

SPIRITUAL NUTRITION

Bhagvad Gita, Chapter 4.1

ये यथा मां प्रपद्यन्ते तांस्तथैव भजाम्यहम् ।
मम वर्त्मानुवर्तन्ते मनुष्याः पार्थ सर्वशः ॥ ४-११ ॥

ye yathā māṁ prapadyante
tāns tathaiva bhajāmyaham
mama vartmānuvartante
manuṣhyāḥ pārtha sarvaśhaḥ

TRANSLATION

All of them—as they surrender unto Me—I reward accordingly. Everyone follows my path in all respects, O son of Prtha.



INTERNATIONAL CHILDREN'S DAY CELEBRATION 2020

Children are the pure blossoms filled with unsullied love who teach us the important lesson to live in the present.

International Children's Day was celebrated with fun and frolic at New Horizon Gurukul, Bangalore on 20 November, 2020. Teachers of NHG organized a fun-filled virtual extravaganza filled with music, dance and some fun filled activities, proving that no pandemic can stop them from celebrating this special day for their beloved children. It all began with a special school assembly wherein the teachers stepped into the shoes of their students and conducted the entire assembly right from chanting prayers, shloka, presenting thought of the day, reading news and significance of the day .

Teachers gave various performances for the students in order to exhibit their love and affection for them. A skit , comparing the online and real classroom scenario presented by the Learning Centre was very entertaining. The children were brimming with joy and excitement on watching an invigorating dance and music rendition by teachers. Students were elated to see their teachers performing and celebrating the day with zeal and enthusiasm.

A surprise visit to the homes of the gurukulites by the teachers to celebrate the occasion by gifting them chocolates was an icing on the cake. Greeting the children on the occasion, the principal, co-ordinators and teachers shared their thoughts with them telling them how much they are missed in school. The celebration ended with a presentation of assembly of nostalgic moments of school events and students.



EDUCARE – Rekindling the Latent Goodness

Shiv Khara, a renowned author and management trainer, writes about his experience in Singapore:

Six years ago in Singapore, I gave a cab driver a business card, to take me to a particular address. Soon we arrived at the specified address, he circled around the building before coming to a halt. His meter read 11\$, but he took only 10\$.

I said, "Henry, your meter reads 11\$, how come you are taking only 10\$?"

He said, "Sir, I am a cab driver. I am supposed to be dropping you straight to the destination. Since I did not know the right drop-off spot, I had to circle around the building. Had I brought you straight here, the meter would have read 10\$. Why should you be paying for my ignorance?"

He continued, "Sir, legally I can claim 11\$ but honestly and ethically I am entitled to only 10\$."

He further added that Singapore is a tourist destination. Many people come here, for three or four days. After clearing the immigration and customs, the first experience is always with the cab driver and if that is not good, the balance three to four days are not pleasant either.

He then said, "Sir, I am not just a cab driver. I am the Ambassador of Singapore, without a diplomatic passport."

In my opinion, he probably did not go to school beyond the 8th grade, but to me he was a professional. To me, his behaviour reflected pride in Performance and Character.

That day I learnt that one needs more than professional qualification, to be a professional.

Human touch and Values makes all the difference in life. Knowledge, Skill, Money, Education all come later.





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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

BEHIND THE SCENES...

Animation is a method in which pictures are manipulated to appear as moving images. Animation involves the exploitation and management of still images to generate the illusion of movement. Animation is more pervasive than many people realize. Apart from short films, feature films, animated GIF's and other media dedicated to the display of moving images, animation is also prevalent in video games, motion graphics, user interfaces and visual effects.

Animation is a very interesting subject. It is pursued by many people as a hobby, interest or career. Many animation movies are dubbed for many reasons, some being that the people of a region can only understand a particular language or the people can't understand the original language the movie was made in or it is even done to make the movie available in many languages so that the viewer can choose which one he wants to see the movie in. Dubbing is a very interesting process. Many popular animation films have been dubbed like Frozen, Toy Story, Spider-man: Into the Spider-verse etc.



- The filmmakers of some countries rely on dubbing to supply the soundtrack of an entire film, because the technique can be less expensive and troublesome than synchronized filming.
- Filmmakers routinely use it to remedy defects that arise from synchronized filming.
- Synchronously recorded dialogue may be unclear or inaudible in a long-distance shot or because of accidental air traffic overhead, or it may simply be impossible to conceal a microphone close enough to pick up the actors' voices intelligibly. Dubbing allows the filmmaker to obtain high-quality dialogue regardless of the actual conditions that existed during shooting.
- It may also be used in musicals to substitute a more pleasing voice for that of an actor who performs a song on camera.
- Some small markets use subtitling instead of dubbing to save costs.
- Jackie Chan dubbed the lines for the Beast in the Chinese translation of Disney's animated classic Beauty and the Beast, and he also sang all the Beast's songs in Mandarin.

I personally think that sometimes dialogue typically contains speech patterns and sentence structure that are natural to the original language but would appear awkward if translated literally. English dubs of Japanese animation, for example, must rewrite the dialogue so that it flows smoothly while following the natural pattern of English speech. On some occasions, voice actors record their dialogue individually instead of with the rest of the cast, and their performances can lack the dynamics gained from performing as a group. So, there are many flaws to dubbing too, but if done perfectly, the movie could turn out to be excellent.

– **Siddhesh, Grade IX**

OUR GREAT INDIAN MATHEMATICIANS

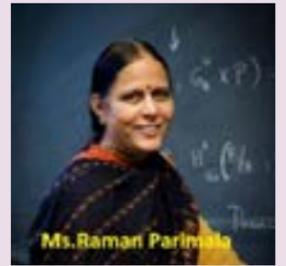
When someone says 'mathematician', what comes to your mind? Probably Newton or Pythagoras. But do you know that India has her trove of homegrown mathematicians? To say that they made immense contributions to the field of mathematics is an understatement; they also helped shape the society of their time and kindled an interest in science and mathematics amongst the masses.

Aryabhata(476-550 CE) is the earliest known mathematician from India. His most notable work is Aryabhatiya, a detailed text on mathematics and astronomy. He made a remarkable discovery for his time: calculating the circumference of the Earth. Imagine, this was calculated when there were no computers or satellites! He also gave an approximate value of pi. His treatises on mathematics continue to surprise today's mathematicians. The place-value notation developed by Aryabhata and the symbol for zero, defined by Brahmagupta is widely used today in all parts of the world. Bhaskara II(1114-1185 CE) is another Indian mathematician who made considerable contributions to mathematics, especially calculus. There is strong evidence to suggest that Bhaskara II pioneered some principles of differential calculus. And this was before Newton came along and developed the concept of calculus, of which differential calculus is a part.



Ramanujan (1887-1920) is another astounding mathematician who came up with theories so esoteric that people hardly believed them. It was only much later that his contemporaries understood his work and gave him due credit. He made significant contributions to the infinite series, the analytical theory of numbers, and continued fractions. All this without any formal education in pure mathematics! Do look up his magic squares on the internet; you are bound to be surprised.

Many Indian mathematicians of the current times continue to discover and innovate. C.R. Rao, for example, has made contributions so paramount that they are being used extensively across various disciplines such as cryptology, demography, biometry and genetics. Raman Parimala is another Indian mathematician who is known for her contributions to algebra. She has several awards to her name. She was invited to speak at the International Congress of Mathematicians in Zurich in 1994 to give a talk on quadratic forms.



P Mahalanobis, statistician and scientist, is best remembered for the statistical measure Mahalanobis distance which has vast applications in multivariate analysis. Several Indian-origin mathematicians have done exceptionally well abroad.

The work done by our mathematicians cannot be completely described here in their full glory. They are the pride of India. Any Indian who has travelled abroad can recall the feeling of honour whenever asked about India's achievements and their never-ending answers to this question.

– **Aditi Pandey,**
Grade X

SPECIFIC LEARNING DIFFICULTIES

Children learn and develop at their own pace, and learning is a process which is similar to other skill building developments. It's common for children to find reading, spelling, math, etc., challenging at one point or the other. But if learning becomes an ongoing struggle then the child falls behind among the other students in his/her class. Teachers and parents play an important role in identifying students with difficulties. The challenge here is to ensure that teachers and parents understand how to identify difficulties at early years. Early identification of difficulties is essential so that the child not only learns to develop required academic skills but will also be able to comprehend and apply as and when required.

What is Specific Learning Difficulty?

Learning difficulties are due to multiple factors that alter brain functioning in a manner which affects one or more cognitive processes related to learning. These processing problems can interfere with learning basic skills such as reading, writing, and/or math. They can also interfere with higher level skills such as organisation, time management, reasoning, long or short term memory and attention. It is important to realise that learning difficulty can affect an individual's life beyond academics and can impact relationships with family and friends. There often appears to be a gap between the individual's potential; and actual achievement. This is why learning difficulties are referred to as 'hidden difficulties': where the child seems to be very bright and intelligent yet might be finding it difficult to demonstrate the skill level expected from someone of a similar age.

Types of Learning Difficulties

Learning difficulty is an umbrella term describing a number of other more specific learning difficulties.

1. Dyscalculia – A specific learning difficulty that affects a person's ability to understand numbers and learn math facts.
2. Dysgraphia – A specific learning difficulty that affects a person's fine motor skills.
3. Dyslexia – A specific learning difficulty that affects reading and related language-based processing skills.
4. Dyspraxia – A specific learning difficulty that affect gross motor coordination.
5. Attention – A specific learning difficulty that affects staying focused and paying attention, controlling behaviour and hyperactivity.

Labelling the child/Using the term

It is necessary that we understand the purpose of these categories before we use it on a child or label the child. Let us understand that these categories are made for better understanding of the child's skills and difficulties which are strictly only mentioned in the formal assessment reports. This information helps the special educator to understand how to and from where to start working with the child. These terminologies are not to be used randomly in a conversation while discussing about a child or an adult.



– **Anupama P**
Learning Centre

FORGIVENESS

Has it become a strange concept in today's world? Is the human race gradually becoming unforgiving?

We have to constantly retell ourselves that the ability to forgive gives us a sense of freedom from the heavy baggage of negativity, makes our hearts lighter and the result is lesser misery and pain. We need to let go of the resentment, not stay annoyed or offended for long and ultimately forgive, for our own emotional health. Grudges disrupt our peace, but do not hurt the other person in any way.

Yes, agreed - it is extremely difficult to forgive the betrayal or hurt caused by our near and dear ones, whereas we are ready to move on when the sting is felt by the action of a person outside our close circle. However, should it not be the other way round? Should we not forgive our near and dear ones more easily, with whom we need to have a healthy relationship all our life? Mistakes happen. It is human nature. The more we accept this fact, the more we will appreciate that even we are not perfect. This realization may arrest us from amplifying the breached trust, broken promise or irresponsible behavior from the person who has hurt us intensely.

Let us practice this beautiful quality of forgiveness in all situations and travel light.



THE SUN WILL RISE...

We observed the World Mental Health day on the 10th of October this year. The main objective is to create an awareness of mental health issues amongst laymen.

So what does having a sound mental health mean?

In simple words, it is a state of emotional, psychological and social well-being where individuals can cope up with the normal stresses of life without having adverse effects.

It is also about how effective and successful an individual's response to life's situations is. Feeling competent and capable, able to handle the normal stress levels, maintaining satisfying relationships, recovering from difficult situations and being able to bounce back are some of the parameters by which it is measured.



Covid-19 has had a devastating effect on people's physical health where hundreds of thousands of people have died. The pandemic has not only affected people's physical health, but also has been taking a toll on people's mental health, by making them more anxious and depressed.

The lockdown declared on March 24, 2020 by our PM Modi Ji helped many improve their quality of life by the strengthening of their family bonds, restore the lost work-life balance, by having extended family time and being free of the stress of normal working and school days. An opposite effect was observed among those who were alone, poor, became jobless and already psychologically burdened.

Immunity concerns, job insecurity, food crisis, economic crisis and worry about future are looming over humanity now. The Covid-19 pandemic has aggravated mental trauma for even people whose living conditions are not affected significantly. Staying within the confines of their homes, reading about and listening to the scary statistics pouring in from all over the world, the so called accepted normalcy of life going topsy-turvy - all these are never-seen and never-heard scenarios. The weak mental health of the humanity came to the fore. People making use of the mental health helplines is increasing by the day. The psychiatry clinics are flooded for counseling and treatment sessions, the patients being small children, adolescents, adults and old people alike, without any exception. Apart from the actual pandemic concerns, the sudden rise in the number of mentally affected people visiting psychiatry clinics has become one of the greatest concerns for the WHO.

An article in the Times of India reported a Lancet study estimating that every 1 out of 7 citizens of India are affected by mental disorders. A comprehensive study by Lalit Dandona of the Indian Council of Medical Research noted that 197.3 million Indians have mental disorders that include depressive disorders and anxiety disorders.

Despite these statistics, a WHO report astonishingly shows that the percentage of the mentally affected people in India due to Covid-19 is far less compared to that of the other developed countries.

What could be the reason for this? Let us know about it in our next article.

- **Values+ Team**

बचपन की यादें



कहते हैं कि बचपन की यादें सबसे खबसूरत और महत्वपूर्ण यादें होती हैं। यह बात बिना किसी शक के बिल्कुल सही है। मुझे अपनी बाल्यकाल की बहुत-सी बातें याद हैं। इनमें कुछ प्रिय और कुछ अप्रिय हैं। बस में घर से विद्यालय का सफ़र और विद्यालय से घर का सफ़र हर बच्चे के लिए खास होता है। आपस में बातें करना, एक दूसरे के साथ खाना बाँटना, खेलना-कूदना और मस्ती करना यह सब इस यात्रा का हिस्सा रहा।

शैतानी करने पर कभी बस में मौजूद अम्मा से डाँट पड़ जाती तो कभी अध्यापिका से। विद्यालय पहुँचते ही सभी बच्चे अपनी-अपनी कक्षा की ओर भागते। पहली अवधि शुरू होते ही सारे बच्चे शांत हो जाते। जैसे ही ब्रेक होता सारे बच्चे कोरिडोर में एकत्रित हो जाते और खूब बातें करते। खेल-कूद की अवधि में जैसे पूरे दिन की थकान मिट जाती काश ऐसा होता कि हम सब अपना बचपन दोबारा जी पाते।

तान्या मोहन्ती

दसवीं बी

ಕನ್ನಡ ಭಾಷೆಯ ಮಹತ್ವ

ಕನ್ನಡ ರಾಜ್ಯೋತ್ಸವವು ಕನ್ನಡಿಗರ ನಾಡ ಹಬ್ಬ. ಇದು ಕೇವಲ ಭಾಷೆಯಲ್ಲ ಇದು ಭಾವನೆಯನ್ನು ವ್ಯಕ್ತಪಡಿಸುವ ಪರಿ. ಕನ್ನಡ ರಾಜ್ಯೋತ್ಸವವು ಕನ್ನಡ ಜನರ ಸ್ವಾಭಿಮಾನದ ಸಂಕೇತ. ಕನ್ನಡ ನುಡಿ, ಸಂಸ್ಕೃತಿಗಳ ಬಿಂಬಿಸುವ ಮಾಧ್ಯಮ. ಕನ್ನಡ ತಾಯಿ ಭಾವನೇಶ್ವರಿಯನ್ನು ಸ್ಮರಿಸುವ, ಸಲಹುವ ಹಬ್ಬ. ಸುಮಾರು ೨೦೦೦ ವರ್ಷಗಳ ಇತಿಹಾಸವಿರುವ ಈ ಭಾಷೆ ಪ್ರಪಂಚದ ಕೆಲವೇ ವಿಶಿಷ್ಟ ಭಾಷೆಗಳಲ್ಲೊಂದು. ಅಂದಿನಿಂದ ಇಂದಿನವರೆಗೂ ತನ್ನ ತನವನ್ನು ಉಳಿಸಿಕೊಂಡು ಬಂದಿರುವ ಭಾಷೆ. ಎಲ್ಲ ಭಾಷೆಗಳಿಗೂ ಸೂಕ್ತ ಸ್ಥಾನಮಾನಗಳನ್ನು ನೀಡಿ ತನ್ನದೇ ಆದ ಗಾಂಭೀರ್ಯತೆಯನ್ನು ಮೆರೆದ ಭಾಷೆ ಕನ್ನಡ. ಕನ್ನಡದ ರಾಜ ಮನೆತನಗಳಾದ ಕದಂಬರು, ಗಂಗರು, ಚಾಲುಕ್ಯರು, ರಾಷ್ಟ್ರಕೂಟರು, ವಿಜಯನಗರ ಅರಸರು, ಮೈಸೂರು ಒಡೆಯರು ಕನ್ನಡವನ್ನು ತಮ್ಮ ಆಡಳಿತ ಭಾಷೆಯನ್ನಾಗಿ ಮಾಡಿಕೊಂಡು ಕನ್ನಡದ ಹಿರಿಮೆಯನ್ನು ಹೆಚ್ಚುವಂತೆ ಮಾಡಿದ್ದರು. ಅವರ ಆ ಪರಂಪರೆಯನ್ನು ಉಳಿಸಿಕೊಂಡು ಹೋಗುವುದು ಕನ್ನಡಿಗರಾದ ನಮ್ಮ ಕರ್ತವ್ಯವಾಗಿದೆ.



ಕನ್ನಡವನ್ನು ಉಳಿಸಿ ಕನ್ನಡವನ್ನು ಬೆಳೆಸಿ ಆದರೆ ಇತರ ಭಾಷೆಗಳನ್ನು ಪ್ರೀತಿಸಿ.

“ಎಲ್ಲಾದರೂ ಇರು ಎಂತಾದರೂ ಇರು ಎಂದೆದಿಂಗೂ ನೀ ಕನ್ನಡವಾಗಿರು ಕನ್ನಡವೇ ಸತ್ಯ ಕನ್ನಡವೇ ನಿತ್ಯ”.

ANANYA REDDY 4H

ANIMAL ABUSE AND PROTECTION

Our Earth, the provider of all necessities, has many magnificent creatures living on it; tigers, lions, dogs, cats, birds, etc., and a dangerous creature- 'HUMAN'. Yes, it is we, who are a danger to the other animals living on this planet.

As quoted by Anatole France, "Until one has loved an animal, a part of one's soul remains un-awakened.", we must understand the importance of these creatures. But since many years we have not been following the simple rule of caring, loving and respecting these creatures.

Industries such as tourism, textiles, farming, etc., illegally kill innocent animals. Animals such as tigers, elephants and monkeys are commonly seen performing at circuses. These animals are not treated as they should be and sometimes are not given proper food to live. Poaching of animals for their skins, tusks, claws, or any other parts must be stopped. In the textile industry, around one billion animals are abused and tortured to get their hides. Sometimes people bring dogs and cats to their homes just for fun, but later they abandon them by leaving them far away from their place.

Recently the world's last surviving male northern white rhino has died after months of poor health. Many of these animals have been attacked and their numbers are decreasing to such an extent that they will become extinct in the coming years.

Animals too have rights, but they cannot raise their voice like us. But we must try to become their voice to help them live without being scared. The governments of various countries make laws for the protection and conservation of animals, but do they implement it?

Awareness programs must be made more often to involve participation of all people. Be an honest and responsible person and report any issue of animal cruelty around you. Foster a pet who has suffered abandonment and take care of it or shelter an animal who requires some support. Educate people around you about the welfare of animals.

These are some ways that might help in creating a difference. Be an example of kindness towards the animals. Speak up for those who can't speak for themselves.

– **Shreya Bhanot**

Grade, 11A



WHY FEAR MATHEMATICS, WHEN VEDIC MATHS IS HERE...

Want to know a way to beat the calculator?

Vedic Mathematics enables students to calculate as fast as calculator if we keep practicing. While practicing Vedic math on regular basis, fear of math is removed from the minds of students.

Vedic mathematics is the name given to a supposedly ancient system of calculation which was "rediscovered" from the Vedas between 1911 and 1918 by Sri Bharati Krishna Tirtha Maharaj (1884-1960). According to Tirtha, all of Vedic Mathematics is based on 16 Sutras or word-formulae.

Vedic maths helps in avoiding careless mistakes. It helps a person to solve mathematical problems quickly and is a magical tool to reduce scratch work and finger counting and improve mental calculation.

Some of the simplest and most effective "sutras":

Ekadhikena urvena (by one more than the previous)

Very useful in finding the product of numbers, if the sum of unit digits of the two numbers totals to 10.

E.g. i) $24 \times 26 = ?$

= (first digit x one more than first digit) (product of unit digits of the two numbers total to 10)

= $(2 \times 3) (4 \times 6)$

= 624

So, $24 \times 26 = 624$.

E.g. ii) $31 \times 39 = ?$

= $(3 \times 4) (1 \times 9)$

= 12 09

Nikhilam Navatashcaramam Dashatah (all from 9 and last from 10)

E.g. i) Subtracting a number from a power of 10

1000 'all from last to 10'

-785 'so we subtract $(10-5 = 5) (9-8=1) (9-7=2)$ '

215

E.g. i) 1) 100000

- 3928

96072

– **M Prabhas Rajendra**

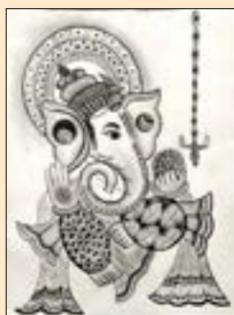
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Abhishek Bal, 10D



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