

Guru Purnima



Guru Purnima is a festival dedicated to all the teachers and mentors. “*Gu*” means Darkness and “*Ru*” means one who eliminates. *Guru* means a person who eliminates the darkness of our life and makes it brighter by the light of knowledge. As per Hindu Almanac, the full moon day of *Ashadh* month is considered as *Guru Purnima*.

Guru Purnima is celebrated to honour Saint Veda Vyas. He was the saint of the ancient period. He is credited for compiling all *Vedas* and *Purans*. For paying respect towards his divine personality and reminding his contribution to our society, we celebrate *Guru Purnima*.

Effects of Cocomelon



Positive Effects

Educational content: Coco melon offers educational videos that can help young children learn numbers, letters, shapes, colors, and basic concepts in an engaging way.

Language development: The songs and rhymes in Coco melon can aid in language development by exposing children to new words, phrases, and sentence structures.

Entertainment and engagement: The colorful animations, catchy tunes, and relatable characters can capture a child's attention and provide entertainment.

Negative Effects

Screen time: Excessive screen time can lead to health and developmental issues. It's important to balance Coco melon with other activities and outdoor play.

Passive consumption: Watching videos passively might limit interaction and active learning. Parents should engage with their child during viewing to reinforce learning.

Commercial influence: Some content might include product placements or ads, which could influence children's preferences and behaviors.

Limited social interaction: Spending too much time watching videos might reduce opportunities for real-life social interactions and play.

Content control: Parents need to monitor the content their child is exposed to on Coco melon to ensure it aligns with their values and is appropriate for their age.

Remember that moderation is key. Coco melon can be a helpful tool when used mindfully and in combination with a variety of other learning experiences.

Kargil Vijay Diwas Celebration

NHGPS celebrated the 'Kargil Vijay Diwas' on July 26, 2023 to remember India's war victory and to pay tribute to the Kargil's martyr who were the symbol of courage and sacrifice for safeguarding the borders of our country.

Kargil Vijay Diwas is celebrated every year on July 26 in India to commemorate India's victory over Pakistan in the Kargil War in 1999. The day is observed to honour the brave soldiers who fought for India's sovereignty and territorial integrity.

Kargil Vijay Diwas is a day of remembrance and gratitude for the sacrifices made by our soldiers. It is a day to remember their bravery, courage, and selflessness. The Kargil War was a defining moment in India's history, and it is important that we never forget the sacrifices made by our soldiers. We must always remember their bravery and honour their memory.

The students commemorated the day with speeches on bravery of soldiers, sang patriotic songs and filled the entire atmosphere with patriotism. The teachers explained the significance of 'Kargil Vijay Diwas' to the students, which made us feel proud of our soldiers and our country.

Patriotism is a social value and its feeling when inculcated at the school level ensures that students become responsible citizens of the nation.



Fruits and Vegetables Mela



On a bright and sunny day, NHGPS organized a delightful fruits and vegetables mela that filled the air with a sweet and tangy aroma. It was an event filled with joy, laughter, and heaps of healthy fruits and vegetables.

The aim of the fruits and vegetables mela was to promote healthy eating habits among the students, showcasing the variety of fruits and vegetables available and their benefits. The school was transformed into a colorful fruits and vegetables paradise, with tables decorated with vibrant displays of apples, oranges, bananas, grapes, spinach, mint, coriander, onions, tomatoes and a plethora of other fruits and vegetables. It was a sight to behold, enchanting both young and old.

The entire school gathered outdoors, excitedly exploring the different fruit-themed stalls. The atmosphere was electric as the students flocked around. The stalls were manned by nursery students. Not only were there fresh fruits available, but there were also creative carvings made by parents. The spirit of the carnival was infectious, and soon, teachers and parents were joining in on the fun.

Overall, the fruits and vegetables mela was a tremendous success. It not only educated the students about the importance of incorporating fruits into their diets but also made healthy eating exciting and enjoyable. The memories created that day were ones to cherish - a reminder of the power of fruits in bringing people together in both fun and nourishment.



Importance of Physical Education Classes/Sports for Children



Physical education (PE) classes or sports for preschoolers hold significant importance as they contribute to their holistic development. Engaging in physical activities at a young age offers several benefits, including:

Physical Health: PE classes and sports help preschoolers develop motor skills, coordination, and balance. Regular physical activity promotes healthy growth and development of muscles, bones, and cardiovascular system.

Social Skills: Participating in group activities fosters teamwork, cooperation, and social interaction. Preschoolers learn to share, take turns, and communicate effectively with their peers.

Cognitive Development: Physical activities enhance cognitive abilities such as problem-solving, decision-making, and spatial awareness. These activities stimulate brain development and improve attention spans.

Emotional Well-being: Engaging in sports and PE classes helps children manage stress, build self-confidence, and develop a positive self-image. Physical activities release endorphins, which are known as "feel-good" hormones.

Discipline and Routine: Participating in scheduled PE classes teaches preschoolers about following routines,

punctuality, and adhering to instructions, which are essential life skills.

Healthy Lifestyle Habits: Early exposure to physical activities sets the foundation for a lifelong commitment to staying active and maintaining a healthy lifestyle.

Gross and Fine Motor Skills: Activities like running, jumping, and throwing improve gross motor skills, while tasks like drawing or using small objects improve fine motor skills.

Energy Outlet: Preschoolers have boundless energy and engaging in physical activities allows them to channel that energy in a productive and controlled manner.

Creativity and Imagination: Physical activities often involve imaginative play, which nurtures creativity and allows children to explore their world in a hands-on way.

Preventing Sedentary Behavior: In an age where screen time is prevalent, PE classes and sports help counteract sedentary behavior and promote an active lifestyle. Incorporating age-appropriate physical activities, games, and sports into preschool curricula can have a positive and lasting impact on a child's overall development, setting the stage for a healthy and active future.

Field Trip: Nursery, LKG, UKG



Nursery: A delightful field trip took place as Nursery kids visited Mango Hyper Market. The young learners enthusiastically explored the vibrant aisles filled with Variety of fruits, vegetables, groceries, toys, and more. Their faces lit up as they discovered various fruits, enhancing their knowledge of colors and shapes. Engaging activities were organized, fostering social interaction and cognitive development. The trip offered a hands-on experience in understanding daily essentials, promoting real-world learning. Under the careful guidance of teachers and support staff, the outing proved to be an engaging and educational adventure, leaving both children and educators with cherished memories. The field trip to Mango Hyper Market was a resounding success. It provided students with valuable insights into the world of retail, while fostering experiential learning and skill development.

LKG: The LKG students' field trip to the HAL Heritage Centre and Aerospace Museum proved to be an unforgettable adventure into the realm of flight and space exploration. Through interactive exhibits, the children developed a newfound fascination for aerospace and the vastness of the universe. This immersive experience sparked their curiosity, nurturing their dreams of becoming astronauts, pilots, or scientists. As they returned to their classrooms, their hearts and minds brimming with excitement, the LKG students carried a piece of the sky with them, forever inspired by this sky-high adventure.

UKG: The UKG students' field trip to the Rangoli village proved to be an enriching and memorable experience, immersing them in the beauty of village life and fostering cultural information. Through watching models in the Rangoli village, the students gained an appreciation for the different communities and the sustainable practices rooted in village life. As they returned to their classrooms, their hearts and minds filled with newfound knowledge and understanding, the students carried a piece of the Rangoli village with them, forever inspired by this enchanting field trip.

CCA Dance: Nursery, LKG, UKG

The Co-Curricular Activity (CCA) of dance is an integral part of the curriculum for Nursery, LKG and UKG students. The significance and benefits of incorporating dance as a CCA for these young learners.

Dance plays a vital role in the holistic development of children. It promotes physical fitness, enhances coordination, and fosters creativity. For nursery, LKG, and UKG Children, dance serves as a medium to express emotions and thoughts that may be challenging to convey through words.

- 1. Physical Development:** Dance helps in improving motor skills, balance, and flexibility, laying a strong foundation for overall physical growth.
- 2. Emotional Expression:** Through movement and music, children learn to express their feelings and emotions in a safe and creative environment.
- 3. Cognitive Enhancement:** Dance aids cognitive development by encouraging memory recall, rhythm recognition, and pattern understanding.
- 4. Social Interaction:** Group dance activities foster teamwork, cooperation, and communication among peers.
- 5. Confidence Boost:** Performing in front of others boosts self-confidence and self-esteem from a young age.

Incorporating dance as a CCA for nursery, LKG, and UKG students offers a holistic approach to their development. It nurtures physical, emotional, cognitive, and social growth, creating a well-rounded foundation for their future education journey.



CCA Drawing and coloring: LKG, UKG



The Co-Curricular Activity (CCA) Drawing & Colouring Event for LKG and UKG students was organized to provide young learners with an engaging and creative platform to showcase their artistic talents. The event aimed to foster artistic expression, enhance fine motor skills, and promote a love for colours and creativity. The event witnessed active participation from LKG and UKG students.

The young participants displayed remarkable creativity and imagination through their drawing & colouring efforts. The use of vibrant colours and attention to detail highlighted their artistic growth and individuality. The event not only encouraged drawing & colouring within the lines but also appreciated the uniqueness of each child's interpretation.

The event not only showcased the artistic potential of the young learners but also provided a platform for them to express themselves freely. The positive response from students, parents, and teachers highlighted the importance of such co-curricular activities in fostering holistic development among early learners.

Activities from all the grades (Nursery, LKG, UKG)



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