

Parijna Patrika - Amrutotsava 2022



News from ... Swami Parijnanashram Educational and Vocational Centre, Virar



News from ... Swami Parijnanashram Educational and Vocational Centre, Virar



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News from ... Guruprasad High School, Mallapur



News from ... Guruprasad High School, Mallapur



News from ... Guruprasad High School, Mallapur



News from ... Ganapathy English Medium School & Ganapathy Pre University College, Mangalore



News from ... Srivali High School, Shirali, Uttara Kannada



ನಮ್ಮ ಶಾಲೆಯಲ್ಲಿ 75ನೇ ಆವೃತ ವರ್ಷೋತ್ಸವದ ಸ್ವಾಗತದ ದಿನಾಚರಣೆಯನ್ನು ಸಂಭ್ರಮದಿಂದ ಆಚರಿಸಲಾಯಿತು. ಧ್ವಜಾರೋಹಣ ಕಾರ್ಯಕ್ರಮವನ್ನು ಶಾಲಾ ಆಡಳಿತ ಮಂಡಳಿಯ ಕಾರ್ಯದರ್ಶಿಗಳಾದ ಶ್ರೀ ಗುರುನಂದನ ಬೈಂದೂರು, ಶ್ರೀ ಚಿತ್ರಾಪುಷ್ಪ ವಾಸ ಇವರು ನೆರವೇರಿಸಿ ಕೊಟ್ಟರು. ಸ್ವಾಗತ ದಿನಾಚರಣೆಯ ಪ್ರಯುಕ್ತ ವಿದ್ಯಾರ್ಥಿಗಳಿಂದ ವಿವಿಧ ಬಗೆಯ ಸಾಂಸ್ಕೃತಿಕ ಕಾರ್ಯಕ್ರಮಗಳಾದ ದೀಪಾಭಿಷೇಕ, ಗೀತೆ, ನೃತ್ಯ, ಭಾಷಣಗಳನ್ನು ದರ್ಶಿಸಲಾಗಿತ್ತು. ಮುಖ್ಯಾಧ್ಯಾಪಕಿಯಾದ ಶ್ರೀಮತಿ ಮಮತಾ ಭಟ್ಟರವರು 75ನೇ ಸ್ವಾತಂತ್ರ್ಯ ದಿನಾಚರಣೆಯ ಆವೃತ ವರ್ಷೋತ್ಸವದ ಕುರಿತು ಪ್ರಶ್ನೋತ್ತರ ಭಾಷಣ ಮಾಡಿದರು.

ಕವನ

ಹಸುಳಿಗೆ ಕರುವನ್ನು ಬಟ್ಟದೀಶಾಗಲ
 ತಂದಿ- ತಾಯಿಗೆ ಮಗು ಯಾವತ್ತಿಗೂ ಭಾರ
 ಧರಿಸುವುದಿಲ್ಲ.
 ಹಾಗೆಯೇ
 ಶಿಕ್ಷಕರು ಯಾವತ್ತಿಗೂ ಮಕ್ಕಳಿಗೆ
 ಕಿಟ್ಟಡನ್ನು ಬಯಸುವುದಿಲ್ಲ.

ತಿಳಿಯದ ಮೇಲೆ
 ನಾರವ ಇರಬೇಕು
 ಸ್ತ್ರೀಕಡಲಲ್ಲಿ
 ನಂಬಿಕೆಯಿರಬೇಕು
 ಸಾಧನೆಯಲ್ಲಿ
 ಸುಖ್ಯ ಇರಬೇಕು

ಮನಸೆಯ ಮಂದಿರದಲ್ಲಿ
 ಕನಸೆಯ ಸಾಗರದಲ್ಲಿ
 ನೆನಪೆಯ ಕುಲಿಯಲ್ಲಿ
 ಚಿರನಲ ಮನುಗಲ
 ನಮ್ಮ ಹಲ ಶಿಕ್ಷಣ.

ಇನ್ನೆಷ್ಟು ದೃಷ್ಟಿ ಚೆನ್ನಾಗಿರುತ್ತೆ
 ಇಡೀ ಜಗತ್ತು ಚೆನ್ನಾಗಿರುತ್ತೆ.
 ಅಹಿ ನಮ್ಮ ನಾಲಗೆ ಚೆನ್ನಾಗಿರುತ್ತೆ
 ಇಡೀ ಜಗತ್ತಿಗೆ ನಾವು ಚೆನ್ನಾಗಿ ರಾಣತೀವೆ.

ಕವಿತೆ:- ಹೇಮಾ ವೀರೇಂದ್ರಮಣಿ ನ
 ಹಾ.ನಂ :- 18

News from ... Srivali High School, Shirali, Uttara Kannada



ನಮ್ಮ ಶಾಲೆಯಲ್ಲಿ ಜೂನ್ 5 ರಂದು "ವಿಶ್ವ ಪರಿಸರ ದಿನಾಚರಣೆ"ಯನ್ನು ಆಚರಿಸಲಾಯಿತು. ಪ್ರತಿಯೊಬ್ಬ ವಿದ್ಯಾರ್ಥಿಗಳೂ ತಮ್ಮ ಮನೆಯಿಂದ ವಿವಿಧ ಬಗೆಯ ಹೂವು ಹಾಗೂ ತರಕಾರಿ ಗಿಡಗಳನ್ನು ನೆಟ್ಟು ಸಂಭ್ರಮಿಸಿದರು.

With love from Prarthana Varga...



Teaching kids to look after their minds is just as important as teaching them how to care for their bodies. Introducing children to meditation early on, along with establishing healthy sleep routines and limiting screen time, helps them learn how to calm their minds and use healthy coping mechanisms for the rest of their lives.

Mindfulness means paying full attention to something. It means slowing down to really notice what you are doing. Being mindful is the opposite of rushing or multitasking. When you are mindful and fully focused, you are focusing in a relaxed, easy way. Start by getting your mind on your breath. Sit in any relaxed, cross-legged position, with your spine erect. In the picture, the children meditating are in *Padmasana*, *Ardha Padmasana* and *Sukhasana*, as per their comfort and ability. Attempt any one of these poses in which you sit steadily for some time. Gently close your eyes and breathe in deeply through your nose and breathe out through your mouth. Do this 3-4 times, after which breathe normally in and out through your nose. Count each inhalation and exhalation as 1 and continue till 10. Take a break and slowly, over time, increase the number of counts and lengthen your practice. This is the easiest method of meditation that all children can practice for 5-10 minutes every day. Meditation helps children to improve their listening and problem-solving skills. It promotes confidence, self-esteem and the ability to stay calm under pressure. Enhanced retention capacity, concentration and expansion of the mind improve performance both in the classroom and in sports. Positive habits like this help in building a strong morale and character in the long run.



Junior *sadhaka*-s(L_R) Anahat, Akshaj, Sahaj, Nyra.



At Nalanda university, four-hour intervals were measured by a water clock, which consisted of a copper bowl holding two large floats in a larger bowl filled with water. When the bowl was filled with water from a small hole at its bottom; it sank completely. This marked a time-period and was announced by the beating of a drum in the daytime. The amount of water added varied with the seasons depending upon the temperature.

The *Jyotisha* school, one of the six *Vedanga* disciplines, describes water clocks called *ghati* or *kapala*, that measure time in units of *nadika* (around 24 minutes). Historians assess that the water clock in ancient India is mentioned in the *Atharva Veda* from the 2nd millennium BCE. It is also mentioned in the *Surya Siddhanta* (5th cent. CE), which is further elaborated in *Pancha Siddhantika* (6th cent. CE). Descriptions are also recorded in the *Brahmasphuta Siddhanta* (7th cent. CE).

Source and Pictures: Wikipedia

Picture - Persian Ancient Water clock.

By Maahmaah . persian tools - Own work by zeebad&maahmaah [1], CC BY-SA 3.0,

<https://commons.wikimedia.org/w/index.php?curid=17883105>



3. Dip an ear bud in coconut oil and go over the coloured shapes like you were colouring with a pencil. Dab out any extra oil with the tissue paper. Repeat the same on the reverse side of the drawing.



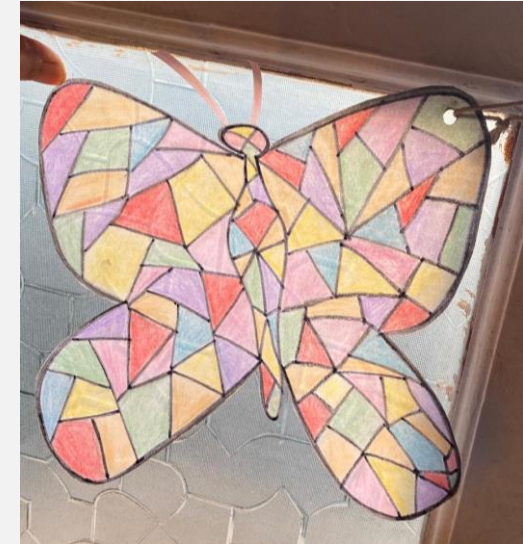
4. Cut out the shape with a pair of scissors.



5. Punch a hole in one corner of the cut-out. Pass a string through the hole and tie the ends.



6. Your Suncatcher is ready! You can hang it in your balcony or by a window.



6. You can also stick it on your window pane with cello tape.

