

UDAAN GOLDEN TICKET WINNERS 2023



देवद्विजगुरुप्राज्ञपूजनं शौचमार्जवम् ।
 ब्रह्मचर्यमहिंसा च शारीरं तप उच्यते ॥

deva-dvija-guru-prājña- pūjanam śaucam ārjavam
 brahmacharyam ahimsā ca śārīram tapa ucyate

Bhagavad Gita - Chapter 17 text 4

The austerity of the body consists in this: worship of the Supreme Lord, the brāhmaeas, the spiritual master, and superiors like the father and mother. Cleanliness, simplicity, celibacy and nonviolence are also austerities of the body.



The "Udaan" Entrepreneurship Program, conducted on August 17th and 18th, 2023, was a resounding success, fostering creativity and entrepreneurial spirit among students. The event took place on the grand stage set up in the school quadrangle and served as a testament to the remarkable ingenuity and inventiveness of young minds. This program sought to identify and reward the most promising inventions and business ideas conceived by students. It was a two-day event filled with presentations, panel discussions, and intense competition, culminating in the award of golden tickets to the top seven participants and groups. After rigorous evaluation

and deliberation, the panel of judges awarded golden tickets to the following seven students/teams who demonstrated exceptional creativity, innovation, and entrepreneurial potential:



Lakshya Balaji, Dewanshi Agarwal, Chetan Munipalle, Madhav Sreenivasan Kusuma, T Sanjay, Kaushal Sambangi, B Adarsh, Abhiram, Sarang Praveen, Vinayak Nag, Vihaan Goel, Anay, Dhairya, Siddh, Sumed H and Achyut.

By awarding golden tickets to seven outstanding student groups, the program has taken a significant step in nurturing innovation and fostering entrepreneurship. We look forward to witnessing the growth and success of these talented individuals and their marvellous ideas, and the continued impact of Udaan in the years to come.

Shivani Shankar, 12 C

EDUCARE - rekindle the latent goodness

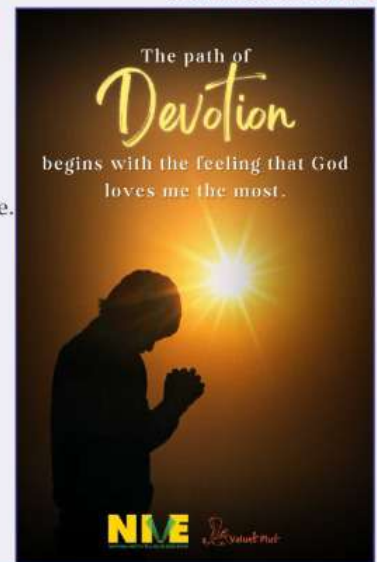


A mother camel and lay beside her baby, soaking up the sun when he asked her - "Mom, why do we have these big bumps on our back?" The mom stopped to think and said, "We live in the desert where there is not much water available. Our humps store water to help us survive long journeys." The baby camel followed up, asking, "Well, why do we have long legs with rounded feet?" His mother replied, "They help us walk through sandy deserts." The baby asked a third

question, "Why are my eyelashes so long?" The mother replied, "Your long eyelashes offer you protection from sand when it blows in the wind."

Finally, the baby said, "If we have all of these natural abilities given to us to walk through the desert, what's the use for camels in the Zoo?"

The skills and abilities that you possess won't be useful if you're not in the right environment.



A JOURNEY THROUGH THE VIBRANT TAPESTRY OF INDIAN CUISINE

Food and culture are inexplicably linked, with each influencing and shaping the other. Indian cuisine is a kaleidoscope of flavours, colours, and aromas that reflects the country's rich cultural heritage and diverse regional traditions. Each region of India boasts its unique culinary traditions, influenced by local ingredients, historical influences, and cultural practices. In the north, the cuisine is characterized by rich gravies, fragrant spices, and hearty dishes such as biryanis and kebabs. The South showcases a variety of rice-based dishes, tangy curries, and coconut-infused flavours. The coastal regions are known for their seafood delicacies, while the eastern states offer delectable sweets and desserts. Spices are at the heart of Indian cuisine, adding depth, complexity, and a burst of flavour to dishes. The art of using spices lies in achieving the perfect combination, known as "masala," which forms the foundation of many Indian dishes, creating a symphony of tastes that is distinctly Indian.



India has a long-standing tradition of vegetarianism, deeply rooted in cultural, religious, and philosophical beliefs. This has given rise to a vast array of vegetarian dishes that are both nutritious and flavorful. From the popular chana masala to the comforting dal and paneer tikka, Indian vegetarian cuisine showcases the versatility and creativity in crafting meatless meals. Food is an essential element of Indian culture and is intricately woven into festivals, weddings, and celebrations. For example, during the festival of Diwali, households are filled with the aroma of homemade sweets like gulab jamun and barfi. These delicacies are shared with loved ones, symbolizing joy, prosperity, and togetherness. Indian cuisine is a testament to the country's cultural richness, regional diversity, and culinary artistry. The multitude of flavours, spices, and techniques woven into Indian

dishes tell stories of tradition, heritage, and the love for good food. Whether you're savouring a creamy butter chicken or relishing a spicy masala dosa, Indian cuisine offers an adventure that will leave a lasting impression on your taste buds and ignite a deep appreciation for the cultural tapestry of flavours that India has to offer.

Vaishnavi Anil Kumar, 12 C

HABITS - THE COMPOUND INTEREST OF SELF-IMPROVEMENT



A lifestyle encompasses how we choose to live our lives, the habits we adopt, and the choices we make daily. Habits play fundamental roles in shaping our lives as they are the subconscious patterns that guide our actions, decisions, and behaviours. Whether beneficial or detrimental, habits can significantly impact our overall well-being and success. At their core, habits are a result of the brain's ability to create neural pathways that become increasingly automatic over time. Initially, a habit requires conscious effort and repetition, but as it becomes ingrained, it moves to the realm of the subconscious mind. This neural efficiency is what allows us to perform routine tasks effortlessly. To lead a healthy lifestyle means to reimagine the little things we do, i.e. habits. Making tiny, seemingly insignificant changes to our daily routine can lead to immense changes in our mindset, allowing us to lead a happy and fulfilling life. Mammoth tasks can be broken down into smaller, more manageable pieces that can be easily incorporated into daily routines. Habits are

integral to our daily lives, influencing our actions and shaping our future. By understanding the science behind habits and adopting a proactive approach, we can harness their power to create positive change in ourselves and those around us. Cultivating healthy habits leads to physical and mental well-being and contributes to personal growth and success in various fields of life. It is never too late to start making positive changes – one small habit at a time.

Sri Akshatha, 11 B

SEED BALL PREPARATION @ NHG

A seed ball, or seed bomb, is a seed wrapped in soil, usually a mixture of clay and compost, and then dried. Essentially, the seed is *pre-planted* and can be sown by depositing the seed ball anywhere suitable for the species, keeping the seeds safe until the proper germination window arises. With seed balls, you can propagate plants and trees from seeds without needing to open the soil with cultivation tools like a plough. Several NGOs have taken up this approach, including *Bhumi*. *Bhumi*'s main motto is to drive social change by fostering an environment where young adults and children learn, lead, and



thrive. They were inspired by Japanese farmer, philosopher, microbiologist and agriculturalist, Masanobu Fukuoka, who introduced the concept of seed balls.

New Horizon Gurukul, in association with *Bhumi*, organized a seed ball-making event where over sixty green ambassadors participated enthusiastically.

They were instructed to mix soil, fertilizer, manure, and water and make a ball-like structure with a neem seed inside. Once dried, the seed balls were sent to reforest barren lands. All the tasks were performed diligently, enlightening the green warriors on environmental changes. This event helped empower young minds to understand and embrace their role as agents of change for a better world.

Shruti Jiddu, 10 F

A Lonely Path

I see a lonely path ahead
Whose twigs and leaves and dirt I tread
The gentle winds that kiss my face
Wrap me up in an airy embrace

The dense thickets of trees at first
Now are faded and interspersed
The few old trees which now I see
Have but a leaf in entirety

As I sit beneath the bough
Of an old crooked weeping willow
Its frail twigs gently rip apart
These seams of mine which were stretched taut

Now I hear fresh droplets patter
Both overhead and on my shoulder
After a moment of reprieve
I stand back up with a lack of ease.

I trudge back through the sludge and mud
My cheeks from the stinging cold now flushed
I set foot upon the lonely path
Whose twigs, and leaves and mud I tread

Madhura Kulkarni, 10E

UNDERSTANDING INFLATION : A CLOSER LOOK AT RISING PRICES

Inflation is a term often mentioned in economic discussions and news headlines. But what exactly is inflation, and why does it matter? In simple terms, inflation refers to the sustained increase in the general price level of goods and services over time. Inflation affects the purchasing power of money, impacting individuals, businesses, and the overall economy. Inflation can have various causes, but one of the primary drivers is the imbalance between the supply and demand of goods and services. When demand exceeds supply, prices tend to rise. Factors such as increased consumer spending, government policies, changes in production costs, and fluctuations in exchange rates can all contribute to inflation. Additionally, external factors like natural disasters, political instability, or global economic trends can also influence inflation rates.

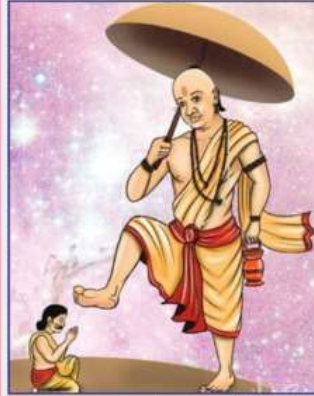


While moderate inflation can be a sign of a healthy economy, high or unpredictable inflation rates can lead to several consequences. Firstly, inflation erodes the purchasing power of money. As prices rise, the same amount of money buys fewer goods and services, impacting individuals' standard of living. Savings also suffer, as their value diminishes over time. Moreover, businesses face challenges in planning and investment decisions due to uncertain future prices. Inflation can also lead to social and economic inequalities, as certain groups are disproportionately affected by rising prices. Governments and central banks play a crucial role in managing inflation. They implement fiscal and monetary policies, such as adjusting interest rates or controlling the money supply, to influence inflation levels. By carefully balancing economic growth and price stability, authorities aim to maintain a moderate and predictable inflation rate. However, striking the right balance is a complex task that requires expertise and constant monitoring of economic indicators.

Deeptha Shree, 12 C

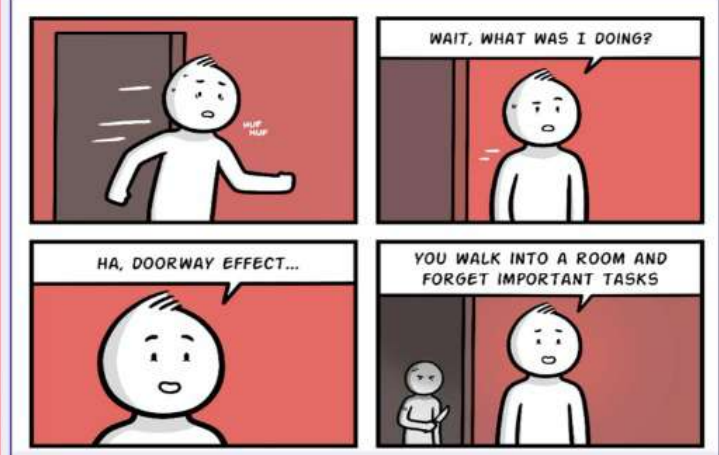
ONAM- EMBRACING THE FESTIVE GRANDEUR

Onam is a festival celebrated in the Indian state of Kerala with grandeur and joy. The festival revolves around the legend of King Mahabali, who was known for his just and fair rule. According to the Hindu mythology, King Mahabali was a virtuous ruler who had become so powerful that the gods grew jealous of him. To bring him down, the gods sent the fifth avatar of Lord Vishnu, Vamana, to Mahabali's kingdom. Vamana, disguised as a Brahmin dwarf, sought alms from the king. Mahabali, who was known for his benevolence, readily agreed to Vamana's request. However, Vamana soon revealed his true identity and asked Mahabali for a boon - three paces of land. Mahabali agreed, but to the surprise of Vamana, the king asked him to take the three paces on his head instead of on the ground.



Thus, Mahabali's devotion to his people led to his downfall, and he was banished to the underworld. However, considering his noble and just rule over his kingdom, Lord Vishnu granted him a boon that he would be allowed to visit his beloved subjects once a year, during the Onam festival. The origin story of Onam reflects the values of justice, fairness, and devotion to one's people. The festival signifies the return of King Mahabali, the epitome of a just and kind ruler. Onam is celebrated with much enthusiasm and fervor in the state of Kerala, demonstrating the deep-seated cultural and historical significance that it holds in the hearts of the people.

THE DOORWAY EFFECT



If I had a dollar for every time I walked into my living room or kitchen and completely forgot what I was going to do or get, I'd be rich. It turns out, there's a name for this phenomenon: *the doorway effect*. Research from the University of Notre Dame published in 2011 shows that memory is affected when passing through a doorway. What causes the doorway effect?

We experience the world as a continuous flow of information and our minds break up our experiences into smaller, meaningful events referred to as mental event models, which tend to be functional rather than complete or accurate representations of reality. These event models are situated within certain boundaries known as event boundaries.

As we cross an event boundary, which may be a doorway, our mind clears the slate, preventing us from thinking about and attending to things that are not relevant to the current situation. Our working memory, which refers to the small amount of information that our mind holds, is used in the execution of cognitive tasks. It optimizes and keeps the information accessible until the situation changes and then rids that information in favour of new information. Walking through a doorway is a change in the situation. Hence, the thing on our mind, such as fetching a cup of coffee, is forgotten.

Vignesh Sriram, 11 C

Value Puzzle

S S I S I S I

Clue:
You need strong and broad shoulders to carry this!

ACHIEVEMENTS



It is said that, "Of all the languages, God's own language- Sanskrit is the most divine and lyrical language". On August 19, 2023, 'PRERANA'- Sanskrit Competition was organised by Vidyaniketan Public School to emphasise on recovering language's potency. Our Sanskrit students participated in a drama competition and won **2nd place**. Akhil from VII B won consolation prize for Sanskrit Mono Act. Congratulations to all the winners.



"In mime, silence speaks volumes". Our Gurukulites from grades IX & X got an opportunity to participate in a Mime competition (Hindi) in **Invictus 2023- an Inter-school fest** on August 24, organised by Delhi Public School, Bangalore East. The talented bunch of students performed a great act and grabbed **2nd position** in the competition. They were awarded certificates and **silver medals**. Kudos to all our budding mime artists (Rohan, Niyathi, Aishwarya, Nitya, Swaraa, Shubham, Shrishti, Pratyusha, Ayush, Priyal from grade IX and Priyanshi, Shruti, Rashmika, Samiha, Sumedha from grade X) and their mentors.



'GaanaSiri', an online international level music competition organised by Veenadhari Institute of Music & Fine Arts invited participants across the globe to participate in various competitions. Our alluring melodist Vaishnavi from grade XI received a Silver Certificate in Devotional and Carnatic categories. She also received a Multitalented certificate. In the Bhajan category, our girls received certificates of merit.



An Inter-school dance competition 'Tarang' was hosted by Vydehi School of Excellence on 1st September 2023. We are proud to announce that our team of phenomenal dancers participated in the competition with their best foot forward and won some fabulous prizes- **1st prize** in Classical fusion dance competition – Taal Milan, **3rd prize** in Western dance and **3rd prize** in folk dance competition. We heartily congratulate the team of dancers and their mentors.

Art Corner



Apeksha, 6 C



Atishaya 7F



Benni 4H



Dhriti 8C



Hansini M 7E



Keyura 8 F



Laasya 8F



Prakriti 7F

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