

Parijna Patrika



Rathotsava 2019 Edition

Our Rathotsava

by Vaishali Heblekar

Round and gigantic like an enormous blooming lotus, it loomed up on the horizon. Flags of red and white fluttered in the air. “It’s a UFO, Mamma, an unidentified flying object!”, piped little Vedant excitedly, pointing to the huge red and white orb he saw in the *Shiraligadde* (fields of Shirali), while putting his new vocabulary to use. “No ma! It is our *Rathu*”, corrected his mom, with a smile on her face. This was Vedant’s first visit to Shirali during *Rathotsava*. He had only heard about the event and its significance at his *Prarthanavarga* class. The excitement and imagination were rising higher... The train journey to the picturesque village of Shirali in Uttara Kannada had been exciting and the stories his grandmother had narrated about the *Shri Chitrapur Rathotsava*, had left him even more enthusiastic to see and experience the celebrations. Getting down from the rickshaw, his eyes were caught by the huge structure – our ‘*Ratha*’, fully decked up and ready for the festivities which would begin on the following day.



Every year, during the *Rathotsava*, Lord Bhavanishankar is brought out from the temple precincts to enable hundreds of devotees to take close *darshan*. Celebrated on the full moon (*Purnima*) day of *Shukla Paksha* in the month of *Chaitra* (coinciding with Hanuman Jayanti), this five-day festival begins with the *dhwaja* (flag) being hoisted on the tall pillar at the entrance of the Math. Every evening, for the next five days, Lord Bhavanishankar is taken out of the Math in a beautifully adorned *palakhi* to locations in close proximity to the village. The Lord is welcomed by the villagers who come with colourful *diyas* to offer flowers, coconuts and bananas, celebrating His arrival at their doorsteps.

The gigantic ‘*Ratha*’ is decorated with small red and white flags and placed in an open field. A glittering, golden *kalasha* adorns the top of the *Ratha*, with fruits, vegetables and flowers around it. On the day of *Rathotsava*, Lord Bhavanishankar, along with our Guru and Mathadhipati, Parama Pujya Sadyojat Shankarashram Swamiji, ascends the *ratha* followed by a *puja*. A sea of devotees pulls the *ratha* to the end of the field and back amidst cheering and *jai-jai-kars*.



Vedant had loved the experience of the *Rathotsava*. What had been equally exciting were the local stalls selling interesting wares on either side of the field and road. The entire mood was festive and celebratory for adults and children alike. The *Grama-Santarpana* or feeding the villagers was also an important part of the celebrations. Vedant had loved serving the salt and pickles that he was assigned as a volunteer at this *bhojana*.

A day after the *Rathotsava*, Vedant also participated in the ceremonious night-long *utsava* called '*Mrigabete*' when Lord Bhavanishankar is believed to be out in the wild hunting for animals. The following morning, he was amused at the enjoyable mock-argument that the Lord is believed to have with his wife, Parvati, who pretends to be angry because he has been out all night. After Pujya Swamiji helps Lord Bhavanishankara to have a dip in the Shiva Ganga Sarovar with, all the volunteers and participants have a great time playing '*vokkuli*' (throwing colours and water on each other), something akin to the better known *Dhuli-vandan* or Holi. Vedant was thrilled to receive blessings from Parama Pujya Swamiji in the form of fruits and sweets.

The five days had flown by and Vedant had had the best time of his life. Eager to be a part of every *Rathotsava* hereon and making a silent promise to himself that he would return, Vedant boarded the rickshaw reluctantly. As the road wound away from the Math, Vedant put his head out of the rickshaw and saw for one last time, the 'red and white blooming lotus' in the horizon, an integral part of our most loved *Rathotsava*!



Compiled by
P.A.

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International News

Compiled by Jyothi Bharat Divgi

Way to go, Spencer!



On March 11, Lee Spencer, who has just one leg, smashed the world record for a single person by rowing from Europe to South America!

Forty-nine-year-old Spencer calls himself the 'Rowing Marine'. He went to war in Afghanistan three different times and came home unhurt. Then, in 2014, he stopped on the highway to help people who had been in a car crash. While he was helping, another car crashed, causing Spencer to lose his leg. Suddenly, he had become an amputee (a person who has lost an arm or leg). But he was determined not to let this stop him. On January 10, Spencer left from Portugal in a boat specially set up for him. His goal was to raise money for injured soldiers and to beat the world record for a single person rowing across the Atlantic. Spencer wanted to show that the fact that he had lost a leg did not put any limits on what he could do.

On March 11, he arrived in Cayenne, French Guiana. The 5,600-kilometer trip had taken him just 60 days.

Gems of India

by Chandrima Kalbag

Ayurvedic Herbs for daily use

Ayurveda has recognised that herbs and spices have medicinal and curative properties. Here are some Indian household spices, hitherto known as grandma's home remedies, which have received international acclaim and recognition:

1. Turmeric (*Haldi*)

Indians have been using this golden spice, turmeric, for culinary and medicinal purposes, since time immemorial. The active ingredient in turmeric is curcumin. Modern science has discovered that it has anti-inflammatory and blood-thinning or anti-coagulant properties.



2. Ginger (*Adrak*)

Ginger has been considered a panacea in India for digestive, respiratory and circulatory disorders for thousands of years. It has anti-inflammatory properties and is believed to deter blood clotting, but the latter has not been verified yet. It contains a natural acid called salicylate. Aspirin (acetylsalicylic acid), a synthetic derivative of salicylate is commonly used as a medicine today.

3. *Gandhapura* or *Gaultharia* has been celebrated in Ayurveda as a remedy for joint pains, muscular inflammation, rheumatism and other common ailments. The Indian Wintergreen has a unique healing aroma. It is a member of the rhododendron plant family, *ericaceae* and is found in the Himalayas. Methyl salicylate, the major active ingredient and chemical constituent, comprises about 98% of its essential oils.

There are many more gems in the treasure chest of Ayurveda, namely *neem*, *tulsi*, pepper, honey, ghee.

Fitness First

by Deepti Anil

Summer is almost here, which means that school vacations cannot be far behind, but before that we have to cross the exam-hurdle. We can sail through three-hour exams and ten-hour study schedules with ease if we have a steady mind and focus. Yogic postures like *Padmasana* help us to do just that!

'*Padma*' means lotus in *Sanskrit*. '*Padmasana*' means sitting in the lotus posture. This posture is called *Padmasana* because the arrangement of the hands and feet resembles a lotus when seen from a distance. This posture has a calming effect on the mind and helps us to concentrate. Sitting in *Padmasana* will prevent laziness and drowsiness since the position of the crossed legs and the erect spine keeps the mind alert. It is easy to attain concentration in *Padmasana*. The erect position of the body also helps to cure many heart and lung diseases and digestive disorders.

Sequence:

Sit erect, stretch out your legs in front of you and keep the heels together. Hold the right ankle with the right hand and the right big toe with the left hand. Bending the right knee outwards, pull round the right foot towards your left groin line. Set the foot firmly at the root of the left upper thigh. The heel should be lightly pressed on the left side of the lower abdomen and the foot must lie fully stretched over the left thigh with its sole turned upwards. Keep the right knee pressing the floor. Repeat with the left leg.

With both legs now interlocked, keep the spine, neck and head erect.



Place one palm upon the other, both turned upwards and cupped and rest them on the upturned heels, a little below the navel.

Remain in this position for 5-10 breaths and slowly increase the time-span in which you can remain in this *asana*, all the while breathing normally and keeping your mind focused on your breath.

Beginners may practice *Sukhasana* (sitting in a normal cross-legged position) or *Ardha-Padmasana* (keeping only one leg folded with foot kept near the opposite groin line) till the muscles and joints are loosened enough to practice the full *Padmasana*.

The Goodness of *Nimboo*

by Deepti Anil

Rising mercury levels are a sure sign that summer is upon us. Summer months mean high temperatures, searing sunrays and clinging humidity. Nothing sounds more appealing than a tall, cool glass of lemonade to beat the heat. Lemons are replete with vitamin C and other powerful nutrients. They are usually added as a garnish to our meals, or consumed as lime juice. They are among the richest sources of vitamin C, as well as minerals like potassium and magnesium. A glass of lemon juice (*nimbu pani*) made from one lemon, a glass of water, 1 teaspoon of sugar and ½ tsp of salt or rock salt is a very powerful refresher on a hot summer day.

Apart from this, lemon can also prevent coronary heart disease. Studies have also found that lemon ingestion and regular walking lowers blood pressure levels. Lemons contain citrate, a chemical that prevents the formation of kidney stones. The vitamin C in lemons promotes the absorption of iron from plant foods, thereby treating anaemia. Lemons also promote digestive health and improve immunity against infections like the common cold. A single lemon contains about 16.8 calories and 5.4 grams of carbohydrates. It also contains vitamin C, folic acid, calcium and potassium

Lemons are easily available and inexpensive. Adding them to your diet imparts an incredible zest and tang. Do it today!



Science History

by Khurshid Bharucha

Reading Stones

It is believed that reading glasses are the fifth most important invention since mankind discovered fire and invented the wheel. For many centuries, people with bad eyesight could not enjoy the meaningful pleasures of life, like reading.

Clear quartz crystal

The Arab scholar and astronomer Ibn al-Heitam (965-1040 AD) was the first to suggest that smoothed glass pieces could help someone suffering from bad eyesight to read. His 'Book of Optics' was translated into Latin in 1240. In the 13th century, Ibn al-Heitam's ideas became reality, when Italian monks developed a semi-spherical lens made of rock crystal (beryllium and quartz). When this rock (stone) was polished and cut into a semi-spherical (convex) shape, and then placed on a piece of writing, it magnified the letters! This 'reading stone' was a true blessing for many older monks, as it enabled them to read clearly again.

Reading stones helped and were probably the first reading-aid known to man.



Clear Quartz Crystal



Magnifying glass

Ear Trumpets



Hearing, like sight, is one of our five senses. Our ears help us to receive information from the environment, which is sent to the brain to be processed. The brain then tells us how to respond.

Hearing loss has been around since ancient times. Hearing aids help people hard of hearing hear better. It is thought that as early as the 13th century, hollowed out horns of animals such as cows and rams were used as primitive hearing devices. Francis Bacon in 1627, wrote about a device for people hard of hearing people in *Sylva Sylvarum: A Natural History*. A “modern” ear trumpet was invented in the 18th century. It was funnel shaped in design. These did not amplify the sound, but worked by collecting sound and funneling it through a narrow tube into the ear.

Sun Shades



Modern sun glasses reduce glare and brightness by reducing the intensity of light entering our eyes. They also block harmful ultraviolet light. However glasses that protect us from the sun, are not a recent invention. Eye protection from harsh sunlight, direct or reflected, has been in use since pre-historic times. However, these sunshades are not in the least bit similar to the sunglasses we use today.

Inuits live in the far north- in the Arctic region (Canada, Alaska and Greenland). These areas see a lot of snow. The Inuits realized that the sunlight that reflected off the white snow was damaging to their eyes. They made sun shades to protect their eyes. The sunshades were made from walrus ivory. They carved round shapes connected by a nose piece from the ivory, and made thin slits in it. The ivory blocked almost all the sunlight, except for the small amount that entered through the slim slits. Thus though the intensity of the sun was not reduced, the amount of exposure to direct sunlight was reduced. This helped protect the eye from the damaging sunlight.

SPORTS

Paragliding

by Dilip Basrur

Paragliding is an adventure sport. The pilot sits in a harness suspended below a fabric wing. Though no engine is used, paraglider flights can last many hours and cover hundreds of kilometres.



Single Paragliding



Tandem Paragliding

Paraglider wings have an area of 20 to 35 square metres and weigh between 3 and 7 kilograms. The speed range of paragliders is 20 to 75 kilometres per hour. Tandem paragliders are designed to carry the pilot and one passenger.

Paragliding is done in many parts of India. This sport is dependent on the weather, season and wind patterns.

Top Paragliding Destinations in India

- Bir Billing in Himachal Pradesh.
- Sikkim
- Kunjapuri in Uttarakhand.
- Nandi Hills in Bangalore.
- Bedni Bugyal in Uttarakhand.
- Yelagiri in Tamilnadu.
- Aravalli Hills in Rajasthan.
- Satpura Range in Gujarat.

Animal World

by Gaurish Padukone

The eagle who avoided the sea!

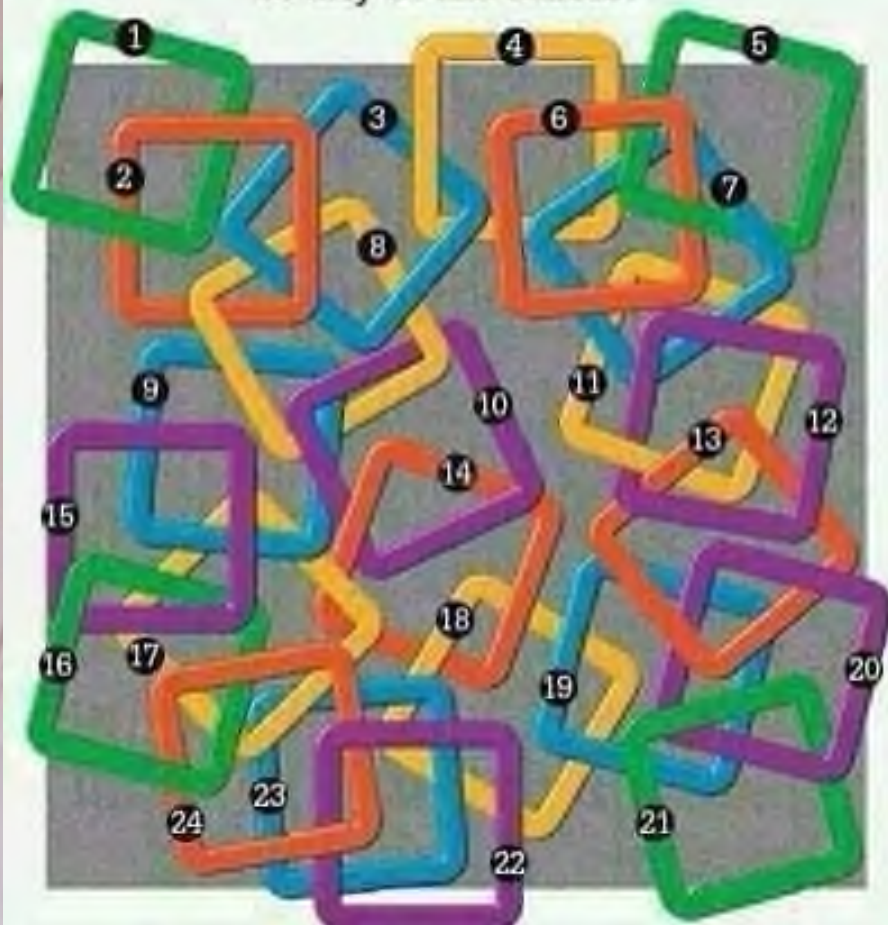
An eagle was fitted with a tracker in Russia and tracked for 20 years! The eagle soared in the skies travelling great distances and crossing many countries.

Check this map showing the movement of the eagle over a 20-year period. You will find the eagle avoided crossing the sea. It took longer routes just to dodge the sea! While many birds spend their lives flying over oceans – this eagle made sure it avoided each and every one!

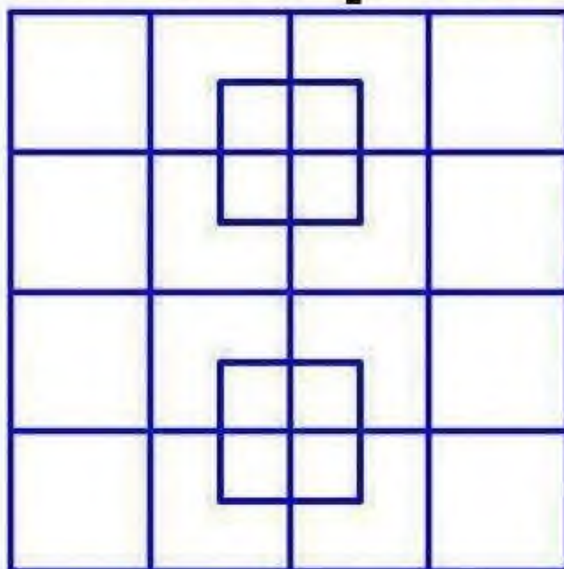


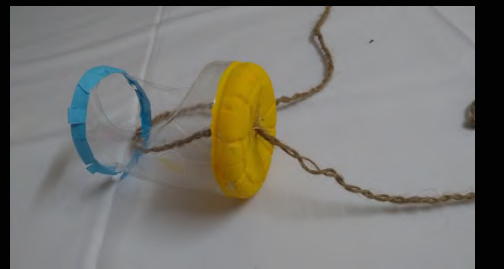
Mindbenders

Find the three squares that are not linked to any of the others.



How many squares are in this picture?







From our sister schools

Swami Parijnanashram Education and Vocational Centre for the Handicapped, Virar

In the Special Olympics World Summer Games held in Abu Dhabi from March 14 to March 21, 2019, India won the third place in the number of medals.

* 85 gold

* 154 silver

* 129 bronze

Participating in this Special Olympics, were 7,500 competitors, 2,500 coaches and 20,000 volunteers from 192 countries from all over the world.

In the Indian team, 284 competitors and 71 coaches participated. Players from Maharashtra participated in 13 games and performed very well.

The selection of the players and coaches for the competition was made in four camps. It took a full one-year period for this selection.

1. Dhananjay Ravindra Pathare (Raigad / Navi Mumbai)
2. Kavita Spate (Barshi)
3. Rajshree Ghosalkar (Mumbai)
4. Pupalatha Desai (Kolhapur)
5. Sneha Shetty (Kolhapur)
6. Kishan Singh (Mumbai)
7. Nitin Singh - (Trainer's Assistant) (Mumbai)

Our Prime Minister Narendra Modi congratulated the winners. The next World Summer Games is likely to be held in Germany in 2023.

Jagruti Sakpal of SPEVCH Virar was a member of the bronze medal winning Handball team. She was accorded a rousing welcome by the School on her return.



Dr. Mohan Mankekar, Mrs. Mankekar,
Mr. Vinayanand Kallianpur presenting
bouquet to Jagruti Sakpal



Ratha Yatra - Jagruti Sakpal along with
her parents & brother

From our sister schools

Swami Parijnanashram Education and Vocational Centre
for the Handicapped, Virar



Picnic of children near aquarium
15th March



Picnic at Javahar Temple



Picnic of children in dragon
express (Yazoo Park) in March



Picnic at Tarapur Fort



Picnic - Parents and children In
Dragon express

From our sister schools

Swami Parijnanashram Education and Vocational Centre
for the Handicapped, Virar



Annual Social Function held on
26th January 2019



NIOS Exams conducted for the
first time at SPEVC Virar



State Level Athletes Competition
at Amravati



Experiments conducted by
students



Holi celebrations

From our sister schools

Srivali High School



30.11.2018

Our school Annual Gathering was held in the gracious presence of the chief guest Shri Madhav Poojari, Principal of Pre-University College, Murdeshwar and was inaugurated by the Field Education officer, Bhatkal and Apex Committee member Shri Alekal Ramchandra Rao, parents, teachers and our students.



16.01.2019

Kumari Veena M. Naik and Prajwal Naik participated in the district level debate competition which was held in Shetgeri, Ankola.

2 Veena Naik won the second prize!!



29.01.2019

Workshop conducted by Department of Bio Technology, St.Xaviers College (Mumbai) for the students of 8th and 9th standard in Fold Scope project (phase 1)



16.02.2019

Parents Teachers meet to discuss about the preparations for SSLC examination



01.03.2019

Students of the English Club expressed their gratitude towards the Indian martyrs who died in a bomb attack in Pulwama in Kashmir and also showed their excitement over the release of IAF pilot Abhinandan Varthaman



27.12.2019

Shri. Ashok Kulkarni from America and NRI shibirarthis visited our school

From our sister schools

Srivali High School



04.12.2019

Dr. Nutan Baidur, Mumbai, conducted eye examination for our school students.



20.12.2018

Educational trip to Pilikula, Gokarnatheshwara, Anegudda temples of Mangalore.



15.10.2018

Saraswati poojan by our school students and teachers



20.03.2019.

Farewell function of SSLC students for the academic year 2018 -19

Different varieties of vegetables grown by the eco club students in the school garden

From our sister schools

Guruprasad High School, Mallapur



Paper-craft!

The Origami workshop to make a Foldoscope - or a paper microscope



"It's a girl!"

Annual Prize distribution ceremony

From our sister schools

Parijnanashram Vidyalyaya, Karla



Marathi Day



Science Experiments



Shivaji Jayanti Celebrations



Visit to the farm

From our sister schools

Parijnanashram Vidyalaya, Karla



Puppet talk



Community helper



Holi Celebrations

Parijna Patrika

e-newspaper for children

Rathotsava 2019 edition



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