

SPIRITUAL NUTRITION

ब्रह्मण्याधाय कर्माणि सङ्गं त्यक्त्वा करोति यः ।
लिप्यते न स पापेन पद्मपत्रमिवाम्भसा ॥

Transliteration

brahmaṇyādhāya karmāṇi saṅgaṃ tyaktvā karoti ya: ।
lipyate na sa pāpena padmapatramivāmbhasā ॥

Hindi Translation

जो व्यक्ति कर्मफलों को परमेश्वर को समर्पित करके
आसक्तिरहित होकर अपना कर्म करता है,
वह पापकर्मों से उसी प्रकार अप्रभावित रहता है,
जिस प्रकार कमलपत्र जल से अस्पृश्य रहता है।

English Translation

Those who devoted their actions to brahma
(the supreme energy),
abandoning all adjunct,
remain untouched by sin,
just as a lotus leaf is untouched by water.

Source

Bhagavad Geeta Karma Yoga Shlok 10



INTO THE WORLD OF ANIME.....

"If you don't take risks, you can't create a future."
-Monkey D Luffy (one piece character)

Anime is a style of animation popular in Japanese films and television series. It often combines stark, colourful graphics with action-packed plots. Early anime films were intended primarily for a Japanese audience. Therefore, they used many cultural references unique to Japan. For example, the large eyes of anime characters are commonly perceived in Japan as multifaceted "windows to the soul." Much of anime is aimed at children, but it is sometimes marked by adult themes and subject matter.

The modern society have witnessed that many of the students are turned to introverts. However, the influence of anime movies has made a noticeable impact on increasing their interaction and they start behaving more social. Kids of working parents can avoid boredom and the depression of being alone in their free time by watching anime movies. This not only takes off their pressure of loneliness but also gives them a feeling of happiness. They can also get connected to other students who watch anime and thus make new friends.

"It is the fate of modern life that we repeatedly lose touch with the nature, the environment, the planet. But we try to regain it again and again. It's like a circle. In children's hearts and souls when they're born into the world, nature already exists deep inside them. So, what I want to do in my work is tap into their souls." - Hayao Miyazaki (screenwriter, director, author, manga artist)



EDUCARE- Rekindling the latent goodness

The Meaning of True Wealth



There was a girl whose family was very wealthy. One day her father took her on a trip to the country where he aimed to show his daughter how poor people live. So they arrived at a farm of a very poor family. They spent several days there. On their return, the father asked his daughter, if she liked the trip.

Oh, it was great, dad - the girl replied.

Did you notice how poor people live? - the father asked.

Yeah, I did. - said the girl.

The father asked his daughter to tell in more detail about her impressions from their trip.

Well...we have only one dog and they have four of them. In our garden there is a pool while they have a river that has no end. We've got expensive lanterns, but they have stars above their heads at night. We have the patio and they have the whole horizon....the daughter replied in delight.

She further added.... We have only a small piece of land while they have the endless fields. We buy food, but they grow it. We have a high fence for protection of our property and they don't need it, as their friends protect them.

The father was stunned. He could not say a word.

Then the girl added... Thank you, dad, for letting me see how poor we are.

This story shows that true wealth as well as happiness is not measured by material things. Love, friendship and freedom are far more valuable.



ADMISSION NOTICE

FOR PLAYGROUP, NURSERY, LKG & UKG FOR THE SESSION 2023-2024

Registration forms for admission for the academic year 2023-2024 for PLAYGROUP, NURSERY,
LKG and UKG will be available from 10th October 2022 on the website:

www.newhorizonvidyamandir.in

Filled in registration forms to be submitted online on our website along with

- 1) The latest passport size photograph (size less than 100KB in JPEG or PNG format) and
- 2) Scanned copy of birth certificate of the child (PDF format less than 1MB)

Registration fee : ₹ 750/-

Note:

- The child should have completed 1 year 10 months of age on the 1st of June 2023 for admissions to playgroup.
- The child should have completed 2 years 8 months as on 1st June 2023, for admissions to NURSERY for other grades the corresponding age is taken into account for admission.
- A large number of parents are seeking admission to New Horizon Vidya Mandir. We would like to inform that the number of seats available for the above mentioned classes for 2023-2024 are limited.
- We give priority to the siblings of our school and Alumni of New Horizon Educational Institutions (NHEI).
- Admission interaction date and timings will be intimated through E-Mail/ Phone call.

Thushara Nair
Principal

Address for communication: New Horizon Vidya Mandir, Bhoganshalli, Belandur Post, Bangalore - 560103

Phone Number : +91-6364912810/11, Mobile; 9900087732
Email: Admissions@newhorizonvidyamandir.in

GANESH HOMA @ NEW HORIZON GURUKUL



New Horizon Gurukul had organized the yearly Ganesh Homa for the academic year 2022-23 on 26th September at the Chanakya Auditorium. Our honourable Director Ms. Sargam Manghnani, our President Mr. Surya Bajaj and family were present during this auspicious event and took part in the puja along with school captains.

All the teachers and students were dressed in traditional attires. The auditorium was beautifully aligned with lights along with magnificent flowers around the beautifully decorated Ganesha idol. The aroma of the flowers along with the fragrance of the incense sticks filled the environment with peace and positivity. The Lord was offered prayers and invocations, followed by Aartis as well as the distribution of Prasad among the students and teachers. In the end, the teachers and students enjoyed performing Dandiya and Garba to the beats of vibrant Garba-songs imparting a perfect festive vibe and aura to the whole ambience.

THE MEMORIES WE MADE TOGETHER



29th September 2022 was the start of one of the most memorable trip for most of the 10th graders. Morning 3:30, over 150 students assembled at the reception area. You'd think it would be a dull atmosphere with sleepiness lingering. It was anything but that. Excitement filled the very corners of our school. The parents were taking photos of their child with their friends, many of them were repeatedly explaining all necessary precautions again and again. The students were allocated into 4 buses. At 4:30, we left our school campus and began our journey towards the Arabian Sea.

We reached Ashok Hassan (our breakfast point) at 9:00. The highlight was the chocolate milkshake and the hot masala dosa. So far, everything was going as per the plan. Then the grueling part of the journey started, the Ghat region. Despite being presented with breathtaking sights of greenery, we all had bouts of motion sickness. Some tackled it by sleeping and some by listening to music, but in the end, everyone held it together.

We reached the Ocean Pearl Inn at around 4. By that time our lunch was waiting.

We all checked into our rooms and almost immediately proceeded towards Panambur Beach as there wasn't enough time. Panambur beach greeted us with marvelous sights of seaside beauty. The multicolored sky kept changing as the sun sank into the horizon. From purple to red, red to orange and what not.... The next day, we had breakfast and immediately left for the Udupi Sri Krishna Temple. Nearby the temple were several stalls. We were allowed to shop there as we were not sure if the drizzle would aggravate by the time we reach Udupi Town.

We made our way directly to Paradise Isle Resort. The smell of fish and salt lingered in the air. We first had lunch. Next, we left for Kapu beach and the lighthouse. Here we had a lot of fun with the teachers. We played volleyball and Kabbadi, and we enjoyed the waves.

The next morning, we left for Murudeshwar temple. This site of majestic architecture mesmerized everyone. The tall Gopura and the second tallest Shiva statue in India were a sight to behold. On the way back to the resort, we stopped at Maravanthe Beach. The calm and serene ocean with the T-shaped rock placements gave way to mesmerizing photos.

Back at the resort, we had lunch and we were given one hour to rest before the best part of the trip. Malpe Beach and followed by the DJ night...from 4 to 6 p.m, we enjoyed ourselves on the hermit crab ridden shores of Malpe and went back to change.

DJ night was a night to remember with flashing lights and famous songs. By the end of the event, everyone was so tired, they could sleep several days at once. All good times come to an end. Everyone boarded the bus in a bittersweet mood. Happy that we had such a fun time, and sad that it has to come to an end. On the way back, we stopped in Belur to see the magnificent temple. At 12:30 A.M we reached the school campus at Bangalore. There was a mix of emotions at this point, but we all were grateful to the school for organizing this trip for the 10th graders and giving us the opportunity to make everlasting memories of our last year together.

-Shreyank Burge, School Editor

KNOWLEDGE TOUR TO VRINDAVAN - MATHURA - JAIPUR 2022



A five day knowledge tour was organized by NIVE (National Institute of Value Education) from 30th September- 4th October, 22" for the Grade 9 & 11 students of New Horizon Gurukul. The journey started on 30th early morning from the Kempegowda International Airport with 103 students and 12 teachers accompanying them. The objective of this trip was to make students responsible, organized and to make them aware of the importance of Indian heritage and culture.

On the very first day of the trip all the students were taken to visit the the Rashtrapati Bhawan in Delhi. The students were so excited to walk through the history of pre-independence and the independence movement. Visit the Akshardham temple ,one of the largest temples showcasing the rich intricacy of Indian architecture with beautiful temple complex left everyone appreciating the skills and ideas behind its construction. Next two days of the trip included visits to India gate Amar jawan Jyoti, Vrindavan and Gokul. Students visited the ISKCON temple and performed Yamuna aarti at Bharmar Ghat, visited Krishna Balram temple, Vrindavan Chandrodya mandir. Places like Radha Kund, Brahmamand Ghat, Govardhan parvat, Ramanreti and Mathura were visted.

In Jaipur, students visited Hingoniya Goshala and Amber Fort. The designs, paintings, the statues, and the engravings on the walls had charmed the visitors from different parts of the World and our students were no exception. The most awaited attraction for the day was the visit to 'Choki-Dhani' in the evening where students and teachers relished the different Rajasthani delicacies. This five day tour enriched the knowledge banks of students and left everyone with enhanced love for our country's rich cultural heritage.

Achala Singh, Teacher, NHG

क्या हूँ मैं, कौन हूँ मैं-?

क्या हूँ मैं, कौन हूँ मैं, यही सवाल करती हूँ मैं ?
लड़की हो, लाचार हो, मजबूर और बेचारी हो,
यही जवाब सुनती हूँ मैं।

बड़ी हुई, जब समाज की रस्मों को पहचाना,
अपने ही सवाल का जवाब, तब मैंने खुद में ही पाया,
लाचार नहीं, मजबूर नहीं मैं, एक धधकती चिंगारी हूँ,
छेड़ों मत जल जाओगें, दुर्गा और काली हूँ मैं,
परिवार का सम्मान, माँ-बाप का अभिमान हूँ मैं,
औरत के सब रूपों में सबसे प्यारा रूप हूँ मैं,
सृष्टि की उत्पत्ति का प्रारंभिक बीज हूँ मैं,
नये-नये रिश्तों को बनाने वाली रीत हूँ मैं,
रिश्तों को प्यार में बांधने वाली डोर हूँ मैं,
जिसकों को हर मुश्किल में संभाला,
उस पिता की बेटी हूँ मैं, उस पिता की बेटी हूँ मैं।।

Rachapudi Tanushree Hasini, 10 E



दिएषावಳಿ



दिएषावಳಿ प्रपञ्चदाढ्युत्त अडरिसलरुव अत्तुत्त मुंगुकरवदरु हुंदरु हळुगुळु हुंदरुगुदरु.
दिएषावಳि हळुवन्नु बरनु बहक सुत्तुह मत्तु सनुभुमुदुद अडरिसुत्तुदरु. दिएषावಳि हळुवु कत्तुलुयु
मुलु बहकिसु दुडुयुवन्नु सनुकलुसुत्तुदरु. हुंदरु पुुरुलरुगुळु प्रुत्तुदरु ररुत्तुन ररुब ररुवडनु कुुंदरु ननुत्तु
ररुमुनु तनु हुंदरु सुलु, सलुहदरु लकुुडु मत्तु कडरु डकुु हनुमुनुत्तुनुदुदुगु अलुलुदुदुगु हुंदरुगुदु
सुुदरुलरुवडरु अ हुळुवन्नु अडरिसुत्तुदरु. दिएषावಳियुदु सनुत्तु बरनु तमु मनुगुळुनु रुंगुलु मत्तु
दिएषुगुदु अलुकरुसुव मुलुल कलुलु मत्तु गलुलु ददुवदरुनु हुुळुसुत्तुदरु. दिएषावಳियुदु बरनु
समुदुदु मत्तु युलुलुलुलुलु मनुगुळुनु, वुलुदुगुळुनु, मरुदुलुगुळुनु मत्तु सुत्तुमुत्तुलुनु प्रुदुलुगुळुनु
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हुुंदरुदु. अदरु अदु अगुत्तुदु? अडरुतु अलु. नरुवुलुदुलु मनुनुदुदुदुदु अदु नमु सुुलुलुतु मत्तु
कुुलुबनुदुदुदुदुदु रुडुडुदुदु डुलुलुलुनु अनुदुसुलुलुलु. दिएषुगुळुनु हळु सुनुभुमुसुलुलुलु.
लडरुगुळुनु सुदुसुवुदुदुदुदु वरुतुदुदुदुदु हुनुलुगुळुनु वुदुगुदुदुदुदुदुदुदु. अदु अडरुडुवडरुगु
वडु मरुदुनुदुदु करुलुवडरुगुत्तुदु. लडरुगुळुनु नमु सुत्तुमुत्तुलु वरुसुनु अलुलु प्रुलुलुलुगुनु
हुनुनुनुनु मरुदुत्तुदु. अदुदुदुदु नरुवु अतुदु सुदुदुदुगु दकुुडुदुदुदुदुदुदुदुदुदुदुदुदुदुदुदु
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RIDDLE ANSWERS - PUBLISHED (IN THE OCTOBER ISSUE)

1. Candle/pencil
2. Sponge
3. The future
4. Promise
5. He had born on February 29 (a leap year).

So when he had celebrated his 25th birthday he is actually 25x4= 100 years old!!!

6. Breath

EMOTIONAL WELL-BEING AND MENTAL HEALTH

"It is not the bruises on the body that hurt. It is the wounds of the heart and the scars on the mind."
- Aisha Mirza

Mental health is the psychological well-being of a person. It determines how a person thinks, acts and feels. Emotional well being and mental health are closely connected. Poor emotional well being can lead to various mental health disorders. As important as this is, physical health is often put over mental health. Mental health is ignored. Ignoring mental health can cause various other problems. It can lead to the inability to function properly in our everyday lives, mental exhaustion, insomnia and so many other problems.

What is mental health? Mental health is the psychological, emotional and social well being of a person. It determines how we think, manage stress, sleep, act and make healthy choices. Bad mental health causes mental disorders like mood disorders, personality disorders, anxiety disorders and psychotic disorders. Being mentally healthy can help in the proper functioning of the human body and the mind, which in turn helps in doing day to day activities easily.

Mental health has become quite a popular topic these days. Mental health awareness programmes to reduce the stigma around mental health are ongoing. These programmes are often conducted by sharing personal experiences to allow people to open up. Mental disorders often go untreated due to the misconceptions around mental health. These people, more than often suffer in silence and don't get the proper treatment for their conditions.

We live in turbulent times due to the pandemics, wars and other issues. Many people have faced and are facing serious challenges when it comes to mental health. In these situations, people experience feelings of helplessness, isolation, depression and even anxiety. Even now that the pandemic has almost come to an end and schools, work places and colleges have opened up, people are still greatly affected by mental health. The transition from offline to online and again back to offline mode of working has been quite difficult for people. This has led to budding mental health issues in people. In today's world, the demand for mental health services has shot up exponentially.



Two of the most common mental health conditions, anxiety and depression alone cost the global economy 1 trillion Dollars every year. Mental health is a very serious issue these days. Mental health conditions cause around 1 in 5 years lived in disability. 20% of the world's children and adolescents suffer from mental disorders leading to suicide at times. Suicide is the second leading cause of deaths among the young, i.e., 15-30-year-olds. Anxiety, Depression, Post Traumatic Stress Disorder (PTSD), Bipolar, Obsessive-Compulsive Disorder (OCD) are some of the common mental disorders in people. Up to 15% of the population might be affected by these common mental disorders at any one time in their life. Despite all this, the global mental health expenditure is less than 2%.

One of the main ways to keep mental health in check is self care. Self care not only keeps one's mental health in check but also the physical health. Self care can help manage stress, increase energy and keep one healthy. Self care can have a huge impact on a person's health, both mental and physical. There are various ways to keep mental health in check. Self care can be different for every individual. Getting regular exercise, eating healthy meals, relaxing, remaining positive and setting goals are some of the ways to keep mental health in check. Self care is not a cure for mental health but instead a way to manage mental health. Another way to seek help for your mental health is to get professional help from hospitals, counsellors or psychologists. If mental discomfort or problems continue for a period of two weeks or more, professional help could help in curing it.

Mental health awareness is extremely important in today's world. It should not be ignored. The mind should be kept healthy the same way the physical body is kept healthy. People should be made aware of the consequences of mental disorders. A person can be considered healthy only when they're both mentally and physically healthy. The perfect balance between mental and physical health should be maintained.

"Being able to be your true self is one of the strongest components of good mental health."

-Lauren Fogel Mersy

-Mythili Ganesh ,XI B

ACHIEVEMENTS

EVERY CHILD IS TALENTED AND ENDOWED WITH UNTAPPED POTENTIAL



Every child is talented and endowed. When cultivated, these hidden qualities in every child are prominent. More than 360 students from New Horizon Gurukul participated in the competition for all grade levels held by the National Institute of Value Education, winning about 17 prizes. The competitions included writing essays, creating slam books, albums and composing visual stories.

TALHUNT WINNERS				
Competition Name	Student Name	Class & Section	Total no. of participants	Position
Album - Sharing is caring	Gaurav Tiwary	1F	204	1st
	Adwiti Harish Metimath	2A		2nd
	Nishanth Ramkumar	1D		3rd
	Anav Rokade	1I	Special Appreciation	
Story with picture	KS Anjana	3H	95	1st
	Aditya Varshney	4H		2nd
	Khusfi Shashikiran Upasi	3A		3rd
	Mihika Rajput	4G	Special Appreciation	
	Yashika Ghadei	7C	1st	
	Shauri Kardamkumar Doshi	5G	1st	
Slam book	Arundathi Nair	5G	54	2nd
	Apeksha Rao	5G		3rd
	Garima Lenka	5G		Special Appreciation
	Sudhishna Gopireddy	9D	1st	
Essay writing	Nyhitza Bezwada	9D	6	2nd
	Shreyank Burge	10A		3rd
	Neha Gopinath	10F	Special Appreciation	



Anwsha Deb

WHAT KIND OF BARRIER IS THIS ?

What kind of a barrier is this?
Neither we can go out nor stay in.

What kind of a barrier is this?
If we go out there is a huge enemy out there,
If we stay inside we will be in need of some fresh air.
And I wish everyone is fine out there.

What kind of barrier is this?
Neither can we see this barrier nor touch.
But one day when everything is okay!
We'll break the barrier and go away.
We'll break the barrier and go away!!!

Aradhya Srivastava (IX-B)
Based on COVID-19 Pandemic & Lockdown



Our competent U-18 Girls Basketball team won the Inter-school Basketball Tournament in New Horizon Cup 2022.



International Painting Competition 'Azadi Ka Amrit Mahotsav' was hosted online by www.artscrafts.co, Dubai UAE. Anwsha Deb of grade X B earned fourth place indeed for her dynamism and inventiveness.

Art Corner



APOORVA 8G



AYAN KATHURIA 6 A



GARIMA 4 G



GITALI MOHANTY 7C VENKATA APOORVA 8G



ISHAN CHAKRABORTY 6A



KEERTHI 5 7C



PRANJALI HRISHIKESH DESHPANDE 8 G



PRANJALI HRISHIKESH DESHPANDE 8G



SRISHTI BANSAL 8 G

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