

SPIRITUAL NUTRITION

Bhagvad Gita, 9.22

अनन्याश्चिन्तयन्तो मां ये जनाः पर्युपासते ।
तेषां नित्याभियुक्तानां योगक्षेमं वहाम्यहम् ॥ २२ ॥

*ananyāś cintayanto māni
ye janāḥ paryupāsate
teṣāṃ nityābhīyuktānāṃ
yoga-kṣemaiḥ vahāmy aham*

TRANSLATION

Lord Krishna says; Those who always worship Me with exclusive devotion, meditating on My transcendental form – to them I carry what they lack, and I preserve what they have.



NATIONAL EDUCATION POLICY 2020

The National Education Policy 2020 (NEP 2020) was approved on 29th July 2020 by the Union Cabinet of India and is set to replace the National Education Policy of 1986. This new policy serves to recognize each child's unique capabilities by introducing a more holistic and enjoyable approach to learning. It is a step towards the universalization of education with the aim of a 100% Gross Enrolment Rate by 2030.



Arguably, the most prominent changes made in the NEP 2020 is the increase of mandatory schooling age range from 6-14 to 3-18. The NEP 2020 will change the outline of schooling from 10+2 to 5 (Foundational Stage)+3 (Preparatory Stage)+3 (Middle Stage)+4 (Secondary Stage). The purpose of this shift is to create an easier transition to different stages. The NEP 2020 calls to evaluate higher order thinking, critical thinking and conceptual clarity. It will introduce coding and vocational subjects with internships from the 6th grade. The marking system will now be based on competency of the student and report cards more holistic, they will include a multidimensional report that reflects each student's uniqueness. The outcome of learning will be assessed on the understanding of the topics. It will make room for the creativity and practical approach needed to thrive in this modern world. It will also discuss ethics and constitutional values.

School-administered exams will be conducted to test students of grades 3, 5 and 8 which will mainly test the application of knowledge. Board exams will still be conducted for students of grades 10 and 12 but they will be easier and will only test core capabilities. They will also be conducted twice a year to give low scoring students a second chance. The line between Science, Commerce and Humanities will be blurred and students will have the flexibility to choose the subjects that interest them even if they are not in the same stream. The mental health of students will be prioritized. Bachelor degrees will provide more entry and exit options, and top foreign universities will be allowed to set up campuses in India under this new National Education Policy. This NEP will definitely bring a paradigm shift in the educating young minds to emerge as productive global citizens.

~ Ananya Deshpande, XI B

EDUCARE – (Rekindling the latent goodness within)

There was a young boy who used to come for regular soccer practice but always played in the reserves and never made it to the soccer eleven. While he was practicing, his father used to sit at the far end, waiting for him. The matches had started and for four days, he didn't show up for practice or the quarter or semifinals. All of a sudden he showed up for the finals, went to the coach and said, "Coach, you have always kept me in the reserves and never let me play in the finals. But today, please let me play."

The coach said, "Son, I'm sorry, I can't let you. There are better players than you and besides, it is the finals, the reputation of the school is at stake and I cannot take a chance."

The boy pleaded, "Coach, I promise I will not let you down. I beg of you, please let me play." The coach had never seen the boy plead like this before.

He said, "OK, son, go, play. But remember, I am going against my better judgment and the reputation of the school is at stake. Don't let me down."

The game started and the boy played like a house on fire. Every time he got the ball, he shot a goal. Needless to say, he was the best player and the star of the game. His team had a spectacular win. When the game finished, the coach went up to him and said, "Son, how could I have been so wrong in my life. I have never seen you play like this before. What happened? How did you play so well?"

The boy replied, "Coach, my father is watching me today."

The coach turned around and looked at the place where the boy's father used to sit. There was no one there. He said, "Son, your father used to sit there when you came for practice, but I don't see anyone there today." The boy replied, "Coach, there is something I never told you. My father was blind. Just four days ago, he died. Today is the first day he is watching me from above."



When we take on any task with self-confidence and faith, we are sure to reach the pinnacle with victory on our side. Let us therefore be confident and have the firm conviction to face the situations however hard they may seem to be.

The more difficulties one has to encounter, within and without, the more significant and the higher in inspiration his life will be.



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Admission Circular

FOR 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

THE SUN WILL RISE...

These are frightening times. We're in the midst of a worldwide pandemic. Some of us are in places where corona virus infection rates are getting worse and some of us are bracing for what may come next. All of us are watching the headlines and wondering, "WHEN IS THIS GOING TO END?"

In the first part of the article on mental health, we discussed how we saw the negative effects of lockdown on one hand and on the other hand, we also saw many strengthen their family bonds and relieve themselves from normal work stress.

How is India coping with Covid anxiety issues? How do we understand the WHO report? Let us analyze.

Strong family bonding: Unlike the West, Indian families have a strong interpersonal empathy, closeness, loyalty and interdependence which aid in coping with the stress and being emotionally strong. The foremost reason for Indians to cope well with mental illnesses is the strong family support during critical times.

Yoga and meditation: It is a universal fact that Yoga and meditation, with roots in ancient India are the best and natural self-soothing techniques. A study done at the University of Utah showed that Yoga practitioners had the highest pain tolerance and lowest pain-related brain activity.

Spirituality: The principle of life for Indians has always been simple living and high thinking. The modernization of civilizations has introduced newer problems and complications to a greater degree. People who practice spirituality have significantly lower measures of hopelessness, dysfunctional attitudes, and depressive symptoms compared to others.

Cow cuddling: Revival of an ancient Vedic practice. Offering respect and affection to cows is an ancient Vedic practice that has been eclipsed by the industrial revolution which has instilled in modern man, the illusion that peace and happiness can be achieved by material accumulation and consumption. The natural peaceful nature of cows is contagious and being in close proximity to them reduces anger, anxiety, frustration and depression, which mostly result from high-pressure urban living. In short, happy cows offer their keepers emotional healing and thus improved mental health.

"Being outdoors in the green fields and under the blue sky, surrounded by cows - it doesn't get any better than that." The cow's warmer body temperature and slower heartbeat is believed to promote positivity and reduce stress by boosting oxytocin in humans, the hormone released in social bonding, according to the BBC.

Let us stop brushing away Vedic traditions under the carpet of superstitions and blind beliefs. Let us understand, respect and imbibe age-old value-based scientifically-proven processes for humanity to thrive better.



..Team Values plus

MISLEADING, MISINFORMING AND LYING WITH STATISTICS

"There are three types of lies – lies, damn lies and statistics." – Benjamin Disraeli.

Over the course of the article, I will present to you, how easy it is to lie using statistics and how many propagandists, businesses and controversialists can persuade people into believing their agendas.

"Statistics don't lie" is a statement we have come across in many argumentative and persuasive compositions. While this statement is not wrong, it must be noted that data can be manipulated to give completely different results. Probability can be backed up by misleading numbers, paving its way into making us believe any biased judgements. During this pandemic, when the necessary scientific research is low, and the technology takes time to adapt, we only have the choice of relying on statistics and probability to conclude and back up our assumptions and theories. It is therefore essential that we, being fully aware of the way to approach and understand numbers, don't fall for such traps and be informed and responsible.

In 1973, admission figures indicate that men had 9% more chance of getting accepted in the University of California, Berkeley than women.

Though this was treated as conclusive evidence, the statistics of individual department point out this:

We can see that while there were a different number of male and female applicants for different departments, it must be noted that 4 out of the 6 departments in fact had higher acceptance rates for women, making it biased against men. So, given the necessary statistical proof news could have had any claim, citing that the university was biased to men, or to women, and each of these instances could be backed up by necessary statistical evidence which shows the extent to which data can be manipulated to prove a statement which is not necessarily true.

This is a classic example of the Simpson's paradox, in which a trend observed in several different groups of data can disappear when these groups are combined, i.e., when seen as an aggregate figure.

Let me ask you a question. We were informed a few months ago that out of a 100 people infected with coronavirus, about one person dies. While this information was vaguely sampled, without telling us about how it affects different races, ages, health conditions etc, let us assume this is true. If after a week the updated trend suggests that it has now changed to 2 people out of every 100 cases, does that mean a 1% increase in deaths, or a 100%?

In their ways, they both give the same information about the increase in fatalities. The physical number of deaths increased by a 100%. So, no matter the deaths increase from 1 to 2 out of 10 people, a 100 people or a 1000 people, the increase in deaths is always a 100%. But, the net percentage of deaths per 100 people increases from a 1% to 2%, which makes it a much more informative and reliable to compare or scale data in, say, a city to the entire population.

Our preconceived ideas also vastly contribute to our false assumptions. Statistical illiteracy and the non-statistical nature of human intuition may mislead our judgements and even decisions. For example, when I declare that children who play video games are likely to be more violent, would you think that it is because video games make children violent, or is it likely that violent children are more likely tend to pick up video games with violence content?

This validates my statement, that most people confuse correlation and causation. Two events A and B could be related to each other, but not necessarily be the cause of one another, or a factor C could cause both of these. This can be illustrated with an example. If the number of people eating mangoes is statistically related to the number of flight tickets bought that season, it is pretty obvious that the increase in flight tickets cannot be attributed to the increase in number of people eating mangoes. In other words, there is a correlation in the relationship, not causality. A third factor - summer season can explain the relationship between the increase in number of people buying mangoes to the increase in flight ticket sales. This is called third cause fallacy. But the task is not always simple such as trying to understand the statistical relationship between food items and flight tickets.

Replace "number of people eating mangoes", with "exposure to a chemical", and "number of flight tickets bought" with "number of people who get cancer". If I say these two events are related, it is very easy to conveniently conclude that the cause of cancer is exposure to the chemical. However, the information for the cause is not provided, and it would be incorrect to believe that

A very famous case of the misuse of statistics is the case of Sally Clark, who was accused of killing both her children, who were presumed to have died of Sudden Infant Death Syndrome (SIDS). The low statistical likelihood (1 in 73 million) of this happening wrongly suggested a low likelihood of her innocence and led to her arrest. This was later questioned by the Royal Statistical Society, when they suggested that one has to weigh up all possible explanations against the other to draw a conclusion. The data then suggested that odds would be in favour of double SIDS compared to a double homicide. The conviction of Sally Clark was then overturned, however, this reprieve affected her mentally and psychologically.

There are several other fallacies in statistical representation and analysis, including data dredging, over generalisation etc, and also many other examples of such practices, even in judicial decisions. I thus conclude by saying, what one presents as statistics may look attractive or cogent, but what they hide maybe vital or may have serious repercussions.

Thank you, and stay safe!

~ Srihitha, XI B

	Men		Women	
	Applicants	Admitted	Applicants	Admitted
Total	8442	44%	4321	35%

Department	Men		Women	
	Applicants	Admitted	Applicants	Admitted
A	825	62%	108	82%
B	560	63%	25	68%
D	325	37%	593	34%
E	417	33%	375	35%
F	191	28%	393	24%
G	373	6%	341	7%

ARTICLE OF THE MONTH



जीवन में हास्य का महत्व

आज के तनावपूर्ण जीवन में हास्य का विशेष महत्व है। हँसना अपनेआप में एक गुण है। हँसने की कला के कारण मनुष्य स्वस्थ बना रहता है। हास्य रस का आनंद लेने के लिए अपने आस-पास भी साकारात्मक ऊर्जा वाले लोगों का होना आवश्यक है। वर्तमान में लोग तनाव और अनिद्रा से पीड़ित हैं। ये आगे चलकर कई भयंकर बीमारियों में बदल जाती है। अगर स्वस्थ रहना है तो मुफ्त इलाज है हँसते रहिए। पशु-पक्षी तक भी अपने हाव-भाव से अपनी खुशी प्रकट करते हैं। हँसने से धमनियों में रक्त का संचार होता है और रक्त की गति में तीव्रता आती है। हँसने से फेफड़ों का व्यायाम होता है और मन प्रसन्न होता है। हास्य मानव जीवन को सुखमय रखने के लिए परम आवश्यक है।



मनोमी पी कूडले

कक्षा-सातवीं एफ

BODY IMAGE

When we think of our bodies, some of us may feel content, some may feel weird and others might not even pay attention. It is interesting to see how we ourselves perceive the way we look. Body image operationally is defined by how we perceive our bodies when we stand in front of the mirror. In other words, it is a complex emotional process, which comprises of 3 elements.



1. The first element is our belief about our own appearance including our memories, assumptions, and generalizations. Young children are made to believe that a lean body type is good, being tall is associated with being smart and that is what one should aim for. Even advertisements show children how growing tall is super beneficial, subtly implying that being small isn't good. We are taught by numerous methods that when we look a certain way, we should feel accordingly.

For example - A child having a little extra mass is bullied and made to feel like they need to lose weight to look beautiful. These ideas are generalised and can be extremely hard/difficult for a person. Therefore, it is very important for us to be aware of our own beliefs, about our appearance.

2. The second significant element in understanding body image is - how you feel about your body, including your height, shape, and weight. This comprises of many things. A lot of times, we identify ourselves as being "too skinny" to being "too fat". We are also rewarded for being tall, and shunned for being small. We are made to believe being a certain body type is necessary. Knowing your body is a significant part of knowing yourself. When we look ourselves in the mirror, a lot of us want to see certain body shapes, because we are made to believe that the ones we see in the mirror are not the best and that we need to strive for better. This is one of most harmful ideas one can believe. Therefore, knowing that all bodies and body types are okay and should be respected is very important.

3. The third and the last element is - how you sense and control your body as you move. How you physically experience or feel in your body. Another crucial aspect of body image is the physical feeling in our bodies. There are a number of times when we look at ourselves in the mirror and we do not feel good about how we look. Some of us may want a certain type of change. To feel comfortable in your own skin is when you are able to accept the way you look and feel okay about it.

Accepting different body shapes and sizes can make us feel confident. Knowing that you can look any way and still be able to do what you want is an empowering feeling. Therefore, I encourage each of you to look closely and understand how you relate to your bodies. Because the more you are able to accept yourself the way you are, the more confident you would feel in your own skin.

~ MuskaanJain

Counsellor, Learning Centre

PARENT WORKSHOP

Parent Workshop was conducted on 5th of Dec by NIVE (National Institute of Value Education). The session focused on how Chanakya has explained the role of each individual in the society. One should realise that we have to play our role very responsibly wherever required and how Charity puts an end to Poverty. The speaker for the session , Ms Kalpana Mohan explained the principles given by Chanakya very effectively which figures out the learning from animals. Social responsibility is a moral obligation on an individual to take decisions or actions that are in favour and useful to society.

DISCIPLINE

Discipline is the backbone of a civilized society. Discipline trains us to do the right thing at the right time, eat and drink with moderation, maintain a sound mind in a healthy body and respect the hierarchy and decorum in the society.

As the citizens of an interconnected world, we find ourselves working in close proximity with our fellow human beings in all spheres of life. In this scenario, we cannot imagine living in a chaotic environment. A society devoid of discipline can only produce unruly elements, detrimental to everybody's wellbeing.

Discipline is integral to our existence, irrespective of our surroundings. Let us make it a necessity, rather than a choice.

Is it really difficult to be disciplined? No. Work towards making it a habit and as we all know, habits become our second nature.



ಮಕರ ಸಂಕ್ರಾಂತಿ



ಕರ್ನಾಟಕದಲ್ಲಿ ಸಂಕ್ರಾಂತಿಗೆ ಸಂಬಂಧಪಟ್ಟ ಆಚರಣೆಗಳಲ್ಲಿ ಮುಖ್ಯವಾಗಿ ಕಂಡುಬರುವುದು "ಎಳ್ಳು ಬೆಲ್ಲ". ಮನೆಯಲ್ಲಿ ಎಳ್ಳು ಬೆಲ್ಲವನ್ನು ತಯಾರಿಸಿ ಸುತ್ತಲಿನ ಮನೆಗಳಿಗೆ "ಎಳ್ಳುಹಂಚುವುದು" ಸಂಕ್ರಾಂತಿಯ ಸಂಪ್ರದಾಯ. ಎಳ್ಳಿನ ಜೊತೆಗೆ ಸಕ್ಕರೆ ಅಚ್ಚುಗಳು, ಹಣ್ಣು ಮತ್ತು ಕಬ್ಬಿನ ತುಂಡುಗಳನ್ನು ಸಹ ಬೀರುವುದುಂಟು. ಸಣ್ಣ ಸಣ್ಣ ಚೂರುಗಳಾಗಿ ಕತ್ತರಿಸಿದ ಬೆಲ್ಲ, ಒಣ ಕೊಬ್ಬರಿ, ಹುರಿಗಡಲೆ, ಸಿಪ್ಪೆ ತೆಗೆದ ಕಡಲೆಕಾಯಿ ಬೀಜ ಹಾಗೂ ಹುರಿದ ಬಿಳಿ ಎಳ್ಳನ್ನು ಸೇರಿಸಿ "ಎಳ್ಳು ಬೆಲ್ಲ" ತಯಾರಿಸಲಾಗುತ್ತದೆ.

ರೈತರಿಗೆ ಇದೊಂದು ಸುಗ್ಗಿಯ ಹಬ್ಬ. ಈ ಮಂಗಳಕರ ದಿನದಂದು, ಯುವ ಹೆಣ್ಣುಮಕ್ಕಳು (ಮಕ್ಕಳು ಮತ್ತು ಹದಿಹರೆಯದವರು) ಹೊಸ ಬಟ್ಟೆಗಳನ್ನು ಧರಿಸಿ ಒಂದು ತಟ್ಟೆಯಲ್ಲಿ ಎಳ್ಳುಬೆಲ್ಲದೊಂದಿಗೆ ಹತ್ತಿರದ ಜನರನ್ನು ಮತ್ತು ಸಂಬಂಧಿಗಳನ್ನು ಭೇಟಿಯಾಗಿ ಎಳ್ಳುಬೆಲ್ಲವನ್ನು ವಿನಿಮಯ ಮಾಡಿಕೊಳ್ಳುತ್ತಾರೆ. "ಎಳ್ಳು ಬೆಲ್ಲ ತಿಂದು ಒಳ್ಳೆಯ ಮಾತಾಡೋಣ" ಎಂದು ಹೇಳಿಕೊಳ್ಳುತ್ತಾರೆ.

ಶ್ರೀಯಸ್ ಎಸ್ ಕುಮಾರ್
ಓನೇ ತರಗತಿ, "ಎ ವಿಭಾಗ".

