



नात्यश्रतस्तु योगोऽस्ति न चैकान्तमनश्रतः ।  
न चातिस्वप्नशीलस्य जाग्रतो नैव चार्जुन ॥

nāty-aśnatas tu yogo 'sti na caikāntam anaśnataḥ  
na cāti-svapna-śīlasya jāgrato naiva cārjuna

Bhagavad Gita - Chapter 6 text 16

**There is no possibility of one's becoming a yogī,  
O Arjuna, if one eats too much or eats too little,  
sleeps too much or does not sleep enough.**

## CELEBRATING A LEGACY: FOUNDER'S DAY 2024

On a radiant July 8th, our school blossomed in celebration of Founder's Day, a tribute to the visionary, Dr. Mohan Manghnani - Chairman, New Horizon Educational Institutions. The festivities commenced with a heartfelt welcome extended to Dr. Manghnani. The serene ambiance of the Ganesha temple provided a spiritual prelude followed by the auspicious tilak ceremony performed by the school captains. Our youngest scholars stole the show with a heartwarming tribute in their innocent voices, echoing with love and respect for Dr. Manghnani. A captivating dance drama transported us through the inspiring journey of our Chairman, from his childhood dreams to the remarkable heights he has scaled. The performance was a poignant reminder of the challenges overcome and milestones achieved, painting a vivid portrait of his indomitable spirit. As the day reached its zenith, we gathered to witness the felicitation of a visionary. The ceremonial cake cutting was not just a slice of sweetness but a symbol of the unity and happiness that binds our school community together. In a gesture that mirrored the compassion at the heart of our institution, a generous donation of Rs. 67,700 was made to the Bangalore Gaurakshan Shala. This act of kindness was a testament to the benevolent spirit fostered by our dedicated staff. Founder's Day 2024 will be etched in our memories as a day that not only honored Dr. Manghnani's extraordinary legacy but also ignited in us the flame to live by the core values and vision he so passionately embodies. It was a day that reminded us all to reach for the stars, just as he has, guiding us by his exemplary leadership and unwavering commitment to excellence.



## EDUCARE - Rekindle Your Latent Goodness

### BLOSSOMING BEYOND



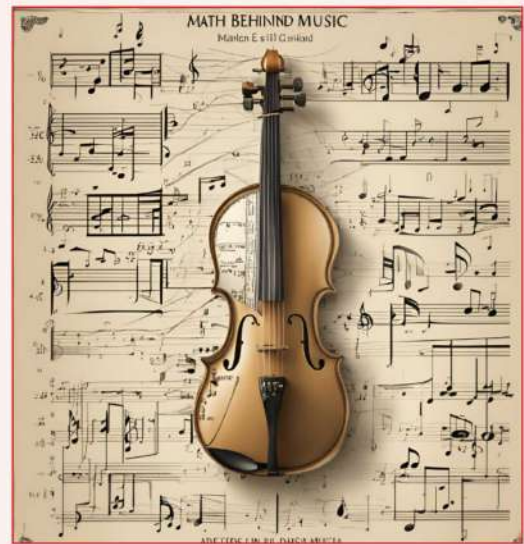
In the heart of a bustling city, Mia stumbled upon a hidden, overgrown garden. The world outside was a whirlwind, but here, time seemed to pause. Drawn to its serenity, she began tending to the garden daily, finding solace in nurturing life. One day, an elderly gardener named Mr. Bennett appeared, watching her with a knowing smile. "You've got a good heart," he said. "But there's more to this garden than meets the eye. Among the vibrant flowers stood an ancient, gnarled tree, its branches twisted and burdened by dead wood. Despite its flaws, Mia saw potential. "Why don't we start with this tree?" Mr. Bennett suggested. "It needs some careful pruning." Together, they began removing the lifeless parts. "You know," Mr. Bennett said, "this tree is a lot like us. Sometimes, we need to let go of what's holding us back to truly grow." As they worked, new, vibrant branches sprouted. Mia saw a reflection of herself in the tree. "Thank you, Mr. Bennett," Mia said. "You've helped me see things differently." As the tree transformed, so did Mia. She blossomed, radiating confidence and grace. The once hidden garden became a sanctuary of renewal, a testament to the power of pruning away our flawed identities to reveal the beauty within.

**THE SYMPHONY OF NUMBERS: UNVEILING THE MATH BEHIND MUSIC**

“There is geometry in the humming of strings and music in the spacing of spheres.” This quote by the renowned mathematician Pythagoras reflects the deep connection between music and mathematics.

Though music and math might seem unrelated, they are profoundly connected to each other. Mathematics inspires various musical elements, from scales and rhythms to tempo and harmony. In Indian classical music, the concept of tala involves rhythmic cycles that are divided and combined. Each tala consists of a series of beats and sub-beats, with mathematical precision ensuring that rhythms are consistent and predictable. Tempo, measured in beats per minute (BPM), ensures consistent timing and coordination in performances. Musical intervals and harmonies are based on mathematical ratios, demonstrating how essential math is to music creation.

Similarly, mathematicians also benefit from music. Research shows that learning music can enhance mathematical abilities by stimulating the regions of the brain involved in memory and pattern recognition. In conclusion, while math and music might appear as distinct fields, they are deeply connected. Understanding this relationship can deepen our appreciation of both and enhance our ability to engage with and create music.



Ankita Prakash, X D

**OPTIMISM VS. PESSIMISM: CHOOSING THE BRIGHTER PATH**



Many of you might think that being pessimistic is a safer bet. If things go wrong, it's easier to accept the disappointment because you expected it. But let's pause for a moment and think: what about all that time you spent marinating in negativity, just to say, "I knew it!" when things didn't go your way? Imagine you're in a long queue for ice cream. A pessimist might grumble the whole time, expecting the ice cream machine to break just as they reach the front. Meanwhile, the optimist chats with friends, enjoys the wait, and even if the machine breaks, they've had a good time regardless. See the difference?

Rather than honing your skills in pessimism, which essentially means perfecting the art of feeling lousy, why not master

something more rewarding: acceptance? If something doesn't work out, it doesn't mean you weren't good enough. Sometimes, it just wasn't meant for you. Moving on with an optimistic outlook keeps your mind and life fresh. You'll find that not only do you feel better, but the people around you do too. After all, who prefers the company of a grumpy cat over a happy puppy? So, next time you're tempted to expect the worst, remember that optimism isn't about ignoring reality. It's about embracing a brighter, more hopeful version of it. And trust me, that ice cream tastes a lot better when you're smiling.

Titiksha R Kuchivada, X C

**When Summer Cries**

If summer is here,  
 Can the rain be too far away?  
 Prayers ascend for an end to this day.  
 I stare at the clear blue sky,  
 But all I see, with squinted eyes,  
 Is the sun so strong and bold and bright,  
 And its awful and scorching, blinding light,  
 And no sign of a dark grey cloud,  
 Or lightning or thunder, screaming loud.  
 I look away, I look around,  
 And hear a bird, it's fading sound,  
 And by me, sits a dog, he sleeps—  
 Forever, and I seem to weep.

If summer is here,  
 Can the rain be too far away?  
 The earth is parched and its people in dismay,  
 The leaves wilt and thorns arise,  
 People cry, its people's demise.  
 The young boy looked into the bottomless well,  
 Not a drop of water, he could tell,  
 He, the boy, so naive and frail,  
 He fainted and fell on his trail.  
 Everywhere was misery spread,  
 And I, by the road, made my bed,  
 I closed my eyes, my mind astray,  
 If summer is here, Can the rain be too far away?

Anushna, IX C



**MathSphere**

**Sudoku**



Fill in the puzzle so that every row across, every column down and every 3 by 3 box contains the numbers 1 to 9.

**Medium Puzzle 1**

6	5	9		1		2	8	
1				5			3	
2			8				1	
			1	3	5		7	
8			9					2
		3		7	8	6	4	
3		2			9			4
					1	8		
		8	7	6				

Clues:

1. Seek a 2 in the centre block of squares
2. Finish the centre block of squares
3. Search for 2s everywhere

# VALUE PUZZLE



HINT: PROMOTION OF A SENSE OF TOGETHERNESS AND COLLECTIVE IDENTITY AMONG CITIZENS.

**EXPLORING URBAN FARMING  
A VISIT TO THE HYDROPONICS UNIT AND ORGANIC GARDEN OF NEW HORIZON GURUKUL**



In the last week of July, New Horizon Gurukul hosted an inspiring educational visit to its state-of-the-art Hydroponics Unit and Organic Garden. This immersive experience captivated around 600 students from New Horizon Preschool, New Horizon Public School, and NHIS, who were eager to learn about cutting-edge urban farming techniques. The Hydroponics Unit at New Horizon Gurukul exemplifies modern agricultural innovation, a soilless cultivation method, offers a sustainable and efficient way to grow crops. This technique utilizes nutrient-rich water solutions to nourish plants directly, eliminating the need for soil. The students had the opportunity to witness firsthand the growth of leafy greens such as lettuce, bok choy, celery, kale, and cucumbers—all flourishing without traditional soil. The unit employs advanced hydroponic systems like Nutrient Film Technique (NFT) and Dutch Bucket Systems. NFT involves a thin film of nutrient-rich water flowing over the roots of the plants, ensuring they receive the optimal amount of nutrients and oxygen. During their visit, the students were not only impressed by the efficiency of these systems but also by their environmental benefits. The hydroponic approach minimizes the use of toxic chemicals and reduces water pollutants, making it a cleaner and more eco-friendly alternative to traditional farming. This innovative method aligns perfectly with New Horizon Gurukul's commitment to sustainability and education. The Organic Garden, an integral part of the school's green initiatives, further complemented the hydroponic experience.

**THE UNSUNG HERO BEHIND INDIA'S NATIONAL FLAG**

Pingali Venkayya, born on August 2, 1876, in Andhra Pradesh, is the unsung hero behind India's National Flag. A soldier during the Anglo-Boer War, Venkayya's encounter with Indian reformers ignited his nationalist spirit. He designed the tricolour flag with saffron, white, and green stripes and a spinning wheel, which was officially adopted in 1931 as the symbol of India's freedom. Though his contributions were long overlooked, Venkayya was honoured with a commemorative stamp in 2009, and the Bharat Ratna was recommended in 2014.



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**PUZZLE**



**एक प्रणाम जीवन के कई परिणाम बदल देता है-** यह एक अनमोल वचन बार-बार जीवन के हर पड़ाव पर हमें याद दिलाता है कि जीवन में आदर-सम्मान का विशेष महत्व है। हमें दूसरों के प्रति यह भाव सीखना चाहिए और उनके प्रति वैसा ही उपयुक्त व्यवहार करना चाहिए जैसा हम अपने लिए अपेक्षा करते हैं। समाज में मान-सम्मान पाने की लालसा सबके मन में पैदा होती है, परन्तु सम्मान पाना इतना आसान नहीं होता है। सम्मान हमें अपने द्वारा किए गए कार्यों और व्यवहार से मिलता है। सम्मान पाने से पहले दूसरों को सम्मान देना सीखना चाहिए और सम्मान देने का अर्थ है, सामनेवाले को निषंखित न करना, उसकी आलोचना न करना, उसके कामों में कमियाँ न निकालना, पहले से कोई धारणा न बना लेना यानी सामनेवाले के हर काम व विचार का सम्मान करना। दूसरों की कमजोरियों की बजाय उनकी अच्छाइयों पर ध्यान दें। आप दूसरों को जितना सम्मान देंगे उतना ही आपको लोगों से सम्मान मिलेगा। अगर आप चाहते हैं कि लोग आपका आदर करें तो पहले हमें लोगों का आदर करना सीखना चाहिए।

Deewanshi Agarwal,9E

**ವಿಶ್ವ ಪರಿಸರ ದಿನಾಚರಣೆ**

ಸುತ್ತಲೂ ಹೂವುಗಳು ಮತ್ತು ಹಣ್ಣುಗಳನ್ನು ಹೊಂದಿರುವ ಸುಂದರವಾದ ಹಸಿರು ಉದ್ಯಾನದಲ್ಲಿ ನೀವು ಕುಳಿತಿದ್ದೀರಿ ಎಂದು ಊಹಿಸಿ, ಕಾಂಕ್ಷವಾದ ನದಿಯ ತಟಗಳು ಮತ್ತು ಮರಗಳ ನೆರಳು ನಿಮಗೆ ತುಂಬಾ ಶಾಂತಿ ಮತ್ತು ಸಂತೋಷವನ್ನು ನೀಡುತ್ತಿದೆ. ಇದೇ ಪ್ರಕೃತಿಯ ಪವಿತ್ರ ತಾಣ. ಇಂತಹ ಸುಂದರ ನೈಸರ್ಗಿಕ ಸೌಂದರ್ಯದ ನಡುವೆ ಇರುವಾಗ, ಮನಸ್ಸಿಗೆ ಶಾಂತಿ, ಸಂತೋಷ ಮತ್ತು ಸದಾ ಚೈತನ್ಯ ಉಂಟಾಗುತ್ತದೆ. ಪರಿಸರವು ನಮ್ಮ ಬದುಕಿಗೆ ಅತ್ಯವಶ್ಯವಾದದ್ದು. ಉಸಿರಾಡುವ ಗಾಳಿ, ಕುದಿಯುವ ನೀರು, ತಿನ್ನುವ ಆಹಾರ ಎಲ್ಲವೂ ಈ ಪರಿಸರದಿಂದಲೇ ನಮಗೆ ದೊರೆಯುತ್ತದೆ. ಇಂತಹ ಅಂತಹವನ್ನು ಉಳಿಸಿಕೊಳ್ಳುವುದು ನಮ್ಮೆಲ್ಲರ ಕರ್ತವ್ಯ. ಪ್ರತೀ ವರ್ಷ ಜೂನ್ 5 ರಂದು ನಾವು 'ವಿಶ್ವ ಪರಿಸರ ದಿನ'ವನ್ನು ಆಚರಿಸುತ್ತೇವೆ. ಈ ದಿನದ ಮುಖ್ಯ ಉದ್ದೇಶವೇ ಪರಿಸರ ಸಂರಕ್ಷಣೆ ಮತ್ತು ನಮ್ಮ ಮುಂದಿನ ಪೀಳಿಗೆಗೆ ಹಸಿರಾದ ಭೂಮಿಯನ್ನು ಉಳಿಸಿಕೊಡುವುದು. ಈ ದಿನದಂದು ವಿವಿಧ ರೀತಿಯ ಕಾರ್ಯಕ್ರಮಗಳು, ಸಭೆಗಳು, ಸೃಷ್ಟಿಕಾ ಅಭಿಯಾನಗಳನ್ನು ನಡೆಸಲಾಗುತ್ತದೆ. ಮಕ್ಕಳು, ವಿದ್ಯಾರ್ಥಿಗಳು, ಹಿರಿಯರು ಎಲ್ಲರೂ ಪರಿಸರದ ಪ್ರಾಮುಖ್ಯತೆಯನ್ನು ಅರಿತು, ಅದನ್ನು ರಕ್ಷಿಸಲು ತಮ್ಮದೇ ಆದ ಕೊಡುಗೆ ನೀಡುತ್ತಾರೆ. 'ವಿಶ್ವ ಪರಿಸರ ದಿನಾಚರಣೆ' ನಮ್ಮ ಕರ್ತವ್ಯವನ್ನು ನೆನಪಿಸುತ್ತದೆ. ಮತ್ತು ನಮ್ಮ ಪರಿಸರವನ್ನು ಕಾಪಾಡುವುದು ನಮ್ಮ ಬದುಕನ್ನು ಕಾಪಾಡಿಕೊಂಡೇ, ಈ 'ವಿಶ್ವ ಪರಿಸರ ದಿನಾಚರಣೆ' ನಮ್ಮ ಜೀವನದ ಬಹು ಭಾಗವಾಗಬೇಕು. ಪರಿಸರದ ಕಡೆಗೆ ಇರುವ ಪ್ರತಿಯೊಂದು ಹೆಜ್ಜೆಯು ಪ್ರಪಂಚವನ್ನು ಸುಂದರವಾಗಿರಲು ಸಹಕಾರಿ. ಪ್ರತಿ ದಿನವೂ ಪರಿಸರ ದಿನವನ್ನಾಗಿ ಆಚರಿಸೋಣ.

ಸಮ್ಯಕ್,ಪಿ  
ಗಂಜೇ ತರಗತಿ 'ಎ' ವಿಭಾಗ

**ACHIEVEMENT HIGHLIGHTS: GURUKULITES' EXCEPTIONAL TRIUMPHS**



The exceptional ensemble of grade three students comprising Nishka Nigam, Rhea Singh, Saisha Mohapatra, Anwita Chattopadhyaya, Prathana N Karjagi, and Ritika Vishwakarma, dazzled the judges and earned first place with their stellar performance at the illustrious Aurora Dance Competition on 20th July 2024, an event organized by TCIS to celebrate Global Folk Dances.



Achyut Pandey, Laksh Jain, Ayaan Kathuria, and Aayush Sinha from grade 8 secured first place at Technothon '24, hosted by TCIS Bangalore on July 28th. The team exhibited their extraordinary prowess by programming the AVISKAAR bot to navigate a complex mapped path with flawless precision in just 7 minutes. Their remarkable speed and accuracy set them apart, securing their victory amidst fierce

Our NHG team shone brilliantly at the prestigious Sports-a-Thon Yoga Competition, held at Delhi Public School, Whitefield Bangalore. Demonstrating outstanding talent and dedication, the team clinched medals across various categories, making the school proud. In the Grade 4th and below category, Ashvik V K of Grade 4A, Bharathan Mohan of Grade 4H, Shanvi Sharma of Grade 3F, and Kodam Tanvi of Grade 4B secured the first



position with their impeccable performance. The Grade 6th and below category saw Maadhav Muralidharan of Grade 6C, B.S. Yashas of Grade 6A, Megha Samhitha Nimmaraju of Grade 5E, and Poorvi Mambady of Grade 5A achieve the first position, showcasing their remarkable yoga skills. In the Grade 8th and below category, the exceptional team of Sambhav Maheshwari of Grade 7C, Amod Dani of Grade 7F, Anagha Chitti of Grade 8B, and Manaswi Jena of Grade 8A clinched the top prize with their flawless routines. Finally, in the Grade 10th and below category, Rohit Nayak P of Grade 10C, Abhinav V K of Grade 9A, Dewanshi Agarwal of Grade 9E, and Stuti Santosh Vanakudre of Grade 9E emerged as runners-up, impressing the judges with their dedication and technique.

Meera Murali of Grade 7 has showcased her storytelling brilliance with the release of her enchanting book, *The Pirate Parrots*, a tale of bravery, friendship, and adventure. Not only did Meera pen the captivating narrative, but she also displayed her artistic talent by creating the illustrations, including the



cover design. This remarkable achievement highlights her exceptional creativity and dedication to her craft. Congratulations, Meera, on this impressive milestone—may it be the first of many literary successes! *The Pirate Parrots* will soon be available for purchase on Amazon.



Kalash Doshi of Class 10 D has made us proud with his stellar performance at the 16th State Level School Olympics, held on July 26-27, 2024, by the Youngsters Sports Promoters Trust & Youngsters Sports Club Bangalore. Competing in the Under 16 category, Kalash won a silver medal in the 200-meter race and a bronze medal in the 100-meter race. His dedication and hard work have brought honor and recognition to our school.

**PUZZLE**

#VALUE PUZZLE

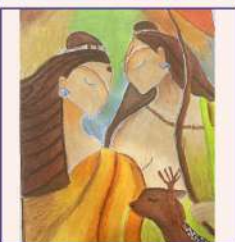
Answer key

UNITY

**Art Corner**



Aakriti A, 7 F



Benny, 5 H



Gargi, 7C



Saanvi Goudar, 9A



Sanvika, 4 B



Shristi S, 8 F



Shruti 7F



Vedant, 6 E

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