

SPIRITUAL NUTRITION

उद्धरेदात्मनात्मानं नात्मानमवसादयेत्।
आत्मैव ह्यात्मनो बन्धुरात्मैव रिपुरात्मनः॥

TRANSLATION

Elevate yourself through your own efforts,
and not degrade yourself. For, the mind can be the
friend and also the enemy of the self.



SHARING GOLD MEDALS: NEW HEIGHTS TO SELFLESSNESS

On the 1st August at the Tokyo Olympics, two high jump finalists, representing Italy and Qatar, celebrated their shared gold medal win in a heartwarming display of sportsmanship.

Mutaz Essa Barshim (representing Qatar), 30, and the 29-year-old Gianmarco Tamberi (representing Italy) ended with jumps of 2.37 metres and had no failed attempts until they attempted to clear 2.39.



After three failures each at that height, an Olympic official first offered them a jump-off (tie-breaker) to settle for a winner.

Barshim, knowing Tamberi's hard work put in for a comeback after the Rio Olympics where he injured his leg days before the event, asked the official, "Can we have two golds?".

The official nodded, and the friends clasped hands and whooped for joy.



"I know for a fact that for the performance I did, I deserve that gold. He did the same thing, so I know he deserved that gold," Barshim said. "This is beyond sport. This is the message we deliver to the young generation."


"Real education should educate us out of self into something far finer; into a selflessness which links all humanity" -Nancy Aster

By Nandana Krishnan
10 C

EDUCARE - Rekindling the latent goodness

In the 1940s, there was a man who, at the age of 65, was living off of \$99 social security checks in a small house, driving a beat-up car. He decided it was time to make a change, so he thought about what he had to offer that other people may benefit from. His mind went to his fried chicken recipe, which his friends and family loved. He left his home state of Kentucky and travelled throughout the country, trying to sell his recipe to restaurants. He even offered the recipe for free, asking for only a small chunk of the money that was earned. However, most of the restaurants declined his offer. In fact, 1,009 restaurants said no. But even after all of the rejections, he persisted. He believed in himself and his chicken recipe. When he visited restaurant #1,010, he got a YES. His name? Colonel Hartland Sanders. It's never too late in life to find success. In a society that often celebrates young, successful people, it's easy to start to think you're never going to be successful after a certain age. However, Colonel Sanders is an example that proves that argument wrong.




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Admission Circular

FOR PLAYGROUP, NURSERY, LKG AND UKG FOR THE ACADEMIC YEAR 2021-2022
For 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.newhorizon.edu.qa

Filed in registration form can be submitted at New Horizon, Vidya Mandir or submitted online to the following email ID: principal@newhorizonvidyamandir.com

Parents are welcome to visit the campus after submission of the application form.


Timing: Monday - Saturday: 10.00am to 2.50pm

An Interview/online interview will be conducted commencing from 29th October 2020. Admission 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. Another 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-NEVM

ZERO-WASTE LIFE



A zero-waste lifestyle is exactly what it sounds - a zero waste or near zero waste lifestyle. a zero-waste lifestyle is about looking at the bigger picture of using less waste. Zero-waste lifestyle implements variety of concepts to make up the overall lifestyle.

Its more than just "recycling". It means avoiding using disposables. It means eliminating wastes sent to landfills. Instead, use a recyclable item so that it does not end up in the landfill, buried in a mountain of trash. A true zero waste living completely eradicates all disposable items from your life.

When we throw away our trash or even recyclable products, it is out-of-sight, out-of-mind, meaning-once thrown away and hauled off by local waste management service, we don't think another thing about it. But if we understood how waste affects us, we would understand how crucial it is for all to strive for a zero-waste lifestyle. Keep in mind that will not happen overnight. Learning how to live zero-waste is often the hardest. A zero-waste lifestyle seems like it may be a difficult or even impossible to undertake, only to realize that all it takes is a bit of knowledge and practice to adopt a new way of living. Make small changes. Don't go through your house and throw away all plastics. That is the worst thing you could do when adopting a zero-waste lifestyle. Instead, repurpose the plastics in your house, vowing not to purchase more. Replace the plastic bottles when their life ends, with Metal/Copper bottles (have health benefits). Razors, once their life ends, replace them with re-useable razors. You can do the same with many other items. With a zero-waste lifestyle, you needn't sacrifice anything. You simply need to make minor adjustments in life to make it happen. What greater gift can we give future generations than helping improve Earth. Let us know if you have any questions, and we will be more than happy to help you along the way.

Samiksha, XII B

LOVE AND CONSERVE WILDLIFE

This is an incredible image from wildlife photographer David Yarrow who describes the rareness of the shot:

"There were only about 1,700 Royal Bengal Tigers left in India in 2013 - a frightening decline from the estimated 100,00 during the Raj. Therefore, to find a father and son bathing in the same pool in the jungle was statistically unlikely.

The positioning of the animals relative to the surroundings or each other is a matter of luck. Over time luck will average out, but the placement of the adult tiger's left ear covering his son's right eye enhances a picture which evokes jungle book stories.

I like the lone eye to the right - even though its outside my focal plane, it ironically grabs our focused eyes."



AM I FEELING ANXIOUS?



Feeling jittery, overwhelmed, nervous, and asking the question, "Am I overreacting?" is something many of us have felt and done. I have come across a lot of people who question themselves when they are worried, and the questions are something along the lines - Am I right? Is this okay? What if I mess up? These questions often strike along with racing thoughts and rapid heartbeat. This feeling, as characterized by the American Psychological Association, is defined as Anxiety. In other words, it is an emotion wherein feelings of tension, worried thoughts, and physical changes occur due to a triggering event.

Though feeling anxious from time to time is a normal reaction to triggering events, the reoccurring and intrusive feelings of anxiety can make it hard for a person to function effectively in daily life. Notably, one person, out of every five people suffers from anxiety disorder.

So now the question is, does that mean that anxiety is a permanent feeling? No, though it is significant to note that if you are feeling anxious repeatedly, it is always advisable to seek the

help of a professional. Understanding what is happening to your body and mind when experiencing anxiety can be a very helpful first step in managing your feelings. As mentioned above, feeling anxious can manifest in various ways and is dependent on multiple factors. These may look different from person to person and would vary in intensity and duration. Some of the common symptoms of anxiety are:

Physiological Symptoms

- Fatigue
- Increased heart rate
- Restlessness
- Hot and cold flashes

Cognitive Symptoms

- Lack of concentration
- Numbness
- Excessive worrying
- Difficulty channelling obsessive thoughts
- Crippling focus on negative events

Behavioural Symptoms

- Nail biting
- Peeling your skin
- Scratching and pulling your hair
- Social isolation
- Agoraphobia
- Irritability



Dealing with anxiety in normal routines can be tricky. Sometimes, coping with anxiety may look like focusing too much on work to avoid triggering situations, and sometimes it may feel like an ongoing cycle of exhaustion. Labeling and categorizing what is happening to your body and mind can greatly reduce uncertainty in a situation and can in turn be extremely beneficial. While recognizing, naming, and understanding symptoms can be very advantageous in managing anxiety, coping with it can be extremely difficult on your own. Having a support system and talking about the situation in a safe space can substantially reduce the risk of having an anxiety attack and increase well-being.

Muskaan, Learning Centre, NHG

ಸ್ವಾತಂತ್ರ್ಯ ದಿನಾಚರಣೆ



ಭಾರತದ ಸ್ವಾತಂತ್ರ್ಯ ದಿನಾಚರಣೆಯನ್ನು ಪ್ರತಿ ವರ್ಷ ಆಗಸ್ಟ್ 15 ರಂದು ಆಚರಿಸಲಾಗುತ್ತದೆ. ಬ್ರಿಟಿಷರ ಆಡಳಿತದಿಂದ ಭಾರತ ದೇಶ 1947 ಆಗಸ್ಟ್ 15 ರಂದು ಸ್ವತಂತ್ರವಾಯಿತು. ಪ್ರತಿ ವರ್ಷ ಭಾರತದಾದ್ಯಂತ ಈ ದಿನವನ್ನು ಸ್ವಾತಂತ್ರ್ಯ ದಿನಾಚರಣೆಯನ್ನಾಗಿ ಆಚರಿಸಲಾಗುತ್ತದೆ. ಈ ದಿನ ಇಡೀ ದೇಶದಲ್ಲೂ ರಾಷ್ಟ್ರೀಯ ರಜಾದಿನವನ್ನಾಗಿ ಆಚರಿಸಲಾಗುತ್ತದೆ. ದೇಶದ ಹಲವೆಡೆ ತ್ರಿವರ್ಣ ಧ್ವಜವನ್ನು ಹಾರಿಸಿ ಸಿಹಿ ಹಂಚಲಾಗುತ್ತದೆ. ಈ ಸಮಾರಂಭದಲ್ಲಿ, ಭಾರತದ ಪ್ರಧಾನ ಮಂತ್ರಿಗಳು ರಾಷ್ಟ್ರೀಯ ಧ್ವಜವನ್ನು ಹಾರಿಸಿ ಭಾರತದ ರಾಷ್ಟ್ರಗೀತೆ "ಜನ ಗಣ ಮನ"ವನ್ನು ಹಾಡಿ ನಂತರ ರಾಷ್ಟ್ರವನ್ನು ಉದ್ದೇಶಿಸಿ ಭಾಷಣ ಮಾಡುತ್ತಾರೆ. ಈ ಭಾಷಣದಲ್ಲಿ ದೇಶದ ಸಾಧನೆ, ದೇಶದ ಮುಂದಿರುವ ಪ್ರಮುಖ ಸವಾಲುಗಳ ಬಗ್ಗೆ ಮಾತನಾಡಿ, ಕೆಲವು ಪ್ರಗತಿ ಯೋಜನೆಗಳನ್ನು ಪ್ರಕಟಿಸಲಾಗುತ್ತದೆ. ಈ ದಿನದಂದು ದೇಶದ ಸ್ವಾತಂತ್ರ್ಯಕ್ಕಾಗಿ ಮಡಿದ ನಾಯಕರನ್ನು ಸ್ಮರಿಸಲಾಗುತ್ತದೆ.

ತನೀಶ್ ರೆಡ್ಡಿ

3ನೇ ತರಗತಿ, 'ಎ' ವಿಭಾಗ

TRAPPIST 1 SYSTEM-A NEW HOME

Trappist 1 System-A new home

My love for space from childhood was turned into true visual experience of viewing the planet through my telescope. That moment, when I saw Saturn and Jupiter, my curiosity for space further deepened and I got eager to know what else exists beyond our solar system. My reading lead me to find out that there exists many more solar systems apart from ours and thus there exists exoplanets, planets other than those in our solar system. Today I am going to enchant you with one of the most habitable and fascinating star system out there in space.

What is a System? Its Multiple planets revolving around a certain star is called a system of planets/Solar system. And the star at the centre of the Trappist 1 system is named Trappist 1. The system itself is named after the star. It is an ultra cool dwarf star. Trappist 1 is special than other systems as astronomers have found evidence of planets that could have water on the planets of the system. Water is really essential for human life. In fact, there are 3 planets within the habitable zone of the star Trappist 1.

The habitable zone is the area around a star where it is not too hot and not too cold for liquid water to exist on the surface of surrounding planets. Different star systems have different habitable zones in accord to the brightness and intensity of the star's light and power. Our Earth is in the habitable zone of our Sun and thus can have water and a suitable atmosphere.

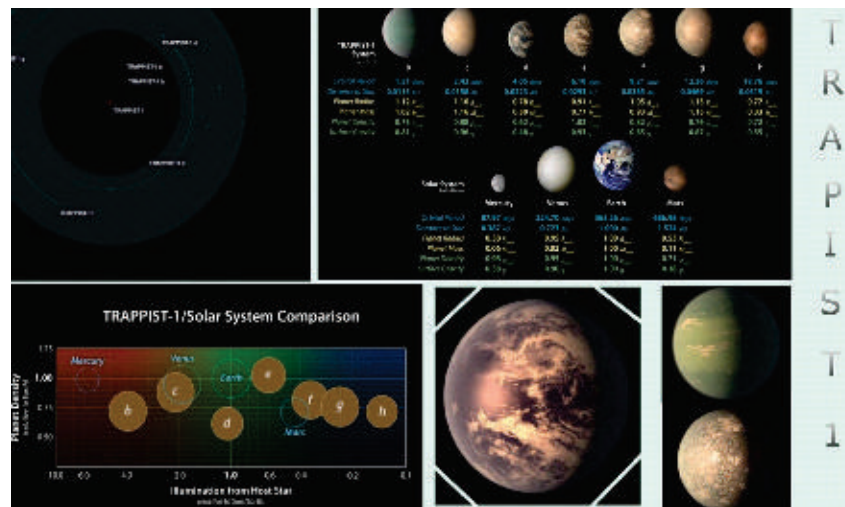
Planets of Trappist 1

There are 7 planets in the Trappist 1 system, out of which 3 planets are in the habitable zone of the star, Trappist 1. They are - Trappist-1e, Trappist-1f and Trappist-1g. All of these three planets are rocky. Trappist-1e is the planet which is most likely to have liquid water. It is confirmed to have a compact, hydrogen-free atmosphere like those of our Solar System's rocky planets. This further raises the chances of habitability as here hydrogen won't trap heat as it is a greenhouse gas. It also has a radius close to Earth.

The Trappist 1 system is 40 light years away, which is about 380 TRILLION kms, that means it would take 290,000 years to get there with the fastest spacecraft, without including the slowing down required, about 600,000 years.

Conclusively, frankly speaking, it is not possible for our generation to go there but maybe future humans, seeking for a new home.

Chinmay Karandikar, 7G



BENEFITS OF HOLY BASIL


Tulsi or Holy basil is a widely known herb in the family Lamiaceae. It is native to India and vastly cultivated throughout Southeast Asia. Tulsi has proved to be highly effective in protecting our body from various infections and diseases of the heart, liver, skin, kidney, etc. So, Tulsi is rightly called the 'Queen of Herbs'. Tulsi has a special place in Ayurveda as well as the home of Hindus in India. It is considered sacred by Hindus and worshipped by them. Three main types of Tulsi are seen growing in India: Bright green leaves called Ram Tulsi, Purplish green leaves called Krishna Tulsi and Common wild Vana Tulsi.

Different parts of the plant are recommended for treating different conditions:


- fresh flowers for bronchitis.
- leaves and seeds, with black pepper, for malaria.
- whole plant for diarrhea, nausea, and vomiting.
- pill and ointment form for eczema.
- an essential oil made from the leaves for insect bites.



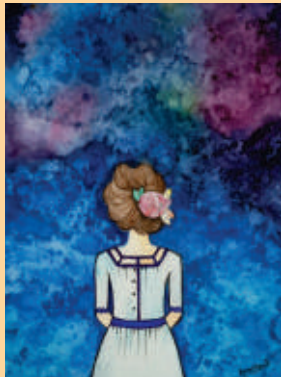
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