

## SPIRITUAL NUTRITION

ಶ್ರೀಭಗವಾನುವಾಚ

मय्यावेश्य मनो ये मां नित्ययुक्ता उपासते ।  
श्रद्धया परयोपेतास्ते मे युक्ततमा मताः ॥ २ ॥

### TRANSLATION

The Supreme Personality of Godhead said: Those who fix their minds on my personal form and are always engaged in worshipping me with great and transcendental faith are considered by me to be most perfect.



## EDUCARE (rekindling the latent goodness)



A disciple who loved and admired his teacher decided to observe his behaviour minutely, believing that if he did everything that his teacher did, then he would also acquire his teacher's wisdom. The teacher always wore white, and so his disciple did the same. The teacher was a vegetarian, and so his disciple stopped eating meat and replaced it with a diet of vegetables and herbs. The teacher was an austere man, and so the disciple decided to devote himself to self-sacrifice and start-

ed sleeping on a straw mattress. After some time, the teacher noticed these changes in his disciple's behaviour and asked him why. 'I am climbing the steps of initiation,' came the reply. 'The white of my clothes shows the simplicity of my search, the vegetarian food purifies my body, and the lack of comfort makes me think only of spiritual things.' Smiling, the teacher took him to a field where a horse was grazing. 'You have spent all this time looking outside yourself, which is what matters least,' he said. 'Do you see that creature there? He has white skin, eats only grass and sleeps in a stable on a straw bed. Do you think he has the face of a saint or will one day become a real teacher?' Beauty is skin deep; therefore it is more important that we focus on our inner transformation rather than external appearance.

## NATIONAL YOUTH DAY 2021

### Channelizing Youth Power for Nation Building

*Youth is the significant phase of one's life where personalities are chiseled, ideals are assimilated, and rational thoughts brush aside human conditioning which lack substance.*



experiences about students who started from scratch and rose to highest pedestal of professional growth. With various simple analogies, he explained the students as to how one can overcome procrastination and set realistic goals in life with right intentions which would eventually lead one's energies for the greater good of society and nation at large.

He asked students to believe in themselves and have firm conviction in their thoughts which would help them to tide over adversities of life and the floods of demotivating opinion of others. The session concluded with Q & A followed by vote of thanks proposed by Ms. Megha, grade XI B.

National Youth Day 2021 was celebrated in its true spirit at NHG virtually with an inspiring online session by an eloquent motivational speaker, Mr. Praveen Kumar S (alumnus of IIT-Madras, Dy CEO of Swami Vivekananda Youth Movement, Mysore). Around 90 students from grade 11 attended the session along with teachers.

In his inspiring talk, Mr. Praveen emphasized on decision making, utilization of opportunities, and responsibilities of youth. He shared many of his



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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

## FIRST SMILE

*Inspired by an excerpt from Anees Jung's "Lost Spring", a book about the lost childhood of child labourers in India.*

It took a while to gauge the reason for her smile, Emanating more from her eyes than her lips

Everything seemed just the same, the day's chores just to begin

Unwashed utensils of the night lay near the tap and heap of soiled clothes to be washed.

The courtyard to be swept, the fire to be stoked and water to be boiled, rice to be cooked

her parents to be fed- in between take a bath, a nap if time permits, the night falls.

And darkness prevails, its silence comforts.

Her days pass by. I kept her hopes alive with a pat, a trinket or an extra bite.

That didn't satiate her, now I know and I feel low to think such things would appease her.

She longed to soar high

Today it seemed different, nothing amiss, yet she watched me with a silent glee, I could

tell Her hair braided she stood in anticipation, in a neat faded frock.

She clutched something tight, could discern a satchel with a hurried second look

Someone shouted across the street, she took a few steps forward, at first slow, then in

haste I could now clearly see the school bus, in which she boarded,

Her mother simply explained, "I had to let her go, if I don't free her, who will?

My daughter my child". She wept. I made a hasty retreat, silent and ashamed

Now wondering at my task of finding a new house maid,

Yet the guilt tormenting me and regret torturing me

How I wish I was the reason, for that first smile.

Nirmala Varma ( English Department )



## BREATHE

You are magnificent with pellucid blue sky

The gleaming water and land left dry

The pitch black caves and dense jungles with chirping birds high

Oh man! Let the nature Breathe!

Let the nature fly!

You make the world move with your unbounded god like womb

The inimitable strength and the metaphor of triumph

The protagonist of all connections fighting against dejections

Oh man! Let the women Breathe! Let the women fly!

You are the zephyr beneath the wings

One day vigorous the other day courteous

The pillar defying the odds

Secretly hiding emotions and nods

Oh World! Let the man Breathe!

Let the man fly!

-Ms.Jagriti,NHG

## ನನ್ನ ಮುದ್ದಿನ ಅಪ್ಪ

ಅಪ್ಪನ ಹೊಗಳಲು ಮಾತುಗಳಿಲ್ಲ

ಜೀವನ ಪಾರವ ಕಲಿಸಿದನೆಲ್ಲಾ

ಬಾಲ್ಯದ ದಿನಗಳು ಕಣ್ಣಿಂದ ಬಂದರೆ

ಭಾವುಕ ನಾನು ಆಗದೆ ಹೋದರೆ

ಇದ್ದು ನಾನು ಸತ್ತಂತೆ, ಜೀವ ಇರುವ ಶವದಂತೆ.

ಶಾಲೆಗೆ ನನ್ನ ಕಳಿಸಿದ ದಿನವನು

ಹೋಗೇನು ಎಂದು ಹರ ಬಿದ್ದ ಕ್ಷಣವನು

ಕೆನ್ನೆಗೆ ಮುತ್ತು, ಬಾಚಿ ಅಪ್ಪಿದ ಅಪ್ಪನ

ನಾನು ಮರೆಯಲ್ಲ ಮರೆತು ನಡೆದರೆ

ಇದ್ದು ನಾನು ಸತ್ತಂತೆ, ಜೀವ ಇರುವ ಶವದಂತೆ.

ಮನೆಯಲಿ ಉಟಕೆ ನಡೆಯದ ಸಮಯದಿ

ಹಾಕಲು ಬಟ್ಟೆಗಳಿಲ್ಲದ ಕ್ಷಣದಿ

ಉಣ್ಣಲು ಉಟವ ನಮಗೆ ಕೊಟ್ಟ

ಹರಿದ ಬಟ್ಟೆಯ ತಾನು ತೊಟ್ಟ

ಅಂತಹ ಅಪ್ಪನ ಮರೆತರೆ

ಇದ್ದು ನಾನು ಸತ್ತಂತೆ, ಜೀವ ಇರುವ ಶವದಂತೆ.

ಇಂದುಮತಿ .ಎನ್ (ಕವಯಿತ್ರಿ ಹಾಗೂ ಕನ್ನಡ ಶಿಕ್ಷಕಿ)

## मैं वह नारी हूँ ~ कविता

मैं वह नारी हूँ,  
जिसने बेटा बनकर जन्म लिया।  
मैं वह नारी हूँ,  
जिसने खुशियों से घर भर दिया।

मैं वह जलती ज्योत हूँ,  
जिसने दुनिया को रोशन किया।  
मैं वह बहती नदी हूँ,  
जिसने रूढ़िवाद और भेदभाव का विष पिया।  
मैं वह शेरनी हूँ,  
जिसकी गर्जना से सम्पूर्ण वन थर्राए।  
मैं वह विकल्प हूँ,  
जो समाज को आधुनिकता की ओर ले जाए।  
मैं वह कोयल हूँ,  
जिसका स्वर सबको भाए,  
मैं वह व्यक्ति हूँ,  
जिसे समाज आज भी सताए।

मैं वह सरस्वती हूँ,  
जिनसे मिले ज्ञान और सिद्धि,  
मैं वह लक्ष्मी हूँ,  
जो लाए धन-धान में वृद्धि।  
मैं वह दुर्गा हूँ,  
जिसने किया दुष्टों का संहार।  
मैं वह काली हूँ,  
जिसने तोड़ी अहं की दीवार।  
मैं वह राधा हूँ,  
जिसने कृष्ण संग रास रचाया।  
मैं वह व्रौपदी हूँ,  
जिसने कुरूवश का नाश कराया।

मैं वह लक्ष्मीबाई हूँ,  
जिसने अंग्रेजों को धूल चटाई।  
मैं वह सरोजिनी हूँ,  
जिसने लड़ी स्वतंत्रता की लड़ाई।

मैं वह बेटा हूँ,  
बेटों से ज्यादा जिसने काम किया,  
मैं वह माँ हूँ,  
जिसने बेटों को जीवन दिया।  
मैं वह दादी हूँ,  
जिसने किस्से सुने-सुनाए।  
मैं वह बुआ हूँ,  
जिनके खेल से आनंद आ जाए।  
मैं वह नानी हूँ,  
जिसने दिया स्नेह अपार,  
मैं वह नारी हूँ,  
मत करो अस्वीकार।

- विदुषी द्विवेदी

## WHO IS TRULY LEARNED?

Students sweat at the thought of the final exam. When they pass these exams at various levels and in the end, earn their degrees, they will be entitled to call themselves educated.

Chanakya Pandit, a famous Indian teacher, philosopher, economist, jurist and royal advisor, tested a person's education by three yardsticks of character and ethics.

**Mathravath pardaareeshu  
paradravyeshu loshtravath  
Athmavath sarvabhuteshu  
yah pashyathi sa panditah**

**Test one:** Mathravath pardaareeshu: In the ideal Vedic system of education, a properly trained student should be able to honor all other women as his own mother and all men as his own father.

**Test two:** Paradravyeshu loshtravath: A learned person looks upon others' property as stones or garbage in the street. .

**Test three:** Athmavath sarva-bhuteshu: An educated person sees other living creatures as he sees himself. A person educated to treat others as he treats himself, will naturally be nonviolent and honest, doesn't cheat others, will always speak beneficially and does not hurt anyone even with words. Does our modern colonial system of education teach the above principles or is it just producing skillful engineers and doctors, lacking the real purpose of education?

We are seeing the crime rate increasing all over the world. If every learner is raised with the above principles firmly entrenched in his system and well protected by ethical and spiritual wisdom, will a peaceful world not be a natural outcome? Is this not the goal of having an educated populace?



## The price of greatness is responsibility – Winston Churchill.

Responsibility means being accountable for our actions - making a commitment and sticking to it till the end. Being responsible includes behaving ethically, being able to take decisions and stand by the pros and cons of our decisions. Responsibility is an important aspect of our personality, one that prods us to perform our duties, on time and to our satisfaction and to the best of our abilities. The good news is that responsibility can be cultivated over a period of time. It is a common perception that a person who is not taking responsibility for his or her actions cannot be trusted. On the other hand, responsibility helps a person gain respect and get his deserving place in society. When everybody becomes conscious and feels responsible for both personal and social issues, it won't be long for such a community to become flourishing and prosperous.



## LET'S PRACTICE YOGA

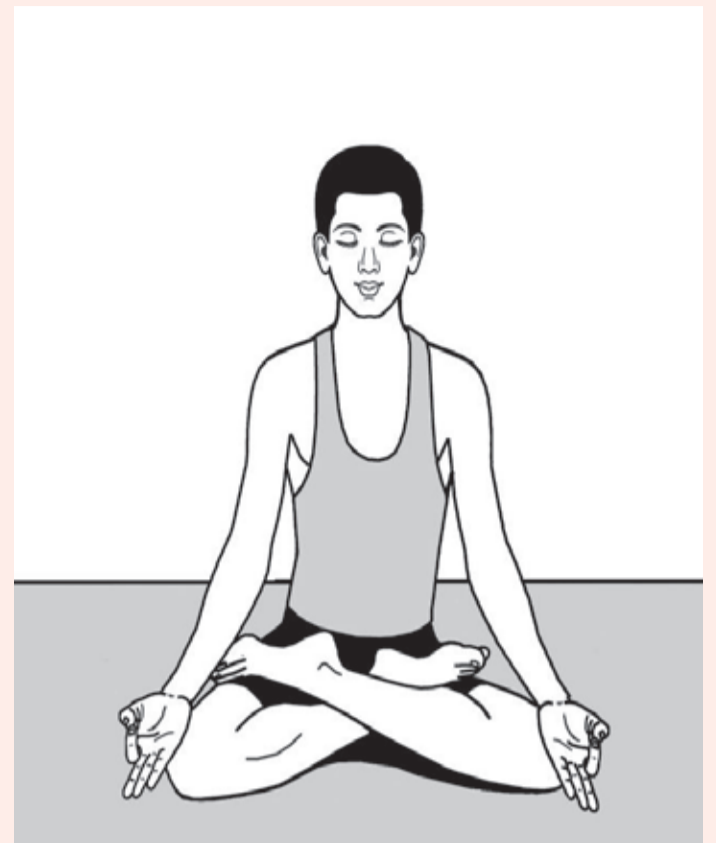
**Padmasana or Lotus position** is a cross-legged yoga posture which helps deepen meditation by calming the mind and alleviating various physical ailments. A regular practice of this posture aids in overall blossoming of the practitioner, just like a lotus and hence the name Padmasana.

### How to do Padmasana (Lotus Position) ?

1. Sit on the floor or on a mat with legs stretched out in front of you while keeping the spine erect.
2. Bend the right knee and place it on the left thigh. Make sure that the sole of the feet point upward and the heel is close to the abdomen.
3. Now, repeat the same step with the other leg.
4. With both the legs crossed and feet placed on opposite thighs, place your hands on the knees in mudra position.
5. Keep the head straight and spine erect.
6. Hold and continue with gentle long breaths in and out.

### Benefits of the Padmasana (Lotus Position)

1. Improves digestion
2. Reduces muscular tension and brings blood pressure under control
3. Relaxes the mind
4. Reduces menstrual discomfort



## ACHIEVEMENTS

We are happy to share International Artificial Intelligence Olympiad Exam results 2020-21 held at New Horizon Gurukul. The objective to Artificial Intelligence Olympiad to encourage students to improve their experiential, analytical and STEM based learning Objective. Congratulations to – Mithilesh Beeranapalli Grade6, Chethan Angadi Grade 7 Yajat Pandey, Grade 7 Keshav Kaimal Grade 7 , Pranav K Grade 7, Aaditya Tripathi Grade 8 , Aditya Nitin Naghate, Grade 8 and S Siddhant Ganesh S, Grade 10 for exemplary performance in International Artificial Intelligence Olympiad 2020-21 and securing good rank globally.

## POEM

Rajkumar, a student in grade said – Life is living in the moment ma'am, during one of our conversations. That statement was the inspiration for this poem, which I penned down in February of 2009.

Life, I thought was a journey  
To be completed in great style;  
Well, I didn't know there is a lesson  
To be learnt, at every mile.

A teacher learns from students  
A mother from her child.  
That life is so very simple  
And yet, completely wild!

Life, I knew meant changes  
That changes meant excitement!  
What I didn't realise was that  
They come with no announcement.

A clown can teach can teach you something  
Why? So can a spark in your path.  
They teach you life is funny,  
But you must face its wrath!

Life, I thought was thrilling  
And interesting as a puzzle.  
What I came to learn was that  
It turns your brain to a muzzle.

We learn as each day passes  
And as the nights go by;  
Life is easy and is difficult  
Yet, no one can say why!

Life, I have learnt is a dream  
One that can end in an instant.  
And all I have to say is this –  
Life is living in the moment.

-Arpita

## Art's Corner



Nivedita Dasgupta



Deepti A, XI B



Jigme Dorjee



Parnesh R.S  
IV - C - 29  
Parmesan RC, IV C



Gnapika, IV A