

# New Horizon दुर्गल दुर्गल TIMES

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## SPIRITUAL NUTRITION

युक्ताहारविहारस्य युक्तचेष्टस्य कर्मसु।  
युक्तस्वप्नावबोधस्य योगो भवति दुःखहा॥

### TRANSLATION

Those who are disciplined in eating and recreation,  
balanced in work, and regulated in sleep,  
can mitigate all sorrows by practising Yoga.



## OVERCOMING THE DANGER OF ANGER

Anger is an emotion characterized by antagonism toward someone we feel has deliberately done something wrong to us. It is an emotional state that varies in intensity from mild irritation, a fleeting annoyance to intense fury and rage, if left uncontrolled.

Anger can be good at times - may become a source of outlet to express negative feelings or a motivating factor to find solutions to problems. It is a normal, usually healthy, human emotion, but excessive anger may turn destructive and can lead to problems-problems at work, in personal relationships and in the overall quality of life. Sometimes we could find ourselves at the mercy of an unpredictable, powerful emotion. Like other emotions, anger is accompanied by physiological and biological changes - the heart rate and blood pressure go up, as do the levels of the energy hormones - adrenaline and noradrenaline. These changes make it difficult to think straight and harm physical and mental health.



### What does Bhagavad-gita teach us in this regard?

"While contemplating the objects of the senses, a person develops attachment for them, and from such attachment lust develops, and from lust anger arises. From anger, complete delusion arises, and from delusion, bewilderment of memory. When memory is bewildered, intelligence is lost, and when intelligence is lost one falls down again into the material pool." (Bhagavad-Gita 2.62-63) "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." (Bhagavad-Gita 16.21)

### These instructions when applied in practical life, point to the following:

- Not to respond or speak back when in anger.
- Do not get into arguments when in an angry state of mind.
- Do not get disturbed when there is misery or happiness.
- This will avoid extreme fluctuations of mind, which could manifest in some undesirable way.
- Do not get attached to money, properties, objects, places and people more than necessary.

## EDUCARE - Rekindling the latent goodness

There once was a very wealthy and curious king. This king had a huge boulder placed in the middle of a road. Then he hid nearby to see if anyone would try to remove the gigantic rock from the road. The first group of people to pass by were some of the king's wealthiest merchants and courtiers. Rather than moving it, they simply walked around it. A few loudly blamed the King for not maintaining the roads. Not one of them tried to move the boulder. Finally, a peasant came



along. His arms were full of vegetables. When he got near the boulder, rather than simply walking around it as the others had, the peasant put down his load and tried to move the stone to the side of the road. It took a lot of effort but he finally succeeded. The peasant gathered up his load and was ready to go on his way when he saw a purse lying in the road where the boulder had been. The peasant opened the purse. The purse was stuffed full of gold coins and a note from the king.

The king's note said the purse's gold was a reward for moving the boulder from the road. The king showed the peasant what many of us never understand: every obstacle presents an opportunity to improve our condition.

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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 7<sup>th</sup> October 2020 onwards from the website [www.newhorizonvedyamandir.in](http://www.newhorizonvedyamandir.in)

Filed in registration forms can be submitted at New Horizon Vidya Mandir or submitted online to the following email ID: [principal@newhorizonvedyamandir.in](mailto:principal@newhorizonvedyamandir.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. Another 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-NEVM



## ENHANCE YOUR HOME DÉCOR WITH NATURE

Everything in today’s world runs on energy . At individual level, we can make our lives less dependent on artificial sources of energy by taking cues from our nature.

One method to promote green environs could be the usage of solar panels. A small solar panel gathering energy over the course of the day can produce enough to charge mobile devices. A medium to large array of solar panels can even power our homes. Another method that one can use to promote green is to add plants in the homes - not just any plants, plants that increase oxygen content and removes some harmful gases. Some of them are -



1. **Money Plant:** Featured by NASA, the Money Plant is renowned for its ability to remove chemicals and other pollutants from the air, specifically benzene, formaldehyde, xylene and toluene.



2. **Areca Palm:** The Areca Palm is biologically engineered to take in carbon dioxide and release oxygen. However, what sets the Areca Palm apart is its ability to also purify the environment it's placed in by removing dangerous chemicals such as formaldehyde, xylene and toluene.

3. **Peace Lily:** A study done by the University of Technology Sydney, Australia shows that peace lily can lower down the presence of carbon dioxide and helps in boosting up the percentage of oxygen in a well-ventilated room by as much as 25%. The plant also earned a place in NASA clean air study due to its air-purifying abilities. This is another way, not much of a method, but just a small addition to your table - A succulent, the best small low maintenance plant - you don't need to water it much, plus its small, it'll add a bit of color to your room/table, it may also end up

making you smile and increase your productivity. Use reusable items rather than one-time use/disposable items like Metal straws, metal Bottles etc. that can be used for much longer than their plastic counterparts.

Kedar Punagin, XII A

## WHY DO WE FEEL SPICY?

Why do we feel spicy when we eat chilli pepper? And how do we suit the burn? Before all of these, what is spice? We mostly say the taste is spicy but the spice isn't a taste like sweet or sour or even salty. So what happens when we eat spicy food? Certain compounds in spicy food activate sensory neurons called Polymodal Nociceptor which we have all over our body, even in our nose and mouth. The same recept or is activated by extreme heat. So when we eat chilli pepper our mouth feels like burning because our brain thinks its burning but on the contrary, when we eat something with menthol, the opposite happens because the cool menthol activates a colder receptor. When heat receptor is activated our body thinks it's having contact with a dangerous heat source and reacts accordingly, that is why we sweat and heart starts beating faster. The peppers have elicited the fight or flight response with which our body reacts to most threats. Nevertheless, nobody knows why we use spice. Some say tribal use chilli powder to spray on hunted animals to kill bacteria but it remains a bigmystery!

Siddhesh ,Xth





ANTARCTICA



Antarctica was the last region on Earth to be discovered. Until 1820, when a Russian expedition sighted the Fimbul ice shelf, this region was unknown to the world! It is Earth's southernmost continent and the fifth largest, nearly twice the size of Australia. Antarctica contains the geographic South Pole and is situated in the Antarctic region of the Southern Hemisphere, almost entirely south of the Antarctic Circle, and is surrounded by the Southern Ocean. The Antarctic Ice Sheet which dominates the region, is the largest single piece of ice on Earth. This ice sheet even extends beyond the continent during the winter, it dramatically grows in size from about 3 million square kilometers at the end of summer to about 19 million square kilometers by winter. Ice sheet growth mainly occurs at the coastal ice shelves, primarily the Ross Ice Shelf and the Ronne Ice Shelf. Ice sheets work as a stabilizer of the land ice, and are vulnerable to warming water.

The Antarctic region has an important role in global climate processes. It is an integral part of the Earth's heat balance. The massive Antarctic Ice Sheet reflects a large amount of solar radiation away from Earth's surface. As global ice cover decreases, the reflectivity of Earth's surface also decreases. This allows more incoming solar radiation to be absorbed by the Earth's surface, causing an unequal heat balance linked to global warming.

The Antarctic ice sheet is losing mass as ice flows faster into the ocean than before. Since 2002, ice mass loss as measured by NASA, was 149 billion metric tons per year. A 2018 systematic review study estimated that ice loss across the entire continent was 43 gigatonnes per year on average during the period from 1992 to 2002 but accelerated to an average of 220 gigatonnes per year during the five years from 2012 to 2017, increasing the sea level by 8 mm to 14 mm.

Climate change, rapid urbanization, and subsiding land are putting such coastal cities at increasing risk of dangerous and costly flooding. Many cities and nations across the world lie at mean sea level, some even below it, and thus face a risk of being submerged due to rising sea levels. New York, Miami, Havana, Mumbai, Kolkata, Dhaka, Hong Kong, Manila, Sydney, Amsterdam, Venice, Cape Town and Algeirs, amongst others. Cities are not the only ones who are affected, nations too are. Island nations such as Fiji, Maldives, Kiribati, Tuvalu and Marshall Islands are already checking for possible alternatives such as buying land in other countries to relocate their population if the country gets submerged. Our own Lakshadweep faces a similar condition and moreover, one of it's 36 islands has already been submerged due to sea erosion.



Its high time for us to pitch in and contribute our bit to prevent climate change !!!

Hritik, XII A

MONET TO MATISSE

Paris is unofficially considered the culture-capital of the world. It has always attracted artists from all over the world - there is something so inspiring about this gorgeous city. And so, it makes sense that France is pretty famous for its artists. Even Picasso spent most of his life here!

The two most notable artists from this country were **Claude Monet** and **Henri Matisse**.

Monet is considered to have been the founder of **Impressionism**, and one of the **most prolific painters** of the movement.



His most famous work is Impression, Sunrise, which is actually how the entire movement was named. Monet is also known for painting lily ponds, and painting the same scene over and over again, in order to capture different lightings and seasons.

**Henri Matisse** is another prominent artist from France. He was a sculptor, a painter, a draughtsman and a printmaker, but he is mostly remembered for his paintings. And he is considered to have had a significant influence on the developments in painting and sculpture. His most famous works are **Woman with a Hat** and **the Joy of Life**.

The Impressionists' desire to look at the world with a new freshness and continues to appeal to audiences today, making it the most popular style of painting in the world.

- Megha (XE)

ಗಣೇಶ ಜೌತಿಯ ಮಹತ್ವ

ಗಣೇಶ ಜೌತಿಯು ಹಿಂದೂಗಳಿಗೆ ಮುಖ್ಯ ಹಬ್ಬ. ಗಣೇಶ ಜೌತಿಯನ್ನು ಇಡೀ ದೇಶದಲ್ಲೂ ಆಚರಿಸುತ್ತಾರೆ. ಗಣೇಶ ಶಿವ-ಪಾರ್ವತಿಯರ ಮಗ. ಗಣೇಶ ಹಬ್ಬಕ್ಕೆ ಮೊದಲ ದಿನ ಆತನ ತಾಯಿ ಗೌರಿದೇವಿಯನ್ನು ಪೂಜಿಸುವುದು ಸಂಪ್ರದಾಯ. ಎಲ್ಲಾ ಗಣಗಳಿಗೂ ಅಧಿಪತಿಯಾದ ಗಣನಾಥನಿಗೆ ಪ್ರಥಮ ಪೂಜೆ ಎಂಬುದು ಎಲ್ಲರಿಗೂ ತಿಳಿದ ವಿಷಯ. ಬಾದ್ರಪದ ಮಾಸದಲ್ಲಿ ಬರುವ ಶುದ್ಧ ಜೌತಿಯಂದೇ ಗಣಪತಿಯ ಹಬ್ಬ. ಈ ಹಬ್ಬವು ಮಕ್ಕಳಿಗೆ ಹೆಚ್ಚು ಆನಂದ ತರುವ ಹಬ್ಬ. ಏಕೆಂದರೆ ಹೊಸ ಹೊಸ ಬಟ್ಟೆಗಳನ್ನು ಹಾಕಿಕೊಂಡು ಸಂಭ್ರಮಿಸುವುದೇ ಮಕ್ಕಳಿಗೆ ಮುಖ್ಯ. ಈ ಹಬ್ಬದ ಇನ್ನೊಂದು ಮುಖ್ಯ ಅಂಶವೆಂದರೆ ಮಕ್ಕಳಿಗೆ ಇಷ್ಟವಾದ ಸಿಹಿ ತಿನಿಸುಗಳನ್ನು ಮನೆಗಳಲ್ಲಿ ಮಾಡುತ್ತಾರೆ.

ಸಮಸ್ತ ಕೊಂಡಪಲ್ಲಾರು, ತಡಿ





ME TIME

We get so busy keeping our lives full that we never truly get to focus on being fulfilled. Our lives are full of so much activity every day. We need to stop glamorizing overworking. The absence of sleep, good diet, exercise, relaxation, time with friends and family isn't something to be applauded. To many people wear burnout as a badge of honour and it needs to change. We need to take out time for ourselves. It's about being present with yourself; mind and body. 'Me Time' is the conscious effort of taking (much needed) time-out to recharge your batteries. Me time can be spent in a range of ways- here's are some simple activities to include in your routine:

- 5 minutes of meditation
- 15 minutes of reading
- 3 minutes of dancing
- 5 minutes of breathwork and
- 1 minute of gratitude = 15 minutes of joy

Navya, XII A

Relax, unwind and recharge.

ACHIEVEMENTS



**Adit Dinesh Nair** of 7G secured 1st prize in the musical instrument (Violin) competition (category-8 to 12 yrs) conducted by "Worldwide Ramayan Utsav"- Kaun Banega Ramayan Vidyapati / JKYog Organisation-Dallas and it was announced on 8.8.2021 at 10pm through live telecast from Dallas.

He secured 1st prize in "Digital Video" competition and 3rd prize in Ramayan Quiz too.

He is the "Interschool topper " in the SpellBee International competition (1st level) conducted by SpellBee International and scored 100/100

**AkshayaIyer** of X B won First prize for Bharthanatyam competition in Vandana National Inter school Dance and singing competition conducted by "Heritage Foundation of Art and Culture held on 9thsep 2021.



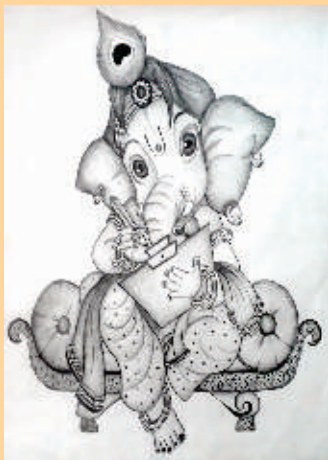
ART CORNER



Khushi Shah, 7D



Sahana, 8F



Vanshika, 11A



Anwasha, 9B



Preeti Tangudu, 7B



Jainisha, 12B

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