



यदृच्छालाभसंतुष्टो द्वन्द्वतीतो विमत्सरः ।
समः सिद्धावसिद्धौ च कृत्वापि न निबध्यते ॥

yadr̥cc̥hā-lābha-santuṣṭo dvandvātīto vimatsaraḥ
samaḥ siddhāv asiddhau ca kṛtvāpi na nibadhyate
Bhagavad Gita - Chapter 4 text 22

He who is satisfied with gain which comes of its own accord, who is free from duality and does not envy, who is steady both in success and failure, is never entangled, although performing actions.

IGNITING YOUNG MINDS: NATIONAL SCIENCE DAY 2025 AT NHG



National Science Day is celebrated across India on February 28th to honor the discovery of the *Raman Effect* by Nobel Laureate Dr. C.V. Raman in 1928. His groundbreaking work in physics not only won him the Nobel Prize in 1930 but also paved the way for scientific advancements in India. At New Horizon Gurukul, the celebration was more than just a tribute—it was an immersive experience designed to spark curiosity, promote innovation, and encourage young minds to explore the wonders of science. Spanning across three remarkable events, students had the privilege

of engaging with eminent scientists, exploring groundbreaking research, and competing in intellectually stimulating challenges.

Diving into Diagnostics with Dr. Utpal Tatu (February 25, 2025)

The first event of the series was an immersive experience at the Visvesvaraya Technological Museum, where 40 Gurukulites had the rare opportunity to interact with

Dr. Utpal Tatu, an acclaimed professor from IISc. With a pioneering contribution to India's first indigenous RT-PCR kit, Dr. Tatu enlightened students on modern diagnostics and infectious disease research. His journey—from scientific research to impactful healthcare solutions—sparked curiosity among young minds. Students also explored the global exhibition “*Vaccines: Injecting Hope*,” gaining insight into the transformative power of immunization.

A Celebration of Curiosity and Creativity (February 28, 2025)

Junior secondary students took centre stage with a vibrant assembly celebrating scientific inquiry. The event featured an exciting quiz, a presentation by ATL students showcasing their innovations, and a thought-provoking screening on the *Raman Effect*, commemorating the legacy of Nobel laureate C.V. Raman. Teachers shared inspiring stories of young Indian innovators, reinforcing the power of curiosity and perseverance in scientific breakthroughs. The session encouraged students to embrace creativity and problem-solving, essential traits for future innovators.



Brains at Work: The Jigyasa Science Quiz & Dr. Deepti Saini's Talk (March 4, 2025)

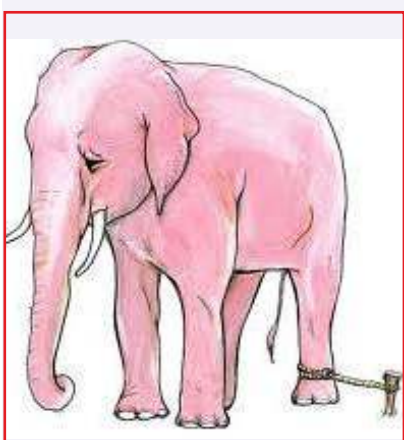
The grand finale of the celebrations featured a compelling talk by Dr. Deepti Saini, Senior Scientist at IISc. Addressing an eager audience, she emphasized the role of innovation in shaping the future. Her words resonated with students, motivating them to push the boundaries of conventional thinking. The excitement continued with the *Jigyasa Interschool Science Quiz 2025*, where 10 schools from East Bangalore competed fiercely. After a gripping final round, NPS Koramangala emerged victorious, while NHG secured a commendable runner-up position. The event wasn't just a competition—it was a symbol of the brilliance and teamwork of young science enthusiasts.



The celebrations left students with a deeper appreciation for the world of discovery, inspiring them to become the scientific leaders of tomorrow.

EDUCARE - Rekindle Your Latent Goodness

The Elephant's Rope: Breaking Free from Limiting Beliefs



A gentleman once visited an elephant camp and noticed something unusual. Despite their immense strength, the elephants were held back by nothing more than a small rope tied to one of their legs. They never tried to break free. Curious, he asked a trainer why the elephants didn't escape. The trainer explained, “When they are young, they are tied with the same rope. At that age, it is strong enough to hold them. As they grow, they are conditioned to believe they cannot break free. So, they never try.”

The elephants remained trapped, not by the rope, but by their own beliefs.

Moral: Often, the only thing holding us back is our mindset. No matter how much the world tries to limit you, never stop believing in your potential. Break free from doubts, challenge limitations, and chase your dreams with confidence. Anything is possible if you believe in yourself!

A DECADE OF DEDICATION: TEACHERS' SPIRITUAL JOURNEY TO GUJARAT



To honor their decade-long dedication to shaping young minds, a group of teachers from New Horizon Gurukul embarked on a five-day spiritual journey to Gujarat. The voyage was a blend of cultural exploration and divine reflection, celebrating their unwavering commitment to education.

At the *Statue of Unity*, the majestic Light and Sound Show set the tone for an inspiring experience. The teachers then immersed themselves in devotion at *Dwarkadhish Temple*, *Rukmini Devi Temple*, *Nageshwar Jyotirlinga*, and *Somnath Temple*, where the divine aura and mesmerizing Laser Show deepened their spiritual connection. Visits to *Beyt Dwarka*, *Sudama Temple*, *Jambavan Cave*, and *Gita Mandir* enriched the journey with mythological insights and historical wisdom.

Beyond a well-deserved tribute, this pilgrimage was a moment of introspection, unity, and gratitude, reaffirming the teachers' invaluable role in shaping lives. They returned with cherished memories, carrying forward their legacy of inspiration and knowledge.

HOLI CELEBRATION AT NEW HORIZON GURUKUL: A SPLASH OF COLORS AND JOY



On March 13, the school grounds transformed into a vibrant canvas of colors as students and teachers came together to celebrate Holi with great enthusiasm. The event began with an insightful speech by the students, highlighting the significance of Holi. They spoke about the victory of good over evil, the legend of Prahlad and Holika, and the joyous celebrations of Lord Krishna in Vrindavan, setting the perfect tone for the day.

The energy soared as students presented a spectacular dance performance, bringing the festival's lively spirit to life. A melodious song performance followed, filling the air with festive cheer. The excitement reached its peak when students and teachers joined hands to revel in the spirit of Holi with colours, music, and dance, creating memories that will last a lifetime.

THE UGLY TREE

Once upon a time, in a dense forest, there were thousands of tall and beautiful trees. However, among them stood one tree with a bent trunk. The other trees mockingly called it the "ugly tree" and often made fun of its twisted shape.

The ugly tree often wondered why God had made it different from the others. Birds never built their nests on its branches, and it could not provide shade to people. It felt sad and questioned its existence.

One day, a woodcutter came to the forest. Seeing the twisted tree, he thought, *This tree won't be useful for making long, straight logs*. So, he moved past it and started chopping down the tall, beautiful trees instead. As the woodcutter's axe struck, the beautiful trees trembled with fear, knowing their fate. One by one, they were all cut down.

The ugly tree, untouched and safe, finally understood the reason behind its uniqueness. It thanked God for making it different, for its imperfections had saved its life.

Moral: Be happy with what God has given you.

---Akshat Singh, II F

THE CAR THAT FIXES ITSELF - MY DREAM TURNED REALITY

I've always wondered why we accept that cars get damaged so easily? Why should a small dent mean an expensive repair? That question led me to create something completely different: a self-healing car.

Using Nitinol, a shape-memory alloy, I built cars that restore their outer panels with heat. A dent? Gone. A scratch? Faded away. No more endless repairs, no more worrying about every little bump. But I didn't stop there. I wanted these cars to be smarter, so I designed them with advanced energy cycling.

These cars harness kinetic energy from braking and motion, converting it into usable power for onboard systems. Waste heat from the engine and environment is redirected to trigger the self-healing process, ensuring the metal returns to its original shape efficiently. This not only enhances performance but also improves sustainability, making the car work with you, not against you.

Now, I'm proud to introduce three groundbreaking models: The Inferno SFV, a sports car built for pure adrenaline; The Reaper LV, a luxurious yet tough family ride; and The Blazer SSV, a fortress on wheels for maximum security.

This isn't just a car—it's the future. And I can't wait for you to experience it.

— Athreya Ananth, IX F



MY LITTLE DOG

My little dog can see through fog,
He plays in the sun and has a lot of fur,
He plays a flute which is very cute,
He plays in the dark and likes to bark,
He stays in my house and plays with the mouse,
He has luck and plays with a duck,
He eats a fig and loves to dog,
He has a doll and took it to the mall.
He doesn't bite but hates to fight,
He is trendy and is very friendly,
He is fit and likes to hit.

---Navya and Suhitha, IV F

MEASURE OF BEAUTY

What is beauty, I ask.
Is it a measure of worth, or
Does it define how well I do a task?
Then why is it chased after, what for?
Why do people, seeing a pretty face
Get enthralled and wish to know them?
Did god want some to win the race?
And give this tool again and again?

---Akshat Singh, II F

AN ARTICLE ON “MINDFUL LISTENING”

The word mindful defines the act of fully focusing on and being present during a conversation. In our fast-paced world filled with constant distractions, it's easy to forget the importance of truly listening. We often hear people speaking to us, but how often do we truly listen? Mindful listening is a powerful practice that can improve relationships, deepen understanding, and enhance personal growth. Let's explore why it's important, and how we can practice it in our daily lives.

Why Mindful listening is important?

When we practice mindful listening, we listen not only with our ears but also with our heart and mind. We pay attention to the tone of voice, body language, and emotional undertones that accompany the words being spoken. This allows us to understand the message more fully and connect with the speaker on a deeper level.

People feel valued when they know that someone is truly listening to them. This strengthens connections, builds trust, and fosters open communication. In a world full of distractions, mindful listening offers a way to center our attention. It brings us into the present moment, helping us reduce stress and become less overwhelmed by external noise. By practicing mindful listening, we become more attuned to our own emotional responses as well as the emotions of others. This increased awareness can improve our emotional intelligence and help us manage our reactions in difficult situations.

How to Practice Mindful Listening

Its very simple yet powerful to incorporate this in our daily life. Put away distractions like phones or laptops, and give the speaker your undivided attention. Make eye contact, nod in acknowledgment, and show that you are present in the moment.

Pay attention to the speaker's body language, tone, and facial expressions. These cues often provide additional insights into the speaker's feelings and intentions.

Sometimes, silence can be an important part of the conversation, allowing the speaker to process their thoughts and emotions.

In conclusion, mindful listening is a valuable skill that helps kids become more attentive, empathetic, and respectful listeners. By practicing mindful listening, kids can improve their ability to communicate effectively, understand others better, and build stronger relationships. This skill not only enhances their interactions with peers and adults but also fosters a deeper sense of awareness and connection to the world around them.

---Ms. Sanchita Roy Sharan
Primary Teacher

THE ECHOES OF 10TH

We'd race through the park, with laughter,
No care in the world, just a carefree crowd.
Our shoes would kick up dust in the air,
Chasing each other, with no time to spare.
Under the swings, we'd find our escape,
In those fleeting moments, no rules to reshape.
In class, we'd peek out, keeping our eyes on the door,
Whispering, "Is the teacher coming?".
The clock would tick slow, but time ran fast,
Wishing the last bell would ring, to make the school days last.
And as the last bell rang, we'd run out once more,
To the park, where our laughter would soar.
In the moments of freedom, we'd forget to grow,
Just 10th graders, with memories, you would always know...

---Sarthak Bhanot, X F

SILENCE IS THE LOUDEST

Silence is the loudest pain,
A heart crying in the pouring rain.
Words unsaid, but they still scream,
Echoing in a sleepless dream.
Silence is the loudest fear,
A lonely soul with no one near.
Eyes that plead, yet hold back tears,
Hiding battles fought for years.
Silence is the loudest love,
Unspoken prayers to stars above.
A glance, a touch, that says it all,
When words would only feel too small.
Silence is the loudest goodbye,
A final look, no chance to try.
A void that lingers, vast and deep,
Where memories are all we keep.
Silence speaks, it always will,
In the spaces where time stands still.

-Titiksha R Kuchivada, X C

WHY MOHAN BHAIYA'S SAMOSAS COST TRIPLE NOW?!

I've watched Mohan Bhaiya's samosa prices climb from ₹5 to ₹15 over my fourteen years at NHG. It's a small change that reveals a larger story about our economy and how money works in the real world.

Why Do Prices Keep Going Up?

Think about limited-edition Jordans - when a new colorway drops, prices skyrocket from ₹15,000 to ₹50,000 in the resale market. The same economic principle plays out in our school canteen. When students crowd Mohan Bhaiya's counter during winter months, prices respond to this surge in demand. Economists label this "demand-pull inflation," but at its core, it's simply market forces responding to collective desire. But sometimes, it's not about how many people want samosas - it's about how much it costs to make them. When potato prices shoot up, or when cooking oil becomes expensive, Mohan Bhaiya has to charge more just to keep his business running. This happens everywhere - when companies have to pay more for materials or workers, they pass these costs to us.

How Does This Affect Your Life?

1. 2. 3. 4. Your pocket money doesn't stretch as far as it used to. The ₹100 sitting in your piggy bank can buy less every year. Everything from your favorite chips to movie tickets keeps getting pricier. It's time to think about earning and investing - whether that's starting a small Instagram business or learning about mutual funds

What Can We Do About It?

While we can't stop prices from rising, we can be smarter about handling our money. Instead of buying a samosa every day, maybe get them twice a week and save the rest. Consider starting small projects like selling handmade crafts or offering tech support to neighbors - there are countless ways to start earning.

The Bottom Line: Next time you notice price changes at the canteen or hear discussions about inflation, you'll understand the economic forces at play. It's not just random increases - it's part of how our economy works. On the brighter sider, at least Mohan Bhaiya's samosas are still worth every rupee!

--- Pragya Chaturvedi, XI C

ACHIEVEMENTS



Alisha Velamuri, a 4th grader, and Sia, a 2nd grader, have made history by securing top ranks in the Aryabhatta Maths Olympiad at the International Level. Alisha achieved All India Rank 1 with a perfect score of 60/60, while Sia's outstanding performance proved that age is no barrier to excellence. Their accomplishments highlight their dedication, focus, and intellectual curiosity, inspiring students worldwide. These feats mark the beginning of promising academic journeys for both, with boundless potential ahead.



Arya Shukla, a Grade 10 student, secured 3rd place in the Sub-Youth category at the 2nd Nagaraj Rao Jagdale State Shooting Championship in Karnataka. Her impressive precision and focus reflected her exceptional skill and dedication. Arya's disciplined approach to the sport earned her a top rank in a highly competitive field. This achievement solidifies her status as a rising star in shooting. Her success is a testament to the power of hard work, perseverance, and passion. Arya's journey inspires young athletes to pursue excellence. With determination, she continues to reach new heights. We look forward to her future achievements!



Aniketh Ruthvik, a Class 3 student, secured 3rd place in the highly competitive Bangalore Urban District Level Chess Tournament. His exceptional skills, strategic thinking, and dedication have set him apart as a talented and focused young player. This achievement reflects his hard work and passion for chess, marking the start of many more victories to come. Aniketh's success is an inspiration, showing that with determination, great things are possible. We're proud of his accomplishment and excited to see him continue to excel!



Charchita Jain, a Grade 3 student, showcased her remarkable mental arithmetic skills at the 1st level of the UCMAS Annual International and National Abacus Competition in Delhi. Competing against over 6,000 participants from 30 countries, she completed 200 complex problems in just 8 minutes with impressive speed and accuracy. Her focus and sharp mind earned her the 3rd Runner-Up position, highlighting her dedication, practice, and passion for mathematics. This achievement is a testament to her hard work and perseverance, marking the beginning of what promises to be a bright future in competitive mental arithmetic.



Congratulations to Dravinam Maheshwari, a Grade 4 student, for securing the runner-up position in the Under-11 Badminton Tournament at Leo Sports Complex! His focus, energy, and impressive skills led him to the finals, showcasing his hard work and dedication to the sport. This achievement highlights his bright future in badminton, and we're excited to see what he'll accomplish next. Keep it up, Dravinam – we're all proud of you!



NHG-ITC WOW GREEN AWARDS

New Horizon Gurukul shined at the SAMAGAAM - ITC WOW Green Awards 2024, earning multiple accolades for our commitment to sustainability. We were named the Highest Contributor School, collecting 11,000 kg of waste during the WOW drives in April and October, and received the Gold Trophy for contributing 7,026 kg in the October drive. Vihan Sharma from class 10A was recognized as the Highest Contributor Student with 57.1 kg of dry waste. These honors highlight our school community's dedication to environmental change, inspiring others to join the movement for a greener future.



Ayaan Kathuria, an 8th-grade student, debuts with *The Adventures of Jack Miles* series. The first book, *Jack Miles and the Zombie Apocalypse*, follows three unlikely heroes—Jack, Jimmy, and Lindy—whose peaceful lives are shattered by a sudden zombie outbreak. As society collapses, they fight for survival, discovering hidden strengths along the way. Amidst terrifying battles, their friendship deepens, highlighting themes of bravery, hope, and growth. Ayaan's gripping storytelling sets the stage for a thrilling adventure of survival and heroism in a world on the brink of destruction.

ACHIEVEMENTS



Lella Arya Deep, a Grade 4 student, impressed at the AIM Karate and Kobudo Gala Tournament 2025, organized by the All India Martial Arts Academy. He won Gold in both the Individual Kata and Team Kata events, showcasing his precision and flawless coordination. His achievements reflect his dedication and excellence in martial arts.



Aarav Manche, Aasapu Mohith Praneel, Viswajith Aravind, and Krutarth S. Karkala of Grade 6 won First Place in the Under-12 Category at the Karnataka State School Team Chess Championship 2025. Their victory highlights exceptional teamwork, skill, and strategy, setting a high standard and inspiring future chess enthusiasts.



Sia, a Grade 2 student, set a world record by reciting 195 countries, solving Rubik's cubes, and spinning a hula hoop in 2 minutes, earning a spot in the Asia Book of Records. Her feat highlights her impressive memory, problem-solving, and coordination skills, showcasing the limitless potential of young minds. Sia's achievement inspires others to dream big and break boundaries.



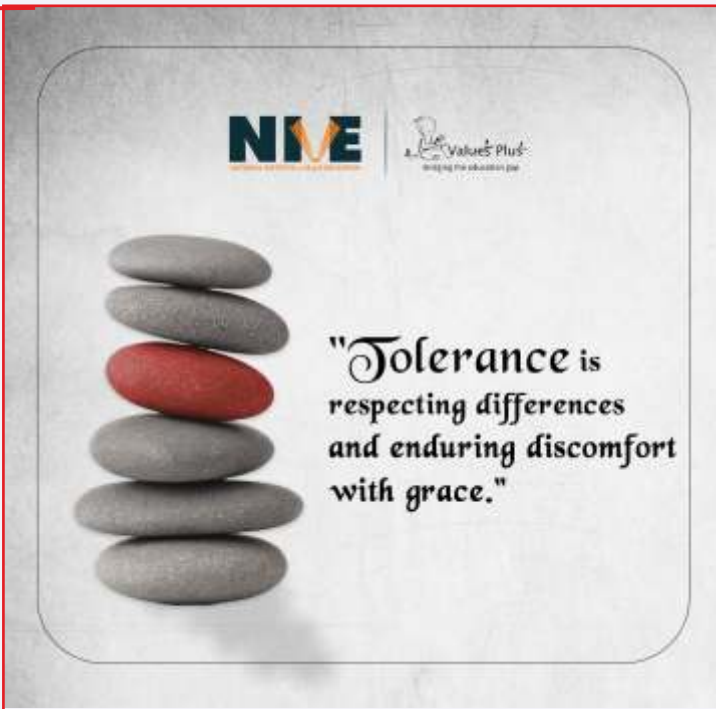
Shreyansh, a Grade 3 student, earned two bronze medals at the national KJGIF Karate Championship—one in individual Kata and one in team Kata—competing against 8 state-level players. His achievement reflects his skill, hard work, and focus, serving as an inspiring example of dedication and determination in sports.



Congratulations to Saisha G of Grade 10, Prajin Shankar Karthik of Grade 10, and Vihaan Ganjiwale of Grade 8 for their outstanding achievements in the Āryabhāṭa Ganit Challenge! Their dedication, hard work, and excellence in mathematics have set a remarkable example for others. These top performers truly inspire with their talent and determination.



Saanvi Talukdar of Grade 7 stood out as one of the overall toppers in the Level 1 Yatham Bharatanatyam exam, achieving A1 in theory and A2 in practical. She demonstrated a solid foundation in Bharatanatyam techniques and knowledge. Her performance was marked by precision and artistic expression. This remarkable achievement reflects her hard work and skill in the dance form.



Art Corner



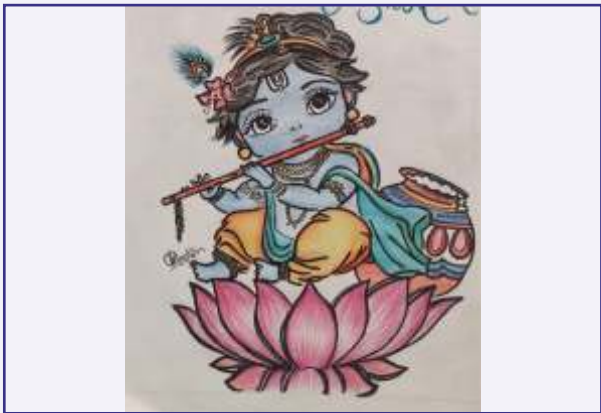
AJAY - 5D



AKSHITHA - 6D



BRISHA JAIN - 2D



CHANDINI - 8D



DEEKSHA PRADEEP - 3G



ISHANVI - 6D



ISHITA K - 3G



KARTHIKEYA - 3E



NISHTHA - 8D



PRANAVI - 6D



SHIVANI - 7D



SHREYA P - 4E



SHUBHAN - 4F



RUSHTI - 3E



VAISHALI - 5G



VED - 3F

Publisher :
Dr. Mohan Manghnani
Chief Editor
Mr. Ravishankar Putti,
Principal
Ms. Jagriti Rana,
Primary Coordinator
Mr. Vishwanath V
Ms. Madhumathi

Editorial Board Members
Ms.Swati Sood
Ms.Artheeta Sarkar
Ms.Rajashree
Ms.Sushma B (Values +)
Ms.Snigdha C (Art)
Ms.Vina Bhondley (Hindi)
Mr. Anand Kumar G (Kannada)

Student Editors
Master Pranav Sriraman
Ms Abhijna Midatana