

SPIRITUAL NUTRITION

असंशयं महाबाहो मनो दुर्निग्रहं चलम् ।
अभ्यासेन तु कौन्तेय वैराग्येण च गृह्यते ॥

TRANSLATION

○ mighty-armed son of Kunti,
it is undoubtedly tough to curb the restless mind,
but it is possible by constant practice and by detachment.



BIOINFORMATICS AS A CAREER

Bioinformatics or computational biology is the use of information technology in the field of molecular biology or applying computer technology to biological research and management. Here, computers are used to gather, store, analyse and merge biological information.

Bioinformatics is an interdisciplinary field that develops methods and software tools for understanding biological data. A bioinformatician uses tools to understand or solve biological problems and also helps to develop tools for research.

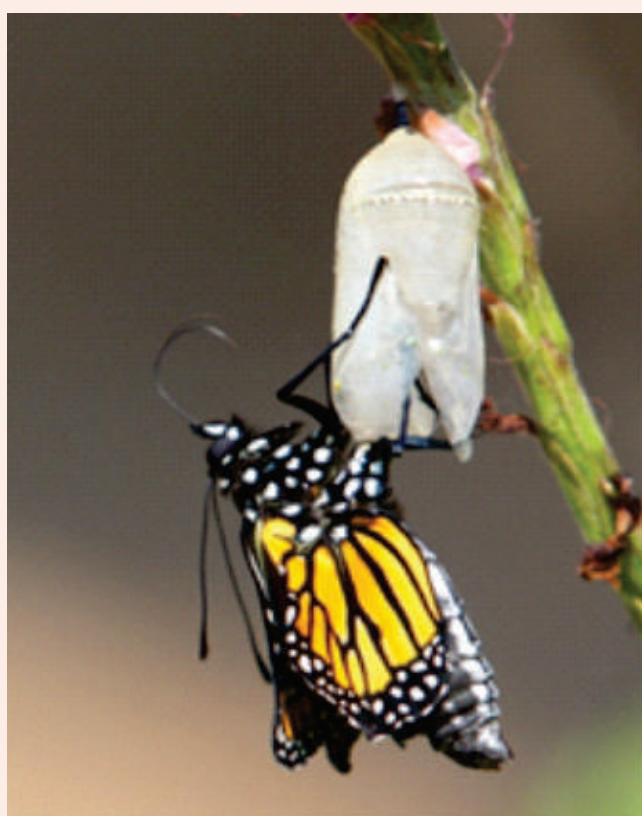


The career prospect in Bioinformatics has been gradually increasing with the use of information technology in the area of molecular biology. Bioinformatics degree holder can work in all sectors of pharmaceutical, biomedical organizations, biotechnology, in research institutions, hospital, industry and even NGOs.

Bioinformatics is widely used in the area of Medicine, Microbial Genome and Agriculture. Bioinformatics is having a major impact on many areas of biotechnology and biomedical sciences. The main uses of bioinformatics include: Bioinformatics plays a vital role in the areas of structural genomics, functional genomics, and nutritional genomics. It covers emerging scientific research and the exploration of proteomes from the overall level of intracellular protein composition (protein profiles), protein structure, protein-protein interaction, and unique activity patterns (e.g. post-translational modifications). Bioinformatics is used for transcriptome analysis where mRNA expression levels can be determined.

Sheeja Shyam

EDUCARE - Rekindling the latent goodness



A man found a butterfly that was starting to hatch from its cocoon. He sat down and watched the butterfly for hours as it struggled to force itself through a tiny hole. Then, it suddenly stopped making progress and looked like it was stuck. Therefore, the man decided to help the butterfly out. He took a pair of scissors and cut off the remaining bit of the cocoon. The butterfly then emerged easily, although it had a swollen body and small, shrivelled wings. The man thought nothing of it, and he sat there waiting for the wings to enlarge to support the butterfly. However, that never happened. The butterfly spent the rest of its life unable to fly, crawling around with small wings and a swollen body.

Despite the man's kind heart, he didn't understand that the restricting cocoon and the struggle needed by the butterfly to get itself through the small hole were God's way of forcing fluid from the body of the butterfly into its wings to prepare itself for flying once it was free."



(Affiliated to CBSE, Affiliation Number : 830395)

ADMISSION NOTICE SESSION 2022-23

Registration forms for admission for the academic year 2022-2023 will be available on the website: www.newhorizongurukul.in

Parents seeking admission are requested to register online from 19th November 2021

Registration fee ₹ 500 /- to be paid online.

Completed registration form along with the following documents must be submitted online

- The child's latest passport size photograph
- The child's birth certificate
- The child's/parent's Aadhaar Card.

The date of interaction will be intimated by the school shortly.

**FOR FURTHER DETAILS CONTACT:
+91 96633 97146**

NOTE:

- The child should have completed 5 years 8 months as on 1st June 2022 for admission to 1st Standard. For other classes the corresponding age will be considered for admission.
- The first priority is for siblings and alumni parents
- The number of seats available are limited. Admission granted on MERIT only.
- Admissions open for 1st & 2nd Standard only
- Admissions for higher grades are subject to vacancy.
- Admissions open for Playgroup, Nursery, LKG and UKG for further details visit www.newhorizonvidyamandir.in

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Email: admissions@newhorizongurukul.in | Website: www.newhorizongurukul.in

HOW DO CRYPTOCURRENCIES WORK?



Cryptocurrencies are one of the most popular financial instruments currently. Their huge volatility enables the investors to make huge profits, if predicted correctly. Bitcoin and Ethereum are the most popular and expensive cryptocurrencies in the market currently. Other cryptocurrencies such as dogecoin, Litecoin etc. are also starting to gain traction, thus indicating the huge opportunities present. These Cryptocurrencies use blockchain technology, to record and validate transactions in blocks and these transactions cannot be changed or hacked. This technology enables the transactions to be secure, transparent, and decentralized. Even though mining (validating the transactions) of cryptocurrencies increase the supply of the same, the price halving which takes place after a certain fixed period or after certain number of cryptocurrencies has been mined, keep inflation in check. Thus, huge value exists in this market, for the investors to make money as well as hedge against various factors such as inflation etc. The price of cryptocurrency is very volatile due to its liquidity nature. The supply of the cryptocurrency in circulation is also limited like precious metals. This limit is hard coded into the software program and is almost impossible to change. This in turn creates a situation of artificial scarcity, which in turn increases the price of the cryptocurrencies over time. In this way inflation is controlled in these markets. The opportunity cost of cryptocurrency is immense and the direct cost of producing and mining these currencies are also very high. These factors also determine the value of the cryptocurrency. The electricity costs as well as the computer specification costs also provides value to the cryptocurrency. The special and costly GPU's and CPU's that are required to mine as well as the servers that are required to store the data add value to the cryptocurrency.

Praneeth G, XI C

VICTORY

The flames crackled and whipped at the wood viciously. Smoke rose into the air. Jaya stood off to the corner, covering her head with her white dupatta. She coughed as the smoke reached her nostrils. Jaya crossed her arms and looked out at the fire. Perhaps to others it looked like any other fire. Perhaps to others it looked like a regular fire they would cook their food over. But not to her. All she could see were the menacing flames which would soon attack and scorch her skin. All Jaya could see was the charring and lethal fire which would soon eat away her body, sending her to her death; to Pathalam, the underworld.

Jaya shivered. It wasn't from the cold. She shivered from fear, from the realization that in a few minutes, she would be dead. Her husband had died a few days ago, and as the preparations for his funeral went on, all Jaya could think of was sati. Sati, they called it, the time she would show the world what a dutiful wife she was; it was said that it would purge her and husband of all their sins and release her from the cycle of birth and death and ensure salvation for her dead husband. The time she would show the world what a dutiful wife she was, the words echoed in her head. Jaya shook her head. It would be her end, that's what it would be.



She glanced up and saw that her husband's corpse was being set down next to the fire. Jaya rushed forward, the puja thali almost slipping from her shaking hands. Jaya stood above her husband, the white cloth covering his body slipping away as she uncovered his face. She moved the thali in a circular motion, and then, kneeling down, took

some vibuthi on her fingers and smeared it across her husband's forehead, the skin against her hands cold and lifeless. Jaya applied some chandanam in the same manner and stepped back, looking at his resting face for just a moment. He was a good husband, she thought. Jaya set the puja thali down, and turned to face the feet of the men who had carried her husband's body. Among them were her brother, her father and her father-in-law, and a few other men she'd only caught glimpses of; they were all dressed in the same flowing white dhoti. She knelt down slowly, and bowed at the feet of all of them. They touched her head slightly, blessing her, and then it was over. The time had come. Jaya folded her hands and stood swiftly. She was about to die.

Jaya watched as her dead husband's body was placed on the funeral pyre. She felt her feet move backwards—away from the fire, away from her death, away from everything—and when she watched the flames start to lash out on her husband's now lifeless body, she wondered if she could run. She was only twenty four, after all. She had her whole life ahead of her. Jaya knew there were men who had started to oppose the act of sati from the whispers she'd heard between the men of her village. Maybe they could help her. She wondered if her feet could even carry her that far. She wondered if they would catch her if she ran. She wondered and she wondered and she wondered, but when Jaya felt the heat of the fire wrap around her, twisting itself around her neck, her eyes snapped back to the flames and she knew.

She had to fulfill her duties as a wife. That was all she had ever been taught to do, was it not? All Jaya had trained for her entire life was to be the perfect wife, and she had done exactly that. Jaya was a devoted wife, and this cruel practice was her last duty as one. Jaya stepped into the fire.

Immediately, an excruciating shock ran up her bare feet. The flames tickled her ankles and rose and rose and as she stumbled, her feet getting caught in the logs, she fell. The sickly sweet aroma of charred flesh wafted into the air. Her clothes clung to her skin, and she could feel pain, but when there was so much pain, one felt nothing.

All she knew was that she had to follow her husband. She was meant for this, was she not?

The fire whipped at her bare skin, sizzling and turning her organs to mush as it went along. It almost seemed as if she was fighting a war with the flames. The fire had an unpleasant warmth as it ate away at Jaya's body. It seared through her abdomen; her mind conceding to the torment. The flames were like poison, intent at destroying and blackening her body from the inside out. Jaya writhed in pain and her body tried to let out a scream, but there was no sound. The fire had devoured her neck and her throat went raw as her body burned. This was her duty.

The flames lashed out at her organs once more, turning whatever was left of her body to ashes and dust; and then it was done. Jaya's body had burnt in the blazing inferno, and right before everything had gone black when she'd stumbled and fallen into the fire, Jaya had managed to process one thought.

Her name meant victory. Had she been victorious?

Vibha Amit, Class 9E



HERITAGE FEST COMPETITION



Over the last two decades, ISKCON Bangalore has been successful in conducting a variety of culture-centric programs to encourage the students to reconnect to the richness of our roots through cultural heritage. Heritage Fest is one such event rolled out by ISKCON Sanskrit, the cultural wing of ISKCON Bangalore. This is a mega cultural fest that is planned around the festive occasion of Janmashtami. For the past two years this event has been conducted online, across the globe. There were 9142 participants in the fest.

NHG bagged the second place with a total number of 258 entries and 28 winners.

ರಕ್ಷಾಬಂಧನ ಹಬ್ಬದ ಸುಂದರ



ಸಹೋದರ-ಸಹೋದರಿಯರ ಸಂಬಂಧ ಕರುಣ ಬಳ್ಳಿಯ ಸಂಬಂಧ. ಇವರ ನಡುವಿನ ಸುಂದರ ಬಾಂಧವ್ಯವನ್ನು ಬಲಪಡಿಸುವ ಹಬ್ಬವೇ ರಕ್ಷಾಬಂಧನ. ರಕ್ಷಾಬಂಧನ ಪ್ರಾಚೀನಕಾಲದಿಂದಲೂ ಬಹಳ ಪ್ರಾಮುಖ್ಯತೆ ಹೊಂದಿದೆ. ರಕ್ಷಾಬಂಧನದ ಆಚರಣೆಗೆ ಭಾರತೀಯ ಸಂಸ್ಕೃತಿಯಲ್ಲಿ ತನ್ನದೇ ಆದ ವಿಶೇಷ ಮಹತ್ವವಿದೆ. ಶ್ರಾವಣ ಮಾಸ ಹುಣ್ಣಿಮೆಯ ದಿನದಂದು ಈ ಹಬ್ಬವನ್ನು ಆಚರಿಸಲಾಗುತ್ತದೆ. ರಾಖಿಯನ್ನು ಸಹೋದರಿಯು ತನ್ನ ಸಹೋದರನ ಮಣಿಕಟ್ಟಿಗೆ ಕಟ್ಟುತ್ತಾಳೆ. ರಕ್ಷಾಬಂಧನ (ರಕ್ಷೆ) ರಕ್ಷಣೆ ಹಾಗೂ ಬಂಧನ (ಸಂಬಂಧ) ಎಂಬ ಎರಡು ಪದಗಳಿಂದ ಕೂಡಿದ್ದು ತನ್ನ ಸಹೋದರನಿಗೆ ಆರೋಗ್ಯ ಆಯುಷ್ಯ ಮತ್ತು ವಿಜಯ ಸಿಗಲ ಎಂದು ಹಾಗೂ ನನ್ನ ರಕ್ಷಣೆಯ ಭಾರ ನಿನ್ನದು ಎಂದು ಸಹೋದರಿಯು ಸಹೋದರನಿಗೆ ರಕ್ಷಾ ಸೂತ್ರವನ್ನು ಕಟ್ಟುತ್ತಾಳೆ. ರಾಖ ಹಬ್ಬದ ಹಿಂದೆ ಹಲವು ಪುರಾಣ ಮತ್ತು ಐತಿಹಾಸಿಕ ಕಥೆಗಳು ಕೂಡ ಇವೆ. ಭಾರತೀಯ ಸಂಸ್ಕೃತಿಯಲ್ಲಿ ಭ್ರಾತೃತ್ವದ ಸಂಕೇತವಾದ ರಕ್ಷಾಬಂಧನವು ಮಹತ್ವದ ಸ್ಥಾನವನ್ನು ಪಡೆದಿದೆ.

ನನ್ನ ಎಲ್ಲಾ ಸಹೋದರ ಮಿತ್ರರಿಗೆ ರಕ್ಷಾಬಂಧನದ ಶುಭಾಶಯಗಳು.

ಪ್ರಾರ್ಥನಾ ಆನಂದ ಜ್ಯೋತಿ 4A

संस्कृताध्ययनं कुर्मः।

अस्ति संस्कृतो नाम महाशब्दराशियुक्ता सुन्दरभाषा। भाषेयं सर्वविज्ञानविषयानपि तस्याः उदरे प्रतिष्ठाप्य रक्षन्ती अस्ति। अस्माकं देशस्य नाम भारतमिति संस्कृतस्य शब्दः एव। संस्कृते साहित्य व्याकरण ज्योतिष तर्क मीमांसा न्याय वेदान्त सांख्य वैशेषिक योग इत्यादि प्राचीनार्वाचीनविषयाः निगुह्यन्ते।

ये ये विषयाः अस्मिन् जगति आधुनिकी नाम्ना अद्यतनदिनेषु प्रचुर्यन्ते ते सर्वेऽपि विषयाः भारतदेशे अतिप्राचीनकाले एव उक्ताः आसन्। परन्तु ते विषयान् समर्थरूपेण ग्रन्थीकर्तुं एका एव भाषा समग्ररीत्या अर्हासीत् सा संस्कृतभाषा। अतः अस्माकं पूर्वजनाः अस्मिन् एव भाषयां सर्वान् रहस्यान् निगुह्य अस्मान् अध्ययनमुखेन इमां भाषां अध्येतुं उदतेजयन्। अतः यावत् शक्यं तावत् संस्कृताध्ययनं कृत्वा वयं सर्वे भारतस्य गतवैभवं पुनः प्राप्स्यामः इति आशास्महे।

मैं बारिश हूँ-

सूखी, प्यासी, धरती को मैं राहत देती हूँ। मेरा मौसम तपती गरमी के बाद आता है। जब गर्मी से मानव और धरती झुलस रहे होते हैं तब धरती की तपन बुझाने और जन-मन को शीतल करने के लिए मैं आती हूँ। मैं सूरज की गरमी से नदी, तालाब, झरनों से पानी को भाप बनाकर हवा में ले आती हूँ। यह भाप, बादल बनकर पूरे आकाश में छा जाती है और मेरा शीतल जल, मेरे रूप में नीचे बरस पड़ता है। एक ही क्षण में गर्मी से बुझे हुए चेहरे कैसे खिल उठते हैं। मैं पूरी धरती को नहला देती हूँ। पेड़-पौधे सभी हरे-भरे हो जाते हैं। नदियों, तालाबों को फिर से जल से भर देती हूँ। मेरी बूंदें सबके मन को प्रफुल्लित कर देती हैं। मैं प्रकृति में नए रंग भरती और सृष्टि उन रंगों से और रंगीन हो जाती है। हरियाली से धरती हरी-हरी मखमल सी लगने लगती है। वृक्षों पर नये पत्ते फिर से निकलने लगते हैं। मेरे आगमन से खेत फूले नहीं समाते हैं। मेरा खुशनुमा मौसम एक नयी ताज़गी का एहसास कराता और प्रकृति को अंदर से खुश करने में कभी असफल नहीं होता। मेरे आने से सब कुछ बहुत अच्छा, बहुत अलग-सा लगने लगता है, ऐसा है मेरा अहसास..... मैं इंद्रधनुष हूँ! मैं कवियों की कल्पना हूँ! मैं बालमन की मुस्कुराहट हूँ। मैं आपके जीवन की उमंग हूँ! जी हाँ! मैं बारिश हूँ।

पल्लवी गुप्ता
कक्षा -१०



LETTER TO MY YOUNGER SELF

Dear younger me,

It's been long since I last spoke to you. I would like you to know that I am grateful for the times that we have spent together. Thank you for always believing in my dreams, no matter what.

When I stand here today and look back at the journey that we have shared, I don't want to change anything about us. You have taught me so much. However, there are a few things that I would like you to know, So, here it goes.

- It's going to be okay. Don't worry about people loving you. Work on loving yourself. That's the greatest type of love you would want to experience.
- Read as much as you can because world today, is full of polarized opinions and the truth always lies in the middle of the polarized spectrum.
- Know that humanity is the greatest religion. Never believe anything else.
- Believe that you are beautiful. Not because you have a pretty face, but because you choose to love everyone the same.
- Don't be scared of making mistakes or failures. That's how you will learn the most important lessons of your life.
- Don't spend too much time building your career that you forget building relationships. People are important than money.
- Your parents love you and were brought up very differently in a different time. It's okay if your opinions differ from their's.
- Kindness is your biggest strength and will take you places you never thought existed.

I admire how far you've helped me make it through the most difficult times. You were and will always be my greatest companion. I would also like to congratulate you, for our dreams did come true. It would have not been possible without you.

The future holds great things for you!

~ Love
Your Future Self

By Charu Lavanya, Counsellor, NHG

ACHIEVEMENTS

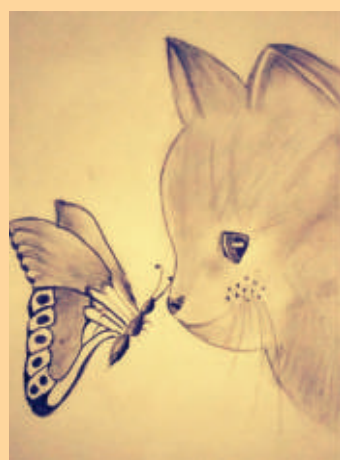
Mental Math Asia Cup 2021

1.A unique app based online International Mental Math competition that aimed to help children develop interest in Mental Math by practicing their Math skills in a gamified Math environment was held from 6th Aug to 8th Aug 2021

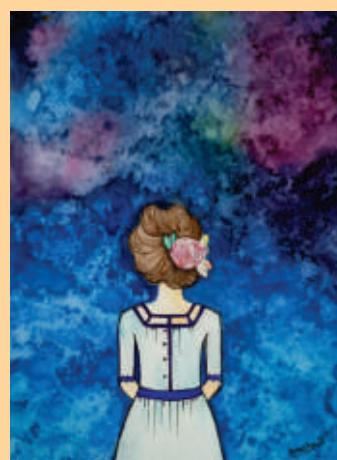
Bhuvan Kalluri of Grade VIII ,NHG has secured SCHOOL RANK 1 and COUNTRY RANK 10 in the above competition.



Art Corner



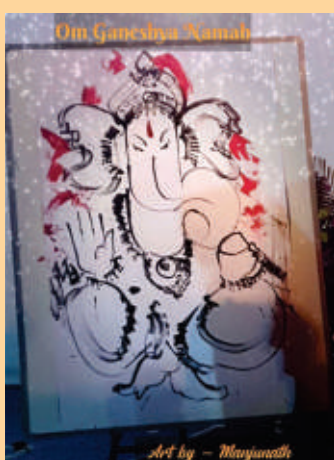
Amuthini, 7B



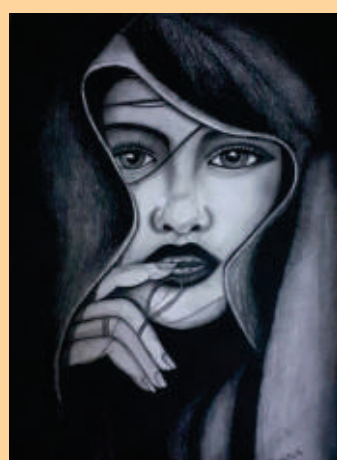
Anusha G, 12B



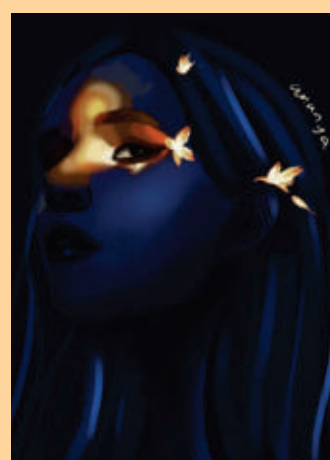
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