

New Horizon College of Engineering

MBA Outlook

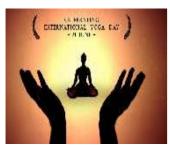
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Yoga for Harmony & Peace



Telling yourself that you don't have enough time for something is a lousy excuse because you NEVER "have" time, you MAKE time!

> - James Malinchak Februard on ABC's DM 19 Show, "Secont Millionales" Foundar, www.BipMenoySponkar.com

International Yoga Day

Yoga is an invaluable gift of India's ancient tradition. This tradition is 5000 years old. It embodies unity of mind and body; thought and action; restraint and fulfilment; harmony between man and nature; a holistic approach to health and well-being. It is not about exercise but to discover the sense of oneness with yourself, the world and the nature. By changing our lifestyle and creating consciousness, it can help in well being. Let us work towards adopting an International Yoga Day.

— Narendra Modi, UN General Assembly



International Yoga Day At NHCE

On the occasion of "International Yoga Day" New Horizon College of Engineering organized a yoga session on 21st June 2016. Ms Shivani Lakhotia, from 'Yoga Prana Vidya Karnataka Foundation', led the yoga session for the students and staff members of NHCE.



NEW HORIZON COLLEGE OF ENGINEERING





The Prime Minister of India, Shri Narendra Modi with the participants during the mass yoga demonstration at the Capitol Complex, Chandigarh, on the occasion of the 2nd International Day of Yoga – June 21, 2016.





"You cannot Always Control what goes on Outside, But You can Always Control what goes on Inside..."

BEST WISHES FOR INTERNATIONAL YOGA DAY

Yoga is the fountain of youth. You're only as young as your spine is flexible.

of the self, to the self, through the self.

BEST WISHES FOR

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Yoga is the journey

Better indeed is knowledge than mechanical practice. Better than knowledge is meditation. But better still is surrender of attachment to results, because there follows immediate peace." -Bhagavad Gita



Patron: Dr. Mohan Manghnani, Chairman, NHEI. Advisory Editorial Board Dr. Manjunatha, Principal, NHCE, Dr. Lakshminarayana, Director, Placement and training, Dr. Sheelan Misra, HOD-MBA. Editorial Committee Editor in Chief-Dr. Sainath., Faulty coordinator: Dr. Uday Kumar. Student Co-coordinator: Mr. Rakesh P.