

YOUTH SEVA BY GURUKULITES 2024



न कर्मणामनारम्भात्कर्म्यं पुरुषोऽश्नुते ।
न च सन्न्यसनादेव सिद्धिं समधिगच्छति ॥

na karmaṇām anārambhān nāiskarmyam puruṣo 'śnute
na ca sannyaśanād eva siddhīm samadhigacchati

Bhagavad Gita - Chapter 3 text 4

Not by merely abstaining from work can one
achieve freedom from reaction, nor by
renunciation alone can one attain perfection.

NIVE

As a tenth-grade student, I recently participated in Youth Seva organized by our school, aimed at engaging with government school students as part of NIVE. The day was filled with an overwhelming sense of joy and connection. Our school had carefully planned activities to ensure a meaningful experience.

We formed groups based on our interests and prepared interactive activities days before the trip. We were greeted with warmth and enthusiasm by the staff and students of Varthur Government School. Spending a full day with them, we immersed ourselves in activities like shloka chanting, value-based storytelling, arts and crafts, and outdoor sports. The joy on everyone's faces was infectious.

Walking into the government school, I couldn't help but reflect on my own privileges. The contrast between our well-equipped classrooms and their more modest setting was stark. Yet, the enthusiasm and eagerness to learn from the students there were truly humbling. It made me realize how much I take for granted—the availability of resources, the conducive learning environment, and the constant support from teachers.



As we quickly moved from silent introductions to non-stop laughter and conversation, I felt a profound sense of gratitude. It was incredible to see how, despite our different backgrounds and languages, we shared so much in common. This trip was a powerful reminder of the value of education and the importance of empathy, cultural exchange, and mutual respect. It touched my heart deeply and reinforced my commitment to making the most of the opportunities I have. It was an experience that I will always cherish and carry with me as a reminder to appreciate and give back.

PRIYAL GEHLAUT, XI

EDUCARE - Rekindle Your Latent Goodness



A marine biologist put a shark into a big tank at the time of a research experiment. Followed by that, he released some tiny bait fishes into it. As expected, the shark didn't wait to attack those fishes and ate them. Later, a clear fiberglass was inserted into the tank which partitioned the tank into two and the shark remained in one side. A similar set of bait fish was sent to the other side of the tank like before. And the shark attempted to attack those fishes but failed by hitting on the fiberglass. The shark attempted for several days until it gave up. Later, the biologist removed the glass from the tank but the shark didn't try to attack the small fishes.

The shark always continues to see a false barrier in the tank and stopped his attempts. It is quite common for many people to give up after many setbacks and failures. Keep trying always and to never give up despite multiple failures.

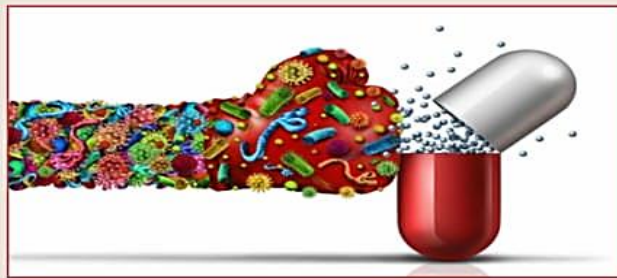
MICROSCOPIC PROBLEMS ON A LARGE SCALE: ANTIBIOTIC RESISTANCE

Antibiotic resistance is bacteria's ability to withstand antibiotic effects. It is a major health concern as diseases spread, and various new illnesses transpire. This phenomenon occurs when bacteria mutate or acquire resistance genes, which render standard treatments ineffective and lead to persistent, dreadful infections.

The widespread and indiscriminate use of antibiotics has accelerated the development of resistant bacteria. When antibiotics are overused or misused—for instance, by not completing a prescribed course, they kill vulnerable bacteria while other resistant strains thrive and multiply. These resistant bacteria can spread between people, complicating efforts to control infectious diseases. One of the most concerning aspects of antibiotic resistance is the emergence of "superbugs," i.e. bacteria resistant to multiple antibiotics. These superbugs can cause severe infections that are difficult, if not impossible, to treat with existing medications and drugs. Infections caused by resistant bacteria result in longer hospital stays, higher medical costs, and increased mortality. Addressing antibiotic resistance requires a composite approach. This includes the development of new antibiotics and alternative therapies, improved diagnostic tools, and public health policies to regulate antibiotic usage.

To conclude, antibiotic resistance is a critical issue that threatens global health. By understanding the causes and implementing comprehensive strategies, we can mitigate its impact and safeguard the effectiveness of antibiotics for future generations.

Shibani Sahoo, X D



DEBATING DIPLOMACY: MY GMUN JOURNEY

Participating in Gurukul's Model United Nations (GMUN) was an incredible platform for developing my debating, public speaking, and diplomatic skills. As a delegate in the United Nations Security Council (UNSC), I had the responsibility of representing a country and engaging in discussions on various global issues. This first experience was remarkable, allowing me to hear the different perspectives of the delegates, each proposing unique solutions to the agenda. The interaction with people of different ages was enlightening and helped me know their point of view and work towards building a consensus. Making spontaneous speeches and answering questions also enhances confidence and critical thinking skills. I realized that MUN is not just about delivering prepared speeches, it is about thinking on your feet, analysing speeches of other delegates, and proving your point convincingly. Representing an actual country in a simulated UN setting and debating global issues was thrilling. It made me think from my country's perspective and make decisions based on its policies. In conclusion, I am incredibly grateful for the opportunity to participate in GMUN. It was a transformative experience and I eagerly look forward to future events.



Aadya Manche, 9F

VOICE OF THE MIND

The connection of words like pearls on a chain,
blooms from the mind, for a poem so divine.

The touch of a dream, a condensed thought,
or the colors of imagination can shape the poetic
sought;

In a world full of thoughts that surge so swift,
poems are your fix unveiling a literary gift;

Let's cherish each verse, each line we weave,
for in the beauty of poetry, serenity we achieve!

Tejaswi Jena, X F

CHEMICAL CROSSWORD CHALLENGE

Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions.

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F E F O R R E C R E A T I O N
A R W H H I K I N G N A G T M
M O A E U P H O R I A V N L S
I H A I L T H E O P Y L I I I
L S T O U M G J H F B O M B N
Y A R R E S N C I A U D M E O
I E L L U O H R A O R N I R I
R S B C C O E O G M A A W T T
L M A N I W F N L N P B S Y I
E D O R O N I L T I I I F E L
I F F R R T C H E E D D N O O
M F K A A I U I L J F A K G B
L S C O M M X J P Q L H Y Q A
D J B Y P E G A R F F U S M Y
J M H M E D A R A P V G M N M
  
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By Jimmy and Evelyn Johnson - www.qets.com

Abolitionism	Euphoria	Parade
Anthem	Family	Picnic
Band	Fireworks	Recreation
Boating	Fourth	Ruby
Camping	Hiking	Seashore
Conjoint	Holiday	Suffrage
Emblem	Liberty	Swimming

BOREDOM

"Boredom always precedes the period of creativity- Robert M Pirsig



You all might have heard the word BOREDOM. Did you know that **boredom is an emotion**, yes it is! We can define it as times where you are not able to engage meaningfully in any activity. Looks like we all experience it daily!

Boredom is a psychological condition that reflects a real-life situation in which we are not engaged by the activity we are performing or by the environment that surrounds us. When we feel bored, time usually passes slowly and we have a hard time staying focused. According to the scientific literature, boredom is not a rare phenomenon. For instance, one research shows that up to 90 percent of students can feel bored once a day. Another study reported that 63 percent of adults can experience boredom at least once over a period of 10 days. **So, what all do we do when we are bored:** aimlessly walking in the house (to be more precise *kitchen* or *fridge* as we always look out to munch on something), endlessly scrolling through your social media apps, often changing the TV channel, and mostly thinking *what to do!* We mostly consider

boredom as unimportant, but if we think it through, the experience is due to *lack of meaning* in the current situation. There are certain scientific observations associated with the feeling of boredom. These include: **Unpleasant feelings** (irritation, agitation, itchy feeling), **Cognitive changes** (lack of interest, low concentration, hours feel longer than usual), **Psychological changes** (fatigue, tiredness, droopy eyes, slouchy back) and **Behavioral changes** (either motivated to change the current activity or leave the activity). **The effects of boredom** can be measured on our Personal and Professional lives. While personally boredom affects us by reducing our social interaction and being a threat to our physical and mental health. At the same time affecting the professional life by lack of interest in work and reduced productivity. So, as said by Pirsig, Boredom always precedes Curiosity. Let us look into how we can tackle Boredom!! There is a whole wide world out there that you need to explore. To start with-

Look out for your interesting incomplete ideas that you wanted to do for a very long time!

Go out to a cafe and enjoy the ambience, the vibe, and colorful things and people around you!

Reach out to your friends to hangout for some fun activities.

Look out for learning something new! could be a specific skill set, musical instrument, language.

There are many many more ways like it's mentioned above, so make sure that you allow yourself to be bored to explore interesting things you can do to revive yourself when you are extremely bored, that will keep you going and help you stay mentally fit.

TRIUMPH OF UPHAAR 2024

UPHAAR: A Triumph of Compassion and Community Service

We are overwhelmed with pride as we witness the culmination of our efforts to instill the spirit of social service in our students. The success of our meticulously organized event, UPHAAR, held in January 2024, is a testament to this achievement. At New Horizon Gurukul, we strive to make meaningful contributions to society, and UPHAAR was designed to instill the values of generosity and community responsibility in our students. The event's proceeds were graciously donated to various non-governmental organizations across the city.

UPHAAR was entirely student-driven, from selecting the NGOs and sourcing resources to preparing food, managing stalls, and raising funds. Among the diverse array of food and game stalls, the Fryzest Café, run by our 7th and 8th graders, stood out with its delightful garlic breads, generating an impressive return of Rs.104,340. The students



Our students' heartfelt gesture left a lasting impact, prompting the organization to invite our team to inaugurate the newly constructed washrooms on June 2, 2024. The government school leadership expressed immense gratitude for our students' contributions and presence. The students and the coordinating teacher were honoured with shawls and flowers, filling our Gurukulities with waves of joy and blessings for being part of such a noble cause.

Team: Learning Centre

PUZZLE

VALUE PUZZLE

F O R D D E S

HINT: TREATING PEOPLE WITHOUT PREJUDICE.

NIVE

chose to donate this amount to the RK Foundation, which supports rural schools by providing essential resources. The donated funds were used to construct washrooms for students at a government school in Madur, Kunigal.

NIVE

Value's Plus
Shaping the education you

"RESPECT IS THE FOUNDATION
OF ALL MEANINGFUL CONNECTIONS."



ACHIEVEMENTS



Hriyank Menon of grade XII, clinched the gold medal at the Bangalore Boxing Championship and also secured a bronze at the Karnataka State Championship 2023-24, organized by the Karnataka Amateur Boxing Association (R) under the auspices of the Boxing Federation of India. Additionally, he proudly represented New Horizon Gurukul at the CBSE Games 2023-24, sanctioned by the Ministry of Youth Affairs and Sports, Government of India, held at MDN Future School, Nagpur, advancing to the quarter-finals. Throughout his vacation, Hriyank dedicated himself to training at the Spartan Boxing Club, Dubai, where he had the privilege of sparring with and learning from UAE National team champions during international competitions, enriching his experience in the sport.



Prarthana Anand Jyoti of grade VII, has been honoured as India's top science genius, ranking 1st among the nation's Top 15 Science Geniuses. She was awarded a prestigious scholarship of Rs. 27,500 from the Vikram Sarabhai Science Foundation, recognizing her exceptional talent and dedication to scientific excellence. She completed a transformative four-day internship at DRDO, Bengaluru, from 14th to 17th June 2024, where she was mentored by some of India's brightest scientific minds. This marked her second sponsored internship at ISRO following her qualification in SPOT. Her hands-on sessions in aerospace modelling and visits to ISRO's Telemetry, Tracking, and Command Centre have sparked her scientific curiosity and provided invaluable career guidance in the realm of Space R&D.



Purvi Ranjolkar, a student of grade VII C, has entered Guinness World Record for participating in "Most People Sanitizing Their Hands Simultaneously At A Single Venue," sponsored by BGS Glen Eagles Hospital. Purvi and two of her friends sang a song to commemorate this achievement.

Neev Sarkar of Grade 7 successfully completed the Indiahikes Himalayan Summer Camp 2024. Throughout this challenging 9-day programme. Neev's successful completion of the Kedarkantha trek, reaching an impressive altitude of 12,500 feet, stands as a testament to his hard work, commitment, and achievement.

Art Corner



Dhriti 9C



Dikshita ,5D



Garima,7C



Vaishnavi,5D

PUZZLE



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