



# Tidings

From Primary Years

Volume 1





# Welcome

## Day 1

### New Academic Year, New Beginnings!

After weeks of quiet corridors and empty classrooms, the school finally came alive again on the 5<sup>th</sup> of June as we reopened our doors for the new academic year! There was excitement in the air as students returned with big smiles and renewed energy.

The reopening day began with cheerful greetings at the school gate and the sound of friends catching up after the break. It was heartwarming to see classmates reunite, sharing holiday stories and looking forward to the year ahead. A special morning assembly for Grade 3 and above, marked the occasion. Students with 100% attendance were given the certificates for the outstanding feat. Our principal welcomed everyone back and shared inspiring words about setting goals, staying positive, and making the most of each day. It was a wonderful reminder of all the opportunities a new school year brings.

Classrooms were bright and welcoming, with new charts, fresh notebooks, and clean desks waiting for eager learners. Students met their new teachers and started settling into their routines. Whether it was a familiar face or a new one, everyone was happy to be back. The reopening day was not just the start of lessons, but the start of laughter, learning, and new friendships.

Here's to a year full of discovery, creativity, and joy. Welcome back!



# Orientation for New Parents

Warm Welcome to  
the New School Year!

The Orientation Programme for new students of Grades 2 to 5 was held on 10th June 2025, setting the tone for an engaging and enriching academic year ahead.

The event opened with a warm welcome from Ms. Veneetha S, the Primary Coordinator, who introduced families to the school's nurturing environment. This was followed by a brief yet inspiring overview of the school's proud history and the visionary goals of its leadership team.

Ms. Darshana and Ms. Anu provided parents with a comprehensive walkthrough of the academic journey their children will embark upon—covering both scholastic and co-scholastic domains. They also explained the assessment methods that will be followed throughout the year, ensuring transparency and clarity.

Parents were given a sneak peek into the exciting events, celebrations, and learning experiences planned for 2025–26, highlighting the school's commitment to holistic development. School policies and expectations were also shared to foster a smooth and collaborative partnership between home and school.

The session concluded with an interactive Q&A, where our Principal, Ms. Jyotsna Nair, addressed parent queries with warmth and openness—reaffirming our dedication to building community connections.







# Grade 1 Orientation

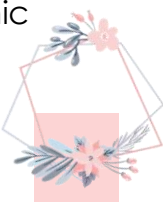
Building Foundations  
for a Collaborative  
Learning Journey

Grade 1 Orientation was a thoughtfully curated and engaging event that warmly welcomed parents into the academic journey their children are embarking upon this year. Designed to be both informative and interactive, the session aimed to foster a strong sense of partnership between the school and families.

Parents were introduced to the Grade 1 curriculum, daily routines, and academic expectations through a comprehensive presentation. A key addition this year was the inclusion of co-scholastic subject presentations — Art, Dance, Physical Education, and Music. This segment offered valuable insights into how these disciplines nurture creativity and well-being, supporting holistic development.

Parents engaged in group activities to explore common challenges faced by children in early schooling. Through shared experiences and collective brainstorming, they proposed thoughtful solutions, creating a platform for dialogue, empathy, and mutual understanding. This exercise not only served as an effective icebreaker but also strengthened the spirit of community among parents and educators.

The session successfully laid the foundation for a year of meaningful collaboration, mutual support, and shared commitment to the students' growth, marking the beginning of what promises to be a fulfilling and enriching academic year.





# World Music Day

*"The beauty of music lies in its ability to unite people from all walks of life." – Pandit Ravi Shankar*

On July 19, 2025, NPS Koramangala commemorated World Music Day with a captivating cultural programme that brought together the musical talents of students from Grades 6 to 12. The event, thoughtfully curated under the guidance of the school's dedicated music faculty, featured a rich tapestry of performances, spanning diverse genres and eras, from timeless classics to contemporary compositions.

The audience was treated to heartfelt solos and ensemble pieces, each reflecting the depth and emotion that music uniquely conveys. A highlight of the celebration was the special appearances by distinguished alumni — Vinayaka M, Abhiram Nitin, and Shantanu Kadiyali — whose powerful solo performances added a vibrant and nostalgic touch to the event.

The occasion was particularly meaningful for the primary school students in the audience, offering them an inspiring glimpse into the transformative power of music. The celebration served not only as a showcase of talent but also as a heartfelt tribute to music's enduring ability to unite, uplift, and inspire.







# International Yoga Day

A Celebration of  
Wellness and Harmony



*"Yoga adds years to your life and life to your years." – Alan Finger*

Every year on June 21, schools across the globe commemorate International Yoga Day to promote physical, mental, and spiritual well-being through the practice of yoga. Declared by the UN in 2014, this day has since been embraced worldwide with enthusiasm and purpose.

At our school, the day was celebrated with great energy and unity. The morning began with a serene assembly where students and teachers, dressed in comfortable attire, gathered to engage in a collective yoga session. Under the guidance of members from the Isha Foundation, participants practiced a series of asanas such as Tadasana, Balasana, and Malasana. Each posture was demonstrated with clear explanations of its benefits, helping students understand the holistic impact of yoga.

The session also featured a brief talk on the significance of incorporating yoga into daily life. It was a powerful reminder that yoga is not just a physical exercise but a path to inner peace and emotional balance. Several students shared their experiences of practising yoga, highlighting how it helps them stay calm and focused.

The celebration concluded with a few moments of guided meditation, followed by a collective pledge to make yoga a regular part of our lives. Let us all commit to embracing yoga as a way of life and continue our journey toward better health, harmony, and happiness.





# Field trip to TISB

A Day of Learning  
and Fun!



*"Friendship adds a new dimension to our lives; it enriches our experiences and brings joy." - Oscar Wilde*

Field trips are more than just a change of scenery — they are powerful learning experiences that ignite curiosity, foster friendships, and create memories children cherish for years. June brought with it the first field trip of the academic year for the students of Grades 1 to 5, and the excitement was truly contagious!

Our visit to TISB was filled with wonder and joy. From the moment the journey began, the buzz of chatter and laughter on the bus set the tone for the day. As the children glimpsed the lush green campus, their faces lit up with delight, eager to explore and play in the open spaces.

The students enjoyed free play, engaging in throwball, tag, frisbee, hula hoop, and even chess under the open sky. For each child, the day was not just about games; it was about bonding, discovery, and the simple joy of being outdoors.

Mealtimes were filled with stories, snacks, and laughter — a celebration of togetherness. The happiness in their eyes spoke volumes about the impact of such experiences.

This memorable outing not only offered a refreshing break from the classroom routine but also helped nurture social connections and a deeper appreciation for nature. It was a day of joy, learning, and laughter — a perfect start to a year of meaningful adventures.







# Photo Gallery



**TISB**  
**Making memories**





# Photo Gallery



**TISB**  
**Making memories**





# Field Trip to Cubbon Park & Aquarium

(Grade 2)

*"In every walk with nature, one receives far more than he seeks."*  
— John Muir

On 22nd July 2025, students enjoyed an enriching field trip to Cubbon Park, Bangalore, aimed at fostering a deeper connection with nature and encouraging responsible outdoor behavior. The visit offered opportunities to explore the park's greenery, enjoy playtime in the open spaces, and interact with peers and teachers.

Students observed various trees and plants, rode the toy train, played on swings, and engaged in sand play, all while practicing safety and patience. A highlight of the trip was the visit to the aquarium, where learners observed and identified different fish species, sparking curiosity and thoughtful questions.

Throughout the day, they demonstrated cooperation, respect for others, and appreciation for nature. The trip concluded with a sense of gratitude for the memorable experiences shared with friends and teachers in a joyful, safe environment.







# Field trip to Aquarium Paradise

(Grade 3)

*"The foundation of all life is in the ocean." – Jean-Michel Cousteau*

In alignment with this profound quote, the Grade 3 students embarked on an educational and enriching field trip to Aquarium Paradise on Wednesday, 30th July. The visit provided a valuable opportunity to explore the fascinating world of marine life and gain insights into various aquatic creatures, their habitats, and the importance of ocean conservation.

Through interactive sessions and hands-on exhibits, the students remained actively engaged, displaying curiosity and posing thoughtful questions. The experience encouraged observation, inquiry, and meaningful discussions, deepening their understanding of the marine ecosystem.

Teachers observed a high level of enthusiasm, cooperation, and keen interest among the students throughout the day, making the excursion both enjoyable and impactful. The visit not only reinforced concepts from their science curriculum but also fostered a deeper appreciation for the natural world.

This memorable learning experience inspired our young learners to respect and care for aquatic ecosystems, reinforcing the importance of environmental stewardship from an early age.





# Field Trip to Ranga Shankara

(Grade 1)



*"All the world's a stage, and all the men and women merely players."*  
— William Shakespeare

On the 19th and 20th of August, the first graders enjoyed a fun and educational field trip to Ranga Shankara – Performing Arts Theatre, as two batches, where they experienced a delightful puppet drama featuring a lovable character named Crabby. The show was lively, engaging, and carried an important environmental message — the need to keep our water bodies clean.

Crabby, the cheerful puppet crab, took the children on an imaginative journey beneath the sea, showing how pollution harms marine life and reminding everyone of their responsibility to protect oceans, rivers, and lakes. With colourful sets, expressive puppets, and catchy music, the young audience discovered that even small actions — like throwing garbage in the right place or reducing plastic use — can make a big difference.

Drama is a powerful tool to support both academic and emotional development. It builds listening skills, attention, and vocabulary while engaging emotions. This age-appropriate performance kept the children captivated, sparking laughter and questions while gently planting seeds of awareness about environmental care. Their reactions showed how deeply the story resonated with them.

It was an inspiring experience that left the children joyful while instilling valuable life lessons.

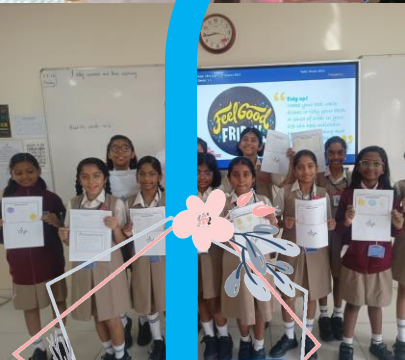






# Health Week

Theme:  
Eat, Move, Be Happy.



Health Week was observed from July 28 to August 1 to raise awareness about nutrition, physical activity, and mental well-being. Each day featured a motivational quote, an informative session, and an interactive activity, integrated seamlessly into classroom and co-scholastic learning.



“Even the smallest amount of effort will still make a difference in getting you closer to your goal.”

Students learned about the importance of fruits in staying healthy and energetic. The week began with a high-energy aerobic session led by Alphose Sir.



“Every crunchy bite of a veggie is a step toward a healthier, stronger you!”

Ms. Nabanita Saha, Chief Clinical Dietician Manipal Hospitals conducted an engaging session on balanced nutrition, focusing on the role of vegetables in building immunity.



“Fuel your body, feed your brain – a handful of nuts goes a long way!”

Students explored the benefits of dry fruits and nuts, followed by a calming yoga session conducted by Ms. Sarita, promoting mindfulness and physical wellness.



“Be mindful of those around you and be aware of their feelings. Your actions matter. It's wonderful when you can be considerate and thoughtful.”

Class teachers introduced sprouts as a nutrient-rich superfood. Students completed a worksheet on healthy food choices, reinforcing mindful eating habits.



“Tidy up! Make your bed, wash dishes or tidy your desk. A sense of order in your life can help maintain physical well-being and reduce mental fatigue.”

Grades 1–4 participated in a guided Bhramari Pranayama session to practice relaxation techniques while Grade 5 had a session on puberty for girls and an open circle time for boys, providing a safe and respectful space for awareness and discussion.







# Photo Gallery

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## Health Week



Health Week was a vibrant and enriching experience that blended knowledge, creativity, activity, and reflection. The collaborative efforts of all teachers and facilitators made the initiative both informative and inspiring. Students were left motivated to embrace health as a lifelong habit.







# 79<sup>th</sup> Independence Day Celebrations

Honoring Our Past,  
Inspiring Our Future!

*"Freedom is not a gift bestowed upon us; it is the result of the sacrifices of countless heroes."*

On August 14, 2025, the students of NPS Koramangala celebrated Independence Day with great fervor and patriotic zeal. The celebration stood out as the entire audience became active participants rather than passive spectators. Students from every grade came together to present melodious group songs that filled the atmosphere with the spirit of patriotism.

The programme also featured inspiring speeches in English and an expressive Hindi poem recitation, adding depth and meaning to the occasion. A special highlight was the portrayal of Kittur Rani Chennamma in a fancy-dress performance, where the valiant queen was depicted with confidence and grace by Aadya Somanna of Grade 4.

To make session more interactive and engaging, students participated in a Spot Quiz designed to test their alertness and active listening skills. The quiz was based on the PPT presentation shown in class, encouraging children to pay close attention, recall key points, and respond with confidence.

The event truly reflected unity, pride, and love for the nation. Our Principal, Ms. Jyotsna Nair, addressed the gathering with motivating words, congratulating the participants and emphasizing the significance of freedom and national unity.





# Empowering Educators

AI Tools & Growth Mindset in Action

*"The future belongs to those who learn more skills and combine them in creative ways." – Robert Greene*

As part of ongoing professional development, faculty at NPS Koramangala attended two informative workshops.

On 12<sup>th</sup> July 2025, a CBSE workshop on 'AI in Classrooms' was conducted by Ms. Kavitha S and Ms. Jerry Brinda Solomon at the school auditorium. The session highlighted the use of AI tools such as Kahoot, Canva, NotebookLM, and text-to-song generators to support personalised learning, automated grading, accessibility for CWSN, and data-driven insights to track student progress and identify learning gaps.

On 2<sup>nd</sup> August 2025, an onsite workshop on 'Cultivating a Growth Mindset' was conducted by TTA facilitators Ms. Geetha R and Ms. Sonali G. The session focused on fostering perseverance, resilience, and a love for learning through the use of growth-oriented language and modelling, emphasizing the role of mindset in building adaptability, confidence, and lifelong learning.

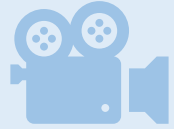






# Musings

In every pause, a chance to reconnect with ourselves.



*A hobby is a meaningful activity we pursue for enjoyment, relaxation or personal satisfaction. It offers a pleasant interlude from the demands of daily life and allows us to spend our free time doing something we truly enjoy.*

*Whether it's painting a canvas, tending a garden, or losing oneself in a good book, a hobby offers solace from life's demands — a cathartic escape that relieves stress and restores a renewed sense of purpose and joy.*

*Incorporating hobbies into our lives can lead to greater happiness, balance and a healthier mind. That's why it's important for everyone to discover an activity they love and make it a consistent part of their routine.*

*In this chaotic world where we are always surrounded by noise, having some solitude, even if for a brief while, is a luxury which everyone can afford and should enjoy.*

*So, if you've been putting your hobby on hold or waiting for the "right time," consider this your sign. It's never too late to make a start and who knows, that hobby of yours today may even turn into your profession tomorrow!*

*So, make time for your hobby. Not because you have to – but because it a doorway to discovering a new you.*

Ms .Anu Iyer





# Beginnings That Inspire

A joyful journey of  
growth and learning.

As we conclude this first edition, we reflect on the days filled with energy, enthusiasm, and meaningful learning. From engaging classroom lessons to vibrant co-curricular activities and exciting field trips, our students experienced a rich blend of learning and exploration.

Each lesson taught and every activity pursued contributed to our larger vision: nurturing the holistic development of every child — academically, emotionally, socially, and creatively. These moments weren't just learning opportunities; they were stepping stones in shaping confident, curious, and compassionate individuals.

We thank our entire school community for making this a memorable beginning, and we look forward to many more milestones ahead. We strive to create a learning environment where academics and co-curriculars complement each other — sharpening the mind, strengthening values, and building a sense of community. Every experience added not only to their skillset but also to their smiles.

Each day beautifully reflected our belief in balanced, joyful learning, and we're excited to see it grow stronger with each edition. We look forward to more adventures, more smiles, and more reasons to celebrate learning together.



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