

New Horizon GURUKUL GURUKUL TIMES

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SPIRITUAL NUTRITION

ज्ञानविज्ञानतृप्तात्मा कूटस्थो विजितेन्द्रियः।
युक्त इत्युच्यते योगी समलोष्णशमकाञ्चनः॥६.४॥

jnana-vijnana-trptatma
kuta-stho vijitendriyah
yukta ity ucyate yogi
sama-lostrasma-kancanah

TRANSLATION

A person is said to be established in self-realization and is called a yogi [or mystic] when he is fully satisfied by virtue of acquired knowledge and realization. Such a person is situated in transcendence and is self-controlled. He sees everything—whether it be pebbles, stones or gold—as the same.



INDEPENDENCE DAY CELEBRATIONS AT NHG

Independence Day reminds the country's citizens of all the sacrifices the freedom fighters have made to secure the country's future. New Horizon Gurukul joined all Indians across the nation commemorating India's independence from British rule by celebrating its 74th Independence Day on August 15, 2020.

National tricolour was hoisted by Ms.Sargam Manghnani, Director, NHG and Mr.Surya Bajaj, President, NHG which was followed by celebrations of the day . Cultural program comprising a beautifully choreographed dance depicting the beauty of national integrity and patriotic songs was presented by teachers of NHG . It struck the chords of patriotic fervour and filled everyone's heart with gratitude . It reminded everyone of the great sacrifices made by our countrymen to free our motherland from the shackles of British rule. Live telecast of the program was viewed by all gurukulites on school's facebook page. Winners of Deepotsav contest 2020 were also announced during the occasion . Celebrations came to an end with distribution of sweets adding memories of a great day to cherish in one's life.

– Ananya Despande, XI B



GANESH CHATHURTHI CELEBRATIONS 2020



Sharpness of intellect with wisdom as undercurrent for all endeavours is bestowed by Lord Ganesh, the dispeller of darkness of ignorance . Invoking the blessings of Ganapati is of prime importance in temples of learning and knowledge namely the school.

Ganesh Chaturthi at New Horizon Gurukul ,this year ,was celebrated with high spiritual fervor without being subdued by the impact of ongoing pandemic. Divinely beautiful Ganesh idol was enthroned on a flower decked altar with lamps and flowers was a sight to behold. Interspersed with special prayers and high octane vedic hymns, special puja was performed for well being of all students and seek blessings to climb higher ladders of wisdom. In the august presence

of Dr.Mohan Manghnani , Chairman NHG, Ms.Sargam Manghnani, Director NHG ,and Mr.Surya Bajaj, President,NHG , Ganapati homa was religiously performed keeping all vedic rites in place. Ms.Sandhya Singh, Principal, NHG, with student representatives and coordinators offered collective prayers to Lord Ganesh which was followed by musical bhajan rendition to add colour to the event.

Ganesh Chaturthi celebrations came to a close by mangal aarti , offered to Lord Ganapati by all teachers and students but the divine reverberations continued to fill minds and hearts showering bliss to cherish forever.

Ganpati Bappa Morya !!!!!

EDUCARE – Enkindling the latent goodness

Listen to the sound of Silence

There once was a farmer who discovered that he had lost his watch in the barn. It was no ordinary watch because it had sentimental value for him.

After searching high and low among the hay for a long while; he gave up and enlisted the help of a group of children playing outside the barn.

He promised them that the person who found it would be rewarded.

Hearing this, the children hurried inside the barn, went through and around the entire stack of hay but still could not find the watch. Just when the farmer was about to give up looking for his watch, a little boy went up to him and asked to be given another chance. The farmer looked at him and thought, "Why not? After all, this kid looks sincere enough."

So the farmer sent the little boy back in the barn. After a while the little boy came out with the watch in his hand! The farmer was both happy and surprised and so he asked the boy how he succeeded where the rest had failed.

The boy replied, "I did nothing but sit on the ground and listen. In the silence, I heard the ticking of the watch and just looked for it in that direction."

A peaceful mind can think better than a worked up mind. Allow a few minutes of silence to your mind every day, and see, how sharply it helps you to set your life the way you expect it to be! ~ The soul always knows what to do to heal itself..The challenge is to silence the mind....

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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 3rd 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

THE YOGA AND NATUROPATHY IS THE BEST NATURAL IMMUNITY BOOSTER

Yoga is a holistic practice that strengthens our physical body, as well as the microscopic systems that are not visible to the eye. As a result, the body's natural defense mechanisms also improve. A healthy, disease-free body can be easily achieved by adopting a healthy lifestyle, including eating unprocessed, whole foods, maintaining a regular yoga and meditation practice, getting plenty of sleep, and minimizing stressors. Yoga and Naturopathy are the keys to achieving our full potential. To reap the immune-boosting results of yoga.

Stress, more than anything, leads to a breakdown in the body's ability to defend itself against bacteria and viruses. When stressed, the hormone cortisol stays in the blood for extended periods of time, which the body develops resistance to, leading to increased inflammation. According to a new research published in the Journal of Behavioral Medicine suggests that yoga can be a helpful way to boost your immune system and decrease inflammation in the body.

When sick, antibiotics and other medicine can help the body recover from disease. However, what medicine fails to do is improve the body's immune system. This is where yoga comes to the rescue! Yoga is one of the most effective and time-tested natural immunity boosters that can lead to a healthy, sickness-free body. Yoga calms the mind and can contribute to deeper, regulated sleep, which is crucial for wellness; sleep is one of the most important factors in healing and maintaining a healthy immune system. While a regular yoga practice can result in increased health, know that it is not a substitute for medical treatment. It is important to learn and practice yoga postures under the supervision of a trained teacher.

Naturopathy

Naturopathy is known to be one of the most effective ways to boost a person's immunity because it does not involve any artificial or harmful substances which can harm your body in the long run.

The expert of Naturopathy suggests that different types of mushrooms can help in increasing the production of immune cells in the body. It is a proven fact that indigestion can make a person's immune system very weak.

Include ginger and garlic in daily food

There is no hiding the fact that ginger and garlic, when added to daily food, help you improve your immunity.

Start using mustard oil

Given the lifestyle people are living these days, it will be better to cook all the food items in mustard oil as it helps to control the cholesterol levels in the body.

Try turmeric

If you think that turmeric is just an Indian spice that is used to add flavour to the food, you are wrong because besides being used as a spice, it is also known for its high medicinal and antiseptic properties.

Drink lots of water

The universal solvent, water is one of the most vital liquids. Every person should drink a minimum of (3 -4) litres of water. Water is good for the skin as well.

Make walnuts your favourite snack

Among so many nuts, walnut is known to be one of the most beneficial nuts one can consume. The experts say that eating walnuts is one of the most effective ways to keep cholesterol in control.

— Sandip Payghan, Yoga Instructor, NHG



THE BRAVERY OF OUR SOLDIERS

From dusk to dawn
With usual cock's speech in a frown
Dressed to kill
All the strengths fill

Loudspeakers of kinds are all there
Gun, explosives, weapons, bombs and more of different shapes and sizes that country can bear
The sound, the smell of the voice
But, to defend our demons, no choice

But alas!
The past braver has gone fast
With bullets, freezing/frost-bites toes, bad weather as the list goes on
Navy, Air force and the army of the great
Making the opponents on the debate

But I see that sun
Has completed it's full, not fun
When the national flag of the wise fires
Our country with pride rises

— By Seema Shenoy, 8A



POMPEII

Humid sprays of mist-
what was to be cool was warm;
the only thing not typical
on that halcyon autumn morn.

Oh, what still weather;
what a suspicious silence!
But ne'er had we sinned-
what great danger could we face?

We beg to differ-
spoke the birds, the mice, the hares;
as the creation shook and pulsed,
and flooded Pompeii with despair.

The shingles began to rattle-
to taunt and tease and rumble;
for a moment we thought,
Did we thrive just to crumble?

The columns came apart;
Homes were broken, hearts shattered.
Down came the arches-
None of our marvels now mattered

The skies now ashen.
Molten rock gushed
Flooding the hills and the land
of the city that we loved

The wrath of Vesuvius
Shook the city from its throne;
Bandits, peasants, good men alike
The sphere would now disown.

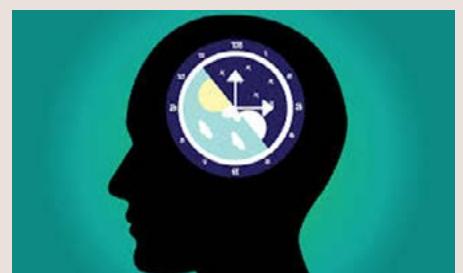
— Ananya D, XI B



THE BODY CLOCK

Why are we awake during the day and asleep during the night? It isn't just habit, it's your body clock. What do I mean when I say "body clock"? Well, to put it simply, it's your biological rhythm- a cycle that regulates your sleep, temperature, heart rate, hunger, alertness, etc. Biologically, it's called a Circadian Rhythm of which your brain is the master.

You're awake and active during the day because your Circadian Rhythm is directly linked to your eyes. When it's dark outside, a hormone called Melatonin, or the sleep hormone, is triggered. When you open your eyes in the morning, the light triggers the brain to produce Cortisol, making you awake, active, and ready for the day. Do you know why we experience jet lag when we travel? It's because the body travels through different time zones with different hours of daylight, which throws your hormones off balance. Babies sleep so much because they start producing Melatonin after 3 months, and Cortisol only after 8 to 9 months.



Your Circadian Rhythm is also related to your hormones, digestion, metabolism and immune system. The body clock gets disturbed by a number of factors like stress, irregular eating and sleeping habits. According to some studies, a messed-up body clock can also aggravate diseases like cancer, cardiac diseases, obesity, diabetes, insomnia, and bipolar disorder.

Your Circadian Rhythm is what you train it to be, so get enough sleep regularly, eat on time, exercise a bit, get a dose of the morning sun and avoid too much screen time before bed to keep your body clock on track so you can be more productive and get more done, minus the exhaustion.

ACHIEVEMENTS

1. In BSSCA Interschool Poster making competition 2020 held in the month of July Priyanshi Sharma ,VII std bagged the 2nd position and Anagha Prasad , VI std secured second position .
2. In Dhanak'20 Virtual Art and Design Battle organized by DPS East, Bangalore , Anagha Prasad won 2nd place.



3. In Rang-De-Veer All India online Painting competition ,Nihaal Srivastava,VIII C was ranked No. 5 in the Competition.



4. Siddhanth Ganesh , X C bagged the first place in the LogIQuids Bangalore-Logical and Reasoning Olympiad.
5. Abhinaya, IX C secured 3rd rank in the LogIQuids Bangalore-Logical and Reasoning Olympiad.



India : A land of Mirabilia

*My country is India,
A land of mirabilia;
A land of the Dove
With Peace and Tranquility,
Gentility, Neutrality;
Resembling God above,
'Tis a land of pure love
A land of the intelligentsia.*

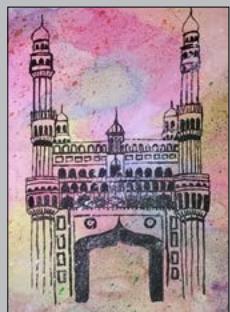
*All fragments in One State
We're a United Nation.
We're truly great,
for matters we never obfuscate
in any situation.
From this, we derive inferences,
That, to this unmatchable creation,
We shall never withdraw our allegiances!*

*Our soldiers, synonymous with chivalry,
Only die martyrs,
Never the aggressors;
Fighting for their land
to lend it a helping hand;
firm with self-command,
and are the embodiments of camaraderie!
They're ever effervescent,
and never evanescent,
forever gaining victory.*

*A sovereign nation, united strong,
Undoubtedly, India is where I belong.
So, I say it at my loudest ;
To be an Indian, I'm proudest!*

– Harshita Srinivas, X B

Art Corner



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