

## Founders Day- "Honouring the Vision, Celebrating the Legacy."



On **9th July 2025**, our school celebrated **Founder's Day** with great enthusiasm and joy, commemorating the birthday of **Dr. Mohan Manghnani**, the esteemed founder and chairman of the New Horizon Group of Institutions.

The day began with a warm welcome for our beloved Chairman Sir, followed by delightful performances by our little ones who showcased their talents with energy and pride. The entire school community came together to honour his remarkable vision and unwavering leadership, which continue to inspire and guide our journey forward.

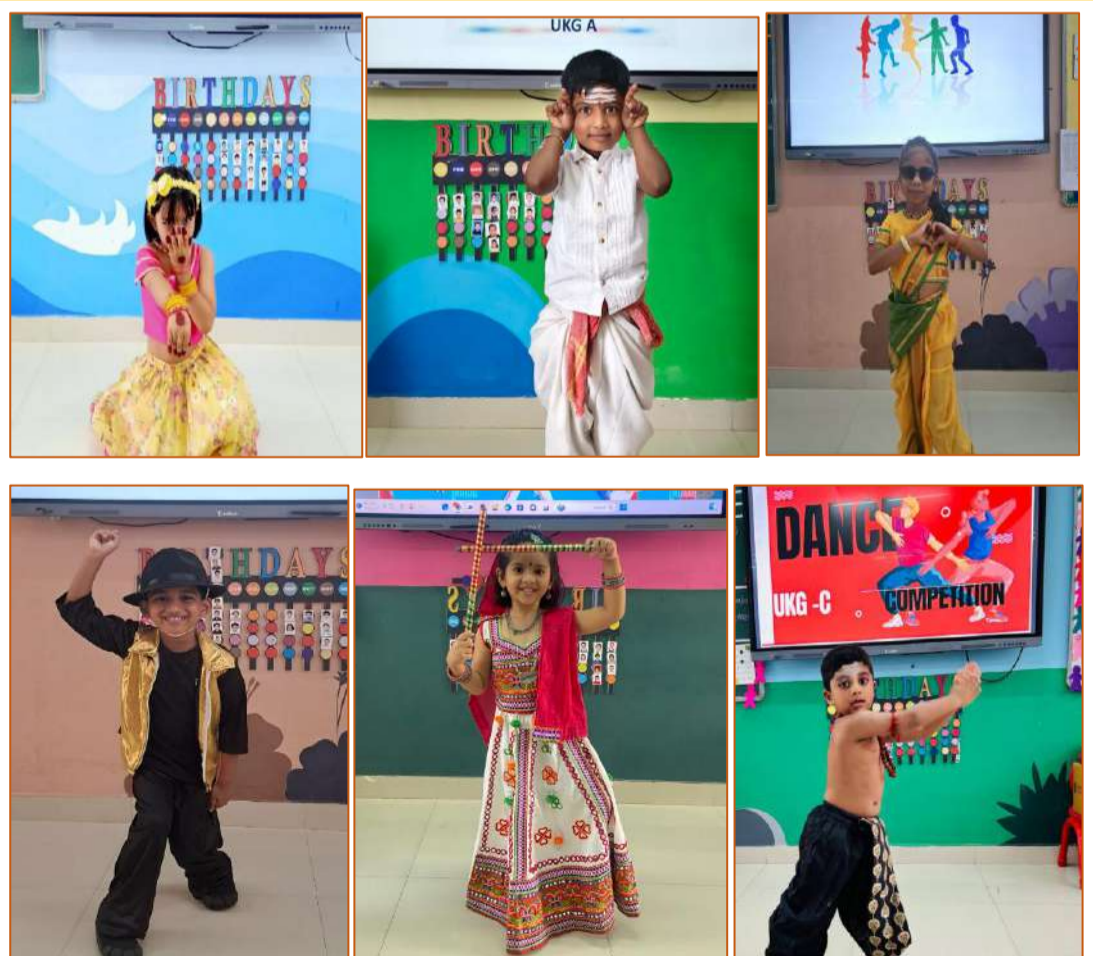
Founder's Day is a moment to reflect on the legacy of those who lead with purpose and leave a lasting impact. Dr. Manghnani's words and actions have always encouraged us to aim for excellence and to become the best versions of ourselves. The event was filled with gratitude, admiration, and celebration, as students expressed their love and respect through a beautiful and heartfelt program dedicated to our chairman.



## CCA- Dance UKG- "Steps of Rhythm, Hearts Full of Joy!"

On 11th July 2025, our UKG children brought the stage to life during the CCA Dance Competition with their infectious energy and captivating performances. This much-anticipated event celebrated their love for dance, rhythm, and creative expression.

Dressed in vibrant costumes and full of enthusiasm, our young dancers mesmerized with their graceful steps, cheerful expressions, and delightful coordination. Their confidence and joy were evident in every move as they danced with complete involvement and happiness. The event provided a wonderful platform for the children to explore their talents, build stage presence, and experience the joy of performing together. It was a heartwarming celebration of creativity, movement, and the sheer spirit of childhood. A big round of applause to our shining stars of UKG for making it a truly memorable day!



## Fruits and Vegetables Mela- “Fruits, Veggies & Fun – All in One!”

The Fruit and Vegetables Day celebration at our preschool on 31st July 2025 was a vibrant and enriching experience, aimed at cultivating healthy habits in the most joyful way possible. The school came alive with colourful decorations featuring a wide variety of fruits and vegetables, creating a festive and cheerful atmosphere. Children participated with great enthusiasm, dressing up as fruit and vegetable vendors—complete with colourful costumes and baskets full of fresh produce. Their lively role play added a delightful touch of fun and learning to the event.

An exciting highlight was the vegetable printing art activity, where students & parents, used cut vegetables dipped in paint to create beautiful and creative artwork. It was a wonderful hands-on experience that sparked creativity and curiosity.

Adding to the excitement, parents and teachers showcased their talents with stunning fruit carvings and delicious, healthy dishes made using fruits and vegetables. Their active involvement made the celebration even more memorable. The day beautifully combined education and enjoyment, giving children a fun platform to learn about the importance of nutrition, healthy food choices, and sustainability. It truly reflected our school's commitment to promoting overall well-being through playful and meaningful learning experiences.



## Parent-Teacher Meetings: Building Bridges for Student Success

Parent-teacher meetings are valuable interactions where parents and teachers come together to discuss a child's academic progress, behaviour, and overall well-being. These regular sessions foster open communication, allowing both sides to share insights, ask questions, and work collaboratively to support the child's growth and development.



## Field Trip- "From Classrooms to Curiosity—A Day to Discover!"



### UKG-Rangoli Garden Visit

Our UKG children went on a delightful field trip to Rangoli Garden, where they immersed themselves in the charm of rural Karnataka. From lifelike village recreations to intricate sculptures, every corner of the garden told a unique story. The young explorers enjoyed scenic walks, bonded with friends, and discovered local culture in a fun and interactive way—making it a truly memorable and enriching experience for all!

### LKG - HAL Heritage Centre & Aerospace Museum

Our LKG explorers took off on an exciting field trip to the HAL Heritage Centre and Aerospace Museum. Wide-eyed and full of wonder, they walked among mighty aircraft—from historic warplanes to modern marvels.

The joy on their faces was unmatched as they pointed to the skies, imagined flying, and learned how these giant birds soar! A Day filled with curiosity, laughter, and endless “wows” – truly a flight to remember!

### Nursery -Mango Hyper Market Visit

Our Nursery kids had a delightful field trip to Mango Hyper Market! With wide eyes and bright smiles, the little explorers eagerly navigated through colourful aisles filled with fruits, vegetables, and groceries. It was a joyful learning experience as they discovered new colours, shapes, and names—making the day both fun and educational.



## Kargil Vijay Diwas- "Saluting the Brave, Remembering the Victory!"

Our little ones at **NHGPS** commemorated **Kargil Vijay Diwas** on **July 25, 2025**, with deep respect and patriotic pride. The occasion served as a meaningful opportunity for our young learners to understand the valour and selfless sacrifice of the brave soldiers who fought fearlessly to protect our nation.

Through age-appropriate stories, engaging activities, and heartfelt discussions, our students discovered the spirit of **courage, patriotism, and national pride**. It was a day not just to remember a historic victory, but to instil in the hearts of our children the values that define true heroism.

We salute the heroes of Kargil—the **martyrs who became the symbol of sacrifice and strength while safeguarding our borders**. Their legacy lives on in every heartbeat of this nation.



## International Tiger Day- “Little Voices, Loud Roars for Nature!”



International Tiger Day was celebrated with unmatched enthusiasm and vibrant energy at our preschool! The air buzzed with excitement as our young learners stepped into the wild — not just in spirit, but in costumes too. Our little ones transformed into guardians of the jungle for the day. The highlight of the celebration was a heartwarming play where children brought to life the story of tigers in the wild and the importance of their conservation. With every line spoken and every move performed, their message rang loud and clear — *"Save the Tiger!"* Their innocence and sincerity made the performance truly impactful, touching the hearts of everyone present.

Adding to the charm of the day were engaging craft activities. Tiny hands busily created tiger masks and jungle-themed art, filling the classrooms with roars of creativity and joy.

## Impact of Added Sugar on Children's Health and Development

### How Sugar Affects Children

#### ⚡ Energy & Mood Swings:

Sugar gives a quick energy boost, followed by a crash — leading to mood swings, irritability, and trouble focusing.

#### ⚖️ Weight Gain:

High-sugar foods are low in nutrients and can cause weight gain, increasing the risk of obesity and related health issues.

#### 🦷 Tooth Decay:

Sugar feeds mouth bacteria, leading to cavities and dental problems.

#### 🧠 Behavior Issues:

Too much sugar may be linked to hyperactivity and attention problems.

#### 💬 Nutrient Deficiency:

Sugar-filled diets leave less room for healthy foods, causing vitamin and mineral deficiencies.

### Sugar's Impact on Development

#### 🧠 Brain Function:

Excess sugar can hurt memory and learning.

#### ⚠️ Future Health:

Raises risk of diabetes, heart disease & liver problems.

## NEGATIVE EFFECTS OF SUGAR ON CHILDREN



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