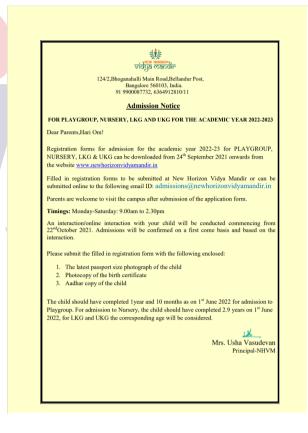
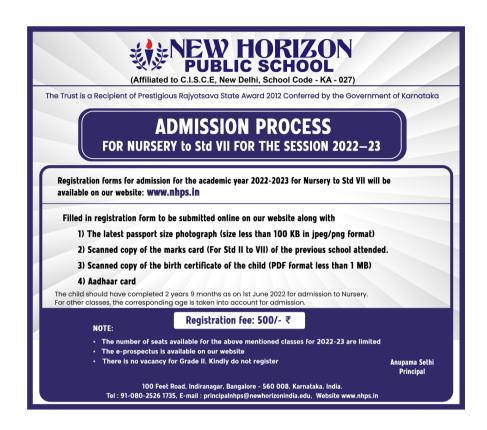
New Horizon Times

A MONTHLY NEWSPAPER FOR THE STUDENTS AND BY THE STUDENTS

Bangalore, December 2021

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COMING BACK TO SCHOOL



I had set the alarm for 6:00 a.m. I had never woken up this early, but 18th October was different – I was going back to offline school! There was excitement, nervousness, anticipation and adrenaline coursing through my veins. I got ready hurriedly, wearing my best ethnic outfit, for the teachers had scheduled a fun 'Ethnic Wear Day' as a bright start to a new chapter in our lives; it had been a year since we had gone to offline school, and going back was like a dream come true. My parents dropped me at school and wished me all the best. I practically ran through the gate after, of course, having my temperature checked and rubbing on some sanitiser.

I still could not believe that I was walking through the corridors of New Horizon Public School! The school building had undergone so much change. There were beautiful coloured grilles attached to the plain black grilles, and the school looked vibrant and bright! There was a sign in front of the Principal's office which read 'I Love New Horizon'. Beautiful paintings adorned the school walls; painted in vivid hues were the walls and doors of classrooms too. The ATL, Dance Room, Instrumental Room, Library and Indoor Sports Room looked brilliantly different!

I walked into my classroom and greeted my friends. We were so happy to talk and meet each other face-to-face. We caught up on everything that we had missed for the past year. After that, the classes began. I felt exhilarated and excited to meet all my teachers and have a question-and-answer session with them. We had all forgotten classroom etiquette but were reminded of it as the day went on. All the teachers were so happy that we were back, and we were elated too. We had an interesting interactive session and did not realise how time flew by! It was already time for our lunch break! We sat down to have our food, talked to each other, visited our friends in the other classes, and had a merry time.

After the lunch break, we had another surprise planned for us – we were to assemble in the quadrangle, with, of course, social distancing. We had a fun song and dance session, and even the usually shy ones who have an aversion to dancing participated in gusto. As wise people say, 'Time flies when you are having fun.' The day had already drawn to a close, and we did not realise it! When it was dispersal time, I wished I had a time machine to replay the wonderful day again. But then, I realised that it was real life, and I did not have that option.

With heaviness in my heart and the reassurance that I would be back, I left school. Back at home, I could not stop talking with excitement, describing the wonderful day I had just had. I went to sleep, dreaming of going to school every day and meeting my friends and teachers. 'That sign was true', I thought sleepily, 'I Love New Horizon.'

Krithika Shivaram 7 E

SCHOOL... AT LAST



After months and months of 'school at home', it was a welcome relief to experience 'school' in its true meaning. The entry at the gates took the look of a safari signifying the welcome of children back into a world of adventure, which their school truly represents each and every day. With excitement written on their faces and speed demonstrated on their feet, children of pre-primary scuttled into the school ready for interesting days ahead. Well, the story of parents was an altogether different tale.

Separation anxiety, tearful byes, apprehension were the gamut of emotions passing through each of the parents who had come to drop their child off. The children in turn had a day of yummy goodies, new friendships and colourful looking classrooms. This was surely enough to set the motion for these little ones to look forward to another day at school. Pick-up time had all the worries of parents fly away as happy children ran into their arms talking non-stop, as all the day's events poured out.





CHIRPED UP IN THE LOCKDOWN

From the year 2020-21, the Earth has been a "COVID – 19 stricken sphere of people". During this time, cries of sadness, looks of disappointment, shouts of anger and tastes of disgust have occurred amongst the people. Since the doors of all the openings have been closed in many peculiar ways, a few people, who find the material world boring, have 'heard' their true calling in plain sight. I am one of them.

The world is colourful. It is us, humans, who make it dull while nature adds colour to it on a regular basis. Nature according to science, God, and according to me, has created humans, animals and plants. Having discussed our antics, some animals are present in our surroundings for them to be watched and for their beauty to be experienced. Realising about it, innumerable people have pursued animal or nature photography and bird watching.

Having been equipped with binoculars and a few books, I, with due delight took up bird watching. The odd change in the path of a school student who usually cycles during the day, started when a kite (the feathered biped) was smashed on the grounds of our apartment. Thus started my new journey. From then on, we have been spectating the wondrous world of birds. Till now we have witnessed actions performed by around 35 species of birds from the tiny Oriental White Eye (also called the Indian White Eye) to the majestic Brahminy Kite, from the colourful Purple-rumped sunbird to the plain white Cattle Egret. Doing this has been amazingly fun. We don't even mind if the weather is bad.



Most of the birds that we divert our attention to are the small ones. They perfectly blend with their surroundings. A "smaller" example is an Indian White-eye. It is a very fast flier and hops restlessly, particularly when our sound or activities reaches its ears and eyes. Because of their size and light green colour, they are available in clear vision once in a blue moon. The Purple-rumped sunbird (male) is the precise antonym of the Indian White Eye. As it sits on the yellow flowers, its colours are revealed to the onlookers. The bright blue on its crown (head), the light purple surrounded by the natural black, just above the breast, the yellow on its belly and thousands of other colours on the various parts of its small body, has made it the most colourful bird I have ever seen. If you can set up a bird-bath, then the first birds to set foot on it would be a flock of brown colour birds flying down and splashing themselves in the water. These are known as Bulbuls. They are really active and as far as my knowledge leads me to, they are of 2 types: Red-Vented and Red-Whiskered. Birds like the Greater Coucal rest on the branch, being as lazy as they can be, appearing to be dozing. They rarely do fly, as they are related to the Asian koel. Unlike the koel, they make sounds that can be related to the bass guitar. Birds like the White-browed wagtail are always fond of sitting on the roof of buildings. They sit there chirping to their heart's content and fly away in flocks of three to four. Birds like the White-cheeked Barbet are seen sitting on the trees. Even though it resides in an urban locality, its "perching stop" is always the branch of a tree and rarely a building.

Sometimes these birds do not give their darshan. On such occasions, we quench our thirst for them with the multi-chromed sky. Nature who has so many colours, that is more than I have, mixes them and paints innumerable sketches that make even a person with sincere concentration break out of his work and admire the long never-ending chain of clouds that make funny patterns in the sky.





My growing interest in bird watching even won me a big prize that is: a pair of binoculars for my birthday. If you do not know how to get ready for bird watching, there are some tips for you. You can wear anything dull in colour as birds get attracted to bright colours. Wear anything that matches your surroundings. If you do not know much about birds, you can purchase and read books written by the renowned ornithologist, Dr Salim Ali, such as "About Indian Birds" and other books such as "Birds in your Backyard".

Just like my family and I, many others can implement this idea instead of spending time indoors always and that too, during the lock-down.

Vrishank R 6 D

BUILDING A CULTURE OF CONTENTMENT

We talk about the corruption in society, we talk about bribes, and we talk about cheating. What could be the root cause of these?

Defined as an excessive desire to possess wealth or goods, greed is the feverish accumulation of assets and going to any extent, using any means to get the desired end. It is a disease that is robbing society of its intrinsic values and morals. Among all the human vices, greed perhaps tops the list. Greed could be the one reason why countries have failed and fallen, and more disturbingly, families have been torn apart.

AND have the greedy been satisfied? The famous philosopher Eric Fromm rightly said, "Greed is a bottomless pit which exhausts the person in an endless effort to satisfy the need without ever reaching satisfaction."

The general belief is that buying or accumulating things can drive away unhappiness or discontent. Your neighbour has a better car and you are not happy with the one you have... go buy a new car. You don't have the fancy clothes that your friend has... you are unhappy and so you go spend money and buy some for yourself and this trend goes on and on. This becomes an unending cycle. Greed never allows us to be peaceful. Fulfilling one desire gives rise to the next.

Wealth is not a sign of greed if rightfully and ethically earned. It is when you put your hand in someone else's pocket that the basic and fundamental values of integrity and honesty are lost.

So how do we change this greed-ridden society? The answer lies in building a culture of contentment in society. The youth of today have to take the lead to slow down the wheel and turn back to the times when society was not about hoarding, but was more about sharing, giving and working towards the benefit of society.

Developing an attitude of gratitude will bring in this change. It is impossible to develop contentment without gratitude. How can we be content and happy with our current situation? Buddha had three tips to find happiness.

1. "Peace comes from within, do not seek it without"

Trying to find love, peace and happiness externally is fruitless and frustrating. Focusing on the outside actually deprives you of the joy that you possess inside.

2. "As you walk and eat and travel, be where you are. Otherwise, you will miss out on your life."

Simply put, this is called mindfulness. To be present in the moment and enjoy the moment. Often we are too busy thinking about the future, of which we know nothing of the past, of which we cannot change anything. But to be present and to live in the moment, when practised, brings great joy and happiness. Remember, sometimes small things in life matter.

3. "Find out for yourself what is truth, what is real. Don't blindly believe what I say. Don't believe me because others convince you of my words. Don't rely on logic alone, nor speculation. Don't infer or be deceived by appearances. Do not give up your authority and follow blindly the will of others. This way will lead to only delusion"

You have to experience yourselves. Take responsibility.

Following these tips will lead to a culture of contentment which in turn mitigates corruption and cheating, leaving room for peaceful and more harmonious living.

Values Plus team





MATCH OF THE MONTH



#KAR VS BENGAL

Karnataka and Tamil Nadu, the one game which stood overs, Bengal were in an uncomfortable position. out was the Quarter Final 2 played between Bengal and The skipper of Bengal, Sudip Chatterjee, along with Bengal's one Karnataka could not believe what was Karnataka.

Post the closing of the iconic IPL mid-October, all eyes The beginning of the chase, was like a dream for Bengal. With a Bengal's whole bench were on their feet were craving the ICC Men's T20 World Cup. Although couple, three fours and a six, Bengal had got off to a great start Gosh how the tables had turned! India was not as successful as we would have wished, with 20 in the first over. Manish Pandey, the skipper, keeping his we can agree that there were many learnings from the cool and not making any major changes, tossed the ball over to The job was not finished. With 8 runs tournament. With all the craze about the World Cup one of Karnataka's trusted pacers, Vidyadhar Patil. And would required off the last 4 balls, Patil trusted his and the eventual result, the Syed Mushtaq Ali Trophy, you believe it? Patil provided Karnataka their breakthrough in instinct and bowled the slower delivery to one of the finest T20 league tournaments, did not the very first ball of his spell, grabbing the wicket of opener Choudhury. A single was taken and receive the attention it deserved. With numerous nail- Abhishek Das. In the immediate next over, a wicket, in the form Karnataka were glad that it wasn't the biting encounters throughout the course of the of a run-out sent the in-form Bengal boy, Shreevats Goswami power hitter on strike anymore. Akash tournament, including the Final between the rivals back into the pavilion. With the two openers gone in consecutive

down batsman, Writtick Chatterjee, were on the crease. Sudip hitting them. Patil missed the yorker and Coming into the quarter-finals, all the teams bring in was alas sent back to the pavilion scoring just 12 runs with one Akash Deep took the opportunity and their A Game considering from this stage of the of the old-fashioned "skipper takes skipper" moments. With this launched the ball with a blistering drive. tournament, all the games going forward are do-or-die mighty blow, the confidence of Bengal kept lowering. A slow but Finally Patil placed it right and Deep took a games. This was a re-match between Bengal and steady partnership of 49 runs between Writtick and the No. 5 single but hang on, an extra run was taken Karnataka. Only days ago, had Bengal outclassed batsman, Kaif Ahmed, gradually got back Bengal's hopes. due to overthrows! Scores were level! Karnataka, thereby sending Manish Pandey's men into Fortunately for Karnataka, OUT OF THE BLUE, Jagadeesha With just one run required off the last ball, the pre-quarter final, only for the two sides to be back Suchith, the left-arm orthodox bowler, got two wickets in two the players of Bengal were ready to facing each other today. Bengal had won the toss and balls, breaking the long partnership and sending the batsman at celebrate. Last ball, Patil to Akash Deep, they opted to field first. Rohan Kadam and Sharath BR, An extremely tidy 16th over from Bengaluru boy, KC Cariappa, RUN OUT!!! MANISH PANDEYYYYYY!!! Under the regular Karnataka openers, were at the crease. put a lot of pressure on the tailenders with Bengal needing 45 tremendous pressure, the captain delivered Mukesh Kumar opened the attack for Bengal. Bengal runs in the last 4 overs. That was over 11 runs an over! The 17th a direct hit and an easy call for the third were handed their first breakthrough in the form of the over was bowled by Vidyadhar Patil and he conceded 12 runs in umpire. Was always a dicey one with not-very-much-in-form Sharath BR. Sharath never got that over, giving away 2 boundaries. This was just the over Pandey being close, but Deep naturally took going and fell for the big shot and got cleaned-up by Bengal were desperate for! Bengal now required 33 runs in the the risk. Super Over time!!! Akash Deep. Karnataka had lost an early wicket once last three overs. Karnataka fought back fiercely by giving just 13 again. A rather safe and slow partnership between runs in the next 12 balls and by taking a wicket in the last ball of This encounter was comfortably won by Kadam and skipper Pandey got back the momentum of the penultimate over. Not the wicket of the power hitter Ritwik Karnataka eventually but phew! What a the game for Karnataka. Sadly, for Karnataka, this Choudhury, which Karnataka would have hoped for, but this did series of emotions this match put us partnership was broken by Sayan, the medium pacer. A for now! Now Bengal required 20 runs off 6 balls and now only a through! The thrill, excitement, adrenaline, valuable knock from Karun Nair, 55 of 29, along with a miracle could save Bengal from getting thrown out of the one could go on and on and on! Karnataka power-hitting knock from youngster Abhinav Manohar, tournament! Manish Pandey handed the ball over, again, to had to do the hard yards to reach to this 19 of 9, helped Karnataka reach a total of 160-5. Vidyadhar Patil. Ritwick Choudhury was on strike and Bengal stage and endured another nerve-wracking Considering the conditions, this was an above-par, were still hopeful. Patil to Choudhury, and would you believe it?! game to make the semis. Until next time,

Deep, the Bengal pacer, was on strike and he smashed a 4 in the 4th ball of the over!

it's goodbye! Cheers!

NEW HORIZON PUBLIC SCHOOL

THIS MONTH THAT YEAR



December 12, 2000. A drab, rain-washed Test, played Ngam's first Test wicket when he nicked one to Mark between South Africa and New Zealand in which less Boucher for 46. New Zealand were soon reduced to 117 for than 200 overs were possible, came to an end. 6, and it took some gritty batting from Marshall to see them However, what happened after the match is a one of a reach around 200.All chance of a result disappeared when it kind experience in the history of International cricket, rained continuously on Days Three and Four. However, South Africa had already clinched the series by the Chris Scott and his team of groundsmen did a tremendous time the two sides met at the New Wanderers Stadium job and made play possible on Day Five. Due to this, a for the third Test. Heavy rain and waterlogged outfield pleasant surprise awaited Chris Scott and his team after the prevented any play on Day One, but the groundsmen match as Ted Wood adjudicated the groundsmen as the did an excellent job making sure play could go on Day Men of the Match. They had, after all, done all the hard Two. Pollock gave Ngam the new ball, and he found work over three days while the players had slogged it out the edge of Adam Parore in his first over; Daryll over two innings, one innings each (New Zealand 200/10 & Cullinan grassed the chance at slip. He did it again in South Africa 261/3 decl.). This proved to be a mark of Ngam's third over. Boeta Dippenaar, meanwhile, respect for the groundsmen who strived hard to make at dropped both Richardson and Parore at short-leg. least about 200 overs of play possible. This also shows that They grinded along, putting up 37 before Ntini struck appreciation and respect for the success of a game is not in the 21st over, sending Parore back.Richardson and only given to the 22 players on the pitch but also to the Sinclair added 46 in an hour before they were various supporting pillars of the game like the umpires, dismissed in the space of five balls, the former being match referees, groundsmen, etc.



several games home and abroad alike

July 2017 when he turned in bowling comeback. He made his comeback directly wickets like Glenn Phillips and figures of 4-0-39-0 against the West Indies in the t20 world cup match against Mark Chapman. He left no in the one-off game at Kingston. The Afghanistan. Mystery spinner Varun stone unturned after his Caribbean team chased down 191 Chakravarthy was chosen ahead of Ashwin fabulous performance in the comfortably and before long Ashwin found in the previous two games against New first test against the Kiwi's in out for himself that he was out of the Zealand and Pakistan but he failed to Kanpur taking 6 wickets in a limited-overs reckoning. Ashwin had his deliver and big thrashings for India in both match included that of Tom golden years in limited overs cricket under the games meant Ashwin had to get a Latham and Will Young, the Dhoni's leadership but because of Ashwin's game sooner rather than later. India won openers responsible for New fitness and fielding he never had Kohli's all the three next super 12 games with Zealand's brilliant batting backing for limited-overs cricket. Though Ashwin's decent bowling figures, excellent performance in Test cricket, he has remained India's economy taking crucial at the right time Green Park. Ashwin surely premier spinner and has helped them win when needed. This confidence helped him deserves more T20i games for in the T20i series against New Zealand India in the future





Golden State Warriors



The Golden State Warriors have started this season guns blazing with a 17-2 record, and seem to be the favorites to win it all and take home the Larry O'Brien trophy, with Stephen Curry playing like his 2016 MVP self. Jordan Poole, a name not many knew before this season began, is outshining expectations and is looking like the 3rd splash brother alongside Steph and Klay. The Warriors also made smart off season moves like adding Otto Porter Jr and choosing Garry Payton II over Avery Bradley. Garry Payton II is playing defense like a beast and is leading the Warriors in +/-. The team chemistry on the court is remarkable, as everyone on the roster has played with the Dubs for at least a year. After Klay returns to the starting 5 of the Warriors, the team looks dangerous with Curry, Klay in the backcourt, Andrew Wiggins in at the small forward, Draymond Green in at the 4, and James Wiseman at the center position. The warriors were not expected to be this good without Klay, but are proving everyone wrong. The Warriors are 4th in defensive ratings in the league and the best offensive in the league. If the Warriors can keep this up it's almost a given that they'll be the 2022 champs with the return of Klay.

With the Lakers struggling, and the Clippers missing Kawhi, there's no real threat to the Warriors except the Phoenix Suns and Utah Jazz in the Western Conference. Out in the East, teams like the Brooklyn Nets, Miami Heat and The Bulls can give the Dubs a hard time in the playoffs but that's only if they reach the NBA Finals. In conclusion, the warriors look like a strong, cohesive unit that not many teams can go up against, making the Warriors look like champion favourites of this season so far.

CREDITS

CRICKET

CREATORS

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WRITERS

THIS MONTH THAT YEAR ANKITH A PLAYER OF THE MONTH SOHAN N MATCH OF THE MONTH SHANTANUK

BASKETBALL

CREATORS

CREATED BY NHT SPORTS TEAM GRAPHIC DESIGN BY TANISH RAJU SPECIAL THANKS ATULITS

WRITERS

GOLDEN STATE WARRIORS PRATIK KUMAR



TEACHER'S CORNER



EATING DISORDER

Eating disorder is a serious mental illness that becomes an unhealthy preoccupation of someone's life. The Diagnostic and Statistical Manual of Mental Disorders (DSM) recognised four eating disorders.

Anorexia Nervosa: – This is characterised by an intense fear of gaining weight or becoming fat leading those with this disease to excessive caloric restrictions and severe weight loss. They put a great deal of emphasis on their weight or shape yet do not recognise the seriousness of their illness. They typically engage in ritualistic behaviour including repeated weighing, cutting food into small pieces and carefully portioning their food. The average age of onset of this eating disorder is 19 years.

Binge eating disorder: – This is characterised by repeated episodes, occurring at least once a week for three weeks of uncontrolled binge eating (eating significantly more food in a short period) than most people would eat under the same circumstances. The average age of onset is 25 years.

Bulimia nervosa: – This is characterised by recurrent consumption of food in amounts significantly greater than would customarily be consumed in a discreet period of time, like eating an entire pizza, and half a gallon of ice cream and a pack of cookies, followed by self-induced vomiting, intense exercise, laxatives used for the fear of gaining weight. The average age of onset is 20 years.

Pica: –This is characterised by eating non-nutritive substances for at least one month. Common non-nutritive substance includes clay, laundry, sketch pens, ice, hair or chalk. Those with pica may have electrolyte and metabolic disorders. Pica is associated with iron deficiency.

Saritha P T
Physical Education teacher
NHPS





बूझो तो जाने ??



- **क.** दुनिया में सबसे ज़्यादा बोली जाने वाली भाषा कौन-सी है ?
- ख. विश्व योग दिवस किस दिन मनाया जाता है?
- ग. हमारे शरीर में सबसे बड़ा जॉइंट (जोड़) किस जगह होता है ?
- घ. समोसे की उत्पत्ति कहाँ से हुई ?
- **ङ** मोबाइल नंबर में कितने अंक होते हैं ?



क. मेनडरिन ख. 21 जून ग. घुटना घ. मध्य पूर्वी एशिया ङ. 10

Inderjeet Kaur Hindi Teacher NHPS

I LOVE MY PARENTS

Parents play a pivotal role in their children's life. They are the pillars of support, guidance and love. No matter how old a child gets, there's nothing more comforting and soothing than their parent's arms. Parents contribute to the cognitive, socio-cultural, physical, mental, and spiritual development of an individual. There's nothing worldly that comes close to the sacrifices of parenthood.

Your parents have lived a lot longer than you, and I'm positive they've learned their fair share of lessons. They also know you very well. My mom will remind me often how much she knows about me. Though I'm hesitant to admit it, she's right. So is my dad. It's time to admit they know more than you and know what's best for you. Therefore, you should not only listen to what your parents have to say, but respect what they are asking you to do. They will ask for plenty of things that are in your best interest, even if you can't understand it at the time.

Besides, if you notice well, our parents are always there for us no matter what. Even when we do mistakes; they see us through the good and the bad and provide a listening ear and sound advice without giving up on us.

Here's the last thing I wanted to leave with you. Your parents love you more than you know. They probably love you more than you love you. We take them for granted too much and we aren't grateful enough.

Tell your parents you love them and show it. Give them a hug because they deserve it.

Anupama Sethi Principal

STUDENTS' CREATIVE CORNER



Hetwi 3 E



Shranjna Hariharan



Sidhaarthan 7 E



Prisha S 6 B



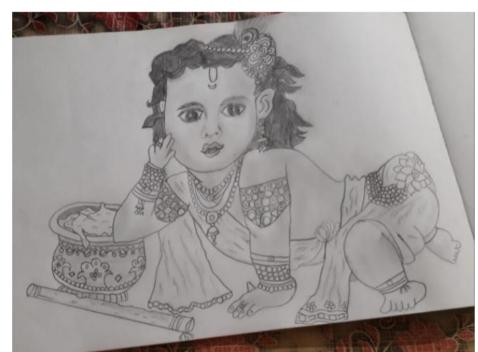
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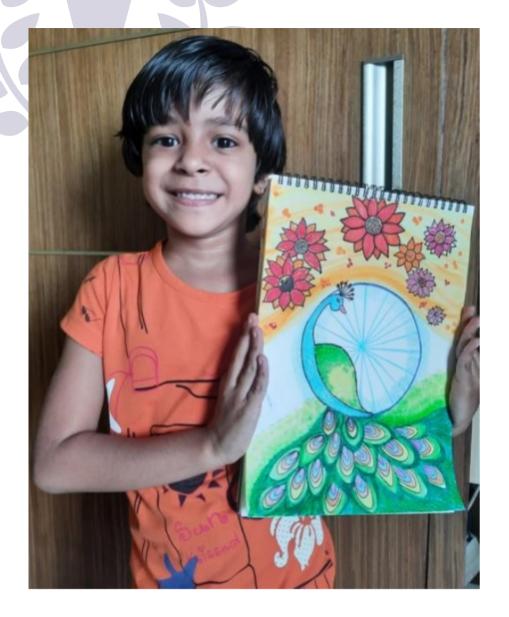
Ishanvi Vijay 3 E



Ananya Rao 4 D



Priyanka Kamat 3 E







Ananyaa V 3 B

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PUBLISHER: DR. MOHAN MANGHNANI CHIEF EDITOR: MRS. ANUPAMA SETHI

EDITOR: MS. SYLVIA M, MS. SANCHARI C, MS. RUHI H, MS. SHRUTHI P, MS. RACHNA P J DESIGN AND LAYOUT: MR. TANISH R, MR. SHRAVAN K, MR. K AKSHAY, MR. ARUN N

EDITORIAL ASSISTANT : MS. UMA M
PHOTOGRAPHY : MR. LAKSHMIKANTH

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