

SPIRITUAL NUTRITION



देवद्विजगुरुप्राज्ञपूजने शौचमार्जवम् ।
ब्रह्मचर्यमहिंसा च शरीरं तप उच्यते ॥

deva-dvija-guru-prājña- pūjanān śaucam ājavam
brahmacaryam ahimsā ca śārīrah tapa ucayate

Bhagavad Gita - Chapter 17 text 14

The austerity of the body consists in this: worship of the Supreme Lord, the brāhmaṇas, the spiritual master, and superiors like the father and mother. Cleanliness, simplicity, celibacy and nonviolence are also austerities of the body.

ASTONISHING VEDIC PREDICTIONS ABOUT OUR PRESENT AGE

Let us continue reading about a few more qualities that are on the decline in the Kali-yuga.

Dayaa or Mercifulness:

We saw the whole nation shocked and terrified by the news of Shraddha's ghastly killing, a few days back. The newspapers are filled with reports of similar gruesome incidents happening around us every day. People turn a blind eye to others' sufferings, their hearts unmoved. Parents are either being abandoned or being sent to old age homes. The reasons could range from apathy, selfishness or indifference. The number of slaughterhouses is increasing across the globe. There is least mercy shown to animals and birds. So mercifulness is fast disappearing.

Ayu or Duration of life:

Life span of human beings in the other Yugas was much higher than that in the KaliYuga. It was 100,000 years in the Satya-yuga, 10,000 years in the Treta-yuga and 1000 years in the Dvapara yuga. We have evidence of Rishi Valmiki in Satya Yuga, who performed austerities for 50,000 years. The life span in the Kali Yuga was again reduced by ten times. People in the Kali-yuga can expect to live for 100 years at the maximum. Now the life is around 70 years and eventually it will decrease to a point where if a person lives for 20-30 years, he will be considered a very old man.

Balam or Bodily strength:

In the previous Yugas, human beings, and even animals and plants were larger and larger and stronger. As Kali Yuga progresses, physical stature and strength of living beings is expected to gradually diminish.

Much closer than the previous Yugas, around the 1500s, Maharana Pratap, one of the strongest warriors of India would wear an armor weighing 72 kg and carry an 80-kg spear and two swords, weighing around 208 kilograms in total. In today's times, can any one of us think of carrying such weight, let alone getting into a combat with the enemies wearing this weight on the body?

Smriti or Memory:

In former ages, human beings almost possessed a photographic memory. The memory was so sharp that students could remember everything by just hearing from the teacher once. Essential information was passed on in various ways, without being dependent only on written records. In the present age, we know that human faculties are getting weaker. How many of us remember all the contact numbers of our dear and near ones? The smart gadgets have made us dull headed. There was no need for written books or learning by heart, but now our memory power is at its lowest because of disuse. Certainly smriti, memory, is weakening.

If we analyze our lives scrutinizingly, we definitely can conclude that the 8 attributes that were discussed, are gradually reducing to nil. Watch out for more interesting predictions in the next article.

EDUCARE- TAKING CARE OF YOUR PARENTS



Take care of your
parents when they
are old as they did
when you were
young.

An 80 years old man was sitting on the sofa in his house along with his 45 years old highly educated son. Suddenly a crow perched on their window.

The father asked his son, "What is this?" The son replied, "It is a crow".

After a few minutes, the father asked his son the 2nd time, "What is this?" The son said "Father, I have just now told you 'It's a crow'."

After a little while, the old father again asked his son the 3rd time, "What is this?" At this time some expression of irritation was felt in the son's tone when he said to his father with a rebuff. "It's a crow, a crow, a crow..."

A little after, the father again asked his son the 4th time, "What is this?" This time the son shouted at his father, "Why do you keep asking me the same question again and again, although I have told you so many times 'IT IS A CROW'. Are you not able to understand this?"

A little later the father went to his room and came back with an old tattered diary, which he had maintained since his son was born.

On opening a page, he asked his son to read that page. When the son read it, the following words were written in the diary :

"Today my little son aged three was sitting with me on the sofa, when a crow was sitting on the window. My son asked me 23 times what it was, and I replied to him all 23 times that it was a Crow. I hugged him lovingly each time he asked me the same question again and again for 23 times. I did not at all feel irritated I rather felt affection for my innocent child".

While the little child asked him 23 times "What is this", the father had felt no irritation in replying to the same question all 23 times and when today the father asked his son the same question just 4 times, the son felt irritated and annoyed.

When your parents attain old age, do not repulse them or look at them as a burden, but speak to them a gracious word, be cool, obedient, humble and kind to them. Be considerate to your parents.

From today say this aloud, "I want to see my parents happy forever. They have cared for me ever since I was a little child. They have always showered their selfless love on me. They crossed all mountains and valleys without seeing the storm and heat to make me a person presentable in the society today".

Say a prayer to God, "I will serve my old parents in the BEST way. I will say all good and kind words to my dear parents, at all costs, at all times, at all places, by all means."

ANCIENT ARCHITECTURES OF INDIA

The lasting testament to the grandeur of the Vijayanagara Empire- Hampi



The landscape of Hampi in Karnataka is replete with the flows of the great Tungabhadra River and rocky outcrops that form the major part of landscape. Amongst these picturesque settings lie a group of monuments that bear a living testament to the grandeur of the last empire of India- the Vijayanagara Empire. Displaying an innate sense of Indian craftsmanship, the group of temples is flanked by chariot structures, markets and even a courtesans' walkway. Imagine the prosperity of the empire that has stables for elephants! The Vitthala Temple amongst these is the finest example of ornate architecture with gopurams, halls, sanctum sanctorium and sabha mandapas. The temple also has a market street right in the middle and a richly carved step well (Pushkarni).

An ode to Sun God, where even stones speak up in prayer- Konark Temple : No text of architecture in India is complete without the mention of Sun Temple at Konark, the namesake of the city itself is an elegy to the Sun God, Kona (Corner) and Arka (Sun). On the sparkling coasts of Bay of Bengal rests this edifice that commemorates the work of the masters of ancient times. The temple has an elaborate and intricate mammoth structure that depicts the chariot of the Sun God replete with 24 carved wheels, each of them 3 m in diameter, pulled by seven horses and guarded by two lions at the entrance that bravely crush elephants.

An example of beautiful melee of science, architecture and devotions the sun dials on the temple can calculate time to the exact minute even to this day! There are also three statues of the sun god that catch the rays of the sun precisely at dawn, noon and sunset! Rabindranath Tagore has famously said about the temple *"Here the language of stone surpasses the language of man."*



The integral land of three beliefs, The Ellora Caves : The Ellora caves is a sculpture's beautiful blended expression of three major Indian regions: Buddhism, Brahmanism and Jainism. There is something beautiful about this place that takes you to a journey in the past where all these religions born and grew together. The 34 monasteries and temples are carved and dug all together on the wall of a huge basalt cliff in Maharashtra. These splendors of art is a beautiful combination of, when art meets religion.

The twelve caves of the Buddhist group speaks about the benevolence of this calm religion, Buddhism. The 'Cavern of the Ten Avatars' is a majestic art piece constructed under the reign of Krishna I. The ethnicity of Jain group is well reflected by the sanctuaries carved by the Digambara sect of this pure religion. These gems of art are the immortal legends of the vast rock-cut architecture in India. The elegance of Dravidian Sikhara, which is a flat roofed mandapa positioned over sixteen pillar, the gigantic Ravana figure reflecting the strength of this villainous legend as the sculpture here shows him lifting Mt Kailasha is an epitome of the ancient Indian art.



A rock cut sonnet to the great war of Mahabharata, Mahabalipuram : It is a widely

accepted belief that the great war fought between the Kauravas and the Pandavas, at Kurukshetra, is instrumental in shaping the history and geography of the Indian subcontinent as we know today. The temples of Mahabalipuram demonstrate exactly that, in the rock cut carvings of the great temple architectures, one can clearly see the scenes



from the great epic. The architecture demonstrates a clear allusion to the sectarianism that had started during the period as different areas were assigned to different Gods. The travels of Marco Polo also describe the Seven Pagodas of Mahabalipuram that belonged to the original structure built in the time when the city was a thriving merchant port. Out of these seven only one has survived in the form of a beautiful shore temple!

PRIYANKA GUHA CHOWDHURY, PGT

FUN FACTS AND TRIVIA

- A crocodile cannot stick its tongue out.
- A shrimp's heart is in its head.
- The "sixth sick sheik's sixth sheep's sick" is believed to be the toughest tongue twister in the English language.
- Wearing headphones for just an hour could increase the bacteria in your ear by 700 times.
- Like fingerprints, everyone's tongue print is different.
- Rubber bands last longer when refrigerated.
- A shark is the only known fish that can blink with both eyes.
- The longest one-syllable words in the English language are "scaunched" and "strengthened."
- "Dreamt" is the only English word that ends in the letters "mt".
- There are only four words in the English language which end in "dous": **tremendous, horrendous, stupendous, & hazardous.**
- An ostrich's eye is bigger than its brain.
- "Stewardesses" is the longest word that is typed with only the left hand.



IMPORTANCE OF FINE MOTOR SKILLS IN CHILDREN

The ability to co-ordinate the small muscles of the hand is fine motor skill development. Fine motor skills start to develop when a child uses the smallest muscles in their hands, wrists, fingers, feet and toes. Those muscles include actions like grasping, holding, pressing, using a pencil etc. At times, children with learning disabilities display writing problems, problems with colouring, holding things, catching a ball etc. if they have not developed fine motor skills. It is important to start working with children on building their fine motor skills early on. These skills will develop and improve as they move through. However, there are children who for instance are unable to hold a needle to cut with scissors on the dotted lines, unable to catch a ball thrown from a reasonable distance etc. This could cause them to be frustrated at the task and avoid cutting exercises for instance because they feel it's too difficult. This also leads to low in the child, hence they are not able to perform in school as compared to their peers.

Here are some activities to help build your child's fine motor skills that are fun, engaging and help children build their skills and enhance their self-esteem. Some of them are as follows-



Children benefit from experiences that enhance the development of their fine motor skills enabling them to utilise their hands and fingers.

Academics skills :

- Pencil skills (scribbling, colouring, drawing, writing)
- Scissors skills (cutting)

Play :

- Construction skills using Lego, Duplo, puzzles, train tracks
- Doll dressing and manipulation
- IT use (Ex-mouse and stylus manipulation)

Self-care including

- Dressing- tying shoelaces, doing up sandals, zips, buttons, belts
- Eating- using cutlery, opening lunch boxes and food bags
- Hygiene-cleaning teeth, brushing hair, toileting

Anitha Anil & Deepali Chhetri, Special Educators Learning Centre

हँसी के गुब्बारे-

जिस तरह अच्छी हवा, अच्छा खाना सेहतमंद रहने के लिए जरूरी होता है, उसी प्रकार आपकी हँसी भी आपको स्वस्थ रखने में अहम भूमिका निभाती है। अगर आप सुबह शाम हँसने की आदत डाल लेते हैं तो कोई भी बीमारी हो चाहे मानसिक हो या शारीरिक, आपके पास नहीं आएगी इसलिए हम आपके लिए कुछ मजेदार चुटकुले लेकर आए हैं, तो आइए हँसें और हँसाएँ-

१) संता और मेढक में बहस छिड़ गई

मेढक- तुझमें दिमाग नहीं है,

संता- बिलकुल है,

संता- है,

मेढक- पानी में कूद गया

संता- ये लो, अब इसमें सुसाइड करने वाली क्या बात थी?

२) संता- अगर तुम्हें गरमी लगती है तो क्या करते हो ?

बंता- मैं कूलर के पास जाकर बैठ जाता हूँ।

संता-अगर फिर भी गर्मी लगती है तो क्या करते हो?

बंता-तो फिर मैं कूलर चालू कर लेता हूँ।

Laasya Jetti, Class viii A

ಬಂಧನ

ನಾವು ಪಕ್ಷಿಗಳು
ನಮಗೆ ಬೇಡವೆ
ಸುಂದರ ಜೀವನ
ನಿಮ್ಮ ಸ್ವಾರ್ಥಕ್ಕಾಗಿ
ನಮಗೇಕೆ ಈ ಬಂಧನ
ನಿಮ್ಮಂತೆ ನಾವು
ಸೇವಿಸುವೆವು ಆಹಾರ
ನೀವೇಕೆ ಮಾಡುವಿರಿ
ನಮ್ಮ ಮೇಲೆ
ಗದಾ ಪ್ರಹಾರ
ನಾವಿರುವೆವು ನಿಮ್ಮ
ಸುತ್ತ ಮುತ್ತ
ನಾವಿದ್ದರೆ ನಿಮ್ಮ
ಜೀವ ಸುಖಮಯ
ನಮಗೆ ಬೇಕು ಬಂಧ ಮುಕ್ತ



ಅನಂದ್ ಕುಮಾರ್.ಎಲ್
ಕನ್ನಡ ಶಿಕ್ಷಕರು

ANNUAL SPORTS DAY '22

"The harder the battle, the sweeter the victory."

Sport mirrors life, they say. Its trials and tribulations, joys and sorrows, hopes and losses... are all reminiscent of what life takes us through. Sport builds and reveals character of humans. It also serves as a great teacher, mentor, and motivator.

New Horizon Gurukul celebrated its Annual Sports Day on 23rd and 24th of December at New Horizon College of Engineering ground amidst great enthusiasm and camaraderie for the secondary and primary students respectively. The program was held in the presence of our honourable chief guests Mr. Dhanvir Singh (on 23rd) and Mr. J. Santhosh Kumar, Sports Development Officer (on 24th) presided over by our respected principal Ms. Sandhya Singh. A large gathering of proud parents was present to witness the grand event.

The event had its grand opening at 8:30am with lighting of the lamp and hoisting of our school flag by the chief guest. This was followed by a glorious and synchronised march past by all the four houses Agni, Jal, Prithvi and Vayu, oath taking by the council members and the lighting of the torch. The Annual Sports Meet was then declared open by the chief guest. There were vivid field displays like dance drill, yoga and Mixed Martial Arts alternated by energetic track events by Primary and Secondary grade students. The most entertaining part of the event was the field display involving mass student participation.

The award ceremony came soon after and the achievers were awarded with medals, trophies, and certificates. Prithvi house was declared the overall 'Best House' in the sports events.

At the closing ceremony, the house flags and school flag were handed over to the principal by the council members and the Annual Sports Meet was declared closed. The blazing flame that hit the retreat was then put to rest. During the event refreshments and snacks were distributed.

The day came to an end with happy faces of proud parents and students.

BABIYA, THE 'MYSTIC' CROCODIE OF ANANTHAPADMANABHASWAMY TEMPLE

India is a land of impossibilities and rare occurrences. It is not uncommon to witness or hear of mystical events and practices in this ancient subcontinent. Yet, we had our minds blown off when we found out about this one from the region of beautiful backwaters, Kerala! Yes, because can you imagine world's most ferocious, meat-eating creature survive on a vegan diet? Also, it guards a temple!

To think of, it is hard for a meat-eating man to adopt a veggie diet, let alone a fiercely hardcore carnivorous animal to embrace vegan food. But, Babiya, the lake-dwelling guardian crocodile of a holy place in Kerala, is the proverbial lotus that grows in murky waters!

To begin with, Babiya is the guardian of the Ananthapura Lake Temple that stands in the namesake village in the Kasaragod District of Kerala. According to the local legend, Babiya feeds only on the temple prasadam which is offered every day after the noon worship of the deity. The vegetarian prasadam comprises of cooked rice and jaggery, and is fed to the friendly croc by the devotees fearlessly, by their hands.

A wonderful story associated with Lord Krishna and one of his ardent devotees throws light on the purpose of Babiya's existence. As per it, when Sri Vilvamangalathu Swami was engaged in deep meditation to win the favour of his tutelary deity, Sri Vishnu, Lord Krishna appeared as a young boy and started playing pranks to test his devotee. Ruffled by the mischief of the little one, Vilvamangalathu Swami brushed him aside. By the time that sage realised his error, the boy-Krishna had vanished into the cave close-by. The crevice into which Krishna had disappeared is located somewhere inside the temple.

And, the crocodile Babiya is the guardian appointed to safeguard the mysterious entrance. Babiya has passed away on 9th October, 2022 after suffering from age-related illness.



Hundreds of devotees paid homage to the crocodile named Babiya, at the premises of Sree Ananthapadmanabha Swamy Temple at Kumbala on Monday.

Babiya was offered the prasadam (offering) twice a day after the pujas at the temple.

GYAN MELA 3.0

"The role of culture is that it's a form through which we as a society reflect on who we are, where we've been, where we hope to be."
by Wendell Peirce.

The students of New Horizon Gurukul chose to commemorate Republic Day with authentic Indian spirit by participating in "Gyan Mela 2023," where they decoded our nation's rich cultural, social, intellectual, and spiritual history.



The abundance of magnificent exhibitions, diverse dance forms, interesting activities, colourful stalls, and skits restored and revitalised the hidden pride of being a Bhartiya! It lasted two days, on January 26th and 27th, 2023. Mr. Surya Bajaj, President of New Horizon Gurukul, graced the event and cheered the students on January 26th, 2023. Dr. Mohan Manghnani sir, our chairman, visited the classrooms to applaud the students' efforts on January 27th, 2023.

All the students demonstrated amazing energy by putting in tireless effort every week for months to prepare for this incredible and flawless event. We all enjoyed this experience and learnt a lot more about the topic we were working on, even though it involved challenging task.

At this event, not only did we gain information, but we also collaborated and demonstrated the significance of each topic.

The abundance of spectacular exhibits, exciting activities, and vibrant booths undoubtedly revived and rekindled the dormant pride in being an Indian! Several displays served as significant draws for the program. These included dance performances, the History of Indian English Literature, a rocket booth, a mathematics forum, an exhibition of ancient yoga, and a ton more!

All the parents who came to this event were equally thrilled and happy as we were. The viewers appreciated each display as it featured beautifully decorated classrooms. The children presented their topics confidently and impressed everyone. I firmly believe that this program was a learning experience for many of us and gave us an opportunity to enhance our creative minds.

By- Shriya S Nair, 6B

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