

# New Horizon दुर्गुल दुर्गुल TIMES

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## SPIN YOUR LIFE RIGHT

A wise man said, “For a long time it had seemed to me that life was about to begin – real life. But there was always some obstacle in the way, something to be got through first - some unfinished task, a debt to be paid, a commitment to be met. Each hurdle I crossed, I thought life would begin now. At last it dawned on me that these obstacles were my life.”

Sadly, many of us keep convincing ourselves, “Someday I’ll be happy”. We tell ourselves we’ll be happy when we get what we are wishing for, when we get some desired opportunities, when we possess particular material assets and the list goes on. We convince ourselves that life will be better after we achieve the present target, then the next is ready, then another. Meanwhile, life keeps moving forward.

The truth is, there’s no better time to be happy than right now. Life always throws challenges. We need to admit this to ourselves and make the choice of being happy anyway.

How do we be happy when life gets clouded with troubles?

We can become more peaceful by understanding and accepting the inevitable dualities of life - pain and pleasure, success and failure, joy and sorrow. Problems teach us to be gracious, humble and patient. True happiness comes not when we get rid of our problems, but when we change our vision and gear up to solve them.

Problems and difficulties actually give an impetus to growth. When life is too easy, there are fewer opportunities for learning. Let’s consider this example.

A man found a cocoon of a butterfly. One day a small opening appeared in the cocoon. He sat and watched for several hours as it struggled to force its body through that little hole. Then it seemed to stop making any progress as if it had gone as far as it could and it could go no further.

The man felt the butterfly needed help. So he took a pair of scissors and snipped off the remaining bit of the cocoon. The butterfly then emerged easily, but it had a swollen body and small, shriveled wings. The man continued to watch the butterfly because he expected that at any moment, the wings would enlarge and expand to be able to support the body, which would contract with time. Neither happened! In fact, the butterfly spent the rest of its life crawling around, with a swollen body and shriveled wings. It never was able to fly.

What the man in his kindness and haste did not understand was that the restricting cocoon and the struggle required for the butterfly to get through the tiny opening were nature’s way of forcing fluid from the body of the butterfly into its wings so that it would be ready for flight once out of the cocoon.

Sometimes struggles are exactly what we need in our life. If God allowed us to go through our life without any obstacles, it could cripple us. We may not become as strong as what we could actually be.



## EDUCARE (rekindling the latent goodness)



One day Buddha was walking through a village. A very angry and rude young man came up and began insulting him. “You have no right teaching others,” he shouted. “You are as stupid as everyone else. You are nothing but a fake.” Buddha was not upset by these insults. Instead he asked the young man, “Tell me, if you buy a gift for someone, and that person does not take it, to whom does the gift belong?” The man was surprised to be asked such a strange question and answered, “It would belong to me, because I bought the gift.” The Buddha smiled and said, “That is correct. And it is exactly the same with your anger. If you become angry with me and I do not get insulted, then the anger falls back on you.” One must learn to control our anger. Our words and actions can affect others. Think before you speak. Also develop patience and tolerance towards someone who behaves angrily.

## SPIRITUAL NUTRITION

ज्ञेयः स नित्यसन्न्यासी यो न द्वेष्टि न काङ्क्षति ।  
निर्द्वन्द्वो हि महाबाहो सुखं बन्धात्प्रमुच्यते ॥ ३ ॥

*jñeyaḥ sa nitya-sannyāsī*

*yo na dveṣṭi na kāṅkṣati*


*nīrdvandvo hi mahā-bāho*

*sukhaṁ bandhāt pramucyate*



## TRANSLATION

One who neither hates nor desires the fruits of his activities is known to be always renounced. Such a person, free from all dualities, easily overcomes material bondage and is completely liberated, O mighty-armed Arjuna.



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**Admission Circular**

**FOR 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



## NATARAJA - THE COSMIC DANCER (Nataraj's Prominence in Indian Dance Forms- a Scientific Analysis)



From times immemorial, Indian dance had a strong base in spirituality and through classical dance forms it expressed human connection with cosmos symbolically. Nataraja, Lord Shiva in his cosmic dance form expresses various dimensions of universe and human evolution towards the absolute divinity. The word Nataraja is a Sanskrit term, derived from Nata meaning “act, drama, dance” and Raja meaning “king, lord”; it can be roughly translated as Lord of dance or King of dance. Nataraja symbolizes the cosmos. He is the cosmic dancer and represents the cosmos which is in perpetual vibrational movement. This cosmic dance is guided by a cosmic intelligence. We as individuals perceive everything with duality which is natural human tendency but the absolute phenomenon is one without a second. This unity principle is personified as Nataraja in Indian culture. The word “Shiva” literally means “that which is not” or “that which is nothing.” It is nothing, it is empty space, which is in constant motion. This cosmic dance sets everything in the universe in dynamic state.

The purpose of the dance is to release men from the illusion of the idea of “self” and of the physical world. The cosmic dance was performed in Chidambaram in South India, called the center of the universe by some Hindus. The gestures of the dance represent Shiva's five activities, creation (symbolized by the drum), protection (by the “fear not” hand gesture), destruction (by the fire), embodiment (by the foot planted on the ground), and release (by the foot held aloft). The Shiva Nataraj symbolises religion, art and science merged into one. In God's endless dance of creation, preservation, destruction paired with graces is hidden, a deep understanding of our universe.

Nataraj, the King of Dance has four arms. The upper right hand holds the drum from which creation issues forth. The lower right hand is raised in blessing, betokening preservation. The upper left hand holds a flame, which is destruction, the dissolution of form. The right leg, representing obscuring grace, stands upon Apasmara purusha, a soul temporarily earth-bound by its own sloth, confusion and forgetfulness. The uplifted left leg revealing grace, symbolize the release of the mature soul from bondage. The lower left hand gestures toward that holy foot in assurance that Siva's grace is the refuge for everyone, the way to liberation. The circle of fire represents the cosmos and especially consciousness. The all-devouring form looming above is Mahakala, “Great Time.” The cobra around Nataraj's waist is kundalini shakti, the soul-impelling cosmic power resident within all. Nataraj's dance is not just a symbol. It is taking place within each of us, at the atomic level, this very moment. The Agamas proclaim, “The birth of the world, its maintenance, its destruction, the soul's obscuration and liberation are the five acts of His dance.”

Aum Namah Shivaya.

Disha Jain  
(Kathak Prabhakar)

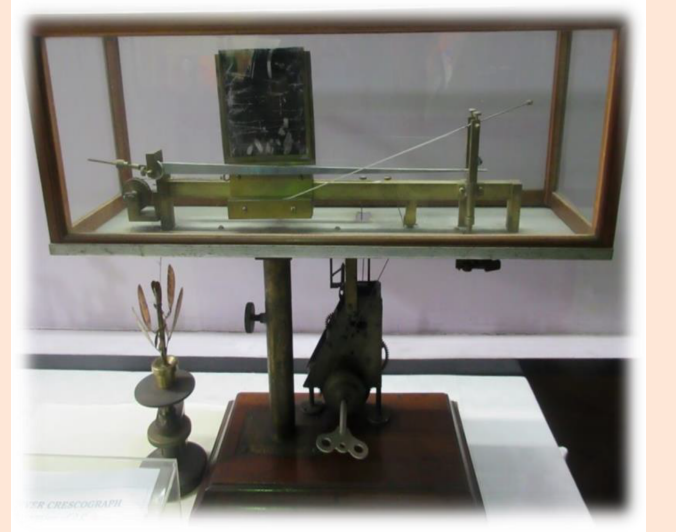
## Do plants have emotions???

Plants are more than just decoration. During the lockdown period due to COVID19 the practice of collecting and caring for indoor plants became increasingly popular, but there's nothing new about the human impulse to keep houseplants. What is new is the science that finally confirms what we already knew, that plants make our lives happier and our minds healthier. Plants inspire us.

One of the most characteristic biological processes in plant life is their growth. We all know that roots allow a plant to absorb water and nutrients from the surrounding soil, and a healthy root system is key to a healthy plant but at the same time It is important to combine the data from the root: shoot ratio with data from observations to get an accurate understanding of what is happening with our plants and how exactly it is growing.

Sir Jagadish Chandra Bose, an Indian botanist and biologist in the early 20th century used his invention to introduce the world of plants to the humans. His invention - The Crescograph - showed how plants move and respond to stimuli. Crescograph is a device for measuring the growth in plants. The Bose Cresco graph uses a series of clockwork gears and a smoked glass plate which are the two important things that are used in the instrument to record the movement of the tip of a plant (or its roots) at magnifications of up to 10,000 times. The plate has a regular marking and the clockwise gears is used for measuring the growth which gets influenced by different conditions.

Bose himself was astounded to discover that an electric death spasm occurs in plants when they die, and that the actual moment of death in a plant could be accurately recorded. In short, his work showed that plants could feel pleasure and they could feel pain.



-Renu Rai, Science Dept

## A Walk by the lake

When my heart was in turmoil  
And I longed to be alone,  
I walked into a nearby park  
And stood there till the moonlight shone.

I wondered why I was even there;  
Too many thoughts plagued my mind.  
I pondered over my worries, when  
I felt nature, to me, was being kind.

The water in the pond was gleaming,  
As I gazed upon the silver sky;  
The sun seemed to say – ‘Good night!’  
And I watched as the birds flew by.

It was then that it struck me!  
I had never known nature's ability.  
The pure magic of it-  
To bless a soul with tranquility.

Yes, my mind was now clear  
And my heart felt very light;  
I was happy and serene again,  
As I walked back home, in the night.  
- Arpita



## ನಮ್ಮಣ್ಣ ಸಿಪಾಯಿ

ಭಾರತಾಂಭೆಯ ಆತ್ಮಿಯ ನಂಟ

ದೇಶಕ್ಕಾಗಿ ಪ್ರಾಣವ ಇಟ್ಟು

ಪಡಬಾರದ ಕಷ್ಟಪಟ್ಟು

ಗುಂದಿನ ದಾಳಿಗೆ ಎದೆಯನ್ನು ಕೊಟ್ಟು

ನಮ್ಮಣ್ಣ ಸಿಪಾಯಿ

ಹಗಲು ಇರುಳು ಎನ್ನದೆ

ಗುಡುಗು ಮಳೆಗೆ ಅಂಜದೆ

ಭಯವೆಂಬುದು ತಿಳಿಯದೆ

ಎದೆಗುಂದದೆ ಹೋರಾಡಿದ

ನಮ್ಮಣ್ಣ ಸಿಪಾಯಿ

ಭಾರತಮಾತೆಗೆ ವಚನ ಕೊಟ್ಟು

ಹೆಂಡತಿ - ಮಕ್ಕಳ ಮನೆಯಲಿ ಬಿಟ್ಟು

ಯುದ್ಧಕ್ಕೆ ಹೋಗುವ ಪಣವ ತೊಟ್ಟು

ನಮ್ಮಣ್ಣ ಸಿಪಾಯಿ.

- ಅನ್ನಪೂರ್ಣೇಶ್ವರಿ ಬಿ  
ಕನ್ನಡ ಶಿಕ್ಷಕಿ



# VALUES INHERENT IN INDIAN GAMES AND SPORTS



Sports and Games of India have proven to improve the overall development of a person. It focuses on the intellectual and physical development of a person. It immensely helps an individual to work in team spirit with discipline and develop problem solving skills, punctuality through various strategies employed in sports. Physical and mental strength that one develops through sports helps to fight the battle of life too! India has been the Land Of Many Globally Renowned Inventions such as Yoga, Ayurveda, and Zero Etc. While playing games various exercises are performed automatically and one need not join a gymnasium for this purpose. Brisk walking, running, cycling, skipping, swimming and yoga are common activities to keep oneself fit. They also tone up the body of both the young and the old. Mild exercises are beneficial for patients recovering from heart attack and those who suffer from obesity, diabetes, blood pressure, etc. exercise invigorates the mind and the body and helps to keep one fit.

Our country's inventions are not just limited to Arts, Crafts, Cuisines, Science and Culture but Sports too. You will be Surprised to know many of the modern games which are flourishing in other nations had their beginnings in India. Chess was devised in India and was known as Ashtapada (which means 64 squares). Carrom, a strike-and-pocket table game that is popularly played throughout South Asia and in a few middle-eastern countries is said to have originated in the Indian subcontinent. Sport has the power to provide a universal framework for learning values, thus contributing to the development of soft skills needed for responsible citizenship. There cannot be a better training place than a playground for our young men and women preparing to enter the fray and combat of life. It is not success or failure or the length of life that is significant. What is of utmost importance is the quality of life and the spirit in which it has been spent !

Vijay Anand, Basketball coach



## PERSEVERANCE



Perseverance is not giving up, not quitting, not accepting defeat when faced with an obstacle. History is proof that most winners encounter heartbreaking impediments before they triumph. They win because they refuse to get discouraged by their defeats. Difficulties cannot take them away from their chosen path. Perseverance snatches success out of a situation that seems destined to be a certain failure.

## Maths, Symmetry and Nature

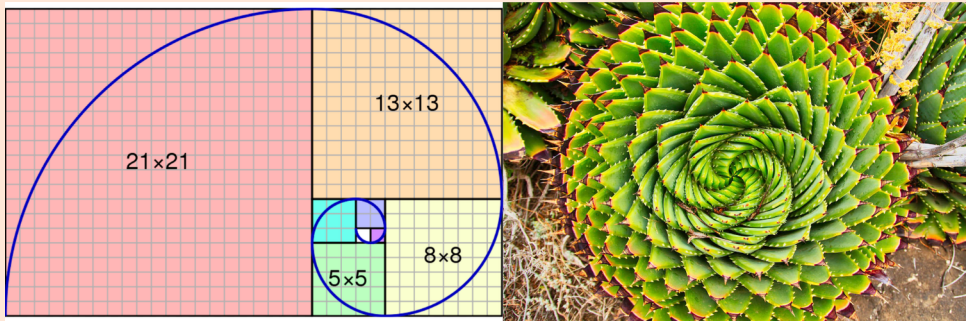
Mathematics is all around us. As we discover more and more about our environment and our surroundings we see that nature can be described mathematically. The beauty of a flower, the majesty of a tree, even the rocks upon which we walk can exhibit nature's sense of symmetry.

Symmetry surrounds us. People, animals, plants, everything on the earth and outside is symmetrical. Symmetry is nature's artwork that creates harmony and balance. Objects like leaves, fruits, animals, insects, spiderwebs, flowers and so many more are good examples of symmetrical images. In mathematics, an object or shape is symmetrical when it remains unchanged after we rotate, flip or scale it and when it allows being divided into parts of equal shape and size. A shape has Reflectional symmetry or Bilateral symmetry when a line can be drawn to divide the shape into halves so that each half is a reflection of the other. This is called the line of symmetry. A shape may have more than one line of symmetry. (vertical, horizontal, diagonal)

A shape has rotational symmetry if when it is rotated around a centre point a number of degrees it appears the same. In other words when the shape still looks the same after some rotation of less than one full circle (360 degrees).

Mathematics is part of life; mathematicians doing mathematics are subject to the same natural laws that govern all of life. A deep understanding of the whole of life should give us the kind of insight that will help us understand the parts of life, including some very specific aspect of mathematics. Symmetry is found everywhere in nature and is also one of the most prevalent themes in art, architecture, and design — in cultures all over the world and throughout human history. Symmetry is certainly one of the most powerful and pervasive concepts in mathematics.

-Sreevidya



## रामायण : जीवन की राह

रामायण: एक ऐसा अनुपम ग्रंथ जो जीवन की राह दिखाता है, जीवन जीने की कला भी सिखाता है। उच्च जीवन, आदर्श, त्याग, वीरता, कर्तव्य, प्रेम, समर्पण आदि नैतिक मूल्यों के दर्शन करवाता है। यह ग्रंथ मनुष्य के अलग-अलग मनोभावों का ताना-बाना है। रामायण आदर्श जीवन व्यवहार और कर्म की सहज मानवीय पाठशाला है। राम – रा का अर्थ है आभा (कांति) और म- का अर्थ है, मैं (स्वयं)



अर्थात- मेरे भीतर का प्रकाश, इंसान की आंतरिक स्थितियों का प्रतिबिंब है रामायण।

वैसे तो रामायण का हर चरित्र हमारे अंदर भी है, जो समय-समय पर बाहर निकलता भी है जैसे – यदि कोई इंसान बाहर वालों की बातों में आकर अपने शुभचिंतकों पर ही संदेह करने लगे उस वक्त उसमें कैकयी है, जब आप किसी के विरुद्ध कान भरते हो तब आपके अंदर मंथरा है, जब आप

मर्यादित जीवन जीते हैं तब आप राम हैं और जब मर्यादाएँ लॉंघने लगते हैं तब आपके अंदर रावण है। जहाँ पूर्ण विश्वास और श्रद्धा वहाँ हनुमान, जहाँ निश्छल प्रेम है वहाँ लक्ष्मण है, जहाँ समर्पण है वहाँ सीता है। हमारा संपूर्ण जीवन इन्हीं मनोभावों का ताना-बाना है। जीवन का कोई भी पहलू ऐसा नहीं है जिसे इस महाकाव्य ने छुआ नहीं हो।

रामायण हमें सिखाती है- हमारा जीवन, त्रासदियों, असफलताओं, विपरीत और अनचाही परिस्थितियों का लंबा सिलसिला क्यों न हो ? अपने कर्तव्य से विमुख नहीं होना चाहिए। जीवन में जो भी मिले उसे नियति का निर्णय मानकर स्वीकार कर लें। विपरीत परिस्थितियों के पारे उनमें अपने विकास की संभावनाएं भी तलाशें, परिस्थितियों से घबराएं नहीं। यही सीख है रामायण ।



## Exit Polls in India: A Game Changer

We may or may not like political heat during elections, but exit polls act as an indication to millions of voters to change their choice of candidate. In the past few decades it has become an indispensable part as ritual to follow exit polls us before we caste our vote as voting is done in different phases in different parts of India. Similarly, it has become a dread to many politicians as it may alter their vote share. The creativity, intensity and accuracy of the exit polls has left long lasting scars on different political parties.

In India, a number of private agencies and media organisations such as Today’s Chanakya, ABP-voter, NewsX-Neta, Republic-Jan Ki Baat, Republic-Voter, ABPCSDS, News18–IPSOS, India Today-Axis, Times Now-CNX and Chintamani conduct the exit polls.

Exit poll is a post-voting poll conducted just after a voter walks out after casting his or her vote. By contrast, some agencies also carry out post-poll surveys, which refer to a poll of voters taken between the period when the last ballot is cast and when the counting begins. Among the most well-known players in the country, only the Centre for the Study of Developing Societies (CSDS) carries out post-poll surveys. To conduct an exit poll, a random sample size is first selected. The sample size could range anywhere between 20-25,000 voters to 7-8 lakh voters. While it is not necessary that all 543 constituencies are surveyed in order to accurately predict the results. A lot of times, people can get exit polls wrong because the sample size was not representative. For example, they only went to urban areas or did not ask voters of a particular caste, etc., The number of constituencies and the sample size to be surveyed are typically decided on the basis of the budget available with each agency. The budget can run up to several crores of rupees with each interview of voters costing anywhere between Rs 80-100 to Rs 300-400.

Converting vote share into seats gathering data from across several constituencies and demographic groups is only a part of the exercise. The other, and perhaps greater challenge is to convert the vote share into seats. These days, a lot of agencies claim that they have surveyed every seat in order to claim that they can predict each seat accurately. But that is not how it is necessarily done.

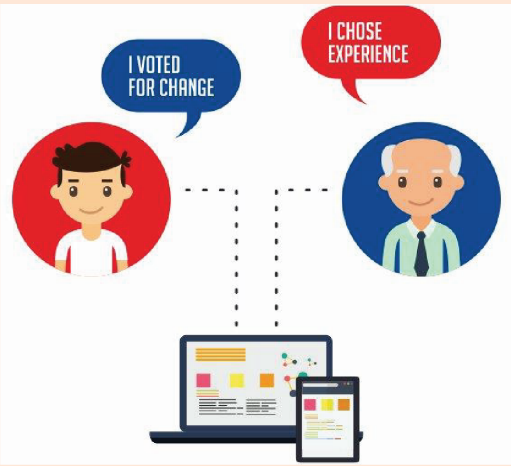


### How reliable are exit polls?

Exit polls can often be unreliable. For example, in 2004 Lok Sabha elections, most exit polls had predicted a victory for the BJP-led National Democratic Alliance (NDA) government. Then in 2009, the exit polls had failed to predict the margin of victory for the United Progressive Alliance (UPA) government correctly. Since then, pollsters have got several state elections wrong. The reasons for the inaccuracy of exit polls include voters lying about who they actually voted for, the absence of random and representative sampling, biases in questioning or simply bad fieldwork. While data fudging on part of the agencies or channels in order to reinforce allegiance to a certain party can also be a reason. The exit polls are published after the conclusion of polling and before the counting day when the final results are announced by the Election Commission. The exit polls are released after approval from the Election Commission of India.

Being in a system of democratic politics and innovative media support system, we cannot be assured of our existence as mere spectators. As ‘The Constitution’ suggests, we should have basic knowledge of the dynamics of voting and voting rights to assert as responsible citizens and be a part of system by casting our vote to the rightful contestant.

**“EVERY SINGLE ONE OF US HAVE THE UNIQUE OPPORTUNITY TO CREATE AWARENESS AND INFLUENCE CHANGE: CASTE YOUR VOTE”**  
Gitanjali Bisht



## AS IS THE FOOD SO IS THE MIND

Time and again it’s been proven that diet plays an important role in keeping oneself fit and healthy to live a happy life.

The qualities of a human being are determined by the kind of food he consumes. Hence he must know the basic concept of diet, what the eatables he consumes are, and its effect on the systems of the human body. The yogic concept of food takes into consideration the total dimension of human existence like the physical, social, psychological, and spiritual etc. Along with the atoms and molecules with which our gross physical body is made, we all possess prana, mind, intellect, emotions, and the spiritual dimension.

Yoga is the system by which we bring an integration of the entire personality at all levels. Through the practice of yoga, the body is developed, the prana or life force is brought to a balance, emotions controlled, intellect improved and the mind is calmed down.

A yogic diet is a balanced diet that restores balance at all levels which aids in a holistic way of living. Yoga classifies the food into three major categories



### 1. Tamasic

### 2. Rajasic

### 3. Sattvic.

The tamasic food is stale food which is no longer fresh. It could be more or less spoiled food containing foul odor. When a person consumes the tamasic food he becomes dull, lazy, and always in a state of drowsiness. Consuming tamasic food could reduce immunity towards diseases. The rajasic foods are stimulating, Spicy, bitter, sour, pungent, dry, and excessively salty. The people who have a tendency to consume this food often are overambitious and their mind might be in a state of restlessness and uncontrollable. Sattvic food is known to be the purest form of diet. The sattvic food along with nourishing the body it keeps the human mind in a peaceful state. The consumption of sattvic food makes a person’s mind to function at its maximum potential. Sattvic food includes cereals, fresh fruits, vegetables, milk, nuts, and honey. These food are believed to increase life, strength, health, and happiness. A sattvic person is calm, peaceful, serene, amicable, full of energy, lives life with enthusiasm, Healthy, Always has good hope and thinks optimistically, is creative, and possess a balanced personality.

Eating a sattvic diet also helps one to shed the excess weight from the body.

Diet is important for healthy living and it can influence the mind and change our personality.

Eat right and Think right !!!!

-Sandeep P



Art  
Corner

Swati Jain

Subhasini

Arularasi

Jhuma C