

New Horizon गुरुकुल गुरुकुल TIMES

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सूक्तिसुधा



सुभाषितम्

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

*jñeyah sa nitya-sannyāsī
yo na dveṣṭi na kāṅkṣati
nīrdvandvo hi mahā-bāho
sukhaṁ bandhāt pramucyate*

Meaning:

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.

EDUCARE – Rekindle the
latent goodness within



Pencil, "I'm sorry..."

Eraser, "For what?? You didn't do anything wrong..."

Pencil, "I'm sorry, you get hurt because of me... Whenever I make a mistake, you're always there to erase it, but as you make my mistakes vanish, you lose a part of yourself and get smaller and smaller each time."

Eraser, "That's true, but I don't really mind. You see, I was made to do this, I was made to help you whenever you do something wrong. Even though one day I know I'll be gone... I'm actually happy with my job... So please, stop worrying. I hate seeing you sad."

Our Parents are like the eraser, where as we children are the pencil. They're always there for their children, cleaning up their mistakes. Sometimes along the way they get hurt and become smaller (older and eventually pass on)

Let us always be in gratitude for the love and compassion bestowed upon us by our parents. Only way we can reciprocate is by caring and loving them, and bring a smile on their face.

If you can't be a pencil to write someone's happiness, then try to be a nice eraser to remove their sadness.

INTERNATIONAL YOGA DAY 2021

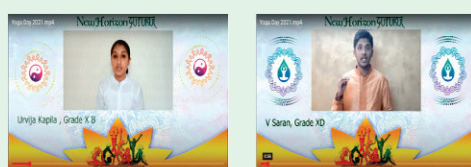


Yoga aids in striking a dynamic equilibrium of physical body through postures and harmonising it with mind. The 7th year of International Yoga day was celebrated at New Horizon Gurukul on 21st June 2021. While the pandemic is still in its receding mode, NHG determined to beat the lethargy of lockdown by rejuvenating yoga sessions and insightful talks. The celebrations kick started with an insightful speech which left the audience to reflect and resolve to make yoga a part of their lifestyle regime. The live session of Yoga comprising of various asanas and breathing techniques was then led by Yoga instructors of Gurukul. Around 100 teachers of Gurukul staff participated in the dynamic session which was also broadcasted on Facebook handle of NHG.

Gurukulites also showed their unquenchable enthusiasm by delivering flawless speeches on the occasion and displayed various yoga-asanas by synchronising their body parts with unimaginable finesse and agility. Their entire performance was also showcased on various social media handles of NHG.

The event came to a close with collective prayers of all teachers seeking welfare, happiness and good health for everyone in the world.

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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 5th 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 interaction 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. Aadhar 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-NHVM

World Environment Day 2021 at NHG

Emotional regulation refers to the way one manages his or her emotions. It is a learned process which enables a child to adapt effectively to its environment. There are various factors that affect the way children experience and express their emotions. One of the major contributing factors of expression of emotions is parent-child attachment. A secure attachment with the parent enables the child to learn management of situations that provoke negative emotions. Attachment with the parent also serves as a base for the development of emotional vocabulary which is an integral part in the child's overall development.

A peer relationship is another important factor that contributes to the experience and expression of an emotion. Peer support has proven to be a significant contributor in reducing depression and increasing emotional expression in adolescents. As adolescence is a transitional phase, thereby children with high emotional competencies facilitate stronger interpersonal relationships. Children who are competent with their peers also show pro-social behaviours and increased self-esteem. Thus, the role of parents and peers can be significantly marked. Therefore, helping children develop expressive emotional competencies can lead to overall psychological and social well-being of the child.

Ms. Muskaan Jain , Counsellor, NHG



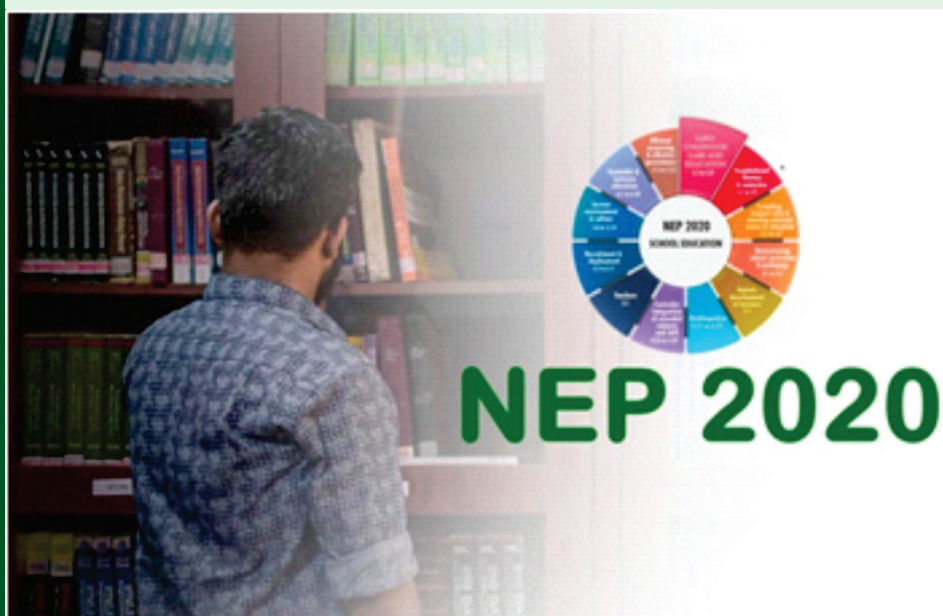
Few Glimpses of online activities on World Environment Day 2021



Workshop for Parents

On 12th June 2021, a webinar was conducted by NIVE for all parents of New Horizon Gurukul. The theme for the session was FOCUS-how to concentrate in an online class.

Resource person, Ms.Kalpna Mohan emphasised on the role of parents in making online classes more effective by providing adequate support to their wards. She also deliberated on various psychological issues faced by younger kids in online classes and explained methods to overcome those with timely guidance and strategies.



Revamping the Education System in India

National Education Policy (NEP) 2020 was announced by the Ministry of Human Resource Development. The policy is aimed at transforming the Indian education system to meet the needs of the 21st Century.

The new policy seeks rectification of poor literacy and numeracy outcomes associated with primary schools, reduction in dropout levels in middle and secondary schools and adoption of the multi-disciplinary approach in the higher education system.

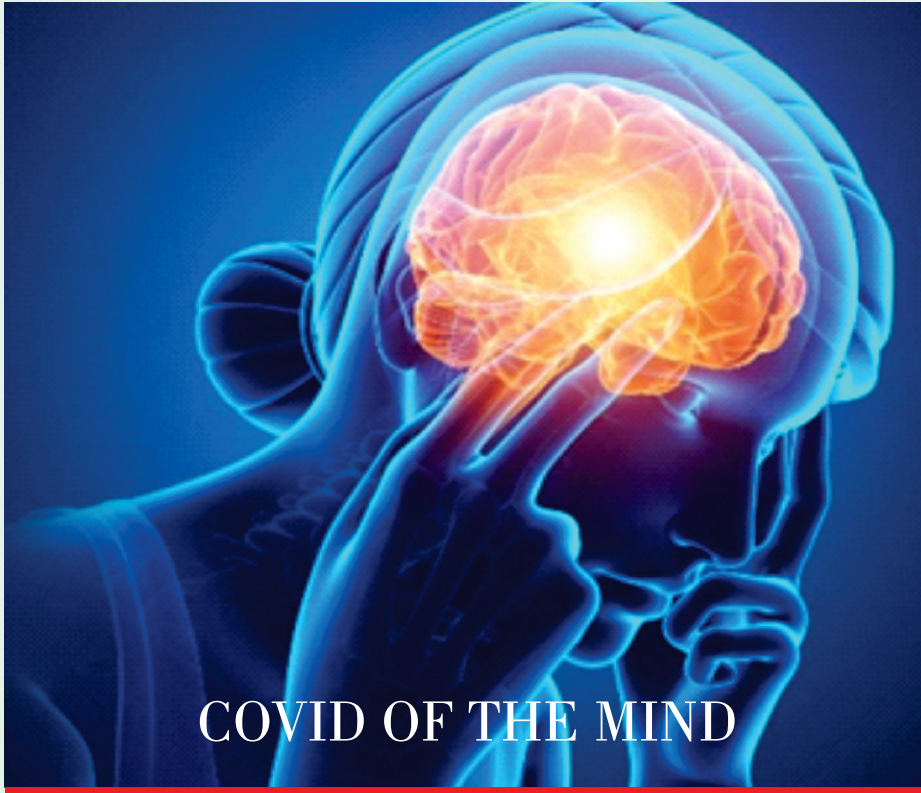
Apart from this, the policy also focuses on early childhood care, restructuring curriculum and pedagogy, reforming assessments and exams, and investing in teacher training and broad-basing their appraisal. NEP 2020's vision and commitment towards research and development of science and technology is reflected in terms of the provisions of the National Research Foundation (NRF) and the National Educational Technology Forum (NETF).

In adopting a 5+3+3+4 model for school education starting at age 3, the policy recognises the primacy of the formative years from ages 3 to 8 in shaping the child's future. The new policy breaks the strict division of arts, commerce and science streams in high school. This can lay the foundation for a multi-disciplinary approach in high education. Another laudable aspect of the scheme is the introduction of vocational courses with an internship. This may nudge the

vulnerable sections of society to send their children to school. It would help in realisation of the goal of Skill India Mission.

The NEP proposes the extension of the Right to Education (RTE) to all children up to the age of 18. Further, the policy seeks to leverage the huge potential of online pedagogy and learning methodologies for increasing gross enrolment in higher education. According to the policy, in spite of periodic inspection, transparency, maintaining quality standards and a favourable public perception will become a 24X7 pursuit for the institutions, leading to all-round improvement in their standard.

The policy also seeks to establish a super-regulator for education which will be responsible for standards-setting, funding, accreditation and regulation of higher education India. The document states universities from among the top 100 in the world will be able to set up campuses in India. This will lead to an infusion of international perspective and innovation, which will make the Indian education system more efficient and competitive. Most crucially, NEP, once and for all, buries the strident Hindi versus English language debate; instead, it emphasises on making mother tongue, local language or the regional language the medium of instruction at least till Grade 5, which is considered the best medium of teaching.



COVID OF THE MIND

The year 2020 has been disastrous, with the Covid-19 pandemic taking 106 million lives worldwide. The psychological sequelae (consequences) of the pandemic will probably persist for months and years to come.

Studies indicate that the fear of contagion of this pandemic has either led to the onset or aggravated distress, anxiety, depression and insomnia in the general population and among healthcare professionals. We cannot claim to be healthy while plagued by these indications even to a certain degree. We can never feel the happiness and peacefulness we so eagerly seek, unless we are 100% cleared of all these symptoms.

The Bhagavad-gita explains that we may be suffering from another type of Covid-19. It is a type of virus that cannot be detected through medical tests and cannot be treated by conventional means. It is called "Covid of the mind".

The causes of this virus are six in number, popularly known as Arishadvargas or six enemies of the mind. They are Kaama (lust or desire), Krodha (anger or wrath), Lobha (greed), Moha (delusion), Mada (ego or pride) and Matsarya (enviousness).

The first three of these are mentioned in Bhagavad-gita(16.21) as a gateway to hell.

tri-vidhamnarakasyedam
dvaramnasamatmanah
kamahkrodhastathalobhas
tasmadetattrayamtyajet

There are three gates leading to this hell-lust, anger and greed. Every sane man should give these up, for they lead to the degradation of the soul.

These six enemies reside in our mind, our speech and in our actions.

For instance, we can be angry in our mind when we see a friend misbehaving. This may lead us a step further and make us give a mean look, make us yell and at times we may even become physical. (Krodha)

We may covet someone else's possession (Kaama). We may nag that person saying, "You need to share it with me or I won't like you anymore....." If this desire becomes too strong, we may take extreme steps in desperation, to get our hands on the object of our longing. (Lobha) An innocent child can dream of living in the fantasy world of chocolates and speak about his dreams with others and strive hard to reach there, but ultimately it is all delusion or misconception. (Moha)

We live in a world where competition is accepted as a way of life. Competition can be fun and stimulating as long as it does not activate our "shadow self" (most of the times, the side of our personality that contains the parts of ourselves that we don't want to admit to having). Not accepting others' progress, the thought process of comparing our achievements with that of our peers, that constantly forces us to be on the top, cause us to harbor an unhealthy sense of jealousy (Matsarya).

At the same time, high scores, exciting careers, larger paycheques etc. may make us swell with pride (Mada).

It would be good to restrict these six enemies to our mind and speech, and not act under their influence. Even better would be to restrict them only to our mind and not speak or act under their influence. The best is to free our mind, speech and actions completely of their influence and conquer these six enemies.

ಅಂತರಾಷ್ಟ್ರೀಯ ಯೋಗ ದಿನಾಚರಣೆಯ ಮಹತ್ವ

ಯೋಗವು ದೇಹ ಮತ್ತು ಮನಸ್ಸನ್ನು ಶುದ್ಧ ಮಾಡುತ್ತದೆ. ಯೋಗವು ಭಾರತೀಯರ ಕೊಡುಗೆ. ಅಂತರಾಷ್ಟ್ರೀಯ ಯೋಗ ದಿನವನ್ನು ಪ್ರತಿವರ್ಷ ಜೂನ್ 21 ರಂದು ಆಚರಿಸಲಾಗುತ್ತದೆ. ಯೋಗವು ದೈಹಿಕ ಮತ್ತು ಮಾನಸಿಕ ಆರೋಗ್ಯವನ್ನು ಕಾಪಾಡುತ್ತದೆ. ಅಂತರಾಷ್ಟ್ರೀಯ ಯೋಗ ದಿನವನ್ನು ಭಾರತದ ಗೌರವಾನ್ವಿತ ಪ್ರಧಾನ ಮಂತ್ರಿಗಳಾದ ಶ್ರೀಯುತ. ನರೇಂದ್ರ ಮೋದಿಯವರ ನೇತೃತ್ವದಲ್ಲಿ 11 ಡಿಸೆಂಬರ್ 2004 ರಂದು ವಿಶ್ವಸಂಸ್ಥೆಯ ಸಾಮಾನ್ಯ ಸಭೆಯಲ್ಲಿ ಜೂನ್ 21ನ್ನು ಅಂತರಾಷ್ಟ್ರೀಯ ಯೋಗ ದಿನವನ್ನಾಗಿ ಅಂಗೀಕರಿಸಲಾಯಿತು.

ಮೊದಲ ಅಂತರಾಷ್ಟ್ರೀಯ ಯೋಗ ದಿನವನ್ನು 21 ಜೂನ್ 2015 ರಂದು ನವದೆಹಲಿಯಲ್ಲಿ ಆಚರಿಸಲಾಯಿತು. ಈ ಅಂತರಾಷ್ಟ್ರೀಯ ಯೋಗ ದಿನವು ಭಾರತದ ಗೌರವಾನ್ವಿತ ಪ್ರಧಾನ ಮಂತ್ರಿಗಳಾದ ಶ್ರೀಯುತ. ನರೇಂದ್ರ ಮೋದಿಯವರ ಅಧ್ಯಕ್ಷತೆಯಲ್ಲಿ ನಡೆಯಿತು. ಅದೇ ದಿನ ವಿಶ್ವದ 84 ದೇಶಗಳಲ್ಲಿ ಈ ಕಾರ್ಯಕ್ರಮವು ಅತ್ಯಂತ ಯಶಸ್ವಿಯಾಗಿ ನೆರವೇರಿತು. ಅಂದಿನಿಂದ ಇಂದಿನವರೆಗೆ ಅತ್ಯಂತ ಪ್ರಾಮಾಣಿಕವಾಗಿ ಈ ಕಾರ್ಯಕ್ರಮವನ್ನು ಆಚರಿಸಿಕೊಂಡು ಬರಲಾಗುತ್ತಿದೆ.



ಕುಸುಮಿತ ಮತ್ತು ಚಾರ್ವಿ
(3ನೇ ತರಗತಿ ಬಿ ವಿಭಾಗ)

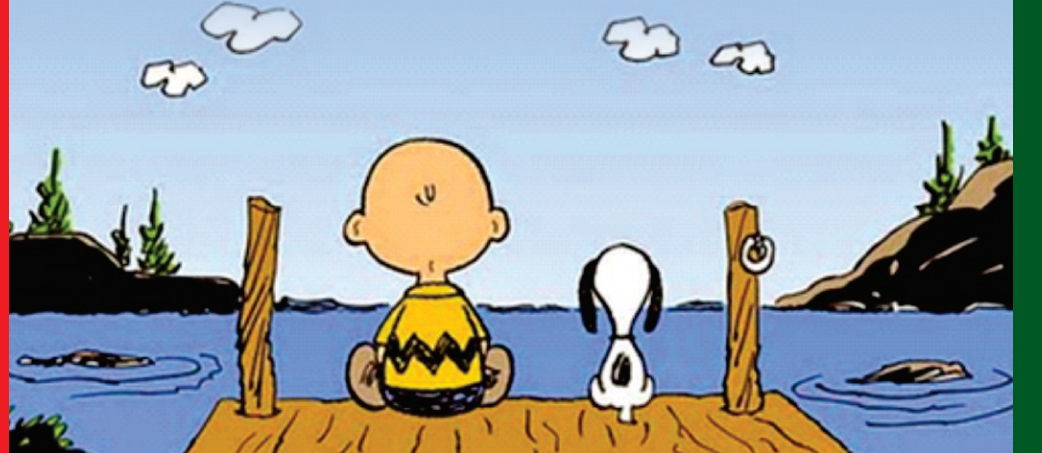
CONTENTMENT

Value of the month

"Contentment" means being satisfied or happy with all we have and not desperately trying to get what others have. Happiness is the life's goal for almost everybody. Hence it is very important to know the relation between contentment and happiness.

With contentment in our mind, we learn to make the best use of the resources available to us. This provides us the positivity and the zeal to move ahead and makes us focus all our energy on living up to our highest potential. This in turn makes us happy.

It also helps us distinguish between our wants and needs. Being grateful for everything we have instead of spending most of our time thinking about what we don't have, could make life a lot more beautiful.



मैं बारिश हूँ-

सूखी, प्यासी, धरती को मैं राहत देती हूँ। मेरा मौसम तपती गरमी के बाद आता है। जब गर्मी से मानव और धरती झुलस रहे होते हैं तब धरती की तपन बुझाने और जन-मन को शीतल करने के लिए मैं आती हूँ। मैं सूरज की गरमी से नदी, तालाब, झरनों से पानी को भाप बनाकर हवा में ले आती हूँ। यह भाप, बादल बनकर पूरे आकाश में छा जाती है और मेरा शीतल जल, मेरे रूप में नीचे बरस पड़ता है। एक ही क्षण में गर्मी से बुझे हुए चेहरे कैसे खिल उठते हैं। मैं पूरी धरती को नहला देती हूँ। पेड़-पौधे सभी हरे-भरे हो जाते हैं। नदियों, तालाबों को फिर से जल से भर देती हूँ। मेरी बूंदें सबके मन को प्रफुल्लित कर देती हैं। मैं प्रकृति में नए रंग भरती और सृष्टि उन रंगों से और रंगीन हो जाती है। हरियाली से धरती हरी-हरी मखमल सी लगने लगती है। वृक्षों पर नये पत्ते फिर से निकलने लगते हैं। मेरे आगमन से खेत फूलें नहीं समाते हैं। मेरा खुशनुमा मौसम एक नयी ताज़गी का एहसास कराता और प्रकृति को अंदर से खुश करने में कभी असफल नहीं होता। मेरे आने से सब कुछ बहुत अच्छा, बहुत अलग-सा लगने लगता है, ऐसा है मेरा अहसास..... मैं इंद्रधनुष हूँ! मैं कवियों की कल्पना हूँ! मैं बालमन की मुस्कुराहट हूँ। मैं आपके जीवन की उमंग हूँ! जी हाँ! मैं बारिश हूँ।

पल्लवी गुप्ता
कक्षा -१०

The Sound of Jingles

POTLI, the jingling money pouch had come a long way adding to its sheen the transitions of different times. The usage of potli started at the advent of currency introduced by different civilizations. The Maritime Silk Road trade way back in time, around A.D 700 to 1450 saw the early trend of globalisation, expansion and acclimatisation of fashion all over the world. Traveller and hunters carried their money or tools in a sling type of pouch made from animal hide. Later the material used for potli changed from hide to fabric. The design of potli also changed based on the need of the person and his stature in the society.



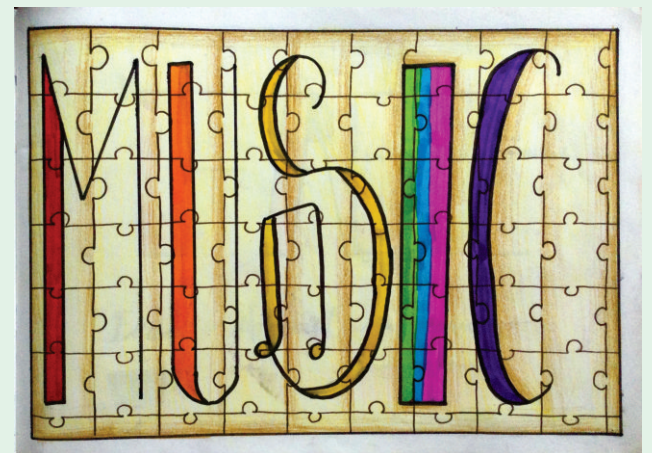
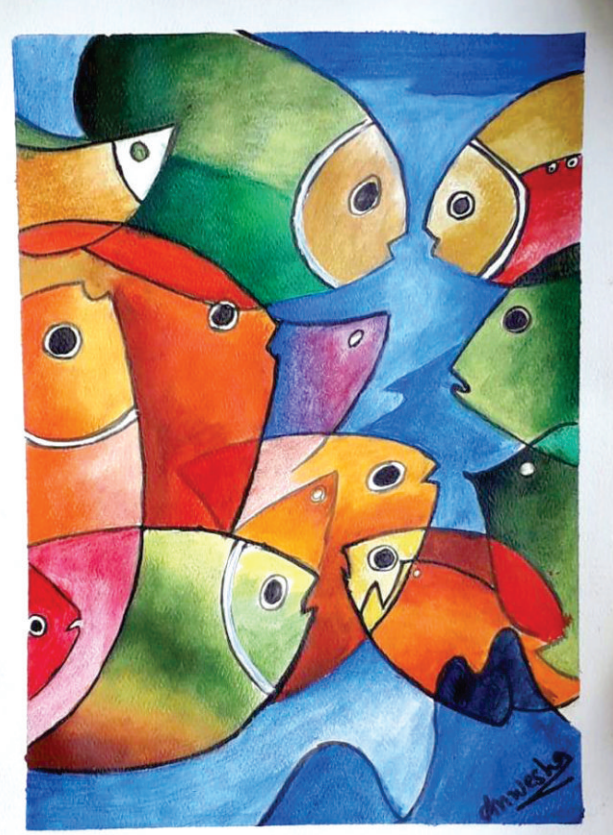
They were specially hand crafted by the women of the household and the artisans of the society. They were embroidered with beads, silver and gold thread, intricate designs and jewelled. Colours and design were authentic to a particular region of a country. Asia and Europe were major exporters of hand crafted potlis to different parts of the world. Natural colours ruled the ancient designs. The accessories on the potli changed with the technology for new varieties of fashion works with various additions like metal, beads, glass and patch works. Different designs existed for men and women. This popular trade showcased culture and designs of a region.

These were worn by all women irrespective of so called social and economic status till the arrival of hand bags from mid-19th century. Industrialization has its impact on fashion as women moved out to make a mark of their own in the society and the economy. The changing environment and the daily commutation of women and men to far off places has seen a set back in the utility of POTLIS. Now POTLIS have become a fashion statement for traditional Indian functions and international fashion shows.

Two centuries have passed, marked by different brands like Gucci, Amilano, Hidesign, Baggit, Caprese, Lavie, etc., creating new trends in hand bags, but still the transition could not ignore the personalised market of evergreen stylish potlis that gel equally with western, European or Indian ethnic wear. The fashion statement of POTLIS and the iruitility never saw the dawn but shined in new colours with changing times.

Chava Bindu

Art Corner



A Letter that inspired Generations

The 16th US president Abraham Lincoln wrote a beautiful and insightful letter to his son's teacher. Words used in the letter are so powerful, Lincoln with hope that teachers would help to build nation with quality human capital.

My son starts school today. It is all going to be strange and new to him for a while and I wish you would treat him gently.

It is an adventure that might take him across continents. All adventures that probably include wars, tragedy and sorrow To live this life will require faith, love and courage.

So dear Teacher, will you please take him by his hand and teach him things he will have to know, teaching him - but gently, if you can.

Teach him that for every enemy, there is a friend. He will have to know that all men are not just, that all men are not true. But teach him also that for every scoundrel there is a hero, that for every crooked politician, there is a dedicated leader.

Teach him if you can that 10 cents earned is of far more value than a dollar found. In school, teacher, it is far more honourable to fail than to cheat.

Teach him to learn how to gracefully lose, and enjoy winning when he does win.

Teach him to be gentle with people, tough with tough people. Steer him away from envy if you can and teach him the secret of quiet laughter. Teach him if you can - how to laugh when he is sad, teach him there is no shame in tears. Teach him there can be glory in failure and despair in success. Teach him to scoff at cynics.

Teach him if you can the wonders of books, but also give time to ponder the extreme mystery of birds in the sky, bees in the sun and flowers on a green hill. Teach him to have faith in his own ideas, even if every one tell him they are wrong.

Try to give my son the strength not to follow the crowd when everyone else is doing it. Teach him to listen to every one, but teach him also to filters all that he hears on a screen of truth and take only the good that comes through.

Teach him to sell his talents and brains to the highest bidder but never to put a price tag on his heart and soul. Let him have the courage to be impatient, let him have the patient to be brave. Teach him to have sublime faith in himself, because then he will always have sublime faith in mankind, in God.

This is the order, teacher but see what best you can do. He is such a nice little boy and he is my son.



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