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## Information:

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Let us talk about the importance of 'Hygiene'. Hygiene, in its simplest form, refers to practices and habits that promote cleanliness and prevent the spread of diseases. Especially for students, practicing good hygiene not only helps prevent the spread of diseases but also contributes to a student's overall well-being, focus and confidence. Students should prioritize basic personal hygiene habits such as regular bathing, washing hands, brushing their teeth at least twice a day, keeping their nails trimmed and clean. Keeping a hand sanitizer at hand can be a practical solution when soap and water aren't available. Students should also be encouraged to maintain their shared spaces like classrooms, bathrooms and cafeteria areas. A clean environment supports better learning, reduce distractions and ensures a healthier atmosphere for all. Students who follow proper hygiene seems more confident than students who don't.

Hygiene isn't just physical- it also includes mental hygiene. Students often face high levels of stress and anxiety due to academic pressures, social dynamics and extracurricular commitments. Therefore, one must balanced lifestyle with time for relaxation, hobbies, meditation, walks , journaling and anything that gives them peace of mind.

In conclusion, hygiene plays an integral role in a student's life, influencing both physical health and academic performance. Developing these habits early in life set the foundation for a lifetime of well-being.

**-Ruovivono**  
**Department of Science**

## Career Counselling Programme

On 6<sup>th</sup> March Career Counselling Programme was organised for Middle and Secondary section on the theme 'Your career is an ever evolving story; make it an inspiring one', with Mr. Azhove Tetseo, Masters in Computer Science & Engineering, Rank 4<sup>th</sup> , HSSLC(Science) 2017 Batch as the Resource Person.

The session was aimed to guide the students' career options and help students understand their strengths and interests.

The Resource Person acquainted the students with the importance of education, benefits of having good Academic Records, Academic Stream, Diploma Courses, and Vocational Training.

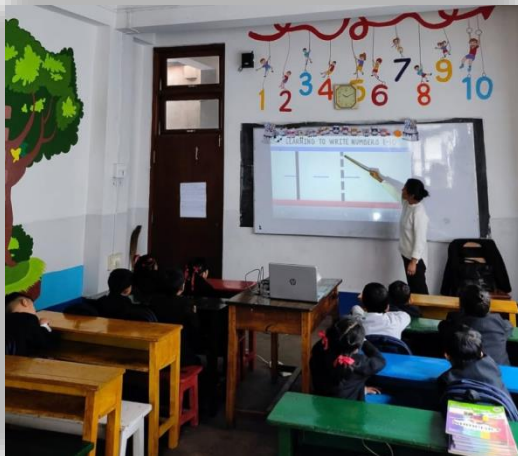
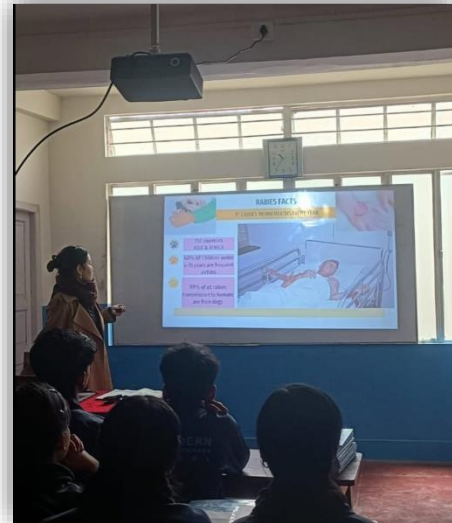
After the session, the students actively participated in an interactive session of question and feedback which helped them develop their inner values.

The Programme was chaired by Ms. Imkongsangla, Co-ordinator Middle and Secondary. Invocation was pronounced by Ms. Naomi Kath welcome note by Mr. Indra Bahadur Khabas, Headmaster. Mrs. Lohra Livia delivered a vote of Gratitude. Benediction was pronounced by Mr. Hmingthan Mowia, Office Manager.



## Digital Class on ICT Tools

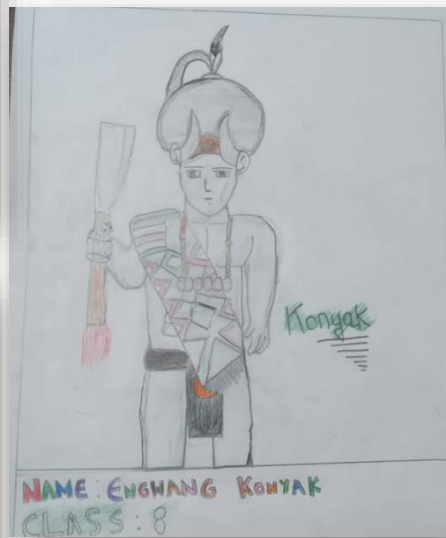
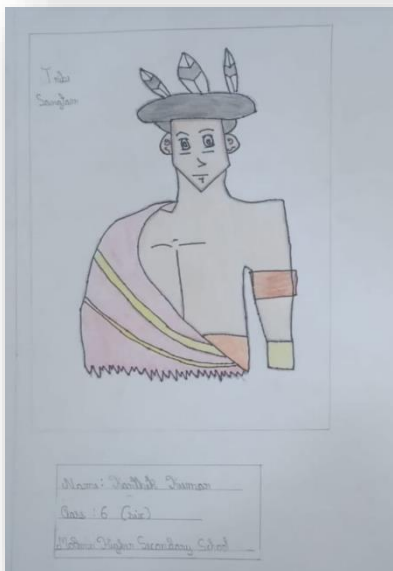
Digital Classes from 10-13 March, 2025. With the objective to empower the Teachers and students using modern ICT Tools.





# Cultural Portrait Prize (Art Competition)

Modern Higher Secondary School participated in The Cultural Portrait Prize (Art Competition) organised by British Schools in The Middle East (BSME), Dubai to enhance the creativity and innovation of students. The competition was conducted on 15th March, 2025 for Classes 6 to 10.



## Investiture Ceremony

Modern Higher Secondary School held the Investiture Ceremony for the 2025-26 session on 18<sup>th</sup> March 2025, with the motto "True leaders don't create followers; they create more leaders "The Ceremony was led by Ms. Imkongsangla, Coordinator, Middle and Secondary. The Ceremony began with the Lord's prayer, setting a solemn tone for the occasion followed by a warm welcome address and introductory speech by Mr. Athishu Andrew, Coordinator, Preparatory who outlined the purpose of the event. An Inspirational song was then beautifully performed by Miss MP Moijem Konyak, dedicated to the students, encouraging and uplifting the spirits of the students.

The Investiture of the captains was officiated by Mr. Indra Bahadur Khabas, Headmaster, and Miss Kazhuni Mahreo, Coordinator (Foundational), in which the badges of the captains and vice captain were formally handed over, marking the beginning of their leadership roles.

Mr. Prince W. Singh and Miss Diya Jha of Class 10 were elected as the school captain and vice captain.

The captains and vice captains of different houses selected are mentioned below:

1. Yellow house Mr. Victor Bumai and Miss Ongchu Angh
2. Green house Mr. Samir Sunar and Miss Keneilhounuo Zumvu
3. Blue house Mr. Arose Thongstar and Miss Nyamsham
4. Red House Mr. Rohit Dutta and Miss Linukkhumla Jamir.

The Investiture of the captains was followed by oath taking ceremony which was led by Mr. Nourhekhriele Noel. Some words of wisdom which outlined the roles of captains was highlighted by Mr. Indra Bahadur Khabas, Headmaster.

A speech of acceptance was given by Mr. Prince W. Singha, the School captain and Miss Diya Jha, the School vice captain. Both Captains expressed their gratitude and vowed to lead with dedication and integrity.

Lastly, a note of gratitude was delivered by Miss Naomi Kath followed by a closing prayer led by Miss Sanano Chanu, bringing a sense of peace and unity as the programme came to a close. The Ceremony was both the celebration of the beginning of new leadership and also a call to uphold the values of the institution.









## First Assembly for Class 12

First Assembly for Class 12 for the Academic session, 2025. The programme was conducted by A. Nenia Theresa, Principal MHSS, Invocation Prayer was pronounced by Ms. Lochumi Patton Dept. of Arts. Mr. Kikatemba Ozukum HOD, Dept. of Science gave a motivational talk wherein he congratulate the students, and encouraged them to work with more sincerity and to aim for more higher grades for the new academic session. The programme was also favoured by a special number by Ms. Khriebeizonuo Miario of Class 12 Arts A. Later in the programme Mrs. Yatetsongla, Convenor, Discipline & Anti Ragging Committee gave a strong regulations on discipline, chewing of tobacco & wearing of complete uniform. The programme concluded with a benediction prayer by Mr. Khrotso Koza, Dept. of Arts.





## Annual Sports for the Foundational Section

The Annual Sports for the Foundational Section (LKG to Class-3) was held on 20th March 2025. The day began with a vibrant opening ceremony, chaired by Ms. Neipusino Suohumvü. The students of Class 3 presented a beautiful welcome song, setting the tone for the day. This was followed by an energetic aerobic performance by Class-2. Ms. A. Nenia Theresa, Principal, officially declared the sports open, marking the beginning of the exciting events that followed. Students enthusiastically participated in various games showcasing their competitive spirit.

The Annual Sports for the Foundational Section wrapped up with a lively closing ceremony on 22<sup>nd</sup> March, 2025. Embracing the spirit of a family, parents also happily participated in the games, creating a cherished moments with their children. The program, hosted by Ms. Menokhrieno Tacü, began with the Lord's Prayer & School Anthem. This was followed by Ms. A. Nenia Theresa, the Principal, awarded the trophies and prizes to the triumphant winners. Theilong from Class 3 mesmerized the students with the closing song, bringing the event to a memorable close. The program concluded with a vote of gratitude, pronounced by the Chairperson, acknowledging the success of the events.











## Annual Sports Meet 2025

The Annual Sports Meet 2025, for the classes 4-10 with the theme "Identifying Strength through Sports "The inauguration program was led by Mr. Athishu Andrew, Coordinator (Preparatory). It commenced with the Lord's prayer and School Anthem, followed by Flag hoisting. A Special performance was presented by Ms. Asula of class 9. A Brief exhortation was given by Mr. Indra Bahadur Khabas, Headmaster.

Oath taking for the four houses was led by Mr. Nourheikhriele Noel, followed by the Official declaration of the Annual Sports Meet 2025 by the Headmaster.

Day 1 kicked off with great enthusiasm and team spirit with the following games being played:

1. Filling up the bottle
2. Three legged race
3. 50 m race
4. 4. 100 m race
5. 5. 200 m race
6. 6. Arm wrestling
7. 7. Relay race
8. 8. High jump
9. 9. Long jump
10. 10. Football
11. 11. Volleyball
12. 12. Balloon fight

As the Day 1 of the Annual Sports Meet 2025 came to a close, the energy and enthusiasm displayed by all participants set the tone for an exciting event ahead, marking a memorial start to the meet. The closing ceremony was led by Mr. Nourheikhriele Noel in which medals and prizes for various games were formally handed over to the deserving winners.

After a series of intense competition, the Trophies were officially handed over to the deserving winners of the Annual Sports Meet, 2025.

1. First place - Blue House
2. 2. Second place -Green House
3. 3. Third place-Yellow House
4. 4. Fourth place -Red House

From thrilling competitions to unforgettable memories, the Annual Sports Meet 2025 was an outstanding celebration of Talent, Sportsmanship and Team work.











## National IP Yatra Nagaland

Modern Higher Secondary School Kohima attended the National IP Yatra Nagaland event on Intellectual Property Rights (IPR) organised by the Investment and Development Authority of Nagaland -Intellectual Property Facilitation Centre in collaboration with MSME and Nagaland Science and Technology Centre at Capital Convention Center, Kohima. The Yatra was organised to create awareness about the importance to G.I tag the local flora and fauna traditional products, practices and designs so that they are marked as our indigenous commodity and are a part of our traditional culture and identity. The speakers also encouraged local scientist, entrepreneur, artisans and farmers to register their innovations and products for patent rights so that it is not copied or misused by external entities.





## Vocabulary Building Competition

To enhance overall development, effective communication and to express oneself, Middle and Secondary Section of Modern Higher Secondary School conducted Vocabulary Building Competition on 29<sup>th</sup> March, 2025 at school S-1. The programme was chaired by Mrs. Lohra Livia. It commenced with the Lord's Prayer, followed by briefing the rules of the competition by the panel of judges: Ms. Kayizhini Basena and Ms. MP Moijem Konyak. Following winners were rewarded with certificates and prizes.

### Junior Category

1st Gourav Das (Class 8)

2nd Subo Naik (Class-7)

3rd Sweety Das (Class-8)

### Senior Category

1st Keneilhounuo Zumvü (Class 10)

2nd Zoramthanga Renthlei (Class-10)

3rd Diya Jha (Class 10)



## Poem Recitation for Preparatory section

Poem Recitation for Preparatory section was held on 29<sup>th</sup> March with Ms. Neha Gurung as the program moderator. Judges of the event were Mr.Nourhekhrielle Noel and Ms.Sanano Chanu. The program began with the Lord's prayer and proceeded with the participants taking the stage to recite their poems. The program concluded with the award ceremony, where the winners were awarded with a prize and certificate each.

Winners for the Class 3 and 4 category are listed below:-

1st prize- Ms. Kiranbala Chanu

2nd prize- Mr. Maneo Adrian

3rd prize- Rejungla L. Sangtam

Winners for the class 5 and 6 category are listed below:-

1st- Priyanshu Kumari

2nd- Diya Rani Das

3rd- Khushi Kumari Yadav

The program recorder was Mrs.Rajasri Vasaka.





## **Beyond Failures**

It's perfectly natural to fear failures and mistakes—they are part of every meaningful journey. What truly matters is how you respond to them. You can choose to hide, or you can choose to rise. Let every mistake teach you, and let every fear fuel your determination. When you shift your perspective, you'll realize that every challenge carries a hidden opportunity. Growth begins the moment you choose to learn, not run.

**-Rokokhrienuo  
Dept. of Commerce**

# Highlight of the Month (Higher Secondary Section)

## March

6 <sup>th</sup> March	: Staff Meeting
10 <sup>th</sup> March	: Monthly news letter
11 <sup>th</sup> March	: Declaration of XI Promotion Examination Result, 2024
12 <sup>th</sup> - 18 <sup>th</sup> March	: Tuesday Admission to class XII (Bank)
19 <sup>th</sup> March	: Orientation for class XII
19 <sup>th</sup> – 25 <sup>th</sup> March	: English tutorial class for class XII
29 <sup>th</sup> March	: Submission of IPR by teachers to HoD's
31 <sup>st</sup> March	: 1 st Weekly Test for class- XII(English)/ Submission of HODs Report to Principal

## To look ahead

### April

1 <sup>st</sup> April	: Issue of Admission Forms & Prospectus for Class 11
4 <sup>th</sup> April	: Assembly (I/C Class- XII Arts A)
5 <sup>th</sup> April	: Departmental Meeting/ Career Guidance(HoD's)
7 <sup>th</sup> April	: 1st Weekly Test for class XII (His/ Ent/ Phy)
10 <sup>th</sup> April	: Monthly news letter
11 <sup>th</sup> April	: Administration Meeting
14 <sup>th</sup> April	: 1st Weekly Test for class XII (Psc/ Bus/ Maths)
23 <sup>rd</sup> April	: HoD's meeting /1st Weekly Test for class XII (Aen)
25 <sup>th</sup> April	: Debate (Class Selection)
28 <sup>th</sup> April	: 1stWeekly Test for class XII (Sgy/ Eco/ Bio)
29 <sup>th</sup> April	: Submission of IPR by teachers to HoD's
30 <sup>th</sup> April	: Submission of HODs Report to Principal

## Highlight of the Month (High School Section)

### March

1 <sup>st</sup> March	: Bagless Day/ FDP (Foundational)
6 <sup>th</sup> March	: Submission of lesson plan/ career Counselling (Middle & Secondary)
10 <sup>th</sup> - 15 <sup>th</sup> March	: Digital Week (All)
19 <sup>th</sup> -21 <sup>st</sup> March	: Annual Sports (Tentative)
27 <sup>th</sup> & 28 <sup>th</sup> March	: Toilet training & good manners (Foundational)
28 <sup>th</sup> March	: Poem recitation (Preparatory)
29 <sup>th</sup> March	: Vocabulary building (Middle & Secondary)
31 <sup>st</sup> March	: Monthly Staff Meeting

### To look ahead April

4 <sup>th</sup> April	: Submission of Lesson Plan
5 <sup>th</sup> April	: Art and Craft Exhibition (Preparatory, Middle & Secondary)
10 <sup>th</sup> April	: Issue of admit card for 1 <sup>st</sup> Term Exam
11 <sup>th</sup> April	: White Day (Foundation)/ Spelling Bee L-1 (Middle & Secondary)
14 <sup>th</sup> – 17 <sup>th</sup> April	: 1 <sup>st</sup> Term Exam (Minor subject)
16 <sup>th</sup> April	: Easter Egg Painting Competition
28 <sup>th</sup> April	: 1 <sup>st</sup> Term Exam
30 <sup>th</sup> April	: Monthly Staff Meeting

**Compiled by:**

**Nouhrehkrielie Noel, Khrotso Koza, Imsunungla Jamir & Abenla Longkumer**