

# New Horizon GURUKUL GURUKUL TIMES

ISSUE 44

July 2019

## सूक्तिसुधा



सुभाषितम्

यथा चतुर्भिः कनकं परीक्षते  
निघर्षणच्छेदनतापताडनैः ।  
तथा चतुर्भिः पुरुष परीक्ष्यते  
त्यागेन शिलेन गुणेन कर्मणा ॥

### Meaning:

The way gold's purity is tested by rubbing, cutting, heating and pounding, similarly, a person's qualities are tested by gentleness, manners, habits and deeds.

EDUCARE – enkindling  
the latent godness



### LOVE CHANGETH

During his early days of research on sensitivity of plants, Dr. Jagdish Chandra Bose, one of India's foremost scientists in the twentieth century, used to walk along a garden path from his house to the laboratory and back.

Along the path, was a plant of "touch-me-not" which reacts by closing its leaves when anyone touches the plant. That is its nature. Dr. Bose pondered over this phenomenon. Once, he decided to try an experiment. He stood near the plant and said loudly, "Oh beautiful plant please have no fear from me. I love you. I want you to prosper. Infact, I will protect you, if necessary. Let us be friends. Have no fear on my account." Thus, everyday he used to repeat this with a feeling of love, each time he passed this plant. A few months passed.

One day, the scientist observed that the plant did not withdraw and did not close its leaves upon his touch. This was his greatest moment of Joy! This experiment led Mr. Bose work on plant sensitivity which eventually paved way for the invention of Crescograph.

**"THE LOVE THAT YOU SEND OUT,  
RETURNS BACK TO YOU"**

## Kargil Vijay Diwas 20th Anniversary Celebrations

*"Tell them for their tomorrow, we gave our today!" This must have been the last words of each and every soldier who laid down their lives during the Kargil War.*

New Horizon Gurukul celebrated Kargil Vijay Diwas on 26th July to commemorate the victory by our Indian Army at Kargil. The occasion was graced by Major Santosh S, ex alumnus of New Horizon Public School as the Chief Guest, Director Ms. Sargam Manghnani, Principal Ms. Niti Mahendra, co-ordinators, teachers and students. Students sang a patriotic song and narrated poems in honour of our country's brave hearts. The star attraction of the day however was the dance drama scripted by Ms. Nirmala Varma and choreographed by Mr. Gnanadeepan. This showcased the highlights of the Kargil War and the fearlessness and heroism depicted by the Indian soldiers as they willingly laid down their lives for the country. The programme concluded with a speech by the chief guest wherein he inspired students to join the Indian Armed Forces and feel the pride in serving our Motherland.



## Founder's Day Celebrations

New Horizon Gurukul celebrated Founder's Day on 7th July with a special assembly to mark the birthday of our beloved Chairman Dr. Mohan Manghnani. The day was celebrated with fervor, zest and enthusiasm in the school. The lobby was decorated very creatively and colourfully with cards made by wonderful students wishing our Chairman. The program started with a speech by Prakruthi of Grade X about the Vision and Mission of our dear chairman. She also spoke about the numerous awards and honours which he had received in his life. The school choir wished our Chairman with a specially composed song. The students and teachers of New Horizon Gurukul put up a spectacular dance performance which was a real show stopper. The dancers synchronized their movements with grace and beauty mesmerizing the audience. The event was concluded by an address by the Middle School Coordinator, Ms. Mamta Gupta, wishing our Chairman good health, long life of happiness and success in all his endeavours.



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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 VidyaMandir only on **9<sup>th</sup> October 2019 for siblings**, and 10<sup>th</sup>, 11<sup>th</sup>, 12<sup>th</sup> October 2019 (General). 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

**Note:** For those in the sibling category, student interaction and admission process will be completed on the same date of submission on 9<sup>th</sup> October 2019 itself.

In case of registration form for siblings not being submitted on the said date, any applicable concession will not be given and your child's admission will be considered in the general category as per availability of seats.

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

## Emotional Regulation

Emotional regulation refers to the way one manages his or her emotions. It is a learned process which enables a child to adapt effectively to its environment. There are various factors that affect the way children experience and express their emotions. One of the major contributing factors of expression of emotions is parent-child attachment. A secure attachment with the parent enables the child to learn management of situations that provoke negative emotions. Attachment with the parent also serves as a base for the development of emotional vocabulary which is an integral part in the child's overall development.

A peer relationship is another important factor that contributes to the experience and expression of an emotion. Peer support has proven to be a significant contributor in reducing depression and increasing emotional expression in adolescents. As adolescence is a transitional phase, thereby children with high emotional competencies facilitate stronger interpersonal relationships. Children who are competent with their peers also show pro-social behaviours and increased self-esteem. Thus, the role of parents and peers can be significantly marked. Therefore, helping children develop expressive emotional competencies can lead to overall psychological and social well-being of the child.

Ms. Muskaan Jain , Counsellor ,NHG



**FRIENDSHIP- A gift of life**  
*Many people will walk in and out of your life, but only true friends will leave footprints in your heart."*  
 -Eleanor Roosevelt

Friendship is a simple word, but carries deep meaning. It cannot be described by mere words or phrases, because everyone has a different understanding of it. Friendship is one of the most precious gifts of life. A true friend is someone who you can trust, and supports you, anytime of the day. It is that 3 a.m friend, who is by your side, regardless of time; someone shielding you from the rough issues and challenges that life throws your way.

Great friendships are about connections we make with people in our lives and much more than someone you find on Instagram or Facebook. True friendship is not something you experience via social media, but in the real world.

Friends can challenge us, confuse us, and sometimes, we may wonder why we bother. But in fact, friendship is as important to us as eating right and exercising. The friends we meet in school teach us how to be patient, reach out, and try new hobbies. When we later move to young adulthood, we learn more about taking responsibilities, finding a career path and seeking out to people as mentors. Maintaining friendships can be tough, but when we find good, decent and trustworthy friends, they can certainly make life worthwhile....

Vanshika Prakash , IX A

## Workshop on Composting

Composting is a deliberate process of preparing organic manure through the decomposition of biodegradable matter. This natural and simple process can be used to save and maximize the use of most organic wastes generated in the kitchen and thus reduce household waste and make the environment a more sustainable one by a small but powerful margin.

Mr.Krishna Kumar ,a former managing Director of ETAS , Bosch and a pro-environment entrepreneur guided and inspired the Green Ambassadors of classes 3 to 9 and shared the knowledge of compost creation in home environments. There were 80 students and many teachers who took part in this workshop on 8th July 2019. Mr Kumar taught two methods of composting namely Aerobic and Bokashi/ Anaerobic with lots of interaction and a wonderful sense of humour. The workshop concluded with a great applause and made all the Green Ambassadors to plunge into action with awarness to help environment in the best possible way.

## Gurupurnima Celebration

*"Guru Brahma Guru Vishnu Guru Devo Maheswara"*

Guru Purnima is a festival dedicated to all the spiritual and academic Gurus. This festival is traditionally celebrated by Hindus, Jains and Buddhists, to pay their respect to their teachers and express their gratitude. New Horizon Gurukul celebrated the auspicious day of Guru Purnima and commemorated the birthday of sage Veda Vyasa, a respected personality who scripted the Mahabharata. Veda Vyasa, a great scholar and teacher rightly said, "As you walk with the guru, you walk in the light of existence, away from darkness and ignorance."

The day was observed with utmost significance in New Horizon Gurukul on 16th July 2019 The day began with the assembly especially dedicated to bring forth the importance of the day. The children started the programme by chanting Omkara followed by the prayer. They day's program commenced with a speech on 'The Importance of Gurus'. A special puja was offered by our Primary Coordinator and teachers, while the students chanted shlokas. This was followed by a group song celebrating the importance of a teacher in the life of a student. The students of grade 3 and 4 presented with a graceful and enthralling dance performance.



## RIGHT CONDUCT

### - A foundation for meaningful living

Right Conduct or Dharma is "the disciplining of the human will for doing right action always." Right conduct is to be achieved through the unerring exercise of human will. Right conduct is an indispensable component of a well-integrated personality. It is the conformation of human will and its doing, (abidance) in right action. Under Indian concept, Dharma encompasses all duties and obligations of man-physical, moral, social, religious and spiritual. It regulates all activities of man from dawn to dusk, from birth to death.

In essence, Dharma implies moral conduct, which will be conducive to one's own well-being, as well as the well-being of all. It is that which keeps up the law and harmony in the creation. Everyone is but a link in the creation in the chain of creation, and, just as each link needs to be in a sound condition for the sound functioning of the chain, so also, each one's conduct should be perfect for the perfect condition and the orderly functioning of the universe.

Aditi, IX B



## New Horizon MUN 2019-20

The New Horizon Model United Nations was held on the 25th, 26th and 27th of July, 2019. Our school had sent largest number of delegates, with 26 of the delegates representing the school as well as individual delegates, totaling up to 3 delegations.

Quite a few of the delegates from our school returned with accolades, including the awards for honourable delegate, best position paper as well as special and verbal mentions. The award for the best position paper was given to a first timer K Hari Shankar of 9B. Tejas Bhupesh Nadkarni 10A and Shreyas M Sreenivas 10C won honourable delegate awards. Ishmita Menon and Prisha Bajaj were placed in the category for special mentions. Six students (Shria Sundarajan, Manas, Saaswath S Mansi, Ramaa G, Jhanvi) acquired a verbal mention. All the delegates had an amazing experience and have gained knowledge regarding a variety of subjects.

Ishmita Menon, X C



## ಗುರು ಪೂರ್ಣಿಮೆ

ಹಿಂದೂ ಸಂಸ್ಕೃತಿಯಲ್ಲಿ ನಾವು ವರ್ಷವಿಡೀ ಅನೇಕ ಹಬ್ಬಗಳನ್ನು ಆಚರಿಸುತ್ತೇವೆ. ದೀಪಾವಳಿ, ನವರಾತ್ರಿ, ಯುಗಾದಿ ಇವು ಸಂಭ್ರಮದ ಹಬ್ಬಗಳಾದರೆ 'ಗುರು ಪೂರ್ಣಿಮೆ' ಒಂದು ವಿಶೇಷ ದಿನ. ಆಶಾಢ ಹುಣ್ಣಿಮೆಯಂದು 'ಗುರು ಪೂರ್ಣಿಮೆ'ಯನ್ನು ಆಚರಿಸಲಾಗುತ್ತದೆ. ಇದನ್ನು 'ವ್ಯಾಸ ಪೂರ್ಣಿಮೆ' ಎಂದೂ ಕರೆಯುತ್ತಾರೆ. ಭಗವಾನ್ ವೇದವ್ಯಾಸರು ನಮ್ಮ ಸನಾತನ ವೇದವನ್ನು ಋಗ್ವೇದ, ಯಜುರ್ವೇದ, ಸಾಮವೇದ ಮತ್ತು ಅಥರ್ವ ವೇದಗಳಾಗಿ ವಿಭಾಗಿಸಿದ್ದಾರೆ. ಅಲ್ಲದೆ ಇನ್ನು ಅನೇಕ ಧರ್ಮಗ್ರಂಥಗಳನ್ನು ಸಂಗ್ರಹಿಸಿ ಅಧ್ಯಯನ ಮಾಡಲು ಯೋಗ್ಯವಾಗುವಂತೆ ಪರಿಷ್ಕರಿಸಿದ್ದಾರೆ. ಇದು ನಮ್ಮ ಹಿಂದೂ ಧರ್ಮದ ತಳಪಾಯವಾಗಿದೆ.



ಭಗವಾನ್ ಶ್ರೀ ವೇದವ್ಯಾಸರಿಗೆ ಗೌರವ ತೋರಿಸುವ ಉದ್ದೇಶದಿಂದ 'ಗುರುಪೂರ್ಣಿಮೆ'ಯಂದು ಪೂಜೆಯನ್ನು ಸಲ್ಲಿಸುವರು. ಎಲ್ಲಾ ಮಠಗಳಲ್ಲಿ, ಆಶ್ರಮಗಳಲ್ಲಿ ಸನ್ಯಾಸಿಗಳು, ಗುರುಗಳು ಇದೆದಿನದಂದು ಚಾತುರ್ಮಾಸ ವ್ರತವನ್ನು ಆರಂಭಿಸುವರು. ಪ್ರತಿಯೊಬ್ಬರ ಜೀವನದಲ್ಲಿ ತಂದೆ, ತಾಯಿಗಳ ನಂತರ ಗುರುವಿಗೆ ಹೆಚ್ಚಿನ ಗೌರವ ಹಾಗೂ ಮಾನ್ಯತೆಯನ್ನು ನೀಡಲಾಗುತ್ತದೆ. 'ಮುಂದೆ ಗುರಿ ಹಿಂದೆ ಗುರುವಿದ್ದಲ್ಲಿ' ನಮ್ಮ ಜೀವನ ಪಾವನವಾಗುವುದರಲ್ಲಿ ಯಾವುದೇ ಸಂಶಯವಿಲ್ಲ. ಅಂಥ ಮಹಾಗುರುವಿಗೆ ನಾವು ನಮ್ಮ ಅನಂತ ವಂದನೆಗಳನ್ನು ಸಲ್ಲಿಸೋಣ.

ಅನಿಶ್ ಭಟ್

7ನೇ ತರಗತಿ 'ಜಿ' ವಿಭಾಗ

## कारगिल विजय दिवस

कारगिल की पर्वत चोटी दुश्मन था वहाँ ऊँचाई पर,  
चोरी से घुस आया बुजदिल था उतरा वह नीचाई पर।  
वीरों ने धावा बोला और मारा फेंका गहराई पर,  
देश गर्व करता है अपने युवकों की तरुणाई पर।

वीर बाँकुरों ने ललकारा पर्वत चोटी थी ठण्ड-भरी,  
था सुभाष-सा जोश बुलंदी भगत सिंह-सी खरी-खरी।  
वीर शिवाजी राणा प्रताप की याद में आँखे क्रोध-भरी,  
मार भगाया दुश्मन को भागी वो फौजेँ डरी-डरी।

ऐसे भारत माँ के बच्चे मान गँवाना क्या जानें?  
मेरे देश के लाल हठीले शीश झुकाना क्या जानें।  
जहाँ पढ़ाया जाता केवल माँ की खातिर मर जाना,  
जहाँ सिखाया जाता केवल करके अपना वचन निभाना।  
जियो शान से मरो शान से जहाँ का कौमी गाना,  
बच्चा-बच्चा पहने रहता जहाँ शहीदों का बाना।  
उस धरती के अमर सिपाही पीठ दिखाना क्या जानें?  
मेरे देश के लाल हठीले शीश झुकाना क्या जानें?

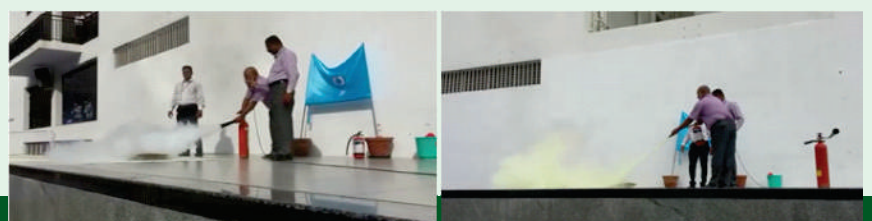
सन उन्नीस सौ निन्यानवे छब्बीस जुलाई विजय का दिन,  
जोश भरा था वीरों में अवसर आया वह मन-भावन।  
कुर्बानी को याद किया भावों में डुब गया हर मन,  
कारगिल विजय दिवस पर गर्वित आज भी होता है हर मन।

- जय हिन्द-

आदित्य त्रिपाठी-७ फ

## Fire Safety Week

Safety of children and the staff in school is of utmost priority for any institution. To educate students and teachers about the same, a fire safety demonstration was conducted in the campus during the morning assembly on 3rd July 2019. An expert fire personal from New Horizon College of Engineering explained the working pattern of fire extinguishers. Various preventive measures that one must follow during a fire breakout scenario were also discussed in detail with students of grades 6-10. It was a great learning experience for all present. Following this, there was a display of skillful, sharp and precise moves by a set of 14 judo students. The importance of self defense and improvement of concentration skills were highlighted.

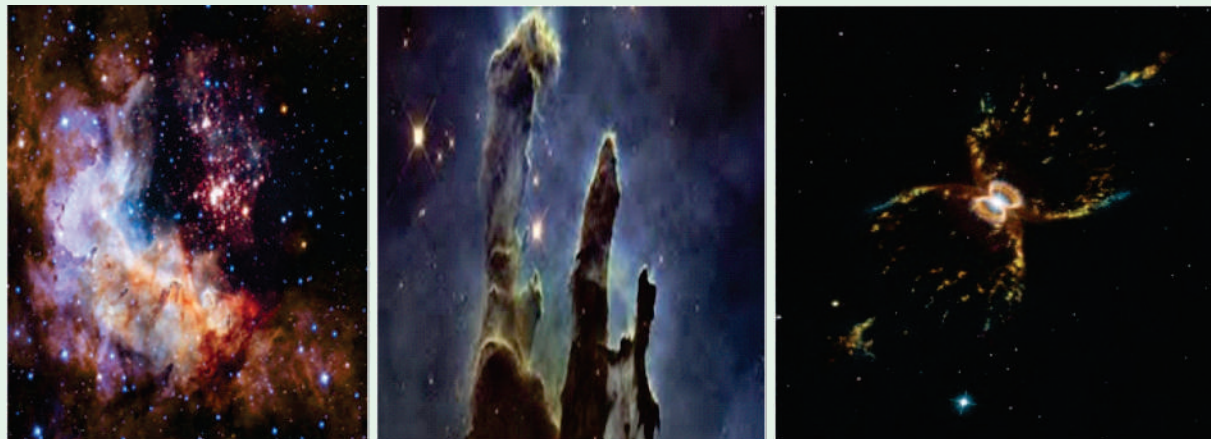


# SPACE – A mysterious realm of human exploration

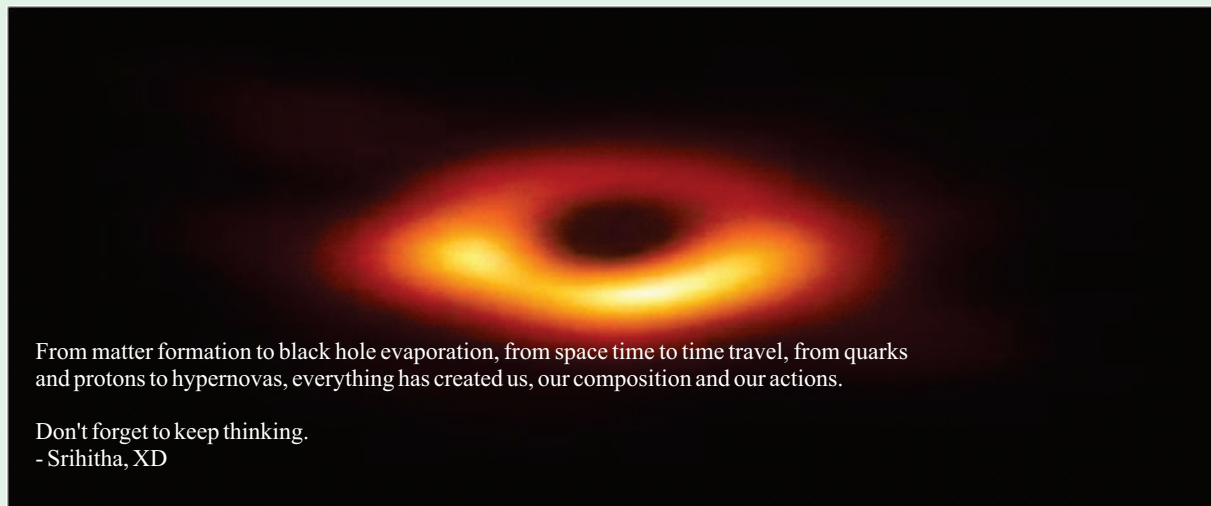
I am here to talk about something most people don't think or bother about. Haven't we all just stared at the sky and wondered why there is a blue-coloured limit? And what lies beyond it?

When we were first introduced to the concepts of outer space, black holes, zero gravity, didn't we wonder what it's like to float between the stars while staring back at our beautiful planet wondering why our schools don't teach much about this?

We all lack the bigger picture, the ultimate reality. The universe had begun to exist about 14 billion years ago. The universe is the reason of our existence and everything happening on Earth. If it weren't for the distant star dust that created our solar system, if it weren't for the brilliant events that created our Sun and our planets, if it weren't for planets like Jupiter that shielded the earth from the most dangerous comets zipping from the outer solar system, if it weren't for the Sun's magnetic field that protected us from the super harsh radiations from Outer Space, if it weren't for the exact distance from the Sun, if it weren't for evolution, you wouldn't be reading this. No life here will exist. The odds of we, intelligent, emotional and biological creatures existing is tremendously low. We are the Universe's way of experiencing itself. The architecture and composition of our bodies as humans is perfect, and we owe gratitude to mother nature for forming us. The Universe is very VERY beautiful and at the same time is extremely dangerous and mysterious. Look at the pictures yourself, taken from the Hubble telescope.



We took the first ever picture of a Black hole using an earth sized telescope, a network of eight telescopes scattered all around the world working together to glare at the m-87 blackhole.



From matter formation to black hole evaporation, from space time to time travel, from quarks and protons to hypernovas, everything has created us, our composition and our actions.

Don't forget to keep thinking.  
- Srihitha, XD



# Achievements

- On 25th and 26th July, under -14 Interschool Basket ball tournament was held in Sindhi High School, Hebbal. NHG under 14 girls team emerged as Runners up in Sindhi School Cup.
- Aaradhya Manche of Std IV represented India in Mini solo and folklore dance competition held in Portugal in the month of July 2019 and secured 5th place and 7th place in Mini-group dance category.
- Aarnav Srivastav of 4th std secured 2nd position in under-9 boys 58th Akshaykalp Chess tournament.
- Rohin of 4th std secured first place in Interdozo Karate tournament held in Bangalore.
- Students from various classes participated dance competitions organised by Heritage India, Bangalore on 19th July 2019. In solo dance Kathak - Yamini Ramdas 8F bagged the second prize.
- In solo Bharatnatyam, Vaiga Verma 3F bagged the first prize and Nathania Lajji of 10C bagged the 3rd prize.



- In Heritage Art and Cultural Fest 2019 held at Bala Bhavan Bangalore, Gurukulites showcased their singing talent and won the following prizes:
  - Hruthi Chowdhury of 10 B, won third prize in Hindustani vocal.
  - In Bhajan singing (light classical), following students won the second prize. Ananya D-10B, Hruthi C, 10B, Tara P 10A, Nathania L 10C, G Manasa 8C Vamsi Krishna 9 C (Keyboard), Ramith 9D (Tabla)
- In New Horizon -MUN -2019, gurukulites showcased their talent and won the following laurels:
  - Special Mention - Ishmita Menon X A, Prisha Bajaj X B
  - Verbal Mention - Shria S X C, Manas K IX B, Saashwat S IX E
  - Best Position paper - K Hari Shankar, IX B
  - Honourable delegates - Tejas Nadkarni X A, Shreyas S X C
- In MUN conducted by DPS, South on 16th and 17 July 2019, Ishmita Menon of X C won the special mention award.



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