



## सूक्ति सुधा

चन्दनं शीतलं लोके  
चन्द्रनादपि चन्द्रमाः ।  
चन्द्रचन्दनयोर्मध्ये शीतला साधुसङ्गतिः ॥

Meaning - Sandal wood is pleasant (cool), Moonlight is more pleasant than sandal. Company of a good person is pleasant than both moon and sandal.

## EDUCARE - enkindling the Latent goodness

In a small town, there lived a saint. Every evening, he would come to the village square and people would gather. He would give insightful discourses on how to live life, using scriptural references. He would also sprinkle his discourses with interesting stories so that the listeners will be able to better understand him. In general, there was an air of peace and spirituality in that village because of this knowledge that the villagers were getting.

The king of that province heard about this village. He decided to pay a visit to this village and meet the saint. One day he set out on this journey and met the saint.

The king had brought a present for the saint, a beautiful pair of scissors, made of gold and studded with diamonds – very valuable, very rare, something unique. He touched the saint's feet and presented this gift.

The saint took them, looked at them, gave them back to the king and said, "O king, many, many thanks for the present that you have brought. It is a beautiful thing, but utterly useless for me. It will be better if you can give me a needle. I don't need scissors, a needle will help me more."

The king was puzzled. He said, "I don't understand. If you need a needle, you will need scissors too."

The saint said, "I am talking in metaphors. I don't need scissors because scissors cut things apart. I need a needle because it sews things together. I teach love. My whole teaching is based on love – putting things together, teaching people communion. I need a needle so that I can put people together. The scissors are useless; they cut, they disconnect".

The king went back an enlightened man. He understood the importance of love and brotherhood for a community to flourish and prosper. He ensured that this message is spread throughout his kingdom.



## UPHAAR 2019 - THE ART OF GIVING

School carnivals are one of the most anticipated events of the entire academic year which give students an opportunity to explore and showcase their talents and learn things apart from academics.

The students and management of New Horizon Gurukul enthusiastically organized the school's annual carnival- Uphaar: The art of giving, on December 21st and 22nd, 2019. This event was held in the quadrangle of the school premises where students, along with the assistance of their teachers set up various stalls of different kinds, totaling up to about 38 of them. These included numerous food stalls, game stalls and creative stalls. The food stalls included various delicacies such as snacks, confections, sweets, drinks, Indian and Chinese food. The game stalls too were enjoyed by all. These included games such as Artemis, Nerf, Games camp, etc. Students showcased their creative side by exhibiting their talent in creative stalls such as nail art, paintings and handicrafts. This included the application of henna and nail art on customers, selling handmade crafts, paintings, potted plants, etc. There was also a photo booth, where people could take and buy photos of themselves and cherish their memories at the carnival. A karaoke stall was put up for those who enjoy singing.

There was a colorful exhibition of programs, which included a diverse style of dances and melodious music. These performances were a fusion of Indian and western style of music and dance. Movie screenings were also scheduled at particular intervals of time and were enjoyed by all. Students from other schools, primary students and their parents, and teachers were warmly invited to take part and enjoy the festivities.

Amidst all the fun, the school managed to contribute to the well-being of the society. All the money collected was donated to various NGOs in Bangalore.



Sl. No	Name of the NGO	Total Amount Donated
1	Bangalore Hospice Trust – Karunashraya	₹133,247.00
2	CUPA	₹82,966.00
3	People for Animals	₹131,197.00
4	Sneha Charitable Trust	₹87,522.00
5	Sahana Charitable Trust for the Disabled	₹101,758.00
6	NAB-National Association for the Blind	₹66,965.00
7	DESIRE Society	₹76,190.00
8	Navachethana trust	₹103,181.00
9	Gandhi Old Age Home	₹64,517.00
10	Hasiru Dala	₹97,601.00
11	Surabhi Foundation trust	₹73,912.00
12	Vidyaranya	₹68,446.00
13	UNNATI	₹63,947.00
14	Thayi Mane	₹67,079.00
15	Seva In Action	₹47,263.00
16	Abalashrama	₹54,269.00
<b>TOTAL AMOUNT</b>		<b>₹1,320,060.00</b>

Vanishka P, 9C



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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 5<sup>th</sup> September 2019 onwards from the website [www.newhorizonvidyamandir.in](http://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 1<sup>st</sup> June 2020 for admission to Playgroup. For admission to Nursery, the child should have completed 2 years 6 months on 1<sup>st</sup> June 2020, for LKG and UKG the corresponding age will be considered.

Mrs. Usha Vasudevan  
Principal-NHVM

## ALUMNI MEET

14th of December, 2019 was filled with nostalgia and memories for the ex-students and the teachers who were part of their academic life. It most certainly was a day to reminisce about their school years and relive the past for the batch of 2018-19.

The programme began with the invocation song that makes one feel the Gurukul spirit each time we hear it. The address by principal, Ms. Niti Mahendra was epigrammatic and left the students admiring her for the spontaneous and perspicuous talk. A mellifluous group song by the students of grade 10 brought back a plethora of emotions and nostalgia amongst the alumni.

Following the splendid group dance was a presentation that took them on a joyous trip down memory lane, with pictures of the whole grade compiled for them. The vote of thanks was given by Master GV Saketh, alumnus of Gurukul.

Snacks were distributed after the programme and the day was well spent, with the ex-students reminiscing about their past experiences and reliving old memories, as they walked around the campus and visited their old classrooms and other facilities, capturing each moment which will be cherished for the rest of their lives and hoping for more to come.

**Ishmita Menon, 10A**



## GREEN OSCARS

The Whitley Awards, also known as the “Green Oscars” are awards that seek to recognize outstanding contributions to wildlife conservation with a focus on Asia, Africa and Latin America, bringing international attention to the work of deserving individuals committed to precipitating long-lasting conservation benefits on the ground, with the support of local communities.

Purnima Barman was awarded “Green Oscars”, for her effort in conserving ‘Hargilla’, a giant bird called ‘Greater adjutant stork’. This species was on the verge of becoming extinct.

Assam alone has around 800 Hargilla out of the global population of nearly 1800. The food-rich wetlands and tall trees which are perfect for building their nests, attract these birds to Assam. The villagers considered them ‘filthy’, because of their smelly droppings, harsh calls and their tendency to litter food. They also thought that it would bring them bad luck.

So they used to destroy the nests. Sometimes, they also poisoned the birds. The trees on which they built their nests were cut down by people.

Purnima loved wildlife from her childhood. She was a wildlife biologist. She felt that doing a PhD on the birds alone was not enough. She made up her mind to also work for the protection of the species. She knew that it was not an easy task, but with firm determination, she started the ‘One-woman campaign’

Purnima associated herself with the ‘ARANYAK’-an NGO that works for the conservation of wildlife in Assam. She decided to work with the local communities to conserve Hargilla and organized small informal meetings with them. She spoke about Hargilla’s role in protecting the environment by scavenging and disposing of dead animals.

Purnima’s efforts had a great impact on the minds of the people. There was a gradual change in their opinion about ‘Hargilla’. This conservation brigade was named the “Hargilla Army”-an army without arms. It was an “All Women Army”, for protecting the rare bird!

Dadara and two nearby villages, Pasariya and Singimari, which were ideal for these birds, were chosen to be made a safe haven for these birds. Along with this brigade, Purnima sought the support of district administrators, police and other NGOs as well.

Purnima wanted the young generation also to join in this noble purpose. They spoke to the children about the Hargilla and that they should be proud of having Assam the home for such a large number of these birds in the world. Competitions were conducted where the children had to paint the Hargilla bird.

With this idea of conservation as a base, Purnima wanted to help the women to earn more income. They were trained to weave designs having Hargilla birds as motifs in handlooms and also to introduce it in their arts and crafts. With support from the Government, looms were provided. The message of conservation is being taken at economic, social, cultural and educational levels.

All this was possible and is still being continued, due to the initiative taken by Purnima Barman.” A great achievement indeed! It is her strong determination and will power that has worked out these wonders and has earned her the nickname “Hargilla Baido” or “Stork Sister”.

**Siddhesh J, 8D**



## SCIENCE PARK INAGUARATION AT NHG

“The three most important ways to lead people are: by example... by example... by example” said Nobel Prize awardee Albert Schweitzer, one of the greatest theologians in the world. The newly unveiled science park at New Horizon Gurukul abides to this quote. The park was inaugurated by Ms.Keerthi Manghnani on 14th December 2020.The Science Park exhibits many 3D science models through which the students can get a deeper understanding of the various science concepts. Some of the models are Projectile, Angular Momentum, Automobile Model, Square Wheel Cycle, Loop the Loop and Circus of Energy. The students can perform various experiments and get to know the various intricacies of the diverse topics and concepts.

**Siddhesh J, 8D**

## CALCULATION OF TIME ACCORDING TO VEDIC SCIENCE - PART I

TIME is something that we all possess equally. It is something we cannot see, touch or taste, but definitely can measure its passage and feel its impact on us. Time is familiar to everyone, yet we find it hard to define and understand. Science, philosophy, religion, and arts have different definitions of time.

A layman defines time as the duration in which all things happen or a precise instant that something happens. Physicists define Time as the progression of events from the past to the present into the future.

Bhagavad Gita defines Time as a representative of Lord Krishna. "kalah asmi - Time I am." - *Bhagavad-Gita 11.32*

The most accurate definition of time is given in the Vedic scriptures, specifically Srimad Bhagavatham which is considered as a spotless Purana. It has a dedicated chapter consisting of 42 Shlokas to describe the different attributes and measurement of time with respect to movement of atoms.

When atoms move to cover space, this is called time, and time is measured according to the amount of space covered by atoms. - *Srimad Bhagavatam 3.11.3-4.*

It also gives a detailed description on how time can be calculated based on the movement of atoms. In summary, when 30,375 atoms move, 1 second has passed. This very high level of scientific knowledge is another proof that the Vedic knowledge comes from a highly intellectual God or His representative.

**Ms. Sushama, Value plus**

The following table gives a glimpse of the Vedic calculation of time based on the movements of atoms:

Vedic time term	Movement of number of atoms	Human time measurement
One trasaretus = 3 double atoms	6	8/40,500 second
One truti = 3 trasaretus	18	8/13,500 second
One vedha = 100 truti	1800	8/135 second
One lava = 3 vedhas	5400	8/45 second
One nimeta = 3 lavas	16,200	8/15 second
One ksana = 3 nimetas	48,600	8/5 second
One kāsthā = 5 ksanās	243,000	8 seconds
One laghu = 15 kāsthās	3645 x 10 <sup>3</sup>	2 minutes
One danda = 15 laghus	54675 x 10 <sup>3</sup>	30 minutes
One praharas = 6 dandas	328050 x 10 <sup>3</sup>	3 hours
One day = 4 praharas	1312200 x 10 <sup>3</sup>	12 hours
One night = 4 praharas	1312200 x 10 <sup>3</sup>	12 hours



### क्षमा-प्रार्थी

क्षमा - प्रार्थी हूँ मैं, कि  
मैंने प्रकृति को छोड़ा,  
फूलों को तोड़ा,  
पत्तों से खिलवाड़ किया ।  
फलों को चखा और  
कलियों का नाश किया ।  
क्षमा - प्रार्थी हूँ मैं, कि  
मैंने पशुओं को दुत्कारा,  
जीवों का संहार किया,  
लघु जीवों का अपमान किया,  
वन्य - जीवों का विनाश किया ।  
क्षमा - प्रार्थी हूँ मैं, कि  
मैंने पौधों को उखाड़ा  
पेड़ों को काटा  
जंगलों का नाश किया,  
प्रकृति में उत्पात किया ।  
क्षमा - प्रार्थी हूँ मैं, कि  
मैंने निर्मल जलधारा को  
मलिन किया,  
पावन सरिता की लहरों को,  
गंदगी से दूषित किया,  
पवित्र नदियों को अपवित्र किया ।  
क्षमा - प्रार्थी हूँ मैं, कि  
मैंने हर बार कुछ न कुछ,  
हेर-फेर किया फलस्वरूप,  
प्रकृति का संतुलन बिगड़ा,  
क्षमा - प्रार्थी हूँ मैं ।

**अनुपमा मुरुगन**



### The Teacher

Everyday you walk into this class with a smile on your face  
In spite of the notebooks you corrected the night before in a tiring race.

We are happy to have you as our teacher,  
You help us create our future.

Your students are why you are here,  
To you each child is like a sparkling and unique jewel.

You have fun with us wherever we go,  
And we know you will always laugh with us tomorrow.

You are gifting us something special,  
The gift of learning, truly essential.

So, we are saying thank you,  
For everything you do.

Because without you,  
we would not be who we are today.

You change us for the better, every single day...

- Miss Vibha Amit 7F



### ಕನ್ನಡ ರಾಜ್ಯೋತ್ಸವ

ಪ್ರಪಂಚದ ಎಲ್ಲಾ ಪ್ರೀತಿಯೂ ತಕ್ಕಡಿಯ ಒಂದು ಭಾಗವಾದರೆ, ತಾಯಿಯ ಪ್ರೀತಿಯೇ ಇನ್ನೊಂದು ಭಾಗವಾಗಿರುತ್ತದೆ.

ಪ್ರೀತಿ ಎನ್ನುವ ತಕ್ಕಡಿಯಲ್ಲಿ ತಾಯಿಯ ಪ್ರೀತಿ, ಮಮತೆ, ಆಕರ, ತ್ಯಾಗ ಎಲ್ಲವೂ ಯಾವಾಗಲೂ ಒಂದು ಹಿಡಿ ಹೆಚ್ಚಿ ಇರುತ್ತದೆ. ಯಾವ ಪ್ರೀತಿಯೂ ಆದನ್ನು ತನ್ನ ಪ್ರೀತಿಗೆ ಸಮವಾಗಿ ತೂಗಿ ಸಮನಾಗಿಸಲಾರದು.

ಒಂದು ಜೀವದಿಂದ ಇನ್ನೊಂದು ಜೀವವನ್ನು ಈ ಪ್ರಪಂಚಕ್ಕೆ ತರುವ ಏಕೈಕ ತಾಳ್ಮೆ, ಸಹನೆ ಇರುವ ಒಂದೇ ಜೀವ ಆಮ್ಮೆ.

ಉಪ್ಪಿಗಿಂತ ರುಚಿ ಇಲ್ಲ; ತಾಯಿಗಿಂತ ಬಂಧುವಿಲ್ಲ.

ಲಲಿತ.ಕೆ.ಎ  
೭ನೇ ತರಗತಿ 'ಎ' ವಿ ಭಾಗ

## ACHIEVEMENTS

1. Shriya Rathaur from class 8E participated in inter school swimming championship 2019 conducted by KSVK International School, Anagondanahalli Bangalore on 15th December 2019. She won 1 gold and 2 bronze medals in the meet. She won gold medal in 50 meters breast stroke, bronze medal in 50 meters freestyle and bronze medal in 50 meters butterfly.



2. Spinning a yarn with words is not everyone's forte. It needs a fine calibration of thoughts and alignment of ideas. 16 students of our school proved their patience and involvement when they spun wonderful short stories for the All-India Kloud9 Short Story Contest 2019. This contest is an initiative of KiiT International School, Bhubaneswar and Kloud9 Magazine of which the noted writer Ruskin Bond is the Editor-in-Chief. The stories of the young writers from Gurukul were highly appreciated.

Pranavi Prasad's IXC won the 3rd Prize in the junior category. Her story - Studies or Sports: Both Are Important- revolved around the lives of two brothers and the message 'Life is much more beyond marks'.

Ishmita Menon XA won a Certificate of Merit. She aptly titled her short story 'Salve of Patriotism' since it echoed the spirit of patriotism kindled in a young girl after interacting with a war veteran.



Adding to the above achievements the following writers: Medha G, Mrinali, Ishita, Vijay and Akshay's stories were selected for publication in Klou9 and their names featured in the Promising Writers List.

3. In under 12 Volleyball tournament organised by B S international school, NHG boys team emerged as winners. Team was comprised of Sinchana Shekhar,7G, Aditi Naveen 7A Nakshatra M 7A,Harika Gowda ,7G Akanksha Maruti ,7G Dimple Reddy,7A ,Vaishnavi,7F Lavanya Veeresh,6D, Darshi Reddy,6D ,Venika R 6D,Aditi V 6D , Abha Aneesh, 6A .

4. In Kabbadi tournament hosted by NEW OXFORD ENGLISH HIGH SCHOOL, Bangalore, team NHG participated and Master Manish of std 7G was awarded Best player award.

5. U-14 Kabbadi team of NHG won the Runner's trophy in Kabbadi tournament organised by B S International School , Bangalore on 11th December 2020.

Dheep somaiah, 7A,Aryan raj,7A, Akhil chandran,7A, Harsha s raju,7A Sreekar, 7G Manish, 7G ,Anansh jain, 7G,Uday kiran,4I Shreyank, 7A,Vivaan Hegde ,7A.

## CAPACITY BUILDING PROGRAM ON LIFE SKILLS BY CBSE

The Central Board of Secondary Education (CBSE) organized a workshop on Life Skills, under the Capacity Building Program, on 13 December 2019, at New Horizon Gurukul, Kadubeesanahalli. Resource person, Mr. N.S Dinesh was the resource person guided teachers on the various aspects of life skills and facilitated the understanding and integration of these skills into the classroom. Teachers were introduced to the ten core Life Skills as identified by WHO. In series of discussions that followed life skills such as empathy, effective communication, critical thinking etc. was understood in three broader realms of social, emotional and cognitive skills. The next session began with a task that was devised to understand the modes of teaching life skills, such as storytelling and dramatization. The latter part of the workshop dealt with understanding the various tools and techniques used for assessing Life Skills. The workshop concluded with a discussion on a few videos portraying the importance of life skills in our daily life.



**Reshma Krishnan**

## MUSIC HEALS

It is a known fact that only when there is peace in the heart, mind becomes calm. At that stage, head can think, analyze, discriminate and take decisions correctly and the hand can be directed to do what is beneficial. It is also been proved scientifically that music can act as a medicine to bring calmness to the agitated minds.

Music can have positive impact on growing minds. This is known as "Mozart effect". Children who learn music develop many non-musical skills and tend to be happier. Light music played in the background while children learn, keeps them alert and focused.

Listening to Instrumental music during bedtime gives good sleep. While listening to nature sounds, our minds tend to think about it. It acts as a deviation from the regular train of thoughts. It improves both the quality and quantity of sleep. However, while trying to fall asleep, one should not listen to any lyrical songs as it interferes with the sleeping process. Only instrumental music is recommended. Therefore, it is accepted that music helps to decrease the stress level and heart rate and eventually calms one down.

Music is a means of relieving stress and helps to manage pain. An article by Sri S. Shashidhar in Deccan Herald (13th Dec, 2018) has given many such incidents indicating the power of music to heal.

"The Darbari Kannada Raag" – of Hindustani music, rendered by violinist N. Rajam has spelt a magic. It has been effectively used by a Kolkata based doctor, Dr. Sandeep Kar, Asst. Professor at SSKM Hospital in Kolkata. Dr. Kar, a cardiovascular anesthetist and a violinist, had conducted research on music therapy and treatment in 2011. His patient Sangeetha Das, hailing from a village of West Bengal was suffering from dengue and drifted to coma on 7th Nov, 2018. When several treatments failed, she was shifted to SSKM Hospital. Dr. Kar decided on music therapy. He made Sangeetha to listen to Darbari Kannada Raag thrice a day along with the medical treatment to cure the blood clots in the brain. There were slight changes in the patient by music therapy and she started responding to the treatment. She came out of coma in two weeks. The violinist, Smt. Rajam, speaking about this miracle, says that the Raag Darbari Kannada has the power to cure the ailments.

When the great music master Sri Muttu Swami Dikshitar sang Raga Amrutavarshini, incessant rains poured in a place called Ettayapuram, in Thoothukudi district of TamilNadu.

One more incident is quoted about the power of music. When Dikshitar's father was in coma and was not responding to any medical treatment, the famous violinist Kunnakudi Vaidyanathan played on his violin his father's favourite Raaga Bhairavi and to everyone's shock and surprise, his father regained consciousness.

The beauty of music is that it can be practiced regardless of one's age, gender or religion. It is said, "Western music moves your body, but Indian music moves your soul".

**Dhyaan Mane, 9C**



## ART CORNER



B Sriram, 5B



Saanvi Paul, 2F



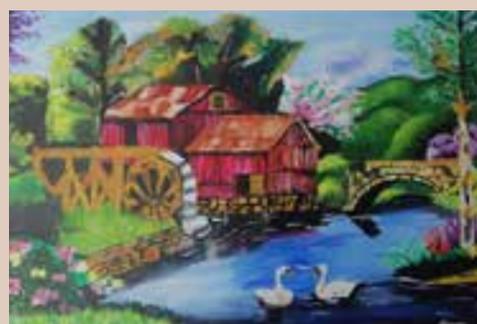
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