

New Horizon दूरदृष्टि TIMES

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SPIRITUAL NUTRITION

सुखदुःखे समे कृत्वा लाभालाभौ जयाजयौ।
ततो युद्धाय युज्यस्व नैवं पापमवाप्स्यसि॥ २-३८

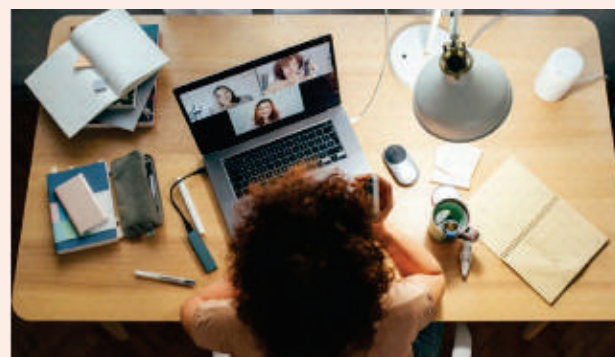
TRANSLATION

Holding pleasure and pain, gain and loss, victory and defeat as alike, gird yourself up for the battle. Thus, you shall not incur any sin.



HOW TO FOCUS BETTER IN ONLINE CLASSES ?

Not even in our wildest dreams would we have imagined seeing our teachers and friends through a screen. Have we ever imagined we would be doing our school prayer and National Anthem from our homes? Imagined a school away from school? This is our reality right now. Hats off to all of us for trying our best even during these derailing times! Each and every one of us have dreams - dreams about conquering the future. But it seems like everything has come to a virtual standstill. We find ourselves constantly thinking about ways to do better, but never actually taking a step towards it. During times like this, when the world is reeling with the pandemic again on a rise, studying may seem like the last thing on our minds. But we all understand that despite these circumstances, we have to work hard towards a brighter future, and the path to that starts with studying.



Online Classes might appear to have a lot of disadvantages, like increased screen time, decreased attention spans and not being able to hang out with our friends. But it also has its own advantages. If we look at the brighter side - We get a lot more time on our hands since we don't have to commute so often and can spend solid time studying and quality time with our family. More importantly, we can stay safe at home and still pursue our goals. All the same, it is quite a different experience altogether when we find ourselves not reaching the zenith of our potential in studying during online classes. Here are a few tips which can help us enjoy and learn during online classes.

- 1. Respond** - Always be attentive in class. When you stay focused and interact diligently during classes, it activates your mind, helps in learning and remembering the concepts better. An interactive class is an enjoyable class - for both teachers and students.
- 2. Make a Timetable** - This might sound like a classic tip, but it's here because it actually works. When we make a schedule and try to follow through on it, it gives our minds a routine to work in.
- 3. Take Rest** - Staring at screens all day long only gives us a bad headache at the end of the day, so make sure to take good rest between classes and at night. Between classes, you can always try to exercise, take a small walk in your room, look out your window, or eat some snacks
- 4. Celebrate your Little Wins** - Did u study hard and make a good grade on a test? Presented a project that caught your classmates' eye? Celebrate them! Enjoy the progress you're making and make sure to give yourself some off-time as a reward.
- 5. Push Yourself** - Don't let the Pandemic deter you from reaching your goals! Even if there is no one motivating you at the moment, motivate yourself!

During this Online Era, it can be very easy for us to get lost in the Internet. But always remember to take care of yourself, mentally, physically and emotionally. We, the Youth, have a long road ahead of us, and the first step is learning. Stay Safe and Happy Learning!

Megha S, XII B

EDUCARE - Rekindling the latent goodness

As a group of frogs was traveling through the woods, two of them fell into a deep pit. When the other frogs crowded around the pit and saw how deep it was, they told the two frogs that there was no hope left for them. However, the two frogs decided to ignore what the others were saying and they proceeded to try and jump out of the pit. Despite their efforts, the group of frogs at the top of the pit were still saying that they should just give up. That they would never make it out. Eventually, one of the frogs took heed to what the others were saying and he gave up, falling down to his death. The other frog continued to jump as hard as he could. Again, the crowd of frogs yelled at him to stop the pain and just die. He jumped even harder and finally made it out. When he got out, the other frogs said, "Did you not hear us?" The frog explained to them that he was deaf. He thought they were encouraging him the entire time.

People's words can have a big effect on other's lives. Think about what you say before it comes out of your mouth. It might just be the difference between life and death.



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Admission Circular

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

Respected Parents, Dear Sirs,

Registration forms for admission for the academic year 2021-22 for PLAYGROUP, NURSERY, LKG & UKG can be downloaded from 1st October 2020 onwards from the website 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

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

Timings: Monday- Saturday: 10.00am to 2.30pm

An interaction/online interview with your child will be conducted commencing from 29th 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. Another copy of the child

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

Mrs. Usha Vasudevan
Principal-NEVM

THE BRIGHTER SIDE OF COVID – 19 PANDEMIC

As the saying goes, there are two sides to every coin, similarly, every situation has two perspectives. When it comes to the COVID-19 pandemic, we generally discuss about its deplorable side, the difficulties, the losses and the sufferings. But there are many good things too that have transpired during this pandemic. As we had to stay indoors due to the lockdown, we got a great opportunity to bond with our family as we had more time to spend with each other.

Due to the pandemic, we are taking many measures to stay hygienic and have given it utmost importance. As a result, we are not falling sick often. During the pandemic we have gone back to making and consuming wholesome home cooked food and have come out of the fast-food culture. We are eating more fruits and vegetables nowadays, which has boosted our immunity. Also, we have turned towards home remedies and herbal medicines that were a component of our culture, but were forgotten.

Since not many people are going out in their vehicles, the pollution level has decreased and the air quality in major cities has improved drastically. Some reports also mention that the ozone hole in the earth's atmosphere has healed to a considerable extent during this pandemic. Lastly, on a lighter note, as we are using gadgets for online classes, kids as young as 5 years old, have become experts with laptops and other gadgets.



Arnav Vishnu Rupendar
7G

THE WORLD'S FAVOURITE CUP

The story behind coffee comes from various legends. According to one such legend, Kaldi, who was an Ethiopian goatherd, noticed the peculiar behaviour of his flock. After eating berries from a certain bush, his goats were unusually energetic.

Kaldi tested the berries of the bush on which his goats were feeding and he experienced a feeling he couldn't describe. So, he roasted and boiled the seeds to make a drink which came to be known as coffee and he got people to experience what he did.

When the drink had just been introduced, Islamic authorities banned coffee because of its intoxicating nature. The Muslims in particular were drawn to coffee because it felt like a substitute for alcohol, which they were prohibited from drinking. Despite warnings and punishments in store, coffee drinking spread rapidly among Arabs and their neighbours. As coffee drinking grew, it gave rise to new concept of something like a social house known as coffee house (today's café).

The QahvehKhanehs or coffee house in Mecca in the 15th century was one of the first-ever coffee houses. At these coffee houses, men gathered to play games, sing, dance, listen to music, smoke, drink, discuss politics, etc. The 15th century was a patriarchal era and women were banned from most coffee houses. It is during 16th century that the Islamic authorities lifted the ban on coffee. A coffee house was built in Constantinople in the 16th century. Coffee began to spread throughout Europe. As the beverage grew more popular, the cultivation was increased and it began to spread rapidly. Coffee houses were found in Britain, the British colonies of America and across Europe.

With the invention of industrial roasting and grinding machines, the drink continued to grow. It was during the 19th and 20th century that lattes and cappuccinos, as we know coffee today, were invented.



Diya Mane, XII B

THE BENEFITS OF STRETCHING EVERYDAY.

Stretching is a form of exercise that is the most fundamental to the health of every individual. It is one of the most essential activities that every person should perform before any activity of exertion. Stretching keeps the muscles flexible, strong and healthy and that flexibility to maintain a range of motion in the joints. Without it, the muscles shorten and become tight. Then when the muscles are called for an activity, they are weak and are unable to extend all the way, causing pain and soreness to the muscles. Stretching helps with delaying the onset of muscle soreness, which means that we can continue exercising quicker than usual.

Stretching has been verified to effectively raise circulation within the body. This means that the blood circulation is raised to the muscles and also the cartilage, which lower the risk of a significant injury. It is proved that stretching and extending boosts the release of endorphins that help in enhancing our mental state. If stretching is done correctly, it is a way to burn off calories at a faster rate than we usually would. In these times of long hours at the desk, we must make sure that we keep our mind and our body healthy and we must take this opportunity to make stretching a part of our daily routine.





People from different parts of world, wait for bearingly and patiently for that very moment to come when they take a seat, turn on the television and wait to watch their country men and women appear on television screens holding the flags of their country high and fluttering. They get a grin on their faces and also goosebumps by just listening to the commentator's voice and seeing their dear natives of the countries. It certainly is breath taking. And from that very moment till the end of event, most of us long and pray for Podium finish for our sports persons.

Olympics is a series of adventurous yet competitive sport events held every four years. Thegoal of this is to bring people from different parts of world - together, compete, yet cherish spirit of sports and brotherhood.

The Olympics said to have origin at edin the ancient Greece. The written records about the sports event sare traced back to 776 BCE. It was the most famous sporting festival and were conducted at the sacred site of Olympia, Greece. Later, similar occasions and festivals wereheld in other 150 cities. As the roman conquered the Greece, the Olympic events were nomorecontinued.

Approximately after 1,500 years later, Olympics rose again. Barron Pierre De Coubertin (1863 - 1937) was a noble man who brought back the idea of playing Olympics but, in amodern version. Later, he was the one to form the International Olympics Committee (IOC) in 1894. The IOC now governs the modern Olympic games. The first modern Olympic game was held in Athens, Greece in the year 1896. 280 athletes (all men) had participated in this occasion from 12 different countries. The participants competed in 43 sports events. By 1924, it evolved as major international sporting event where 3,000 athletes from 44 nations competed.

Last Olympics event happened in 2016 and the next one was supposed to happen in 2020. But, due to COVID it got postponed to 2021. There fore, it was held in 2021 from 23rd July till 8th August. However, this was named as "Olympics Tokyo 2020". Olympic Games Tokyo 2020 had 11,656 participants from 206 different countries across the world and took partin 33 different sports.

This was one of the best Olympic performances by Indian contingent where they made 130 crore Indians proud by bringing 1 gold, 2 silver and 4 bronze medals. 87.58 meters Javelin throw by the athlete Neeraj Chopra got India a Gold. The national song played during his medal ceremony was exhilarating for most of proud Indians. Mirabai Chanu rose like a starand won India its first medal in this Olympic, a silver medal in the sport of weight lifting women under 50 kg and lifted 119 kg. She lifted almost two and half times of her own weight! Ravi Kumar, who is well-known as Dahiya, won a silver medal in wrestling. Bajrang Punia, won bronze in wrestling. PV. Sindhu, a renowned badminton player, also won abronze medal for India. The Indian team of men's hockey broke the 41 years medal drought and won bronze medal. One more bronze was brought by boxer Lovlina Borgoha in in the 69kg weight category. With one Gold and total Seven medals India finished at 48th rank inmedaltally. This in deed was a great display of sports manship and triumph achieved due to several years of arduous efforts and unwavering commitment. Having won another 3 gold would have taken India to top 20 and total 10 gold would have placed us in Top 7, something that we as nation of 130 Crore people deserve and should be dreaming and striving to achieve over next two Olympics. Weare proud Indians and let us make all thatittakes to bethere. Let each one of take resolve to promote sports, fitness and excellence in our lives and around us and pursue these as passion. Resolve of billions will be the mantra to success and will create trail to the cherished triumph!

By Ananya Jha, 6B, Jal House, NHG

**O'SHAHEED TEGH
BAHADUR JI**
(The life of Guru Tegh Bahadur ji)

In the lovely city of Amritsar,
spotted in the land of five rivers
along the presence of the morning bliss
started Guru Hargobind's fatherhood
by the birth of this great young leader,
Guru Tegh Bahadur ji.

The divine journey,
right from a young master of arts
to the swordsmanship of his preaching
in every nook and corner of the world,
Reflected in his traits, actions and deeds
to protect citizens across religions.

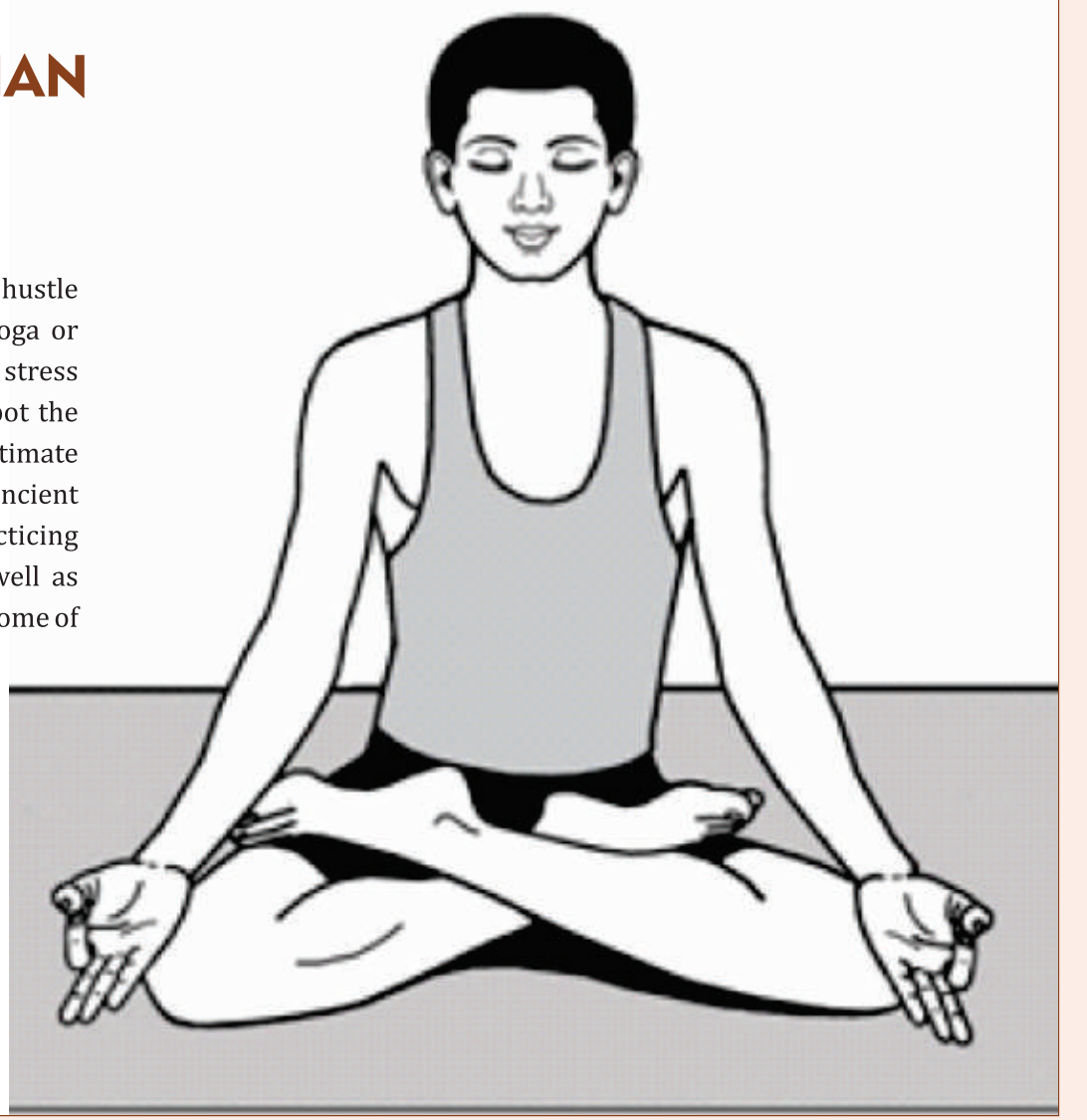
You lived by your word and died by a sword
but your kingship principles
inspired us to be better human beings.
You have left for heavenly abode,
protecting and blessing us from above,
Thus ending the earthly reign of the ninth Nanak
Guru Tegh Bahadur Ji

- MEGHA

PADMASANA, THE LOTUS POSE IS MORE THAN JUST A STRETCH

Calming up your mind is something that we all crave for amidst the hustle bustle of life. Blossom just like a lotus with the lotus position yoga or Padmasana yoga. Cross your legs and ease out your piled up stress hormones to rejuvenate yourself. So get on your yoga mat and spot the place, and derive maximum benefits !!Padmasana yoga is an ultimate meditative pose. It is a cross leg sitting asana, which follows the ancient Indian tradition of yoga with your feet on the thighs. By practicing Padmasana regularly you can greatly reduce overall fatigue as well as awaken numerous health benefits. Along with increased flexibility, some of these benefits include:

Less anxiety,
Increased awareness,
Reduced menstrual discomfort and sciatic,
Reduced insomnia
Improves digestion



हरिः ओम्।

संस्कृतम् एका भाषा। एतस्याः भाषायाः नाम एव संस्कृतम् इति। संस्कृतम् इत्युक्ते सम्यक् संस्करणं कृतम् इति अर्थः। अर्थात् व्याकरण अनुगुणं वाक्यसंरचानुगुणं वाचानुगुणम् इयम् भाषा समीचीनतया संस्करिता इत्यर्थः। विश्वेषु विद्यमानासु भाषासु इयम् एका एव भाषा या व्याकरणशास्त्रस्य सर्वस्मिन् भागेषु अपि सम्पूर्णतया विकसिता। अन्याः भाषाः व्याकरणमाश्रिताः परन्तु तासां भाषाणां परिपूर्णः विकासः न सञ्जातः। अतः परिपूर्णविकासत्वेन संस्कृतभाषां देवभाषा इति कथयन्ति।

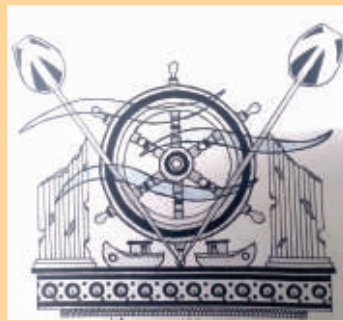
संस्कृतभाषायाम् यद् ग्रन्थेषु लिखामः तदेव वदामः। यद् वदामः तदेव लिखामः। अतः पठनलेखनसंवहनेषु कोऽपि भेदः नास्ति अस्यां भाषायाम्। इयं भाषा एकः समुद्रवत् अस्ति। अतः एव अस्माकं पूर्वजनाः एतां भाषाम् एव आश्रित्य तेषां ग्रन्थान् अरचयन्। कारणम् इदम् अस्ति अस्यां भाषायां विद्यमान समृद्धः पदसम्पत्तिः तथा पदनिष्पत्तिः।

इयं भाषा अस्माकं राष्ट्रस्य भारतस्य सम्पत्तिः संस्कृतिः च। अतः वयम् एतां भाषां व्यवहारे आकलय्य पुनीताः भवामः।

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