

SPIRITUAL NUTRITION

नियतं कुरु कर्म त्वं कर्म ज्यायो ह्यकर्मणः |
शरीरयात्रापि च ते न प्रसिद्ध्येदकर्मणः || 8||

niyataṁ kuru karma tvam

*Karma jyāyo hyakarmaṇaḥ
śharīra-yātrāpi cha te*

na prasiddhyed akarmaṇaḥ

TRANSLATION

Perform your prescribed duty, for action is better than inaction. A man cannot even maintain his physical body without work.



MODERN SCIENCE AND ANCIENT WISDOM

Our Planet is called “**Mother Earth**”. Modern science is regularly verifying the mythology of Earth being called as “Mother Earth”.

David Suzuki, a renowned Canadian scientist, Environmentalist, author and broadcaster, has put forth his view on this. He says, ‘when people refer to this planet as Mother, they are not speaking romantically or spiritually. But they mean it literally and science is proving them right.

“We are of the earth, every cell in our bodies formed by the molecules derived from plants and animals, inflated by water, energized by sunlight captured by photosynthesis and ignited by atmospheric oxygen.”-

How true, the sayings of our ancient sages are! “All the living beings are made up of the Divine Five Elements - sky, air, fire, water and earth”.

We as Indians in our culture, chant shlokas during our daily chores.

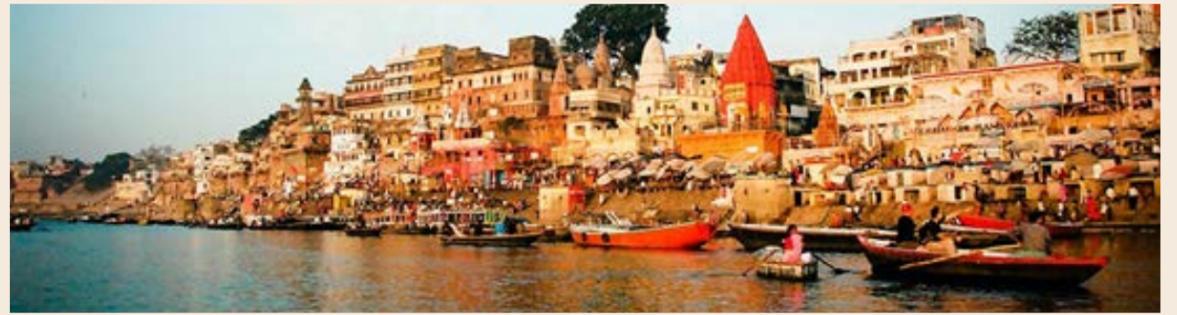
“Gange cha Yamune Chaiva Godaavari Saraswati, Narmade Sindhu Cauvery Jalesmin Sannidhim Kuru!”

This Shloka is chanted while taking bath. The meaning of this is, by remembering all these sacred rivers and praying to them, even the daily routine of taking bath becomes worship and purifies us.

But why only these 7 rivers are considered to be sacred, when there are so many other rivers. What is the specialty of these rivers? We should clarify these to the children, so that they chant the shlokas with faith and devotion.

Here is an attempt to give the scientific reason and spiritual truth behind worshipping these rivers. One reason is all these rivers flow throughout the year, they never become dry. Let us learn about the rivers, Ganga and Saraswati and the reasons behind their sacredness

River Ganga- Ganga Maata



EDUCARE – Kindling the Latent goodness

There was an anthropologist who had been studying the habits and culture of a remote African tribe. He decided to play a little game with them. He managed to get candy from the nearest town and put it all in a decorated basket at the foot of a tree.

Then he called the children and suggested they play the game. When the anthropologist said “now”, the children had to run to the tree and the first one to get there could have all the candy to him/herself.

So the children all lined up waiting for the signal. When the anthropologist said “now”, all of the children took each other by the hand ran together towards the tree. They all arrived at the same time divided up the candy, sat down and began to happily munch away.

The anthropologist went over to them and asked why they had all run together when any one of them could have had the candy all to themselves.

The children responded: “Ubuntu. How could any one of us be happy if all the others were sad?”

Ubuntu is a philosophy of African tribes that can be summed up as “I am what I am because of who we all are.”

Ubuntu speaks particularly about the fact that you can’t exist as a human being in isolation. It speaks about our interconnectedness. We think of ourselves far too frequently as just individuals, separated from one another, whereas you are connected and what you do affects the whole World. When you do well, it spreads out; it is for the whole of humanity.”





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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

Ganga is considered to be the most sacred river and the heart of Indian culture. She is addressed as 'mother'. According to the Puranas, King Bhageeratha did tapas for many years and prayed Ganga to come down to the earth from the heaven and flow on the ashes of his ancestors to free them from a curse.

Ganga starts her journey from a glacier called 'Gomukh (Gangotri Glacier)' in Himalayas, flows through mountains, valleys and forests, enters the North Indian Plain near Rishikesh and Haridwar and flows eastwards to join the Bay of Bengal. This is known to all.

Recent Research on Gangas

Dr. D.S. Bhargava on Indian Environmental engineer and professor of Hydrology studied about the amazing properties of Ganga waters. Bhargava says that the self-purifying quality of this river leads to oxygen levels that are 25 times higher than any other river in the world.

A study conducted by the Malaria Research Center in New Delhi observed that the water from the upper reaches of Ganga did not host mosquito breeding in any water it was added to! On the other hand, water from other rivers were shown to allow mosquito breeding!

Mysterious Power of Ganga Water

There are two major factors which give Ganges its unique ability.

1. The presence of Bacteriophages (which kills bacteria) gives it the anti-bacterial nature.
2. An unknown factor called the Mystery Factor, which gives this river an unusual ability to retain dissolved oxygen from the atmosphere! The high levels of oxygen in the waters of Ganga gives it the unique ability to remain fresh over a prolonged period of time. Organic material usually exhausts a river's available oxygen and starts purifying. But in the Ganges, an unknown substance, or "X factor" that Indians refer to as a 'disinfectant' acts on organic materials and kills them

Isn't it our duty and responsibility to bring back the greatness of River Ganga and make her pollution free?

TECHNOLOGY EVOLUTION OF INDIAN AIR FORCE

Armed forces form our country's backbone. Their tremendous contribution, sacrifice and valour cannot be forgotten. Let's try to delve into the evolution of aircraft technology into our armed forces and get inspired by the vision of Make in India movement for transforming our great nation with modern aviation technology

Soon after we got independence from Britain, India had to import fighter aircraft to build its air force fleet. At that time, India did not have the technology and infrastructure to build the aircraft. Hence India had no option but to import fighters.

1st Generation

The Airforce, at the time of Independence consisted of propeller jet planes like the British Spitfire and other planes like the P-51 Mustang fighter. These planes used machine guns and cannons as weapons. They had no radar installed as radar technology was newly invented at that time. The fighters also did not have space to fit it.



A squad of P-51 Mustang fighters (First-generation fighter)

2nd Generation



An American F-86 Sabre (Second-generation fighter)

After the second technology jump, the Indian Airforce inducted the jet fighters such as Messerschmitt 262 German fighter and other fighters of French or British origin. The advantage was that these jets were faster and more maneuverable allowing the pilots to do more extensive dog fights (aerial battles between the fighters) but the jets were still not having radar technology and their main armaments were the machine guns and cannon.

Phase-2:- Import and Assemble in India

During this era, India used to import some planes and then mass produce it in India with the approval of the producer country. Hindustan Aeronautics Limited (HAL) was set up by India to manufacture and assemble fighter jets under license.

3rd Generation

The Indian Airforce inducted planes fitted with radar and a new type of armaments, air to air missiles guided by radar. Post the 1971 war with Pakistan, India bought Mig-21 from the then USSR. Since the planes were imported, and then mass-produced, it caused our whole Indian Air Force to be heavily dependent on the producer country. In this era, India's economy grew rapidly making India richer, and indigenous projects were being started which began the 3rd Phase.



Mig-21 Bison of the Indian airforce (Third-generation fighter)

Phase-3:- Made in India Aircraft

This era saw the promotion of indigenous planes starting with the Tejas program.

4th Generation



Fourth-generation fighters were equipped with beyond visual range missiles and better radar systems and the introduction of Flybywire. They also had more hardpoints (the area of the fighter that can hold armaments). India inducted the Mig 29, Sukhoi Su 30 MKI, Mirage 2000 which are 4th generation fighters. The Tejas Mk1 was the first indigenous fighter of the Indian Airforce. It was started in the Year 1980 and was finished in the year 2013, It was built to replace ageing models such as the Mig 21. The Mk 2 of Tejas is also planned and has been given a go-ahead, It will replace the SEPECAT Jaguar, Mirage 2000. This initiative was started to make the defence of the nation not in the exporter's hand but in India's own hand such as DRDO and HAL

5th Generation

The fifth-generation fighters are right now in the development stage in most countries. At the moment only the United States, Russia, and China are producing it whereas countries like Israel and the United Kingdom are inducting it from the producers. India has its own 5th generation fighter project called the AMCA. AMCA is planned to take its first flight in the year 2024 and will enter mass production in the year 2029. 5th generation fighters are just like 4th Generation fighters in terms of speed and number of hardpoints but the additional feature is stealth capabilities. Stealth capability means that an Aircraft is shaped in such a way that it will



F-22 Raptor- Stealth fighter of the US



F-22 Raptor- Stealth fighter of the US

There is no dearth of inspired and intelligent minds in our country and we as students can make a huge difference in the years ahead to design next generation models with our perseverance in the field of aviation technology and propel the Make in India movement to a great success.

– Akshaj Bellary, Grade V

ACHIEVEMENTS

1. Vaigya Verma of IV H, bagged the second prize in her category in Bharatanatyam in the International Online Music and Fine Arts Competition 2020 conducted worldwide by Annai Kamakshi Music and Fine Arts college, Chennai in May-June.

2. Siddhesh J of class 8th E participated in The Hindu In School Chess Competition 19-20 and secured 3rd place in the U-15 Open category.

He also participated in the 14th BRDCA All India Open FIDE Rated Chess Tournament and secured 2nd place in the U-14 category.



3. Aarush G Malannavar of 4 I, had participated in Gopalan international school sports utsav 2020 held on 21st Jan and stood as Runner up in tennis under 10 category. He had represented the school.

Not only George Floyd, but a lot of innocent people are murdered because of a few people who can't accept the diverse nature of this world. The matter is only trending for a few days and then everyone forgets about it. How can we forget about something important for the growth of our society? How can we forget something which will help us build our values? Our world must change to a better place. We can't grow our future generations in this society where humanity is slowly withering away. Our world must change, and we must accept and respect the diversity which exists in our world.



– Aarushi Mathur, X std

HOME GARDENING

In the cities we reside, terrace gardens and rooftop gardens are a blessing in disguise. Innovations and techniques have made home gardening possible even for families with little or no land at all. All we need is the desire and some time.

Application of kitchen waste, animal manure, recycled water and homegrown manure has been a practice among home gardeners, and this has helped to substantially increase the produce of these gardens and reduce the garbage we produce. This has also enabled us to reduce carbon footprint, a small step towards a cleaner and greener earth.

Having birds and butterflies visiting the garden in the mornings gives a beautiful start to our day. Those beautiful flowers that bloom make the place serene.

Those tiny microgreens, greens and herbs add new flavours to our home-cooked dishes.

The time spent managing a beautiful garden takes us off the screen time and brings the family together while giving us happiness and a much-needed break from our daily routine.

Home gardening is easy. We can grow plants in plastic bottles, glassware, cardboard boxes etc. Chillies, tomatoes, money plant, mint, coriander, rose, dahlia, hibiscus etc can easily be grown.

The communities of home gardeners, the various events the government conducts and competitions in many areas have increased over time.

Experience this journey.... where the thrill and joy are beyond .

Riya, VIII B



#BLACKLIVESMATTER

#blacklivesmatter has been trending all over social media. What is this hashtag about and how did it gain its popularity?

On May 25, 2020, George Floyd, a 46 year old African American man was killed by the Minneapolis police in Minnesota, United States. He was accused of using a counterfeit \$20 bill at the market. A police officer placed his knee on Floyd's neck and kept pressing it until he was unresponsive. Floyd kept pleading for help, but the police didn't rest until he was dead in front of the public. This led to the hashtag '#blacklivesmatter'.

America, the so-called "developed country", still discriminates between the colour of a man. Why does discrimination still exist? We live in 2020, a modern generation, a generation who should be identified by their intelligence and empathy rather than their physical appearance. We learn in our schools that class, gender, religion and colour doesn't matter, but when you look at the real world it still welcomes this discrimination.

This case is not only about America but is about every other country. We call ourselves modern. Is this the modern world we want to live in where diversity isn't respected by the society? This kind of attitude must not be tolerated. A person isn't perfect based on their colour, caste or religion but in fact, it is a person who can respect themselves and not worry about their physical appearance or what the society says.

Art's Corner



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Saanvi, VI B



Shamika, IV H



R K Sanjith, IX E



Nivedita, VI D



Vaiga Varma, IV H

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