

SPIRITUAL NUTRITION

स्वधर्ममपि चावेक्ष्य न विकम्पितुमर्हसि ।
धर्म्याद्धि युद्धाच्छ्रेयोऽन्यत्क्षत्रियस्य न विद्यते ॥

TRANSLATION

Considering your specific duty as a kṣatriya, you should know that there is no better engagement for you than fighting on religious principles; and so there is no need for hesitation.

INTERNATIONAL YOGA DAY CELEBRATIONS -2020

Yoga is an invaluable gift of India's ancient tradition. It embodies unity of mind and body, restrains the vagaries of mind and brings one closer to bliss and one pointedness. Yoga is the Sanskrit word for union. Patanjali was a pioneer of classical yoga. He defined yoga as, "the cessation of the modification of the mind (Stopping restless mind)". At New Horizon Gurukul International Day of Yoga is celebrated annually on 21st June since its inception in 2015.

This year too, celebrations took a creative turn by involving all students of Gurukul to participate in yoga session with live demonstrations by Yoga teachers. Live streaming on official school page of facebook and NHG's official Youtube channel was followed by many students and teachers who actively participated in the event. Suryanamaskars and various other asanas were performed by all participants and many students created videos explaining the benefits of Sheersasan, Chakrasana to name a few. The cultural spirit of Shrest Bharat which is the Yog Bhumi in true sense did not let gurukulites lower their vigour due to COVID pandemic.

New Horizon गुरुकुल
(Affiliated to CBSE, Affiliation Number : 830395)

Congratulation CBSE Board Exam Toppers 2020

 PRAKRITI TRIPATHI 96.6	 CHINMAYEE DANDIBHOTLA 94.2	 PRISHA BAJAJ 96.6	 DEEPIKAA VARADHARAJAN 94.2	 TANMAY SATISH PATIL - 96.6	 ASMITA MUKHERJEE 94	 NAMITA 93.8	 HARSHIT CHOPRA 93.6	 AARYAN NARANG 93.4
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EDUCARE – Kindling the Latent goodness

CHAIN OF LOVE

"How do you account for your remarkable accomplishment in life?" Queen Victoria of England asked Helen Keller. "How do you explain the fact that even though you were both blind and deaf, you were able to accomplish so much?"

Ms. Keller's answer is a tribute to her dedicated teacher. "If it had not been for Anne Sullivan, the name of Helen Keller would have remained unknown."

"Little Annie" Sullivan, as she was called when she was young, was no stranger to hardship. She was almost sightless herself (due to a childhood fever) and was, at one time, diagnosed as hopelessly "insane" by her caregivers. She was locked in the basement of a mental institution outside of Boston. On occasions, Little Annie would violently attack anyone who came near her, and most of the time she generally ignored everyone in her presence.

However, one elderly nurse believed there was hope. She made it her mission to show love to the child and started visiting Little Annie everyday. For the most part, the child did not acknowledge the nurse's presence, but that did not deter her for continuing her visits. The kindly woman left cookies for her and spoke words of love and encouragement everyday. She believed Little Annie could recover, if only she was shown love.

Eventually, doctors did notice a change in the girl. Where they once witnessed anger and hostility, they now noted an emerging gentleness and love. They moved her upstairs where she continued to improve. Then, the day finally came when this seemingly "hopeless" child was released.

Anne Sullivan grew into a young woman with a desire to help others, as she, herself was helped by the kindly nurse. It was she who saw the great potential in Helen Keller. She loved her, disciplined her, played with her, taught her a sign-alphabet, pushed her and worked with her until the flickering candle that was her life became a beacon of light to the world. Anne Sullivan worked wonders in Helen's life; but it was the loving nurse who first believed in Little Annie and painstakingly transformed an uncommunicative child into a compassionate teacher. "If it had not been for Anne Sullivan, the name of Helen Keller would have remained unknown." But if it had not been for a kind and dedicated nurse, the name of Anne Sullivan would have remained unknown.

These three great souls formed their own chain of love. But how far back does the chain of redemption extend? And how far forward will it lead? When we seek to reach out and help others, we become an integral part of a chain of love that can extend through the generations.

Love is powerful. Providing a glass of drinking water to a needy; offering medical help to one who is in crisis; or simply lending a listening ear to a troubled friend – every such act maybe small but their implications are much more than we can often imagine. We can never overestimate the power of love in action. It is a fire that, once lit, burns forever.


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Admission Circular
FOR PLAYGROUP, NURSERY, LKG AND UKG
FOR THE ACADEMIC YEAR 2020-21

Dear Parents, Hari Om!

Registration forms for admission for the academic year 2020-21 for PLAYGROUP, NURSERY, LKG & UKG can be downloaded from 5th September 2019 onwards from the website www.newhorizonvidyamandir.in

Filled in registration forms should be submitted at New Horizon Vidya Mandir only. The registration fee is Rs 500/-. Parents can take a tour of the campus after the submission of registration forms.

The timings are: 9.00 am to 2.30 pm.

Please submit the filled in registration form with the following enclosed:

1. The latest passport size photograph of the child
2. Photocopy of the birth certificate
3. Aadhar copy of the child

The child should have completed 1 year 10 months on 1st June 2020 for admission to Playgroup. For admission to Nursery, the child should have completed 2 years 6 months on 1st June 2020, for LKG and UKG the corresponding age will be considered.


Mrs. Usha Vasudevan
Principal-NHVM

TECHNOLOGY EVOLUTION OF INDIAN AIR FORCE

“What we are doing to the forests of the world, is but a mirror reflection of what we are doing to ourselves and to one another”

Trees teach us selflessness, to grow beyond human vices and cultivate love for all equally. Saalumarada Thimmakka, a 105-year-old environmentalist from Karnataka, has reportedly planted over 8,000 trees in over 80 years. She is known for having grown about 400 Banyan trees on a four kilometre stretch between Hulikal and Kudur, and nurturing them as a mother.

Saalumarada Thimmakka was born in a place called Gubbi in Tumkur district. Her parents were Smt. Vijayamma and Sri Chikkarangayya. Having been born in poor family, Saalumarada Thimmakka could never go to school because of utter poverty and lack of facilities. At an age when a child should be going to school and exploring the fun and joy of learning, Saalumarada Thimmakka had to take upon her tiny shoulders household responsibilities, she had to take up grazing of cattle and sheep. When she was 10, she even began to work as a coolie.

As she grew up, she was married to Sri Bikkalu Chikkayya of Hulikal Village of Kudoor taluk of Ramanagar district. He was nick named “Bikkalu”, as he was stammering. Her husband’s family was not well provided for either. She had no respite from poverty and a series of difficult situations followed her in that phase of her life too.

Unfortunately, the couple remained childless even after many years of their marriage. She had to toil hard for a fistful of food and poverty became an inseparable part of her life. The society looked down upon her as a barren woman with all its harshness and cruelty. She was dejected and wanted to commit suicide when she was in her 40s as she was unable to bear a child. But it was her husband, who filled her with hope. There were pressures on him to seek another wife but he refused. He kept thinking of ‘something to do’ with their life.”



One day some 45 years ago, Chikkanna and Thimmakka simply decided to plant trees. Which place did they choose? This couple chose to line the dusty road between Hulikal and nearby Kudur with their trees. That is a 4 km stretch. “It was a dry, hot road. Our villagers had to go to Kudur frequently - and dreaded it. So we thought it would be nice if trees came up and shaded the way,” she says. It was concern for others – noble indeed!

They began, quietly; just the two of them. They selected the peepul [*ficus religiosa*] exclusively, and raised baby trees in a tiny nursery. And then off they went to plant them Chikkanna then built thorn guards around their little wards. The plants had to be watered everyday till they established, then, every three days for a year and later every week until they were 10 years old.

Every morning they would set out, Thimmakka with a pot on her head and another on a hip and Chikkanna’s load of two pots hanging from the ends of a pole over his shoulder. They refilled the pots from wells and ponds along the way - in all about 40 to 50 pots a day. The couple who believed firmly in planting trees as a great service to the environment, country and humanity, neither grieve nor glorify their poverty. After their regular work till the noon, the couple took to tending the trees by watering, fencing and guarding them. This became the daily routine for many years.

The saplings were planted mostly during monsoon season so that sufficient rainwater would be available for them to grow. By the onset of the next monsoons, the saplings had invariably taken root.

Every year they planted 15 to 20 new plants until finally they had covered the whole of the 4km between Hulikal and Kudur. They were in love with their ‘children’. Chikkanna quit working for a wage to keep a vigil on his young trees and to water them. He patrolled the stretch, shooed off cattle and watered the trees. Thimmakka worked for a wage to keep the pot boiling.

They were successful in planting and tending to 385 banyan trees along a four- kilometre stretch of highway between Hulikal and Kudur. In 1991, she lost her husband, but she continued her task. She has planted nearly 8000 other trees. Her story is that of grit and determination

Did they crave for any recognition? No, this service gave them self-satisfaction. They were happy with what they were doing. No doubt, it was a strenuous job, but they liked it and they gave their life and soul to do it.

It is a lesson for every One!

For many years their services went unnoticed, but gradually it was recognized. It led to the pouring of awards on her for that great achievement.



All the awards have not helped in improving her financial condition. It is still a life of meagre resources. But Thimmakka is active even now. Today, Thimmakka is invited to many afforestation programs in India. She has also been involved in other social activities like constructing a tank to store rainwater for the annual fair held in her village. She also has a dream of constructing a hospital in her village in memory of her husband and a trust has been set up for this purpose.

In 2016, Saalumarada Thimmakka was listed by British Broadcasting Corporation as one of the most influential and inspirational women of the world.

"Your children are, who will remember you lived, it is said. It is true. Timmakka will be ever remembered because of her children – the Trees.

This in brief is the life history of Timmakka. She has proved that academic education is not a must to achieve great things in Life.

– Aditi Malhar, XI B

WORLD ENVIRONMENT DAY 2020

New Horizon Gurukul celebrated the World Environment Day on an online platform amidst this pandemic on 5th June 2020. The theme for World Environment Day 2020 was 'Celebrate Biodiversity'. The multitude of life forms that inhabit our beautiful planet not only enhance scenic beauty of nature but also teaches humanity at large the lessons of harmony, equanimity and mutual cooperation. Man can gain invaluable insights by observing the intricacies of nature. NHG enthusiastically joined the league of nature lovers to celebrate our planet's biodiversity inspite of lockdown. Students of grade 5-11 participated in World Environment Day celebrations by presenting their work on biodiversity. Students made video clips to create awareness about various environmental issues, online presentations were made by students of all classes showcasing their understanding of various aspects of biodiversity. Many poems were composed by students to express their love for environment. They also took part in activities like essay writing, debates, quizzes, and many more. This multidisciplinary interaction by all students and teachers was an enlightening experience to behold!



– Pranavi Prasad, X A

Time and tide wait for none. The only way to make the best use of time is to be punctual. Punctuality means arriving or doing things at the appointed time. A punctual person is respected by all. Most of the successful people in the world are known to be punctual.

As students, we must get up early in the morning, attend school punctually, prepare for our lessons and complete our assignments within the stipulated time. We must try to be punctual from our young age.

Once this good habit is acquired, it becomes a part and parcel of one's nature and THAT is the secret of success.



ಪತ್ರಿಕೆಗಳನ್ನು ಓದುವುದು ಒಂದು ಒಳ್ಳೆಯ ಹವ್ಯಾಸ



ವಿದ್ಯಾರ್ಥಿಗಳು ಪ್ರತಿದಿನ ಪತ್ರಿಕೆಗಳನ್ನು ಓದಲು ಸ್ವಲ್ಪ ಸಮಯವನ್ನು ಮೀಸಲಿರಿಸಿದರೆ ಹಲವು ಉಪಯೋಗಗಳಿವೆ. ಸ್ಮರಣಶಕ್ತಿಯ ವೃದ್ಧಿಗೆ, ವಿಷಯ ಸಂಗ್ರಹಣೆಗೆ, ಅಲೋಚನೆ, ಅಭಿವ್ಯಕ್ತಿಗೆ ಮನರಂಜನೆಗಾಗಿ ಮಕ್ಕಳು ಪತ್ರಿಕೆಗಳನ್ನು ಓದಬೇಕು. ಇದರ ಜೊತೆಗೆ ಭಾಷಾ ಸಾಮರ್ಥ್ಯವೂ ಹೆಚ್ಚುತ್ತದೆ.

ಭಾರತ ದೇಶದ ಮೊಟ್ಟಮೊದಲ ಪತ್ರಿಕೆ ಕ್ರಿ.ಶ. ೧೭೮೦ರಲ್ಲಿ ಪ್ರಕಟವಾದ 'ದಿ ಬೆಂಗಾಲ್ ಗೆಜೆಟ್' ಕನ್ನಡದ ಮೊದಲ ಪತ್ರಿಕೆ 'ಮಂಗಳೂರು ಸಮಾಚಾರ ಕ್ರಿ.ಶ. ೧೮೪೩ ರಲ್ಲಿ ಪ್ರಕಟವಾಯಿತು. ಪತ್ರಿಕೆಗಳಲ್ಲಿ ಕಾಲ ಕಾಲಕ್ಕೆ ಮಹಾನ್ ಲೇಖಕರ ಬರಹಗಳು ಪ್ರಕಟವಾಗುತ್ತವೆ. ವಿಶೇಷಾಂಕಗಳಲ್ಲಿ ಜೀವನ ಚರಿತ್ರೆ, ಕವಿತೆ, ಕಥೆ, ವಿಮರ್ಶೆ, ಅರೋಗ್ಯ ವಿಚಾರಗಳು ಇರುತ್ತವೆ. ಪತ್ರಿಕೆಗಳನ್ನು ಓದುವುದರಿಂದ ನಮ್ಮ ನೆನಪಿನ ಶಕ್ತಿ ವೃದ್ಧಿಯಾಗುತ್ತದೆ. ಅನೇಕ ರೀತಿಯ ಮಾಹಿತಿಗಳು ದೊರೆಯುತ್ತವೆ.

ಶ್ರೀಯುಕ್ತ ಎಸ್ ಕುಮಾರ್
ಓನೇ ತರಗತಿ "ಎ ವಿಭಾಗ"

पहेलियाँ(बुझों तो जानें)

- कद में दिखते छोटे,
कर्म में हैं हीन,
कान के पास बजाते बीन,
तो बताओ कौन?
- मैंने २० को काट दिया,
फिर भी, ना कानून तोड़ा,
ना खून किया,
ऐसा मैंने क्या किया?
प्रश्न में ही उत्तर दिया,
बोलो कौन?
- चींटी के दो आगे चींटी,
चींटी के दो पीछे चींटी,
बोलो कितनी चींटी?
- ना करता लड़ाई,
फिर भी रोज़ होती मेरी पिटाई,
कोई मेरा नाम तो बताओ भाई?
- पैर नहीं फिर भी चलती,
दिन भर टिक-टिक करती,
बताओं क्या कहलाती ?
- नीम के पेड़ के नीचे पाँच लोग बैठे हैं गूंगा, बहरा,अंधा,लँगड़ा हैं,
अगर पेड़ से टूटकर आम गिरे तो सबसे पहले कौन उठाएगा?
- मेरे नाम से सब डरते हैं,
मेरे लिए परिश्रम करते हैं,
बताओ कौन?

WHY WE DO WHAT WE DO?

Just like the applause from the spectators that inspires the cricketers and blowing the candle that enhances the feel and spirit of a birthday party, all our traditional rituals have a definite influence upon individuals.

The subtle conscious mind collects impressions and influences from the outside world and controls the bulk of our everyday activities. Depending upon the kind of impressions and influences one gathers from the environment, the subconscious mind gradually transforms itself accordingly.

Good actions promote good habits and habit is the second nature of man. Even psychologists admit that a person picks up good habits quickly when directed by good people in the correct environment.

We know that fire sacrifices are an integral part of most of our rituals, be it a marriage, a simple puja or house warming or naming ceremonies. What could be the scientific reason behind this?

The Atharva-Veda (9/2/6) states that the flames, smoke and vibrations of the Agnihotra (fire sacrifice) promote mental peace and give contentment. It clarifies the air in the house, spreads fragrance and purifies the atmosphere. It gives energy and the power to concentrate. It eases mental tension. Through a cleaner environment it promotes good health for everyone and has innumerable other benefits.

Scientists too acknowledge the influence of sound and music, color and magnetic vibrations on us. Activities performed during rituals leave an indelible impression upon an individual. This impression influences and educates the mind. There is a definite uplifting effect of rites and rituals on one's mind and consciousness.

The ultimate purpose of all Vedic rites and rituals is to help human beings move from the darkness of ignorance to the light of knowledge and to retain him in the platform of goodness. Beginning of our long journey starts with the baby steps of getting to know the purpose and benefits behind some commonly followed rituals.



Art Corner



Ishaan C, IV H



Bhargavi H, IV A



Priyanshi Sharma, VII A



Anwasha, VIII B



Rishona, IX A



Navya, XI A

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