

## SPIRITUAL NUTRITION

जातस्य हि ध्रुवो मृत्युर्ध्रुवं जन्म मृतस्य च।  
तस्मादपरिहार्येऽर्थे न त्वं शोचितुमर्हसि॥ २-२७

Transliteration:

jātasya hi dhruvomṛtyurdhruvaṁ janmamṛtasya ca।  
tasmādaparihārye'rthenatvaṁśocitumarhasi॥ 2-27

## TRANSLATION

Death is certain for the born, and re-birth is certain for the dead; therefore you should not feel grief for what is inevitable.



ONE PAGE CALENDAR - 2022

| DATES |    | MONTHS |    |    |     |     |     |     |     |     |     |     |     |
|-------|----|--------|----|----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
|       |    |        |    |    | JAN | FEB | MAR | APR | MAY | JUN | JUL | AUG | SEP |
| 1     | 8  | 15     | 22 | 29 | SAT | SUN | MON | TUE | WED | THU | FRI |     |     |
| 2     | 9  | 16     | 23 | 30 | SUN | MON | TUE | WED | THU | FRI | SAT |     |     |
| 3     | 10 | 17     | 24 | 31 | MON | TUE | WED | THU | FRI | SAT | SUN |     |     |
| 4     | 11 | 18     | 25 |    | TUE | WED | THU | FRI | SAT | SUN | MON |     |     |
| 5     | 12 | 19     | 26 |    | WED | THU | FRI | SAT | SUN | MON | TUE |     |     |
| 6     | 13 | 20     | 27 |    | THU | FRI | SAT | SUN | MON | TUE | WED |     |     |
| 7     | 14 | 21     | 28 |    | FRI | SAT | SUN | MON | TUE | WED | THU |     |     |

## WHAT IS BRAIN DRAIN?

Brain Drain refers to substantial emigration or migration of individuals. One reason for Brain Drain could be turmoil within a nation. Another reason could be better pay in other countries/organizations. Most noteworthy, Brain Drain is the mass departure of individuals of talents and skills from a country.



### Types of Brain Drain

**Geographical Brain Drain-** This refers to the emigration of individuals of high-skills and high-brilliance to other nations. Furthermore, this departure takes place in search of better-paying jobs. Also, these better-paying jobs will lead to a higher standard of living. Most noteworthy, geographical Brain Drain creates a negative impact on the home country's economic development.

**Organizational Brain Drain -** This refers to the departure of individuals of skill, talent, and experience from one organization to another. Furthermore, organizational Brain Drain is very harmful for the organization in which this exodus occurs.

### Brain Drain by Geographical Regions

Asian and African countries have lost a massive amount of skilled and talented individuals to developed nations. Most noteworthy, this makes it very difficult for such countries to come out of poverty.

South Asia experiences a tremendous amount of emigration of talent. Furthermore, this trend is continuously rising year after year. Gulf Countries are a particularly favourite work location for many South Asians.

To sum it up, Brain Drain is a widespread phenomenon these days. Many developing countries suffer from this problem of losing their talent to other countries. Most noteworthy, the government must take stern measures to control this loss of talent.

## EDUCARE - Rekindling the latent goodness

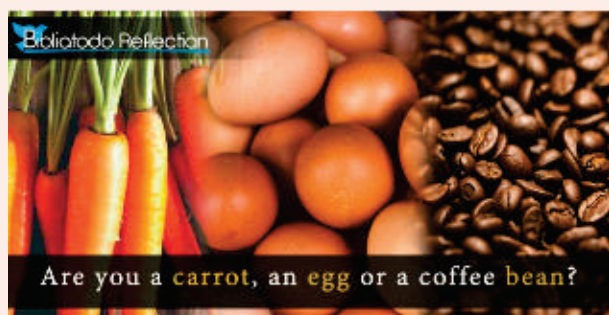
A young woman went to her mother and told her about her life and how things were so hard for her. She did not know how she was going to make it and wanted to give up. It seemed that, as one problem was solved, a new one arose. Her mother took her to the kitchen. She filled three pots with water and placed each on a high fire. Soon the pots came to a boil.

In the first, she placed carrots, in the second she placed eggs and in the last she placed ground coffee beans. She let them sit and boil without saying a word. In about twenty minutes, she turned off the burners. She fished the carrots out and placed them in a bowl. She pulled the eggs out and placed them in a bowl. Then she ladled the coffee out and placed it in a bowl.

Turning to her daughter, she asked, "Tell me, what do you see?" "Carrots, eggs, and coffee," the young woman replied. The mother brought her closer and asked her to feel the carrots. She did and noted that they were soft. She then asked her to take an egg and break it. After pulling off the shell, she observed the hard-boiled egg. Finally, she asked her to sip the coffee. The daughter smiled as she tasted its rich aroma. The daughter then asked, "What does it mean, mother?" Her mother explained that each of these objects had faced the same adversity - boiling water - but each reacted differently.

The carrot went in strong, hard and unrelenting. However, after being subjected to the boiling water, it softened and became weak. The egg had been fragile. Its thin outer shell had protected its liquid interior. But, after sitting through the boiling water, its inside became hardened! The ground coffee beans were unique, however. After they were in the boiling water, they had changed the water. "Which are you?" the mother asked her daughter.

"When adversity knocks on your door, how do you respond? Are you a carrot, an egg, or a coffee bean?" Think of this. Which am I? Am I the carrot that seems strong but, with pain and adversity, do I wilt and become soft and lose my strength? Am I the egg that starts with a malleable heart, but changes with the heat? Or am I like the coffee bean? The bean actually changes the hot water, the very circumstance that brings the pain. When the water gets hot, it releases the fragrance and flavour. If you are like the bean, when things are at their worst, you get better and change the situation around you. When the hours are the darkest and trials are their greatest, do you elevate to another level? How do you handle adversity? Are you a carrot, an egg or a coffee bean?



(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](http://www.newhorizongurukul.in)

Parents seeking admission are requested to register online from **19<sup>th</sup> 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:

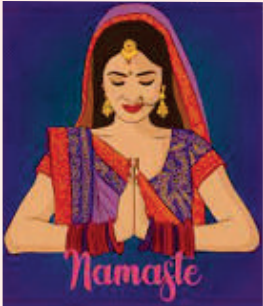
- The child should have completed 5 years 8 months as on 1<sup>st</sup> June 2022 for admission to 1<sup>st</sup> Standard. For other classes the corresponding age will be considered for admission.
- The first priority is for siblings and alumni parents
- The number of seats available are limited. Admission granted on MERIT only.
- Admissions open for 1<sup>st</sup> & 2<sup>nd</sup> 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](http://www.newhorizonvidyamandir.in)

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AMAZING FACTS ABOUT INDIA

The Game of Snakes and Ladders: The game of Snakes & Ladders was created by the 13th century poet saint Gyandev. It was originally called 'Mokshapat'. The ladders in the game represented virtues and the snakes indicated vices. The game was played with cowrie shells and dices. In time, the game underwent several modifications, but its meaning remained the same, i.e. good deeds take people to heaven and evil to a cycle of re-births.



Namaste or Namaskar: Namaste or Namaskar is a customary greeting in India and Nepal that is said with two hands folded together at the chest and is a way of showing respect. Namaste - and its common variants namaskar, namaskaara, and namaskaram - is one of the various forms of formal traditional greeting mentioned in the Vedas, and the word mean: "The divine in me bows to the divine in you." This spiritual connection comes from its Indian roots, and is used in yoga classes around the world at the end of class.



MEDITATION

Dhyana Meditation is the delicate art of doing nothing and letting go of all the efforts to relax into your true nature which is love, joy and peace. Now, science also backs this understanding of meditation, where researchers say, meditation techniques that do not involve concentration, provide deeper and more meaningful rest to the mind. The practice of meditation gives you deep rest. It is essential to reduce stress level and maintain mental hygiene.

The benefits of meditation are manifold - a calm mind, focussed attention, good concentration power, clarity of thought and feelings, balanced emotions in stressful situations, improved communication skills, the birth of new skills and talents, unshakeable inner strength, healing powers, ability to connect to an inner source of energy, relaxation, rejuvenation, and even the ability to attract good luck! The sea really the natural effects of regular meditation practice.

Very often we go on vacation and come back feeling more tired. But if you could take a few days off and let your heart stay with yourself totally, in the midst of nature, breathing fully, accompanied with guided silence, the quality of your meditations can gain tremendous amount of depth. The result is that you will come back to your routine more grounded, more centered, and feeling positive, ready to take on the world. You find an unshakable joy that cannot be tarnished by external circumstances.

The goal of meditation is to put you back in your most natural state. Various schools of meditation use various tools to enable this journey. Some use chants or mantras, others use specific thoughts, yet others ask to focus on specific external objects or visualize a certain setting, for the mind to settle into the rhythm of our being. The proof of the pudding, though, is in the eating.

- Ishaan Lekh Joshi  
IX E



THE THREAT FROM CHEMICAL EXPOSURE.

This ghastly incident occurred on the night of 2-3 December 1984 at the Union Carbide Limited pesticide plant in Bhopal. That night was a dreadful one for all those residents of Bhopal who lived within a 7-kilometer radius of the plant.

The chemical involved in this case was MIC or Methyl isocyanate and not just a little but a whole of 40 tones. It directly affected 2,00,000 people and almost all animals. The disaster happened because water entered Methyl isocyanate. The resulting reaction increased the temperature inside the tank to reach over 200 °C (392 °F). The pressure was more than the tank. The tank had two pressure relief valves to release the gas.

The real difference is the reason how water could enter the tank. At the time, workers were cleaning pipes with water. Some claim that because of bad maintenance and leaking valves, inferior components were used in the making of machines, and also low maintenance of the machines made it possible for the water to leak in to tank 610.

The problem was then made worse by the plant's location near a densely populated area, non-existent catastrophe plans, and shortcomings in health care and socio-economic factors. Factors leading to this gas leak include:

The use of hazardous chemicals (MIC) instead of less dangerous ones. Storing these chemicals in large tanks instead of over 200 steel drums.

Moreover, the safety/backup system of the plant was not maintained too. There were totally 3 safety systems in the plant of which 1 was under maintenance and 1 wasn't functioning. The leak at first was first considered minor and thus ignored by the workers. As it grew exponentially the 3rd system seemed useless as the gas had already reached the atmosphere covering the radius of a whole 7km.

While natural disasters are largely unpredictable, environmental disasters are caused directly or indirectly by human behavior. Chemical disasters, like the one in Bhopal, are preventable if risks are identified and addressed early on.

It will take the combined effort of competent authorities, private sector and society to prevent tragic environmental events from happening. Some measures include: Developing policies to ensure that industries operate in accordance with technical and safety standards and allocating resources for risk assessment and monitoring. Most of all, it's important to adhere to environmental norms. Taking environmental safety and public health risks seriously, and promoting do-no-harm industrial development can make a big difference.

-By Aditya Nitin Naghate,  
IX E

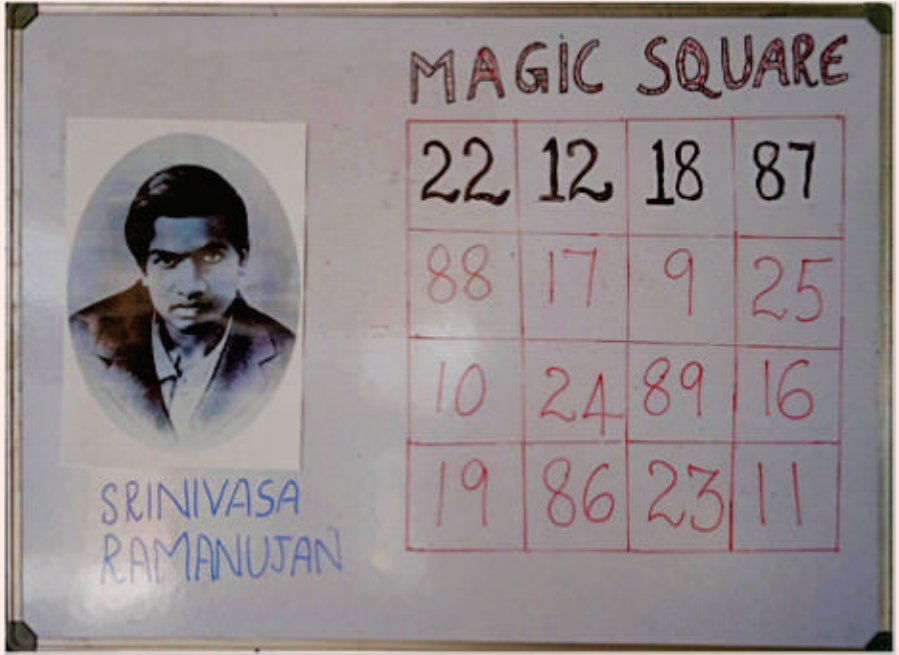
LET'S RIDDLE IT OUT!!

- I am a word that begins with the letter "I." If you add the letter "a" to me, I become a new word with a different meaning, but that sounds exactly the same. What word am I?
- With pointed fangs I sit and wait; with piercing force I crunch out fate; grabbing victims, proclaiming might; physically joining with a single bite. What am I?



REPORT ON NATIONAL MATHEMATICS DAY 2021

SrinivasaRamanujan is the legendary Indian mathematician, who was born on December 22, 1887. Every year from 2012, we have been celebrating this day as National Mathematics Day to honour him and to emphasize the importance of Mathematics. In New Horizon Gurukul, we celebrated this day in various ways. The school lobby was decorated with a banner. There was a photo booth made with the theme of the Taxi Cab Number 1729, famously known as Ramanujan Number. The magic square created by Ramanujan was also displayed for the students. The morning assembly included a short speech on Ramanujan. The students depicted how they view Mathematics as a subject through a dance. First part of the dance featured the fear and dislike for the subject, while the latter part gave instances of how the subject can be related to our day-to-day life. Another group of students portrayed what will happen to our lives in the absence of Mathematics through a NukkadNatak. Every human being has his strengths and weaknesses. Our life can be made worthwhile by focussing on our strengths rather than worrying over the weaknesses we have. Ramanujan conveys this message through his life.



ರೈತರ ದಿನಾಚರಣೆ

ಭಾರತ ಕೃಷಿ ಪ್ರಧಾನ ದೇಶವಾಗಿದ್ದು ಸುಮಾರು 70 ಶೇಕಡಾ ಜನರು ಕೃಷಿಯನ್ನೇ ಅವಲಂಬಿಸಿದ್ದಾರೆ. ಕೃಷಿ ಭಾರತದ ಆರ್ಥಿಕತೆಯ ಬೆನ್ನಲುಬಾಗಿದೆ. ಭಾರತದಲ್ಲಿ ಪ್ರತೀವರ್ಷ ಡಿಸೆಂಬರ್ 23ನ್ನು "ರೈತರ ದಿನ" ಅಥವಾ "ಕಿಸಾನ್ ದಿವಸ್" ಎಂದು ಆಚರಿಸಲಾಗುತ್ತದೆ. ತುತ್ತು ಅನ್ನ ತಿನ್ನುವ ಮೊದಲು ರೈತನನ್ನು ನೆನೆ ಎಂಬ ನಾಣ್ಯದಿಯಂತೆ ಇಂದು ನಾವೆಲ್ಲಾ ನಿಶ್ಚಿಂತೆಯಿಂದಿರಲು ರೈತನೇ ಕಾರಣ. ಮಾಜಿ ಪ್ರಧಾನಿ ಶ್ರೀ ಚೌಧರಿ ಚರಣ್ ಸಿಂಗ್ ಅವರು ರೈತರಿಗೆ ಉತ್ತಮ ಹಾಗೂ ಉನ್ನತ ಜೀವನ ಒದಗಿಸಿಕೊಡುವ ನಿಟ್ಟಿನಲ್ಲಿ ಬಹಳಷ್ಟು ಶ್ರಮಿಸಿದ್ದರು. ಆದ್ದರಿಂದ ಅವರ ಜನ್ಮ ದಿನವನ್ನು ರಾಷ್ಟ್ರೀಯ ರೈತ ದಿನವನ್ನಾಗಿ ಆಚರಿಸಲಾಗುತ್ತದೆ. ಮಾಜಿ ಪ್ರಧಾನಿ ಶ್ರೀ ಲಾಲ್ ಬಹದ್ದೂರ್ ಶಾಸ್ತ್ರೀಯವರು ಜೈ ಜವಾನ್ ಜೈ ಕಿಸಾನ್ ಎಂದು ಹೇಳಿರುವುದು ರೈತರ ಗೌರವವನ್ನು ಹೆಚ್ಚಿಸುತ್ತದೆ. ನಮಗೆ ಅನ್ನ ನೀಡುವ ರೈತರಿಗೆ, ನಾವು ಎಂದೆಂದೂ ಕೃತಜ್ಞರಾಗಿರೋಣ. ಕೃಷಿ ಚಟುವಟಿಕೆಗಳಿಗೆ ಹೆಚ್ಚು ಪ್ರೋತ್ಸಾಹವನ್ನು ನೀಡುತ್ತಾ ಭಾರತದ ಆರ್ಥಿಕ ಅಭಿವೃದ್ಧಿಗಾಗಿ ಶ್ರಮಿಸೋಣ. ರೈತರನ್ನು ಗೌರವಿಸೋಣ.

-ಶ್ರೇಯಸ್ ಪಿ.ಎಂ.  
ನಾಲ್ಕನೇ ತರಗತಿ ಎ ವಿಭಾಗ



सफलता की जननी संकल्प शक्ति-

कहते हैं, 'इंसान परिस्थितियों का दास होता है....लेकिन क्या ये सच है ? इतनी अद्भुत क्षमता और तीक्ष्ण बुद्धि वाला इंसान अगर परिस्थितियों के आगे घुटने टेक कर उसका दास बन जाए तो फिर इन क्षमताओं का क्या अर्थ ? फिर प्रकृति के अन्य जीवों और हममें क्या फर्क रह जाएगा? सही अर्थों में कहा जाए तो, इंसान परिस्थितियों का निर्मिति भी है और निर्माता भी! निर्माता और निर्मिति के इसी मफ़र के बीच हम अपना जीवन जीते हैं और इसी से तय होता है कि हमारा जीवन कितना माथर्क रहा या निरथर्क, हालात कैसे भी और कितने भी खराब क्यों न हों, ज़िंदगी हमेशा हमारे लिए विकल्प मौजूद रखती है, जिसे सुक्रमल करने के लिए संकल्प की ज़रूरत होती है। हमारे सामने मौजूद विकल्प,संकल्प बन पाएगा या नहीं! ये हमारी इच्छाशक्ति और हमारे नज़रिए पर निर्भर करता है। कभी देखा है आपने! अमावश की रात ने सुबह के सूरज को न निकलने दिया हो ? हम जो दिल से चाहते हैं वो आसानी से नहीं मिलता क्योंकि उसके लिए कठिन संघर्ष की ज़रूरत होती है।जिन दिनों समुद्र की लंबाई-चौड़ाई एशिया के इर्द-गिर्द एक हजार मील तक मानी जाती थी और समुद्र को छोर हीन समझा जाता था, उन दिनों १८ वर्षीय कोलंबस की कल्पना अमेरिका तक जा पहुंची थी। पुर्तगालियों ने आश्वासन देकर उसके नक्शे चुरा लिए लेकिन उसने बुद्धिमत्तापूर्ण हल निकालते हुए, अमेरिका ढूंढ निकाला। इस दृढ़ निश्चय में खतरे-ही-खतरे होते हुए भी महत्वाकांक्षी का संकल्प रुका नहीं।उसने उस महाद्वीप के आवागमन का रास्ता खोज निकाला, जो इससे पूर्व अविज्ञात बना हुआ था इसलिए अपनी संकल्प शक्ति को हमेशा दृढ़ रखो और याद रखो-

विकल्प बहुत मिलेंगे लक्ष्य से भटकाने के लिए,  
मगर संकल्प दृढ़ रखना, सफलता पाने के लिए।

-श्रेया रायौर कक्षा-१०





ACHIEVEMENTS

Akshaya S Iyer, of grade 10B won the First prize (Senior Category) and Vaiga Varma, of grade 5H won the third prize (junior Category) in the Bharatanatyam competition held by Vandana National Inter School Dance and Singing Competition conducted by "Heritage



AKSHARA S IYER, 10B                      VAIGA VARMA, 5H

Many students participated in the Interschool Solo Dance competition, “Vivatharang” held by Vydehi School of Excellence, held on November 27th,2021. 12 students won the following prizes.

Aarna Plaha of 3D won the First prize in Traditional Folk Dance category.  
Sai Sarah of 4B won the First prize in the Bollywood Dance category.  
Anvesha Jain of 5C won the First prize in the Fusion Dance category.  
Vaiga Varma of 5H won the first prize in the Indian Classical Dance category.



AARNA PLAHA, 3D                      SAI SARAH, 4B                      ANVESHA JAIN, 5C                      VAIGA VARMA, 5H

Vedanshi of 1A won the second prize in the Indian Classical Dance category.  
Kamlesh of 2J won the second prize in the Traditional Folk Dance category.  
MishaGoyal of 4D won the second prize in the Western Dance category.  
Akanksha Singh of 5A won the second prize in the Fusion Dance category.



KAMLESH, 2J                      AKANKSHA SINGH, 5A                      MISHA, 4D                      VYDEHI, 1A

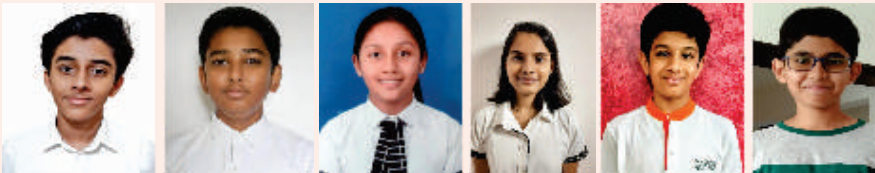
Aditi Suresh of 1F won the third prize in the Western Dance category.  
AaradhyNegi of 3B won the third prize in the Western Dance category.  
Priyanshi Swain of 3B won the third prize in the Traditional Folk Dance category.  
Hansini M Godi of 5A won the third prize in the Western Dance category.



Aditi Suresh, 1F                      Aaradhy Negi, 3B                      Priyanshi S, 4D                      Hansini M Godi, 5A

STEM & Space conducted a highly specialized month-long project in May-June 2020, in collaboration with International Astronomy Search Collaboration (IASC), affiliated with NASA. The meritorious student discoverers from our school are:

Sanchit Ganpat Deshpande, Lohit Gandra (2 discoveries)  
Tanisha Srivastava, Nandana Krishnan  
Adithya Nair, Advik Adatiya



Art Corner



Ashmit, 3G



Pranayaga, 3G



Ayush, 10D



Ayush, 10D



Priyanshi Sharma, 8A



Saanvi Talukdar, 4F



Garima, 4G

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