

SPIRITUAL NUTRITION



श्रेयान्स्वधर्मो विगुणः परधर्मात्स्वनुष्ठितात् ।
स्वभावनियतं कर्म कुर्वन्नाप्नोति किल्बिषम् ॥

śreyān sva-dharmo viguṇaḥ para-dharmāt sv-anuṣṭhitāt
svabhāva-niyataṁ karma kurvan nāpnoti kilbiṣam

Bhagavad Gīta - Chapter 18 text 47

It is better to engage in one's own occupation, even though one may perform it imperfectly, than to accept another's occupation and perform it perfectly. Prescribed duties, according to one's nature, are never affected by sinful reactions.



REPEATEDLY
CHANTING THE
HOLY NAME OF
GOD ENABLES
THE SPIRITUAL
ASPIRANT TO
EVENTUALLY
EXPERIENCE GOD!

How heavy is your
glass of water?
Remember to relax!



Inspiring story

An Ode to the Iron Man of India

The world's tallest statue, **Statue of Unity** has been created as a tribute to the 'Iron Man of India', Sardar Vallabhbhai Patel.

The statue has been built as an ode to the Iron Man of India, Sardar Vallabhbhai Patel, the first home minister of independent India. He was responsible for uniting all 562 princely states of the country to build the Republic of India.

October 31st, 2018, marked the inauguration of the world's tallest statue - the Statue of Unity, against the backdrop of the dramatic Satpura and Vindhyachal hills in Kevadia, Gujarat. The 182 - metre (600 feet approx.) statue is dedicated to Sardar Vallabhbhai Patel, the architect of independent India. The imposing monument, touted as the world's tallest statue, is twice the height of Statue of Liberty and is built on an islet, Sadhu Bet, near the Sardar Sarovar Dam in Narmada district.

The Statue of Unity overlooks the vast surrounds and the river basin of the Narmada River and the sprawling Sardar Sarovar dam. It stands on the Sadhu Bet hillock, connected by a 300 - metre bridge, which offers access from the mainland to the statue. As a part of an outreach programme for the project, the state government had asked Indian farmers to donate their used farming equipment to collect iron needed for the statue of Sardar Patel. Eventually, about 5000 tonnes of iron is believed to be collected. Details of the construction and history of the leader can be seen in an in-house museum, inside the statue.

PM Narendra Modi inaugurated 'Statue of Unity' in honour of Sardar Patel



EDUCARE- The Weight of the Glass

Once upon a time, a psychology professor walked around on a stage while teaching stress management principles to an auditorium filled with students. As she raised a glass of water, everyone expected they'd be asked the typical "glass half empty or glass half full" question. Instead, with a smile on her face, the professor asked, "How heavy is this glass of water I'm holding?"

Students shouted out answers ranging from eight ounces to a couple of pounds.

She replied, "From my perspective, the absolute weight of this glass doesn't matter. It all depends on how long I hold it. If I hold it for a minute or two, it's fairly light. If I hold it for an hour straight, its weight might make my arm ache a little. If I hold it for a day straight, my arm will likely cramp up and feel completely numb and paralyzed, forcing me to drop the glass to the floor. In each case, the weight of the glass doesn't change, but the longer I hold it, the heavier it feels to me."

As the class shook their heads in agreement, she continued, "Your stresses and worries in life are very much like this glass of water. Think about them for a while and nothing happens. Think about them a bit longer and you begin to ache a little. Think about them all day long, and you will feel completely numb and paralyzed - incapable of doing anything else until you drop them."

On days when you're stressed out and feeling overwhelmed, learn to embrace the inevitable and let go. Some things cannot be controlled and no amount of worrying could put all your burdens away. Instead of letting stress get to you, embrace it and conquer it. 'Let yesterdays worries inspire you to a productive day.

IMPORTANCE OF MENTAL HEALTH IN ADOLESCENCE

Adolescence is a crucial period for developing social and emotional habits important for mental well-being. These include adopting healthy sleep patterns, exercising regularly, developing coping, problem-solving, and interpersonal skills, and learning to manage emotions. A protective and supportive environment in the family, at school and in the wider community are important

Multiple factors affect mental health. The more risk factors the adolescents are exposed to, the greater the potential impact on their mental health.

Factors that can contribute to stress during adolescence include:

1. exposure to adversity
2. pressure to conform with peers
3. exploration of identity.

Media influence and gender norms can exacerbate the disparity between an adolescent's lived reality and their perceptions or aspirations for the future. Other important determinants include the quality of their home life and relationships with peers. Violence (especially sexual violence and bullying), harsh parenting and severe and socioeconomic problems are recognized risks to mental health.

Some adolescents are at greater risk of mental health conditions due to their living conditions, stigma, discrimination or exclusion, or lack of access to quality support and services. These include adolescents living in humanitarian and fragile settings; adolescents with chronic illness, autism spectrum disorder, an intellectual disability or other neurological condition.

Globally, one in seven 10-19-year-olds experiences a mental disorder, accounting for 13% of the global burden of mental health issues in this age group. Depression, anxiety and behavioural disorders are among the leading causes of illness and disability among adolescents. Suicide is the fourth leading cause of death among 15-29-year-olds.

The consequences of failing to address adolescent mental health conditions extend to adulthood, impairing both physical and mental health and limiting opportunities for individuals to lead fulfilling lives as adults. Therefore, it is important to prevent and promote mental health with the aim of strengthening an individual's capacity to regulate emotions, enhance alternatives to risk-taking behaviours, build resilience for managing difficult situations and adversity, and promote supportive social environments and social networks.

Aditi Kapparath and Charu Lavania
School Counsellors

A FREE BIRD



I wish I was a free bird in the air,
Enjoying the breeze, in my hair.
Like a free bird, just like a free bird.

But, not to be hunted,
As, I would be in a cage on a chair
Oh! A bird that can't fly
Just not fair, just not fair.

A bird is a bird... till it has its freedom
Flying up there, sky is its kingdom
Caging a bird for your joy,
Please don't do, it's not a toy!
But where would I live, what would I eat?
Hardly any trees left, in this jungle of concrete

I will have to fly restlessly,
To save my life in a hurry,
But your cell tower radiation,
Will make my navigation blurry.

With my little tiny brain,
Will I be able to face the rain?
With my wet & heavy wings, will I fly again?
Or will it feel like I am tied to a chain?
Is it easy to save life and get caged
And hard to let it be free?
Does it not have its equal right
In this world, on the tree?
Shall we not put more plants,
For the birds to live onto,
It's their right to live,
Mother Earth is for them too.

And then I wish I was a free bird in the air,
Enjoying the breeze, in my hair,
Like a free bird, just like a free bird.

-Achyut Pandey 6A

AMAZING FACTS ON ISRO



astronomer who invented zero & discovered the approximate value of pi. Thus, the name was given to this satellite.

1. Dr Vikram Sarabhai founded ISRO in 1969. He is also considered the father of the Indian space program. On his name, the lander for Chandrayaan 2 was called 'Vikram lander'.
2. **Aryabhata** was the first satellite of ISRO, launched on 19 April 1975 with the help of Russia. Aryabhata was the famous astronomer who invented zero & discovered the approximate value of pi. Thus, the name was given to this satellite.
3. **Chandrayaan 1** - India's first lunar mission launched in 2008 to collect scientific information about the moon's mineralogy, geology & topography, making India the 4th country to host its flag on the moon. Few also consider the mission failed as ISRO lost contact with the spacecraft even before completing a year in space. This successful mission was followed by Chandrayaan 2 & Chandrayaan 3.
4. **Mangalyaan or MOM (2014)** - No doubt that MOM or Mars Orbiter Mission is ISRO's biggest achievement. To this date, India remains the only country to reach Mars on its first attempt (in orbit, not landed) despite having a tight budget of INR 450 crore (even this amount was also not fully exhausted), which was the lowest to date. Overall, India is the 4th country to reach Mars after the US, Russia & Europe.
5. **ISRO** is one of the six space agencies worldwide with the ability to build and launch satellites from its own soil. It created another world record for launching the greatest number of satellites in one go in a single mission in 2017 using the Indian rocket Polar Satellite Launch Vehicle from Andhra Pradesh. 101 were foreign satellites out of 104 satellites.

THE INEVITABLE

LIFE IS TOO SHORT

- Live your life to the fullest -



It is inevitable...
You never know when it comes,
Your time will come and so will mine,
So, let us live the best of our lives.

Life is short,
but time is eternal;
There is no certainty of tomorrow,
So, live the best today.

It will come,
and take us all;
But if you fear,
you will fall.

It is terrifying,
But stay fearless.
'Cause as time comes,
Death will take you away.

-Siddhi Bhat, XF

A VERY CONTAGIOUS DISEASE

Once upon a time, there was a school in which very intelligent students studied. Among these, there was a very weird group of students who formed a Club called "The Serious Club". No one in the school was able to make these particular students laugh or even smile. Many teachers tried to make them laugh by telling jokes in the class with no success. One day, a new girl got an admission in the grade which had formed the Club. Her name was Ginny; she had bushy brown hair and matching eyes and rather large front teeth. Ginny was very intrigued upon hearing about this Club. She couldn't believe someone could stay without smiling or laughing. She devised a plan to make them laugh. She told her classmates that she was going to make the members of the Club laugh. When the Club heard of this, they became very curious that someone challenged them.

The next day, in English class, their teacher set up an activity, in which each student had to talk on any topic for 5 minutes. Ginny took this as her chance to make the Club laugh, and when it was finally her chance to speak; she talked about a very contagious disease. She began "Today morning I read about an article on a very highly contagious disease. It was mentioned that the starting letter of this disease is the letter S. It is said that any person who sees a person with this disease is infected. It was written that people who read this article would also be affected, and it warned that only people who were brave enough should read the article further, and that this is not a joke. The next letter in the name of this disease is M. It is believed that children are more prone to this illness than adults. This disease can travel through any means. So far, no medicine has been found for this disease, albeit very rare set of people can stay away from this and have to be very gifted to do that. This disease is named by scientists and doctors with a 5 letter word. This disease is

spread worldwide. And finally, the name of this disease was written in the end of the article, and before I tell that here, have any of you guessed what this disease is?" Ginny asked. None of them knew an answer and were looking at one another each wearing a blank expression. Now Ginny said "Clue on what this disease is, was given along the article. It began with the letters SM, and it was a 5-letter word. The disease is spelled as S M I L E, smile. Smile is the key to happiness. Thank you."

The classroom was eerily quiet for a few seconds as everyone processed what the disease was, and the classroom filled with laughter. The members of "The Serious Club" were very amused by what Ginny said and couldn't stop laughing; they realized how nice it is to smile and renamed their Club as the "The Smiling Club". Their teacher of English congratulated Ginny for her talk and how she made the people who never smiled till now, laugh.

- ABHIJNA MIDATANA XF



बूझो तो जानें ?

1. न कभी आता है, न कभी यह जाता है, इसके भरोसे जो रहे, हमेशा पछताता है ?
2. ऐसा शब्द बताये जिससे, फूल, मिठाई, फल बन जाए ?
3. मुझे सुनाती सबकी नानी, प्रथम कटे तो होती हानि, बच्चे भूलते खाना, पानी, एक था राजा, एक थी रानी ?
4. यह हमको देती आराम, यह ऊँची तो ऊँचा नाम, बड़े-बड़े लोगों को देखा, इसके लिये होता संग्राम ?
5. दुनिया भर की करता सैर, धरती पर ना रखता पैर, दिन में सोता रात में जगता, रात अँधेरी मेरे बगैर, अब बताओ मेरा नाम ?
6. 8 को लिखो 8 बार उत्तर आये 1000 ?
7. धरती में मैं पैर छिपाता, आसमान में शीश उठाता। हिलता पर कभी न चल पाता, पैरों से हूँ भोजन खाता, क्या नाम है मेरे भ्राता ?

Sanvi Talukdar, V F

SIGNIFICANCE OF NAVARATRI

NavaDurga symbolizes nine forms of adi-shakti – Goddess Durga. During Navratri, we awaken the energy aspect of Godhead in the personification of the universal mother Goddess Durga, which precisely betokens the remover of grief in life. She is commonly famous with the name "NavaDurga", "Devi" (goddess), or "Shakti" (energy or power). So, Navratri's nine nights were considered to be very auspicious to worship the nine planets and nine divinities. Names of 9 forms of Maa Durga are Shailputri, Brahmacharini, Chandraghanta, Kushmanda, Skandamata, Katyayani, Kalaratri, Mahagauri and Siddhidhatri.

The 1st form of NavaDurga – Shailputri - Shailputri is the first form of NavaDurga. After self-immolation in Her form as *Sati*, the Mother Goddess took birth in the house of King of Mountains, as the daughter of Lord Himalaya due to which she is named Shailputri – the daughter of mountains. She is worshipped on the first day of Navaratri. Her favorite flower is hibiscus and colour orange.

The 2nd form of NavaDurga – Brahmacharini - On the 2nd day of Navratri, Maa Brahmacharini is worshipped. The form of Goddess Brahmacharini signifies love, loyalty, wisdom, and knowledge. The unmarried form of the Mother Goddess is worshiped as Brahmacharini. Her favorite flower is Chrysanthemum flower and colour white.

The 3rd Form of NavaDurga – Chandraghanta - Chandraghanta Devi (3rd form of NavaDurga) is called the Goddess of spiritual and internal power. After getting married to Shiva, Goddess Mahagauri started adorning her forehead with a half-moon (Chandra) shaped like a bell (Ghanta) due to which, she became known as Goddess Chandraghanta. Goddess Chandraghanta mounts the tigress. Her favourite flower is Lotus and colour red.

The 4th Form of NavaDurga – Kushmanda - Goddess Kushmanda is the fourth form of the NavaDurga is worshipped on the fourth day of Navratri. After taking the form of Siddhidatri, the Mother Goddess started living within the Sun thereby liberating the Sun's energy to the universe. Her idol, which symbolizes both beauty and bravery, gives you the strength to keep the negative energy away and repels all the troubles from your life. Her favourite flower is Jasmine and colour Royal Blue.

The 5th form of NavaDurga – Skandamata - When Goddess Parvati became the mother of Lord Kartikeya (Lord Skanda), she came to be known as Skandamata. The 5th day of Navratri is dedicated to the worship of the fifth form of NavaDurga – Skandamata. It is believed that she awards devotees with salvation, power, prosperity, and treasures. Her favourite colour is yellow rose and colour yellow.

The 6th Form of NavaDurga – Katyayani - On the havoc created by Mahisasur, Goddess Parvati had taken the avatar of Goddess Katyayani, the 6th form of NavaDurga. She is also referred to as the warrior Goddess.. Her favorite flower is Marigold and colour Green. Goddess Katyayani rides on a magnificent lion and is depicted with four hands.

The 7th Form of NavaDurga – Kalaratri - The 7th form of NavaDurga is known as Goddess Kalaratri. She is considered to be the most ferocious avatar of NavaDurga. This is the fiercest and the most ferocious form of the Mother Goddess, in which she manifests to destroy the demons, Sumbha and Nisumbha. Her favorite flower is Krishna kamal and colour Grey.

The 8th Form of NavaDurga – Mahagauri - Mahagauri is the 8th manifestation of the goddess Durga and amongst the NavaDurga. Mahagauri is worshipped on the 8th day of Navratri. The demons Shumbha and Nishumbha could only be killed by a female form of Parvati. Hence, as advised by Brahma, Shiva used his magic to turn Parvati's skin black, giving Parvati the epithet "Kali", meaning "black". For the task of the demon assassination, she gave her fair complexion to Kaushiki and she (Parvati) again attained the form of Kali. Goddesses Saraswati and Lakshmi provided their powers to Kali as a result of which Kali transformed into Chandi Chandraghanta). Chandi killed demon Dhumralochan. Her favorite flower is Night-blooming jasmine (mogra) and colour is Purple.

The 9th Form of NavaDurga – Siddhidatri - The 9th form of Navadurga is known as Goddess Siddhidhatri. She is the moola Roopa (original form) of Maa Parvati. Maa Siddhidhatri has four hands holding a discus, conch shell, trident, and mace, sitting on a fully bloomed lotus or a lion. She possesses eight supernatural powers, or the siddhis. Her favorite flower is Champa and colour Peacock Green.

ACHIEVEMENTS

The stellar girls' team of New Horizon Gurukul won the Under-18 Girls Volleyball Tournament SPORTIVO-2022, organized by Sharanya Narayani International School- Hosakote. The best setter trophy was awarded to the team's captain, Ms. Sinchana of class XF, and Nakshatra of class XF bagged the best spiker trophy.



New Horizon Gurukul won the Under-15 Boys Football Championship 2022, organised by Vahe Global Academy. The team emerged victorious after competing against 19 other schools from Bangalore.



New Horizon Gurukul gained yet another notch on its belt as it won VALOUR FEST 22, Volleyball Interschool Tournament on the 9th and 10th of November organized by Gear Innovative International School in the category of U-16 and U-18 Girls Volleyball Championship.



SUDOKU

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

Ms. Disha Jain, Dance instructor of New Horizon Gurukul participated in the Natyakala Sangama Dance Festival, a state level dance competition. She bagged first prize in the Classical Dance Competition and was awarded Karnataka Natyakala Shree and Karnataka Natyakala Rani. We wish her continued success for her future endeavours and congratulate her for her exceptional achievement.



Art Corner



NISANTH RAMKUMAR 1D



ROHINI 7B



TANISHA 6D



Apeksha Rao



Khushi Raj 11A



Varnit Das 5H



Sudiptha P 8D.



HARSHINI 7D



Adarsh Siddhartha Maturi,5C

Send us your articles, artwork or ideas at: gurukulimes.nhg@gmail.com



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