



जितात्मनः प्रशान्तस्य परमात्मा समाहितः ।
 शीतोष्णसुखदुःखेषु तथा मानापमानयोः ॥

**jītaṭmanah praśāntasya paramātmā samāhitah
 śītoṣṇa-sukha-duḥkheṣu tathā mānāpamānayoḥ**

Bhagavad Gīta - Chapter 6 text 7

For one who has conquered the mind, the Supersoul is already reached, for he has attained tranquillity. To such a man happiness and distress, heat and cold, honor and dishonor are all the same.

**GYANMELA 2024:
 INDIA'S FUTURE ON DISPLAY**

What's your vision for India's future? A country driven by innovation, steeped in cultural heritage, and united in its diversity? Gyanmela 2024, themed "Viksit Bharat", brought this dream to life in a dazzling celebration of knowledge, creativity, and progress. The dynamic educational fair wasn't just a visual feast; it was an immersive experience, seamlessly blending science, technology, commerce, trade, and the arts to illuminate India's developmental journey and its aspirations for a unified, prosperous future. Imagine a bustling hub of ideas: meticulously crafted working models demonstrated

advancements in sustainable development, the burgeoning digital economy, cutting-edge medicine, and the complexities of global trade. Exhibits explored crucial national initiatives, highlighting our commitment to environmental stewardship, from wildlife conservation and responsible forestry to the delicate balance of marine ecosystems and sustainable urban planning.



**ADMISSION NOTICE
 SESSION 2025 - 26**

Parents seeking admission for DAY CARE, PLAYGROUP, NURSERY, LKG & UKG are requested to register online from 16th September 2024

Parents seeking admission for GRADE 1 & above are requested to register online from 6th November 2024

For details : +91 99000 87732
 admissions@nhgpschool.in
 www.nhgpschool.in
 Bhoganshalli Main Road, Bellandur

For details : +91 96633 97146
 admissions@newhorzongurukul.in
 www.newhorzongurukul.in
 Bellandur Post, Behind New Horizon College of Engineering, Near Marathahalli



Scan for Registration



Filled in registration forms to be submitted online on our website or at school reception along with

1. The latest passport size photograph (size less than 100KB in JPEG or PNG format)
2. Scanned copy of Birth Certificate & Aadhaar Card of the child (PDF format less than 1 MB)

Note:

- Registration fee is Rs. 1000/-
- Concession available for parents serving in Armed Forces.
- We give priority to siblings and Alumni of New Horizon Educational Institutions (NHEI).
- Admission details will be intimated through E-Mail and phone call.

AGE CRITERIA (as on 1st of June 2025):

- PLAYGROUP - 2 years
- NURSERY - 3 years
- LKG - 4 years
- UKG - 5 years
- 1st STANDARD - 6 years

*for other grades the corresponding age will be taken into consideration.



Gyanmela extended beyond STEM fields, offering captivating presentations that explored futuristic perspectives on India's rich cultural heritage. From the timeless wisdom of yoga and the expressive power of art and music to the importance of value education and physical well-being, these presentations showcased the holistic vision of a developed India. Adding a vibrant dimension, cultural performances brought India's diverse tapestry to life. Traditional dances pulsed with energy, captivating skits told compelling stories, and engaging plays resonated with themes of unity and progress. As the curtains closed, one thing was clear: Gyanmela 2024 wasn't merely an exhibition; it was a powerful experience that sparked collaboration and fueled the imagination of participants and visitors alike in the journey toward a Viksit Bharat!

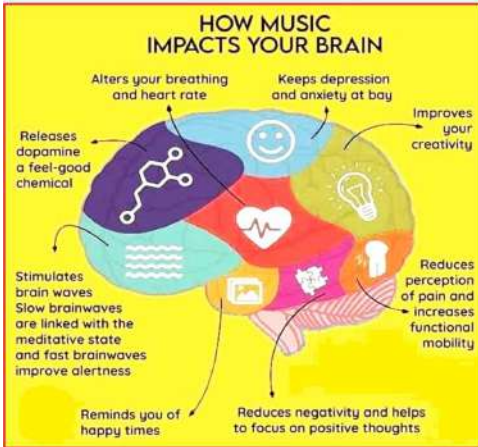
EDUCARE - Rekindle Your Latent Goodness

Turn Uncertainty into Opportunity



"I don't know." Three simple words, yet they hold the key to unlocking a world of learning. Imagine a young artist, staring at a blank canvas. Uncertainty looms – what to paint, how to begin? But instead of fear, they embrace the unknown. They experiment with colors, try different strokes, and allow the painting to evolve organically. The result? A masterpiece born from uncertainty. Life, like that canvas, is full of unknowns. Exams, future careers, even everyday decisions can feel daunting. But as students, embracing this uncertainty is crucial. It's okay not to have all the answers. In fact, it's the starting point for growth. It's in the questions we ask, the explorations we undertake, that true learning happens. So, embrace the "I don't know," let curiosity be your guide, and paint your own unique masterpiece, one uncertain brushstroke at a time.

MELODIES THAT HEAL



Imagine a world without music—silent and devoid of the emotions, connections, and rhythm that define our lives. Music is an integral part of our existence, enriching celebrations, comforting us with lullabies, and connecting us to nature's melodies. Beyond its aesthetic appeal, music profoundly impacts the brain, influencing emotions, memory, learning, cognitive functions, and social connections. It triggers dopamine release, lifting our mood, evokes memories tied to melodies, and enhances learning, focus, and creativity. Music therapy aids neurological disorders, while playing or listening to music improves motor skills and brain plasticity. It reduces stress by lowering cortisol levels and fosters social bonds through shared experiences like singing or dancing. Music is more than art—it's a vital force that shapes our emotional and mental well-being, making life more joyful and meaningful. Let's embrace it daily to improve our quality of life.

Rageshwari Dehariya
(Music Teacher)

INDIA 2025: SHAPING THE FUTURE, LEADING THE WORLD

The year 2025 is here and India is on the brink of several groundbreaking milestones that will shape its future and strengthen its position on the global stage. One of the most exciting developments will be Gaganyaan, India's first human space mission, making India only the fourth country to send astronauts into space. This ambitious project, led by the Indian Space Research Organisation (ISRO), will not only demonstrate India's technological prowess but also boost its reputation in space exploration.

On the infrastructure front, India's bullet train project, specifically the Mumbai-Ahmedabad corridor, is expected to be fully operational by 2025. This high-speed rail will dramatically reduce travel times, transforming intercity travel and making India's transportation system more efficient. In parallel, the Bharatmala Pariyojana, a massive road network project, will connect remote rural areas to urban centers, facilitating smoother trade and boosting economic development.



Economically, India aims to become a \$5 trillion economy by 2025, with a focus on green energy and technological advancements. The National Hydrogen Mission, which promotes the use of green hydrogen, will establish India as a leader in renewable energy and sustainability. Moreover, India's digital transformation will accelerate, with 5G networks rolling out nationwide, enhancing connectivity and enabling advancements in sectors like healthcare, education, and manufacturing.

Culturally and socially, India will see a rise in global influence, particularly through its rapidly growing tech industry, vibrant entertainment sector, and increasing prominence in international forums. 2025 is shaping up to be a year of transformation and remarkable achievements for India!

Adarsh Balaji, 10D

POEM

THE JOURNEY OF CURIOSITY

*In seventh grade, the world feels wide,
A path of questions, a thrilling ride.
History whispers, science gleams,
Math unlocks the wildest dreams.*

*Books unfold with stories untold,
Art paints wonders, bold and gold.
Each lesson learned, a step we take,
Building a future we'll someday make.*

Sahasra, VII B

WORD WHEEL PUZZLE 1

HOW MANY WORDS CAN YOU MAKE WITH THESE LETTERS?
ALL WORDS MUST CONTAIN THE LETTER IN THE CENTRE CIRCLE

VALUE PUZZLE

A O N B I I

HINT: YOU BETTER OWN IT.

THE POWER OF BLUE: WHY THIS HUE WORKS WONDERS FOR YOUR MIND?

01. OFFICE ATTIRE
Opt for navy blue blazers, dress shirts, and trousers to convey professionalism and trustworthiness in business settings.



02. ACTIVE WEAR
Choose blue workout clothes to benefit from their calming effects during exercise, helping to maintain focus and reduce anxiety.



03. CASUAL WEAR
Integrate light blue t-shirts, jeans, and accessories for a relaxed yet focused look on casual days.



LAYERING
Mix different shades of blue with neutral colours like white, grey, or beige to create a balanced and stylish outfit.

04.



Psychologists reveal that wearing blue fosters tranquillity, trust, and creativity. Known for its calming effect on the nervous system, blue influences emotions and interactions, making it more than a mere aesthetic choice. Blue's calming effect is biologically rooted, as studies show it lowers blood pressure, slows heart rate, and reduces anxiety. Light blues evoke clarity and openness, ideal for stress-free environments like hospitals or yoga studios, and can help maintain a calm mindset in daily life. Darker blues, such as navy, convey professionalism and trust, making them popular for corporate attire and impactful in job interviews or presentations. Additionally, light blue enhances creativity, making it perfect for brainstorming, artistic tasks, or solving complex problems. Here are a few ways you can add this colour to your daily clothes.

Wearing blue offers numerous psychological benefits, from promoting calmness to boosting creativity and fostering trust. While it is important to consider context, incorporating different shades of blue into your wardrobe can elevate your style and even influence how others perceive you. So, next time you are choosing an outfit, remember that the science of colour might just work in your favour.

Jasmine (Counsellor)

PERMACULTURE: THE FUTURE OF SUSTAINABLE FARMING



Permaculture is a revolutionary farming and land management approach that draws inspiration from nature itself. This holistic method seeks to mimic natural ecosystems, reducing waste, preventing pollution, and maximizing sustainability. Its goal is to nurture the land in a way that's non-destructive, improves biodiversity, and boosts the resiliency of the environment. At its core, permaculture aims to create a sustainable and self-sufficient system where food is grown responsibly, and the land is cared for without causing harm. By recharging groundwater tables, building soil from bio-waste, and promoting multiple cropping systems, permaculture not only helps the environment but also generates valuable resources, such as fodder for animals and sustainable housing. Perhaps most impressively, this farming method does so without relying on irrigation or tilling, saving precious fossil fuels in the process.

Perfect for lands where ecological balance has been disrupted, permaculture has the power to restore nature's equilibrium. It brings a much-needed balance back to the ecosystem, utilizing traditional farming methods alongside organic practices, agro-forestry, sustainable development, and applied ecology. Whether used for small home gardens or larger agricultural systems, permaculture is designed to revive the land and create productive, thriving spaces. Today, permaculture is seen as a beacon of hope for reversing the environmental degradation that has plagued the Earth. By adopting sustainable farming practices like permaculture, we can protect our planet for future generations and ensure a healthier, greener world. The future of farming is here and it's rooted in nature. Let's embrace permaculture and lead the way toward a sustainable, eco-friendly tomorrow!

Pranav Sriraman, XII B

सफलता की सीढ़ी: प्रतिबद्धता



जहाँ चाह, वहाँ राह है- यह एक कहावत है जो दृढ़ इच्छा शक्ति और जीवन में मजबूत दृढ़ संकल्प के महत्व को प्रकट करती है जो जीवन की चुनौतियों का सामना करके निर्धारित गंतव्य तक पहुंचने में मदद करती है। बिना इच्छा शक्ति वाले लोग कभी भी सफलता प्राप्त नहीं करते हैं और वे सदैव अपने भाग्य को कोसते रहते हैं। जीवन में कुछ सीखने या हासिल करने के लिए, इच्छा शक्ति एक उत्प्रेरक के रूप में कार्य करती है और हमारी कार्य क्षमता को बढ़ाती है। चीजों को गहराई से जानने के लिए कठिन और निरंतर अभ्यास की आवश्यकता होती है। इस आम कहावत का सही अर्थ समझने के लिए उदाहरण सबसे बेहतर तरीका होता है जिसने जीवन में संघर्ष किया और सफलता पाकर इस कहावत के अर्थ को सौ प्रतिशत सिद्ध किया है।

जहाँ चाह, वहाँ राह का सबसे शानदार उदाहरण है एक चींटी जो बेतहाशा प्रयास करती है, बार-बार करती है और तब तक करती रहती है जब तक कि वह सफल न हो जाए।

चिड़ियों के छोटे छोटे बच्चे, उड़ने की कोशिश में लगातार अपने पंख फड़फड़ाते रहते हैं। वे सौ बार गिरते और सौ बार संभलते हैं लेकिन तब तक हार नहीं मानते जब तक वे आकाश में उड़ना सीख नहीं जाते।

दशरथ मांझी, भारत का माउंटेन मैन, जिसने खुद अकेले पहाड़ को काट कर 110 मीटर लम्बी सड़क का निर्माण कर दिया वो भी सिर्फ छेनी और हथौड़े की मदद से।

उपरोक्त उदाहरण हमें समझाते हैं कि लक्ष्य हासिल करने के लिए दृढ़ इच्छाशक्ति के साथ-साथ पूर्ण समर्पण की आवश्यकता होती है। मनुष्य को कभी भी जीवन कठिन परिस्थितियों में आसानी से हार नहीं माननी चाहिए।

अदिति कक्षा-१०

VOM & PUZZLE



ACHIEVEMENTS



Hriyankk's journey in the boxing arena has been nothing short of spectacular, marked by relentless dedication and remarkable achievements. A proud Grade 12 student, he has managed to balance academics and athletics with unparalleled discipline. From clinching a Gold medal at the prestigious Bangalore Boxing Championship to bagging a Silver at the South Zone, this young prodigy has set the ring on fire. His triumphs continued with a well-earned Bronze at the Karnataka State Championship, showcasing his rising dominance in the sport. The future of boxing in Karnataka shines brightly with Hriyankk leading the charge.

Shravya Nikhra, a Grade 2 student, a rising star in the world of gymnastics, has dazzled the audience with her impeccable skills and unwavering focus. At just 8 years old, she clinched the coveted 1st place in the Under-8 Girls Floor Exercise category at the prestigious gymnastics competition organized by Vibgyor High. As the youngest champion in her category, she has captured the hearts of everyone around her.



Manvik Banga, a talented Grade 2 karate athlete, achieved an outstanding feat by winning the gold medal in both Kata and Kumite events at the State Level Karate Championship. His dedication, hard work, and discipline were evident as he demonstrated superior skills in both these categories. Manvik's success serves as an inspiration to aspiring karate practitioners, demonstrating that with perseverance and focus, one can achieve great heights. Manvik's dual gold medal triumph is a testament to his hard work, dedication, and passion for the sport of karate.



Aishani, a Grade 4 student's triumph in the Under-10 category at the prestigious tournament organized by Timeline Tennis Academy is nothing short of spectacular. With unmatched brilliance and an unwavering spirit, she claimed 1st place, outshining all her competitors. Aishani's victory is the spark of inspiration that will light the path for many aspiring champions. We eagerly await the many more milestones she is destined to reach in her journey of greatness!

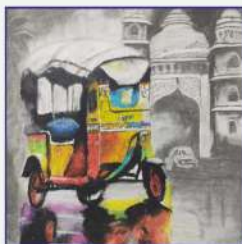


In a dazzling display of talent and skill, Shayuri from Class 2 has clinched the Gold medal in the Under 8 Girls category at the prestigious Interclub Artistic and Aerobic Gymnastic Championship 2024, hosted by Elite Squad Gymnastic Academy. Competing against numerous clubs from across Bangalore, Shayuri's exceptional performance stood out, earning her top honors in this highly competitive event.



New Horizon Gurukul is thrilled to announce that Sukruti Doshi from Class 4 has achieved remarkable success at the 5th IGCI Artistic Gymnastics Competition. Sukruti demonstrated exceptional skill and dedication, earning two Silver medals in the prestigious event. Her impressive routines earned her Silver medals in both categories, showcasing her talent and hard work.

Art Corner



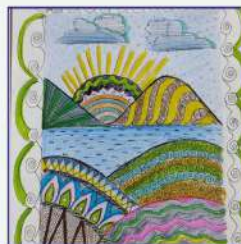
Akshaya 7B



Amruth, 9C



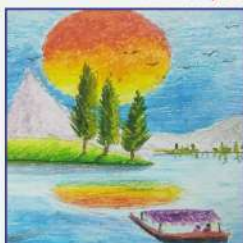
Nikunj 5D



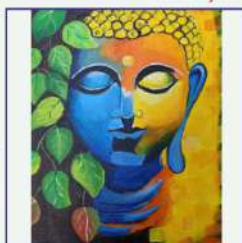
Nishita Sethi-8B



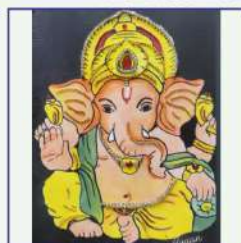
Sejal Nayak, 8G



Shruthi 7D



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