



-Mezivolu Rhakho

"Balance: The Key to a Happy Student Life"

School life can get really busy- especially with weekly test every Monday ,homework, exams ,activities and everything in between. It often feels like there's always something to prepare for.

While doing well in studies is important its just as important to take care of yourself. Having balance in life means giving time not only to studies but also to rest, hobbies , friends and families. When you balance everything well, you feel happier, less stressed and more focused.

Remember, its okay to take breaks and enjoy small moments. Just try to manage your time, do your best and take care of yourself along the way.

A little balance can make a school life a lot happier and easier.

Information:

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updates

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Farewell



Modern Higher Secondary School organized a heartfelt farewell programme in honour of Mr. Kaikho Chusuna (Support Staff). The programme was held at S-1 at 11:00 AM, bringing together staff members to celebrate his dedicated service.

The programme was led by Mr. Athishu Andrew and began with an invocation by Mrs. Abenla Longkumer.

The farewell speeches were delivered by Mrs. A. Kaisa Hekha (Chairperson), Ms. A. Nenia Theresa (Principal), Mr. Indra Bahadur Khabas (Headmaster), and Mr. Khrotso (Faculty), who shared words of appreciation, gratitude, and best wishes for his future.

The event concluded with a benediction by Mr. Hmingthan Mowia, leaving everyone with cherished memories and heartfelt wishes.

The gathering ended with light refreshments, marking a warm and respectful send-off.

✿ We thank him for his valuable service and wish him success, happiness, and good health in the days ahead.

Oral Health



Tobacco Control Cell, Modern Institute of Teacher Education, in collaboration with Modern Higher Secondary School, organized an awareness program on “Protect Your Oral Health; Say No to Tobacco” on 8th April 2026.

The session featured an insightful talk by Dr. Atounuo Rutsa (Dentist, GDC Mumbai), who emphasized the importance of oral hygiene and the harmful effects of tobacco use. The program included an invocation, welcome address, a special number, and concluded with a vote of thanks.

The initiative successfully created awareness among students, encouraging them to adopt healthier lifestyles and make informed choices.

White Day cum Painting Competition



The Foundational Section observed “White Day cum Painting Competition” on 10th April, 2026, under the theme “Nature in White.” The event aimed to help young students appreciate and embrace the gifts of nature.

Following an enthusiastic participation by all students, the winners were awarded:

LKG & UKG

1st place : Divanshi Das
 2nd place : Yithuw Krechena
 3rd place : Kazi Md. Rahim Uddin.

Class I & II

1st place : Ankita Kumari
 2nd place : Pihu Kumari
 3rd place : Asakho Felix

White Day cum Painting Competition



Field Trip (Preparatory section)



The Preparatory section (Classes III to VI) went on a field trip as part of their outdoor learning activities. They first visited the Kohima War Cemetery, where they explored the grounds and enjoyed the scenic beauty of the site.

Afterward, they were taken to Reiphinyü Badze; the ecstatic environment provided a wonderful space for recreation with friends, classmates, and teachers. The day was filled with fun, laughter, good food, and great memories.

Appreciation



The school assembly on 16th April, 2026 witnessed a moment of pride and celebration as Certificates of Appreciation were presented to the students who actively participated in the Prodigy Hunt. The event aimed to encourage students to showcase their talents, creativity, and unique abilities across various fields.

The certificate distribution ceremony was held during the morning assembly in the presence of the Principal, teachers, and students.

The program began with a brief introduction highlighting the significance of the Prodigy Hunt by Mrs. Lohra Livia, Co-ordinator of Prodigy hunt.

The recognition served as a source of motivation not only for the recipients but also for other students to explore and nurture their talents.

The ceremony concluded with words of encouragement by Mr. Indra Bahadur Khabas, Headmaster emphasizing the importance of participation, self-expression, and continuous learning.

Appreciation



Financial Empowerment Workshop with Moneybar



Modern Higher Secondary School successfully organized a Financial Empowerment Workshop for Young Adults on 18th April 2026 at 10:00 a.m. in the School Auditorium for the students of Class 10 and 12 Commerce.

The workshop aimed to equip students with essential knowledge and skills related to financial literacy, money management, and responsible financial decision-making.

The resource person for the session was Ms. Paweii Kayina, Founder of Moneybar, who conducted an insightful and engaging session on the importance of financial planning, budgeting, saving, investing, and developing healthy financial habits from a young age. She also highlighted the significance of financial independence and making informed choices in today's dynamic economic environment.

Through interactive discussions and practical examples, the session enabled students to gain a better understanding of managing personal finances, setting financial goals, and preparing for future financial responsibilities.

The workshop also encouraged students to develop confidence in handling financial matters and inspired them to adopt smart and disciplined financial practices.

Field Trip- Department of Science



The Department of Science, Modern Higher Secondary School, Kohima conducted a one-day field trip on 18th April 2026 to the School of Agricultural Sciences (SAS), Medziphema, and the Regional Ayurvedic Research Centre (RARC), Dimapur. A total of 32 students, accompanied by 4 teachers, participated in the trip, gaining valuable exposure and knowledge beyond the classroom.

At SAS, the group explored six major facilities: the Library, Museum, Research Farm, Department of Horticulture, AICRP on Bees and Pollinators, and the Department of Plant Pathology and Entomology. Students were introduced to agricultural research, crop science, plant cultivation, beekeeping, pollination, plant diseases, insect taxonomy, and preservation techniques. They also gained insights into modern library systems and agricultural museum exhibits.

The visit was further enriched by guidance from Assistant Professors, PhD scholars, scientists, and faculty members, including an inspiring address by the Dean, Dr. Pauline Alila.

The trip continued to the Regional Ayurvedic Research Centre, where students learned about medicinal plants, Ayurvedic practices, and scientific research focused on validating traditional systems of medicine.

This educational visit successfully bridged theoretical learning with practical experience, helping students better understand agriculture, research methodologies, sustainability, and traditional medicine. It was truly an enriching and memorable learning experience for all.

Field Trip to Benreu Tourist Village



The Department of Arts, Modern Higher Secondary School, organized a field trip for Class 12 students to Benreu Tourist Village on 18th April 2026.

The main purpose of the visit was to help students understand rural tourism and community-based eco-tourism. Benreu, located in Peren district of Nagaland and known as the “Abode of Clouds and Rains,” is renowned for its scenic beauty and panoramic views of Mt. Pauna, a popular trekking destination.

During the trip, students took a short hike to the Mt. Pauna viewpoint and also visited the healing pond in the village. The experience was both refreshing and educational, inspiring students to appreciate local culture and the importance of promoting responsible eco-tourism.

Leadership Workshop



A leadership workshop was successfully conducted on 22nd April , 2026 by Mitesh Vinjuda, Senior Director of India's International Movement to Unite Nations (IIMUN). The session focused on developing leadership qualities among students. The resource person highlighted the importance of confidence, effective communication, critical thinking, and global awareness. The workshop encouraged students to think beyond classrooms and textbooks .

Overall, it was a valuable learning experience for everyone present.

The school expresses its sincere gratitude to the resource person for conducting such an enriching session.

Environment Teach-in Programme & Earth Day Social Work



A successful Environment Teach-In Programme was organised by the Department of Arts, Modern Higher Secondary School on the occasion of World Earth Day on 22nd April 2026. The programme aimed to demonstrate support for environmental protection and to promote awareness about the importance of caring for our planet.

The event featured six student speakers—Vilitoli Ayemi, Elivi Kennao, Mhasi Thevo, Metevino Chishi, Sujata Sunar, and Imran Ali—who delivered insightful and engaging speeches on a variety of topics. These included the history and development of Earth Day, its global impact, the significance of the annual theme, the importance of individual contributions toward environmental conservation, and the relevance of initiatives such as Earth Hour. Their presentations highlighted why Earth Day matters and emphasized the need for collective responsibility in protecting the environment.

The programme was effectively moderated by Grace Sote, who ensured smooth coordination throughout the session.

In addition to the academic presentations, a cleanliness drive was also organised as part of the programme. Students actively participated in cleaning the school campus demonstrating their commitment to maintaining a clean and sustainable environment.

**-Zeitonu Kotso**

LOVE YOURSELF: SPEAK YOURSELF

In today's world, many young people struggle with self-doubt, pressure and the constant need to meet academic, social and personal expectations. Such pressure may contribute to insecurity, hard acceptance of one's self. Learning to value oneself is an important step toward confidence and emotional well-being. It is a reminder that loving yourself is a journey. In a world that demands perfection, imperfections do not diminish a person's value rather they form an essential part of individual growth and identity. Everyone has flaws, scars and painful experiences but those struggle are part of what makes each person unique.

At its core, "Love Yourself" talks about accepting oneself completely- including strengths, flaws, failures and imperfections. Self love is not arrogance; rather, it is the recognition that every person deserves respect, including from themselves. When we learn to value who we are, we build resilience against criticism, comparison and societal pressure.

To speak oneself means to voice one's beliefs, feelings, dreams and identity without any fear of judgment. In a world where many remain silent due to insecurity or social expectations, the ability to voice one's true self constitutes an act of personal agency and empowerment. In embracing this philosophy, we are empowered not only to transform our lives but also contribute to a more compassionate and inclusive society. We must first learn to value and accept who we are. No matter who you are, where you are from, your skin color, your gender identity, just find your voice to speak yourself.



The Carpenter's Son

-Ruovivonuo Kiwe

Have you seen the Carpenter's Son, his brown hair shining in the sun, his eyes holding the ocean, and a smile so bright the moon hides in shame.

Have you seen the Carpenter's Son, his hands bear calluses, for he is often by his father's side. With tiny hands he carves the wood, and though imperfect it may be, it holds a beauty of its own.

Have you seen the Carpenter's Son, who runs to his mother's lap when rest is all he seeks, for his mother's warmth is all he need sin the cold winter night.

Have you seen the Carpenter's Son, he is a man now, no longer the little boy who stayed beside his father and ran to his mother. For he now works wonders, and does what any man can scarcely imagine.

Have you seen the Carpenter's Son, with people surrounding him, and I must say, fear is not found within him, for he has wonders within him.

Have you seen the Carpenter's Son, there was a time his mother's lap was where he found peace, and now he is the peace everyone seeks. He is Light, he proclaims, and I must say nothing could be more true, for he shines for eternity.

Have you seen the Carpenter's Son, now laid in the woods he once loved. Pain and sorrow were all we could see, but I must say, he conquered them all. For love, he is the love the world never knew. I say to you, the days have come, with subtle pain I say, my phrase must change.

Have you heard of the Carpenter's Son, he promised forever is true. He saw, he saves, and leads the way, for I must say, only a few listen. Have you heard the people say, he will come back again, when music plays and the sky dances with colour. For I must say, I await the day.



Nothono Chuzo

Warm Sacrifices

Oh, how beautiful is that town, Kohima,
resting quietly among the hills of Nagaland,
where green meadows stretch wide,
and the air feels neither too warm nor too cold.

Oh, how people keep themselves busy to fit into society.

Hurrah! There stands a beautiful, humble institution
Modern Hr. Sec. School, providing education to striving students, shaping lives with purpose.

"True Education" Is what they stand for,
"Excellence" is what they strive for,
"All-round growth" is what they nurture.
And students long for the best knowledge.

Gracious God knows the struggles of the teachers and school authorities,
the sacrifice they make each day, giving their all for their students, hoping for the best.
The non-teaching staffs that serve the school every day.
Their endless sacrifices that remain unheard.
Parents, sacrificing blood, sweat and tears for their children

Oh there, 'one can see thousands in uniform.
'Walking in and out every day, a few to learn,
Some of em' to fulfill the means of the day.

And one can see their willing hearts,
that yearns to thank their masters,
yet—not one, not even one is brave enough to do so.

Oh how tragic it feels,
When the masters want best for their children,
Sacrificing so much every day for their education
and having the best expectations,
yet they still remain unconvinced.



Kuuetso Dozo

A Red Ribbon

A virus born on breath and skin,
 It did not care for race or kin.
 It struck with stealth,
 It struck with shame,
 And left too many without a name.

But through the dark, a fire burned,
 As hope and knowledge slowly turned.
 The fight began not just to live,
 But fight for care, to fight to give.

HIV can still be treated,
 Though not yet wholly defeated.
 But time moved on and so did we
 With hope, with strength, with therapy.

Though still it lives within the veins,
 It's chained now, though it still remains.
 The truth remains: no final cure,
 But life can last, and love endure.

So let the red ribbon unfold,
 A story neither young nor old.
 A red ribbon, looped and tight,
 Wears the burden, shows the fight.

Raise your voice, and break the chain,
 For truth is balm to deepest pain.
 HIV is not the end,
 With care and love, we rise, we mend.



Importance of Cleanliness

-Sujata Sunar

Cleanliness is an important habit that plays a major role in maintaining good health and a pleasant environment. A clean surrounding keeps diseases away and helps people live a healthy and comfortable life.

Cleanliness reflects discipline and responsibility in an individual. Mahatma Gandhi also said that Cleanliness is next to Godliness. Personal cleanliness is essential for physical and mental well-being; Regular bathing, washing hands, and wearing clean clothes protect us from germs and infections. When a person maintains cleanliness, they feel fresh, confident, and active throughout the day. Clean surroundings are equally important. Keeping our homes, schools, and public places clean improves hygiene and creates a positive atmosphere. Proper waste disposal and avoiding littering help protect the environment and keep it safe for everyone. In conclusion, cleanliness is not just a habit but a way of life.

By practicing cleanliness daily, we can improve own health, protect the environment, and contribute to a better and healthier society.



Goals !

-Janggunlen Chongloi

We all have dream and goals we aspire to fulfill in life .Many of us have already planned the steps to be taken to achieve our aims. Setting a clear goal or in aim in life is one of the main factors of achieving success in life .Some of us may think it is easy to be successful in life just by studying hard and working hard. But if we don't have a clear vision about where we are going we can easily get lost along the way and end up being disregarded in life because our capacities were not fully utilized. If we really think about it, setting goal in life is not very easy because every person has to be very careful about several factors on the most suitable goal that can be achieved by her/him .Every person has different talents, skills , dreams and goals.

Therefore firstly, we need to be practical and consider only those goals that can be achieved setting impossible goals would only led to frustration and unhappiness in life . Making the right choice of aim in life is therefore, most important because it is the key to becoming somebody or nobody in society.

Secondly , having an aim in life helps us to focus on one's path. It helps us to set the right priorities in life so that we do not get distracted. we can try all the options that lead to our aims of we have a clear vision.

Thirdly , nothing can ever be achieved if we just keep dreaming and not working on it . Therefore, aim for the stars and work hard towards it by studying hard and never looking back ever again. Along the way ,failures can come but if we have a clear vision, it will help us to find other opportunities to continue striving towards the goal till it is achieved

AKASHVANI KOHIMA | **FM TRAGOPAM** | **EDUCATION BROADCAST**

ENGLISH CLASS

“LITERARY DEVICES”

4 APRIL 2026
PRIMARY CHANNEL:
11:30 AM

7 APRIL 2026
FM TRAGOPAM:
05:00 PM

MEGOPHENO CHASE

Ms. Megopheno Chase shared on the topic “Literary Devices” where key concepts were explained to help learners strengthen their language and analytical skills.

As part of Akashvani Kohima Education Broadcast series, Ms. Neha Gurung shared the importance of empowering girls in technology, digital education and the growing influence of AI in shaping tomorrow’s world.

आकशवानी कोहिमा
AKASHVANI KOHIMA

FM TRAGOPAM

WOMEN PROGRAMME

INTERNATIONAL GIRLS IN ICT DAY

AI FOR DEVELOPMENT:

GIRLS SHAPING THE DIGITAL FUTURE

NEHA GURUNG
MATHEMATIC TEACHER
MODERN HIGHER SECONDARY SCHOOL, KOHIMA



Congratulations

Modern Higher Secondary School extends its heartfelt congratulations to all students who have successfully cleared the recently announced **HSLC and HSSLC** examination results.

To those who did not achieve the desired result this time, do not lose heart, this is a stepping stone, and better opportunities lie ahead.

Keep moving forward with faith,
determination, and hope.

We are proud of you!

Highlight of the Month (Higher Secondary)

April 2026

1 st April	: Issue of Admission Forms & Prospectus for Class 11
10 th April	: Monthly news letter
13 th April	: 1 st Weekly Test for Class 12
17 th April	: Assembly (I/C Class 12 Arts A)
18 th April	: Departmental Meeting/ Career Guidance (I/C HoD's)
20 th April	: 1 st Weekly Test for Class 12
22 nd April	: HoD's meeting
24 th April	: Extempore Speech (Class Selection)
27 th April	: 1 st Weekly Test for Class 12
29 th April	: Submission of IPR/Internal Assessment Report by teachers to HoD's
30 th April	: Submission of HoD's Report to Principal

To look ahead

May

1 st May	: Assembly (I/C Class- 12 Arts B)
2 nd May	: Department Meeting
4 th May	: 1 st Weekly Test for Class-12
8 th May	: Extempore Speech (Final Round)
11 th May	: Monthly Newsletter/ 1 st weekly Test for Class-12
15 th May	: Assembly (I/C 12 Commerce)
16 th May	: Field Trip (Life Skill Activity)
18 th May	: 1 st Weekly Test for Class-12
20 th May	: HODs Meeting
22 nd May	: Declaration of 1 st Phase Weekly Test Result
25 th May	: Orientation for Class-11 (Tentative)
26 th May	: English Tutorial for class-11
28 th May	: Issue of Class-12 Admit card For 1 st Terminal Examination
29 th May	: Assembly (I/C 12 Science)/ Submission of IPR/ Internal Assessment Report by the teachers to HODs/ Youth Parliament
30 th May	: Submission of HODs Report to Principal

Highlight of the Month (High School Section)

April 2026

1 st April	: Easter Egg Painting (Preparatory)
7 th April	: Submission of IPR (Teachers)
10 th April	: White Day cum Painting Competition (Foundational)
11 th April	: Field Trip (Preparatory)
17 th April	: Issue of admit card for First Term Exam
18 th April	: Mentoring Session (Middle & Secondary)/ Spelling and Dictation (Preparatory)
20 th April	: Monthly Staff Meeting
21 st -23 rd April	: First Term Exam (Minor Exam)
27 th April	: First Term Exam (Major Exam)

To look ahead

May

2 nd May	: Submission of IPR (Teachers)
9 th May	: Field Trip (Middle and Secondary)
11 th May	: Declaration of result of 1 st Term Exam cum PTM
16 th May	: Talent Hunt (Preparatory, Middle & Secondary)
29 th May	: Blue Day/ Animal, Bird and Aquatic Day (Foundation)/ Monthly Staff Meeting
30 th May	: Role Play (Class 9 & 10) Fun with Mathematics (Class 7 & 8) Quiz competition on GK and Heritage (Preparatory)

Compiled by:

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