



श्रद्धावाँल्लभते ज्ञानं तत्परः संयतेन्द्रियः ।
ज्ञानं लब्ध्वा परं शान्तिमचिरेणाधिगच्छति ॥

śhraddhāvānllabhate jñānam tat-parah sanyatendriyah
jñānam labdhvā param śhāntim achirenādhigachchhati
Bhagavad Gita - Chapter 4 text 39

A faithful man who is dedicated to transcendental knowledge and who subdues his senses is eligible to achieve such knowledge, and having achieved it he quickly attains the supreme spiritual peace.

NI E

DEEPOSAV AT NHG

One of the most notably known and celebrated Indian festivals, Diwali or Deepavali marks the spiritual triumph of good over evil, knowledge over ignorance and truth over deceit. The widely anticipated 'Deepotsav' event was celebrated at our school with immense grandeur and did not fail to capture the radiant and joyous atmosphere of the occasion. Clad in traditional attire, the students and faculty alike experienced *the Festival of Lights* with cosmic enthusiasm. The teachers welcomed us with tilak and warm greetings at the front gate. The school was lustrously adorned with lights and diyas, and the presence of the children made it even more euphoric.



From the mouth-watering food to the graceful dances, the event was simply a grand success! The students lit diyas, sang along to classic tunes and danced exuberantly to modern beats played by the very talented band. The food ranging from chats to noodles, desserts, and juices, all enjoyed in the aura of pure rapture. This day will forever be engraved in our memories years down the line. Like all great things come to an end, this night had a climactic finish with a starry display of fireworks which took over both the sky and our hearts.

Saveri PS, 10 B

EDUCARE - rekindle your latent goodness

THE TALE OF THE PENCIL

A boy named Raj was upset because he had done poorly on his English test. He was sitting in his room when his grandmother came and comforted him. His grandmother sat beside him and gave him a pencil. Raj looked at his grandma puzzled, and said he didn't deserve a pencil after his performance on the test.

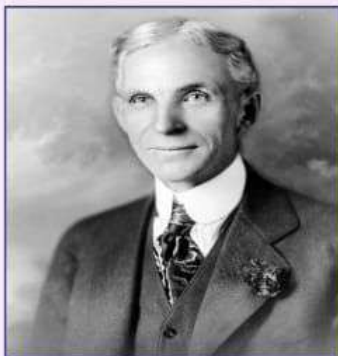


His grandma explained, "You can learn many things from this pencil because it is just like you. It experiences a painful sharpening, just the way you have experienced the pain of not doing well on your test. However, it will help you be a better student. Just as all the good that comes from the pencil is from within itself, you will also find the strength to overcome this hurdle. And finally, just as this pencil will make its mark on any surface, you too shall leave your mark on anything you choose to." Raj was immediately consoled and promised himself that he would do better.

In times of struggle, find inspiration in the lessons of resilience and growth, for just as a sharpened pencil overcomes pain to create, so too can we overcome challenges to leave our mark on the world.

HENRY FORD - A TALE OF SUCCESS

"Failure is merely the opportunity to begin again, this time more intelligently,"-Henry Ford



Henry Ford was born on July 30, 1863, in Michigan. At the age of 12, he built his own small machine shop and spent much of his time experimenting with machines. When he was just 15, he successfully built his first steam engine. In July 1891, Henry joined as an engineer at the Edison Illuminating Company of Detroit, where he also developed a deep friendship with Thomas Edison.

Henry Ford's automobile manufacturing journey began in the winter of 1893 when he built a modest one-cylinder gasoline model on a wooden table in the kitchen of the Ford house. The first Ford engine flickered to life. The Quadricycle, Ford's first automobile, was built in June 1896. In 1899, he created the Detroit Automobile Company, which became bankrupt within 18 months of its inception.

At first, things didn't go as well as he had hoped. There were a lot of costs included-costs for equipment, workers, and many other things. Because he was experiencing financial hardship, Ford had to leave the company. He tried again and established what is today known as the Ford Motor Company in 1903. He also revolutionized the automobile business by introducing the then-unheard-of *assembly line* for his vehicle manufacture. The great thing about the Ford company is that it did whatever it could to make cars somewhat affordable for the majority of the population. The company remains popular to this day, and despite his passing decades ago, Ford's legacy continues to set an example in the industry.



Nichelle, 12 B

BREAKING BOUNDARIES: REVOLUTIONIZING ENERGY PRODUCTION THROUGH NUCLEAR FUSION"

Nuclear fusion is the reaction that forms one heavier atom from two lighter ones, which releases enormous amounts of energy. The most common fusion reaction is deuterium (D) plus tritium (T) to form Helium (He) and a neutron.

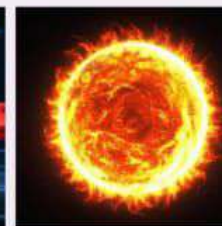
$D + T \rightarrow He + n + Energy$ Thermonuclear weapons, AKA Hydrogen or "H-bombs," utilize atomic fission and nuclear fusion to create an explosion. The combined effect of these two processes releases massive amounts of energy, hundreds to thousands of times more powerful than an atomic bomb. Development of the hydrogen bomb dates to the 1940s during The Manhattan Project. Stanislaw Ulam partnered with Teller to design the first hydrogen bomb. In 1951, their design was deemed acceptable for testing. The blast unleashed was about 700 times deadlier than the bomb the United States dropped on Hiroshima in 1945.

Does the sun undergo Nuclear Fusion?

Yes, every star in the universe is alive due to nuclear fusion. In our sun, nuclei need to collide with each other at extremely high temperatures. Around 600 million tons of hydrogen are converted into Helium every second. Nuclear fusion has several potential advantages, including reduced radioactive waste and a nearly limitless fuel supply. Fusion could generate four times more energy per kilogram of fuel than fission (used in nuclear power plants) and almost four million times more energy than burning oil or coal. The current bet for fusion reactors is deuterium-tritium fuel.



Achieving controlled nuclear fusion on Earth, where the reaction is sustained and controlled for practical energy production, is a significant scientific and engineering challenge. Uncontrolled fusion occurs in hydrogen bombs. Researchers and engineers around the globe continue to work on making controlled fusion a practical and economically viable energy source.



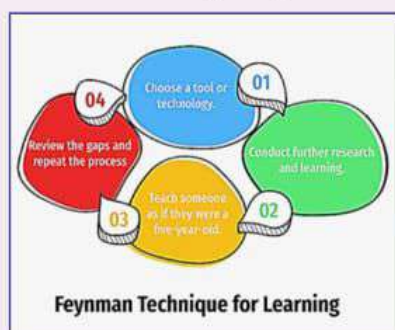
Shreyas and Krishna, 8 D

TECHNIQUES TO ACHIEVE EDUCATIONAL SUCCESS

For reaching the common goal of educational success, understanding and implementing study techniques is essential. Using the right strategies to approach a subject can make all the difference in understanding, recalling and retention. Let's explore a few techniques that can facilitate the learning process.

BLURTING TECHNIQUE

Blurting involves quickly reading through a topic and writing down whatever you can recollect. After writing down the points, go back and check the points you missed. The process repeats till you get all the points noted.



FEYNMAN TECHNIQUE:

The main idea behind the technique is to take something that's hard to understand and clarify it in your mind by explaining it as if you were talking to a child. In doing this, the learner is compelled to simplify the ideas in their mind and use clear and concise language.

MIND MAPS:

This technique enables students to link newly learned topics with their prior knowledge. It helps organise and plan the topics by visually organising information into a hierarchy. The main topic is present in the centre, the subtopics then branch out, followed by the sub-sub-topics. It is preferred that all the topics are colour-coded which will help create differentiation and make understanding easier.

Gautami Rajhans, grade 12 B

Unleashing the Power of Psychology Hacks: Elevate Your Everyday Life



Psychology isn't just about analysing dreams or decoding cryptic inkblots. It's a treasure trove of everyday superpowers waiting to be unleashed.

Mirror, Mirror on the Wall - The Power of Mirroring

Imagine instantly connecting with people, even strangers! Mirroring is a subtle yet powerful trick derived from social psychology. It involves subtly imitating the body language, speech patterns, and gestures of the person you're interacting with. This subconscious mimicry creates an unspoken bond, making conversations smoother and more engaging.

The Curious Case of "Bystander Effect"

Ever wondered why people sometimes hesitate to help in emergencies? Enter the "bystander effect." This psychological phenomenon suggests that the presence of others can inhibit individual intervention. The more people present, the less likely any one person is to step up. To break this cycle, take charge! In a crowded situation, assign specific tasks to individuals, creating a clear call to action.

The Pomodoro Technique: Mastering Productivity

The Pomodoro Technique is a time-management method that involves setting a timer for 25 minutes and working on a task with unwavering concentration. Once the timer rings, take a short break. This cycle is repeated, with longer breaks after every four intervals. By breaking tasks into manageable chunks, you not only enhance productivity but also reduce mental fatigue.

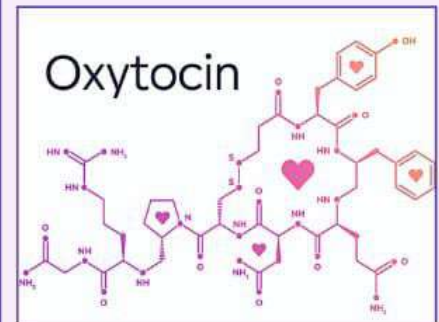
Active Listening: Enhancing Communication

Active listening is a powerful psychological hack that involves fully engaging with the speaker. Avoid distractions, maintain eye contact, and provide feedback to show you're fully present. This not only fosters deeper connections but also ensures that information is absorbed accurately. Psychology is packed with entertaining and practical insights that can enhance your daily experiences. Discover memory-boosting techniques and social interaction hacks. Embrace these fun psychological hacks, and watch your everyday experiences transform into extraordinary adventures!

Nandini Soni, 12 B

"Embrace, Connect, Thrive: The Essence of Oxytocin"

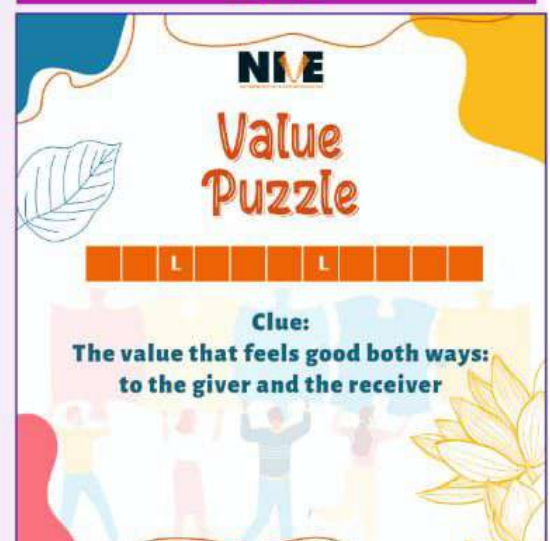
Love is a powerful, complex emotional experience involving changes in your body chemistry, including neurotransmitters (brain chemicals). It impacts your social relationships in varied ways, affecting how you relate to others around you. There are many types — like the love you share with your partner, family, and friends — and each version you feel is unique. It can fill you with emotions ranging from joy to heartbreak. Attachment is a component of love.



Strong attachment bonds set mammals apart from many other types of animals, though other groups — including fish and birds — also form strong social connections to help them survive. According to licensed psychologist Dr. Rachel Needle, specific chemical substances such as oxytocin, phenethylamine, and dopamine, have been found to play a role in human experiences and behaviors associated with love. They function similarly to amphetamine, making us alert, and excited. Ultimately, the psychology of love doesn't change just because we're in a new era. With some creative ways of expression, you can ensure your relationship is as strong as ever — no matter where you are. Have fun in your relationships, remember to be the companion you seek, and live a life filled with happiness and prosperity.

Dhaya Sachin, 8D

PUZZLE



ACHIEVEMENTS



In a dazzling display of talent, Hriyank Menon, a Class 11-A prodigy, clinched the Gold in the U17 56 kg category at the Bangalore Boxing Championship, organised by the Karnataka Boxing Association. Beyond the physical rigor, Hriyank's victory embodies the spirit of boxing—a fusion of skill, determination, and an unwavering internal fire. Hriyank Menon's triumph is more than a personal victory; it symbolizes the indomitable spirit of young athletes on the rise. New Horizon Gurukul is extremely proud of his achievement.



Shaivi Pinalkumar Dave, a standout student of Class IX F, showcased her exceptional talent in Artistic Gymnastics at the CBSE National Games 2023-24, a prestigious event organized by CBSE India. The competition, held in Ahmednagar, Maharashtra, attracted over 1400 gymnasts nationwide. In the fiercely contested Under 17 category, Shaivi distinguished herself by securing a Bronze medal in the challenging Uneven Bars event. Facing stiff competition with more than 150 gymnasts vying for just three medals, Shaivi's performance truly stood out.

Adding to her list of accolades, Shaivi participated in the Dasara Sports and CM CUP 2023, a significant highlight of Karnataka's renowned 10-day celebration known as Dasara or 'NadaHabba.' Competing in the Open category for Artistic Gymnastics, Shaivi left an indelible mark on the event. Her outstanding contributions during the celebration included a Gold medal in the Team Event, as well as Silver medals in the All Around, Uneven Bars, Floor Exercise, and Trampoline disciplines.

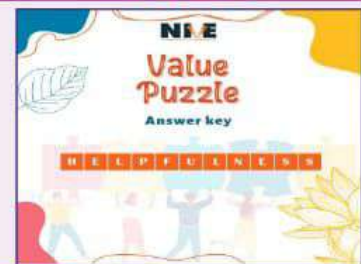
As a talented young female athlete, Shaivi's success is a source of immense pride and appreciation, breaking barriers and inspiring others in the world of sports. The Gurukul family is proud of you



In a resounding display of skill and determination, Arya Shukla, a talented individual hailing from Class 9E, has etched her name in the records of the 11th Karnataka State Shooting Championship 2023. Arya's expertise in the 10m Air Rifle Women event has resulted in a splendid achievement—a Bronze team medal in the esteemed senior category.

The world of shooting demands unwavering discipline, unyielding focus, and pinpoint precision, qualities that Arya has demonstrated with finesse. We await the unfolding chapters of Arya's journey in the shooting arena, confident that she will continue to scale new heights. Congratulations once again to Arya Shukla.

PUZZLE



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