

SPIRITUAL NUTRITION



रसोऽहमप्सु कौन्तेय प्रभास्मि शशिसूर्ययोः ।
प्रणवः सर्ववेदेषु शब्दः खे पौरुषं नृषु ॥

raso 'ham apsu kaunteya prabhāsmi śaśi-sūryayoḥ
praṇavaḥ sarva-vedeṣu śabdaḥ khe pauruṣaṁ nṛṣu

Bhagavad Gita - Chapter 7 text 8

**O son of Kunté [Arjuna], I am the taste of water,
the light of the sun and the moon, the syllable
om in the Vedic mantras; I am the sound in
ether and ability in man**

RESPONSIBILITY

Responsibility is our ability to make decisions and follow them through till fruition. Being responsible involves acquiring the required skills, having a caring and open attitude, and a practical sense of what we can and cannot do.



NIE

Taking responsibility is a
commitment to own your life, to
self - leadership, growth and freedom.
- Christopher Avery

Being successful in life depends on the extent of the responsibility we are ready to shoulder. For example, to be productive, a student's responsibilities include having adequate attendance, being punctual, submitting assignments on time, participating in curricular activities, maintaining good

relationships with friends and teachers, etc. Being responsible keeps us on the path of our choice.

Personal responsibility is managing our time wisely and recognizing the sacrifices needed to fulfill our commitments. It also means being responsible for the actions we take. If the actions don't serve their purpose, real responsibility will be to learn from the experience and move ahead.

Social responsibility is realizing that we need to play our part in serving the interests of others along with our own interests.

The first step is to be responsible for ourselves which will in time, make us responsible towards our community, society, country and so on.

EDUCARE- THE RIPPLE EFFECT



Your life begins to change
the day you take
responsibility for it

The Master was walking through the fields one day when a young man, a troubled look upon his face, approached him.

"On such a beautiful day, it must be difficult to stay so serious," the Master said.

"Is it? I hadn't noticed," the young man said, turning to look around and notice his surroundings. His eyes scanned the landscape, but nothing seemed to register; his mind elsewhere.

Watching intently, the Master continued to walk. "Join me if you like." The Master walked to the edge of a still pond, framed by sycamore trees, their leaves golden orange and about to fall. "Please sit down," the Master invited, patting the ground next to him. Looking carefully before sitting, the young man brushed the ground to clear a space for himself.

"Now, find a small stone, please," the Master instructed. "What?"

"A stone. Please find a small stone and throw it in the pond." Searching around him, the young man grabbed a pebble and threw it as far as he could.

"Tell me what you see," the Master instructed. Straining his eyes to not miss a single detail, the man looked at the water's surface.

"I see ripples."

"Where did the ripples come from?"

"From the pebble I threw in the pond, Master."

"Please reach your hand into the water and stop the ripples," the Master asked. Not understanding, the young man stuck his hand in the water as a ripple neared, only to cause more ripples. The young man was now completely baffled.

"Were you able to stop the ripples with your hands?" the Master asked. "No, of course not."

"Could you have stopped the ripples, then?"

"No, Master. I told you I only caused more ripples."

"What if you had stopped the pebble from entering the water to begin with?" The Master smiled

"Next time you are unhappy with your life, catch the stone before it hits the water. Do not spend time trying to undo what you have done. Rather, change what you are going to do before you do it. Take the responsibility for living your own life. No one else can do that for you."

PREVENTION AND MANAGEMENT OF SUBSTANCE MISUSE

Substance misuse, commonly referred to as drug misuse is prevalent in many countries. The increase in the use of licit and illicit drugs is growing at an increasing rate in India. Now, this begs the question. What is substance misuse? It is the use of a drug in amounts or by methods which are harmful to the individual. The harms can either be physical or mental, depending on the situation of the individual.

The increasing rate of substance misuse is a matter of great concern, so much so that great efforts are being made by the government and the society to prevent the use of drugs, as well as manage them. The need for prevention isn't limited to just the health of the individual; there are numerous other reasons. To understand the reasons in greater detail, we must directly look into the causes behind the need to rely on drugs.

One of the main character leads back to the childhood and the family history of the substance misuser. Another major cause is peer pressure. In today's world, especially with teenagers, it is very common to see them influence each other into the dissipation of tobacco and alcohol. While these are legal substances, they are very easy to get addicted to.

Most people who misuse drugs regularly do not have the intention of getting addicted to it but with every additional consumption, it becomes harder to quit. Drug addiction causes numerous health problems such as lack of energy, weight loss or weight gain, red eyes, increased blood pressure and heart rate, lung infections, vomiting, hallucination, panic attacks and anxiety. These symptoms vary in severity depending on the type of drug, be it tobacco and opioids or cocaine and cannabis.

The excessive use of drugs within a short period of time may cause the individual to overdose which has several life-complicating effects.

An effort is to be made by the society and the individuals for proper prevention. It is noticed that teenagers often follow their parents' footsteps which is why it is necessary for them to make a conscious effort to be a good role model.

Usually, people become like those who they surround themselves with. It is for that reason that you must develop healthy friendship and avoid those people who force you to consume substances. The further a person is away from bad influence, the easier it is to abstain from the consumption of drugs.

Mental health and the use of drugs are very closely related. People use drugs as a way to cope with anxiety, depression and trauma. Nowadays, people take therapy sessions with licenced therapists in order to attain clarity on life which directly prevents the misuse of substances. Maintaining a well-balanced life by having goals and dreams determinates an individual to chase these dreams and therefore, they do not find the need to use drugs.

That being said, what can be done if an individual has already fallen into the vicious web of drugs? Is intervention out of the question or is there any hope left? Managing substance misuse is often a very difficult process but it is achievable with effort.

The first step would always be to let people around you know about your addiction towards drugs. Doing so in itself is like lifting a weight of the misuser's shoulders and they will be able to gain support from the people around them. Recovery is never linear and there are high possibilities of relapsing. During this period, no matter how hard it may sound, being honest with themselves and with the people around them will improve the situation for the individual.

The individual must remove substances from their surroundings for willpower isn't enough. They should make their environment safe for recovery and they must be willing to make a change. They must be ready to envision a life without dependence on drugs over the latter.

-SHIVANI SHANKAR,11C

THE BEST FIELD TRIP EVER

A visit to Phalada Agro Facility

It was the 14th of December, 2022. Excitement brimmed up in every corner. At early morning 6 a.m., students from Grade five assembled in the classrooms, waiting to board the bus. Our first stop was Sambrama Veg, our breakfast place, where steaming hot thatta idlis were awaiting us.

After an hour and a half, we reached "Pod to Plate" our destination. We were given instructions and a bag, each containing a mask, gloves, cap, shoe covers and a card with names and pictures of different plant species on it. The first exciting spot was the microbes lab, where we could view leguminous structures through a microscope.

Another stirring place we visited was the vermicomposting pit. With gloves on, we collected five-six earthworms each and dropped them in the soil, ready to be sieved. We were then taken to the farm, where they served us freshly picked tender coconuts. We were very surprised to see that the straws were the mid-veins of papaya leaf.

Then, the Director of the Phalada Agro Facility took us for a tour of the farm. We were thrilled to see how they grew turmeric, sandalwood, black pepper, and many other plants. We were also given the opportunity to sow and harvest crops. Then they served us a sumptuous meal on a banana leaf.

Forty minutes later, we were wearing our masks, caps and shoe covers, ready to enter the factory. We visited the packing and labelling section, where all the labels were being printed, while the food items were being packed and sent for delivery. We were then taken to the raw storage section, where food was being stored at a regulated temperature.

We had a fun-filled treasure hunt game, where we had to bring packaged items in a certain order. We were taken to a hall where they provided us tea, coffee and snacks. It was time to bid goodbye to the farm, but we did not leave empty handed. They gave us a souvenir bag each with some organic products manufactured by them.

It was an enlightening trip. We realised the hardships farmers face and not to waste food at any cost. I would like to thank my school for giving us the chance to have such a wonderful experience.

-S Shravan, VE



RIDDLES

1. What is as big as an elephant but weighs nothing?
2. When does Friday come before Thursday?
3. If an electric train is going south, what direction is the smoke going?
4. What has a lot of teeth but cannot chew a thing?
5. I am as light as a feather but even the strongest man cannot hold me for more than a minute. What am I?
6. If everything in a one-story house is yellow, what colour are the stairs?
7. I shave every day but my beard stays the same. How?
8. I can travel up to 100 miles an hour but never leave the room. What am I?
9. I have seven rings that you cannot wear on your fingers. What am I?
10. What five letter gets shorter when you add two letters to it?

SUDOKU

Page 4 Sudoku November Answer

8	6	1	3	5	4	9	7	2
2	9	3	7	1	6	5	8	2
5	4	7	8	9	2	3	1	6
3	8	9	5	4	7	2	6	1
1	5	4	6	2	3	7	9	8
6	7	2	9	8	1	4	5	3
7	2	8	4	6	9	1	3	5
9	1	5	2	3	8	6	4	7
4	3	6	1	7	5	8	2	9

विश्वसपटल पर चमकी हिन्दी-



इस साल हिंदुस्तान अपनी आजादी के 75 साल पूरे करने जा रहा है। पूरा देश आजादी का अमृत महोत्सव मना रहा है। इन 75 सालों में देश ने बहुत प्रगति की है, देश की इस प्रगति में साहित्य ने भी अपना अजूबा योगदान दिया। हिन्दी लेखिका गीतांजलि श्री को इस वर्ष अंतर्राष्ट्रीय बुकर पुरस्कार से सम्मानित किया गया है। यह इतिहास में पहली बार हुआ जब किसी हिंदी भाषी लेखक को यह सम्मान दिया गया है। गीतांजलि श्री का हिन्दी उपन्यास 'रित समाधि' के नाम से प्रकाशित हुआ था। उनके इस उपन्यास को 'डेज़ी रॉकवेल' ने अंग्रेजी में 'टॉम्ब ऑफ सैंड' के नाम से अनुवादित किया और अंग्रेजी संस्करण 'टॉम्ब ऑफ सैंड' को इस साल अंतर्राष्ट्रीय बुकर पुरस्कार मिला। 'रित समाधि' एक ऐसी किताब है, जो दोनों ही भाषाओं में खूब चर्चित रही। यह हिंदी भाषा की पहली ऐसी साहित्यिक पुस्तक है जिसे यह सम्मानित पुरस्कार मिला। भारतीय भाषाओं की खूबसूरती ही अनूठी है, इनकी विविधता ही इनकी ताकत है और हिन्दी भाषा देश में उस पुल का काम करती है, जिसके माध्यम से हम एक जगह से दूसरी जगह जाते हैं। इसमें कोई संदेह नहीं है कि हिंदी के लिए यह उत्सव का क्षण है और 'श्री' ने दुनिया में न केवल हिंदी का परचम फहराया है, बल्कि कई प्रतिमान गढ़े हैं। इसके साथ ही गीतांजलि श्री ने हिंदी भाषा को साहित्य के क्षेत्र में बुकर पुरस्कार ना मिलने की कसक को खत्म भी कर दिया।

Sai Shri Pranavi, VIII E

ರೈತರ



ಭಾರತ ದೇಶದ ಉನ್ನತ ಪ್ರಧಾನ ಚೌಧರಿ ಚರಣ್ ಸಿಂಗ್ ಅವರ ಜನ್ಮದಿನವಾದ ಡಿಸೆಂಬರ್ ೨೬ರಂದು ಪ್ರತಿವರ್ಷ ರಾಷ್ಟ್ರೀಯ ರೈತರ ದಿನವನ್ನೂ ಆಚರಿಸಲಾಗುತ್ತಿದೆ. ಚರಣ್ ಸಿಂಗ್ ಅವರು ತಮ್ಮ ಆಡಳಿತಾವಧಿಯಲ್ಲಿ ದೇಶದ ಅನ್ನದಾತರ ಸಾಮಾಜಿಕ ಹಾಗೂ ಆರ್ಥಿಕ ಅಭಿವೃದ್ಧಿಗಾಗಿ ಹತ್ತಾರು ನೀತಿಗಳನ್ನು ಜಾರಿಗೆ ತಂದಿದ್ದರು. ಆಧುನಿಕ ಕೃಷಿ ಪದ್ಧತಿ ಅಳವಡಿಸಿ ಹೊನ್ನಾಪುರ ನೀರಾವರಿ, ಒಣಗಾಡಿ ಅಪರ ಜನ್ಮದಿನವನ್ನು ರೈತರ ದಿನವನ್ನೂ ಆಚರಿಸಲಾಗುತ್ತಿದೆ.

ನಮ್ಮ ದೇಶದ ಬೆನ್ನಲುಬು ರೈತ. ನಮ್ಮೆಲ್ಲರಿಗೂ ಅನ್ನದಾತ. ಬನ್ನಿ ನಾವೆಲ್ಲರೂ ಕೂಡಿ ನಮ್ಮ ಎಲ್ಲಾ ರೈತಜನರೊಂದಿಗೆ ಒಳಿಯದಾಗಲಿ ಎಂದು ಹಾರೈಸುತ್ತಾ ರೈತರ ದಿನದ ಶುಭಾಶಯಗಳನ್ನು ಕೋರೋಣ.

ರಾಜ್ ಅನೇ ತರಗತಿ 'ಬಿ' ವಿಭಾಗ

POURQUOI APPRENDRE LE FRANÇAIS EN 2023? /

WHY LEARN FRENCH IN 2023?



5 RAISONS D'Étudier LE FRANÇAIS:

1. C'est la neuvième langue la plus parlée au monde:-

Le français est parlé par plus de 200 millions de personnes, si l'on considère également que la francophonie comprend 77 États différents. En outre, c'est la langue la plus étudiée après l'anglais, la neuvième langue la plus parlée au monde et, avec l'anglais, la seule langue qui peut être étudiée dans le monde entier grâce à un vaste réseau d'infrastructures.

2. C'est la langue officielle d'importantes institutions:-

On peut citer l'ONU, l'UNESCO, l'OTAN, l'Union européenne et la Croix-Rouge internationale, mais c'est aussi la langue parlée à Strasbourg, Bruxelles et Luxembourg, les trois villes qui abritent les principales institutions européennes.

3. Vous permet d'étudier dans des universités prestigieuses:-

Les universités françaises sont parmi les meilleures d'Europe et du monde. La connaissance de cette langue vous donnera la possibilité de la fréquenter et peut-être d'obtenir l'une des nombreuses bourses que le gouvernement français accorde aux étudiants méritants.

4. Offre des opportunités professionnelles:-

Parler français, c'est pouvoir postuler auprès des entreprises françaises, non seulement en France, mais aussi dans les pays francophones, dont le Canada et la Belgique. En outre, même en Italie, dans de nombreux lieux de travail, la connaissance de cette langue est nécessaire pour communiquer : la France est la cinquième puissance commerciale et le troisième pays pour la collecte des investissements étrangers, donc un partenaire économique de premier plan.

5. C'est une langue de culture:-

Enfin, la réponse à la question «pourquoi étudier le français» : aujourd'hui, c'est la langue internationale de la mode, de la cuisine, du théâtre et des arts visuels, mais elle a aussi toujours été la langue de la culture : il suffit de penser que c'est la langue des grands philosophes des Lumières, tels que Diderot, Rousseau et Voltaire, qui ont influencé l'histoire et la culture du monde entier, changeant la mentalité de nombreuses personnes en proposant de nouvelles doctrines. Sans oublier les grandes œuvres littéraires écrites en français, chefs-d'œuvre universels, tels que «Mémoires d'une jeune fille respectable» de Simone De Beauvoir, «L'étranger» de Camus, «À la recherche du temps perdu» de Marcel Proust, «Madame Bovary» de Gustave Flaubert et bien d'autres qu'il serait dommage de ne pas pouvoir lire dans la langue originale.

5 REASONS TO STUDY FRENCH:

1. It is the ninth most spoken language in the world:-

French is spoken by more than 200 million people, if we also consider that the French-speaking world includes 77 different countries. Moreover, it is the most studied language after English, the ninth most spoken language in the world and, along with English, the only language that can be studied worldwide thanks to a vast network of infrastructures.

2. It is the official language of important institutions:-

The UN, UNESCO, NATO, the European Union and the International Red Cross are just a few examples, but it is also the language spoken in Strasbourg, Brussels and Luxembourg, the three cities that house the main European institutions.

3. Allows you to study in prestigious universities:-

French universities are among the best in Europe and the world. Knowledge of this language will give you the opportunity to attend them and perhaps obtain one of the many scholarships that the French government grants to deserving students.

4. Offers professional opportunities:-

Speaking French means being able to apply for jobs with French companies, not only in France, but also in other French-speaking countries, including Canada and Belgium. Moreover, even in Italy, in many workplaces, knowledge of this language is necessary to communicate: France is the fifth largest trading power and the third largest country for foreign investments, and therefore a major economic partner.

5. It is a language of culture:-

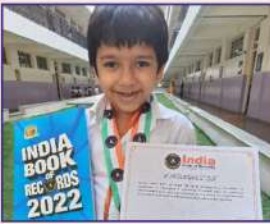
Finally, the answer to the question "why study French": today it is the international language of fashion, cuisine, theater and visual arts, but it has also always been the language of culture: just think that it is the language of the great philosophers of the Enlightenment, such as Diderot, Rousseau and Voltaire, who influenced the history and culture of the entire world, changing the mentality of many people by proposing new doctrines. Not to mention the great literary works written in French, universal masterpieces, such as Simone De Beauvoir's "Mémoires d'une jeune fille respectable", Camus' "L'étranger", Marcel Proust's "À la recherche du temps perdu", Gustave Flaubert's "Madame Bovary" and many others that it would be a pity not to be able to read in the original language.

ACHIEVEMENTS



The terrific girls' team of New Horizon Gurukul won the Under-19 CBSE CLUSTER VOLLEYBALL TOURNAMENT, held at Nitte International School- Yelahanka. The player of the tournament trophy was awarded to, Ms. Sinchana of class XF.

Master Nishanth R of class I D participated in the MaRRS Preschool Bee National Championship. Nishanth has emerged as the State level champion after competing with more than 350 students across India. Master Nishanth bagged 4th rank in English, 3rd rank in Science, 2nd rank in Humanities and 5th rank in Mathematics. He has also received a cash prize of INR 10,000.



Our proficient Gurukulite Gaurav Tiwary has logged a new record for identifying 7 continents, 5 oceans and 195 countries (UN recognised) on a world map in 3 minutes, 32 seconds and 2 milliseconds at the age of 6 yrs and 5 months. His name is recorded in India Book of Records 2022.



Shloak Shetty of class VIII D, has won first prize and was awarded, 'The Best Delegate' in Continued Crisis Committee (Jr.) for representing Lavrentiy Beria at this year's TISBMUN conference.

THIS IS WHERE I BELONG

I find in myself a desire,
To come up someday higher
I was mortified every now and then,
Like a rabbit in lion's den But never to mind and gear up high,
So was the feature I retain and sigh.
I might be a drop or blooming bud,
In the future eventually would I thud!
I know that someday someone would
Hear the pain and point out,
Then will I have the courage
And flatter the wings to bring them out?
For as I always know that I will follow my heart
No matter what the people say
I choose the diverged different path
That is when my heart says,
"Hey! This is where you belong."

-K SUREKHA, (Primary Teacher, English)

Art Corner



ANANYA JHA 7B



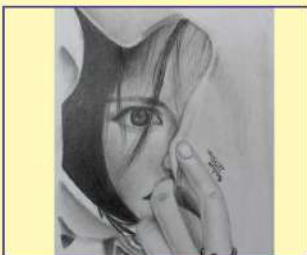
ANANYA JHA 7B



ASWATH TEJA 4C



GEETIKE 5B



HARSHINI 7D (2)



HASYA 7C



KEERTHI 8B



MITHILESH B 8B



HARSHINI 7D (2)



HASYA 7C



KEERTHI 8B



MITHILESH B 8B



Shraddha S VIII E

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