

Parijna Patrika

Guru Purnima-2019



National News

by Jyothi Bharat Divgi

This is our great Indian Democracy!

Every voter is important- even if our polling officers have to face the toughest obstacles to reach the last voter. Tashigang village in Himachal Pradesh takes the pride as the highest polling station – situated at a high 15,256 feet! This polling station has only 49 registered voters.



Picture Credit: www.thehindubusinessline.com

Meanwhile in Leh, a polling station at 14,890 feet above sea level was set up at Anlay Pho. Another polling station for the least number of registered voters -12 – was set up at Gaik Village. This was declared by Leh District Electoral Officer, Anvy Lavasa.



Polling officials crossing in Ladakh ensuring every last voter can vote. (Source: [District Administration Leh](#))

International News

“I’m the happiest person on earth!”

Mitsuhiro Iwamoto says, “Failure is only failure when you stop trying!” Mitsuhiro lost his eyesight when he was only 16. But he wanted to break the boundary and sought to become the first visually impaired to sail non-stop across the Pacific Ocean. He teamed with Doug Smith who went as a navigator.

The first time that Mitsuhiro tried to cross the Pacific Ocean in 2013, his boat was hit by a whale. The boat sank and he spent 11 hours floating in a life raft till they were rescued.

But did that stop Mitsuhiro from trying again? NO!!!

On a sailboat named “Dream Weaver” – a 12- metre sailboat, the two men set out from San Diego, California, on the 14,000 kilometre trip. They carried enough food and drinking water. The boat had solar panels to keep the GPS and satellite phone charged. After sailing non-stop for 55 days, they arrived in Iwaka, Japan. “I’m the happiest person on the earth!” says Mitsuhiro.

Of course, he deserves to be! Don't you agree?





Source: Mr. Iwamoto's [GoFundMe](#) page

NAMASTE FITNESS

by Deepti Anil

Back to a new year at school! New things to learn and new games to play! To do it all like a champion you need to build a strong spine. Back to school also means that you are desk-bound for almost six hours a day which leads to built-up stress in the spine and poor postures due to slouching forward on your desk. To counter this, you can practice *Ushtrasana* (*Ushtra* - Camel in *Sanskrit*) which is a natural way to work on and improve wrong sitting postures. *Ushtrasana* helps in backward bending of the spine and stretches the body as well as opens up the thoracic region. In the final position of this *asana* the body resembles a camel. *Ushtrasana* is an excellent posture that stretches the chest muscles, lowers the blood pressure (helpful for people suffering from hypertension) and promotes healthy heart functions. Not to mention, it is also a great way to keep your body in shape, flexible and lean. This pose also reduces fat deposits from the stomach, thigh, hips and arms. Additionally, it boosts self-esteem and improves stamina. So let us learn how to do *Ushtrasana*.

1. Assume a kneeling position on a mat and support the body on the knees and toes (bent).
2. Slowly, lean backwards, and take the arms behind.
3. Hold the ankles with the palms and lift your upper thorax (chest) upwards and outward, tilt your head behind gently.
4. Keep the arms straight, eyes open, gaze fixed at a point.
5. Maintain this posture, as per capacity, keeping the breathing normal (final position).

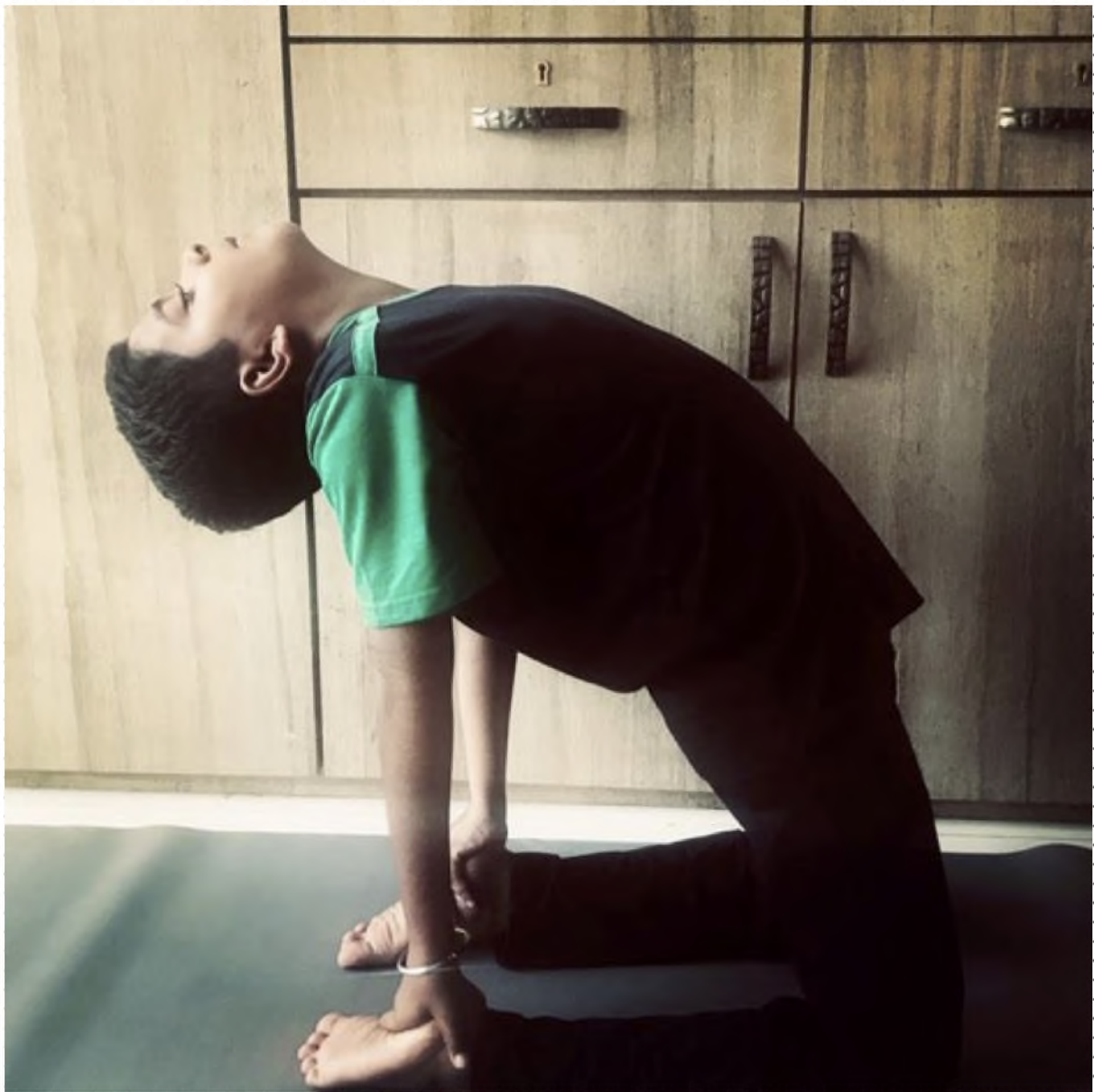
Limitations/ Contra-indications: If you have abdominal inflammations, ulcers and slipped disc avoid this practice.

Benefits:

1. There is inverted pressure on vertebrae from the small of the back towards the shoulder and neck.
2. Relative stretching of the thighs, the abdomen, the thorax, the neck and the facial muscles.

3. Alleviates constipation.
4. Relieves back pain.
5. Improves posture by correcting drooping shoulders and rounded back.
6. Improves breathing by opening up the chest; hence, good for asthmatics.
7. Favourable influence on ovaries, thyroid and other glands.
8. Reduces fat on abdomen, thighs and arms.

So sit up and seize the new year at school with a strong spine!



NUTRITION NUGGET

by Deepti Anil

The rains are here giving us respite from the sweltering heat. The breezy mornings and earthy smell of the wet soil is something that we love during this season. However, along with relief from the heat, monsoon also brings along an array of bacterial infections that may take a toll on our body and overall health. Good health depends on the kind of foods we consume during the rainy season. During the rains, bacterial counts are at their highest so we must be extremely sure that the food we consume is unspoilt, fresh and safe to consume. It is best to avoid eating or drinking from roadside vendors as the spread of food-borne illnesses like jaundice and typhoid peaks with the onset of rains. It is advisable to soak fresh fruits and vegetables for some time in salt water and then rinse well before using them.

During this season, eat fruits like apples, bananas, guavas, pomegranates, and fresh lime as they help in meeting the vitamin B and C requirements necessary to build immunity from colds and coughs which are very recurrent in the rains. It is best to eat seasonal fruits as non-seasonal fruits get infested with worms during the monsoons. Avoid eating pre-cut fruits and juices from road side vendors as hygiene levels are questionable in these places.

It is best to avoid vegetables like cauliflower (*phul gobhi*), spinach (*palak*), cabbage (*patta gobhi*), ladiesfinger (*bhindi*). This may seem counter-intuitive because all our lives we have been instructed about the importance of eating

leafy vegetables. However, in the monsoon, they are best avoided. The grime and dampness present in them makes them highly susceptible to germs. Instead, opt for vegetables like bitter gourd (*karela*), bottle gourd (*lauki*), snake gourd (*padwal*) or Indian squash (*tinda*). Make sure all vegetables are thoroughly washed and cooked well. Preferably consume lightly steamed or cooked vegetables instead of raw vegetables. Eat steamed salads instead of raw vegetables as raw vegetables contain active bacteria and virus that cause bacterial and viral infections. Immunity can be increased by adding a dash of garlic to the curries you make. Consuming bitter vegetables like bitter gourd, and bitter herbs like *neem*, turmeric powder and *methi* seeds also help in preventing infections during the rains.

Lastly and most importantly, drink only boiled and purified water to protect yourself from harmful germs and drink plenty of it to keep your body hydrated. Stay healthy and happy while you enjoy this wonderful monsoon !



Our Festivals - *Guru Purnima*

by Vaishali Heblekar

“What is so special about *Guru Purnima*?”, little Vedant asked his mother on his way back from *Prarthana* class. He had heard his *Prarthana* teachers discuss about teaching the children *Guru - Pujana* in time for *Guru Purnima*. His mother smiled and answered, “*Guru Purnima* is dedicated to the great learned sage Ved Vyasa who has written the *Mahabharata* and also compiled the Four *Veda*-s. It is also called *Vyasa Purnima*. We pay our respect to our Guru who guides us in life and makes us aware of God and His powers. This day falls on the *Purnima* or full moon day in the month of *Ashadha*.” She continued before Vedant could ask her any more questions. “Ved Vyasa is worshipped since he had such immense knowledge. In the Indian tradition, the *Guru- Shishya Parampara* has been considered the life- line of knowledge being imparted on a one- to- one basis through generations. On this day, we specially celebrate the complete emotional, spiritual and intellectual bond with the Guru. We as *shishya*-s surrender at the Guru’s Lotus Feet.”

Vedant wanted to know more. He was waiting for his Amma to tell him more stories about this special day. She continued – “Do you know, *Guru Purnima* is also the beginning of the *Chaturmasa* - a four- fortnight period during which the Guru and the disciples increase the intensity of their *sadhana*. In the olden days, during monsoons (which is when this period falls), a *Parivrajakacharya* or the Guru who travelled from one place to the other, used to settle in one place with his disciples and study spiritual texts and engage disciples in spiritual discussions.”

Vedant had his two-bit to add. “I remember the *Chaturmasa* at Karla when Swamiji had sat on a boat and crossed to the other side. It was so much fun and I was hoping I could join Swamiji in that boat!” His mother smiled again and continued, “You are right! That is the *Seemollanghan*, which marks the end of the *Chaturmasa*, when the Guru crosses the nearest river and resumes his travel to perform his sacred duty of imparting spiritual knowledge everywhere.” “On *Vyasa Purnima*, the *shishya* performs *Guru Pujana*. So, you all are going to start learning how to do *Guru Pujana* so that you can perform it on *Guru Purnima*.”

Vedant was thrilled and was eager to begin learning the *Guru Pujana* immediately. “I can’t wait for my next *Prarthana* class!” he said in a voice full of excitement and anticipation.



Rainwater Harvesting

by Dr.Gaurish Padukone

How incredible it would be if you could slash as much as 50 to 60% off from your household water bill every month!

Rainwater is one the best gifts to us from Mother Nature. If we take certain measures to conserve this water wisely, we will be enabling ourselves to re-use it.

Rainwater harvesting is a process of collecting and storing water in natural reservoirs or tanks from surfaces that rain has fallen upon. This not only revives the groundwater level, but also helps us to save energy/electricity being consumed by submersible pumps to get our daily water supply.

Why Rainwater harvesting?

1. It reduces dependency on water bodies like lakes and dams.
2. Expenses on utility bills come down by at least 50%.
3. Less harm to groundwater level.
4. It prevents soil erosion.

How to conserve rainwater?

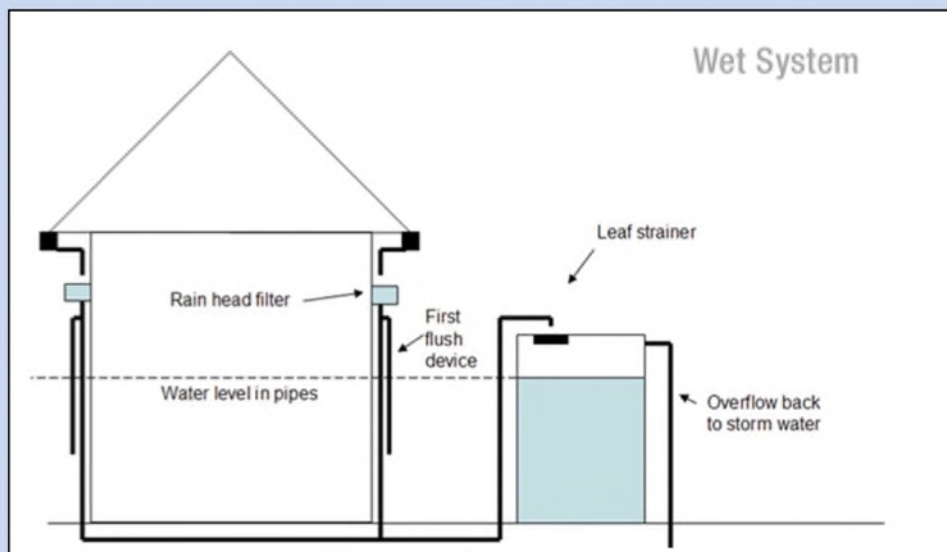
1. **Roof top rain harvesting:** We can install a barrel that has a drainpipe in which the water will flow down from the rooftop into a collecting tank. Such barrels are quite easy to use and are easily available in the market. This can be utilized for watering plants/ gardens, cleaning, washing and so on.



1. **Dry system:** In this process, water is collected from the rooftop and allowed to 'dry' after rain. This method has the potential to store rainwater in higher volumes. An improvement to the rain water barrel- technique in terms of size, a well/tank, with a larger capacity is situated just a few metres from the property. A gutter is then diverted to channel water into the tank. The name "dry" comes from the fact that the collection pipe/ channel dries up after any rainy day because it is meant to empty into the well/ tank. The dry system is ideal for areas w



2. **Wet system:** The wet system is the exact opposite of the dry system. Here, numerous collection pipes are connected to multiple downspouts on the building and channelled to empty into a storage tank underground. When there is no rain, the level stays constant and the pipes are always full. Due to the ever- availability of water inside the pipes, it is recommended that they be watertight to mitigate the possibility of leaking into the soil.



Rainwater harvesting should be adopted in our independent homes, or in a residential complex. Not only does it help in cutting down our personal expenses, it also addresses the water scarcity problems in our neighbourhood.

Natural resources come in abundance but they cannot be produced in our workshops. Today, most countries of the world are facing the scarcity of water and are taking up rainwater harvesting for survival.

Benefits of Rainwater Harvesting

1. The collected rainwater can be used for many different purposes including laundry, washing dishes and more.
2. The ecological benefits of rainwater harvesting are immense. There will be a significant reduction in the amount of water used from the main water -supply source .This will help minimize the possibility of rivers drying up.
3. Rainwater harvesting systems are considerably easy to maintain since they are not utilized for drinking, cooking or other sensitive uses. This means that they will not need installation of purification systems, which are usually expensive.
4. This system reduces erosion and flooding around buildings.
5. Installation of rainwater harvesting system is not that expensive. Also it is a one-time installation. The only routine maintenance required is cleaning out the tank.

Rainwater harvesting is being accepted across the world. It is an easy, simple and worthwhile process! Do give rainwater -harvesting a second thought...

Bunds Constructed at Kembre Farms in Shirali for Rainwater Harvesting





A brilliant new bowl-shaped roof serves a double purpose for people living in hot, arid climates — providing free water and free air conditioning. The Concave Roof collects the rain water — which is stored in tanks in the walls — cooling the walls!

The Iranian architecture company [BMDDesign Studios](#) hopes this design will help provide water to the parched planet

Courtesy: returntonow.net

A Hungarian with an Indian soul

by Sadhana Kaikini

Eve was born in Switzerland to a Hungarian father and a Russian mother. Little did she know that some day she would be Savitribai Khanolkar, the wife of an Indian Major General Vikram Ramji Khanolkar.

After marriage, it did not take her too long to fall in love with the Indian culture. She became an avid reader of the Indian scriptures and ancient Indian history. Hindi, Sanskrit and Marathi were languages that she loved, learnt and became fluent in!

Her passion for India and deep understanding of Indian culture caught the attention of Major General Hiralal Atal. He had been on the lookout for someone to design awards for the Indian army soldiers. This was just after India's independence. Being forbearers in the movement for freedom, the Major General wanted awards to be specially designed for them.

Savitribai Khanolkar was given this privilege.

She began with the **Param Vir Chakra** - and designed it based on the inspiring story of Sage Dadichi whose spine had been used to make the *vajra* or thunderbolt. The sage had willingly given up his body on knowing that it was needed to kill the dreaded demon Vrutasur. Savitribai designed the **Param Vir Chakra** with a double *vajra*! The other bravery awards were also designed by her. She spent her last days in the Ramakrishna Ashram and passed away on 26th November, 1990.

Do you agree that she richly deserved the title 'A Hungarian with an Indian soul'?



'Space – The Final Frontier'

by Dr. Khurshed Bharucha

Is there a possibility of life in the Trappist-1 System?

Trappist -1 is an ultra-cool red dwarf star. It is located 39.6 light-years from the Sun. In size, it is about 9 per cent the mass of Earth's sun and about 12 per cent its radius. NASA announced in February, 2017, that they had found seven planets around the same size as Earth, orbiting Trappist -1.



Plus, guess what? Scientists think there may be water on at least three of the planets. Planet, TRAPPIST-1e lies in its star's habitable zone. That is the distance from a star at which a planet is warm enough to have liquid water on its surface and thus, can potentially support life as we know it on Earth. This planet may also have a lot of oxygen, the researchers said. Now, we know, that if a planet has water and the right conditions, it can support life! This discovery has led to questions like: Are we alone in the Universe? Is there another planet humans could live on way into the future?



A Glazed Donut?

No! A Blackhole!

What is a black hole? A black hole is formed when a giant star runs out of energy. The star crashes into itself, and its centre collapses under its own weight.



A black hole's gravity is so strong that it pulls in anything that gets too close. Not even light, the fastest thing in the Universe, can move fast enough to escape a black hole's gravity. That's why we cannot see black holes in space—they've eaten up all the light. Though astronomers cannot see black holes, they know they are there by the effect they have on objects that get too close.

However, on 10th April 2019, a team of over 200 scientists took the first ever photo of a black hole. Event Horizon Telescope team "imaged" the black hole that lies 55 million light-years away at the centre of the massive galaxy Messier



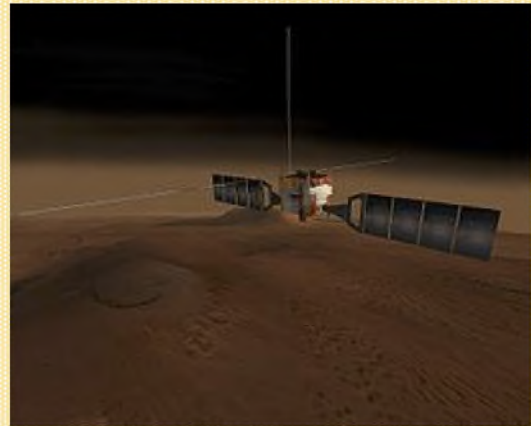
87. The Event Horizon Telescope uses eight telescopes around the world to observe some of the closest supermassive black holes. The EHT uses a technique called very long baseline

interferometry (VLBI), in which several radio telescopes, separated by thousands of kilometres, are made to observe the same object in the sky simultaneously. By combining the signals from each telescope in a particular way, it is possible to simulate a telescope as large as the Earth. This simulated telescope helped us get the first picture of a blackhole.

Water, Water Everywhere!

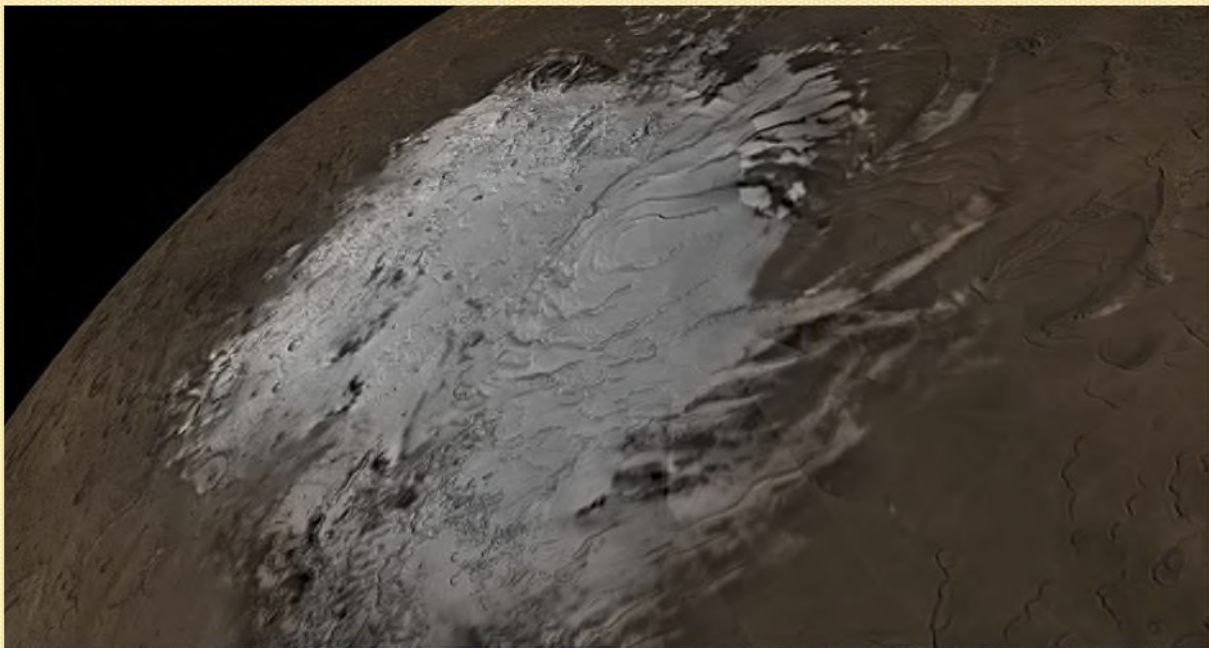
Even on Mars!!

European Space Agency (ESA) detected for the first time, a large body of liquid water beneath the Martian surface in July 2018. Using a radar instrument from the Mars Express Orbiter Probe, they found strong proof of a water lake 20 kilometres long near the South Pole.



This lake is buried under 1.5 kilometres of ice and would be at least 1 meter deep. It is still not known why the water has not frozen and is still in its liquid form in the reservoir, where temperatures are thought to be as low as -68 degrees Celsius. It is believed that the water is not frozen due to a combination of factors, like the enormous pressure at that depth, underground air pockets that retain the planet's internal heat and large amounts of dissolved salt in the water.

Water is necessary for life and with the finding of water on Mars the possibility of scientists finding life on Mars increases!



Brain Teasers

$$\begin{array}{l} \text{Red Flower} + \text{Red Flower} + \text{Red Flower} = 60 \\ \text{Red Flower} + \text{Blue Flower} + \text{Blue Flower} = 30 \\ \text{Blue Flower} - \text{Yellow Flower} = 3 \\ \text{Yellow Flower} + \text{Red Flower} + \text{Blue Flower} = ? \end{array}$$

Frogs on Lily Leaves

by Smita Nagarkatti

Things required:

4 to 5 different coloured papers, pencil, scissors, Fevicol, ready-made eyes or eyes which can be made of paper. Draw the outline of the frog and lily leaf on paper as shown.

Ready? Get Going!

1. Trace out the outline of the frog and lily leaf on 4 different coloured papers and cut them.
2. Cut small circles from paper and stick them on frog. Stick ready-made eyes or cut white and black paper to make the eyes. Stick on the frogs.
3. Cut strips of dark green coloured paper and stick them on leaf as shown in the picture.
4. Cut half- inch strips of paper to make paper spring as shown in the pic.
5. Stick the paper springs on the middle of leaf.
6. Cut small strips of red coloured paper to make the curled tongue of the frog and stick it below the mouth of frog. Stick the frog over the paper spring. Now, tap; when you tap the frog, he will move up- down.'











A Soldier's Life

by an Unknown Soldier

Soldiery is as old as history can recall when kings and chieftains ruled. Indian soldiers have taken part in both the world wars and five wars with our neighbouring countries with grit, honour and courage. They are considered as some of the finest soldiers in the world. They are modest, disciplined, reliable, trustworthy and has always delivered results against all odds and risks. They are the pawns; protecting our country with their lives at stake.

While a '*Jawan*' is a humble and hardy rural youth who joins the Army to earn a living, there are many from the North Indian martial races who consider it a pride to serve in the Army. On recruitment, a soldier is allotted to different arms and services of the Army, based on vacancy and criteria. Thereafter, he undergoes basic training for about a year before being posted to his unit to perform his duty.

The different arms and services of the Army are:-

Infantry- Soldiers who man the borders and defend our territory and also take part in offensive operations against our adversaries. He is the first line of defence and the most vulnerable.

Mechanised Forces- They operate in armoured tank and armoured carriers.

Artillery- They man the long- range guns and missiles to support the Infantry and Mechanised forces.

Services-These are soldiers who support the fighting forces by providing food, clothing, weapons and ammunition, accommodation, transport, medical treatment and so on.

Our soldiers are trained to defend our country from our adversaries. But they do so much more- they fight insurgency and militancy/ terrorism and they are deployed during civil unrest and natural disasters. Sometimes, they are called to serve in UN peacekeeping forces.

A soldier serves against all odds.

- Inclement weather: Ranging from 55 to -40 degrees, snow, rain, fog, marsh, forests, mountains, high altitude, rivers, seas.
- Lives in a barrack dormitory in peace station, bunkers along LOC, *basha-s* (mud walled thatched huts) in semi -field areas, tents in camps and high altitude areas, dug-outs in deserts.
- Serves three years in field area (border) and two in peace station (interior)

A good deal of facilities are available to defence personnel. Some of these are:

- Free food/rations, clothing and accommodation.
- Canteen service at subsidised tax.
- Medical treatment for the family.
- Three months leave in a year.

Despite many odds, he is still there silently standing and guarding our borders to provide us a safe life!

Can there be any other profession which can match his sacrifice? An epitome of service!

It is the soldier who deserves the best of everything that our country can provide in terms of good life and respect!

My salute to the unknown Soldier!

JAI HIND!





Stalactites and Stalagmites

by Dilip Basrur

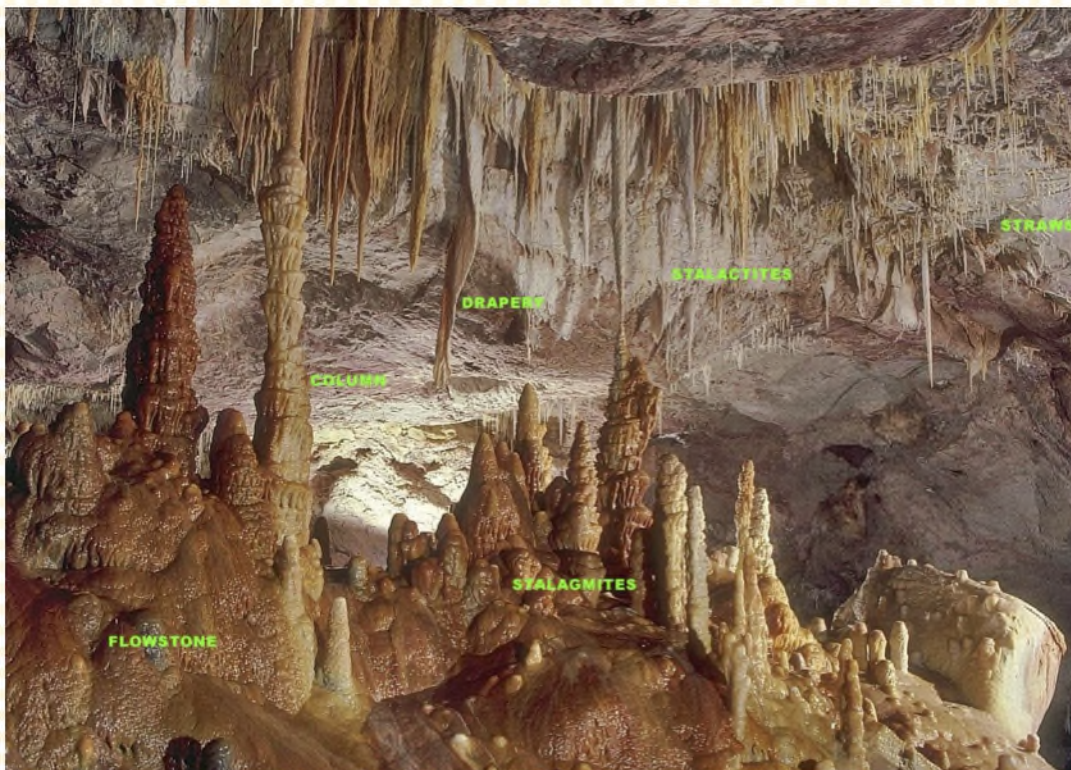
Stalactites and **Stalagmites** are types of mineral deposits found in caves that accrue through the processes of solution and deposition. **Stalactites hang** downwards from the ceiling of caves, whereas **Stalagmites rise** upwards from the floor of a cave.

But which is which? One way to remember is that Stalactite has a 'c' in it, as in ceiling and Stalagmite has a 'g' in it as in ground. These are formed by limestone, lava, ice, minerals, mud, peat, pitch, sand, sinter or concrete.

World's longest Stalactite: 8.2 meters (27 feet) in the White Chamber of the Jeita Grotto in Lebanon.

World's longest Stalagmite: 62.2 meters (204 feet) in the cave of Cueva Martin Inferno, Cuba.

Both Stalactites and Stalagmites are named as per their shape – see in picture below.

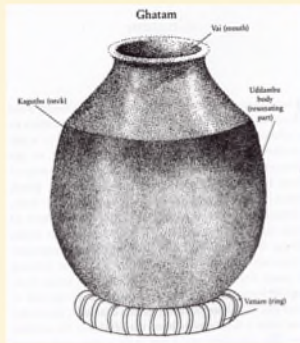


Gems From Ancient India - Ghatam

by Chandrima Kalbag

“You have to beat it 3,000 times,” says the Sangeet Natak Academy award winner, Meenakshi Kesavan. And sets about doing just that. Though it looks like a common unfired clay pot, this one will be shaped into an earthenware percussion instrument called Ghatam. This 63-year-old and her family of potters, with a 160 year old tradition, could be the only ones producing the unique *manamadurai* variety today.





Many percussion instruments use animal skins.

“Only *ghatams* are created from the five elements. There’s clay from the earth, the sun and air to dry it. Water shapes it, and fire bakes it.” It is a labour of love and service to music, as each Ghatam fetches only Rs. 600.

The instrument is made in various sizes and materials so as to suit the different *sruti-s* or pitch. Usually the *sruti* of the instrument would be the *adhara sruti* of a performance. Choosing the right *sruti* and tonal quality greatly enhances the performance. When soap or wet clay is applied to the neck of the ghatam, it brings down the *sruti* by half a note or one note. In winter, if heated, the instrument gives a good tone.

Iron fillings, copper, silver, gold, aluminium particles and graphite are also mixed with the clay to give the instrument sweet and resonant tonal quality. The soil for the clay itself may be collected from different locations, mixed with sand and treated to achieve the perfect raw material. The pot is shaped on the potter’s wheel, then pounded using a wooded spatula, dried and baked in the kiln. It is only after the final process that the tonal quality can be discovered, hence many pots which look beautiful have to be discarded later. Red or yellow polish enhances aesthetics.

In Karnatak music, the *ghatam* is positioned with its mouth pressed against the player’s stomach whereby he can change the pitch and resonance of the instrument by varying the pressure on the pot. The player taps the surface of the *ghatam* with the fingers and the base of the palm.

The *ghatam* is also found in folk music. In Kashmir, it is called *noot* and placed in an upright position for playing. Its variant in Punjab is called *gharha* and in Rajasthan, it is known as the *matqa* and *pani matqa*.

References to the Ghatam and similar *Bhand Vadya* can be found in the Ramayan, Mahabharat and Jataka tales. This proves that Ancient India had the technical knowledge required to mix various materials to achieve tonal quality. They also knew about resonance and the shape, thickness, clay content required to achieve certain harmonics called *Sruti*.

From our Sister Schools

Parijnanashram Vidyalaya, Karla

International Yoga Day









Ashadhi Ekadashi



From our Sister Schools
Guruprasad High School, Mallapur
Free Medical Camp For Students



From our Sister Schools

Guruprasad High School, Mallapur

Toppers of the School in SSLC Board Examination March/APRIL 2019



91.68%

M Maitr



87.04%

Nikhita Madival



86.24%

Madhura Achari

Annual Prize Distribution



Honouring state level sports persons



Farewell to the SSLC batch



From our Sister Schools

Ganapathy English Medium School, Mangaluru

International Yoga Day celebration on 21st June.

A 45 minutes Yoga session was conducted by Mr. Ruben Menenzes - a volunteer from Isha Foundation. The students and the staff took an active part in the session.



World Environment Day was celebrated on 5th June.

Our CEO Sri Alekal Ramachandra Rao Sir spoke on the occasion and the students performed various programmes depicting the need to protect our environment. A quiz competition was conducted cultural programmes performed on that day



In an awareness drive against the usage of plastic, "No Plastic Day" was celebrated at the school. The Headmistress Smt. Ranjitha Mahesh Joshi spoke on the occasion and explained the consequences of excessive use of plastics. Resource person Smt. Sri Lakshmi taught the students to make paper bags out of old newspapers and cloth bags from old clothes. The students plan to make 4 such bags and distribute them to shops nearby requesting them to say NO to plastics!

A small step to save the environment!



Celebration of Vana Mahotsava at Ganapathy English medium school on Friday 5th July 2019 by our cubs ,bulbuls, scouts and guides. They planted some flowering plants and fruit bearing saplings



Report from Ganapathy Junior College - Mangaluru

Yoga Day



Inauguration of College Students Parliament



NSS Activities – Planting of Saplings



From our Sister Schools

Parijnan Vidyalaya, Kotekar

Parents orientation was held on 29 th June. The volunteers from Ramakrishna Mission were present to demonstrate about making compost at home using kitchen waste - thereby not littering the surrounding and contributing towards a cleaner Kotekar



Parijnan PU College of Science and Commerce, Kotekar

“Swachh Someshwar Run” to create awareness for cleanliness.

Inaugurated by Pujya Ekagamayananda Swamiji of Ramakrishna Mission,
Mangalore



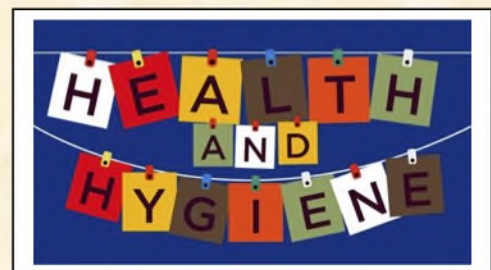
International Yoga Day –with the guidance of Esha Foundation



Science workshop (Chemistry in daily life”)



Lecture by Dr. Anupama Suresh, about Health and Hygiene.



Parijna Patrika

Guru Purnima-2019



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Math Website: Leenata Rao

Coordinator: Shivanand Mudbidri