

SPIRITUAL NUTRITION

यद्यदाचरति श्रेष्ठस्तत्तदेवेतरो जनः ।
स यत्प्रमाणं कुरुते लोकस्तदनुवर्तते ॥ २१ ॥

*yad yad ācarati śreṣṭhas
tat tad evetaro janaḥ
sa yat pramāṇam kuruṭe
lokas tad anuvartate*

TRANSLATION

Whatever action a great man performs,
common men follow. And whatever standards
he sets by exemplary acts, all the world pursues.



EDUCARE – Rekindling the Latent goodness

A group of prosperous and well-off alumni, all of them highly established in their respective careers, decided to pay a visit on their favorite former university professor. It was a happy reunion for all, with much laughter, good cheer and feelings of camaraderie as the first few hours of the afternoon were spent recollecting their college years, from their trials and struggles, through their youthful pranks and foolishness, to their ultimate successes. However, after the reminiscing was done and the topic of talk turned to the present, their laughter gradually subsided until it was replaced by a vague gloominess. Complaints about problems at work, in family matters, health issues, financial worries, and other difficulties soon became the central theme of their conversation. When political differences arose, the former feeling of unity and comradeship was lost. What had begun as a celebration of their lives together slowly turned sour. It was at that point that the old professor interrupted the proceedings.

He stood and asked jokingly, “Class, now pay attention. Who among you would like a coffee break?” All present raised their hands. He disappeared into the kitchen and in short order returned with a large steaming pot of coffee and a large assortment of cups – everything from Chinese porcelain, cut crystal, fine glassware, handcrafted ceramics, to plastic and simple old mugs, some expensive and exquisite and others common and plain looking. He told his guests to help themselves to the coffee and let them choose whichever cup they liked.

When everyone was settled with a cup of hot coffee in hand, the professor said: “If you notice, all the fancy and ornate cups were quickly scooped up, leaving behind the simple and ordinary ones. Certainly, it is common for one to choose the finest available for oneself. That is the normal course of things, but it is also the source of the problems and stress you have all been complaining about since our conversation turned to your present situations. All any of you really wanted was to enjoy a good hot cup of coffee, and for that, the cup itself bears no importance at all – anyone without a hole will do the job! – yet each one of you became consumed with having the best cup available and even surreptitiously eyed each other’s cups in comparison to your own.”

The old professor sat back and enjoyed a sip from a plain simple mug he had chosen. “Now,” he went on, “let us propose for the

SELF RELIANCE

Niveda was all excited with her new found passion for cooking, when Samyuktha’s passion said hello to hers. “Hey Niveda, I am trying to capture this aroma on my DSLR”, said the witty Samyuktha. After her signature giggle came Niveda’s reply, “Sammy, Thank you! I hope the taste of my Paneer Butter Masala matches the inviting aroma”. Again giggles.

She continued, “I am trying to become AtmaNirbhar you see” ! Hearing Niveda’s reply, Samyuktha swiftly switched modes from a photographer to the reporter in her. Samyuktha was Niveda’s cousin, 4 years older to her. She was studying Journalism & Mass Communication.

The very word “AtmaNirbhar” aroused the reporter in her and she wanted more from Niveda. She continued, “My little sister, what do you understand by AtmaNirbhar”?

The ever smiling Niveda chose to answer this with more maturity. “Sammy”, she said, “AtmaNirbhartha, that is Self-Reliance, means a list of to-do tasks for me. Of late, my friends and me have taken a lot of fancy to understand this term in depth. I am sure you would like to listen. So here I go:

- » Self reliance in a lay man’s words means non dependency, “to stand on one’s own legs”.
- » Self sustenance.
- » To understand that anything is possible by an individual if one just has enough belief in self.
- » Making our own pizzas and tacos at home can be classified under self-reliance. Thanks to Corona virus. (Again her signature smile!)
- » To consciously use “Make in India” brands, is ‘Self reliance’. Ofcourse it is being debated that when there are many players in the market, home brands are pressurized to maintain high standards. However, let us allow our home brands to find their feet.
- » If we want to be among the world’s best nations, then we all must, every citizen must stop talking big and just start acting.

“Niveda, it is incredible that your little brain cells could process so much information! I am going to publish this as an interview in my college magazine.” Give me ten!”. (The sound of success!)

Niveda said, “I feel shy. Thank you for the appreciation. If you really plan to publish our conversation, do not forget to add this last and important line - To realise that the Almighty has blessed each of us with something special. With this awareness and faith in Him, Self-Reliance automatically grows!”

The two happy cousins amused each other and relished the yummy Paneer gravy with soft Chapathis.

moment that life is coffee, and the jobs, money and position in society deemed so important are the cups. What are they truly? Nothing but tools, implements with which to hold life, but the quality of life, the coffee inside, doesn’t change a whit and remains the same no matter the cup selected. Sometimes, by concentrating too much on the cup, and those of others,” he smiled, “we fail to fully taste and experience the coffee within it. So don’t let the cups drive you and take all your attention... simply enjoy the coffee instead, no matter the container you find it in.”

And with that, the old professor toasted them, and sat back and heartily drank his coffee in the same old stained but sturdy mug he had been using for forty odd years now, the one he found for five cents in a used goods store the day he began his career as a teacher.

There is no nobler quality in the world than love. It is wisdom. It is righteousness. It is wealth. It is Truth. It is love alone which can bring unity in this world of apparent diversity.





124/2, Bhogalalli, Bellandur post,
Behind New Horizon College of engineering,
Bangalore 560103, India.
Ph: 91 990087732, 6364912810/11

Admission Circular
FOR PLAYGROUP, NURSERY, LKG AND UKG
FOR THE ACADEMIC YEAR 2020-21

Dear Parents, Hari Om!

Registration forms for admission for the academic year 2020-21 for PLAYGROUP, NURSERY, LKG & UKG can be downloaded from 5th September 2019 onwards from the website www.newhorizonvidyamandir.in

Filled in registration forms should be submitted at New Horizon Vidya Mandir only. The registration fee is Rs 500/-. Parents can take a tour of the campus after the submission of registration forms.

The timings are: 9.00 am to 2.30 pm.

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 1 year 10 months on 1st June 2020 for admission to Playgroup. For admission to Nursery, the child should have completed 2 years 6 months on 1st June 2020, for LKG and UKG the corresponding age will be considered.


 Mrs. Usha Vasudevan
Principal-NHVM

SCIENCE BEHIND PRANAYAM

Breath is the most important function of the body for indeed all the other functions depend on it. When the breath stops permanently, life ends. Hence, prana (chi) or the breath is rightly called the life force energy. In view of its importance, the sages and yogis since time immemorial developed this special system "Pranayama" which can be defined as the science of breath. Its literal meaning is the practice which gives the ability *to control or expand the life force energy*. Its proper practice can maximize health benefits by controlling the life force in a superior and extraordinary way.

Hatha yogic scriptures say that when the *breath moves the mind moves and when the mind moves breath moves*. So, a yoga practitioner should control the breath to control the mind. In other words, *harmonize the breath to harmonize the mind*. Additionally, Maharishi Patanjali says that by the practice of pranayama "*we get the power of concentration*" and further "*the potential within us is unlocked*".

Pandit Sri Ram Sharma Acharya has mentioned in his book, different breathing rate and life span of different animals:

Animal	Breathe per minutes	Life span
Rabbit	38-40 times	8 years
Monkey	30-32 times	10 years
Dogs	27-29 times	11 years
Horse	19-22 times	35 years
Human	12-18 times	100 years
Snake	6-8 times	500-1000 years
Tortoise	3-5 times	1000-2000 years

Which indicates that if we can increase the duration of breath (means longer breathe) we can increase the life span. For this purpose pranayama was designed by the sages and yogis. Therefore, the yogic text says that yogi's life is not measured by the number of his days but by the number of his breaths.



Recently, Mr. Sandeep (faculty), Budhi and Deepeshwar have published an article on *Bhastrika pranayama* in PubMed indexed peer-reviewed International Journal of Yoga. Generally, people believe that more rigorous exercise has more benefits, but in this research study, it was found that bhastrika pranayama can increase lung functions capacity more in magnitude compared to one of the aerobic physical exercise like running. Therefore, yoga breathing, particularly *bhastrika pranayama*, may have a promising factor for those who partake in aerobic-based sports (such as athletes, swimmers, and trekkers) and require efficient lungs to deliver sufficient oxygen uptake.

– Sandip Paygan, Yoga teacher, NHG

DEVELOP WITHOUT POLLUTION

Once upon a time, there was a group of four friends who had just completed their PUC. They had graduated with flying colours. They had completed their education with different streams and all of them wanted to pursue different careers. They were in search of a good college to complete their college education. After many days of searching, they finally came across an institution in Delhi which taught all the streams that they wanted.

Excited, that they all will be together, they started to pack their bags for going to Delhi. While thinking about the colleges, one of their friends, Asha said "I am very excited about visiting Delhi, but..."

"But what?", asked Rohit.

"I am scared that the pollution in Delhi will be too much for us to handle as we are used to living in a clean and healthy environment.", replied Asha.

Don't worry Asha, we will be fine there, said Akash.

After they all reached there, they all were very disappointed, as the environment was way worse than what they had imagined. After they had visited their college, they decided to know why Delhi is so polluted. So they asked the nearby residents in Delhi, 'Why Delhi is so polluted?'. They replied, "It is because of the development of Delhi. The more you develop in the industry, the more pollution occurs."

"No, it is false.", replied Sarah. "When people developed in the ancient time, there was no pollution caused by the development.", said Akash.

"Yes, but ancient is ancient, we are not living in ancient times. We are living in the development era, where pollution is bound to happen", replied the nearby residents.

"In that case, we shall prove the world that development in industry can happen without a lot of pollution as well.", replied the friends.

After many years, when they had completed their Master's Degree, they all remembered the thought they had when they came to Delhi for the first time.

"It's time we shall fulfil our promise", said Rohit.

"Yes", replied the rest.

So they all set to work to develop without pollution. As they all were from different streams, it was easier for them to work on this issue. After several years of hard work, they had finally come up with many ideas to develop a city without a lot of pollution. They had built a machine that cleans the garbage from the water, found several alternates to plastic, and found many ways to generate electricity.

Their work was identified by the State and Central government and they were awarded for their contribution to the environment.

Because of these friends, the industry learned that we can develop without a lot of pollution and have good synergy with environment.

– Kanika Chowdhury, 7 G

VIRUSES : SPAM EMAIL, PHISHING AND MORE..

Suppose you're checking your email after a long time, and you come across this email with the subject, "Congratulations, You've won a million dollars!" The first thing which we tell ourselves is, it's fake. Well, that's absolutely right. These emails are commonly called spam emails. They want you to read it, and click on the link given inside the email, so that they can just run away with all your data. Similarly, there are a few spam emails which look confidential, but they are no less than the one which has been addressed above. These emails come with a pretty serious title like "Monthly Statement for your Bank Account XXXXXXXXXX" and stuff. When you open this email, the files that contain the so called "Monthly Statement" are totally fake. They have an unusual file extension, but the thumbnails attached make them totally believable. If you open any of these files, they're just viruses. They'll cling onto your computer, transfer personal data and confidential data to the hackers. They're usually very hard to remove. It's like a never-healing infection for your computer. The above example comes under the keyword "Phishing". According to phishing.org, Phishing can be defined as a cybercrime in which a target or targets are contacted by email, telephone or text message by someone posing as a legitimate institution to lure individuals into providing sensitive data such as personally identifiable information, banking and credit card details, and passwords. These attacks aren't just limited to emails, they may happen via any form of digital communication. The most common way of attacking is via the good old phone call, where the hackers mostly target vulnerable or older people, trick them into giving them their passwords and exploit their accounts. These hackers mostly disguise themselves as bank employees. What can we do to prevent this from happening to us? Well, we will have to identify the spam emails, and refrain from opening them at all costs. Installing a Caller ID App on your phone like Truecaller, will help in identifying unknown numbers, and will also suggest if the call is marked as spam or otherwise. In addition to the above, we must also refrain from reading messages from unknown people, and attending phone calls from them too. The above will help you stay away from being attacked and protect yourself from hackers. For a better idea on spam email and phishing, you can watch this video from James Veitch, who's a comedian, where he replies to emails from spammers. Now, also keep in mind, that it is HIGHLY DANGEROUS and NOT recommended to do so. So, stay safe while browsing!

–Saaswath Sundaresan, X D



WHY?

Why do we make promises so fake to our mother nature, we say we conserve, we say we preserve, but do we ever nurture our mother nature or her future; It's time to make our old mistakes our new teacher; It's time we change our old ways and respect every creature of our dear mother nature.

– Aadrika Das, 8D

PATRIOTISM

Patriotism is a sense of solidarity and love for one's country. Patriotism makes a person support his country and be ready to defend his country. This brings people together to work towards what is best for the country. Patriotism is the secret behind a country's progress.

When citizens claim the country to be their motherland and have the same love and affection for the country, as they have for their mother – that is patriotism.

A country develops when it succeeds in the fields of economy, literacy, trade etc. True patriots are the backbone of the country who make this happen.

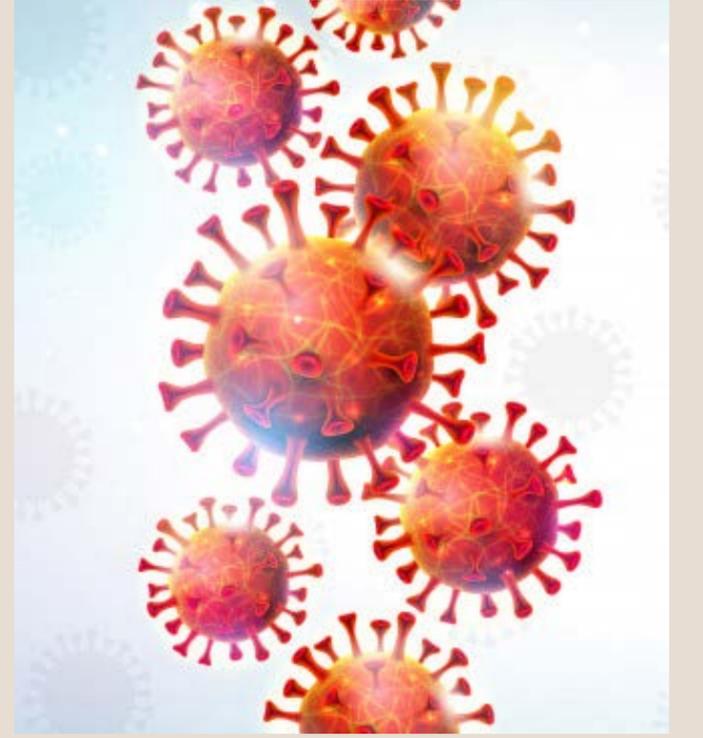


LEARN SOMETHING NEW!

The COVID-19 pandemic continues to keep us locked at home, but due to the availability of more time, people are discovering hidden talents in them and nurturing these talents. Apart from this, it is important to learn and discover something new every day so, here are some amazing facts which will help you discover new things and learn something new!

- » More than 50% of the people in the world have never made or received a telephone call.
- » A shrimp's heart is in its head.
- » Wearing headphones for just an hour will increase the bacteria in your ear by 700 times.
- » Money notes are not made from paper, they are made mostly from a special blend of cotton and linen.
- » According to a study by the Economic Research Service, 27% of all food production in Western nations ends up in garbage cans.
- » Every year about 98% of atoms in your body are replaced.
- » Your stomach produces a new layer of mucus every two weeks - otherwise, it will digest itself.
- Chewing gum while peeling onions will keep you from crying!
- » Camels have three eyelids to protect themselves from blowing sand.

– Vanshika, Grade X



ಗಣಪತಿ ಪ್ರಾರ್ಥನೆ



ಲಂಬೋದರ ಬಾಲ ಗಣಪನೆ ಮೂಷಿಕ ವಾಹನನೇ

ಗೌರಿಸುತ ಸಿದ್ಧಿ ವಿನಾಯಕ ನಮೋಸ್ತುತೆ !!

ಪ್ರತಿದಿನ ಭಜನೆ ನಿನ್ನ ಸ್ತುತಿ

ಬಾರದು ನಮಗೆ ಹೀನ ಸ್ಥಿತಿ

ಮೊದಲ ಪೂಜೆಯು ನಿನಗರ್ಪಣೆಯು

ಸರ್ವ ವಿಘ್ನಗಳ ನಿವಾರಣೆಯು!

ಶರಣ ಬಂದೆವು ನಾವೆಲ್ಲಾ

ಸಲಹು ದೇವನೆ ನಮ್ಮನೆಲ್ಲಾ

ಅರಿಯದೆ ಮಾಡಿದ ತಪ್ಪನು ಮನ್ನಿಸಿ

ನೀತಿ ಮಾರ್ಗವ ತೋರ್ಪಡಿಸು!

ದೀನಾ ಬಂಧು ನೀನು

ಕರುಣಾ ಮೂರ್ತಿಯೂ ನೀನು

ಮೋದಕ ಪ್ರಿಯನು, ಪಾಪ ಹರನೂ

ನೀತಿ ಮಾರ್ಗವ ತೋರ್ಪಡಿಸು!

ಗಣೇಶ್ ರಾವ್ . ಎನ್. (ಶಿಕ್ಷಕರು)

The Fountain

It comes with a pot full of adventure during day
It comes with pleasant in the night
For all the creatures a night stay
It bravely fights like a knight

The sun reflects with pure kindness
The moon dazzles the beauty with pureness
Every star it sees
Makes a wish and never tease

The cold water tickles the children's nose
If they take a picture in their pose
What would happen the sound of delay
For a jolly, oh! It may!

Ah! fresh breeze going to the spirits
It would keep a house full of merits
The inner warmth oh! so kind
It will be so hard you will never find.

Seema Shenoy, 8 A



Jeysree, 7G



Vinaya Prateep, 7F



Aarohi Nigam, 5 G



Amuthani, 6B



Kamlesh, 1 B

Editor-in-chief

Ms. Sandhya Singh,
Principal, NHG

Editorial Board Members

Mr. Vishwanath V
Ms. Swati Jain
Ms. Gopika Nair
Ms. Anupama Murugan (for Hindi)
Mr. Anand Kumar (for Kannada)
Ms. Sushma Bhushan, V+

Photographers

Mr. Prashanth Sahoo
Mr. Govind Bhandare

Student Editors

Ananya Despande, XI std
Akshay Arun Prasath, X std
Pranavi Prasad, X std
Siddhesh J, IX std.