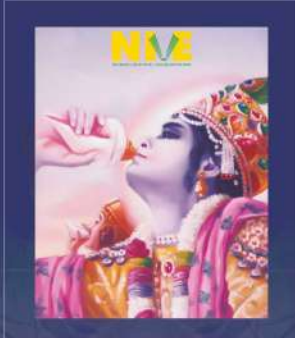


A DAY OF PRIDE: KANNADA RAJYOTSAVA 2024



योगिनामपि सर्वेषां मद्भतेनान्तरात्मना ।
 श्रद्धावाल्भजते यो मां स मे युक्ततमो मतः ॥
 yoginām api sarveṣāṁ mad-gatenāntar-ātmanā
 śraddhāvān bhajate yo mām sa me yukta-tamo matah
 Bhagavad Gita - Chapter 6 text 47
**And of all yogis, the one with great faith who
 always abides in Me, thinks of Me within himself
 and renders transcendental loving service to
 Me – he is the most intimately united with Me in
 yoga and is the highest of all. That is My opinion.**



On the vibrant morning of Kannada Rajyotsava, New Horizon Gurukul came alive with the spirit of Karnataka. Students and teachers from grades 1 to 8 gathered eagerly as our esteemed Principal hoisted the Karnataka flag, filling the air with pride and patriotism. The assembly featured captivating dance performances that showcased traditional culture, alongside heartfelt speeches that celebrated the vision of our great leaders. Students also serenaded the audience with melodious music and dance performances creating a lively atmosphere. It was a day of unity and joy, reminding us all of the rich heritage of Karnataka and the love we share for our state.

DIVINE BLESSINGS FOR SUCCESS



The annual Homa 2024 at New Horizon Gurukul brought together students from grades 1 to 12 in a month-long spiritual observance, seeking Lord Ganesha's blessings for success and wisdom. Commencing on November 8th, the sacred rituals filled the air with positive energy, promoting calm and concentration among students. Guided by trained priests, each day featured the chanting of Vedic mantras and moments of reflection, helping students prepare mentally and spiritually for their exams. The ceremony concluded on November 26th, leaving students with renewed confidence and a sense of unity, ready to face any challenge ahead with determination.

EDUCARE - Rekindle Your Latent Goodness



In Mr. Sharma's classroom, Priya and Rohan were as different as night and day. Priya was curious, always raising her hand, while Rohan sat silently, never daring to ask a thing. "Why do you ask so many questions, Priya?" teased the class clown, Amit, with a smirk. "You'll look like a know-it-all if you keep it up!" Priya hesitated, embarrassed, but her curiosity got the better of her. She raised her hand again, earning more groans from Amit, who muttered, "Here we go again, Professor Priya!" Meanwhile, Rohan, who feared Amit's taunts, kept his doubts to himself. He watched Priya get her questions answered and, secretly, felt a little envious of her courage.

One day, when Mr. Sharma announced a pop quiz, Priya sailed through it easily. Rohan, however, stared at the questions, clueless, his head spinning. Seeing Rohan struggle, Priya leaned over, whispering with a grin, "Should've asked a few questions, right?" Rohan chuckled, realizing the joke was on him. He'd been a "quiet genius" only in his head! From then on, he ignored Amit's teasing and raised his hand, discovering that learning was far more satisfying than trying to look smart in silence.

'He who asks a question is a fool for five minutes; he who does not ask a question remains a fool forever.'

AN EXCITING TRIP TO HAMPPI



When the word "Hampi" echoes, it brings a vivid tapestry of memories filled with awe, excitement, and learning. For 8th graders, the three-day school trip was an adventure of a lifetime. The journey began with tearful goodbyes to parent. As dawn broke, we arrived in Hampi, a land of historical wonders. After a hearty breakfast, we visited the ASI Museum, Queen's Bath, Elephant Stables, and Hazara Rama Temple, marvelling at the grandeur of ancient architecture. A scavenger hunt at Manavami Dibba added thrill to our day. The next day, we explored temples like the Narasimha monolith, Badave Linga, and Virupaksha Temple, each leaving us in awe. Anegundi Village's vibrant crafts and cultural performances offered insights beyond textbooks. The sunset at Anjanadri Hill and the lively bonfire party capped the day perfectly.

The final day included the mesmerising Vittala Temple, King's Balance, and Purandara Mantapa, providing moments of wonder and reflection. As we returned to Bengaluru, our bus was alive with chatter, laughter, and music.

This trip was more than educational—it taught us independence, resilience, and the joy of discovery. Hampi's history, beauty, and unforgettable memories will stay etched in our hearts forever.

-Shriya Lijeesh, 8B

POEM

Generational Ruinations

When people work amidst strife,
To do their best
When they give their all, through death or life,
And are better than the rest.

Their worth is found out not,
Because bribers of family exist
Hiding behind & having never fought,
Still win, leaving the others in the mist.

A gale of ignorance it brings, bigger than the sea,
Herding people along to a hopeless life
To the ones thinking this is just, now hear me,
You will never see hard work and drive.

If this goes on, we're doomed alone,
To a life where people throw down
Someone they barely know for their own,
For in the end, they all want the throne and its crown.

Akshita Singh- IX F

CHECKMATE CHAMPION : GUKESH'S HISTORIC VICTORY!

World Chess Champion Dommaraju Gukesh received a hero's welcome upon his return home after an electrifying and intense World Chess Championship match. The 18-year-old prodigy made history by defeating China's Ding Liren in the final game of the FIDE World Chess Championship.



The championship's turning point came in the 14th game, with the score locked at 6.5-6.5. In a high-stakes, nerve-wracking finale, Gukesh rose to the occasion, securing a 7.5-6.5 victory and becoming the youngest World Chess Champion in history. His remarkable achievement not only stunned the chess world but also cemented his status as one of the sport's elite players.

One of the most touching moments came after Gukesh was presented with his well-earned World Chess Championship trophy. In a heart-warming gesture of gratitude, Gukesh immediately handed over the trophy to his parents. His emotional response to the victory was a reflection of the immense support and sacrifices his family had made through out his journey. "This is the best moment of my life," Gukesh said tearfully in his post-match interview.

While the spotlight was on Gukesh's triumph, Ding Liren also displayed remarkable grace in defeat. Reflecting on his performance, Liren admitted to a mistake that cost him the title. "I was totally in shock when I realized I made a blunder. I will continue to play. I think I played my best tournament of the year. It could be better, but considering yesterday's lucky survival, it is a fair result to lose in the end. I have no regrets," Liren remarked.

Though disappointed, Liren's sportsmanship was evident, as he acknowledged Gukesh's brilliance in securing the title. The final game truly was a clash of champions, showcasing the high level of skill and mental fortitude required to compete at the highest level of chess.

SAY GOODBYE TO JUNK FOOD: EMBRACE THE POWER OF SPROUTS

In today's fast-paced world, the lure of junk food is hard to resist, especially for children. Chips, burgers, and sugary drinks may be tasty, but they are wreaking havoc on young minds and bodies, leading to obesity, weakened immunity, and chronic illnesses like diabetes at an alarmingly young age. It's time to swap these empty calories for something truly nourishing, sprouts!



Sprouts of *chana* (chickpeas), *moong dal* (green gram), and groundnuts (peanuts) are nature's answer to healthy snacking. Packed with protein, fiber, vitamins, and antioxidants, they are a powerhouse of nutrients that support growth, strengthen immunity, improve digestion, and enhance energy levels. The sprouting process amplifies their nutrient content, making them easier to digest and absorb. While chana sprouts boost iron and B vitamins for energy, moong dal sprouts are detoxifying and rich in vitamin C, and groundnut sprouts provide heart-healthy fats and biotin for hair and skin health.

Instead of reaching for chips or candy, try adding sprouts to your meals in fun and creative ways —toss them in salads, soups, or even stir-fries. By replacing junk food with these wholesome superfoods, you're not just preventing lifestyle diseases but also building a foundation for lifelong health. Let's make a conscious choice to include sprouts in our diets and give ourselves the gift of good health!

UNLOCK YOUR HEALTH WITH SURYA NAMASKAR



Are you battling stiff backs from hunching over screens, sluggish mornings with zero motivation, and that nagging feeling you should be doing more for your health? Oh, wait! That, too, without spending expensive gym memberships or requiring hours of free time. Enter Surya Namaskar!

Yoga, which means "to unite with the self" or "become one," has been part of our ancient culture. It helps unite the body and mind and allows one to breathe synchronously. Surya Pranam yoga is a critical aspect of yoga practice. It is a holistic workout that benefits the body, mind, and spirit. In this blog, we will delve deep into the multifaceted advantages of Surya Namaskar, exploring its impact on physical health, mental well-being, and spiritual connection. Also called the **Sun Salutation**, it is a traditional yoga sequence involving 12 postures. It's a simple yet effective way to start the day with a healthy routine. Each posture is done in coordination with deep breaths. It's a way to honor the sun god, a source of energy and vitality.

Surya Namaskar isn't just a routine; it's a gateway to improved flexibility, strength, and overall fitness. It enhances mental focus and reduces stress. Regular practice helps increase physical and psychological balance. Further, Surya Namaskar is a well-known fitness routine because practicing it involves several stretches and exercises which, apart from being easy, are effective in providing health benefits. It is also an accessible form of exercise for many as it does not involve heavy equipment. The practice of Surya Namaskar is often enhanced by the recitation of beej mantras, sacred sounds that are believed to carry specific vibrations and energies. These mantras are associated with the different chakras, or energy centers, in the body and help to activate and balance them.

Benefits of Surya Namaskar, As per the insights of numerous yoga experts, Surya Namaskar offers a unique set of health benefits:

- Improves Blood Circulation
- Boosts the Functioning of the Digestive System
- Aids in Weight Loss
- Helps in body Detox
- Balances the Body and Mind
- Glowing Skin and Luscious Hair
- Regulates the Menstrual Cycle
- Aids in Muscles and Joints Strength
- Calms Your Body
- Activates the Heart muscles

ಕನ್ನಡ ರಾಜ್ಯೋತ್ಸವ

ನವೆಂಬರ್ ೧ ರಂದು ನಾವೆಲ್ಲರೂ ಅತ್ಯಂತ ಸಂಭ್ರಮದಿಂದ ಜಾತಿ, ಮತ, ಧರ್ಮಗಳನ್ನು ಮೀರಿ, ಒಗ್ಗೂಡಿ ಕನ್ನಡ ನಾಡಿನ ಹೆಮ್ಮೆಯ ಹಬ್ಬ ಕನ್ನಡ ರಾಜ್ಯೋತ್ಸವವನ್ನು ಆಚರಿಸುತ್ತೇವೆ. ಈ ದಿನವನ್ನು 'ಕನ್ನಡ ದಿನ' ಅಥವಾ 'ಕರ್ನಾಟಕ ರಚನೆಯ ದಿನ' ಎಂದು ಕರೆಯುತ್ತಾರೆ. ಏಕೆಂದರೆ ಕ್ರಿ.ಶ.೧೯೫೬ 'ನವೆಂಬರ್ ೧ ರಂದು' ದಕ್ಷಿಣ ಭಾರತದ ಎಲ್ಲಾ ಕನ್ನಡ ಭಾಷೆ ಮಾತನಾಡುವ ಪ್ರದೇಶಗಳನ್ನು ವಿಲೀನಗೊಳಿಸಿ ಮೈಸೂರು ರಾಜ್ಯವನ್ನು ರಚಿಸಲಾಯಿತು. ನಂತರ ಕ್ರಿ.ಶ.೧೯೭೩ ರ ನವೆಂಬರ್‌ನಲ್ಲಿ ಮೈಸೂರು ರಾಜ್ಯಕ್ಕೆ 'ಕರ್ನಾಟಕ' ಎಂದು ಮರುನಾಮಕರಣ ಮಾಡಲಾಯಿತು. ಕರ್ನಾಟಕವನ್ನು 'ಕರುನಾಡು', 'ಕಪ್ಪು ಮಣ್ಣಿನನಾಡು', 'ಕಮ್ಮಿತ್ತು ನಾಡು' ಎಂಬ ಹೆಸರುಗಳಿಂದ ಕರೆಯುತ್ತಾರೆ. ನಮ್ಮ ಕರ್ನಾಟಕ ರಾಜ್ಯದ ಏಕೀಕರಣದ ಕನಸನ್ನು ಕಂಡ ಮೊದಲ ವ್ಯಕ್ತಿ ಎಂದರೆ ಆಲೂರು ವೆಂಕಟರಾಯರು. ಕೆಂಪು ಮತ್ತು ಹಳದಿ ಬಾವುಟವನ್ನು ಹಾರಿಸುವ ಮೂಲಕ ರಾಜ್ಯದಂತೆ ಕನ್ನಡ ರಾಜ್ಯೋತ್ಸವವನ್ನು ಆಚರಿಸಲಾಗುತ್ತದೆ. ಇದು ಕೇವಲ ಹಳದಿ, ಕೆಂಪು ಬಣ್ಣದ ಬಾವುಟ ಮಾತ್ರವಾಗಿರದೆ ಭಾವೈಕ್ಯತೆಯನ್ನು ಸಾರುತ್ತಾ, ಹಳದಿ ಬಣ್ಣವು ಶಾಂತಿಯನ್ನು ಮತ್ತು ಕೆಂಪು ಬಣ್ಣವು ಧೈರ್ಯವನ್ನು ಸೂಚಿಸುತ್ತದೆ. ಹಾಗೆಯೇ ಕನ್ನಡಿಗರು 'ಕ್ರಾಂತಿಗೂ ಸೈ, ಶಾಂತಿಗೂ ಸೈ' ಎಂಬ ಸಂದೇಶವನ್ನು ಸೂಚಿಸುತ್ತದೆ. ಇದೇ ಸಂದರ್ಭದಲ್ಲಿ ನಮ್ಮ ನಾಡಗೀತೆ 'ಜಯ ಭಾರತ ಜನನಿಯ ತನುಜಾತೆ ಜಯ ಹೇ ಕರ್ನಾಟಕ ಮಾತೆ' ಎಂದು ಹಾಡುವ ಮೂಲಕ ಇಡೀ ರಾಜ್ಯವು ಈ ಕನ್ನಡ ಹಬ್ಬವನ್ನು ಆಚರಣೆ ಮಾಡುತ್ತದೆ. ಈ ಕನ್ನಡ ನಾಡಿನಲ್ಲಿ ಜನಿಸಿರುವ ನಾವೇ ಧನ್ಯರು. ನಮ್ಮೆಲ್ಲರ ಕನ್ನಡ ಭಾಷೆಯು ಕೇವಲ ಒಂದು ಭಾಷೆಯಲ್ಲ ಅದು ನಮ್ಮೆಲ್ಲರ ಉಸಿರು. 'ಎಲ್ಲಾದರೂ ಇರು ಎಂತಾದರೂ ಇರು ಎಂದೆಂದಿಗೂ ನೀ ಕನ್ನಡವಾಗಿರು' ಎಂದು ಹೇಳುತ್ತಾ ನಾವೆಲ್ಲರೂ ಕನ್ನಡ ಭಾಷೆಯ ರಕ್ಷಣೆಯ ಪಣ ತೊಡೆದೇಣ.

"ಜೈ ಕರ್ನಾಟಕ, ಜೈಭುವನೇಶ್ವರಿ"

ಶಿಷ್ಯ ಯು.ಪಿ ಆಣೇ ತರಗತಿ 'ಡಿ' ವಿಭಾಗ

VOM & PUZZLE



NIVE Value Education
 IF YOU WANT OTHERS TO BE HAPPY, PRACTICE COMPASSION. IF YOU WANT TO BE HAPPY, PRACTICE COMPASSION.

#VALUEPUZZLE

VALUES

HINT- THE ACT OF BEING GENTLE, THOUGHTFUL AND CARING TOWARDS OTHERS.

NIVE

ACHIEVEMENTS



The U16 Girls Volleyball team secured First Runner-Up at the Spardha 2024 Interschool Sports Meet, organised by Amaatra Academy. The team delivered a series of impressive performances throughout the tournament, showcasing their exceptional skills and teamwork. With powerful serves, precise sets, and solid defence, they dominated their matches to reach the finals. Their resilience and determination were evident in every game, earning them a well-deserved spot among the top teams. The team's strong performance highlighted their growth as athletes, making the First Runner-Up finish a proud achievement. This result marks a significant milestone in their journey, setting the stage for even greater accomplishments in the future. Their hard work and dedication were key factors in their success, leaving a lasting impression at Spardha 2024.

Prakshith M, a Grade 3 student, has triumphed with distinction, clinching the coveted second place in the renowned Spellbrity competition at Vibgyor Roots and Rise. With poise and remarkable finesse, he demonstrated an impeccable command over language, effortlessly conquering a series of challenging words that tested the very limits of his spelling acumen. His performance, a perfect blend of focus, precision, and intellectual prowess, captivated both judges and spectators alike. Earning this prestigious accolade, Prakshit not only proved his linguistic dexterity but also exemplified the virtues of perseverance and dedication, setting a benchmark of excellence for his peers to aspire to.



In a stunning display of skill and discipline, young yogis from the Under-12 category triumphed at the prestigious Euro School Yoga Competition. The team event saw an exceptionally talented group secure 2nd place, including Dhruithi S. Kumar, Kodam Tanvi, Sooram Sai Dhruti Varma, Ashvik V. K, Dhruva Kopperla, Muddam Reeya, Paavani C. R, and Aditri Chourasia, all from Grade 4. Their flawless synchronization, coupled with grace, flexibility, and strength, captivated the judges and exemplified the power of teamwork and dedication.

In the individual competition, Rudra Nihaal Jayanthi from Grade 4 earned a distinguished 3rd place, impressing the panel with his impeccable technique, poise, and unwavering focus. The event celebrated not only the physical prowess of these young competitors but also their mental resilience and deep connection to the art of yoga. These remarkable achievements reflect hours of tireless practice, perseverance, and a profound commitment to personal and collective growth. Their success is a testament to their passion and determination, marking a significant milestone in their burgeoning yoga journeys.



Ms. Sanskriti Rai, a Grade 1 student, has achieved remarkable success in the 4th Edition of Spring Blossoms, a national-level inter-school competition. She secured the 1st position in Poem Recitation and a Consolation Prize in Coloring, organized by the Heritage Foundation of Art and Culture. The competition saw participation from 95 schools across 36 cities. Sanskriti's exceptional talent stood out among many young poets and artists. Sanskriti's achievements reflect her dedication and hard work. Her success in these competitions has made her an inspiration to her peers.

PUZZLE



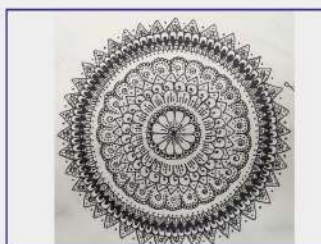
Art Corner



Diya Kamath, 10 B



Kojagree, 5D



Meenakshi P, 6H



Meera, 1G



Riya D, 6E



Shanvi, 3E

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