



उपद्रष्टानुमन्ता च भर्ता भोक्ता महेश्वरः ।  
परमात्मेति चाप्युक्तो देहेऽस्मिन्पुरुषः परः ॥

upadraṣṭānumantā ca bhartā bhoktā mahēśvarāḥ  
paramātmēti cāpy ukto dehe 'smin puruṣaḥ parah

Bhagavad Gita - Chapter 13 text 23

Yet in this body there is another, a transcendental enjoyer who is the Lord, the supreme proprietor, who exists as the overseer and permitter, and who is known as the Supersoul.

## IMPORTANCE OF PHYSICAL EXERCISE

**“Exercise is the key not only to physical health but to peace of mind”**

Today's youth is tomorrow's future. Thus, it is vital to ensure a healthy population of teenagers. Due to various reasons such as academic pressure, the current generation follows copious unhealthy habits such as sleeping too little, eating a lot of high-fat food and many more.

The human body is a complex and delicate mechanism. A slight malfunction of one part ultimately causes the breakdown of the entire system. One easy solution to this problem is physical exercise. Exercise contributes to optimum health and quality of life. Studies have shown that those who exercise regularly are resistant to diseases and have a higher life expectancy.



Apart from improving our bodies, exercise also helps regulate our minds. It reduces negative mood and anxiety by improving self-esteem and cognitive function. Therefore, regular physical exercise is paramount for today's generation to grow up to be healthy leaders of the future.

Samyuktha Shankar, 10 B

## ENVIRONMENTAL CHANGE AND YOU

**“The best time to plant a tree was twenty years ago. The second-best time is now”**

Majority of the population find it hard to keep in shape, a notable cause being the succulent cuisine at the back of their head. *It can be dealt with later*, or so the youth prefer to believe but the environment does not have the luxury of time. One would hope that in the 4.5 billion years since the Earth's formation, nature would flourish alongside the substantial growth in technology but that is nothing more than fruitless yearning. To the society's disdain, the environment did not age like fine wine, amusing to say the least, since wine is a product of the nature.

The pandemic of the degrading environment is one that has been omnipresent for years on end. The problems under the umbrella of environment deterioration are words everyone has heard – plastic pollution and pollution as a whole, depletion of resources, deforestation and so many more. Needless to say, these issues have a perpetual impact on the environment, tainting the purity of the soil and in turn, the people.



Innumerable efforts have been made to cancel out the egregious actions that have shaped the environment. Some of these approaches are direct – the three R's – to reduce, reuse and recycle harmful products used, afforestation, conserving water, etc. Indirect approaches include educating the society about the harmful nature of their conducts and volunteering in campaigns promoting the protection of the environment.

Sometimes, changing oneself does wonders for a cause. Sometimes, changing oneself can change the outside factors. Using a cloth bag when the rest of the world still relies on plastic might seem inconsequential, but change from one person is bound to bring change from those around them. The very youth that is characterized by procrastination can save the world from the society's procrastination to change. When there is nothing left except for the mounds of money earned through damaging the environment, only then will people realize that you can't eat money. The only thing barricading us from this harsh reality are the little changes and these changes go a long way.

Shivani Shankar, 12 C

## EDUCARE - Rekindle your latent godness



An old man walked across the beach until he came across a young boy throwing something into the breaking waves. Upon closer inspection, the old man could see that the boy was tossing stranded starfish from the sandy beach, back into the ocean. “What are you doing, young man?” he asked. “If the starfish are still on the beach when the sun rises, they will die,” the boy answered.

“That is ridiculous. There are thousands of miles of beach and millions of starfish. It doesn't matter how many you throw in; you can't make a difference. “It matters to this one,” the boy said as he threw another starfish into the waves. “And it matters to this one.”

## WHAT IS ART?



**"Art is the lie that enables us to realize the truth." - Pablo Picasso**

What is Art? Is it simply paintings and sketches and sculptures? Or is art so much more? Is it poems and stories and imagination? Or is art so much more? Is it music and dance and performances? Or is art so much more?

Art breaks barriers, defies norms, and reveals the profound essence of our being. It is a huge concept, a means to human imagination and creativity. Art is the creative arrangement of ideas, concepts and reality in the form of pictures, sounds and movement. Everything around us is art. It allows people to express what they feel, to communicate their ideas and culture, to share stories and experiences with those around them. Art is a wonder. It has the power to transcend time and space, to evoke emotions lying within us and so much more.

Why is it that a lot of us are moved to tears after a spectacular performance, a movie or even a book? Why is it that we gape at paintings and sculptures? Why is it? Art touches our hearts in profound ways. It allows us to connect with our emotions and the experiences of others. Art brings us together. Henry Ward Beecher once said, "Every artist dips their brush in their own soul and paints their own nature into their pictures." He talks about how every artist infuses their unique perspectives and essence into their artworks, whatever it may be. It shows how art is a deeply personal and authentic creation that is unique to each one of us.

Moreover, art also has a therapeutic quality, offering solace and healing in times of personal or turmoil. Art allows us to connect with our deepest emotions, find solace in beauty, and embark on a journey of self-discovery. It provides a sanctuary where we can explore our thoughts, confront our fears, and find strength in vulnerability.

As we immerse ourselves into the world of art, we open our hearts and souls to its magic, to its beauty. We experience personal growth, learn to appreciate our cultures and find the connection that brings us all together. Embrace the transformative power of art, for it has the potential to change the world—one stroke, one sculpture, one performance at a time.

**Mythili Ganesh, 12 B**

## SPB - A VOICE WITH THE WORLD

SP Balasubramaniam, otherwise called SPB, was an incredible Indian playback vocalist who had a striking vocation traversing more than forty years. However, he did not have an easy road to success. Before Balasubramaniam achieved fame and recognition in the music industry, he had to overcome numerous obstacles.



In Nellore, Andhra Pradesh, Balasubramaniam was born into a middle-class family. His mother was a singer, and his father was a Harikatha artist. Balasubramaniam acquired his adoration for music from his folks and began singing early on. However, he was unable to pay his bills and had to work odd jobs to support his family.

Balasubramaniam's ability was perceived by the music chief S.P. Kodandapani, who offered him his most memorable reprieve in the Telugu film Sri Sri Maryada Ramanna in 1966. However, he had difficulty finding employment and had to wait several years for additional opportunities. Balasubramaniam's breakthrough came in 1979 when he worked on the Tamil film Sankarabharanam alongside the music director Ilaiyaraaja. The songs from the movie became hugely popular, and Balasubramaniam's career took off. He proceeded to sing for more than 40,000 tunes in different Indian dialects, including Tamil, Telugu, Kannada, Hindi, and Malayalam.

Balasubramaniam confronted a few individual battles too. In 2017, he lost his daughter, and COVID-19 caused his health to deteriorate in 2020. He died on September 25, 2020, leaving a void in the music industry that can never be filled. Balasubramaniam never gave up on his love for music, despite numerous obstacles and setbacks. He became one of the most well-known singers in the Indian film industry thanks to his hard work, dedication, and perseverance.

**Bhavna Raghuram, 12 C**

## LOST IN TRANSLATION: A HILARIOUS JOURNEY THROUGH THE WONDERS OF LANGUAGE

Language is a fascinating phenomenon that has the power to connect people, bridge cultures, and create countless embarrassing moments. From mispronunciations to confusing idioms, language has a way of playing tricks on us and turning even the simplest conversations into a comedy of errors. So buckle up and prepare to embark on a hilarious journey through the weird and wonderful world of language!

We've all heard stories of hilarious mistranslations, and they never fail to tickle our funny bone. Whether it's a menu item that promises "delicious crap" instead of "delicious crab" or a sign warning visitors to "beware of people" instead of "beware of dogs," these linguistic blunders remind us that sometimes, words just don't mean what we think they mean.

Ah, tongue twisters, the ultimate test of our linguistic prowess and our ability to make fools of ourselves. Who hasn't struggled with classics like "How can a clam cram in a clean cream can?" or "She sells seashells by the seashore"? These twisted phrases have sent many a tongue into a tailspin, leaving us tongue-tied and in fits of laughter



We've all been guilty of belting out the wrong lyrics to our favorite songs, confident in our rendition until someone bursts our bubble. The English language is full of ambiguous phrases that can easily be misinterpreted. Remember the famous Elton John song where he sings, "Hold me closer, Tony Danza"? Sorry, Elton, but the correct lyrics are "Hold me closer, tiny dancer." But hey, we all have our favorite fictional celebrity du jour!

Traveling to a foreign country can be an adventure, especially when you don't speak the local language. You may find yourself pointing at random items on a menu, hoping you won't end up with something unappetizing or potentially hazardous. And let's not forget the infamous

language app fails, where an innocent request for directions turns into an unintentional proposal or an impromptu karaoke invitation. Idioms and sayings are a goldmine for language-related hilarity. Just imagine a foreigner trying to wrap their head around expressions like "raining cats and dogs" or "spill the beans." The mental images these phrases conjure up can be downright bizarre, and attempting to translate them literally can result in side-splitting laughter or confused stares.

Accents are the spice of language, adding flavor and character to our words. But they can also lead to some rib-tickling moments. Picture a confused traveler asking for "butter" but pronouncing it like "budder," or a non-native speaker struggling with the infamous "th" sound and saying "sink" instead of "think." These mispronunciations often have us clutching our sides with laughter.

Language is a wonderful, yet often unpredictable, part of the human experience. It brings us together, but it also provides endless opportunities for hilarity and misunderstandings. From mistranslations to tongue twisters, misheard lyrics to language barriers, idioms to accents, the comedic potential of language knows no bounds. So, the next time you find yourself tangled in linguistic mayhem, embrace the laughter and enjoy the ride because, in the end, language is what makes us human, flawed, and utterly hilarious.

**Ananya Sahni (XII C)**

## ॥ ज्ञान का भंडार है जहाँ, इससे बेहतर जगह कहाँ ॥

## ವಿಶ್ವ ಪಂಸರ ದಿನ

कभी-कभी ऐसा होता है। जब हमें किसी विशेष अवसर पर प्रवेश करना पड़ता है। इस प्रकार का अनुभव कभी-कभी बहुत मीठा होता है तो कभी बहुत खट्टा और कभी कड़वा भी होता है। फिर भी ये सभी अनुभव हमारे जीवन पर एक गहरी छाप छोड़ जाते हैं। इस प्रकार ये अनुभव जीवन में सजीव हो जाते हैं। यूँ तो सबके जैसे मुझे भी कुछ अनुभव प्राप्त हैं। जिन्हें हम भुलाएँ नहीं भूलते हैं। उस प्रकार के अनुभवों में से एक अनुभव है, मेरे विद्यालय में मेरा पहला दिन।

मैं कक्षा आठवीं का विद्यार्थी हूँ। इसी वर्ष मैंने नए विद्यालय में दाखिला लिया है। इस विद्यालय का पहला दिन मुझे अच्छी तरह याद है। मेरे लिए यह बड़ा ही रोमांचक और यादगार दिन था। मैं एक दिन पहले से ही बहुत खुश और उत्साहित था। विद्यालय के पहले दिन माँ ने मुझे कुछ मीखें दीं और पिताजी ने बड़े ही उत्साह भरे शब्दों के साथ मुझे स्कूल के लिए रवाना किया। स्कूल बस से मैं समय पर विद्यालय पहुंच गया। जब मैंने अपने नए विद्यालय के द्वार में प्रवेश किया, मैं चकित रह गया। इसका परिसर आकार में विशाल था। विद्यालय-भवन बहुत सुंदर था। मेरा विद्यालय आधुनिक शिक्षा और पुरानी वास्तुकला के बीच सही संतुलन बनाता है।

सभी विद्यार्थियों को स्वागत तिलक लगाकर किया गया। सभी विद्यार्थियों के चेहरों पर मुस्कुराहट थी और कक्षा में भी उत्साह का वातावरण था। कुछ देर बाद हम लोग सुबह की सभा के लिए विद्यालय के खेल-मैदान में गए। वहाँ एक सामूहिक प्रार्थना हुई। उसके बाद प्राचार्य जी ने सभी विद्यार्थियों को संबोधित करते हुए उन्हें अनुशासन के महत्त्व से अवगत कराया।

हमारी वर्ग-शिक्षिका ने पूरी कक्षा से मेरा परिचय करवाया। उन्होंने मेरे पूर्व विद्यालय एवं परीक्षाफल के बारे में पूछा। मेरे कुछ सहपाठी मुझसे बात करने भी आए। उन्होंने मुझे विद्यालय का पुस्तकालय, विज्ञान प्रयोगशाला और इन्डोर स्टेडियम दिखाया एवं मुझे विद्यालय के कुछ अन्य शिक्षकों के बारे में भी बताया। इस प्रकार विद्यालय का प्रथम दिन नए विद्यालय को जानने तथा शिक्षकों एवं सहपाठियों से परिचय प्राप्त करने में बीता। कई नए अनुभव प्राप्त हुए, कई नए मित्र बनाए। नए मित्रों के साथ खेल खेले। फिर मित्रों के साथ बातें करते-करते घर लौटे। घर लौटकर माँ और पिताजी के साथ अपने अनुभव बटि .....

Risesh singhal

CLASS- VIII B



ವಿಶ್ವ ಪಂಸರ ದಿನವನ್ನು ಪ್ರತಿವರ್ಷ ಜೂನ್ ೫ ರಂದು ಆಚರಿಸಲಾಗುತ್ತದೆ. ಮೊದಲ ವಿಶ್ವ ಪಂಸರ ದಿನಾಚರಣೆಯನ್ನು ಕ್ರಿ.ಶ.೧೯೭೪ರಲ್ಲಿ ಆಚರಿಸಲಾಯಿತು. ಪಂಸರವನ್ನು ಸಂರಕ್ಷಣೆ ಮಾಡಲು ನೆನಪಿಸುವ ದಿನವಾಗಿದೆ. ಈ ದಿನ ಪಂಸರ ನಾಶದ ಬಗ್ಗೆ ಗಮನ ಹರಿಸುವ ಮತ್ತು ಅದನ್ನು ರಕ್ಷಿಸುವ ಹಾಗೂ ಸಂರಕ್ಷಿಸುವ ಕಡೆ ಜಾಗೃತಿ ಮೂಡಿಸುತ್ತದೆ. ಪಂಸರ ಉಳಿವಿಗಾಗಿ ಜನರನ್ನು ಜೇರೇಪಿಸುವ ಗುರಿಯನ್ನು ಹೊಂದಿದೆ. ಸಮುದ್ರ ಮಾಲಿನ್ಯ, ಮಾನವ ಜನಸಂಖ್ಯೆ ಮತ್ತು ಜಾಗೃತಿ ತಾಪಮಾನ ಏರಿಕೆಯಿಂದ ಹೊರಹೊಮ್ಮುವ ಪಂಸರ ಸಮಸ್ಯೆಗಳ ಬಗ್ಗೆ ಸುಸ್ಥಿರ ಬಳಕೆ ಮತ್ತು ವನಜೀವಿ ಅಪರಾಧಗಳ ಬಗ್ಗೆ ಜಾಗೃತಿ ಮೂಡಿಸುವ ಪಮುಖ ಅಭಿಯಾನವಾಗಿದೆ. ನೆಲ, ಬೆಳೆ, ಹಣುಕುಪಲು ಹೀಗೆ ಎಲ್ಲವೂ ಉಳಿಯುವಂತಾಗಲು ಈ ದಿನವನ್ನು ಜಾಗೃತಿ ದಿನವೆಂದು ಆಚರಿಸಲಾಗುತ್ತದೆ. ಶಾಲಾ ಕಾಲೇಜುಗಳಲ್ಲಿ ಹಾಗೂ ಅನೇಕ ಸಂಘ ಸಂಸ್ಥೆಗಳಲ್ಲಿ ಪಂಸರ ಕಾಳಜಿಯನ್ನು ಮೂಡಿಸುವ ಸಲುವಾಗಿ ಅನೇಕ ಕಾರ್ಯಕ್ರಮಗಳನ್ನು ಆಯೋಜಿಸಲಾಗುತ್ತದೆ. ಈ ದಿನದಂದು ಏನೆಲ್ಲಾ ಕಾರ್ಯಕ್ರಮಗಳನ್ನು ಹಮ್ಮಿಕೊಂಡರೂ, ಪಂಸರವನ್ನು ರಕ್ಷಿಸುವುದು ನಮ್ಮ ನಿಮ್ಮೆಲ್ಲರ ಹೊಣೆಯಾಗಿದೆ.

ಶನೀಶ್ ರೆಡ್ಡಿ  
ಅನೇ ತರಗತಿ 'ಎ' ವಿಭಾಗ

## TWO-FACED DUPLICITY

Every coin has two sides, like most people have two faces...

Ever found yourself compelled to behave differently in front of a person and something else in front of another?

It is known as being 'two-faced' and also said as **duplicious** or **perfidious**. It isn't always serious but often minor.



These primarily occur in teens and youths during adolescence as they are comparable to clay and fall into many situations that they find appealing when those situations aren't of much value. Sometimes, It can be rational behaviour, or sometimes it's just influence.

Here are five justifications for 'Why are people two-faced?'

**They are histrionic (To seek attention):**

People tend to behave differently before those who are superior to them (Maybe by age, popularity, influence, abilities, etc.). When people are with someone they wish to please, this is observed. They show their true colours once they get what is required and sometimes don't

even reveal their true self and stay hidden beneath the masks of falsity. It is a pretext why most individuals say, 'People change after they've met this person etc.' These people can be toxic depending upon the **intensity** of duplicity. Which means how much a person is changing their personality to please someone.

**They're just introverted:**

People don't always prefer to be themselves in front of new people they meet. It is human nature to observe and fit in the surroundings and hide your weird but true self until you feel comfortable.

**They're mindful and cautious:**

It isn't always advisable to instantly be comfortable and share everything you know with someone you don't know much about or have just met. It can probably be of negative impact later on as time flows. So, some choose to stay distant and hidden. Once these people trust someone, they start to open up automatically. It is a segment of duplicity where it can just be considered a character trait. In maximum cases, it is not toxic.

**They have stressful past encounters:**

People who have faced unpleasant experiences and traumas at one time may be because they had opened up to someone who later used those words to hurt/harm them. So, a few tend to have a "fake" behavioral mask to avoid repeating history. The greater the past encounter, the more troubling and toxic the fake personality may be.

**They're in a circumstance that demands them to be perfidious:**

It sounds strange, but it's true. Some need to have multiple personality masks for different situations. For instance, you behave differently with your parents than with close friends. It may not be drastic changes in habits. Usually, these are just minor amendments in behavioral patterns that suit the scenario. It mostly happens because they can't/don't open up about everything, even if it may be someone close to them. These types of people are not toxic. But gradually become, if this habit continues.

**Two-faced people are generally associated with 'Trust Issues.'**

Everyone was hiding their true self at least once in their lifetime for many personal reasons. Being two-faced is not always a red flag, but too much of anything is unhealthy.

## ACHIEVEMENTS

Ms. Prarthana Anand Jyoti of grade 6 became the 3<sup>rd</sup> topper globally for her stupendous performance in the Mathlathon 2022-23 a 'Global Math Challenge'. She was one of the top finishers and made it to the "Mathlathon Wall of Fame". She also received a Medal and Excellence certificate for this achievement. Prarthana proved her mettle in the Science Olympiad Foundation as well. She won several International Medals and added more feathers to her hat.



She has been awarded with Outstanding Performance Certificate and Gift Coupons worth INR 5000 Rs. and made it to the SOF HALL OF FAME! Prarthana also achieved All India Rank 8 at UIEO (Unified Council - Unified International English Olympiad). She was awarded a Cash Prize of Rs. 1000, a Medal, Certificate of Appreciation, and many books. She also received topper award at Green Olympiad (Conducted at school). Apart from accolades in her studies, Prarthana is also a Professional Keyboard player. She scored DISTINCTION in Trinity College London exam (Initial, Grade 1, Grade 2) and gave many concerts.

Competition	Medal	Rank
IMO (International Math Olympiad)	International Gold Medal	International Rank 1
IEO (International English Olympiad)	International Bronze Medal	International Rank 3
NCO (National Cyber Olympiad)	International Bronze Medal in	International Rank 3
ISSO (International Social Study Olympiad)	International Bronze Medal	International Rank 3
IGKO (General Knowledge)	Zonal Gold Medal	Zonal Rank 3
NSO (National Science Olympiad)	Zonal Medal of Distinction	

KEN EI MABUNI-SHITO-RYU KARATE SCHOOL OF INDIA			
39th All India karate championship -2023 Goa			
NEW HORIZON GURUKUL			
Names	STD & SECTION	KUMITE	KATA
1.Tanush Donthineni	9th-D	Silver	Bronze
2.Moughitha vinoth	3rd-I	Gold	Gold
3.Nichal Reddy	6th-A	Bronze	Bronze
4.Gayathri Reddy	8th-B	Bronze	Bronze
6.Gautham Krishna	-	-	-
6.M.Abhiram Reddy	9th-C	Bronze	Bronze
7.M.Kavin Krishnadev	4th-I	Silver	Bronze
8.Vaibhavi Suresh	10th-A	Gold	Bronze
9.Bhrithi.C	10th-A	Bronze	Silver
10.Charvi.C	5th-B	Gold	Gold
11.Ayushmann Behera	-	-	-
12.Aatmika	2nd- E	Gold	Silver



Our primus Gurukulites participated in an online dance competition – Heritage Art & Cultural Fest organized by Heritage Foundation of Art & Culture on 8<sup>th</sup> June 2023.

Participant's Name	Grade	Category	Rank
Vaiga Varma	7	Bharatnatyam- Senior	1
Hridaya Shekher Iyer	9	Bharatnatyam- Senior	17
Anvesha Jain	7	Kathak- Senior	3
Priyankshi Mahajan	8	Kathak- Senior	10
Vedanshi Mangaraj	3	Odissi- Special	5



## Art Corner



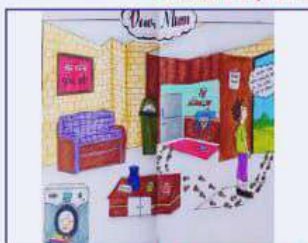
Parvati K D, VII F



Gurusree, VII F



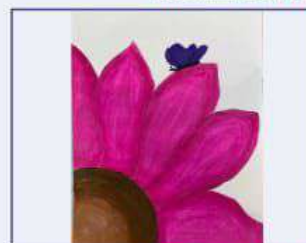
Darshini G S, V H



C V Jannani, VI B



Sragvi, V G



Aadya, VII C

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