



अधिष्ठानं तथा कर्ता करणं च पृथग्विधम् ।  
विविधाश्च पृथक्चेष्टा दैवं चैवाल पञ्चमम् ॥

adhiṣṭhānaṁ tathā kartā karaṇaṁ ca prthag-vidham  
vividhāśca prthak cheṣṭā daivam caivāla pañcamam

Bhagavad Gita - Chapter 18 text 14

The place of action [the body], the performer, the various senses, the many different kinds of endeavor, and ultimately the Supersoul – these are the five factors of action.

### HEARTY CONGRATULATIONS !!

To all our stars of Gurukul on your stupendous success in  
CBSE Board Examinations 2022-23.

There is nothing sweeter than the success which comes through hard work and perseverance fuelled with determination. This year's incredible results of CBSE Board examinations of grade X and grade XII have made us more than proud. It has set a new benchmark and filled us with absolute joy. 232 students of grade X and 85 students of grade XII appeared for the board examinations, this year. 200 distinctions in grade X and 74 distinctions in grade XII is a new milestone that we have achieved and stands as a hallmark of excellence.

In grade XII Science, Master Arjun Ganesh emerged as the school topper with 98.4% aggregate and Ms. Srujana M stood as school topper from grade XII Commerce stream with 94.2%. We are happy to announce that Master Rishab Pandey of grade X emerged as school topper with 97.6%.

New Horizon congratulates all her students for their exemplary performance!!!

| Rank | Student's Name  | Percentage Secured |
|------|-----------------|--------------------|
| 1    | RISHABH PANDEY  | 97.6               |
| 2    | ADVIK ADATIYA   | 97.4               |
| 3    | NIHAL ATUL LELE | 97                 |
|      | PIYUSH DHINGRA  | 97                 |
| 4    | TANISHA PATNAIK | 96.4               |
|      | DIVYESH NATH    | 96.4               |
|      | GARV JADON      | 96.4               |



#### Grade XII Science Stream Toppers



ARJUN GANESH - 98.4 %



ADITI PANDEY - 96.2 %



VANSHIKA PRAKASH - 95.6 %



SHRUTHI MANIVANNAN - 95.4 %



NEEMA NAVEEN KINI - 95.2 %



VISWA NANDITA MATHAN - 95.2 %

#### Grade XII Commerce Stream Toppers



M SRUJANA - 94.2 %



PRAYAG SUBAN - 91 %



PRANEETHA GOTTUMUKKALA - 90.6 %



ASTHA KEJRIWAL - 89.6 %



K VARSHITHA - 87.4 %

### REKINDLE YOUR LATENT GOODNESS (Educare)



A man found a cocoon of a butterfly. One day a small opening appeared. He sat and watched the butterfly for several hours as it struggled to force its body through that little hole. Until it suddenly stopped making any progress and looked like it was stuck. So the man decided to help the butterfly. He took a pair of scissors and snipped off the remaining bit of the cocoon. The butterfly then emerged easily, although it had a swollen body and small, shriveled wings. The man didn't think anything of it and sat there waiting for the wings to enlarge to support the butterfly. But that didn't happen. The butterfly spent the rest of its life unable to fly, crawling around with tiny wings and a swollen

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

Our struggles in life develop our strengths. Without struggles, we never grow and never get stronger, so it's important for us to tackle challenges on our own, and not be relying on help from others.

**MUDRAS - A VITAL ENERGY CONNECT**

**BENEFITS OF KUBERA MUDRA**

-  **Daily 10 Mins**
- When practiced regularly, it will increase memory power and sharpens the brain.
- by daily practice, Kubera Mudra, headaches, and head heaviness due to sinus infection are eliminated.



Mudra means a seal! In mudras, one can make mudras with hands, eyes and whole body. Gestures made with hands are referred as Hastha mudra. Mudras work through the energy system of the body- nadis and chakras. Our hand gestures express our inner feelings and deeper consciousness. Hand gestures allow you to direct your awareness of vital energy within your body. By using mudras, you can facilitate healing, balance energy levels, focus your mind and deeper your meditation. Mudras activate different areas of brain as well as sympathetic and parasympathetic nervous system. For instance, when you join your hands with palms in Namaste position. When we wish HARI OM!, this brings the nerve circuits in the head and upper part of the body in the vagus nerve system. This produces a physiological response that induces calmness and a deeper breath. For students, Kubera mudra helps to improve focus and concentration.

*Ms. Arul Arasi, Faculty, NHG*

**SUMMER CAMP 2023**



Summer camps often provide a safe and supportive environment where students can explore their interests, learn new skills, and build self-confidence. They offer students opportunities to interact with peers from different backgrounds and form friendships while working together on activities and projects. At NHG, Summer camp was held from 29th March '23 to 28th April '23 at New Horizon Gurukul. The camp aimed to provide children and teenagers with an engaging and enriching experience through a variety of activities, including outdoor adventures, sports, arts and crafts, educational workshops, and team building exercises. A total of 330 students enrolled for various activities

**EMPOWERING EDUCATORS, INSPIRING MINDS**

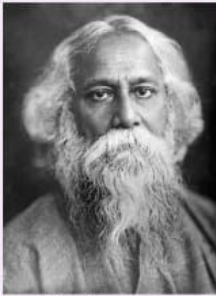
*Teachers' Induction Program*



To promote collaboration and knowledge sharing among educators about various innovative teaching methodologies and approaches, 10 days workshop was conducted by New Horizon Gurukul. More than 20 sessions on various subjects were held ranging from contemporary teaching practices, emotional intelligence, experiential learning to pedagogical enhancement techniques. The workshop on Inclusive education and application of inclusivity in School Environment needs a special mention. The facilitator focused on six areas of Child Development (Physical, Cognitive, Language, Sensory, Social and Emotional) which gave teachers new insights. In pedagogical enhancement workshop, teachers learned how to align their lesson plans with curriculum standards and objectives, ensuring coherence and relevance in their teaching. The workshop introduced strategies for differentiating instruction to meet the diverse needs of students, including adapting content, instructional methods, and assessments. The teachers were introduced to a range of assessment techniques based on which they will be assessed later. The entire workshop successfully promoted quality of instruction among teachers to ensure desired student learning outcomes. Teacher's conclave in ISKCON gave fresh energy to begin the year with more enthusiasm and passion for teaching.

## यह वह सफर है जो जिधर से भी गुजरा, उजाले बांटते हुए आगे बढ़ा.....

महापुरुषों की कीर्ति वैश्विक, सार्वभौमिक एवं सार्वभौमिक होती है। उनके महान् योगदान एवं उनका यथ किसी एक युग तक सीमित नहीं रहता बल्कि युग-युगों तक उजाला बिखेरने वाला का प्रकाश-स्तंभ बन जाता है ऐसे ही हमारे महाकवि



रवीन्द्रनाथ टैगोर हैं जिन्हें जन-गण का कवि कहे तो भी कोई अतिशयोक्ति नहीं होगी। गुरुदेव दुनिया के एकमात्र ऐसे कवि हैं जिनके लिखे दो गीत दो देशों के राष्ट्रगान बने हैं। उनका लिखा गीत 'जन गण मन' भारत का राष्ट्रीय गान बना, वहीं उनका लिखा एक दूसरा गीत 'आमार सोनार बांग्ला' बांग्लादेश का राष्ट्रीय गान है।

वह एक ऐसे प्रकाश स्तंभ थे जिन्होंने पूरे संसार को अपनी रचनाओं के माध्यम से आलोकित किया। रवीन्द्र नाथ टैगोर बड़े साहित्यकार होने के साथ-साथ एक महान शिक्षा शास्त्री भी थे। उन्हें शिक्षा का सही अर्थ मालूम था। उनके अनुसार सर्वोत्तम शिक्षा वही है जो संपूर्ण दुनिया के साथ-साथ हमारे जीवन का भी सामंजस्य स्थापित करती है। इनके अनुसार शिक्षा मनुष्य की शारीरिक, आर्थिक, बौद्धिक, व्यवसाय और आध्यात्मिक विकास का आधार है।

उनका मानना था कि बच्चों को बंद कमरे में शिक्षा देने से ज्यादा अच्छा है। उन्हें खुले वातावरण में प्रकृति के बीच में बिठाकर शिक्षा दें। उनका मानना था कि प्रकृति के शांति भरे वातावरण में बच्चे प्रकृति का अवलोकन कर सकते हैं और उसका एक हिस्सा बन सकते हैं। प्राकृतिक परिवेश बच्चों को कला की प्रेरणा देती है। उन्होंने इसी सोच को मूर्त रूप देने के लिए शान्तिनिकेतन की स्थापना की। उन्होंने सिर्फ 5 बच्चों को लेकर ये स्कूल खोला था जो 1921 में राष्ट्रीय विश्वविद्यालय बन गया। आज शान्ति निकेतन का नाम बदलकर विश्वभारती हो गया है। जहां लगभग 6000 छात्र पढ़ते हैं। भारतीय साहित्य और भारतीय संस्कृति में नई चेतना, नई जान फूंकने वाले युगदृष्टा को हमारा शत-शत नमन ॥

## CLEANLINESS

As we celebrate World Environment Day this month, the term "cleanliness" with respect to our surroundings, takes great significance. Cleanliness is broadly related to good health and it is time for us to understand that a clean and green environment leads to a healthy world and is the key to the existence and survival of life on planet earth. Therefore, it is the duty of each one of us to do our bit to save and protect our environment.



Let us pledge to use reusable containers and bags, lessen the usage of plastic, dispose garbage in the right manner, convert waste into compost, use electricity and water wisely, cycle and walk more and use more of public transport.

## COMPASSION AND CHARITY GO HAND IN HAND !

*"The purpose of human life is to serve, and to show compassion and the will to help others." - Albert Schweitzer*

A lot has been said about compassion and charity. From Buddha to Gandhi, many great men and women alike have been strong advocates for the same.

**Compassion** is a feeling of deep sympathy for another living being stricken by misfortune, accompanied by a strong desire to alleviate the suffering. **Charity** is the voluntary giving of help, typically in the form of money or service, to those in need.

Compassion is an emotion and charity is an act done because of compassion. When people practise charity, they are in control of the situation, can pick and choose when to help, who to help, how much to help, how much it will cost them. When people are compassionate, they do not consciously decide to act. They are involved on an emotional and unconditional level. There is no limit imposed on how much help is given, and they do not count the cost.



A research by a group of scientists at the Max Planck Institute Germany, found that infants and chimpanzees spontaneously engage in helpful and supportive behavior and will even overcome obstacles to do so. They apparently do so from an intrinsic motivation without the expectation of any reward. A recent study they ran indicated that infants' pupil diameters, which are a measure of attention, decrease, both when they help and when they see someone else helping, suggesting that the alleviation of others' suffering feels rewarding — whether or not they engage in the helping behaviour themselves.

Compassion is a natural tendency and is essential for human endurance. Being compassionate and charitable brings joy to our body, heart and soul.

Have you ever been moved to tears, seeing someone's loving and compassionate gesture? If you recall a time when you were feeling blue and suddenly a close friend or relative calls you for urgent help with a problem, you may have noticed that as your attention shifted to their issue, your mood lifted and you may have felt energized. Before you knew it, you may even have felt better and gained some perspective on your own situation as well.

A life of meaning and purpose is one focused less on satisfying oneself and more on others. It is a life with a greater meaning, rich in compassion, altruism, charity and humility. The time has come when we need to step back and reflect on what is important for humanity.

In Bhagavad-gita, Lord Krishna says,



**He who has let go of hatred, who treats all beings with kindness and compassion, who is always serene, free of the 'I' and 'mine', firm and patient, his whole mind focused on me --- that is the man I love best."**

With the ever increasing need for compassion and charity in today's world, it is time to start a ripple effect which will hopefully impact the whole community at large.

A very compelling example is the Akshaya Patra Foundation, that feeds lakhs of school children across India every day, leading to an upward surge in school enrolment and attendance.

**ACHIEVEMENTS**



Ms.Vaiga Varma of grade VII, secured 1st Prize in the Kuchipudi Junior Category at National Level during Kalakriti Conclave on 27<sup>th</sup> May 2023. Kalaakriti Conclave is a recognition platform for all the budding talents who have exhibited their best performances in the field of Indian Classical Singing & Classical Dance at the National level conducted by Heritage Foundation of Art and Culture. The program witnessed the participation of students from 188 schools all over India. The program witnessed the participation of students from 188 schools all over India

Ms. Prarthana Anand Jyoti of grade 6 made it to top 10 of Science Promotion Orient Test 2023 conducted by Vikram Sarabhai Science Foundation (VSSF), Trivandrum after competing with more than 7000 students across India and Dubai. Prarthana has been awarded a scholarship worth Rs.25000 along with a 4 day intership at Space Science research Institute at VSSF, Trivandrum. She was felicitated by Dr.G Madhavan Nair, Former Chairman, ISRO with VSSF Excellence Badge, SPOT Genii Excellence certificate.



Master Harshit Pendala, grade 7 and Master Vihaan Vikas Mastud ,grade5 also emerged as winners of SPOT 2023 and had made it to top 100 at National level.



Mr.Anand Kumar L, Kannada Faculty,NHG was awarded Karunadu Kala Ratna Prashanthi for Kannada language proficiency and social service in Karnataka. This award was given by Kaunadu Kannada Kalasiri Balaga Organisation.



Ms.Chinmayi Tili of grade X, bagged the first place in Girls U-15 Football in Karnataka Mini Olympics. She has also bagged first place in U-17 Girls football Championship in Khelo India.

**Art Corner**



ADYA, 11



AGUSTYA RUHITA, III H



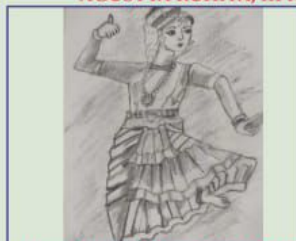
ANVI, 6 D



ARSHIYA, 7 E



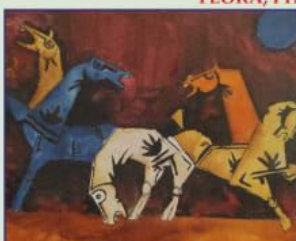
FLORA, 1 H



ISHAAN CHAKRABORTY, 7 A



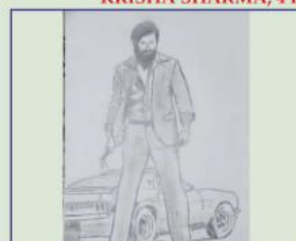
KRISHA SHARMA, 4 H



NANDIKA, 7 C



SANVI SAHOO, 5 D



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