

International Yoga day @ NHCE

On 21st June 2018, the occasion of "International Yoga day", office of the Dean, Student Affairs, New Horizon college of Engineering, organized a hands-on yoga practice session for the benefit of the staff and students of New Horizon college of Engineering and New Horizon college, Marathahalli campus in the Indoor Stadium at 3 pm. With the permission and guidance from our Chairman, Dr. Mohan Manghnani, a very informative and demonstrative yoga session was organized. Dr. Manjunatha, Principal, New Horizon College of Engineering welcomed the Chief guest, Yogacharya Dr. Sudheer Deshpande, former Registrar of S-VYASA and presently Joint Director of VYASA University, Bangalore, along with Mrs. Kavitha Arun, National Co-Ordinator of VYASA University, Bangalore, by presenting them with saplings. Mrs. Revathi Srinivasan, Student Counselor, welcomed our Chairman, Dr. Mohan Manghnani (in absentia), Dr. Manjunatha, Principal, New Horizon College of Engineering, Dr. Bodhisathvan, Principal, New Horizon college, Marathahalli campus, Mr. Surya Prakash, Registrar, New Horizon college of Engineering, Chief guests of the day,

Yogacharya Dr. Sudheer Deshpande and Mrs. Kavitha Arun, Directors, Deans, Heads of the departments, Faculties, staff and students of both the colleges. The dignitaries lit the traditional lamp and started the celebration of International Yoga Day. Mr. Vinay. J.T, Physical Education Director, New Horizon college of Engineering, introduced our Chief guest, Yogacharya Dr. Sudheer Deshpande to the staff and students.

Dr. Sudheer Deshpande started the session with a prayer and spoke about how Yoga means the oneness of mind and body and how yoga should become a way of life and not looked at as a physical exercise. He also explained the terms Jeevatma and paramathma and the benefits of yoga in our daily life. It helps reduce physical ailments, eliminate the stress of personal and professional lives and strengthens our emotional self. Yoga helps us to achieve the oneness of mind and body. Yoga therapists from VYASA University, Mrs. Shyamala and Mrs. Vidya demonstrated the practice of yoga asanas along with brief explanation of the benefits of each and every asana in a simple way. All the staff and students gathered in the stadium started performing yoga asanas following the demonstration

of the therapist before them. They made us perform from Tadaasana to Shavaasana and asanas which were in 4 different postures (standing, sitting, lying on the abdomen and back). It was a very informative and useful session. The session went on smoothly and well within the time stipulated, under the able guidance and co-ordination by Dr. Ganesha Prasad, Dean/Student affairs and HOD/Mechanical Engineering, New Horizon college of Engineering. All the arrangements from inviting the Chief guests, to presenting them with saplings and momento and from indoor stadium to backstage arrangements were well managed by office of the Dean, Student affairs. While rendering the vote of thanks, Mrs. Revathi Srinivasan, student counselor, called upon Dr. Manjunatha, Principal, New Horizon college of Engineering, to present the Chief guests of the day, with momento as a token of our appreciation. The session ended with a request by the student counselor to all the staff and students gathered there to continue the practice of yoga asanas learnt today to gain personal benefits to relieve from everyday stress, for the benefit of our families and for the benefit of our nation

Orientation Program



DR R Bodhisathvan, laid down the basic rules, regulations and guidelines that every student must follow during his/her time span in the college. He also briefly explained the various courses taken up by the students and wished them a remarkable new journey in the college. Around 500-800 students and parents were part of the Orientation Programme.



New Horizon College conducted its Orientation Programme for the college freshers and their parents on 21st June, 2018. The event was held in the main auditorium of the college. The chief guest of the event was Leo Captain Siva Subramaniam. The students were familiarized with the college culture and environment. The principal of NHC,

Internship Program

Internship program was conducted for third semester students from 18th June to 18th August 2018, where the students tried out different types of innovative lessons, organized co-scholastic activities for the school students.



Oath Taking Ceremony

@ New Horizon College of Education

The Institution believes in developing and fostering leadership qualities among the prospective teachers. In this context, Students' council formation and oath taking was conducted on May 15th 2018. The students' general body unanimously selected its office bearers for the academic year 2018-19. The office bearers were oriented about the role and responsibilities to be undertaken and the establishment of a Student Council gives students an opportunity to acquire the sort of Communication, planning and organizational skills which will be of benefit to them in their future lives.



International Yoga Day

@ New Horizon College of Education

International yoga day was celebrated on 21st June 2018, which included hands yoga session which consists on surya namaskar, kapala Bharathi, various techniques of mediation. Yoga therapists were invited from Heartfulness organization who stressed about the importance of yoga, added that the yoga strengthens personal and professional well-being of a person, and concluded that yoga helps into achieve the oneness of mind and body.



Art and Craft Work-shop

@ New Horizon College of Education

18th June to 22nd June 2018, the art and Craft work shop was organized for the student trainees to provide concrete experience on blow painting, vegetable painting, glass painting, spray painting and making pen stand, in which students were deeply immersed in their own creative world. An exhibition was organized at the end of the workshop.



Music Competition

@ New Horizon College of Education

Music competition was organised on 1st June 2018, where the students unlocked their self expression, creativity and intelligence and touch the audience with their music. Students sang various songs and made the whole atmosphere melodious.



Student's Council Inauguration

Students' Council Inauguration was held on 21st May 2018, in which Dr. Shobha G. Associate Professor, Home science Department, Bangalore University, who mesmerized the audience by her enthralling speech on the Role of teachers in shaping 21st century learners.



World Environment Day

Eco club organized world environment day on 23rd June 2018 based on the theme 'Beat the Plastic pollution' and encouraging the use of plastics with the motto 'if you can't reuse it refuse it'. Dr. Roopamala R. Koneri, the Principal of New Horizon College of Education, gave a thought provoking speech on the importance of caring Mother Nature. The prospective teachers took an oath to minimize the use of plastics in their day to day life.



Demonstration Lessons

A series of demonstration lessons were organized on various topics from 6th June 2018 to 14th June for the students by the faculty members and resource persons from the school.



Behind the Scene

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