



# NEW HORIZON TIMES

THE OFFICIAL NEWSLETTER OF NEW HORIZON INSTITUTE OF TECHNOLOGY AND MANAGEMENT



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## **Cover Article : Precious life: strive hard to retain**

**by Dr. Mousumi Bhattacharjee James**

Natural, man made disasters or this unprecedented pandemic situation leave lasting impacts and impressions and more often completely change the lifestyles of people, sometimes forever. Nature gives us indications that we must be prepared at all times to face the severity of this kind. These trying times made us realize how helpless we are and taught us regard and respect for the medical fraternity. During the lock down we all dwelled on the facts of caring and improving the health quotient. The youth who had been carefree earlier, stretching and straining their lifestyles learned that such a disaster does not discriminate and spare the young bodies.

We have very well realized that the day-to-day choices of various factors such as food, lifestyle and even our thoughts influence the vitality of all age groups. Whenever such a pandemic strikes the groups most affected are the elderly, or the one with co-morbidity like heart disease, diabetes, hypertension, and stroke. Another factor that we realized was the internal immunity of our body which saves or protects us from infections. You may understand exactly what you need to do to enjoy a healthier, happier life: carve out time to exercise, perhaps, or find a way to pull down stress, but there's just one hitch, you haven't done it yet. We do realize this sometime in life but, for most of us this does not happen before it's too late. It's so important to make sure you take good care of your body, mind, and soul every day, not just when you get sick. Learning how to eat right, reduce stress, exercise regularly, and take time-out when you need it are touchstones of self-care and can help you stay healthy, happy, and resilient.

We have learnt that taking good care of our self is paramount to the success and the mantra to a happy life. Whatever we aim in life is ultimately to derive happiness, well said that a healthy and a refreshed mind cannot dwell in an ailing and unhealthy body. Let me share the facts we all are conversant to keep up-to-date, healthy and happy with a quick self check to confirm - are we living healthy, eating healthy nutritious food, getting enough sleep, exercising adequately, and avoiding smoking and alcohol? Are we managing stress and going for regular medical check-ups. Are we practicing good hygiene so important for social, medical, and psychological reasons as it not only reduces the risk of illness, but it also improves the way others view you and how you view yourself. It's imperative to see friends to build your sense of belonging, though during these trying times we have to maintain social distancing, but nevertheless we can keep in touch virtually. It's a good thought to consider joining a support group to make new friends.

Practicing our hobbies and interests revive us completely. Trying to do something we enjoy not occasionally but everyday even for a short while can enliven us. That might mean anything from dancing, watching a favorite TV show, creative writing, working in the garden, painting or reading. Find ways to relax, like meditation, yoga, getting a massage, taking a bath or walking in natural surroundings.

Rightly said by William Londen "To ensure good health: eat lightly, breathe deeply, live moderately, cultivate cheerfulness, and maintain an interest in life."

## Webinar on Profile Building by BYJU'S CAREER LABS

**NEW HORIZON**  
INSTITUTE OF TECHNOLOGY AND MANAGEMENT

**BYJU'S**  
CAREERLABS

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**Abhishek Gupta**  
Ex BYJU'S | Ex Accenture Consulting  
GMAT & CAT 99 percentiler  
10+ years experience in Information Technology, Consulting and Business Development.

**BYJU'S CAREER LABS**  
TOPIC: PROFILE BUILDING  
DATE: 6 NOV 2020  
TIME: 11 AM TO 12 PM

**NHITM LIVE** Webinar will be broadcasted Live on NHITM LIVE

A webinar on Profile Building was organized in association with BYJU'S CAREER LABS on 6 November 2020, for the students of the institution. This webinar gave insights about about the courses/ activities the students need to do to build their profile . Various case studies were discussed on how students can strategically plan their career and how to avoid common mistakes for eg. when planning for a technical career the CV building will be different from when planning for a Management career. A unique method, of solving English questions in a mathematical way, reading only 20% of the RC (reading comprehension) and answering the entire question. (Patented technique) was discussed. The program was arranged, organized and hosted by Dr Mousumi Bhattacharjee James, Training & Placement In-charge. The event started with the introduction of the speaker, Mr Abhishek Gupta, an Electronics Engineer with experience of working with Accenture Consulting and BYJUS. He is a GMAT & CAT 99 Percentile achiever with more than 10 years experience in Information Technology, Consulting and Business development. The program was well managed by Mr Shrikant Baste T & P, Co- In charge.

The event was streamed live on NHITM LIVE- NHITM's official YouTube channel. The registration was free for the session and all participants who attended the session, received E-certificates.

## Campus Recruitment drive of Toujours Peritus



The Training and Placement Cell at NHITM conducted a placement drive for the company Toujours Peritus, a company providing business solutions in the domain of Automobile, Communication & Media Technology, Oil and Energy, Iron and Steel, Banking and Financial Service, Infra and Road etc. The drive was conducted on 10 November 2020 and was open for all branches. The entire process was virtual. The drive started with Pre-placement talk and followed by technical and HR interviews. Students from all branches participated. 45 students received offer letters

### Expert Lecture By Prof. Dhanashri Joshi on “Maintenance And Repairs Of Building Structure” Department Of Civil Engineering

Online Expert talk on “Maintenance and Repairs of Building Structure” was arranged by Civil Engineering Department of St.John College Of Engineering & Management, on dated 23rd Nov.2020 at 2.30 pm. To 5pm.

### Paper Published by Dr. P.P. Saklecha HOD Civil Engineering

A Paper Published by P.P. Saklecha in Ann Indian Psychiatry journal on “Screening of Stress, Anxiety, Depression, and coping And associated factors among engineering Student’s”



## ALUMNI SPEAK



NHITM gave me a platform to pursue my dreams. I had a chance to study under extremely cultured and well-read professors. NHITM is a place where I got my industrial and theoretical knowledge. NHITM made my foundation strong and gave me many connections that I would cherish all my life.

**Ruhi Rajesh Sharma**

**Class of 2019**

**Branch: Mechatronics Engineering**

**Master of Science in Mechanical Engineering - The University of Illinois at Chicago (Pursuing)**

**Quote of the month: "The world won't care about your self-esteem. The world will expect you to accomplish something BEFORE you feel good about yourself."— Bill Gates**



**Dr. Mousumi Bhattacharjee James**  
Assistant Professor and T and P In-charge

**Ms. Preeti Samdani**  
Assistant Professor