

# Parijna Patrika

e-newspaper for children



*Makara Sankranti 2019*

*edition*

# News from India

**Mumbai hospital fire: Food delivery boy joins rescue work, saves 10 lives!**



A 20-year-old Swiggy executive, who was out delivering food, saved 10 lives when a massive fire broke out at a Mumbai hospital and killed eight people.

Sidhu Humanabade was passing by when he saw smoke billowing out from upper floors of the ESIC Kamgar Hospital. He left his bike and asked the firemen if he can join them in rescuing people. After a nod from officials, he reached the fourth floor of the building with the help of the fire brigade's ladder and rescued some stranded patients and visitors.

Braving the dense smoke that engulfed the area, he managed to bring 10 people out to safety in two hours.

Source: [www.theweek.in](http://www.theweek.in)



# International News

## Who said he is alone?

At around 3 a.m. on December 9th 2018, a homeless man named César entered the Hospital Regional Alto Vale in Brazil to receive treatment for a health problem. But the hospital staff realized that their new patient was NOT alone.

Nurse Cris Mamprim discovered some loved ones had followed him to the hospital door.

The compassionate staff of the hospital let the dogs inside and fed Cesar along with his loyal, four-legged friends.

"He has the best companions with him," Mamprim added. "I do not know what his life is like, or why he's on the street, but I admire the respect and love he has for his little animals... If only everyone were like this."



Credit: CrisMamprim / Facebook

## An Unusual 'Violet'



A team of 14 college students set a Guinness world record with a solar-powered car that they drove across Australia in six days using only \$50 worth of energy.

The car, named Violet, broke the record for using the lowest amount of energy on a cross-country drive after it travelled 4,100 kilometers from Perth to Sydney and arrived two days ahead of schedule.

The car was designed by the student-led Sunswift team at the University of New South Wales.



# Mother Nature

- By Dr. Gourish Padukone

## The Three R's of the Environment



India alone generates more than 1,00,000 metric tonnes of solid waste every day, which is higher than many countries' total daily waste generation taken together. We all generate waste and we want the government to handle the waste generated by us. Although waste management is a totally public funded or government funded activity, we as citizens should play an active role in proper management of waste that we generate.

The Central Public Health and Environmental Engineering Organization (CPHEEO) has estimated that waste generation in India could be as much as 1.3 pounds per person per day. That figure is relatively low, compared to the 4.6 pounds of waste generated per person per day in the U.S. However, the U.S. population is close to 307 million, whereas India's population is nearly four times greater, at 1.25 billion. These statistics mean that India could be generating as much as 27 million more tons of waste than the U.S. per year, although it has only one-third the land space when it comes to finding suitable locations for final disposal.

More than 30% of our waste is packaging materials. Where does it all go? Some 85% of our garbage is sent to a dump, or landfill, where it can take from 100 to 400 years for things like cloth and aluminium to decompose. Glass has been found in perfect condition even after 4,000 years in the earth!

We are quickly running out of space. It is time to learn the three R's of the environment: reduce, reuse and recycle. Then practice what you preach: do not buy things you do not need or items that come in wasteful packaging or that cannot be recycled. Reuse and recycle whatever you can.





# Mother Nature

- By Dr. Gourish Padukone

## Reduce

Reducing the amount of waste you produce is the best way to help the environment. There are lots of ways to do this. For example:

- Buy products that do not have a lot of packaging. Some products are wrapped in many layers of plastic and paperboard even though they need not be. You can also look for things that are packed in materials that do not require a lot of energy or resources to produce. Some products will put that information right on their labels.
- Instead of buying something you are not going to use very often, see if you can borrow it from someone.
- Cars use a large amount of energy and cause pollution. Some ways to reduce the environmental damage caused by cars include car-pooling with friends, walking, taking the bus, or riding your bike instead of driving.
- Start a compost bin. Some people set aside a place in their yard where they can dispose of certain food and plant materials. Over time, the materials will break down through a natural process called decomposition. The compost is good for the soil in your yard and means that less garbage will go to the landfill.



Picture credit: eponline.com

- You can reduce waste by using a computer! Most newspapers and magazines are available online. Instead of buying the paper editions, you can read them on the Internet. Also remember, that you should print out only what you need. Everything you print that you do not really need is a waste of paper.
- Save energy by turning off lights that you are not using.
- Save water by turning off the tap while you brush your teeth.



# Mother Nature

- By Dr. Gourish Padukone

## Reuse

Instead of throwing things away, try to find ways to use them again! For example:

- Bring cloth bags to the store with you instead of taking home new paper or plastic bags. You can use these cloth bags again and again. You will be reducing the use of plastic considerably!
- Plastic containers and reusable lunch bags are great ways to take your lunch to school without creating waste.
- Plastic bottles, cans, shoe boxes, plastic food containers, and other types of containers people throw away can be used to store things or can become arts- and -crafts projects. Use your imagination and have creative fun!
- Do not throw out clothes, toys, furniture, and other things that you do not want anymore. Somebody else can probably use them. You can bring them to a centre that collects such donations..
- Use all writing paper on both sides.
- Use paper grocery bags to make book covers rather than buying new ones.
- Store food in reusable plastic containers.

## Recycle

Many of the things we use every day, like paper bags, soda cans, and milk cartons, are made out of materials that can be recycled. Recycled items are put through a process that makes it possible to create new products out of the materials of the old ones.

In addition to recycling the things you buy, you can help the environment by buying products that contain recycled materials. Many brands of paper towels, garbage bags, greeting cards, and toilet paper, to name a few examples, will tell you on their labels if they are made from recycled materials.



In some cities, you can leave your recyclables in bins outside your home, and a truck will come and collect them regularly. Things like paper, moulded plastic cans and articles, plastic and aluminum cans and bottles can often be sold to people dealing with waste for recycling. Whatever your system is, it is important to remember to rinse out and sort your recyclables!



# Namaste Fitness

By Deepti Anil

## Dhanurasana (The Bow Pose)

It is often said that one is as old as one's spine! A single yoga session must ensure that the spine is bent in all possible directions; forward, backward as well as laterally to the right and left. This should be followed by *shavasana* which confers relaxation to the entire body and mind.

More often than not, in our daily lives we bend our spine forward during studying, mopping the floor, washing clothes or picking up things. A backward bend is very useful to limber up the spine and keep it flexible. This can be practiced in ***Dhanurasana***. *Dhanush* means 'bow' in Sanskrit and in the final position of this asana the body takes the shape of a bow drawn tight to shoot an arrow. Remember as always, do the *asana* slowly and steadily with no jerky movement. Breathe normally, hold the final posture for (3-5) normal breaths and do it as per your capacity. With daily practice the final posture may take a week or more to reach perfection.



### ***To do the asana:***

1. Lie on your abdomen on the yoga mat, with your chin resting on the floor, arms on the sides. Keep legs slightly apart and bend the legs at the knees. Reach back and hold the ankles.
2. Take your head and neck backward and simultaneously raise your knees, thighs and hips.
3. Look up, or close your eyes and balance the body on the navel while arching the spine as far as possible. Hold for a few breaths and slowly release and relax. Practise another round.

### ***Variation:***

While in the final position one can practice 'Rocking *Dhanurasana*' by gently rocking the body back and forth on the abdominal wall like a rocking horse, or chair. This gradually helps to reduce excess fat on the waist, hips and abdomen.

*Dhanurasana* strengthens the spine and tones the muscles of the neck, back and thighs; it also maintains digestive health and improves energy levels. A few rounds of this *asana* a day will surely keep laziness away!



# Namaste Fitness

By Deepti Anil

## Nutrition Nugget (Sesame seeds/Til seeds)

**Sesame seeds (til seeds)** are derived from the sesame plant, one of the oldest oilseed plants in the world. It is extremely resilient and can be grown in a variety of climatic conditions. The seeds are very small in size, the term 'Open Sesame' famously used in the story of Alibaba and the forty thieves comes from the fact that sesame seeds burst open when they mature!

### Nutritional Value of Sesame Seed

Sesame seeds are highly nutritional as they contain healthy fats, some protein and are calorie- dense. These seeds also contain an abundance of B vitamins as well as bone and haemoglobin - building minerals like calcium, copper, magnesium, iron, and phosphorus. A real hidden treasure lies in these seeds! No wonder the words 'Open Sesame' open up such a treasure trove!

Sesame seeds are black or white, the taste differs subtly as the hulls (cover) are still on in the black seeds. In addition, the black seeds are slightly richer in calcium.

Sesame has multiple health benefits for both young and old as the eating the seeds helps to facilitate digestion, keep the heart healthy , reduce inflammation in arthritis and hypertension , helps to grow strong bones, prevent cancers as well as to promote hair and skin care.Sesame oil is commonly used as a cooking medium.

### Two easy-to-do recipes to add *til* to our diet:

#### Dry Sesame-Garlic Chutney

2 tablespoons sesame seeds (til)  
2 tablespoon dried curry leaves (kadipatta)  
6-8 cloves garlic (lasun)  
2 dried red chillies  
1/2-1 teaspoon salt

#### Instructions

Peel garlic and smash cloves with the side of a knife to flatten as much as possible. Heat a small cast iron pan and when it's hot, add in the sesame seeds and stir frequently. At first, these seeds will pop but will settle down in a few minutes. You may want to use a splatter screen or plate on top, but be sure to shake the pan so the seeds don't burn.



# Namaste Fitness

By Deepti Anil

Once the seeds smell toasty and are somewhat brown, which will happen in about 1-2 minutes, pour them onto a plate and let them cool.

Add in the garlic cloves and toast until somewhat charred but not burnt.

Add these to the sesame seeds and let them cool for 5-10 minutes. Do not grind while hot else the steam will make a paste instead of a dry powder.

Once the garlic has cooled, mix together all ingredients in the plate. Working in two batches, grind to a powder in a coffee or spice grinder, shaking the spice grinder to ensure an even grind.

Store in a covered container in a cool, dry place for up to a week. Does not need to be refrigerated.

## Sesame and Jaggery squares

Sesame (til) - 200 gms. (2 cup)

Jaggery (gur) - 200 gms. (small pieces, 2 cup)

Ghee - 2 teaspoonsful

### Method -

Clean the sesame seeds

Heat a heavy broad- surface pan over a flame and put the sesame seeds in it. Roast the seeds on medium flame until they are brown. Do not over- roast the seeds, else they can become bitter in taste. Once the seeds are roasted well, take transfer them on to a plate, let them cool down and then grind in the mixer.

Grease the kitchen top or a wooden board.

Pour 1 teaspoon ghee into the pan and melt the jaggery pieces into it. Once the jaggery pieces melt down, cook them for another 2 minutes while stirring continuously. Put the ground sesame seeds into it and mix well.

Take the mixture in a ladle and spread it on the greased area. Make sure that the mixture is hot, cold mixture will set in few seconds and you will not be able to roll it on the board.

Apply ghee on your hands and spread the mixture on the board giving it a square shape.

Grease the roller with ghee and roll out the mixture increasing its size in the same shape.

Cut the rolled out strips (patti) with a knife in desired shapes. Let them cool down.

After the (patti) cools down pick up each piece from the board with the help of a knife. The tasty and healthy til patti is ready. You can store the pieces in an air-tight container and eat whenever you like.





# Gems from Ancient India

- By Chandrima Kalbag

## Zinc

The oldest known method of smelting zinc was developed in India. Radio carbon dating shows that Zawar mines near Udaipur in Rajasthan were active 2,500 years ago.

The Charaka Samhita, (around 500 AD), describes the medical use of zinc oxide.



Sanskritimagazine.com



Hindustan Zinc Limited. (hzlindia.com)

How did ancient Indians manage to extract zinc without electricity? Coal and wood- fired kilns and tubular clay pots, about 25 cm long, used by them have been found.

Calamine, i.e. zinc ore, was heated indirectly with charcoal in a covered crucible to about 1000 degree Celcius. Zinc vapour, which evolved at 907 degree Celcius was air cooled and collected into the condenser located below the refractory crucible. This process has been described in the ancient text of *Rasaratnasamuchchaya*.

By 1374, zinc had been identified as the eighth known metal in India. From the 1,30,000 tons of residue found, it is estimated that about a million tonnes of zinc and zinc oxide had been produced between 12th-16th century AD.



(Information and illustration: Mr. Fathi Habashi, AMZC.co)



# Gems from Ancient India

- By Chandrima Kalbag

## Ajanta and Ellora Caves

Near Aurangabad, Maharashtra, lie the Ajanta and Ellora caves. These masterpieces of Indian art and sculpture were declared World Heritage sites by UNESCO. The sheer basalt cliff face, lying in the Western Ghats, was cut and excavated to build these man-made caves. They served monks and travelers as resting places. These were of strategic importance for trade in ancient India.



Ajanta caves  
Picture: UNESCO.ORG

Ajanta caves date back from 2 and 1 BC to the Gupta Period (5 and 6 AD). These are some of the oldest cave paintings in the world, portraying exquisite and graceful form, feature, emotion, pose and gestures.



Cave 16 - the Kailasha temple in Ellora  
Picture: britannica.com

Ellora consists of 34 Jain, Buddhist and Hindu monasteries and temples, dating back from 600 to 1000 AD. Cave 16 having the Kailasa temple, dedicated to Shiva and Cave 10 having a Buddhist prayer hall, are a feat of engineering. Sculptures adorning the walls depict the past lives of Buddha, Jataka tales, Jain Saints, Hindu Gods and Goddesses, thus personifying the Ancient Indian civilization, with its brilliant scientific and artistic excellence, combined with religious harmony.



Cave 10 - Buddhist Prayer Hall  
Picture - britannica.com



# Inventions & Discoveries

By Dr. Khurshid Bharucha

## A straw that saves lives!

The Swiss company, Vestergaard Frandsen have designed the LifeStraw water filters. The LifeStraw is an effective filter and an instant method for removal of bacteria and protozoa (germs). This invention helps people in developing countries get potable water. It also helps in situations following natural disasters, when water gets contaminated and clean water is difficult to obtain.

LifeStraw is a plastic tube 22 cm long and 3 cm in diameter. Water which is sucked through the straw is drawn up. In the straw water passes through hollow fibres that filter water and remove extremely small particles and some germs, before it reaches the mouth. Thus, an individual gets instantly cleaned and drinkable water.



## Can I become invisible to mosquitoes?

The answer today is 'Yes!'. This is how - A small, square patch called the Kite Patch can help you become invisible to mosquitoes! The Kite patch is a sticker that emits chemicals that block the insects' ability to smell the carbon-dioxide in human exhalation. Since the mosquitoes cannot smell the carbon -dioxide in our exhaled breath, they cannot sense our presence. In effect, we become invisible to them.

To become invisible to mosquitoes for up to 48 hours, all you need to do is place the Kite patch on our clothes. This innovation helps to stop the spread of diseases such as malaria, West Nile Virus and dengue fever.





# Inventions & Discoveries

By Dr. Khurshid Bharucha

## You can drink this 'plastic'!

Plastics are toxic, do not decompose and lead to land pollution. Avani Eco in Indonesia creates a plastic made from a bio-degradable material- cassava, a cheap and common vegetable found across Indonesia. Products like bags, cups, etc. made from cassava can be dissolved in lukewarm water and are not toxic, so they do not cause land pollution.

In fact, these products made from cassava are not toxic and safe for animals who tend to eat bags and other disposables from garbage dumps! Kumala, the owner of Avani Eco is so confident of his product that he has often demonstrated its safety by dissolving and drinking his bioplastic creations.





# Animal World

By Dr. Gaurish Padukone

## The Owl....an interesting, but misunderstood bird

Hailed for their supposed wisdom, yet subjected to ridicule and superstitions - Owls have had a love/hate relationship with humans since the beginning of recorded history.

### Enjoy these owlish facts:

Most owls have large heads and round faces, short tails and muted feathers with mottled patterns while barn owls have heart-shaped faces and long legs.

Owls hunt at night - their dark colours make them nearly invisible to their prey— insects, small mammals, and other birds—and their wings beat almost silently. These adaptations, combined with their enormous eyes, put owls among the most efficient night hunters on the planet.



Picture credit: Undated composite image showing the 'extreme neck rotation' of a barred owl on Amherst Island, Ontario. (CTV/Hester Riches)

Do you know that owls can move their entire heads when looking at something rather than moving their eyes, like most vertebrates? Their astonishingly flexible necks let them turn their heads three-quarters of a circle, or 270 degrees, compared to 90 degrees for the average human being.

Usually, owls are depicted as extremely intelligent, but it is not possible to train an owl, while parrots, hawks, and pigeons can be taught to retrieve objects and memorize simple tasks. This does not mean owls are dumb either; they use their brain power to hunt at night!

Owls have some of the strongest talons in the avian kingdom, capable of seizing and grasping squirrels, rabbits and other mammals. It is not a good idea to keep owls as pets. Owls eat only fresh food, requiring a constant supply of mice, gerbils, rabbits and other small mammals. Also, their beaks and talons are very sharp, which can injure the handler.



Picture credit: owlcation.com



# Animal World

By Dr. Gaurish Padukone

The Greeks chose owls to represent Athena, the goddess of wisdom, but Romans were terrified of them, considering them bearers of ill- omen. The Aztecs and Mayans hated and feared owls as symbols of death and destruction, while many Native American tribes scared their children with stories of owls waiting in the dark to carry them away. The ancient Egyptians had a kinder view of owls, believing that they protected the spirits of the dead as they traveled to the underworld.

Use of owls in unfounded religious beliefs and black magic is endangering the population of this elusive bird species. Rampant poaching and illicit trade in different parts of the country have become a growing concern for wildlife conservationists. Driven by superstitious beliefs, owls are poached for their body parts such as talons, skulls, bones, feathers, meat and blood, which are then used in talismans, black magic, traditional medicines and so on.

The faithful consider an owl to be the sacred vahana of Goddess Lakshmi.

Yet, we have instances of people who sacrifice them during the auspicious festival of Diwali to force the goddess of wealth and prosperity to remain in their homes for a year. How sad to see the very bird revered in Indian culture being treated as a sacrificial offering!



There are more than 33 species of owls found in India, Here is the list of most commonly seen small and large species of owls of India.

## ***Indian Eagle Owl***

The Indian Eagle Owl is a large species of horned owl found the Indian Subcontinent. They are Considered as a sub-species the Eurasian eagle owl, it is found in hilly and rocky hills of all regions of Indian states.

## ***Spot- Bellied Eagle Owl***

The Spot- Bellied Eagle Owl is another large bird of prey found in the Indian Subcontinent. This forest- inhabiting species is also known as the forest eagle owl and is a very close relative of the barred eagle owl.





# Animal World

By Dr. Gaurish Padukone

## ***Dusky Eagle Owl***

The Dusky Eagle Owl is a large owl species, distributed in India and other Asian countries. The dusky eagle owl nests in the trunk of a large tree like mango and tamarind.

## ***Mottled Wood Owl***

The Mottled Wood Owl is another species of large owl found in gardens and thin deciduous forests of India. This large owl's characteristics include brown and black colours and distinctive calls at dawn and dusk.

## ***Brown Fish Owl***

The Brown Fish Owl is the most common and best-studied species of owl. This species of owl is large and one of the three living species of fish-owl found in India.

## ***Tawny Fish Owl***

Tawny Fish Owls inhabit the Himalayan foothills as also other parts of India and closely resemble the buffy fish owl. The tawny fish owl is partially diurnal and described as most powerful and savage.

## ***Buffy Fish Owl***

Buffy Fish Owls are found from Western to Central India in wet tropical forests near water. This the one of the three species of fish owl found in India.

## ***Short- Eared Owl***

The Short- Eared Owl is a medium- sized owl, most regularly seen flying late in the evening or at early morning. The short-eared owl is found in open grasslands in most regions of India.

## ***Spotted Owlet***

The Spotted Owlet is a small species of owl, found in mainland India. They roost in hollows of trees and are often found near human habitation.

## ***Forest Owlet***

The Forest Owlet is a critically endangered species of owl that is endemic to the dense forest of Central India. It was considered extinct but rediscovered in small numbers in the forests of Central India.



Picture credit: indianbirds.thedynamicnature.com



# Animal World

By Dr. Gaurish Padukone

## ***Jungle Owlet***

Jungle Owlet is found in the Indian Subcontinent, mostly in the Western Ghats. This small owlet is mainly active at dawn and dusk and especially known for their distinctive calls.

## ***Indian Scops Owl***

Indian Scops owl is a small owl, but is the largest of the scops owl species, found in the wild forests of India. This species of owl is nocturnal and very difficult to see in daytime due to natural camouflage.

## ***Mountain Scops Owl***

Then Mountain Scops Owl, or spotted scops owl species, is distributed over the Indian subcontinent . Here is the list of scops owls found in India.

- Oriental Scops Owl
- Pallid Scops Owl
- Collared Scops Owl
- Andaman Scops Owl

## ***Indian Barn Owl***

The common Barn Owl ,also known as white owl is the most widespread species in the world. A Barn Owl can be easily distinguish by its round face and the shade of grey or brown on its back.

## ***Brown Hawk Owl***

The Brown Hawk Owl is a medium- sized owl and a resident breeder of Asia, from India to Indonesia. This species of owl is very nocturnal and mainly feeds on insects, frogs and lizards.





# Did you know?

By Dilip Basrur

The Hummingbird is one of the smallest birds in the world. It is so small that it is often mistaken for an insect!

The hummingbird can hover, fly forwards, backwards and even upside down. They are called hummingbirds because of the sound created by their rapidly beating wings. Depending on the species - a hummingbird's wings can flap around 50 times per second and this can go as high as 200 times per second.



<https://www.ecolsoc.org.au/photographer-of-year/image/christian-spencer>

A hummingbird flies in front of the rising sun unravelling the rainbows in its wings!

On an average, a man inhales three cylinders of oxygen every day. As of today the price of one oxygen cylinder is Rs.700. So a person inhales Rs.2100 worth of oxygen every day. If we do not get oxygen freely like we are doing today from plants and trees, then we will have to spend Rs. 7,66,500 every year! Can we afford this?

Friends, this is one good reason why we should plant more trees!



# Did you know?

By Dilip Basrur

## What is a Hot Air Balloon?

A hot air balloon is a lighter-than-air aircraft consisting of a bag, called an envelope, which contains heated air. Suspended beneath is a gondola or wicker basket which carries passengers and a source of heat, in most cases an open flame created by burning liquid propane.

The heated air inside the envelope makes it buoyant since it has a lower density than the colder air outside the envelope. In modern sport balloons the envelope is generally made from nylon fabric.

The hot air balloon is the first successful 'milestone' of human-carrying flight technology.

The first manned hot air balloon flight was performed by Jean-François Pilâtre de Rozier and François Laurent d'Arlandes on November 21, 1783, in Paris, France, in a balloon created by the Montgolfier brothers.

Hot air balloons that can be propelled through the air rather than simply drifting with the wind are known as "thermal airships".



A normal hot air balloon



A novelty hot air balloon



# Craft World

By Smita Nagarkatti

## Tilgul Box

1. Things required to make a 'Tilgul box': Two A4 size papers, pencil, ruler, scissors, Fevicol and Tilgul.

2. Draw a square on the paper measuring 16×16 cms and cut out the square. Draw 4 cms on sides as shown in the picture.



3. Cut the corners as shown.



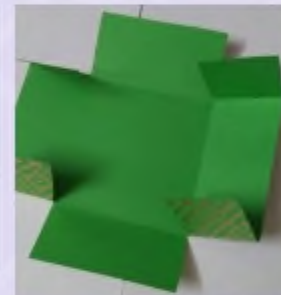
4. Similarly, take the second paper and cut four corners in a similar manner.



5. Fold the corners and stick them on the inner side and make a square box .



6. You will now get 2 square, open, half- boxes. Cover the lower half- box with another half -box. Place it like a lid.



7. Your box is ready. One can use it as 'A Tilgul Box' or a small gift box.

8. Use this 'Tilgul Box' during Sankranti and decorate the plate using flowers and sweets.





# Craft World

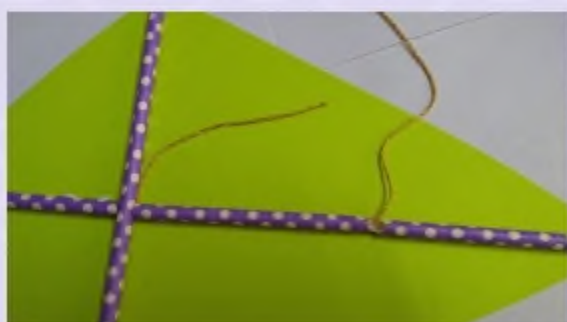
By Smita Nagarkatti

## Make a Kite and Fly it!

Things required to make a kite :

Two sheets of coloured/ printed paper, 3 straws, string, pencil, Fevicol, a pair of scissors.

1. Take an A4 size printed or plain paper and cut it as shown in the picture.
2. Place the straws in the manner shown in the picture, then stick horizontal straw to the kite, place the straw vertical to measure. Cut a small triangle and stick at the bottom.
3. Take the measurement and cut the straw and stick with Fevicol
4. Look at the picture carefully and make a hole in the straw from where you can pass the thread and stick.
5. Draw and cut 3 bows to stick on the tail of the kite.
6. Tie the thread to pull the kite and stick another piece of thread at the bottom of the straw (inside) to make a tail. Stick three bows on the tail as shown in the picture.
7. Check both the strings and wait for them to dry and get stuck properly.
8. Now turn the kite and see the other side of the kite, which is printed.
9. Similarly you can make kites with various colours and prints.
10. The straws will be visible on one side.



Your kite is ready!





# Sports

By Chaitanya Nadkarny

## Unusual Sports from around the world



Wife-Carrying

Some men complain about how difficult it is to get their wives off their backs. Not in this sport, however. Originating in Sonkajarvi, Finland, wife-carrying is a sport in which male competitors race to carry their wives through an obstacle course.



Toe Wrestling

Perfectly summed up by its name, toe wrestling involves competitors going toe-to-toe. The unusual sport dates back to 1976, when the Brits were looking to gain a world sports title. Rules are simple: with socks and shoes off, two competitors interlock their toes and try to "pin" down their opponent's foot.



Chess Boxing

Chess boxing is exactly what it sounds like -- a hybrid of knocking out and checkmating opponents. The battle consists of 11 rounds in which competitors alternate between playing traditional chess and boxing.



# Mind Benders

Compiled by Jyothi Bharat Divgi

Solve these fun puzzles!

$$\begin{aligned} 1 + \text{Red Bird} \times \text{Red Bird} &= 17 \\ \text{Red Bird} \times \text{Blue Bird} \times \text{Blue Bird} &= 36 \\ \text{Red Bird} \times \text{Blue Bird} \times \text{White Bird} &= 72 \\ \text{Red Bird} - \text{Blue Bird} + \text{White Bird} &= ? \end{aligned}$$

Think of a number.

Double it.

Add ten.

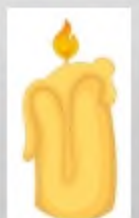
Halve it.

Subtract the number you started with.

Your number is..... 5!



I am tall when I am young, and short when I am old. Who am I?





# From our Sister Schools

Swami Parijnanashram Educational and Vocational Centre for The Handicapped, Virar

Our children participated in the Sports Meet for Special Children organised by the Jamnabai Narsee School.



1st Prize goes to Harsh Raut of SPEVC



2nd Prize goes to Jagruti Sakpal of SPEVC



Overall Runner Up Trophy received by SPEVC



SPEVC participated in the Sports Meet organised by Social Welfare Department in Palghar on World Disabled Day



SPEVC got 2nd Prize at the Dance Competition organised by Pheonix Sports



# From our Sister Schools

## Annual Gathering at Ganapathy English Medium School, Mangaluru



Inauguration of the Annual Gathering function



Cinderella



Film Dance by Class III students



Kamsale



# Parijna Patrika

e-newspaper for children

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