

IMO RESULT SUMMARY

Student Name	Grade	Result
SAMANVI P	1	Gold Medal of Excellence
SHREST	1	Gold Medal of Excellence
TAKSHAYSODHI	1	Gold Medal of Excellence
SAMARTHA BANAVARATEJASVI	1	Gold Medal of Excellence
YUVAANMATHUR	1	Gold Medal of Excellence
NIHAL KRISH	1	Gold Medal of Excellence
SHRIJAY N	1	Gold Medal of Excellence
SUVIN V NAYAK	1	Gold Medal of Excellence
SREENDHI NITHIN	1	Gold Medal of Excellence
HARIPRIYA VINAYAKDESAI	1	Gold Medal of Excellence
SAUGANDHIKA A BIDARKUNDI	1	Gold Medal of Excellence
AARNA PATIL	2	Gold Medal of Excellence
PRAJWATP	2	Gold Medal of Excellence
SWOJAS DANESH SHIROL	2	Gold Medal of Excellence
YOKSHITH V	2	Gold Medal of Excellence
LIHAN K	2	Gold Medal of Excellence
A DEEPA	2	Gold Medal of Excellence
RIYANSH M	2	Gold Medal of Excellence
AARAV KULKARNI	2	Gold Medal of Distinction
P HANVIKA	2	Gold Medal of Excellence
ANAGHA PRANESH RAO	2	Gold Medal of Excellence
PARINITA HEGDE	2	Gold Medal of Excellence
TASHYAM RAO	2	Gold Medal of Excellence
TAPASYA INDRACANTI	2	Gold Medal of Excellence
VASHISTAP BHARGAV	2	Gold Medal of Excellence
PRACHETH SAMEER KASHYAP	2	Gold Medal of Excellence
VEDANT MUKESH RATHI	2	Gold Medal of Excellence
FATHIMAELAF	3	Gold Medal of Excellence
PRADYUN SRIKANTH	3	Gold Medal of Excellence
SANIKA VASANT SUNGANDHI	3	Gold Medal of Excellence
AKANKSHA C	3	Gold Medal of Excellence
SHLOK J PATIL	3	Gold Medal of Excellence
ADITI M PRASAD	3	Gold Medal of Excellence
CHANDRAKANTHAM VAISHNAWI	3	Gold Medal of Excellence
ABHIRAM R KASHYAP	4	Gold Medal of Excellence
REYAN PATRO	4	Gold Medal of Excellence
KAUSHAL J	4	Gold Medal of Excellence
GAUTAMI VINAYAK HEGDE	4	Gold Medal of Excellence
ARJUN NAVEEN REDDY	5	Gold Medal of Excellence
MITHUN SAJJA	5	Gold Medal of Excellence
SHRIHAN S KOULAGUDDA	5	Gold Medal of Excellence
SHAUNAK KASHYAP	5	Gold Medal of Excellence
ANRUDH PRANESH RAO	6	Gold Medal of Excellence

ISSO RESULT SUMMARY

Student Name	Grade	Result
AASTHA ABHIJITH BHAMBORE	3	Gold Medal of Excellence
SHLOK J PATIL	3	Gold Medal of Excellence
SANVEE DAS	3	Gold Medal of Excellence
HIRANMAYI MANASVI	3	Gold Medal of Excellence
DIVITHA BALAJI	4	Gold Medal of Excellence
SAMARTH RAGHUNANDAN	4	Gold Medal of Excellence
ANISH ANANT KALAMDANI	4	Gold Medal of Excellence
SIDDHANT ASHWIN SOWDI	5	Gold Medal of Excellence
DEVANSHIGARG	7	Gold Medal of Excellence
KRITHARTH MAHESHWARI	8	Gold Medal of Excellence
CHIRANTH VIKAS BHARADWAJ	8	Gold Medal of Excellence
SUNAY C	8	Gold Medal of Excellence

NSO RESULT SUMMARY

Student Name	Grade	Result
SAMANVI P	1	Gold Medal of Excellence
SUMADHWA RAO	1	Gold Medal of Distinction
NIHAL KRISH	1	Gold Medal of Excellence
DHRITI N R	1	Gold Medal of Excellence
VIIHAAN R BANAVLIKAR	2	Gold Medal of Excellence
MAITHREYA M KULKARNI	2	Gold Medal of Excellence
SWOJAS DANESH SHIROL	2	Gold Medal of Excellence
SANIDHYA	2	Gold Medal of Excellence
RIYANSH M	2	Gold Medal of Excellence
P HANVIKA	2	Gold Medal of Excellence
PRACHETH SAMEER KASHYAP	2	Gold Medal of Excellence
SAMANTHA RAGHAVENDRA	2	Gold Medal of Excellence
DAVIK K M	3	Gold Medal of Excellence
AKANKSHA C	3	Gold Medal of Excellence
ADITI M PRASAD	3	Gold Medal of Excellence
SANVEE DAS	3	Gold Medal of Excellence
ABHIRAM R KASHYAP	4	Gold Medal of Excellence
REYAN PATRO	4	Gold Medal of Excellence
RAJATH GOWDA R	4	Gold Medal of Excellence
SKANDA SHYAMA	4	Gold Medal of Excellence
SRUSHTI P KULKARNI	5	Gold Medal of Excellence
ROHAN GOWDA	5	Gold Medal of Excellence
SHAUNAK KASHYAP	5	Gold Medal of Excellence
SIRI MURTHY	6	Gold Medal of Excellence
VARUNKUMAR REDDY	6	Gold Medal of Excellence
SUDHANVA BHAT	6	Gold Medal of Excellence
KANISHK S GOWDA	7	Gold Medal of Excellence
VEDAANTH KALLHALLI	7	Gold Medal of Excellence
DEVANSHIGARG	7	Gold Medal of Excellence
TANAY BARANWAL	8	Gold Medal of Excellence
KRITHARTH MAHESHWARI	8	Gold Medal of Excellence
JANAVV	8	Gold Medal of Excellence
ABHAY SURYAK P	9	Gold Medal of Excellence
SAVITHRUM	9	Gold Medal of Excellence
SANA SATHYA	9	Gold Medal of Excellence

Empowering Minds: NPSU and LogIQids External Exams Ignite Logical Brilliance

NPSU also conducted the LogIQids exam, which aimed to enhance logical reasoning and critical thinking skills among students. This innovative exam provided them with opportunities to engage in brain-stimulating activities and improve their cognitive abilities. It sharpened problem-solving skills, fostered creativity, and encouraged out-of-the-box thinking. As a result, students not only performed admirably but also gained skills crucial for success in academics and real-life problem-solving. The LogIQids exam has proven to be a stepping stone for many students, helping them explore their analytical potential and achieve holistic growth.



SPORTS ACHIEVERS -Celebrating the Champions Among Us!

We are thrilled to share the outstanding achievements of our students who have brought pride and glory to our school through their remarkable performances in various sports arenas. Their hard work, perseverance, and passion have set an inspiring example for all.

Each victory is a testament to their dedication, the guidance of our committed coaches, and the unwavering support of parents and teachers. These achievements not only reflect individual talent but also highlight the spirit of teamwork, discipline, and excellence that we nurture at our school.

National Public School applauds their success and encourage every student to chase their dreams with the same fervor.



Dhruva Aravind of Grade 3A, has achieved remarkable success at the CBSE National Skating Tournament 2024-25 held at Good Shepherd Central School, Belagavi, winning gold medals in both the 1000m and 500m in-line skating events.

Dhruva also emerged as India's No.1 Skater in 7-9 Years Age Group at the RSFI National Level Skating Championship held in Mysuru



Manvik S of Grade 3B ranked among the top 3 out of 200 students in the U11 category and won 2nd place in the board prize by winning all 7 matches.

Divith G of Grade 2B secured Bronze medal in 300 mtrs Skating in-line at the CBSE South II Skating tournament 2024-25 organised in Good Shepherd central school ,Belagavi



Hasini Mohan Kumar of Grade 9B secured third place in the inter-school Karate competition.



Varshitha Mohan Kumar of Grade 10B secured second place in Karate inter-school Competition.



Roli Gaur of Grade 9A secured second place in Kate inter-school competition.

Our Proud Representatives

We are proud to share that our school's sports teams have actively participated in a range of prestigious competitions this season, representing our institution with energy, dedication, and team spirit.

We applaud all our student-athletes for their hard work, dedication, and sportsmanship. Their participation not only brought us pride but also inspired others to embrace sports and teamwork.



The school Badminton team competed in the CBSE Badminton tournament. They were commended for showing sharp reflexes and great co-ordination.



The school Chess team took part in the CBSE Chess tournament earning praise for their strategy.



Badminton and Athletics Team took part in the Gurukul Olympics with great enthusiasm and determination.



Football Team participated in Gurukul Olympics demonstrating resilience and teamwork in every match.



Basketball Team showcased their skills in the 3*3 inter-school Basketball tournament



SCHOOL ASSEMBLY - FOSTERING SENSE OF COLLABORATION

School assemblies at NPSU foster a sense of collaboration, promoting values while serving as a platform to celebrate excellence. Students across grades get an opportunity to exhibit their talents through performances and interactive role-plays on socio-environmental awareness.

The morning assemblies include a heartwarming music number by the school choir. Special assemblies are organized to commemorate significant occasions that help in building a sense of pride and respect among students for their country and its rich culture.

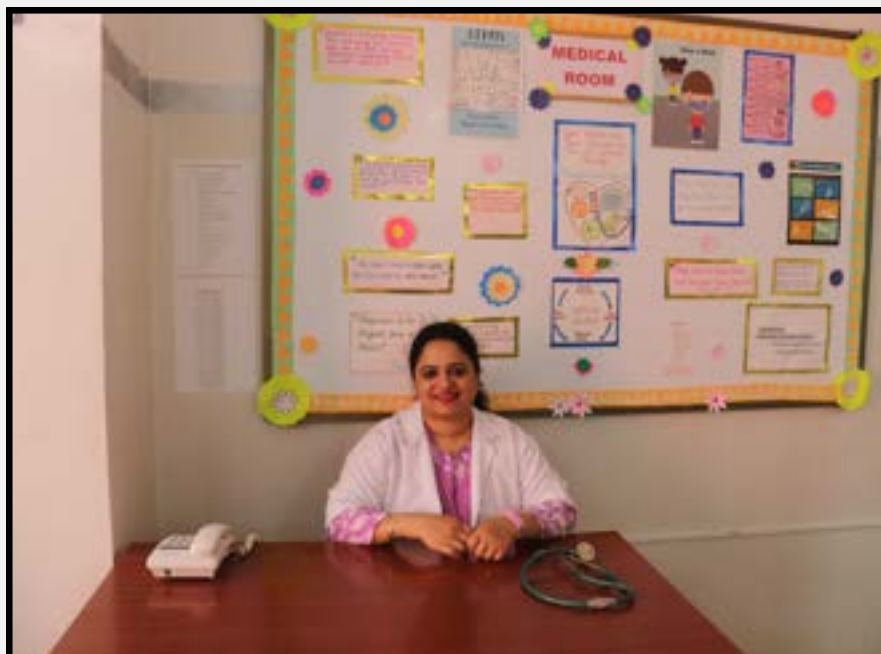


PHYSICAL & MENTAL WELL BEING

National Public School focuses on the holistic development of students. A special emphasis is laid on Life skills considering its importance to navigate challenges in their daily lives, equipping students on various skills like communication, problem-solving, emotional intelligence and decision-making. Life skills training is incorporated into the curriculum to ensure that students transform into well-rounded and capable individuals. Special workshops on adolescence and mental health were conducted to aid positive relationships with peers and teachers.



A well - equipped NPSU infirmary ensures immediate first-aid for the students. Special attention is given to students who need regular monitoring.



EUREKA – Science Exhibition

The primary objective of EUREKA - Science Exhibition was to encourage students to explore scientific concepts, think critically, and apply their knowledge in practical, real-world projects. As an outcome of their participation, students developed essential skills related to research, teamwork, communication and problem-solving. The event was an incredible success, bringing together students, teachers, and parents to celebrate innovation, creativity, and the wonders of science. This event provided a platform for students to exhibit their scientific knowledge, research, and hands-on projects in a variety of disciplines. The exhibition attracted a large number of visitors, including students, teachers, and parents. The communicative nature of the projects encouraged visitors to ask questions and interact with the students, further enhancing the educational experience. Each project was presented with clear explanations, interactive displays, and live demonstrations. Students worked tirelessly on their projects, researching topics, building models, and preparing detailed presentations that were not only informative but also engaging.



ROBOSTEAM

On 15th February 2025, NPSU hosted a Robotics and STEAM Exhibition that showcased students' innovative projects blending engineering, art, and science to highlight STEAM's role in shaping future creators. The interactive event allowed attendees, including students, teachers, and parents, to engage with robots, explore virtual reality setups, and code small tasks while students explained their projects, making learning fun and accessible. The exhibition emphasized the importance of merging creativity with technology, celebrating student ingenuity and imagination. It demonstrated how STEAM education can lead to groundbreaking discoveries and limitless potential in the future, paving the way for inspiring advancements.



SPORTS - CHAMPIONS IN THE MAKING

NPSU prioritizes students' physical health and mental well-being, recognizing sports as an integral part of their academic experience. The school provides students with opportunities to excel in tournaments organized by external organizations. Events such as inter-house competitions offer students the chance to take on leadership roles and organize activities.



ANNUAL DAY

Enchanting World of Nature: A Magical Journey

Grade 1 Annual Day beautifully depicted 'Enchanting World of Nature: A Magical Journey,' a story that follows Dora and her friends, as they explore a magical world showcasing nature's elements: Sun, Rain, Wind, Earth, Forest, River, and Fire. Through engaging dialogues, dances, and celebrations, they learn about the importance of preserving these natural elements and the interconnectedness of life. The journey ends with a message to act, cherish, and protect our planet for future generations.



Treasure of Wonders Unlocked – Beyond Borders, Beyond Time

Our Grade 2 students dazzled the stage, as NPSU celebrated its Annual Day with the enchanting theme: *'Treasure of Wonders Unlocked – Beyond Borders, Beyond Time.'*

Embarking on a magical adventure across the Seven Wonders of the World, our young explorers uncovered clues, solved mysteries, and discovered hidden treasures. Their journey culminated in India, where they found the most precious treasure - our rich culture, values, and heritage. The celebration radiated with captivating dances, soulful choir performances, and boundless joy, leaving the audience spellbound!



Tales Transformed-Beyond the Happily Ever After

The Annual Day Celebrations for Grades 3 and 4 was a dazzling display of creativity, imagination, and storytelling magic. With the theme - 'Tales Transformed-Beyond the Happily Ever After,' our young performers relived classic stories, taking beloved characters on unexpected adventures. From thrilling new endings to surprising twists in familiar tales, the stage came alive with mesmerizing performances, vibrant costumes, and captivating narrations. The students showcased their talents with confidence and their storytelling prowess left the audience enchanted.



Nurture Nature: A Pact with the Planet

The Annual Day celebration was a grand success, showcasing the creativity and dedication of grades 5 and 6 through the theme 'Nurture Nature: A Pact with the Planet.' The five elements—Earth, Water, Fire, Air and Space—were beautifully portrayed, each spotlighting pressing environmental concerns. The performances seamlessly blended thought-provoking messages with vibrant dance sequences advocating conservation.

The event served as a powerful reminder that every small effort counts and that by uniting in purpose, we can truly become stewards of a greener, more sustainable future.



Unravel the Path to Paradise – An Odyssey

The senior students segment of NPSU comprising grades 7 to 10, celebrated their Annual Day in all grandeur with the underlying theme 'Unravel the Path to Paradise – An Odyssey.' The spectacular event that was graced by honorable Secretary of NPSU, Smt. Vidya Puttanna and a host of dignitaries, was set rolling by a chain of programmes like an engrossing skit, inspiring speeches on environmental awareness and mesmerizing dance performances. The visual magnificence seamlessly transported the audience to various continents, to join in the efforts that were underway to make the world a sustainable place to live in. The extravaganza concluded with innovative remedies brought forth by grade 10 students, to let mother earth thrive. The wonderful celebration that brought to the fore, the amazing talents of our students, left the audience spellbound and yearning for more.





The Math Hub hosted by NPSU celebrated the legacy of Sri Srinivasa Ramanujan through exciting competitions spanning across Grades 1 to 10. Aimed at fostering a love for Mathematics, critical thinking, and healthy competition, the event saw enthusiastic participation across all grades. Customized challenges, including quizzes, logic puzzles, and seminars such as 'Playing with Math' and 'Introduction to Euclid's Geometry,' offered individual and team-based activities tailored to skill levels. Participants gained valuable experiences, reinforcing the idea of continuous learning. Winners were awarded with medals and certificates, marking the event's success and its significant role in promoting mathematical excellence and growth.



CELEBRATING THE SPIRIT OF PATRIOTISM & HERITAGE INDEPENDENCE DAY & KANNADA RAJYOTSAVA

National and State festivals are powerful reminders of our shared history, diversity and unity. NPSU celebrated Independence Day with the theme of 'Jayatu Jayatu Bharatam' - Saluting mother India. The event presided by Sri. Shishir Puttanna, member management NPSU, was a vibrant blend of tradition, culture and national pride beautifully brought to life by our talented students. Honoring the formation of our state Karnataka, Kannada Rajyotsava was celebrated with mesmerizing presentations. Students honoured Karnataka's culture with traditional dances, music and colourful displays. The event highlighted the beauty of the Kannada language and local traditions.

These celebrations help our students grow as responsible citizens ready to honor the past and shape a better future.



PRE-PRIMARY THE JOY OF LEARNING BEGINS HERE

As we step into the new academic year, we are delighted to present a glimpse of joyful moments from the month of June 2024. Through engaging themes, colourful crafts, experiential learnings and playful interactions, our little learners began their year with laughter and wonder. We are incredibly proud of their achievements and eagerness to explore the world around them.

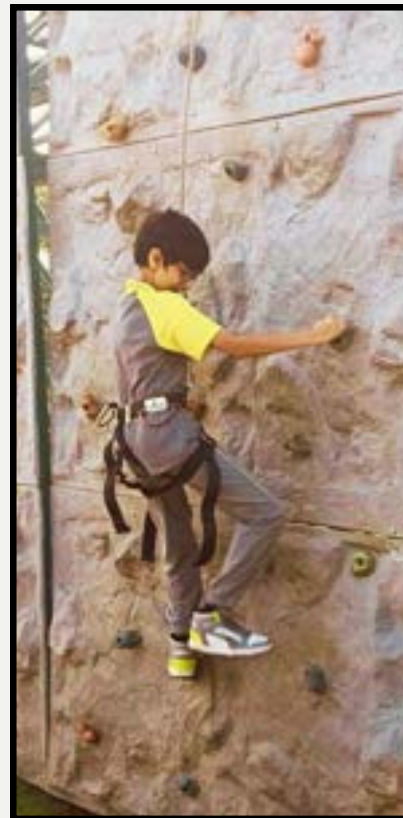
The kindergarten curriculum at National Public School, Uttarahalli, emphasizes on -

- Listening, speaking, reading and writing skills
- Conceptual learning and Artistic skills
- Social and communicative skills
- Fitness through Physical Education
- Field trips for hands-on learning experience
- Mental Aptitude



FIELD TRIP: ADVENTURES WITH A PURPOSE

School excursions, organized by NPSU, provided invaluable opportunities for students to blend education with adventure, fostering personal growth and teamwork. Grades 1 and 2 explored nature's wonders and leisure activities at 'Kidztopia,' while Grades 3 and 4 enjoyed picnics at 'Bhagyalakshmi Farms,' observing diverse flora, fauna, and a dairy farm. Grades 5 to 7 embraced adventure at 'Rock Ford Resort,' participating in rock climbing, tractor rides, and team-building games. Finally, Grades 8 to 10 visited 'Sky Blue Orchid Resort' and a Silk Factory in Ramanagara, gaining insights into silk production and engaging in team-building exercises, making these excursions both educational and memorable.



STARS IN THE MAKING, A JOURNEY TO NEW BEGINNINGS!

National Public School Uttarahalli bid a heartfelt farewell to the Grade 10 batch of 2024 - 25 in a remarkable ceremony honored by the presence of our esteemed Principal ma'am, Dr. Reetu Thapa. The pivotal episode of the event, was the illumination of the Jnana Jyoti or the lamp lighting ceremony that symbolized 'Igniting Knowledge'. Following this, was the official blessing ceremony where our revered Principal ma'am blessed the students for a promising future. It turned out to be an unforgettable day where the air was filled with nostalgia and anticipation of a bright future ahead.



Transform your Summer
by nourishing your Mind, Body and Soul!

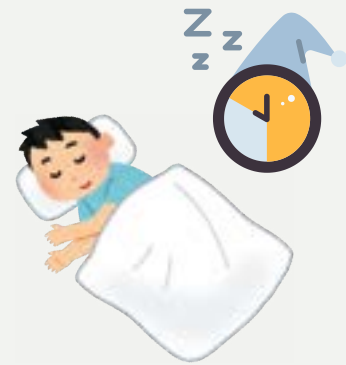
Let's embark on a life-changing journey!

Focus on grooming yourself to be Physically Fit!



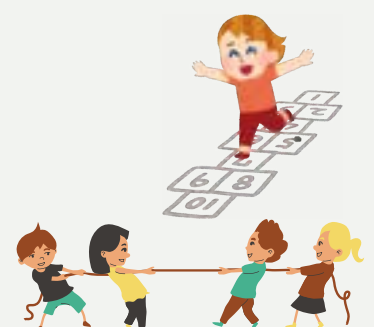
(a) Eat a well-balanced diet: Focus on eating nutrient-rich foods, including lean proteins, healthy fats, whole grains, and plenty of fruits and vegetables.

(b) Rest and Recovery: Prioritize quality sleep, aiming for 7-9 hours each night. Proper rest is vital for muscle recovery, mental clarity and overall well-being.



(c) Sunshine Vitamin: Enjoy the early morning hours of the Sun to boost your energy, immunity and inflammation reduction.

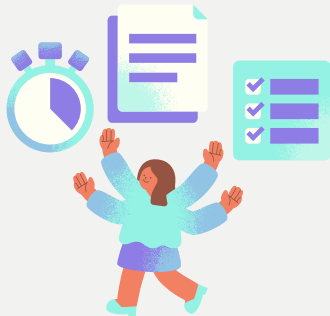
(d) Traditional Outdoor activities: Indulge in authentic traditional games such as Hide and Seek, Hopscotch, Tug of War, Lagori and many others with family and friends. These games are not only fun but also promote bonding and often bring back memories of simpler times.



Summer Escapades: Where Imagination Soars!

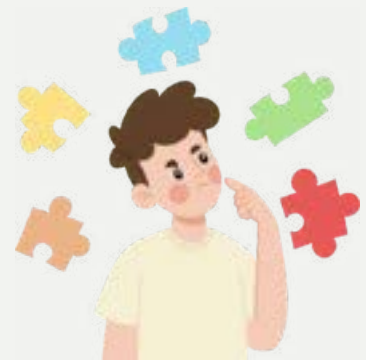
Prioritize shaping your mental health

(a) Mindfulness and Meditation: Being present in the moment can improve mental clarity. Regular meditation helps enhance focus, calmness and emotional regulation.



(b) Set Goals and Stay Organized: Having a sense of direction and purpose can help keep you motivated. Staying organized and managing your time well can reduce mental clutter and stress, allowing you to focus on important tasks.

(c) Embrace Hobbies and Creativity: Engage in hobbies like reading, creative writing, painting or photography to keep your mind relaxed. Explore new ways to stimulate your creativity.

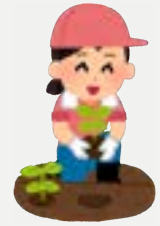


(d) Laugh and Have Fun: Laughter is a natural stress reliever and mood booster. Watching a comedy, telling jokes or spending time with people who make you laugh can refresh your mind.

AN ATTITUDE OF GRATITUDE!

Fostering your inner self – your soul

(a) Green Beginnings: Participate in gardening activities to foster environmental awareness, responsibility and a deeper connection to nature, enriching the soul through the appreciation of beauty, growth and sustainability.



(b) Penning Thanks: Express gratitude through handwritten notes that nurture appreciation, positivity and strengthen social bonds with friends, family and caregivers.

(c) Golden Etiquette: Respect your parents, grandparents and all elders. Keep in mind the four powerful words: Please, Thank you, Sorry, and Excuse me. Make them an integral part of your character.



(d) Home Harmony: Engaging in chores teaches children how to care for themselves, their home and their family. They acquire essential life skills, such as cooking, cleaning, organizing and gardening, that they will use in adulthood.

(e) Divine Connection: Explore your spiritual side through practices like prayer, meditation or visiting religious shrines to empower your inner self.



(f) The Path of Acceptance: Embrace your imperfections and allow yourself to evolve naturally without judgment. Ask yourself meaningful questions like, "What brings me joy?" or "What am I grateful for?" to deepen self-awareness.



Embrace the endless opportunities beyond these activities. Let your imagination take flight, as this holiday offers a chance to grow and flourish in every aspect of your life. Capture the essence of summer by documenting your adventures in journals, photos and more, and be prepared to share them with your classmates when you return.

Wishing you a fantastic summer filled with exciting adventures and unforgettable memories!

HAPPY



Vacation

CONCLUSION

As we close the academics session 2024-25, we express gratitude to the facilitators and non-teaching staff, and parents . Your steady support and involvement helps our school community thrive. We appreciate your dedication to staying informed and engaged. Your participation in your child's education is invaluable, and we truly appreciate your commitment to their growth and success. We look forward to bringing you more exciting news and updates in the future. Thank you for being a part of our progressive journey!



We eagerly await to welcome back our students on the following dates:

GRADE	DATE	DAY
9 -10	21-05-2025	Wednesday
6 - 8	02-06-2025	Monday
1 - 5	05-06-2025	Thursday



Together, we make a difference in the lives of our students.
#TEAMNPSU

Best Wishes!
Dr. Reetu Thapa
Principal
NPSU