

SPIRITUAL NUTRITION

ज्ञानविज्ञानतृप्तात्मा कूटस्थो विजितेन्द्रियः।
युक्त इत्युच्यते योगी समलोष्टाश्मकाञ्चनः॥६.८॥

jnana-vijnana-trptatma
kuta-stho vijitendriyah
yukta ity ucyate yogi
sama-lostrasma-kancanah

TRANSLATION

A person is said to be established in self-realization and is called a yogi [or mystic] when he is fully satisfied by virtue of acquired knowledge and realization. Such a person is situated in transcendence and is self-controlled. He sees everything—whether it be pebbles, stones or gold—as the same.



INDEPENDENCE DAY CELEBRATIONS AT NHG

Independence Day reminds the country's citizens of all the sacrifices the freedom fighters have made to secure the country's future. New Horizon Gurukul joined all Indians across the nation commemorating India's independence from British rule by celebrating its 74th Independence Day on August 15, 2020.

National tricolour was hoisted by Ms.Sargam Manghnani, Director, NHG and Mr.Surya Bajaj, President, NHG which was followed by celebrations of the day . Cultural program comprising a beautifully choreographed dance depicting the beauty of national integrity and patriotic songs was presented by teachers of NHG . It struck the chords of patriotic fervour and filled everyone's heart with gratitude . It reminded everyone of the great sacrifices made by our countrymen to free our motherland from the shackles of British rule. Live telecast of the program was viewed by all gurukulites on school's facebook page. Winners of Deepotsav contest 2020 were also announced during the occasion . Celebrations came to an end with distribution of sweets adding memories of a great day to cherish in one's life.

– Ananya Despande, XI B



GANESH CHATURTHI CELEBRATIONS 2020



Sharpness of intellect with wisdom as undercurrent for all endeavours is bestowed by Lord Ganesh, the dispeller of darkness of ignorance . Invoking the blessings of Ganapati is of prime importance in temples of learning and knowledge namely the school.

Ganesh Chaturthi at New Horizon Gurukul ,this year ,was celebrated with high spiritual fervor without being subdued by the impact of ongoing pandemic. Divinely beautiful Ganesh idol was enthroned on a flower decked altar with lamps and flowers was a sight to behold. Interspersed with special prayers and high octane vedic hymns, special puja was performed for well being of all students and seek blessings to climb higher ladders of wisdom. In the august presence

of Dr.Mohan Manghnani , Chairman NHG, Ms.Sargam Manghnani, Director NHG ,and Mr.Surya Bajaj, President,NHG , Ganapati homa was religiously performed keeping all vedic rites in place. Ms.Sandhya Singh, Principal, NHG, with student representatives and coordinators offered collective prayers to Lord Ganesh which was followed by musical bhajan rendition to add colour to the event.

Ganesh Chaturthi celebrations came to a close by mangal aarti , offered to Lord Ganapati by all teachers and students but the divine reverberations continued to fill minds and hearts showering bliss to cherish forever.

Ganapati Bappa Morya !!!!!



EDUCARE – Enkindling the latent goodness

Listen to the sound of Silence

There once was a farmer who discovered that he had lost his watch in the barn. It was no ordinary watch because it had sentimental value for him.

After searching high and low among the hay for a long while; he gave up and enlisted the help of a group of children playing outside the barn.


He promised them that the person who found it would be rewarded.

Hearing this, the children hurried inside the barn, went through and around the entire stack of hay but still could not find the watch. Just when the farmer was about to give up looking for his watch, a little boy went up to him and asked to be given another chance. The farmer looked at him and thought, “Why not? After all, this kid looks sincere enough.”

So the farmer sent the little boy back in the barn. After a while the little boy came out with the watch in his hand! The farmer was both happy and surprised and so he asked the boy how he succeeded where the rest had failed.

The boy replied, “I did nothing but sit on the ground and listen. In the silence, I heard the ticking of the watch and just looked for it in that direction.”

A peaceful mind can think better than a worked up mind. Allow a few minutes of silence to your mind every day, and see, how sharply it helps you to set your life the way you expect it to be! ~ The soul always knows what to do to heal itself..The challenge is to silence the mind....



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Admission Circular

**FOR PLAYGROUP, NURSERY, LKG AND UKG
FOR THE ACADEMIC YEAR 2020-21**

Dear Parents, Hari Om!

Registration forms for admission for the academic year 2020-21 for PLAYGROUP, NURSERY, LKG & UKG can be downloaded from 5th September 2019 onwards from the website www.newhorizonvidyamandir.in


Filled in registration forms should be submitted at New Horizon Vidya Mandir only. The registration fee is Rs 500/-. Parents can take a tour of the campus after the submission of registration forms.

The timings are: 9.00 am to 2.30 pm.

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 1 year 10 months on 1st June 2020 for admission to Playgroup. For admission to Nursery, the child should have completed 2 years 6 months on 1st June 2020, for LKG and UKG the corresponding age will be considered.



Mrs. Usha Vasudevan
Principal-NHVM

THE YOGA AND NATUROPATHY IS THE BEST NATURAL IMMUNITY BOOSTER

Yoga is a holistic practice that strengthens our physical body, as well as the microscopic systems that are not visible to the eye. As a result, the body's natural defense mechanisms also improve. A healthy, disease-free body can be easily achieved by adopting a healthy lifestyle, including eating unprocessed, whole foods, maintaining a regular yoga and meditation practice, getting plenty of sleep, and minimizing stressors. Yoga and Naturopathy are the keys to achieving our full potential. To reap the immune-boosting results of yoga.

Stress, more than anything, leads to a breakdown in the body's ability to defend itself against bacteria and viruses. When stressed, the hormone cortisol stays in the blood for extended periods of time, which the body develops resistance to, leading to increased inflammation. According to a new research published in the Journal of Behavioral Medicine suggests that yoga can be helpful way to boost your immune system and decrease inflammation in the body.

When sick, antibiotics and other medicine can help the body recover from disease. However, what medicine fails to do is improve the body's immune system. This is where yoga comes to the rescue! Yoga is one of the most effective and time-tested natural immunity boosters that can lead to a healthy, sickness-free body. Yoga calms the mind and can contribute to deeper, regulated sleep, which is crucial for wellness; sleep is one of the most important factors in healing and maintaining a healthy immune system. While a regular yoga practice can result in increased health, know that it is not a substitute for medical treatment. It is important to learn and practice yoga postures under the supervision of a trained teacher.

Naturopathy

Naturopathy is known to be one of the most effective ways to boost a person's immunity because it does not involve any artificial or harmful substances which can harm your body in the long run.

The expert of Naturopathy suggests that different types of mushrooms can help in increasing the production of immune cells in the body. It is a proven fact that indigestion can make a person's immune system very weak.

Include ginger and garlic in daily food

There is no hiding the fact that ginger and garlic, when added to daily food, help you improve your immunity.

Start using mustard oil

Given the lifestyle people are living these days, it will be better to cook all the food items in mustard oil as it helps to control the cholesterol levels in the body.

Try turmeric

If you think that turmeric is just an Indian spice that is used to add flavour to the food, you are wrong because besides being used as a spice, it is also known for its high medicinal and antiseptic properties.

Drink lots of water

The universal solvent, water is one of the most vital liquids. Every person should drink a minimum of (3 -4) litres of water. Water is good for the skin as well.

Make walnuts your favourite snack

Among so many nuts, walnut is known to be one of the most beneficial nuts one can consume. The experts say that eating walnuts is one of the most effective ways to keep cholesterol in control.

– Sandip Payghan, Yoga Instructor, NHG



THE BRAVERY OF OUR SOLDIERS

*From dusk to dawn
With usual cock's speech in a frown
Dressed to kill
All the strengths fill*

*Loudspeakers of kinds are all there
Gun, explosives, weapons, bombs and more of different shapes and
sizes that country can bear
The sound, the smell of the voice
But, to defend our demons, no choice*

*But alas!
The past braver has gone fast
With bullets, freezing/frost-bites toes, bad weather as the list goes on
Navy, Air force and the army of the great
Making the opponents on the debate*

*But I see that sun
Has completed it's full, not fun
When the national flag of the wise fires
Our country with pride rises*

– By Seema Shenoy, 8A



POMPEII

*Humid sprays of mist-
what was to be cool was warm;
the only thing not typical
on that halcyon autumn morn.*

*Oh, what still weather;
what a suspicious silence!
But ne'er had we sinned-
what great danger could we face?*

*We beg to differ-
spoke the birds, the mice, the hares;
as the creation shook and pulsed,
and flooded Pompeii with despair.*

*The shingles began to rattle-
to taunt and tease and rumble;
for a moment we thought,
Did we thrive just to crumble?*

*The columns came apart;
Homes were broken, hearts shattered.
Down came the arches-
None of our marvels now mattered*

*The skies now ashen.
Molten rock gushed
Flooding the hills and the land
of the city that we loved*

*The wrath of Vesuvius
Shook the city from its throne;
Bandits, peasants, good men alike
The sphere would now disown.*

– Ananya D, XI B



BIBLIOTHERAPY

There is more treasure in books than in the pirate's loot on treasure island

- Walt Disney

Bibliotherapy is a creative art modality that takes use of a broad range of material such as books (fictional and non-fictional), pamphlets, websites and even storytelling as a source of sharing and healing. With increasing range of concerns lot of mental health professionals are bringing back the focus on this form of therapy to manage and dealing with personal and interpersonal concerns. Books, stories and literature forms connections with each other and help us connect dots in our own lives. Fictions have been found to be a powerful source when working with children and young adults.

Like most therapies and techniques used, bibliotherapy also had its benefits and limitations. It can be used with individuals as well as groups. One of the most important benefit of this therapy is that it is found to help in reduction of negative emotions. Through the use of this therapy, negative emotions can be replaced by positive ones. It helps in developing problem-solving capabilities and facilitates better self-awareness. In scenario of a group, feedback can be elicited which can act as a source of modelling for others and also help in increasing communication. Other than these benefits, this may help in gaining information regarding the issue which may help individual to gain confidence to seek additional help. Bibliotherapy not only acts as a medium for self-expression but also provide right kind of information one requires to deal the hassles of daily life. Research evidence show that bibliotherapy can help increase student's academic capabilities.

Storytelling, reading, creative writing has for long has been recognized for having therapeutic potentials. Today it is rapidly being employed by educators, mental health professionals and even parents as a supplement to self-improvement of all kinds.

- Neha Agarwala, Counsellor



DISCIPLINE – LESSONS FROM NATURE

“What lies in our power to do, lies in our power not to do.” – Aristotle

Sun rises and sets at almost the same time daily. Moon waxes and wanes every 15 days without any deviance. The seasons come and go in a set pattern. Day and night, months and years pass in a cyclic movement without divergence.

It makes me wonder what the nature is really trying to teach us? Is it discipline? Yes of course! All the natural phenomena around us are examples of true discipline.

Let us visualize an undisciplined world, to understand the magnitude of importance that discipline should be given in our lives.

- Imagine a family where everyone gets up at whatever time they fancy, take their food at all hours of the day, go out or come back at any time of the day or night
- Imagine being stuck in a traffic jam where nobody is willing to follow traffic rules
- Imagine a disorganized school setting where there is no clear demarcation of rules and responsibilities

From the above three scenarios, what is the common outcome that could be experienced? An absolute chaos!

There is no positive result achieved. Conclusion is that indiscipline causes confusion in life and also leads an individual towards irresponsibility and laziness. It lowers the level of confidence and makes the mind unsure of performing even a simple task.

On the other hand, discipline by definition, is the act of keeping our body, mind and soul under control, in turn leading to right conduct. It is a spontaneous obedience to rules and regulations laid down by a superior authority - to train our mind to accept rules and regulations.

A majority of the young generation assumes discipline to be a form of slavery, but it is not. It may at first appear severely painful, but fruits are always sweet. Many of us have a belief that discipline is a set of rules imposed by an unsympathetic parent or a teacher and that breaking these rules is a sign of freedom. This is a mistaken view of discipline. On analysis, we understand that discipline is simple and is surely not an assortment of hard, unpleasant rules.

From ancient history to modern era, there have been innumerable examples of disciplined people being successful. Following a disciplined lifestyle ensures that we are on the road to success. Self-control, obedience, single-minded devotion to duty, the capacity for self-sacrifice — these are the virtues of higher nature, fostered by a sense of discipline. Can there be anything higher than these?

Discipline is a value to be inculcated from childhood. It can be considered to be the most effective habit that molds us to achieve anything that we aspire for. It is a necessity for a successful moral, intellectual and spiritual life.

- Vanishree, Values Plus

ದಸರಾ ಉತ್ಸವ



ಭಾರತದೇಶ ಹಲವಾರು ಸಂಪ್ರದಾಯ, ಸಭ್ಯತೆಗಳ ನೆಲೆವೀಡು. ಇಲ್ಲಿ ಅನೇಕ ಹಬ್ಬ-ಹರಿದಿನಗಳನ್ನು ಆಚರಿಸುತ್ತಾರೆ. ಇವುಗಳಲ್ಲಿ ಕೆಲವು ರಾಷ್ಟ್ರೀಯ ಮಹತ್ವದ ದಿನಗಳಾದರೆ, ಇನ್ನು ಕೆಲವು ಧಾರ್ಮಿಕ ಮಹತ್ವವನ್ನು ಹೊಂದಿವೆ. ಕೆಲವು ಹಬ್ಬಗಳಿಗೆ ಧಾರ್ಮಿಕ ಹಿನ್ನೆಲೆಯಿದ್ದರೂ ರಾಷ್ಟ್ರೀಯ ಭಾವೈಕ್ಯವನ್ನು ಸಾರುವ ಮೂಲಕ ರಾಷ್ಟ್ರೀಯ ಮಹತ್ವವನ್ನು ಹೊಂದಿವೆ. ಅವುಗಳಲ್ಲಿ ದಸರಾ ಉತ್ಸವಕ್ಕೆ ಮುಖ್ಯ ಸ್ಥಾನವಿದೆ.

'ದಶಹರಾ' ಎಂಬ ಸಂಸ್ಕೃತ ಪದದ ಕನ್ನಡ ರೂಪಾಂತರ 'ದಸರಾ'. ಸಂಸ್ಕೃತದಲ್ಲಿ 'ದಶ' ಎಂದರೆ ಹತ್ತು ಎಂಬ ಅರ್ಥವಿದೆ. ಹತ್ತುದಿನಗಳ ಕಾಲ ಆಚರಿಸುವ ಈ ಹಬ್ಬಕ್ಕೆ "ದಶಹರಾ" ಅಥವಾ "ದಸರಾ" ಎಂಬ ಹೆಸರಿದೆ.

ದಸರಾ ಉತ್ಸವಕ್ಕೆ ಸಂಬಂಧಿಸಿದಂತೆ ಅನೇಕ ಪುರಾಣದ ಕಥೆಗಳಿವೆ. ಹಿಂದಿನ ಕಾಲದಲ್ಲಿ ರಾಕ್ಷಸರ ದಮನಕ್ಕೆ ಲಕ್ಷ್ಮೀ, ಸರಸ್ವತಿ ಹಾಗೂ ಪಾರ್ವತಿಯ ಅಂಶ ಪಡೆದು ದುರ್ಗಾಮಾತೆಯು ಸತತವಾಗಿ ಒಂಭತ್ತು ದಿನಗಳ ಕಾಲ ರಾಕ್ಷಸರೊಂದಿಗೆ ಹೋರಾಡಿದ್ದಳಂತೆ. ಒಂಭತ್ತನೆಯ ದಿನ ಲೋಕಕಂಟಕರಾಗಿದ್ದ ದೈತ್ಯರನ್ನು ನಾಶಮಾಡಿ, ಜನಕ್ಕೆ ನೆಮ್ಮದಿಯನ್ನು ತಂದು ಕೊಟ್ಟಳೆಂದು ಪುರಾಣಗಳಲ್ಲಿ ಉಲ್ಲೇಖವಿದೆ. ಹತ್ತನೆಯ ದಿನವನ್ನು ದೇವಿಯ ವಿಜಯದ ಸಂಕೇತವಾಗಿ ವಿಜಯದಶಮಿ ಎಂಬ ಹೆಸರಿನಲ್ಲಿ ಆಚರಿಸಲಾಗುತ್ತದೆ.

ಈ ವರ್ಷ ದಸರಾ ಉತ್ಸವನ್ನು ಸರಳವಾಗಿ ಆಚರಿಸಲಾಗುತ್ತದೆ.

ನೀಕ
ಆನೇ ತರಗತಿ 'ಎ' ವಿಭಾಗ



देवों की भूमि :उत्तराखंड

भारत की भूमि पावन भूमि है। यहाँ सदियों से भक्त और भगवान का एक अनोखा रिश्ता रहा है। भारत का राज्य उत्तराखंड; इस राज्य के कण-कण में देवताओं का वास है। इसकी राजधानी देहरादून है। यहाँ के मुख्यमंत्री हरीश रावत जी हैं। उन्होंने देवभाषा संस्कृत को विकसित करने के लिए अनेक कार्यक्रमों का आयोजन करवाया। राज्य में केदारनाथ, बदरीनाथ हिन्दू धर्म की दो बड़ी पीठ है। गैरसैण नामक कस्बे को भविष्य में राज्य की राजधानी बनाने के लिए तैयार किया जा रहा है। भारत की पवित्र नदियों गंगा व यमुना का उद्गम स्थल यही है। राज्य के मुख्य बड़े शहर देहरादून, रानीखेत, कौसानी, हरिद्वार आदि हैं। उत्तराखंड के पौड़ी जिले में सीता माता धरती में समाई थी। इसी भूमि में सती अनुसूया ने ब्रह्मा, विष्णु एवं महेश को बालक बनाया था।



यजत पांडेय

सातवीं जी

THE BODY CLOCK

Why are we awake during the day and asleep during the night? It isn't just habit, it's your body clock. What do I mean when I say "body clock"? Well, to put it simply, it's your biological rhythm- a cycle that regulates your sleep, temperature, heart rate, hunger, alertness, etc. Biologically, it's called a Circadian Rhythm of which your brain is the master.

You're awake and active during the day because your Circadian Rhythm is directly linked to your eyes. When it's dark outside, a hormone called Melatonin, or the sleep hormone, is triggered. When you open your eyes in the morning, the light triggers the brain to produce Cortisol, making you awake, active, and ready for the day. Do you know why we go experience jet lag when we travel? It's because the body travels through different time zones with different hours of daylight, which throws your hormones off balance. Babies sleep so much because they start producing Melatonin after 3 months, and Cortisol only after 8 to 9 months.



Your Circadian Rhythm is also related to your hormones, digestion, metabolism and immune system. The body clock gets disturbed by a number of factors like stress, irregular eating and sleeping habits. According to some studies, a messed-up body clock can also aggravate diseases like cancer, cardiac diseases, obesity, diabetes, insomnia, and bipolar disorder.

Your Circadian Rhythm is what you train it to be, so get enough sleep regularly, eat on time, exercise a bit, get a dose of the morning sun and avoid too much screen time before bed to keep your body clock on track so you can be more productive and get more done, minus the exhaustion.

ACHIEVEMENTS

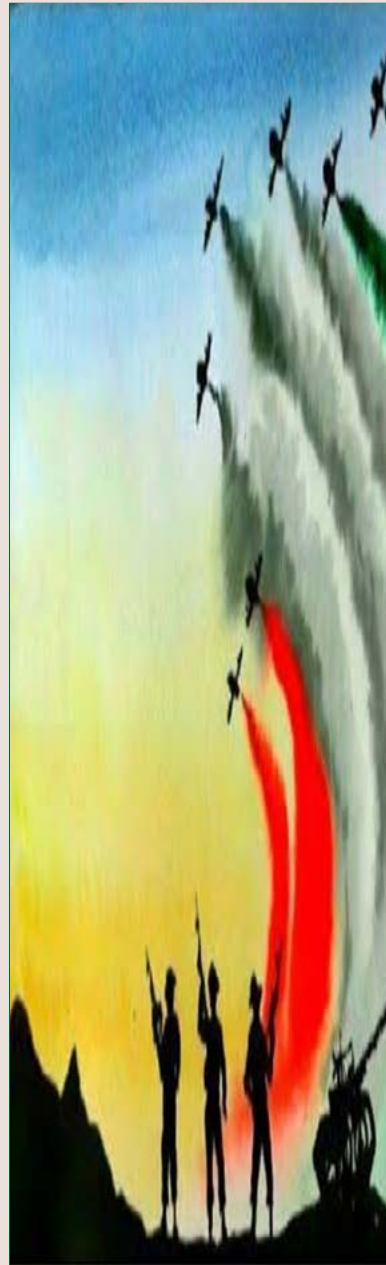
1. In BSSCA Interschool Poster making competition 2020 held in the month of July Priyanshi Sharma ,VII std bagged the 2nd position and Anagha Prasad , VI std secured second position .
2. In Dhanak'20 Virtual Art and Design Battle organized by DPS East, Bangalore , Anagha Prasad won 2nd place.



3. In Rang-De-Veer All India online Painting competition ,Nihaal Srivastava,VIII C was ranked No. 5 in the Competition.



4. Siddhanth Ganesh , X C bagged the first place in the LogIQuids Bangalore-Logical and Reasoning Olympiad.
5. Abhinaya, IX C secured 3rd rank in the LogIQuids Bangalore-Logical and Reasoning Olympiad.



India : A land of Mirabilia

*My country is India,
A land of mirabilia;
A land of the Dove
With Peace and Tranquility,
Gentility, Neutrality;
Resembling God above,
'Tis a land of pure love
A land of the intelligentsia.*

*All fragments in One State
We're a United Nation.
We're truly great,
for matters we never obfuscate
in any situation.
From this, we derive inferences,
That, to this unmatched creation,
We shall never withdraw our allegiances!*

*Our soldiers, synonymous with chivalry,
Only die martyrs,
Never the aggressors;
Fighting for their land
to lend it a helping hand;
firm with self-command,
and are the embodiment of camaraderie!
They're ever effervescent,
and never evanescent,
forever gaining victory.*

*A sovereign nation, united strong;
Undoubtedly, India is where I belong.
So, I say it at my loudest ;
To be an Indian, I'm proudest!*

- Harshita Srinivas, X B

Art's Corner



Abhishek Bal, 10 D



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