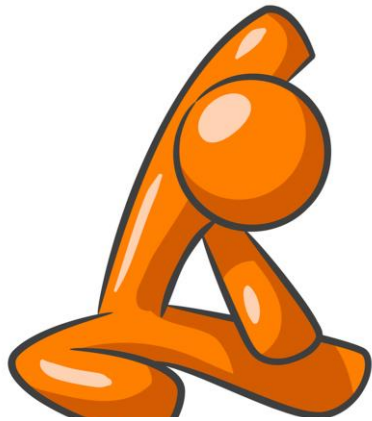


# Parijna Patrika

e- newspaper for children

Namaste Fitness



NEWS from  
our Sister  
Schools

Mind Benders

International  
News

Inventions  
&  
Discoveries

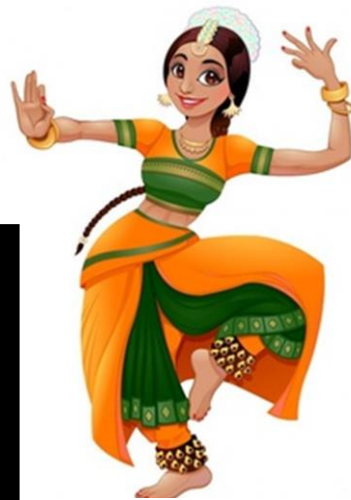


Animal World

Writing  
Desk

Art & Culture

HOBBY  
TIME



Sports Roundup



Our Earth



# International News



Prime Minister Narendra Modi addressed the opening session of the World Economic Forum 2018 (WEF 2018), becoming the first Indian prime minister in two decades to join the world's top business leaders in the Swiss resort town of Davos. Modi outlined climate change, terrorism and protectionism as three global threats, even as he projected India as a favourable investment destination.

The World Economic Forum based in Cologny, Geneva, Switzerland is committed to improving the world by bringing together world leaders to shape the global and industry agenda. This meeting is held in January in Davos – a mountain resort in the Eastern Alps. Over 2500 top business leaders, international political leaders, economists and journalists discuss important issues.



**Drones are helping**

## **Scientists fight wildlife extinction**

Drones may be a powerful tool for preserving endangered species. Researchers in Australia suggest that counting wildlife using drones is more accurate than traditional methods, according to a paper published on Tuesday in the British Ecological Society journal "Methods in Ecology and Evolution." "In a wild population, the true number of individuals is not known. This makes it very difficult to test the accuracy of a counting approach," Hodgson said. "We needed to test the technology where we knew the correct answer." The researchers found that the drone approach was more precise!

Source: <http://money.cnn.com>



*Germany proposes free public transport to curb pollution!*

Germany, the car nation, has taken seriously the high nitrogen oxide pollution levels in at least 20 major cities. The German government has made a proposal to introduce free public transportation.

This proposal was made in an attempt to lower nitrogen oxide pollution in cities by reducing the road traffic. Also, the country needs to meet the European Union air pollution targets to prevent any legal actions for continuously failing to comply with EU urban air quality regulations and avoid big fines.

# Inventions & Discoveries

## Scientists Have Finally Created Metallic Hydrogen!



For the first time in the world, scientists created metallic hydrogen by applying almost five million atmospheres of pressure to liquid hydrogen. That's about five million times the pressure we experience at sea level, and 4,500 times that at the bottom of the ocean.

It is the first time a state of hydrogen has existed in a metallic state on Earth. In its metallic state, hydrogen could act as a genuine superconductor and could revolutionize everything from energy storage to rocketry.

Source: <https://futurism.com/the-most-significant-scientific-discoveries-of-the-year-so-far>

## Breakthrough Initiative Will Grow Organs and Regenerate Human Tissue



Major strides have been made in the field of regenerative medicine. The Wake Forest Institute for Regenerative Medicine is currently leading projects to speed up the development of artificially growing human tissue and even organs in a lab to help patients worldwide

These new initiatives may one day repair nerve damage and even grow entire limbs and organs.

Source: <https://futurism.com/the-most-significant-scientific-discoveries-of-the-year-so-far>

## SpaceX's Historic Launch Proves Recycled Rockets Are the Future of Space Exploration



SpaceX made space launch history in March by successfully re-launching and re-landing a used Falcon 9 rocket booster via rocket descent.

This is the stuff of old-school scifi. Already having been the cheapest orbital rocket system, this breakthrough brought the affordability down even more — a huge saving of per launch.

Source: <https://futurism.com/the-most-significant-scientific-discoveries-of-the-year-so-far>

## Antarctica is the best listening spot on the planet for earthquakes.

Data has proved that National Science Foundation's Amundsen-Scott South Pole Station, which has seismometers instruments placed in holes bored 1,000 feet, is the best place on Earth to detect the vibrations that quakes send through the Earth. That's because it's at the bottom of the Earth's axis, and can detect quake waves without interference from the Earth's spinning motion.

## Dinosaurs once lived in Antarctica.

Scientists discovered multiple sets of fossilized remains of the reptiles who once ruled the planet. The finds established that dinosaurs had lived on the southernmost continent as far back as 200 million years and as recently as 75-to-80 million years ago.

# Interesting Happenings

## Happy News!



Exactly a year ago, it was reported that rampant cheating occurred in the Uttar Pradesh State Board Exams with teachers and invigilators not only turning a blind eye to what examinees were doing in classrooms, but also giving a free run to touts, many of whom dictated answers to students through loudspeakers.

Sources in the “cheating mafia” had then said each student seeking “help”, offered via different “packages”, paid anything from Rs 5,000 to Rs 15,000. While Rs 5,000 was the “fees” for students who wrote their papers with the help of their own cheating material, Rs 10,000 got one a dictation of the correct answers.

The most expensive package, for Rs 15,000, allowed students to mark their attendance and leave while the touts and their agents wrote their papers. A year on, things have changed. Exam centres across districts have been “sani

Touts are nowhere to be seen and there are CCTVs everywhere, their feeds constantly monitored. The exams are held in silence. It’s not a surprise that 10 lakh students dropped out of this year’s state board examination — the world’s largest in terms of the number of examinees, with over 66 lakh appearing for it across some 8,500 centres.

People across the world enjoyed the rare sighting of a SUPERMOON, A BLOOD MOON and a LUNAL ECLIPSE on the 31st of January 2018



The world was enthralled with the celestial event that last took place 35 years ago.

### **Super Moon**

The moon doesn’t orbit the Earth in a perfect circle, which means it sometimes sits closer to our planet than usual. When the moon’s closest approach—or “perigee”—coincides with a full moon, it can look bigger and brighter. This is known as a “supermoon,” but the technical term is “perigee full moon.”

### **Blue moon**

“Blue moon” has come to mean the second full moon in a calendar month. Sadly it doesn’t actually shine blue, but it is an interesting quirk.

### **Blood Moon**

“Blood moon” refers to a lunar eclipse, where the satellite will glow a spectacular red for many viewers.

The sun, Earth and moon will line up in such a way that our planet cuts off the moon’s sunlight supply. It will drift into the Earth’s shadow and begin to glow a warm, orange-red as light passes through the Earth’s atmosphere.



# Sports Roundup

## KABBADI

Kabaddi rakes in the views once again



Kabaddi proved its popularity once again as the two-day broadcast of the Senior National Kabaddi Championships on the Star Sports network became television's most watched non-cricket sports event in the first week of 2018 according to the Broadcast Audience Research Council (BARC) ratings table for the year 2018.

The sport has been gaining popularity of late with the final of the recently concluded VIVO Pro Kabaddi Season 5 setting the record for being the most watched non-cricket event in the country. This shows the league has succeeded in taking kabaddi to the masses and it has now cemented its place as a one of the major sports of the country.

## KHO KHO

Leagues of hope



Kho kho is one of the most popular traditional sports in India. The Kho Kho Federation of India describes the sport as an ancient game of undivided India, which was derived from the different strategies and tactics of the Kurukshetra war in Mahabharata. Yes, kho kho dates back to that era. The game is simple and inexpensive, thereby appealing to the masses.

Each team consists of 12 players but only nine take the field. Simply put, one team kneels in a row in the middle of the ground, with alternate players facing in opposite directions. These players have to put the opposite team — called the defenders — out by a touch.

While the sport is battling for international recognition, it is still the No. 1 sport in many villages across the country, especially in states like Maharashtra and Karnataka. It is imperative that kho kho benefits like kabaddi. A kho kho league would do wonders for the sport. It is fast-paced, television-friendly, and can be played and watch by men, women and children.

## GILLI-DANDA

Remember 'Bhuvan' referring to this sport in Lagaan? "It is just like our Gilli-danda," he tells his fellow villagers. Yes, Gilli-danda is said to have been the origin of many a western game like cricket, baseball and softball. The game is believed to have originated 2,500 years ago. It is still relevant in many parts of rural India. The sport is strikingly similar to India's favourite game (or religion, should we say?) It requires two wooden sticks. The bigger one is called danda, and the smaller one is called gilli. The player uses the danda to flip the gilli into the air. While in the air, the player tries to hit the gilli as far as possible. The player then runs and touches a particular point outside the circle before the gilli is retrieved by an opponent. While there's no doubt that cricket has literally swallowed its rural counterpart. Fancy a Gilli-danda Premier League, anyone?



# Culture & Traditions

## Holi



Holi, a traditional festival, celebrates the beginning of spring as well as the triumph of good over evil. It is best known around the world for the powder that revellers throw on each other.

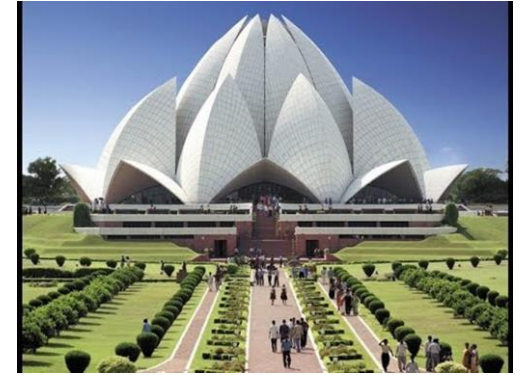
## Kumbh Mela

The Kumbh Mela is a huge religious festival that takes place in India every 12 years.

Millions of people attend, breaking the record for the world's biggest gathering.



## Lotus Temple



The Bahá'í house of worship in Delhi, known as the "Lotus Temple," is shaped like a lotus flower with 27 gigantic "petals" that are covered in marble.

## Hoysaleswara Temple



Hoysaleswara temple, also referred simply as the Halebidu temple, is a 12th-century Hindu temple dedicated to Shiva. It is the largest monument in Halebidu, a town in the state of Karnataka, India and the former capital of the Hoysala Empire.

Source: [Wikipedia](#)

## Virupaksha Temple Hampi



Virupaksha Temple is located in Hampi 350 km from Bangalore, in the state of Karnataka in southern India. It is part of the Group of Monuments at Hampi, designated a UNESCO World Heritage Site.

The temple is dedicated to Virupaksha, a form of Shiva

Source: [Wikipedia](#)

# Hobby Time

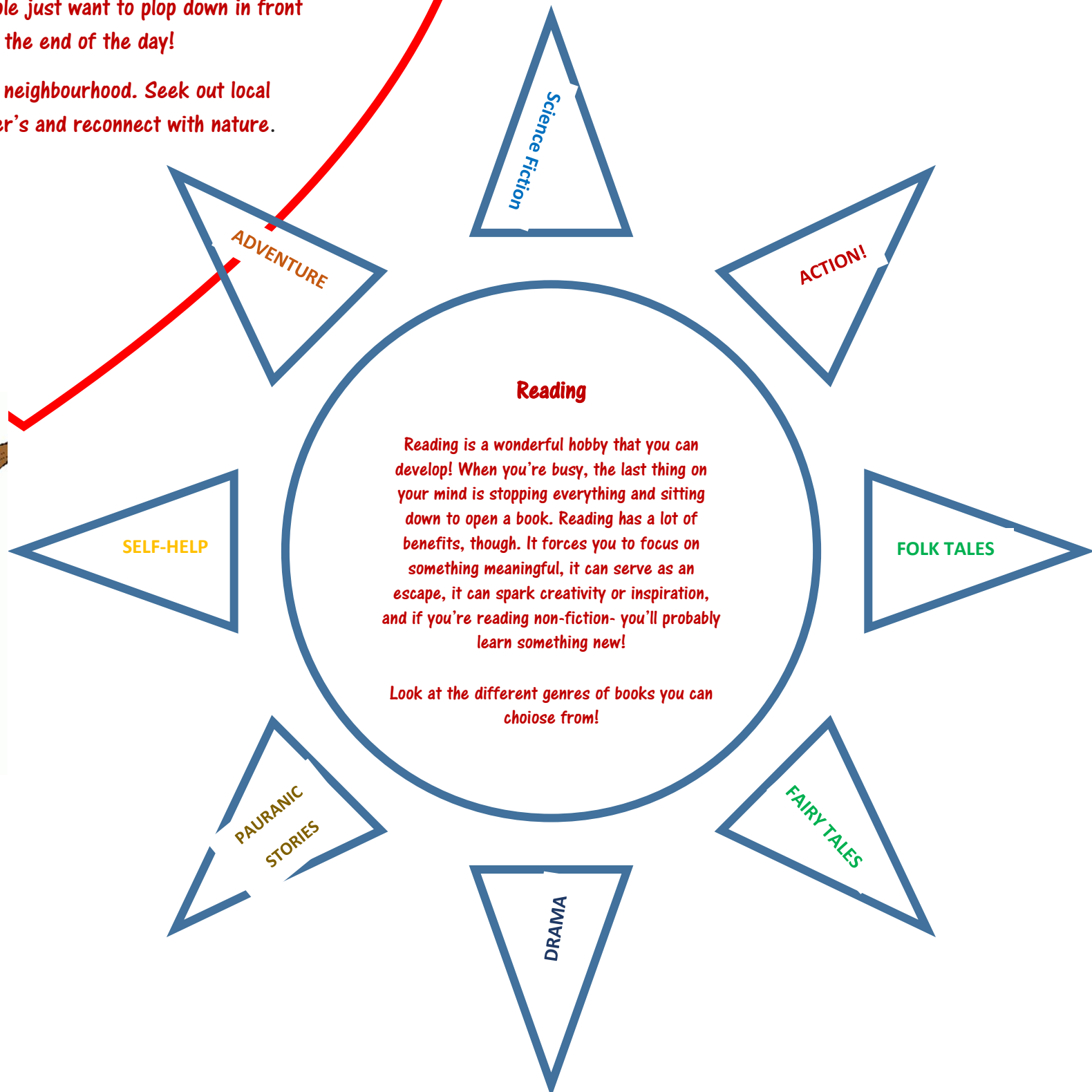
What do you enjoy doing in your spare time?

A hobby is a regular activity that is done for enjoyment, typically during one's leisure time. Hobbies can include collecting items and objects like stamps and coins, engaging in creative and artistic pursuits like drawing, writing, reading; playing sports, or pursuing other amusements.



**Hiking:** Getting outside is one of the best things you can do for your body, but most people just want to plop down in front of a screen at the end of the day!

Take a walk around your neighbourhood. Seek out local trails that are for beginner's and reconnect with nature.



# Namaste Fitness

## Top 10 Fitness Facts



1. Exercise Boosts Brainpower
2. Movement Melts Away Stress
3. Exercise Gives You Energy
4. It's Not That Hard to Find Time for Fitness
5. Fitness Can Help Build Relationships
6. Exercise Helps Ward Off Disease
7. Fitness Pumps Up Your Heart
8. Exercise Lets You Eat More
9. Exercise Boosts Performance
10. Weight Loss Is Not the Most Important

Source: <https://www.webmd.com/men/features/exercise-benefits>

ETHIOPIA'S ABEBE BIKILA WON THE GOLD MEDAL AT THE 1960 OLYMPICS - WHILE RUNNING THE MARATHON BAREFOOT! HE REPEATED THE FEAT FOUR YEARS LATER, THIS TIME WEARING SHOES.



<https://www.webmd.com/men/features/exercise-benefits>

## Did you know...

- Your heart pumps 2,000 gallons of blood each day?
- You take approximately 20,000 breaths each day?
- Your entire body, except for your palms, lips, and soles of your feet, is covered with dead hair?
- 14% of your body weight is made up of skin and 16% of your body weight is made up of bone?
- The tooth is the only part of the human body that can't repair itself?
- Every drop of blood contains 5 million red blood cells; 9,000 white blood cells; and 250,000 platelets?

## Yoga

Children derive enormous benefits from yoga. Physically, it enhances their flexibility, strength, coordination, and body awareness. In addition, their concentration and sense of calmness and relaxation improves. Doing yoga, children exercise, play, connect more deeply with the inner self, and develop an intimate relationship with the natural world that surrounds them. Yoga brings that marvelous inner light that all children have to the surface.

<https://www.yogajournal.com/teach/yoga-for-kids>

### Tadasana (Mountain Pose)

This pose teaches one to stand with majestic steadiness like a mountain. The word 'Tada' means a mountain, that's where the name comes from. It involves the major groups of muscles and improves focus and concentration. It is the starting position for all the other poses.

Stand with your heels slightly apart and hang your arms besides the torso. Gently lift and spread your toes and the balls of your feet, then lay them softly down on the floor. Balance your body weight on your feet. Lift your ankles and firm your thigh muscles while rotating them inwards. As you inhale, elongate your torso and when you exhale release your shoulder blades away from your head. Broaden your collarbone and elongate your neck. Your ears, shoulders, hips and ankles should all be in one line. You can check your alignment by standing against the wall initially. You can even raise your hands and stretch them. Breathe easy.

<https://food.ndtv.com/health/yoga-for-beginners->





# Mind Benders



Fine 24 names of dolphins that are hidden in the maze below.

P	I	L	O	T	W	H	A	L	E	A	F	R	T
I	G	I	S	F	C	O	M	M	E	R	S	O	N
G	F	K	T	R	D	U	S	K	Y	B	P	U	G
M	T	H	R	A	T	R	T	G	R	G	O	G	W
Y	H	B	I	S	B	G	F	E	G	I	T	H	H
K	N	F	P	E	A	L	E	G	B	R	T	T	I
I	R	A	E	R	W	A	E	N	F	R	E	O	T
L	F	L	D	R	I	S	S	O	D	A	D	O	E
L	S	S	A	E	E	S	R	G	D	W	U	T	S
E	H	E	A	V	I	S	I	D	E	A	H	H	I
R	A	K	S	E	D	C	D	E	E	D	J	E	D
W	H	I	T	E	B	E	A	K	E	D	T	D	E
H	E	L	U	E	L	H	N	M	T	Y	T	Y	D
A	C	L	C	R	A	H	U	M	P	B	A	C	K
L	T	E	U	T	C	S	P	I	N	N	E	R	D
E	O	R	X	G	K	A	S	D	F	R	E	S	A
E	R	T	I	B	O	T	T	L	E	N	O	S	E

What did the two dolphins say after not seeing each other for so long?  
"Long time no sea."

What happens to a small stone that works up its courage?  
It becomes a little boulder.

Bottlenose; Hector; Black; Commerson; White-beaked; Hourglass; White-sided; Spotted; Striped; Heaviside; Spinner; Dusky; Peale; Fraser; Risso; Rough-toothed; Irrawaddy; Pygmy-Killer-Whale; Tucuxi; Humpback; Pilot-Whale; False-Killer; Killer-Whale

## Sunshine Maze

It is time for the sun to come out from behind the clouds. Can you find a path through the maze to the sun?



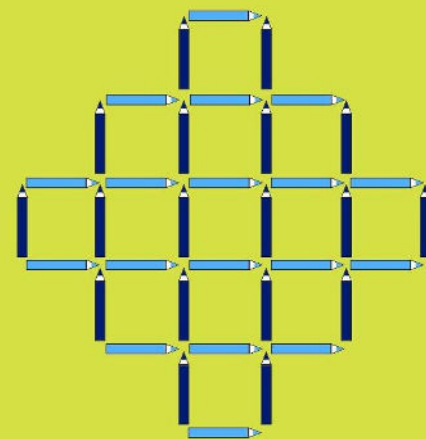
## Minibeast Sudoku

Every row, column and mini-grid must contain the letters DRAGONFLY. Don't guess - use logic.

		O				A		
R	L						D	F
	F		L	O	D			N
D			G	L	Y			N
N	A	F		D		Y	L	G
L			A	F	N			R
	R		O	N	A		Y	
O	G							R
		Y					L	

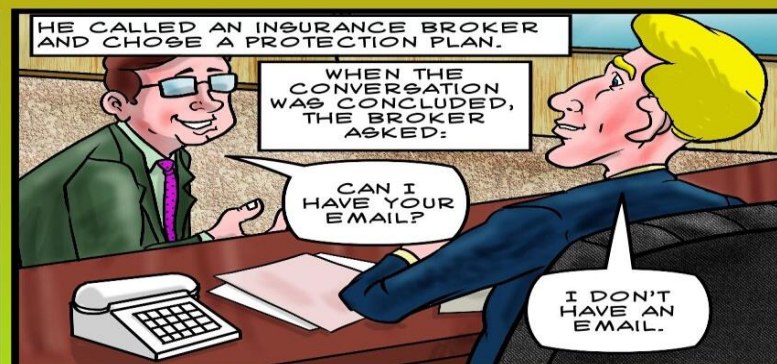
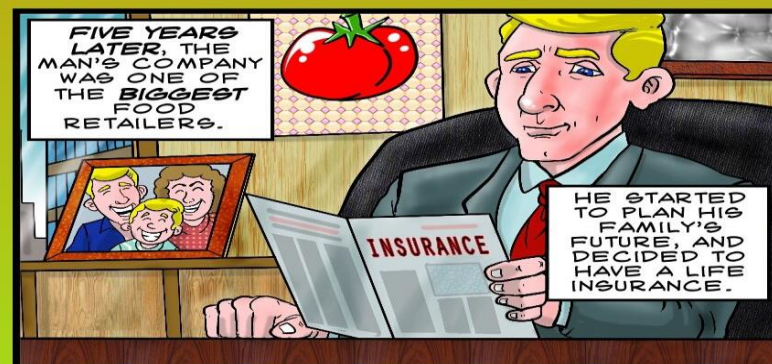
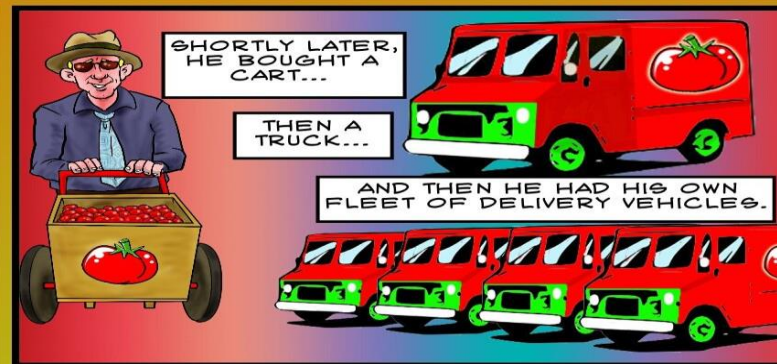
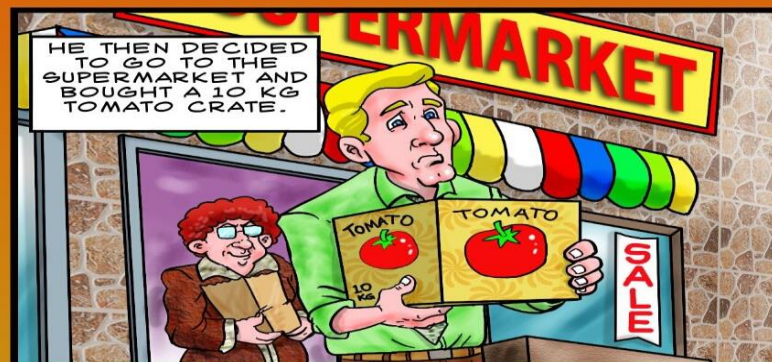
## 6 Boxed in

There are 36 pencils making up the shape below. Can you take away four pencils to leave nine squares?



# Story Time

## THE TOMATO STORY





# From our Sister Schools

## Parijnanashram Vidyalaya

### Karla

16th June, 2017 : Parijnanashram Vidyalaya ( English Medium ) started the Primary school classes (1st to 5th Standard) in an afternoon shift at the Pre-Primary school building .

It will move to its own new building by next year (2018). All Primary section teachers have been selected on the basis of their qualifications (D.Ed / B.Ed) and fluency in speaking English. These teachers will be given regular training through periodic workshops based on the philosophy of constructivism. Though the school is presently affiliated to the SSC Board, it is proposed that it changes over to CBSE Board subsequently.

## Srivali High School

### Shirali



Our bright children are doing their best to do their institution proud. They have brought home several prizes from inter-school sports competitions held at the Taluka, District and even State level!

## Ganapathy High School, Mangaluru

Three days in a week, the children chant the 13<sup>th</sup> and 15<sup>th</sup> Chapters of the Shrimad Bhagavad Gita. After the daily prayers, on the remaining three days, the children learn one Subhashita in Sanskrit along with the meaning and more importantly, how to use this wisdom in their daily life.

Plans are afoot to start a Shankar Mahadevan Academy of Music and a Prakash Padukone Academy for badminton!

# From our Sister Schools

## **GURUPRASAD HIGH SCHOOL**

Mallapur, located in Honavar Taluka, Uttar Kannada district, is a holy place with four temples.

Mallapur is a small hamlet with a population of just around 500 and it functions under the jurisdiction of Chandavar Gram Panchayat. There is a stone inscription stating this place was granted as an Agrahar for some Brahmin families in 1345 under the orders of Harihar, the then king of Vijaya Nagar.

For a long time, there was no High School in Mallapur and hence, after the 7th Standard students of Mallapur, Konalli, Chandavar and Kekkar had to travel 9 kms away to Kumta, for their High School education. Besides, they had to traverse this enormous distance on foot through thickly forested area! Our Parama Guru Pujya Parijnanashram Swamiji III visited Mallapur when He was Shishya Swami and camped there for nearly two months . It was He who supported the plea of the local people that there should be a High School at Mallapur as it was equidistant from all the surrounding villages namely Konalli, Kekkar, Chandavar and Kujalli. After becoming the Mathadhipati, Pujya Guru Swami called the residents of Mallapur to Shirali to bless them with a donation and this sacred Guruprasad has spurred on all the developments and success that followed! Swamiji also advised that a Society be formed immediately so that funds could be collected from generous donors.

# Our Earth



Earth, as viewed from the cabin of the Apollo 11 spacecraft. Credit: NASA

## 70% of the Earth's Surface is Covered in Water:

When astronauts first went into the space, they looked back at the Earth with human eyes for the first time. Based on their observations, the Earth acquired the nickname the "Blue Planet". And it's no surprise, seeing as how 70% of our planet is covered with oceans. The remaining 30% is the solid crust that is located above sea level, hence why it is called the "continental crust".

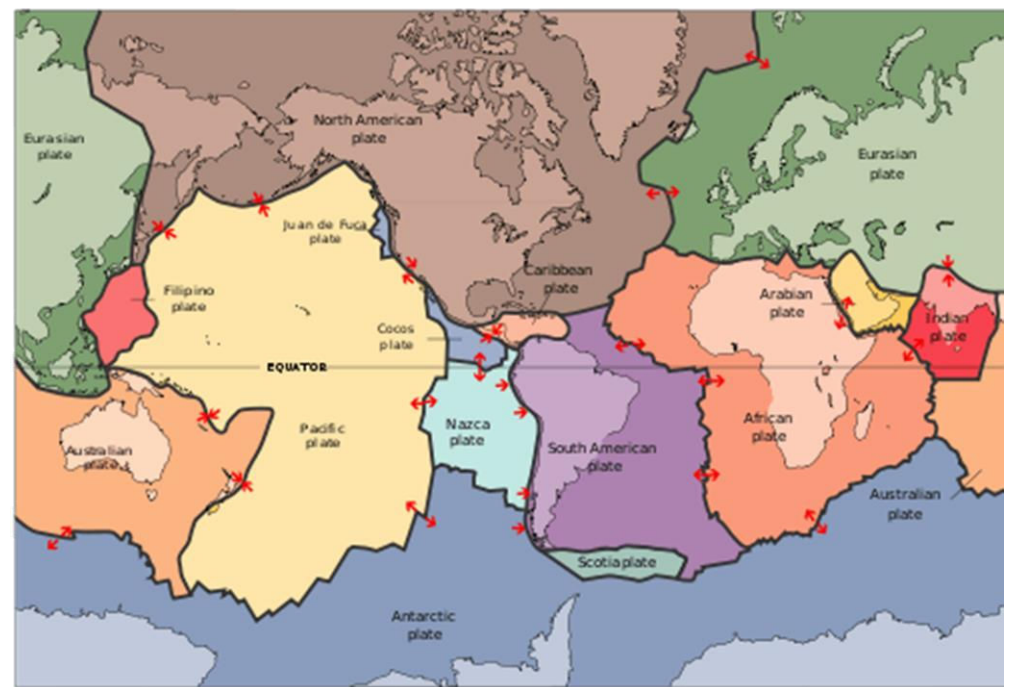
A biome can be defined as a major regional group of distinctive plant and communities that are adapted to the region's natural environment, latitude, elevation and terrain etc. The type of a biome is determined by the climate and geography of the area.

- Approximately 1/3 of the earth's stored carbon can be found in the Arctic Tundra soil.
- The tropical rainforests have vegetation so thick that less than 2% of sunlight reaches the ground.
- Temperate forests are also known as deciduous forests. They experience four distinct seasons.
- There are two different types of aquatic biomes that are freshwater and marine biome.
- The Arctic tundra is the earth's coldest biome. Here, the Sun does not rise for nearly 6 months of the year.
- The coniferous forest can be described as area of land covered in evergreen trees that have needle leaves and cones.

Source: <http://easyscienceforkids.com/biome-facts/>

## Plate Tectonics Keep the Planet Comfortable:

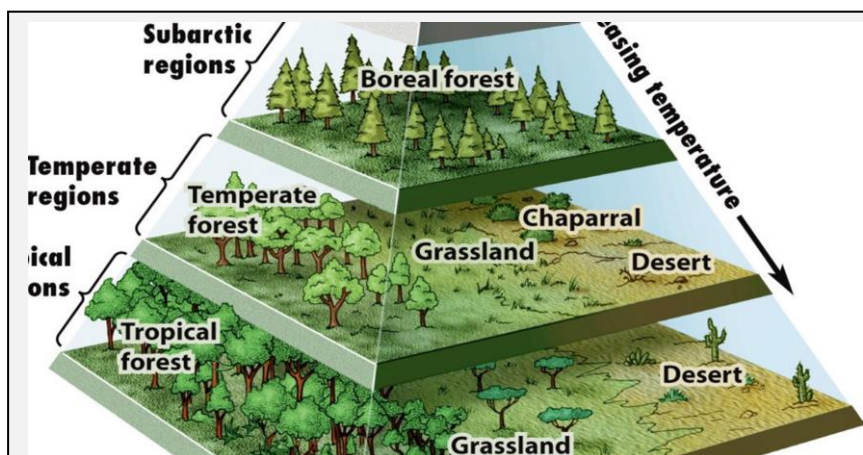
Earth is the only planet in the Solar System with plate tectonics. Basically, the outer crust of the Earth is broken up into regions known as tectonic plates. These are floating on top of the magma interior of the Earth and can move against one another. When two plates collide, one plate will subduct (go underneath another), and where they pull apart, they will allow fresh crust to form.



The Earth's Tectonic Plates. Credit: msnucleus.org

This process is very important, and for a number of reasons. Not only does it lead to tectonic resurfacing and geological activity (i.e. earthquakes, volcanic eruptions, mountain-building, and oceanic trench formation), it is also intrinsic to the carbon cycle. When microscopic plants in the ocean die, they fall to the bottom of the ocean.

Over long periods of time, the remnants of this life, rich in carbon, are carried back into the interior of the Earth and recycled. This pulls carbon out of the atmosphere, which makes sure we don't suffer a runaway greenhouse effect, which is what happened on Venus. Without the action of plate tectonics, there would be no way to recycle this carbon, and the Earth would become an overheated, hellish place.



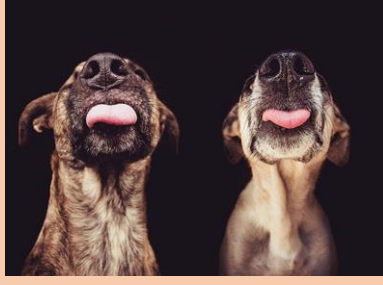
Source: <http://bigthink.com/strange-maps/a-pyramid-map-of-the-worlds-biomes>

# Animal World

Sea otters hold hands while they're sleeping so they don't drift apart.



Dogs' nose prints are as unique as human fingerprints and can be used to identify them.



Tigers have striped skin as well. Each pattern is as unique as a fingerprint.



Animal behaviorists have concluded that cats don't meow as a way to communicate with each other. It's a method they use for getting attention from humans.



A Rhinoceros' horn is made of hair!



- .8 metres, it contains the same number of vertebrae at a human neck.
- A giraffe's habitat is usually found in African savannas, grasslands or open woodlands.
- The distinctive spots that cover a giraffe's fur act as a good camouflage to protect the giraffe from predators. When the giraffe stands in front of trees and bushes the light and dark colouring of its fur blends in with the shadows and sunlight. Giraffes are ruminants. This means that they have more than one stomach. In fact, giraffes have four stomachs, the extra stomachs assisting with digesting food.
- Drinking is one of the most dangerous times for a giraffe. While it is getting a drink it cannot keep a look out for predators and is vulnerable to attack.
- Giraffes are the tallest land animals on earth thanks in part to their distinctive necks which alone can reach almost 2 meters in height. Although a giraffe's neck is 1.5 - 1

# Craft World

Fun for kids to make and wear!



## You will need:

Large paper plate  
Grey paint  
Grey card  
Coloured paper  
Decoration  
Glue  
Thin elastic

## Instructions:

Paint the back of the paper plate grey and leave to dry.

When the paint is dry cut out your eye holes.

From grey card cut a trunk and two ears, remembering that Indian elephants have small ears.

Glue the ears to opposite sides of the face and the trunk to the middle.

Cut out a triangle of coloured paper for the head-dress and glue it to the plate so the point sits between the eyes. Decorate the coloured paper with bits from your craft box.

Make a small hole in either side of the face. Tie a piece of elastic through.

## Paper Butterfly



## You will need:

- A square sheet of paper
- Scissors
- A piece of ribbon, wire or thread

## Instructions:

- Begin by cutting your square piece of paper in half
- Take one piece and fold it in half LENGTH ways.
- Open it up and fold in the corners, so you have a rectangle with pointy ends.
- Fold in half again – coloured side facing out.
- Now you need to “concertina each side”. Our concertinas are approximately half a centimetre wide.
- Now take the second strip of your origami paper and start folding it into a concertina across the short width.
- Fold both pieces in half.
- Tie with a ribbon or thread and secure.
- Your easy paper butterfly is done!



# News from our Math

## II GIRVANAPRATISTHA II Department of Sanskrit studies Shrī Chitrāpur Math

Parama Pujya Sadyojāt Shaṅkarāshram Swamiji's love and reverence for Sanskrit is well known. Swamiji, in His *pravachana-s*, has always touched upon the language's beauty and its capacity to express a thought. Following His instructions that Sanskrit learning must be made easy and freely available to everybody who desires to learn it, a group of *sadhaka-s* worked to formulate a Step by Step learning programme.

The lessons that you see on our website are designed to take a student from 'I do not know a word of Sanskrit' to 'I can't believe that I can decipher this on my own!' We help you do this through tutorials and exercises in sentence construction. Answers to the exercises are also given for you to cross-check the work that you have done.

## Prarthanavarga



### Stepping into Spirituality

A journey beginning in childhood, when the mind and the heart are fertile for sowing the seeds of samskara-s that have been imparted by our Guru Parampara; a time when children learn the basic tenets of spirituality, the fundamental principles of Hinduism in a way which appeals- through tales and rhymes, through stories and poems; a journey marked by the chatter of voices engaged in Vimarsha, the resounding chorus when chanting shloka-s and stotra-s; the giggles, whispers and pockets of deep silence when immersed in a craft activity, the mimicry and laughter when rehearsing dramas; the focus and enthusiasm when engaged in project work; the awe when walking upon nature trails; the upsurge of pride when delving into what is India-; reaffirming ties with Konkani; learning simple Sanskrit sentences; this is what is PRARTHANA- interactions amongst teacher, parent and child, filled with love, pride, joy and gratitude coming straight from the heart and offered at the charana of our Guru Parampara.

PRARTHANA, a prayer- the first spark where the disciple's fervent appeal is met with the life transforming touch of the Guru.

PRARTHANA- A team of enthusiastic and dedicated teachers and parents working with children as they build happy memories and spiritual and emotional strengths.

PRARTHANA- A journey, developing in teacher, parent and child a deep connection with the Guru, the Guru Parampara, the Lord and Shrī Chitrapur Math- our source of strength and inspiration.

## Project Parimochan



Project Parimochan is a participatory programme launched by Parijanan Foundation® to reach out to people below the poverty line (BPL) and initiate sustainable development in several villages around the Shri Chitrapur Math®. The twofold aim of this endeavour is to improve livelihood and thereby the quality of life of the participant natives on the one hand and on the other to ensure sustainable management of the natural resources within the given area.

By virtue of its generation under the umbrella of spiritual sanctity provided by the Math and its Guiding Light – the extremely dynamic, erudite and open-minded Master -His Holiness Sadyojat Shankarashram Swamiji- the Parimochan Project has also played a vital role in strengthening the human value system in the villages 'adopted' by it.