

## SPIRITUAL NUTRITION

bandhur ātmātmanas tasya  
yenātmavātmanā jītaḥ  
anātmānā tu śatruṭve  
vartatātmāiva śatru-vat

### TRANSLATION

For him who has conquered the mind, the mind is the best of friends; but for one who has failed to do so, his mind will remain the greatest enemy.



## ATMANIRBHAR BHARAT- SOLAR ENERGY

The world's energy demands are rising uncontrollably because of the increase in population and advancement of technologies. At this point of time, it is very essential to switch to a better, renewable and everlasting form of energy. Solar energy is one of the best forms of renewable energy. The Energy Swaraj Foundation - Energy by locals, for locals and student Solar Ambassadors took an initiative and organized a webinar on the auspicious day of Gandhi Jayanthi (2nd October) to address students on the importance of solar energy. There were many famous personalities who were present to enlighten the students. The webinar mainly focused on the importance and uses of solar energy. The sustainability and effectiveness of solar energy was explained very well. There were many competitions conducted like the 'slogan writing competition', 'Diya painting competition' etc. This webinar must have helped many students to think innovatively and try to incorporate solar energy in their day-to-day activities. Because of the increasing demands of energy, we can save energy by following the three steps—Avoid, Minimize and Generate. The Gandhian philosophy which states that there is enough for everyone's need but not everyone's greed is the principle behind energy conservation. 364 students taken part in the webinar from NHG.



– *Pranavi V, X-A*

## EDUCARE – DEVELOP WITHOUT POLLUTION

Once upon a time, there was a group of four friends who had just completed their PUC. They had graduated with flying colours. They had completed their education with different streams and all of them wanted to pursue different careers. They were in search of a good college to complete their education. After many days of searching, they finally came across an institution in Delhi which taught all the streams that they wanted.

Excited that they all will be together, they started to pack their bags for going to Delhi. While thinking about the colleges, one of their friends, Asha said "I am very excited about visiting Delhi, but..."

"But what?", asked Rohit.

"I am scared that the pollution in Delhi will be too much for us to handle as we are used to living in a clean and healthy environment.", replied Asha.

Don't worry Asha, we will be fine there, said Akash.

After they all reached there, they were very disappointed, as the environment was way worse than what they had imagined. After they visited their college, they decided to know why Delhi is so polluted. So they asked the residents, 'Why is Delhi so polluted?'. They replied, "It is because of the development of Delhi. The more a city develops industrially, the more pollution occurs."

"Well, I don't agree that development is the cause of the pollution", replied Sarah. "When society developed in the ancient times, there was no pollution caused by the development.", said Akash.

"Yes, but ancient is ancient, we are not living in ancient times. We are living in the industrial era, where pollution is bound to happen", replied the nearby residents.

"In that case, we shall prove the world that development in industry can happen without a lot of pollution as well.", replied the friends.

After many years, when they had completed their Master's Degree, they all remembered the thought they had when they came to Delhi for the first time.

"It's time for us to fulfil our promise", said Rohit.

"Yes", replied the rest.

So they all set to work to devise developmental processes that wouldn't cause pollution. As they all were from different streams, it was easier for them to work on this issue. After several years of hard work, they had finally come up with many ideas to develop a city without a lot of pollution. They had built a machine that purifies water, found several alternatives to plastic, and found many ways to generate electricity.



Their work was identified by the State and Central government and they were awarded for their contribution to the environment.

These friends showed the world that sustainable development can take place without causing any pollution if proper care is taken and certain directives are followed.



124/2, Bhoganhalli Main Road, Bellandur Post  
Bangalore 560103-India  
Ph: 91 9900087732, 6364912810/11

**Admission Circular**

**PLAYGROUP, NURSERY, LKG AND UKG  
FOR THE ACADEMIC YEAR 2021-2022**

Dear Parents, Hari Om!

Registration forms for admission for the academic year 2021-22 for PLAYGROUP, NURSERY, LKG & UKG can be downloaded from 5<sup>th</sup> October 2020 onwards from the website [www.newhorizonvidyamandir.in](http://www.newhorizonvidyamandir.in)

Filled in registration forms can be submitted at New Horizon Vidya Mandir or submitted online to the following email ID: [principal@newhorizonvidyamandir.in](mailto:principal@newhorizonvidyamandir.in)

Parents are welcome to visit the campus after submission of the application form.

**Timings:** Monday- Saturday: 10.00am to 2.30pm

An Interaction/online interaction with your child will be conducted commencing from 29<sup>th</sup> October 2020. Admissions will be confirmed on a first come basis.

Please submit the filled in registration form with the following enclosed:

1. The latest passport size photograph of the child
2. Photocopy of the birth certificate
3. Aadhar copy of the child

The child should have completed 2 years on 1<sup>st</sup> June 2021 for admission to Playgroup. For admission to Nursery, the child should have completed 3 years on 1<sup>st</sup> June 2021, for LKG and UKG the corresponding age will be considered.

Mrs. Usha Vasudevan  
Principal-NHVM

## EMOTIONAL INTELLIGENCE

“Don’t be so moody all the time” suggested my mom, and before I could even consider her words, she was off talking about how being happy is important choice.

“ But I am trying” I said, Unrealising that what I was doing was not something I wanted to do.

Most of us, when asked about how we feel, talk about being happy, joyful, or sad. We mark our emotions on a scale of happy to sad, rather than actually understanding that emotions are more complex than that. We as humans feel a range of emotions every day. But do we actually pay attention to them? Do we really need to? Yes!

Paying attention to our emotions and understanding how these feelings impact oneself and another is a significant process. As our brain needs to process functions of daily life, our emotions need acknowledgement and a space to be understood. This process of understanding our own emotions and those of others while providing a safe space of expression is known as Emotional Intelligence. There are 4 important domains of Emotional intelligence, which are further divided into 12 competencies. These are :

- 1. Self-awareness:** The first and an important domain in understanding emotional intelligence is the awareness of our own emotions. Gaining a better understanding of one’s own emotional states and being able to label that emotion not only helps in taking actions mindfully but it also helps in a deeper reflection of self. It enables us to look into ourself, like we look in a mirror and helps us gain a better idea of how we choose to look from that point forward.
- 2. Self-Management/ Regulation:** This next domain refers to one’s own ability to mould emotions so that they are constructive in nature. In other words, self-regulation means when we are able to adapt to a situation in a positive manner rather than reacting to an emotional state. For example, when we are able to communicate with our parents/friends without acting out of anger/resentment. Self-regulation also encompasses being responsible, that is, when we act out due to an emotion it is important for us to accept what we feel rather than denying it.
- 3. Social Awareness:** This domain refers to being aware of what other people around us are feeling. It also means being able to put ourselves in someone’s else shoes, so that we can think and feel from their perspective. Being socially aware is one of the biggest strength, as we are not only aware of our feelings but also those of the others.
- 4. Relationship Management:** Last but not the least, relationship management is an effective skill in emotional intelligence. It requires us to be familiar with being in teams. It not only requires us to work efficiently in times of conflict but also helps us be better leaders through thoughtful communication. Therefore making it an essential domain of emotional intelligence.

Hence, it is necessary for us to pay attention and reflect on our own emotional experiences and those of others. Recognising one’s own emotional experiences and expression of feelings can be beneficial in self-management and effective communication. This not only leads us to work better in times of conflicts but also significantly improves our relationships with others around us.

– **Muskaan Jain**  
Learning Centre

### Emotional Intelligence Domains and Competencies

SELF-AWARENESS	SELF-MANAGEMENT	SOCIAL AWARENESS	RELATIONSHIP MANAGEMENT
Emotional self-awareness	Emotional self-control	Empathy	Influence
	Adaptability		Coach and mentor
	Achievement orientation	Organizational awareness	Conflict management
	Positive outlook		Teamwork
			Inspirational leadership

## EVEN MY HELP IS COUNTED

Hello Everybody, I am Asmee. In March 2020 I felt like the happiest person in the whole world, our school had started our vacation early and there were no exams! But suddenly my happy life turned very monotonous. Even though there was an indefinite vacation, I could not even meet my friends within the community, this was so ridiculous! However, I quickly found out the reason it was lockdown! Soon in few days, I observed, my parents were going out with many boxes, I was wondering, why?” My parents were actually going out to help needy people who could not afford daily necessities. Some laborers wanted to go to their home towns so they were sent home in labour trains called Shramik Trains. Labours who were sent on Shramik Trains were without food at times, so mom and many other people had donated money and food.



After I got to know this, I also wanted to help. But I could not even step out of the house. So, my parents and I had a discussion, and we decided we will make some food at home. I was so excited when we did for the first time, I woke up thinking I had woken up very early but to my surprise, my mom had already started cooking and there was a mouth – watering aroma of Pooris, and I packed almost all of them. Many of the apartment residents were also making Pooris. We were collecting from them and I arranged all of the collected Pooris into a very large carton. We continue to make food and donate. Just a few days ago we made food for a government hospital, I helped in packing as last time. I asked my parents, why can’t we just order food for the whole hospital? My parent’s answer was, “Home – cooked meal is most nutritious and is prepared with love and care. Whenever people are not able to make at home, we order it from outside”. To make them feel happier, my friends and I also made greeting cards for doctors, nurses, and patients. We had the aluminium foil boxes, so I made mini greeting cards and stuck it on top of the box’s cover.

Recently a Covid case has been recorded near my apartment. Thinking of this, many residents of our community have tried to make arrangements within the community. They ordered beds, curtains bed sheets, pulse – oximeters, thermometer, PPE, masks, etc. All

of them contributed in some way or another. Few of them got the necessities, few made guidelines, and some organized the holding area. So, if one can’t help outside society, they can help their own communities to be ready for the War against Covid.

I have slowly realized that every way of helping is counted, each and every one can help. Even children like me, and if you think we can’t then you are underestimating us. I just remembered a story in the RAMAYANA about how a squirrel helps in building the bridge to go to Srilanka by putting sand in water and even though everybody made fun of it, LORD RAMA praised the squirrel. It does not mean that if you can’t help in one way then cannot help at all if you can’t do in one way it just means try in another way. Every other way of help is counted, no matter what...

**STAY SAFE**

**TOGETHER AGAINST CORONA**

– **Asmee Sarang Sapre, 5B**

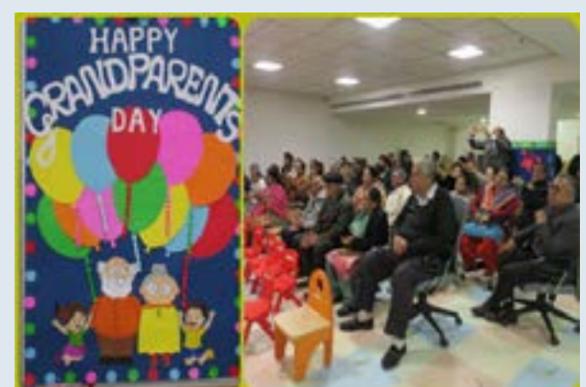


## WORLD GRANDPARENTS DAY

“World Grandparents Day” was celebrated on 13th Sept ‘20, NIVE conducted a unique competition for children from Grades 1 to 11 based on the occasion.

While the children honour their grandparents every day, it is important for them to take an extra moment to appreciate all the joy and wisdom that grandparents bring to their lives.

It is very important that children realise the value of grandparents in their lives and this competition is a small step towards reinstating the values of respect and love towards them.



## WE ARE WHAT WE EAT

### A Vedic text states

“Aharasuddhausattva-suddhih  
Sattva-suddhau dhruvasmrutihidhruva  
smrti-lambhesarva-granthinam  
vipra-moksah” **[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  
āyur-sattva-balārogya-  
sukha-prēti-vivardhanāu  
rasyāusnigdhaūsthīrahādya  
āhārāusāttvika-priyāu

**Translation:** Foods 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.

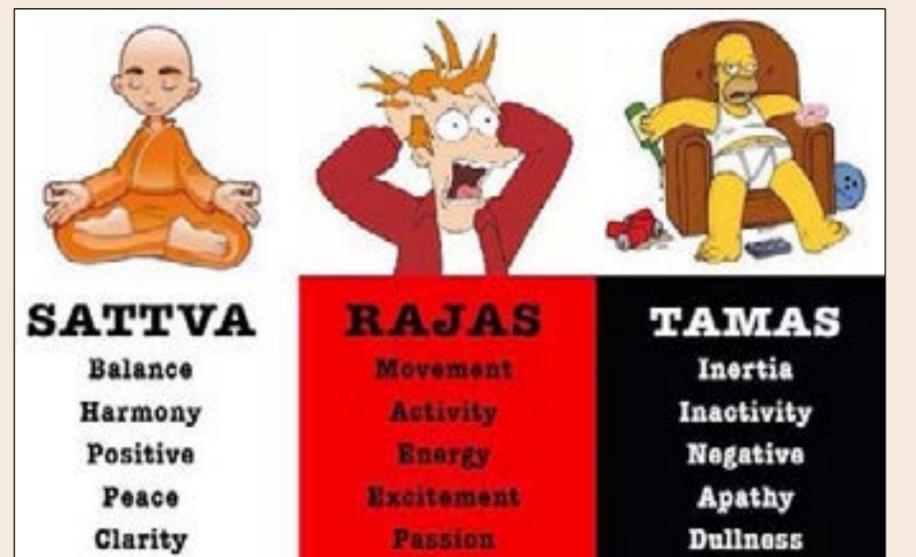
The Covid-19 outbreak has forced the whole world to turn towards natural Sattvic food for boosting the body's immunity.

### 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.



### ಜನಪದ ಕಲೆ ಕಂಸಾಳೆ



ಕರ್ನಾಟಕದ ಪ್ರಸಿದ್ಧ ಕಲೆಗಳಲ್ಲಿ ಕಂಸಾಳೆಯು ಒಂದು. ಇದನ್ನು ಮಲೆಯ ಮಹದೇಶ್ವರನ ಭಕ್ತರಾದ ದೇವರ ಗುಡ್ಡರು ಎಂಬ ಧಾರ್ಮಿಕ ವೃತ್ತಿಗಾಯಕರು ಬಳಸುವ ಕಂಚಿನ ತಾಳಗಳು. ಮಧುರ ನಾದದೊಂದಿಗೆ ಹಾಡುತ್ತಾ ಬಾಗಿ, ಬಳಕೆ, ಕುಳಿತು, ನಿಂತು ಲಯವಾಗಿ ಕಂಸಾಳೆಯನ್ನು ತಟ್ಟುತ್ತಾ ನರ್ತಿಸುತ್ತಾರೆ. ಇದೊಂದು ಧಾರ್ಮಿಕ ಜನಪದ ವಾದ್ಯ. ಕಾಂಸತಾಲ್ಯ ಎಂಬ ಪದದ ತದ್ಭವ ರೂಪವೇ ಕಂಸಾಳೆ. ದೇವರ ಗುಡ್ಡರು ಇದನ್ನು ಬಿರುದು ಎಂದು ಕರೆಯುವರು. ಸಾಧಾರಣ ಬಟ್ಟು ತಾಳಗಳಿಗಿಂತ ಕಂಸಾಳೆ ಗಾತ್ರದಲ್ಲಿ ದೊಡ್ಡದು. ಆಕೃತಿಯಲ್ಲಿ ವಿಶಿಷ್ಟವಾದುದು. ಅಂಗೈ ಅಗಲದ ಚಕ್ರಾಕಾರದ ಬಟ್ಟಲು ಚಿಕ್ಕ ಜಾಗಟೆಯಂತಿರುವ ಮಟ್ಟಸವಾದ ಮೇಲುತಾಳ. ಮೇಲುತಾಳಕ್ಕೆ ಸೇರಿದಂತೆ ಹಿಡಿದುಕೊಳ್ಳಲು ಮಾಡಿಕೊಂಡ ಗೊಂಡೇದೇವದ ಕಲಾತ್ಮಕ ಹುರಿ, ಇವು ಕಂಸಾಳೆಯ ಮುಖ್ಯ ಭಾಗಗಳು.

ಈ ಜನಪದ ಕಲೆಯು ಚಾಮರಾಜನಗರ, ಮೈಸೂರು, ಮಂಡ್ಯ, ಬೆಂಗಳೂರು ಜಿಲ್ಲೆಗಳಲ್ಲಿ ಹೆಚ್ಚಾಗಿ ಕಂಡು ಬರುತ್ತದೆ.

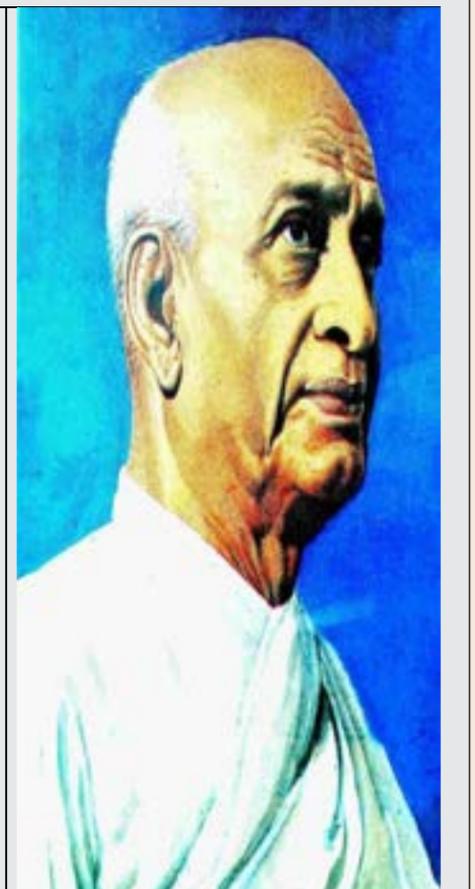
ಕೆ. ಚಂದನ ಬದ್ರಿ  
೫ ನೇ ತರಗತಿ 'ಎ' ವಿಭಾಗ

### लोह पुरुष सरदार वल्लभ भाई पटेल जी को समर्पित

‘सरदार’

सिंह की हुँकार थी,  
शेर की दहाड़ थी ।  
नेताओं में उनकी,  
‘सरदार’ सी पहचान थी ।  
एकता के स्रोत में,  
देश को बहा गए ।  
एक भारत के हार में,  
देश को पिरो गए ।  
बड़ी प्रखर आवाज़ थी,  
बड़ी बुलंद मिसाल थी ।  
भारत के इतिहास में,  
याद किए जायेंगे ।  
हम रहें, न रहे,  
सदा ये नाम लिए जायेंगे ।

अनुपमा मुरुगन



## ACHIEVEMENTS

### WORLD GRANDPARENTS' DAY

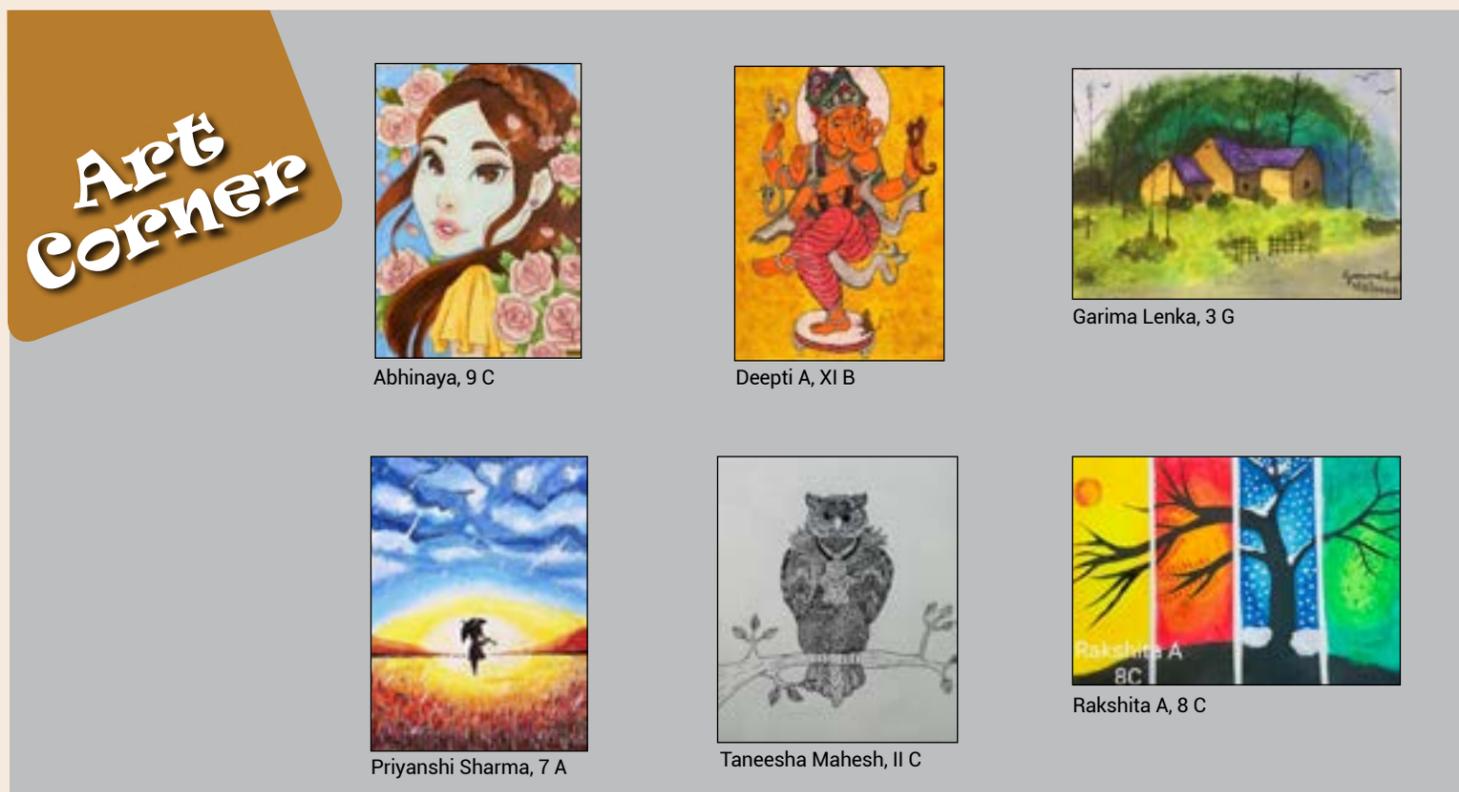
World Grandparent's day was celebrated in NHG in collaboration with NIVE on 13th September .Various innovative competitions were held as an expression of gratitude. The winners of these events are as follows:

WINNERS							
School	Categories	First	Class	Second	Class	Third	Class
NHG	Greeting (1,2)						
	Greeting (3,4)	Shreshta R Reddy	3A	Atharv Sarvesh Faldessai	4I	Niveditha Santhosh	3G
	Reminisce	Akshita Yadav	5C	Dhairya DiPakkumar Shah	6D	Mithilesh Beranapalli	6C
	Acknowledge	Abinaya S	9C	Seema Shenoy	8A		

Kalasmiriti competitions organized by NHG and NHPS (New Horizon Public School) saw an overwhelming response from participants of various schools across Bangalore. Winners from NHG are as follows.

MAGICAL ARTISTICA			
Category	Event	Rank	Winner
GRADE 5 & 6	T-SHIRT PAINTING	2nd	TRIWAL NIGAM
GRADE 7 & 8	MEHENDI	2nd	PRIYANSHI SHARMA
GRADE 9 & 10	DOT MANDALA	2	ABINAYA SUBRAMANI
		3	ADITI PANDEY
GRADE 11 & 12	NEWSPAPER ART	2	DEEPTHI A.
LITROSPHERE			
GRADE 1 & 2	PUPPETTELLO	1	C THABAN
HAUNSLON KI UDAAN			
GRADE 5 TO 7		1	PRIYAL GEHLAUT
GRADE 8 TO 10		3	MAANAS ADITYA POPURI
GRADE 11 TO 12		1	VIDUSHI DWIVEDI
SPIRUIAL BLISS			
GRADE 5 TO 7	RHYTHMIC YOGA (SINGLE)	2	SHRAVYA. S
GRADE 8 TO 10	ARTISTIC YOGA (SINGLE)	1	HEMANG DHANANJAY TIJARE
GRADE 11 - 12	FLOW OF ADVANCE ASANA	1	ANUSHA GHANTASALA
STAGE WARRIORS			
GRADE 1 & 2	HAPPY FEET	1	TANMAY KHUNTIA
GRADE 1 & 2	HAPPY FEET	3	AARNA PLAHA

GRADE 3 4	ORIGINAL VS REMIX	1	VAIGA VARMA
GRADE 3 4	ORIGINAL VS REMIX	3	AKANKSHA SINGH
GRADE 7 & 8	INDO WESTERN	3	SHRAVYA
GRADE 5 TO 8	NRITYASHASTRA - INDIAN DANCE (KATHAK)	3	PALLAVI DOSHI
GRADE 9 TO 12	NRITYASHASTRA - INDIAN DANCE (KATHAK)	2	SANJITA PRAKASH
GRADE 9 TO 12	NRITYASHASTRA - INDIAN DANCE (KATHAK)	3	YAAMINI. R
GRADE 5 TO 8	NRITYASHASTRA - INDIAN DANCE (BHARATNATYAM)	1	RAKSHITA A
GRADE 5 TO 8	NRITYASHASTRA - INDIAN DANCE (BHARATNATYAM)	2	NITHYA TALLAPRAGADA
SOUND BEATS			
GRADE 3 & 4	GURUVANDANA	2	SAAMVI TALUKDAR
GRADE 3 & 4	TRIBUTE TO TEACHER	1	TARINI VENKAT
GRADE 3 & 4	TRIBUTE TO TEACHER	3	ALYNA RACHEL KURUVILLA
GRADE 5 to 7	VARNAM IN ADI THALA IN 2 SPEED	3	ANKITA PRAKASH
GRADE 7 & 8	TRIBUTE TO SP BALASUBRAMANYAM	3	NIDHI RAMJI
GRADE 11 & 12	CONTEST SINGING BOLLYWOOD	1	HRUTHI CHOWDARY AMILINENI
GRADE 8 TO 10	VILAMBHA KALA KRITI	2	VANSHIKA PRAKASH
GRADE: 11 TO 12	PANCHARATHNA KRITI OF SAINT THYAGARAJA	1	ANANYA DESHPANDE
GRADE: 11 TO 12	DRUPAD WITH DUGUN & PREFERRED RAAG	2	HRUTHI CHOWDARY AMILINENI
GRADE: 8 TO 10	PLAY WHAT YOU KNOW BEST	3	ASHMITH R



#### Editor-in-chief

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