

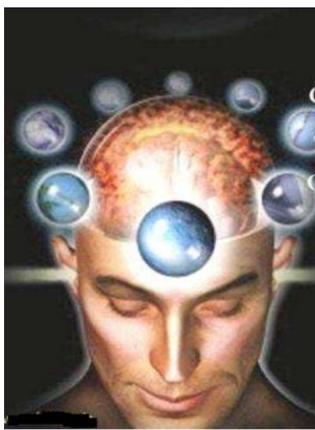
SPIRITUAL NUTRITION

उद्धरेदात्मनात्मानं नात्मानमवसादयेत् |
आत्मैव ह्यात्मनो बन्धुरात्मैव रिपुरात्मनः || 5||

*uddhared ātmanātmānam
nātmānam avasādayet
ātmaiva hy ātmano bandhur
ātmaiva ripur ātmanah*

TRANSLATION

A man must elevate himself by his own mind,
not degrade himself. Mind is the friend of the
conditioned soul, and his enemy as well.



EDUCARE – Rekindling latent goodness

Who is carrying the bag ?

Once Iswarachandra Vidya Sagar was proceeding to a neighbouring village to deliver an address. People used to gather in large numbers to listen to his lectures. A young officer, who wanted to listen to Iswar Chandra Vidyasagar's lecture, got down from a train with a bag to go to the Lecture-hall.

Iswar Chandra Vidyasagar also got down from the same train. The young officer was calling for a porter to carry his bag. Iswar Chandra went to him and said: "Why do you need a coolly to carry this small bag? Can't you carry it yourself and save the money?" He replied: "It is not in keeping with my dignity to carry my bag. I am an educated person." Iswar Chandra told him: "The hallmark of education is humility, not pride. If you cannot carry your own bag, how are you carrying your body? If, however, you cannot carry your own bag, I shall do so." And Iswar Chandra carried the officer's bag. He acted on the motto: "Plain living and high thinking." The young man wanted to offer money to his 'porter'. Iswar Chandra told him: "To serve you is my reward".

The young officer left and was later proceeding to the venue of the meeting. There people were offering garlands to Iswar Chandra Vidyasagar to welcome him to the meeting. The young officer realised that the man who had offered to carry his bag at the station was none other than the respected speaker of the evening, Iswar Chandra Vidyasagar. He felt ashamed that he had made such a great man carry his bag. He reflected: "What is his education and what is mine? I am like a glow worm before the Sun." As they say, "**The hallmark of true education is humility**" reflected in the actions of Ishwarchandra Vidyasagar...



INVESTITURE CEREMONY 2020-21

"The greatest leader is not necessarily the one who does the greatest things. He is the one that gets the people to do the greatest things." – Ronald Reagan

Leaders are a mantle of hope, they are the light that carries society forward towards change and development. These inspiring thoughts and emotions flew particularly high on one special occasion, the Investiture Ceremony 2020-21.

The morning of September 18th, 2020 marked this momentous gathering. The event started with a melodious prayer by the school choir, after which Gurukulites present were graced with an insightful speech by the Chief Guest, Dr.Alok Sharma, a Senior Scientist at RIKEN, who rightly said, "Invest in a caring society with stronger individual bonds, not in a society with materialistic bonds."

The elected members of the Council were lauded with badges and sashes by their parents, truly cooperating with and paying heed to the current global crisis. The will to lead and carry forward the Gurukul tradition was evident in each emerging leader.

Ms. Shria Sundararajan, School Captain-Girls, administered the Oath and shared her thoughts on a few new-age meaningful issues like the environment and mental health. All the elected leaders promised to carry out their duties with utmost dedication and sincerity. The school Principal, Mrs. Sandhya Singh, addressed the gathering, conveying the essential message, "Leadership is action, not position."

Vote of Thanks, delivered by the School Captain-Boys Master Divij Jha, was coupled with a poem on trust and unity.

The school song and national anthem brought a truly wonderful and meaningful occasion to an end.

– Ananya Despande, XI B





124/2, Bhoganhalli Main Road, Bellandur Post
Bangalore 560103-India
Ph: 91 9900087732, 6364912810/11

Admission Circular

**PLAYGROUP, NURSERY, LKG AND UKG
FOR THE ACADEMIC YEAR 2021-2022**

Dear Parents, Hari Om!

Registration forms for admission for the academic year 2021-22 for PLAYGROUP, NURSERY, LKG & UKG can be downloaded from 5th October 2020 onwards from the website www.newhorizonvidyamandir.in

Filled in registration forms can be submitted at New Horizon Vidya Mandir or submitted online to the following email ID: principal@newhorizonvidyamandir.in

Parents are welcome to visit the campus after submission of the application form.

Timings: Monday- Saturday: 10.00am to 2.30pm

An Interaction/online interaction with your child will be conducted commencing from 29th October 2020. Admissions will be confirmed on a first come basis.

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 2 years on 1st June 2021 for admission to Playgroup. For admission to Nursery, the child should have completed 3 years on 1st June 2021, for LKG and UKG the corresponding age will be considered.

Mrs. Usha Vasudevan
Principal-NHVM

A SOLDIER

A man walked through the rubble,
His head throbbing like his heart,
A blood-soaked hand lay beside his thigh,
A gun strapped in the buckle.

Thoughts came like a violent storm,
His mind in raging conflict,
His loyalties swaying with the wind,
His family or the gun underarm.

From behind a sack's cam a shadow,
An enemy he had sworn to defeat,
The moments hastened their passing,
One of the two would have to bow.

He loaded his metal rifle,
His thoughts clear as glass,
A step towards his foe he took,
The barrel pointed at his rival.

A vision dripped into his skull,
A coffin wrapped in tricolour,
Weeping on it lay his menage,
And sorrow had them engulfed.

He halted on his tracks,
His feet solid as stone,
A knot forming in his insides,
When he heard a deafening crack

A warm feeling seeped into his chest,
Trickling like a river of pain,
His hand slowly met his heart,
And he felt the touch of red.

He looked down in sorrow,
Guilt overpowering his senses,
Not his country he had saved,
Nor a moment with kin he had borrowed.

With happiness a child swayed,
Somewhere in a distant land,
As footsteps echoed through the hall,
"Papa is finally back" she exclaimed.

The box was lowered off their shoulders,
She embraced the wooden pane,
what if there was life no more?
She was proud of the fallen soldier.

– Kaashvi Kakkar, X A



LIVE IT UP THIS LOCKDOWN

"The hard days are what make you stronger" – Aly Raisman

The current situation due to the COVID-19 pandemic has caused a lot of change. Arguably the single greatest epidemic of modern times, it is the reason behind the shutdown of schools, offices and shops – globally.

Isn't it amusing, that a small disease outbreak in central China has literally shut down the entire world? The feeling of isolation is always there, and we aren't able to connect, even see each other anymore.

Just take a minute to think about how much has changed. You would probably be reading this article in school if it were not for the lockdown. On a regular school day, you would probably long for the weekends to enjoy a well-deserved break in your schedule. Can you say the same for yourself even now? I'm sure there would be many more such incidents that you sorely miss, now that we are confined to our homes.

On a more humorous note, I never thought I would miss school this much.

However, we humans have continued to adapt to every situation that's thrown at us – including the present condition. We now connect by means of online schools, with offices and other businesses running via the Internet, while e-shopping is becoming easier and more accessible for everyone. In the fullness of time, this pandemic too will subside.

"There is nothing permanent except change" – Heraclitus, 500 B.C.

However, we must not dwell on the negatives, and instead focus on the positives of the situation. Now that we spend most of our time at home, think of an activity that would keep you busy. Perhaps a lost hobby, which you've always wanted to rediscover? Or a fun game with your loved ones? Spend a minute to think about it. You will surely come up with a plethora of activities that will entertain you in your free time.

You've got to make the best out of the situation.

Stay home, Stay safe.

– Hari Shankar
Karthik, X B



SPACE ENVIRONMENT AND ITS CHALLENGES



For more than fifty years, humans have explored space and this has produced a continuing flow of social benefits. There are numerous cases of social benefits linked to new knowledge and technology from space exploration. Space exploration has contributed to many diverse aspects of everyday life, from solar panels to implantable heart monitors, from cancer therapy to light weight materials and from water purification systems to improved computing systems and to a global search and rescue system. To continue this effort, one needs to understand the environment better so that we can have more successful missions.

Space is one of the most extreme environments imaginable. In recent researches, space is assumed to be an environment. To be more explicit, space environment is a branch of astronautics that seeks to understand and address conditions existing in space that affect the design and operation of a spacecraft but that can also affect the atmosphere, ionosphere and geomagnetic field.

To carryout successful space missions in quench for innovation and discoveries we need to understand the challenges which spacecrafts have to go through while in that environment. Key challenges that spacecrafts have to withstand are: radiation, space debris, meteorite impact, upper atmospheric drag and spacecraft electrostatic charging.

Radiation: Both man or unmanned spacecrafts use solar energy as a fuel to continue its operation. The high doses of radiation can damage electronic components and solar cells. A major concern is also radiation-induced "single-event effects" which can make the microprocessors or electronic system to misbehave which can become catastrophic. To overcome these challenges, scientists and researchers have to come out with spacecraft shielding and special grade 'rad hardened' electronic components are used to build the circuitry.

Space debris and meteorite: Space debris and meteorites can impact spacecrafts at high speeds, causing mechanical or electrical damage. Today technologies such as anti-collision detection are used in the spacecraft to avoid hitting the debris and meteorites.

Spacecraft electrostatic charging is caused by hot plasma environment around the Earth. The plasma encountered in the region of the geostationary orbit becomes heated during geomagnetic substorms caused by disturbances in solar wind. "Hot" electrons with high energy collect on surfaces of the spacecraft and can establish electrostatic potentials of the order of kilovolts. As a result, discharges can occur and are known to be the source of many spacecraft anomalies.

By understanding the space environment better, scientists have built models such as radiation belt models, spacecraft-plasma, interaction models and atmospheric models which help us simulate and predict drag effects encountered in lower orbits and during re-entry.

In conclusion, our appetite to know more and make new discoveries will overcome many challenges which may come our way. As mentioned at the start, these discoveries are important in our medical technologies, renewable energies, drinking water which are key challenges we face living on Earth.

– Dhruv Awasthy, IX B

CLEANLINESS

Cleanliness is the most important requirement for physical well-being and a healthy environment. Maintaining personal cleanliness not only makes us confident and healthy, but also may be sparing us visits to the doctors.

The Covid Pandemic has inadvertently brought the concept of cleanliness to the fore.

Untidiness affects both physical and mental health. An untidy environment actually impairs our brain's ability to process information and hence leaves us feeling unsettled and depressed. The act of cleaning has proven to be therapeutic.

Let us practise cleanliness for a healthy body, mind and soul.



THE COVID ERA ECONOMY

The Indian economy has been vastly disrupted since the beginning of the pandemic and has undergone various stages and here is some information on it

The pre-pandemic slowdown

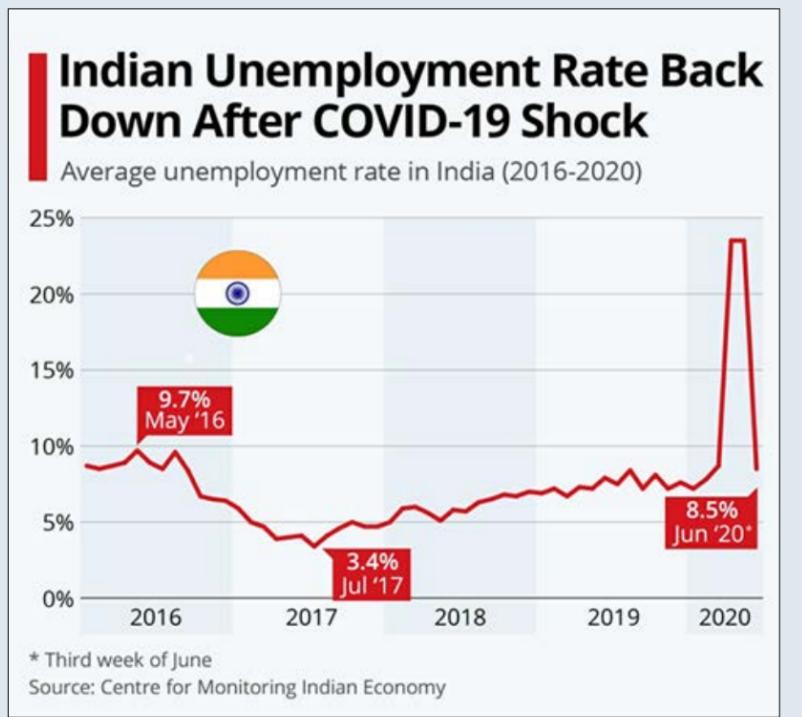
The Indian economy was in its worst phase even before the coronavirus outbreak, with growth in the gross domestic product (GDP) falling to a 11-year low of 4.2 per cent in 2019-2020. The economy grew by 3.1 per cent in the January-March quarter of 2019-2020, against 5.7 per cent at the same time a year ago, the slowest growth in at least eight years. According to National Statistical Office data, the manufacturing sector has grown merely by 0.03 per cent in FY 2019-20 compared to 5.7 per cent in the previous year. The growth of the construction sector, which is responsible for a spillover effect on several other industries, too declined to 1.3 per cent. Due to a 2.8 per cent contraction in investment and 3.6 per cent fall in exports, real GDP growth has fallen to 4.2 per cent in 2019-20, which is the lowest since 2008-09 when it was 3.1 per cent.

Impact on MSMEs

MSMEs which were impacted hard with introduction GST and demonetization were gradually recovering when they were burdened by the lockdowns. This was a sure blow to smaller businesses, with challenges exacerbating due to the reduced household expenditures owing to the pandemic and drying up of cashflows and investments.

The lockdown affected these small firms from both domestic demand and supply side. The sudden collapse of trade also affected MSME sector. India's top exports include labor intensive products starting from Gems and jewelry to garments/apparel or sea food are mainly supplied by MSME sector. Similarly, the lockdown affected the imports of raw materials and intermediates which affect the supply chain of MSME sector. Therefore, the COVID-19 is affecting the MSME sector and millions employed in this sector. In fact, A total of 114 million people are employed in MSMEs and the shortage in working capital as a consequence of the lockdown would drive most businesses out of the market. Furthermore, an extended demand shock would curb the production and supply, as a result of which small industries with limited capital will most likely shut down. Additionally, 86 percent of the enterprises are unregistered and 71 percent of laborers have no written job contracts. Since most of the enterprises function in highly unorganized sectors, they would have been forced to lay off employees and gradually shut down.

– *Abhay, Mansi and Vijay*



MAKE BAD USE OF THE BEST MACHINE...

Sounds familiar? Yes, it is just the reverse of "make best use of a bad bargain".

Imagine a farmer who gets a Mercedes Benz as a gift. The only vehicle he has ever seen is a tractor and the only purpose he knows for any vehicle is plowing. So we can imagine what happens next. He hitches a yoke to his new Mercedes and starts driving it all over his field. Of course, not only does his attempt at plowing fail; his new car malfunctions and he becomes totally frustrated—with himself, his car and his field.

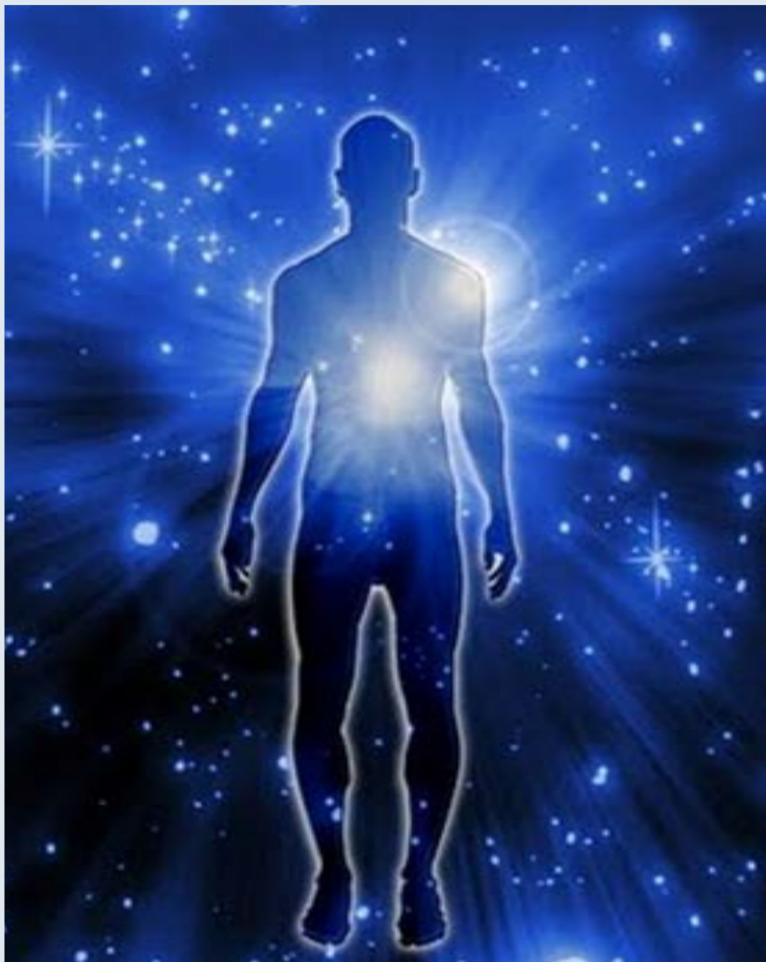
Why? Because it was a bad use of the best machine. When we use a Mercedes to plow, three things result: a spoiled field, a wrecked car and a frustrated driver.

Let us see what Science has discovered about using the human body only for sensual pleasure. Specifically, what happens to the environment (the field), the human body (the car) and ourselves (the driver)?

Environment (the field): Biologist E. O. Wilson studied the complex interdependence among various species in the biosphere and concluded - "If human species became extinct, there would hardly be any problems for any other species or for the ecology. In fact, human extinction would solve most ecological problems." This is a direct hint that our contribution is meant to be at a level higher than the physical.

Human body (the car): Modern society, education and media indoctrinate us into believing that material enjoyment (plowing) is the goal of life. But this "enjoyment" causes our worst suffering. Herbert Benson of the Harvard Medical School, citing extensive research on the physical and mental benefits of spiritual living, states that the human body and mind are "wired for God."

Ourselves (the driver): Survey after survey has shown that spiritual practices protect people from self-destructive behavior and habits. Patrick Glynn of George Washington University writes in his book: There is Evidence that those who don't attend spiritual prayer meetings are four times more prone to suicide than those who do so.



Stephen Covey, the well-known author of the Seven Habits series, aptly remarks, "We are not human beings on a spiritual journey. We are spiritual beings on a human journey."

The great politician Chanakya Pandit, who was once the Honorary Prime Minister of India advised that the best use of a bad bargain is to utilize the temporary possessions (material) for the cause of the permanent (spiritual).

So let's turn our lives from making "bad use of the best machine" to "best use of a bad bargain".

– *Ms.Sushma Bhushan, V+*

दुर्गा पूजा



दुर्गा पूजा हिन्दुओं का एक धार्मिक त्योहार है जो लोगों की आस्था का प्रतीक है। भगवान राम ने रावण को मारने से पहले माता दुर्गा की स्तुति की थी। इस अवसर पर देवी दुर्गा की नौ दिनों तक पूजा की जाती थी। इस त्योहार को अच्छाई पर बुराई की जीत के प्रतीक के तौर पर मनाया जाता है। यह उत्सव 10 दिनों तक चलता है लेकिन माँ दुर्गा की मूर्ति को सातवें दिन से पूजा की जाती है, आखिर के तीन दिन धूम-धाम से मनाया जाता है। भक्तों का यह मानना है कि इस दिन देवी दुर्गा ने बैल राक्षस महिषासुर पर विजय प्राप्त की थी। दुर्गा पूजा को वास्तव रूप में शक्ति पाने की इच्छा से मनाया जाता है जिस प्रकार देवी ने ब्रह्मा, विष्णु, महेश की शक्तियों को एकत्रित करके दुष्ट राक्षस का संहार किया उसी प्रकार हमें बुराइयों पर विजय प्राप्त कर मनुष्यता को बढ़ावा देना है।

तायी



नवमास हारुवधु तायी प्रीतियीन्द
 जगत् बन्दोड मुदुदुवधु अक्करयीन्द
 अंबगारुडुतल नगुवधु संतनदिन्द
 चिदुगुगं उडि बन्दु तयुवधु गारुडुयीन्द

मुक्कु मारुव तुंडतनर मुगुल्लुगुवधु
 करुधु बल्लिगु मारुव हरर तायु तारुवधु
 लुगु मारुडुनुवुदर बारुव चंदमामनु कुरुयुवधु
 मुक्कुल्लुगु फासुयुदर तानु लुगुवधु मरुयुवधु

बारु बरुवधु बनुवुवधु तायी
 बरुवु तारुवुवधु हनुवुवधु तायी
 जगदरु सगद अरुवधु वुक्कु उन्दर तायी
 उरुवधुवधु मरुयुवधुवधु मरुवु उन्दर तायी.

सुवुवधु कवव
 उन्दुवधु सुवुवधु लुगुवधु
 कववुवधु उरुवधु कनुवधु उरुवधु

THE IMPORTANCE OF MENTAL HEALTH

Mental health is extremely integral to living a healthy, balanced life. It is a component of our overall health and is equally important as our physical health. Our mental health encompasses our psychological, emotional and social well-being. WHO defines mental health as "mental well-being in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and is able to make a contribution to his or her community". It is seen as the foundation and a pre-requisite for individual well-being and the effective functioning of a community. When we are mentally healthy, we tend to enjoy our life a little more. We can be creative, learn and try out new things, and take risks. We are better at coping with difficult times in our personal as well as professional lives. It contributes to our decision-making process, our ability to cope with stress and our relationship with others in our lives. Mental fitness helps us to achieve and sustain a state of good mental health. This means it impacts how we feel, think and behave each day. Being healthy mentally and emotionally can help promote productivity, efficiency and effectiveness in academics and activities at school, interactions with friends and parents, and allows us to adapt to changes in our life and cope with adversity.



Why is Mental Health Important?

Nurturing our mental health can help us fight against or even prevent the mental health problems or concerns that are sometimes associated with the stressors of everyday life. In some cases, it can also prevent the onset or relapse of a physical or mental illness. Some of the most common and frequently reported mental illnesses include depression, anxiety, schizophrenia, substance abuse, and eating disorders. Depression is on the rise worldwide and is found to be one of the most significant contributors to the global burden of disease. It has been found to have a grave impact on individuals and their families mentally, physically, socially, and financially. Mental illness affects everyone no matter their age, race, gender, culture, ethnicity, or sexual orientation. Each illness has its own set of signs and symptoms; and everyone experiences it differently. If you think that someone you care for might need help, then reaching out to them could make all the difference.

Common warning signs to be noticed while understanding mental health of a person- Abnormal eating or sleeping patterns, withdrawing from people and typical activities, A decrease in energy, Feelings of helplessness or hopelessness, feeling confused, forgetful, angry, nervous, or on edge, behavioural changes, an inability to do daily tasks, Severe mood swings, Thoughts of self-harm.

Encourage yourselves and others to ask questions about mental health, surround yourself by trusted loved ones and communicate with them, live well with a balanced and healthy diet and exercise, and get involved in activities that you enjoy to better ensure positive mental health.

– Sanjana Nair
Learning Centre

ACHIEVEMENTS

1. Results of ISRO Cyberspace Competitions 2020, held in the month of July 2020 were announced on 25th September 2020. 23 students from New Horizon Gurukul (grade 1 to grade 11) won prizes in various online competitions.

New Horizon Gurukul congratulates all the National level winners of ICC-2020

All India Level Drawing Competition 2020 (Grade 1- 3) Winners

- | | | | |
|---------------------|--------|-----------------------|---------|
| 1. K S Anjana | I std | 5. Aaradhya Sandesh G | I std |
| 2. Lavanya Loveleen | II std | 6. Panshul Patel | III std |
| 3. Mayukhi S B | II std | 7. Raaisa Kashyap | II std |
| 4. Medhansh Metri | II std | | |

All India Level Science Model making Competition 2020 (Grade 4- 5)Winners

- Divyansh Mishra IV std
- Vamsidhar Varma V std

All India Level Science Craft Competition 2020 (Grade 6- 8) Winners

- | | | | |
|---------------------|---------|-----------------------|----------|
| 1. Aasra Bhardwaj | VI std | 6. Lakshmi A Kulkarni | VII std |
| 2. Aditi Vamsi V | VII std | 7. Manas Jyothi Das | VIII std |
| 3. Charvy B Thakkur | VI std | 8. P Tarush Aditya | VI std |
| 4. Daya Zarkar | VII std | 9. Siddharth A | VIII std |
| 5. Diya Kamath C | VI std | | |

All India Level Essay Writing Competition 2020 (Grade 9- 10) Winners

- Dhruv Awasthy IX std
- Sanskriti Jain IX std

All India Level Essay Writing Competition 2020 (Grade 11- 12) Winners

- Krishnanand P S XI std
- Shreya Bhanot XI std

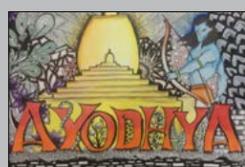
All India Level Quiz Competition 2020 (Grade 11- 12) Winners

- R B Pavithra XI std

2. At ISKCON Heritage online fest 2020, Bhavana Raghuram of IX D bagged 1st prize at State level Vaadavedika competition.



Art's Corner



Aditi, 6F



Anagha, 6A



Deepti A , 11 B



Nandita Reddy, 10B



Prarthana A Jyoti_3A



Sanvita, 8F



Shivani, 9B



Aditi Bhupalam, 6F



Priyanshi Sharma, 7A



Priyanshi Sharma, 7A



Tirwal, 6B

Editor-in-chief

Ms. Sandhya Singh,
Principal, NHG

Editorial Board members

Mr. Vishwanath V
Ms. Swati Jain
Ms. Gopika Nair
Ms. Anupama Murugan (for Hindi)
Mr. Anand Kumar (for Kannada)
Ms. Sushma Bhushan, V+

Photographers

Mr. Prashanth Sahoo
Mr. Govind Bhandare

Student Editors

Ananya Despande, XI std
Akshay Arun Prasath, X std
Pranavi Prasad, X std
Siddhesh J, IX std.