ISSUE - 50 MAY - 2020

SPIRITUAL NUTRITION

नियतं कुरु कर्म त्वं कर्म ज्यायो ह्यकर्मण: | शरीरयात्रापि च ते न प्रसिद्ध्येदकर्मण: || 8||

niyatam kuru karma tvam

Karma jyāyo hyakarmaṇaḥ śharīra-yātrāpi cha te

na prasiddhyed akarmaṇaḥ

TRANSLATION

Perform your prescribed duty, for action is better han 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.

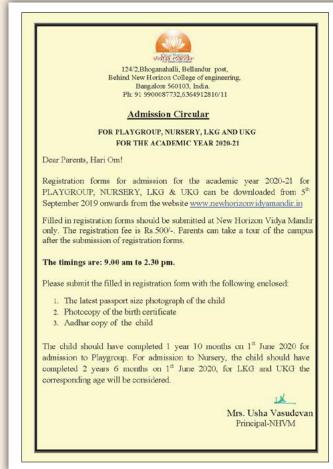
The anthropologist went over to them and asked why they had all run together when any one of them could have had the candy all to themselves.

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."





ISSUE - 50 | May -2020 Page 12

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 (whih 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 purefying. But in the Ganges, an unknown substance, or "X factor" that Indians refer to as a 'disinfectant" acts on organic materials ande bacteria 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.

2nd Generation



After the second technology jump, the Indian Airforce inducted the jet fighters such as Messerschmitt 268 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 Mig21 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.

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

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

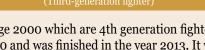
F-22 Raptor- Stealth fighter of the US



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

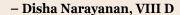




ISSUE - 50 I May - 2020 Page I 3

GRETA THUNBERG: THE TEENAGER ON A MISSION TO SAVE THE WORLD

Greta Thunberg is the Swedish teen who has taken up the initiative to save Earth from Global Warming caused by us, the human beings living on this very planet. Greta found out about global warming at the age of 10; she could not believe that we humans were destroying our own home. This worried Greta very much and after doing her research, she was convinced she had to do something about this rising consequence that no one else seemed to care about. She went on a strike and sat alone in front of the Swedish parliament demanding them to focus more on this rising problem. Soon, other students joined her and together they organised a school climate strike under the name 'Fridays for Future'. Her latest Friday for future strike consisted around 1.4 million protesters from around the world. Greta Thunberg is a proof that age is just a number and no one is too small to make a difference.





RESPECT

Respect is a way of treating or thinking about something or someone. The most basic and befitting definition is "to have "due regard" for the other person's beliefs". If you respect someone, you treat that person well. You show respect by being polite and kind. Respect is not limited to just people around us. It can even extend to our possessions, our surroundings and even to some core beliefs that we have.

A person's character is directly defined by the degree of the presence or the absence of respect he possesses for others. Respect is the strong foundation required for all relationships.

How do we create Respect around us?

- It is created when people treat others as they want to be treated.
- · Avoid insulting people, their habits or their culture.
- · Be courteous.
- Listen to what others have to say.
- Treat people fairly.



WHY WE DO WHAT WE DO?

Why follow baseless, meaningless rituals? Why to spend our time, money, energy on performing rituals?

These are some of the common questions that every child asks the elders in the family during festivals, Puja time etc. The earlier generation was just obeying the elders without questioning, but fortunately, today's generation needs a scientific answer for everything, before they opt to follow. So this series will try to answer some of the questions, "why we do what we do".

We will take the example of Arati today.

Is it just a meaningless ritual or is there a spiritual reason?

Ritual is a regular part of our life, though we don't really notice it. For example, when somebody celebrates his birthday, there is a cake, there is a candle, everybody claps and congratulates. We see here that there is no connection between birthday and blowing up the candle, but still people do it because maybe it enhances their experience. This has become a ritual.

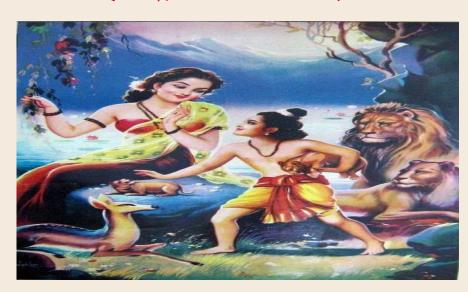
A cricketer hits a boundary, the spectators applaud and cricketer gets inspired. Externally, there is no connection, but internally definitely it enhances the cricketer's feeling of happiness and achievement.

When a boy takes money from his father and buys chocolates and later shares the chocolates with his father, father is most pleased when the child offers him the chocolate first, although the money belongs to the father himself.

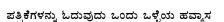
Similarly, when we perform the ceremonial Arati to the deities, bathing, singing Bhajans, externally there is no connection visible, but these activities will enhance the realization of a devotee and at the same time pleases the Lord.

Arati is a similar act of showing our gratitude to God through offering the material elements that God kindly has bestowed on us. There are 5 gross material elements - earth, water, air, fire and ether and 3 subtle material elements (mind, intelligence and ego) created by God. Offering Arati is actually offering all these elements back to God.

हमारे देश का नाम भारत कैसे पड़ा ?



भारत को विश्व का सबसे पुरानी सभ्यता का एक देश माना जाता है। यहाँ वर्षों से कई प्रजातीय समूह एक साथ रहते हैं। संस्कृति,परंपरा,धर्म और भाषा से अलग होने के बावजूद भी लोग यहाँ पर एक-दूसरे का सम्मान करते हैं। भारत देश का नाम भारत कैसे पड़ा ? इसके पीछे कई इतिहासकारों ने अपने—अपने विचार रखे हैं। महाभारत के अनुसार राजा भरत, भरत राजवंश के संस्थापक और कौरवों और पांडवों के पूर्वज थे। वह हस्तिनापुर के राजा दुष्यंत और रानी शकुंतला के बेटे थे। क्षत्रिय वर्ण के वंशज थे। भरत ने पूरे भारत के साम्राज्य को जीतकर एक संगठित राज्य की स्थापना की जिसे 'भारतवर्ष' नाम दिया गया।





ವಿದ್ಯಾರ್ಥಿಗಳು ಪ್ರತಿದಿನ ಪತ್ರಿಕೆಗಳನ್ನು ಓದಲು ಸ್ವಲ್ಪ ಸಮಯವನ್ನು ವಿುಸಲಿರಿಸಿದರೆ ಹಲವು ಉಪಯೋಗಗಳಿವೆ. ಸ್ಮರಣಶಕ್ತಿಯ ವೃದ್ಧಿಗೆ, ವಿಷಯ ಸಂಗ್ರಹಣೆಗೆ, ಆಲೋಚನೆ, ಅಭಿವ್ಯಕ್ತಿಗೆ ಮನರಂಜನೆಗಾಗಿ ಮಕ್ಕಳು ಪತ್ರಿಕೆಗಳನ್ನು ಓದಬೇಕು. ಇದರ ಜೊತೆಗೆ ಭಾಷ ಸಾಮರ್ಥ್ಯವೂ ಹೆಚ್ಚುತ್ತದೆ. ಭಾರತ ದೇಶದ ಮೊಟ್ಟಮೊದಲ ಪತ್ರಿಕೆ ೧೭೮೦ರಲ್ಲಿ ಪ್ರಕಟವಾದ 'ದಿ ಬೆಂಗಾಲ್ ಗೆಜೆಟ್' ಕನ್ನಡದ ಮೊದಲ ಪತ್ರಿಕೆ 'ಮಂಗಳೂರು ಸಮಾಚಾರ ೧೮೪೩ ರಲ್ಲಿ ಪ್ರಕಟವಾಯಿತು. ಪತ್ರಿಕೆಗಳಲ್ಲಿ ಕಾಲ ಕಾಲಕ್ಕೆ ಮಹಾನ್ ಲೇಖಕರ ಬರಹಗಳು ಪ್ರಕಟವಾಗುತ್ತವೆ. ವಿಶೇಷಾಂಕಗಳಲ್ಲಿ ಜೀವನ ಚರಿತ್ರೆ, ಕವಿತೆ, ಕತೆ, ವಿಮರ್ಶೆ, ಆರೋಗ್ಯ ವಿಚಾರಗಳು ಇರುತ್ತವೆ. ಪತ್ರಿಕೆಗಳನ್ನು ಓದುವುದರಿಂದ ನಮ್ಮ ನೆನಪಿನ ಶಕ್ತಿ ವೃದ್ಧಿಯಾಗುತ್ತದೆ. ಅನೇಕ ರೀತಿಯ ಮಾಹಿತಿಗಳು ದೊರೆಯುತ್ತವೆ.

ಶ್ರೇಯಸ್ ಎಸ್ ಕುಮಾರ್ ೬ನೇ ತರಗತಿ, ಎ ವಿಭಾಗ

Incense, cloth and flower represent earth. Scented water symbolizes water. A lamp symbolizes fire. Chamara or peacock fan symbolizes air. Blowing the conchshell and ringing bells symbolize ether (sound) The Panchabhutas or the five gross elements are offered to the Lord through the process of Arati.

Now, let us see how the subtle elements such as mind, intelligence and ego are offered.

Mind is offered through congregational chanting of the holy names of the Lord.

Intelligence is offered by focusing on the correct way of performing Arati (7 circles around the deity, with different articles, the order in which it should be offered etc).

Ego is offered by paying obeisances and performing Arati, which in themselves are symbols of surrender to the lord.

ISSUE - 50 I May - 2020 Page I 4

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 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.

#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.

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



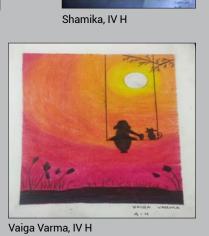


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