

**A MONTHLY NEWSPAPER FOR THE STUDENTS AND BY THE STUDENTS**

**Bangalore, July 2021**

**CMM/BHE/DECL/NPP - 230 / 10 / 2033**

**International Yoga Day**

Yoga, a physical, mental and spiritual practice, which has its origin in India, tends to unite the body and mind to bring harmony. Lord Shiva, the first Guru, is also considered to be the Adiyogi, i.e., the first person who began the practice of yoga.

The International Day of Yoga has been annually celebrated on June 21 since 2015, to commemorate the ancient Indian art of healthy living. The Indian Prime Minister, Mr. Narendra Modi suggested the date of June 21; it being the longest day of the year in the Northern Hemisphere, and also a day of special significance in many parts of the world.

On Monday, June 21, a live event was conducted by our school on the occasion of Yoga Day. Staying within the four walls for the past two years has not limited anyone from meeting online. All of us were exuberant to know that we would be celebrating Yoga Day. It was a bracing session and I am sure everyone enjoyed it. We started with an introduction followed by Surya Namaskar and a few breathing exercises. This session gave us an insight into what yoga is and it was definitely a good learning experience. It was conducted by Mr. Subramanian Krishnan and Ms. Akila Janardhanan, parents of Atulit, Aadra and Adbhut. Subramanian Krishnan (Subu) is a Masters in Computer Science and works as a Principal Engineer in Citrix R&D. Akila Janardhanan is a typical fauji kid who loves travel and good food.



Yoga has many benefits for both our mind and body. It must be practised on a regular basis. It allows us to keep our mind and body healthy.

**Srinidhi Rajarajan VIII C**



**Father's Day**

Fathers play a pivotal role in our lives. William Shakespeare famously said, 'It is a wise father who knows his own child.' I say it is a fortunate child who has such a father.

To ensure that we follow the right path in life, they act as disciplinarians at home. Leading by example, they help us imbibe values like kindness, humility and generosity. They support us in all our endeavours, and motivate us to do the best we can. Currently, in this pandemic, while some of us still struggle to accustom ourselves to the new scenario, they show us the way themselves by adapting to the changing circumstances on a day-to-day basis.

To celebrate each unique father of every precious child, a four-day 'Fathers' Day Campaign' was conducted by the New Horizon Public School, from June 16, 2021 to June 19, 2021. To participate, the students had to share selfies and pictures on Instagram using the tag @nhpsofficial, to feature on the official Instagram page of the school.

Following were the various activities that helped in rekindling the bond between fathers and their children.

The first day of the Campaign was dedicated to 'Chef Dads'. Some dads love cooking up a meal anytime just for their little ones. In recognition of their dads' efforts in the kitchen, children shared selfies and pictures taken of dads in aprons, busy with meal preparations.

Recognising the great emotional support fathers give their families, the second day celebrated the 'Emo Dad'. Children showed their appreciation for their caring and supportive fathers by sharing pictures of the times when the magical words of their fathers were all that they needed.

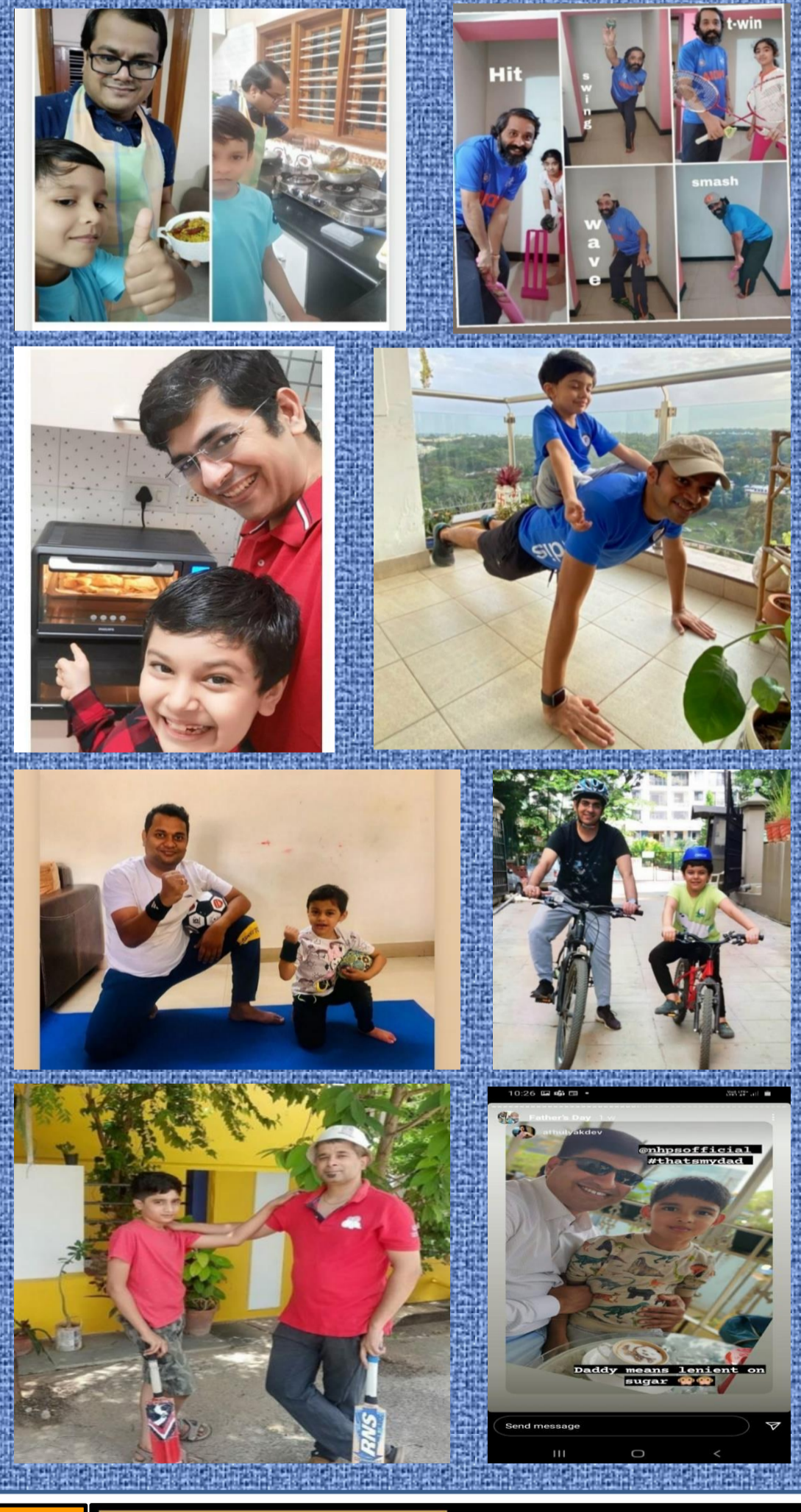
The 'Sporty Dad' was honoured on the third day of the Campaign. All-round development of their children is of utmost importance for most dads. By pushing themselves beyond their limits, they set goals and believe in achieving them with the right values. Children shared pictures with their dads who motivate them to excel in life.

The last day of the Campaign appreciated the 'Handy Dad'. Fathers can fix things around the house anytime. Children appreciated the handy help provided by their fathers by sharing pictures with their dads, who usually have their hands full in their spare time.

Showing their love and gratitude to their fathers, children participated enthusiastically in this Campaign and made it a great success.

This Fathers' Day, let's take a moment to acknowledge the support and commitment of fathers to our families. Here's wishing them a Happy Fathers' Day!

**Aadya Raj 8C**



**Graduation Day**

From the first step in Nursery to the end of UKG when they are all set to step into formal school, time seems to have just flown by. It was that time of the year when our UKG seniors were all set to graduate to the 1<sup>st</sup> standard. The year 2020-21 was definitely a year of the virtual firsts for many occasions, situations, sessions, celebrations etc. The Graduation Day ceremony conducted albeit virtually, had all the ingredients that made it a super success.

The grand entry of our graduating students with each of them dressed in the graduating gown and cap marked the beginning of the blockbuster. Moments were re-visited with glimpses of their years gone by in pre-primary. Down the memory lane by some of our UKG students rewinding back to their experiences in pre-primary was all about nostalgia. The Parent talk reflected the realization that their little babies have now become older and smarter to start a new path. The Teacher talk had their emotions, experiences, pride all enveloped in their touching address to each of their little ones.

Dedication to the core is what would describe the oath-taking ceremony by the Graduating batch. The farewell songs by the UKG students and the teachers brought on many moist eyes. Our UKG graduates have thus embarked on their next journey armed with words of wisdom from Chief Guest, Late Mrs. Sudha Manjrekar, Principal Mrs. Anupama Sethi and Headmistress Mrs. Jayanthi Ramakrishna.



# WORLD ENVIRONMENT DAY

## 5 JUNE



**Environment isn't asking us to conserve her for her sake but for our future generation.**

The theme for this year is **"Ecosystem Restoration"**

Ecosystems support all life on Earth. The healthier our ecosystems are, the healthier will be the planet and its people. It can help end poverty, combat climate change and prevent mass extinction. It will succeed only if everyone plays a part. Ecosystem restoration can take many forms: Growing trees, greening cities, rewilding gardens, changing diets or cleaning up rivers and coasts. This is the generation that can make peace with nature and protect it.

On the occasion of World Environment Day, we at New Horizon Public School, have planned a few activities for the students of grade 6 to 10 to reinforce the necessity of restoring our ecosystem and spread awareness about the importance of preserving nature. The list of activities are as given below.

### Results of World Environment Day

The instructions for the events are as follows:

# Grade 6 - Collage Making

# Grade 7 - Painting

# Grade 8 - Create your own Ecosystem

# Grade 9 - Innovating/Inventing an Eco-friendly product

# Grade 10 - Essay/Poem writing

Collage Making Competition Grade 6			Painting Competition Grade 7		
Sl.No.	NAME	PRIZE	Sl.No.	NAME	PRIZE
1	Vrishank R (6D)	<b>First</b>	1	Niveditha V (7A)	<b>First</b>
2	Aarnav DS (6A)	<b>Second</b>	2	AdithiGudisey (7B)	<b>Second</b>
3	Aryan M (6C)	<b>Third</b>	3	Shruthi R (7A)	<b>Third</b>
4	Darsh Agarwal (6B)	<b>Consolation</b>	4	Nidhi J (7D)	<b>Consolation</b>
			5	VibhaGunuganti (7E)	<b>Consolation</b>

Create your own Ecosystem Grade 8		Innovating/Inventing an Eco-friendly product Grade 9		Essay/Poem writing Grade 10	
<b>First place</b> Sindhooora R - 8B Nishevitha R - 8D Pavitra B - 8C	<b>Second place</b> Vishitha Tadikamalla - 8A Lohit M - 8D	<b>Third place</b> Sankalp KS - 8B Aadya Raj - 8C Abinayaa RP - 8D	<b>First place</b> Rajalakshmi Shankar - 9C Sruthi R - 9D Adhithyaa B - 9C	<b>Second place</b> Aaryan Adarsh Panickar -9C Nikhil J Bhandary - 9C Shravan Kaushik - 9C	<b>Third place</b> Ankith A - 9B Aditya Vinod - 9C Jas Chetak Lodaya - 9C

Kannada poetry writing		English poetry writing	
<b>First</b>	Nischitha J - 10B	<b>First</b>	Dia Arora - 10D
<b>Second</b>	Vaishnavi S H - 10 A	<b>Second</b>	Dhriti Kamani - 10D

### World Environment Awareness Week Celebration

#### (Primary Division)

"My World, My Responsibility" is an initiative taken by New Horizon Public School to raise awareness about the need to protect planet earth.

Keeping this aim in view, World Environment Awareness Week was observed by the students of NHPS on the virtual platform from June 7 to June 11.

The celebration began with presentations that were shared by teachers to generate awareness on the History of World Environment Day. The theme for World Environment Day, 2021 'Ecosystem Restoration' was highlighted.

Little ones were super enthralled to go on a virtual tour of Mysore Zoo, one of the oldest and popular zoos in India.



A documentary on Saalumarada Thimmakka, an Indian environmentalist and a Padmashree awardee was shown to inspire the young generation to inculcate constructive hobbies which can make a difference to the world.

Various competitions and activities like poster making and palm print with slogans were conducted for our little environmentalists as an outlet for their creativity.



"Nature Through My Window", an activity to capture the essence of nature, just from the frame of the window was a hit among the children. Children's imagination was unimaginable. The pictures were totally out of the box - full bloom of flowers, ornamental plants in balcony, birds flying, squirrel peeking, falling droplets of water etc.

World Environment Awareness Week was like a breath of fresh air that engaged children, parents, and teachers effectively to take a pause from busy life to reflect on the actions and their subsequent consequences on planet Earth.



### Results of World Environment Day Poster Making Competition- 2021-22

**Primary Division-** Conducted from Monday, June 7<sup>th</sup> 2021 to Friday, June 11<sup>th</sup> 2021

Class- 1A	Class- 1B	Class- 1C	Class- 1D	Class- 1E
Agamya P S- First Prize	Adinath Sujith- First Prize	Saanvi Saria- First Prize	Sahil Mahale- First Prize	Ram Praneel Gupta- First Prize
Sai Rishaan P R- Second Prize	Shashwath V Reddy- Second Prize	Jason Matthew- Second Prize	Mithish D- Second Prize	Achyuth Ram Y- Second Prize
Shriansh Hegde- Third Prize	Hammaad Iqbal- Third Prize	Gitanshi G- Third Prize	Aaradhya Nandy- Third Prize	Punarvi R- Third Prize
Leela Bhagat- Consolation	Arjun S- Consolation	Tanvikasri- Consolation	Rudransh Prasad- Consolation	Pranav R- Consolation
Punyashree S- Consolation	Dyuthi Surishetty- Consolation	Saisha Diwakar- Consolation	Devasree G- Consolation	Nishna Garnaik- Consolation

Class- 2A	Class- 2B	Class- 2C	Class- 2D	Class- 2E
Pranusha Naveen- First Prize	Lakshit Udayakumar - First Prize	Aniketh Nair- First Prize	J Sai Niranjana- First Prize	Shripad Pradeep- First Prize
Anika Praveen- Second Prize	Vedha Rengarajam- Second Prize	Akshara Subhash- Second Prize	Anagha Revankar- Second Prize	Gargi Kutumbale- Second Prize
Manav M- Third Prize	Adweita Panigrahi- Third Prize	Sloka Nerella- Third Prize	Aradhya Patnaik- Third Prize	Ruthvik Sivakumar- Third Prize
Shreeraj Patil- Consolation	Arav C- Consolation	Madhukesh P- Consolation	Ruhaan Dutta- Consolation	Sheikh Ayaan- Consolation
Mahidara N- Consolation	Omkar Vinayak- Consolation	Nilotpal Basu- Consolation	K R Hassini- Consolation	Anvita Shukla- Consolation

Class- 3A	Class- 3B	Class- 3C	Class- 3D	Class- 3E
Niharica K R- First Prize	Samrudh R- First Prize	Vihaan Vutha- First Prize	Shreyansh Pal- First Prize	Saanvi G- First Prize
Hasini B- Second Prize	Aradita Arun- Second Prize	Lasya G- Second Prize	Akshvi Choudhary- Second Prize	Priyanka Ganesh Kamat- Second Prize
Purvi R- Third Prize	Sashvath V- Third Prize	Kushal T- Third Prize	Shrihan V- Third Prize	Mani Teja Abhirama E- Third Prize
Disha Raam- Consolation	Tharshini M K- Consolation	Sai Shreya- Consolation	Vaani Singhal- Consolation	Arnnav Anil Awasare- Consolation
Krithi Addepalli- Consolation	Kausall P- Consolation	Aradhya M- Consolation	Likith Ashwa- Consolation	Tvisha Arora- Consolation

Class- 4A	Class- 4B	Class- 4C	Class- 4D	Class- 4E
Yuvanath B- First Prize	Vatsal Agarwal- First Prize	Ahana Kedilaya- First Prize	Vineeth Sreekar Dudi- First Prize	Nakshatra N Pai- First Prize
Shranjna H- Second Prize	Shruthilaya B- Second Prize	Arjun Ashwin Deshmukh- Second Prize	Janvi R- Second Prize	Jyothika D Rao- Second Prize
Janvi K S- Third Prize	Charvi Sahni- Third Prize	Antareep Mukherjee- Third Prize	Sahana Ravikiran- Third Prize	Malvika Niasi- Third Prize
Saatvik A M- Consolation	Sarah Binoy- Consolation	Manyata Anvekar- Consolation	Arohee Garg- Consolation	Anika Sriram- Consolation
Sehari V- Consolation	Addanki Abhiram- Consolation	Mitali Puranik- Consolation	Riya Mandar Deshpande- Consolation	Nishna Bhattaru- Consolation

Class- 5A	Class- 5B	Class- 5C	Class- 5D	Class- 5E
Harini Sathisha- First Prize	Stuti Bhageria- First Prize	Laalithya P S R- First Prize	Saptorshi Mukherjee- First Prize	Amruthavarshini S- First Prize
Gunupuree Rishita- Second Prize	Amar Ashish Patro- Second Prize	Sahana Ventrimol- Second Prize	Ruchi Sampat- Second Prize	Eeshan Prusty- Second Prize
Sunayana V Nirawani- Third Prize	Prachi Muskaan- Third Prize	Harshitha Senthil K- Third Prize	Aditri Singh- Third Prize	Anvi Srivastava- Third Prize
Abhinav C Y- Consolation	Shreeya Goswami- Consolation	Vivan Acharya- Consolation	Falguni Agarwal- Consolation	Nishta R S- Consolation
Chayan D- Consolation	Rishika Sahu- Consolation	Advait Magesh- Consolation	Someshwar S Kode- Consolation	Aadish Siddharth L- Consolation

### ENVIRONMENT DAY – 5<sup>th</sup> June 2021

On one hand, as technology and modernization take over our day to day lives in order to ease our way of living, the other hand, we should ensure that the very environment in which our existence depends upon, is not compromised in any way. We, at New Horizon Public School have in our little way begun to sow this sense of responsibility towards our environment in the minds of our little Horizonites in pre-primary.

End of the last academic session little takeaways were given in the form of seeds to be planted by our little ones. So children had a story to tell of their journey to parenting their little seeds and nurturing them into little plants. The mix of emotions from love to pride, from pleasure to excitement, from anxiety to happiness, all encompassed their sense of ownership towards their little plants. Parents reveled in the experience of watching their young children being responsible towards a green environment and a green tomorrow.



# SPIN A YARN

## The lockdown – A blessing in disguise

You might be wondering how the lockdown might be a blessing when it seems a time of imprisonment and inconvenience to many. If you are one of the many, then sit back and recall all your innocent desires during your school-going days, just a year and a half back. During those days, I wished I could stay at home. I wished I could live in a peaceful place where the air was pure! I wanted to spend some quality time with my family. Now, I chuckle at my innocent desires; all my wishes have come true!

I wake up to the chirping of birds and lie down to the hooting of owls. I feel the fresh air on my face as I go down for a stroll in the morning. I dance around with the beautiful butterflies fluttering in my garden; and sing along with melodious, joyous birds. How sweet it is! Under the shady tree, I read for hours together and sketch for as long as I wish. Now, I have abundant time for developing new hobbies and practising the old ones. We spend ample time with our parents, grandparents and other relatives; whether it's day or night, we enjoy each other's company. We play several games together and enjoy ourselves thoroughly. Despite the several odds, I feel warm and happy when we are together.



Each day, we bake delicious cakes; all kinds of delicacies appear from the kitchen, which is on par with any restaurant. I have learnt to prepare delicious dishes too.

During these testing times, I honestly feel that we must focus on what we can do, rather than on what we cannot. We must always be optimistic and make the best of every situation no matter what may lie ahead of us. Truly, I feel this lockdown is a blessing in disguise for me.

**Ramya J.A**  
**8 B**

## Kindness

Kavita, a little girl, used to help everyone in need. Her daily routine included not only reading books, but watering plants and feeding animals. Everyday, she would keep a bowl of water and grains on her terrace, for the birds. She would save the pocket money given by her father regularly. Once a week, she would go to the library and read out books to blind people.

One day, Kavita visited the market with her grandfather. The nearby railway station was overcrowded. She asked her grandfather why was it so crowded. Her grandfather told her that the next day a lockdown would begin because of the Coronavirus.



Kavita asked her grandfather whether they were waiting to go to their native places. She also asked him how long the waiting would last, and what would they eat.

Her grandfather replied that it could last the entire night; since they were in queue, many would not be able to have a proper meal. Kavita inquired of her grandfather if she could help them. Her grandfather stated that the amount they had was insufficient to be able to do so. She remembered that she had pocket money, ran towards her house and brought it. Taking her grandfather's permission, she bought biscuits and water bottles for the anxious people. Kavita and her grandfather then distributed biscuits and water bottles among the people. The thankful people blessed them.

Helping people does not require much money. We can help others by showing our care and concern in little ways.

**Amruthavarshini**  
**5 E**

## The Earthlings of Earth



I was going to earth finally after a long time of dreaming about its lush greenery and beauty. There wasn't any place in the universe like earth; I, being an alien from Mars had only seen earth from a distance. Mars has water but there are no blue seas like those on earth; there is life but no beautiful creatures like those that live on earth. So, every time a person turned 18 on Mars, they would go to earth if they desired. And, I most certainly wanted to. Since the time I was little, I used to hear the stories my great-grandparents told me about the earth, the wonderful land of natural beauty. I couldn't help the flutter of butterflies in my stomach as I entered the space shuttle that was going to take me to earth.

The space shuttle started its journey and the seamstress gave me a tablet to change form and look like a human. The only visible difference between us aliens and humans is in our physical features; we have long ears with a little bit of turquoise sparkle in our pale skin. After taking the tablet, I started dreaming. The roads would be full of trees and flowers; the people would be happy with ear-splitting grins on their faces—Ohhhh... Heaven! At last, the shuttle reached earth; it was invisible to human eyes and so was I. As I stepped out of the shuttle, I closed my eyes, took a deep breath expecting the sweet fragrance of nature; instead, I was greeted with the musty smell of dust mingled with smoke.

I started coughing; the source of it being the heavy traffic rather than the wonderful flora and fauna, I had hoped for. All I could see were tall buildings and thousands of cars on the road, stuck in traffic jam.

I looked around expecting to spot specks of green, like in the stories I had heard. Further down the road, a tree was being cut down. People were shouting at each other, honks were blaring; announcements from loud speakers, resulted in a lot of noise. "Where is the noise-free, beautiful world in which people greeted each other?"

"Where were the trees on either side of the road and why could the chirping of birds not be heard?" I asked my dad these questions. He answered, "Darling, people change and when people change, the world changes. The earth was created so that flora and fauna live together harmoniously. Unfortunately, most of the humans are blinded to this universal fact by greed, selfishness and ego. They wish to own this earth; whereas, this earth will never belong to only one species. It is a place where every living thing thrives on the other indirectly. The sooner, humans understand this, the better. Destroying nature like they are doing now leads to only one thing—their own end."

In the entire solar system, humans are the most blessed on planet earth with its beautiful biodiversity. They are surrounded by natural resources, and need to learn to co-operate with nature like our ancestors once did. The Earth will not continue to offer its harvest, except with faithful stewardship. Humans cannot say that they love the land and then take steps to destroy it for their use.

**Shriya Mahesh**  
**VII E**

## WE ARE WHAT WE EAT

A Vedic text states

"Aharasuddhausattva-suddhih Sattva-suddhau dhruvasmrutih dhruva smrti-lambhesarva-granthinam vipra-mokshah"  
[Chandogya Upanishad 7.26.2]

"From purity of food comes purity of mind; from purity of mind comes constant remembrance of God and from constant remembrance of God one becomes free from all bondage —one becomes liberated."

Food is one of the most important and interesting aspects of our lives. Healthy food not only nourishes our body but also keeps us mentally fit.

Bhagavad-gita 17.8 mentions  
äyau-sattva-balärogya-sukha-préti-vivardhanäu rasyäusnigdhaüsthirähädya ähäräusättvika-priyäu

### Translation:

Food in the mode of goodness increase the duration of life, purify one's existence and give strength, health, happiness and satisfaction. Such nourishing foods are sweet, juicy, fattening and palatable.

Ancient Indian lifestyle included Sattvic processes (Yoga, meditation, healthy diet) as the means of enhancing health, happiness and duration of life.

Sattvic diet, being mentioned in the above Shloka, was a very important ingredient in the recipe for a good quality of life.

Sattvic comes from the word 'Sattva', which signifies purity, energy, cleanliness and strength. Sattvic foods are important to maintain the balance of a healthy mind and body. It also strengthens the body's immunity.

The Covid-19 outbreak has forced the whole world to turn towards natural Sattvic food for boosting the body's immunity.

### The reason for this?

It is being conclusively stated that apart from steps like washing hands, wearing masks and physical distancing, the most important measure to be taken by everybody should be to improve their immunity levels. Pranayama and healthy food are being recommended as the foremost in the course of action to be taken towards this end.

So, let us get back to some of the dietary practices of our ancestors, which we have forgotten in the deluge of westernization that has taken over our lives.

The given charts clearly illustrate the types of food belonging to different modes and their effects on our body and mind.

SATVICK	RAJASIK	TAMASIK
<ul style="list-style-type: none"> <li>Fresh fruits and vegetables</li> <li>Whole food (unprocessed, unrefined)</li> <li>Juicy (water-rich)</li> <li>Freshly cooked</li> <li>Lightly seasoned.</li> <li>Living food with life energy.</li> </ul>	<ul style="list-style-type: none"> <li>Too bitter</li> <li>Too sour</li> <li>Too Salty</li> <li>Pungent</li> <li>Dry and Hot</li> <li>Excess flavoring of spices</li> </ul>	<ul style="list-style-type: none"> <li>Stale</li> <li>cooked after 3 hours</li> <li>rotten (meat &amp; sea food)</li> <li>Foul</li> <li>Liquor</li> </ul> <p><small>* Tamasic food is dead food. When we eat dead food the same death is transferred to our body in the form of disease.</small></p>
<p><b>SATTVA</b></p> <ul style="list-style-type: none"> <li>Balance</li> <li>Harmony</li> <li>Positive</li> <li>Peace</li> <li>Clarity</li> </ul>	<p><b>RAJAS</b></p> <ul style="list-style-type: none"> <li>Movement</li> <li>Activity</li> <li>Energy</li> <li>Excitement</li> <li>Passion</li> </ul>	<p><b>TAMAS</b></p> <ul style="list-style-type: none"> <li>Inertia</li> <li>Inactivity</li> <li>Negative</li> <li>Apathy</li> <li>Dullness</li> </ul>

## Fun facts



### 1. Mars constantly makes a humming noise.

The humming sound is thought to be a combination of the wind above and geological movement below the Martian surface although the exact cause remains a mystery. The so-called 'hum' falls largely outside the range of humans. Visitors to Mars, likely, won't be able to hear the Red Planet's song.

### 2. Cuvier's beaked whales can stay underwater for at least 3hrs and 42mins.

A Cuvier's beaked whale has broken the record of the longest dive by a marine mammal. It stayed underwater for 3 hours and 42 minutes. The previous champion, documented by scientists in 2014, spent over 2 hours underwater, which was a record at that time.

**Amruthavarshini**

**5 E**

*Congratulations*

**Adweita Panigrahi of grade 2 B** secured the first prize in the online dance challenge conducted by Melio.

## Students' Creative Corner



Yashithashree S P  
LKG C



Adhithi K  
8 B



Sandhyaa  
9 B



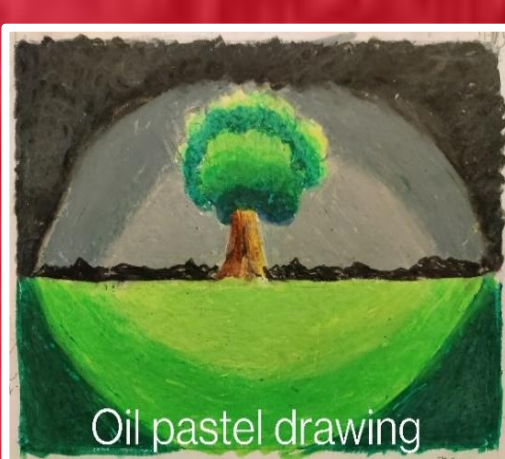
Harini  
3 D



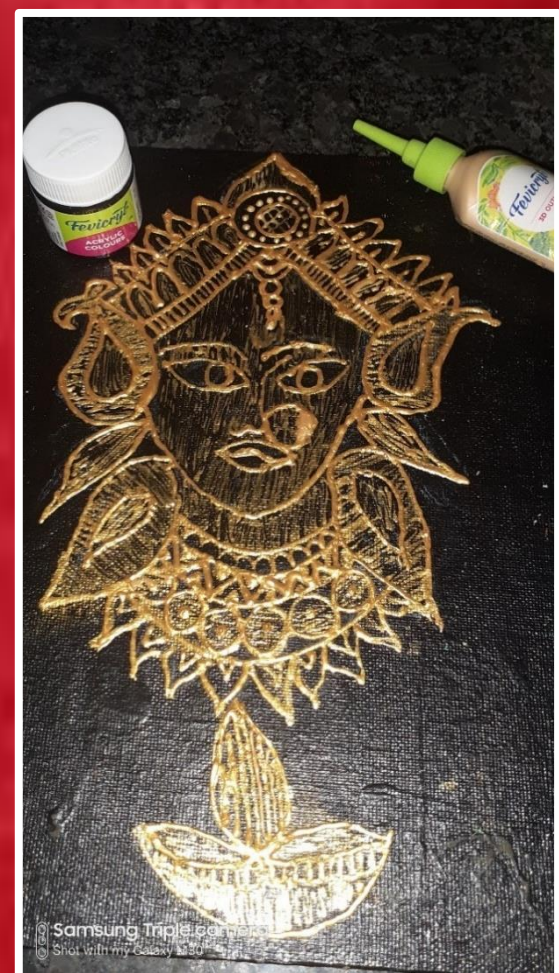
Nandika  
8 A



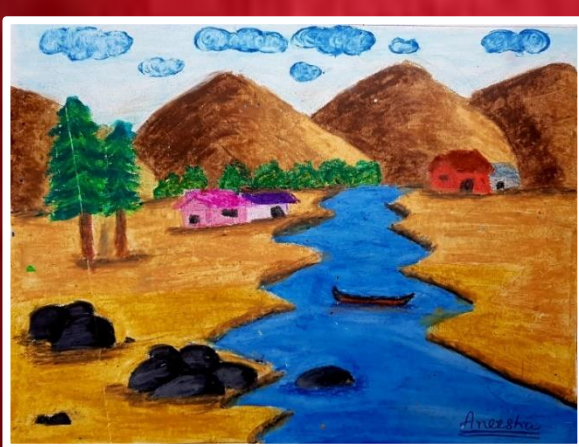
Adweita Panigrahi  
2 B



Ishanvi Vijay  
3 E



Hetwi  
3 E



Aneesha Dureha  
6 C



Arnav Agarwal  
I B

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