

**Parijna Patrika -
Grishma Ritu 2022**



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



Jijau Educational & Social Organisation organised a dance programme in April 2022





साहित्य उत्सव परिवार
वर्धापन दिन
विशेष महास्पर्धा 2022

सहभाग
ऐश्वर्या काटकर
काव्यवाचन

News from ... Guruprasad High School, Mallapur

From May 16th
to 31st
“Malebillu
Programme”



Celebrating birth
anniversary of
Dr. B.R. Ambedkar



Back to School



When Honorable Prime Minister, Narendra Modi hosted **Pariksha Pe Charcha 2022**, on 1st April, our students, teachers and parents participated.

Modiji spoke about exam-stress, exam - preparation and dealing with online



News from ... Guruprasad High School, Mallapur



S.S.L.C. RESULT -2021-22

Details	Boys	Girls	Total
Total Appeared Students	31	33	64
Distinction	05	11	16
1 st Class	16	17	33
2 nd Class	04	04	08
Pass Class	02	0	02
Fail	04	01	5
School %	87.10	96.97	92.19



Rank Students



Maniprabha Subray Gouda



Poornima Mahabaleshwar Naik



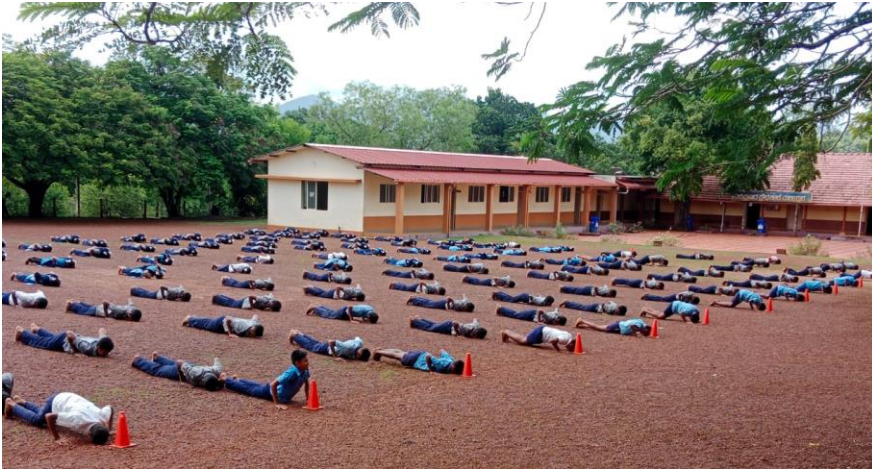
A. K. Shravan



News from ... Guruprasad High School, Mallapur



News from ... Guruprasad High School, Mallapur



News from ... Parijnanashram Vidyalaya, Karla



News from ... Parijnanashram Vidyalaya, Karla

Dr.Ambedkar Jayanti –14th April 2022



Vaccination drive 2nd Dose –
12 to 15 Age group 30th April
2022



News from ... Parijnanashram Vidyalaya, Karla

Maharashtra Day Celebration



Street Play

Hamara Swachch Bharat

News from ... Parijnanashram Vidyalaya, Karla



News from ... Parijnanashram Vidyalaya, Karla

Prize Distribution – Competitions And Rank Holders



Events and Activities conducted before the Grand Finale



News from ... Parijnanashram Vidyalaya, Karla

Events and Activities conducted before the Grand Finale



News from ... Srivali High School, Shirali

S.S.L.C. RESULT -2021-22



Details	Boys	Girls	Total
Total Appeared Students	64	70	134
Distinction	9	19	28
1 st Class	39	48	87
2 nd Class	7	2	9
Pass Class	5	0	5
Fail	4	1	5
School %	93.75%	98.57%	96.26%



HARSHITA MASTI NAIK

1ST 618/625 98.88%



AVINASH JOGI DEAVDIGA

614/625 98.24%

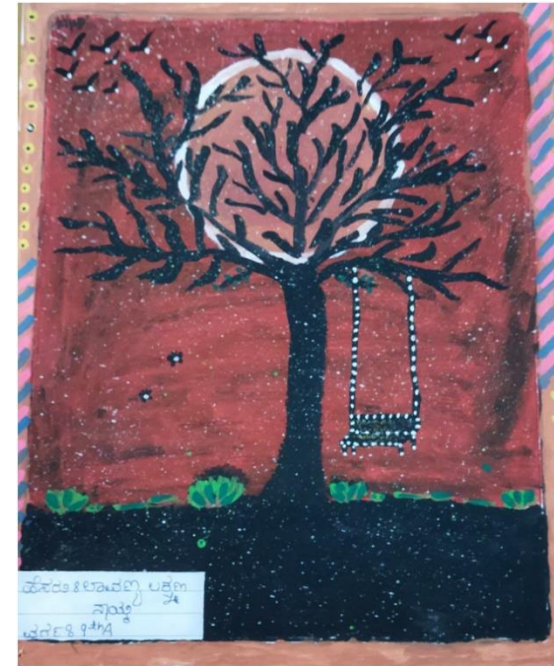


MEGHA NAGAPPA NAIK

613/625 98.08



News from ... Srivali High School, Shirali



News from ... Srivali High School, Shirali

ಹೇ ಗಾನ ಕೋಣೆ
- ಸ್ವರಚಿತ್ರ ಕವನ

ಮಾಮರದಲ ಕುಳಿತುಕೊಂಡು
ಛೇದವನ್ನು ಸೂಡುಕೊಂಡು
ಹಾಡೊಂದ ಹಾಡಿದೆ ಹೇ ಗಾನ ಕೋಣೆ.

ಇಂಪಾದ ಧ್ವನಿಯಿಂದ
ಸುಂದರವಾದ ಸ್ವರಗುಣದ
ಹಾಡೊಂದ ಹಾಡಿದೆ ಹೇ ಗಾನ ಕೋಣೆ.

ಕಣ್ಣು ಹಾಲು, ಕಡೆಯಲ್ಲ ಹೇನು
ಕಪ್ಪಾದರೂನೂ .ನಿನ್ನ ಧ್ವನಿ ಸಿಡಿ ಹೇನು
ಹಾಡೊಂದ ಹಾಡಿದೆ ಹೇ ಗಾನ ಕೋಣೆ.

ತನ್ನದೆಲ್ಲವನ್ನೂ ಅಹಂಕಾರ ಬಿಟ್ಟು
ತನ್ನವೆಲ್ಲವೆಂದು ಮನುಷ್ಯನಾಗಿ ಬಾಳಿದ
ಹಾಡೊಂದ ಹಾಡಿದೆ ಹೇ ಗಾನ ಕೋಣೆ.

ಹೆಸರು: ಮೋಲಿಕಾ ಜಯಕರ ನಾಯ್ಕ
ವರ್ಗ: 9thA
ಶಾಲೆ : ಶ್ರೀಮಲ ಪ್ರೌಢಶಾಲೆ ಚಿತ್ರಾಪುರ. - ಸ್ವರಚಿತ್ರ ಕವನ

ವಿದ್ಯಾವೇಗುಲ

ಸುಜ್ಞಾನದ ಐಲಿಂಗಿಯು ಕಂಗೊಳಿಸುತ್ತಿರಲು,
ಕೈ ಬಲಿಸಿತು ಬೆಳಕು ತನ್ನಯ ಹೊಸಲಿಗೆ ಬರಲು
ಶಿರವ ತಗ್ಗಿಸಿ, ಕರವ ಜೋಡಿಸಿ-
ಛಾನವ ಅರಸಿ ಬಂದ ಯಾತ್ರಿಕರು ನಾವು !

ನೂರಾರು ಕನಸಿನ ಪುಸ್ತಕವ ಹೆಗಲೇಳಿಸಿ,
ಭ್ರಮೆ ಬಿಡಿಸಿದ ಸಮಾಪ್ತ ಧರಿಸಿ,
ನವ ಗೆಜೆತನದ ಜಡಿಯ ಹೆಣಿಸಿ,
ಹೊಸದೊಂದು ಚೇತನದೊಂದಿಗೆ ಪುಟ್ಟ ನಗುಬಿಸೊಂದಿಗೆ-
ಛಾನವ ಅರಸಿ ಬಂದ ಯಾತ್ರಿಕರು ನಾವು !

ಗೆಜೆತನದ ಉಯ್ಯಾಲೆಯಲ ಲೇಲಾಡಿ,
ಸಾಹಿರ ನೆನಪಿನ ಗೋಪುರ ಕಟ್ಟಿಸಿ,
ತುಸು ಮುನಿಸಿನ ಮೊಗವ ಅರಳಿಸಿ,
ಮತ್ತೆದೇ ನಿಲಕ್ಷೆಯೊಂದಿಗೆ ಕಣ್ಣುಚಿನ ಕಣ್ಣಿಲೊಂದಿಗೆ-
ನೆನಪುಗಳ ಹೊತ್ತು ತಂದ ಯಾತ್ರಿಕರು ನಾವು

ವಿದ್ಯೆಯು ಧಾರೆಯೆರೆದ ಶಿಕ್ಷಕರ ನೆನಪು,
ಮೊಲೆಮೊಲೆಯಾದ ಸಹಜಲಿಗಳ ವಂದಿಸಿ,
ನೆನಪುಗಳ ಹೊತ್ತು ತಂದ ಯಾತ್ರಿಕರು ನಾವು !
ಕಲಿತ ವಿದ್ಯಾಲಯಕ್ಕೆ ಚಿರಘಾಣಿ ಎಂಬೆಂದೂ.....

ಹೆಸರು:- ಲಲಿತಾ ಬಿರಬ್ರಹ್ಮಣ್ಯ ನಾಯ್ಕ
ವರ್ಗ:- 9thE

Chennabhairadevi – The Pepper Queen of India

by Jyothi Bharat Divgi

India has a history of valiant women – who took up arms against enemies! One such brave warrior was Rani Chennabhairadevi, the Queen of Gerusoppa, who ruled for 54 years — the longest reign by any Indian woman ruler.

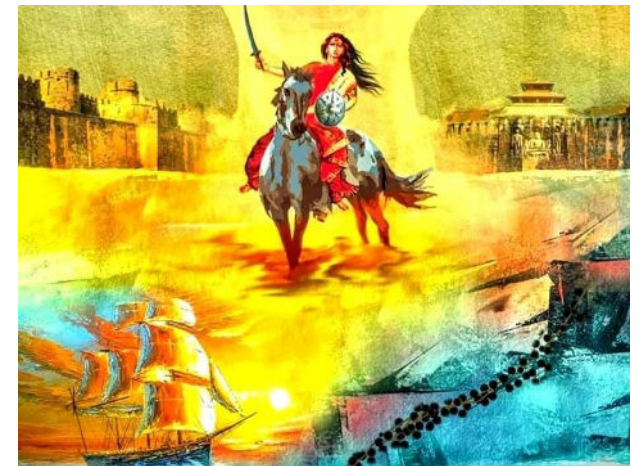
Gerusoppa, situated on the banks of the river Sharavathi in Uttara Kannada, was under the control of the Vijayanagara kings. Various regions were ruled by royal families known as Mahamandaleshwara-s. By the early 1550s, Chennabhairadevi, who belonged to the Saluva dynasty, became the queen. Her kingdom extended from south of Goa to Uttara Kannada, Dakshina Kannada and Malabar. This region is known not only for harbours like Bhatkala, Honnavar, Mirjan and Baindur, but also for pepper.



Honnavar and Bhatkala served as internal as well as international, flourishing trading centres. Arabian horses and weapons were imported from the West. Pepper, betel nut and nutmeg were exported to European and Arab countries. Chennabhairadevi found herself at confrontation with the neighbouring rival kingdoms as well as the Portuguese.

The attempts of the Keladi kings and Bilgi chieftains to pull the queen down proved futile. The queen had to resist the Portuguese, who tried to grab the ports and take over the trade. She was at war with the Portuguese in 1559 and again in 1570. She crushed the Portuguese army with her intelligent battle strategy. One of the Portuguese chronicles states that during the war of 1570, the Portuguese attacked Honnavar and burnt it to the ground. After the decline of Vijayanagar, Chennabhairadevi dealt with the Portuguese intelligently, who nicknamed her ‘Raina de Pimenta’ — the Pepper Queen!

Source <https://www.newindianexpress.com/>



A Birth So Special!

by Sadhana Kaikini

As we just celebrated the 75th Birthday of Beloved Parama Pujya Parijnanashram Swamiji III, how about a story about another special birth? The birth of Lord Krishna that brought tremendous joy to our own Lord Bhavanishankar! Read on....

Shiva and Vishnu are known for Their Reverence for each other! It is said that when Lord Vishnu was born as Balakrishna and Gokul was filled with joy and jubilation, Lord Shiva smiled to Himself! He had been waiting for this since a long time.

He made His way down quickly and soon reached the home of Nanda, the headman of Gokul. The house had been bedecked like a bride! Fragrant flower garlands were woven all around. Small lanterns were strung in between. Mango leaves were tied in bunches that lined the corridors. Festivities filled the air. The aroma of delicious food and sweetmeats being prepared by bustling cooks, wafted out of the kitchens. Women dressed in silks moved from room to room, preparing for the cradling ceremony of the little adorable babe.

He lay quietly in the cradle and only once in a way, gurgled at whoever came to peep in at Him. Little did He know that a special guest was there at the gate!

Shiva was dressed as the Ascetic that He was... with the *jata* crudely tied up in a knot, fierce eyes and an aggressive stance. Yashoda took one look at Him and decided that there was no way she would allow her darling child anywhere near the fearsome guest!

When her decision was conveyed to Shiva, naturally, He was in a quandary. He had come all the way with the desire to see His Beloved Vishnu in this *Baalavataar*! He decided to have a word with Vishnu.

There began a telepathic dialogue between the two Gods! Shiva spoke first –"What is this? I have come all the way from Kailasa to see You! Aren't You going to allow me to do that?" Baal Krishna replied, "What can I do? My mother doesn't seem very pleased with the way You look!" "Hmmm! Will You do as I say? Please start crying and don't stop until I carry You in my arms!" said Shiva. Little Krishna began to wail loudly. People rushed in to pacify Him, but to no avail.





Suddenly, an upset Yashoda was called aside by a servant. "*Maa ji!*" he said respectfully, "The *Sadhu* outside promises that the baby will stop crying only if He is allowed to hold him!" Yashoda refused at first, but soon, Nanda convinced her that perhaps it was the only solution. She reluctantly handed over her precious child to the overjoyed Shiva and watched with wonder as the crying completely stopped!

The first thing that Shiva did was to place His Forehead lovingly on the Sacred Feet of the Lord Incarnate! "Oh no!", exclaimed Vishnu, while Shiva laughed happily. He said, "I had waited eagerly for this opportunity to seek Your Blessings, Beloved Vishnu, and I got an opportunity today!" Vishnu had to simply smile at His Favourite, ruefully.

Shiva continued, "Look, there's another important reason for me to have come here! Soon, Putana – a *rakshasi*, will be sent by Kamsa to kill You. She will poison You – remember, I am able to digest the poison. While she is with You, simply think of me and I will absorb the poison."

Vishnu smiled adoringly at Shiva and promised to do just that. We all know that story of how Putana was, in fact, found lying dead beside a victorious Balakrishna when she came to feed Him with the intention of killing Him. You now know what really happened and why!

The Two took leave of each other after some time and Lord Shiva happily made His way back to His Abode, where Devi Bhavani awaited the arrival of Her Shankar!



Fitness First -International Day Of Yoga

by Deepti Anil

June marks a very important milestone month for yoga practitioners all around the world because on December 11th, 2014, the UN proclaimed June 21st as the International Yoga Day. In India, Prime Minister Narendra Modi inaugurated the first International Day of Yoga on June 21st, 2015. When proposing June 21st as the date, Modi said that the date was the longest day of the year in the northern hemisphere (shortest in the southern hemisphere), having special significance in many parts of the world. From the perspective of yoga, the summer solstice marks the transition to *Dakshinayana*. The second full moon after the summer solstice is known as *Guru Poornima*. Lord Shiva, the first *Yogi (Adi Yogi)*, is said to have begun imparting the knowledge of yoga to the rest of mankind on this day, which makes Him the first *Guru (Adi Guru)*. The event held in India on June 21st, 2015 also registered two Guinness World Records—one for 35,985 people practicing yoga in a single session at a single venue and the other for the largest number of nationalities participating in a single yoga lesson. The International Day of Yoga 2022 is to be celebrated on a Tuesday under the theme "Yoga for Humanity".

As followers of yoga, on this International Day of Yoga, let us all pledge to take small steps to make our lives more joyful, balanced and peaceful by practicing some basic yogic principles and methods:

1. While we may be unable to master all the *asana*-s we have learnt so far, we can all do a few basic yogic stretches for our spine daily (*Marjarasana A & B, Standing Chakrasana, Ushtrasana*). Daily practice goes a long way in building flexibility and balance in our bodies as well as improving our posture.
2. We can all practice conscious breathing and basic *pranayama*-s for keeping our minds relaxed and calm.



3. Try and stay positive at all times – an important concept of yoga is to transform a negative thought into a positive one... In Sanskrit, it is called *pratipaksha bhavana*, the ability to become consciously aware of a negative thought and quickly replace it with a positive one. This helps us navigate through the sea of big and small troubles easily.
4. Practice *mauna* or silence whenever possible, to build inner poise and not dissipate our energy in aimless conversation.
5. Spend time connecting with nature, whether it is via a walk in the park, or tending to a little garden.
6. Take time to practice active relaxation via *Shavasana*. Just 10–15 minutes of sitting or lying down, in complete silence and stillness, can help calm your mind and body. Relaxation of this kind can be done anywhere and has benefits that are similar to those of a power nap.
7. Pray and practice the attitude of gratitude. Yoga believes that one must do all the virtuous things one possibly can, but finally surrender all of one's acts, and their outcomes, to a higher reality. A feeling of complete faith and devotion to this Higher order will eventually take one closer to the goal of salvation or liberation.

So, dear children, I wish you all a very happy practice in the days to come. Remember that small steps lead to big dreams being achieved. Wishing you all good health and peace this International Yoga Day and everyday there on.



Nutrition Nugget

Nutrition is the science of food and the nutrients contained in it, their actions, interactions and balance. In our column so far, we have learnt extensively about the seasonal use of different natural foods like fruits and vegetables. Now, let us make an alphabetical run-through from A to Z on important health-enhancing nutrients. Let's start with A... A is for Anti-oxidants which occur naturally in plant-based foods and are abundant in brightly coloured (and dark green) fruits and vegetables like spinach (*palak*), *methi* leaves, coriander leaves, drumstick leaves, carrots, tomatoes, pumpkins, papaya and mangoes. Nuts (groundnuts, almonds) and oilseeds (*til*, *alsi*) are also rich sources of antioxidants which must be included in our daily diet. A daily intake of antioxidants is essential to protect the cells in your body from “free radicals” or “oxidative stress”. Put simply, this is the damage done to your cells every time you breathe, eat or exercise. We can add or reduce this load of oxidative stress through our lifestyle and food choices and boosting our antioxidant intake. Amazingly, given the right nutrient balance, the body also makes its own antioxidants! An antioxidant-rich diet protects us from infectious diseases, builds healthy body tissues, promotes a clear vision, keeps the heart healthy and delays the onset of ageing. So, add the extra dash of colour to your diet – the more colourful your plate looks, the more vibrant your life will be!



Gems Of Ancient India - Chennakesava Temple, Belur

by Chandrima Kalbag

Jain Guru Somdutta was visiting the Vasantika temple at Angadi, when all at once, a lion pounced on him. Young Sala, his follower, stepped in quickly to save his Guru and struck the lion dead, even as onlookers shouted “Hoy!”, meaning ‘strike’ in old Kannada. This strong and brave young man, dedicated to his Guru, went on to establish the well-known Hoysala dynasty of Karnataka. This legend was immortalised in the Hoysala emblem and carvings at the entrance of the Chennakesava Temple, Belur. The Hoysala dynasty was established around 1000 CE and flourished for about 350 years.

The Chennakesava temple at Belur, renowned for its beautiful and intricate carvings, truly lives up to its title of ‘Kala Sagar’. It was commissioned by King Vishnuvardhana in 1117 CE. It took about 100 years and three generations to build. The main temple, dedicated to Vishnu in the form of ‘handsome’ Kesava, stands in the middle of the complex, facing east, towards the *gopuram* and is 178 feet by 156 feet. A wide-platform terrace (*jagati*), about 3 feet high, runs around the temple, enabling devotees to perform a *pradakshina*.

The main temple had a *shikhara* of gold-plated copper sheets, which had to be dismantled during the early 19th century to save the damaged inner sanctum, making the temple look flat. The door is flanked by *dwarapala*-s, Jaya and Vijaya. The entrance is decorated with *Makara Torana*. The overhead panel depicts the ten *Avatar*-s of Vishnu. On the walls are carvings of court scenes of King Vishnuvardhana on the left, and his grandson Veera Ballala on the right.

The exteriors of the temple as well as its interiors are richly sculptured, with inscriptions and statues. The artwork depicts scenes of secular life in the 12th century - artists, dancers, musicians, elephants, horses and nature, as well as Vishnu, Shiva, Brahma, Bhairava, Lakshmi, Parvati, Saraswati and other deities, including pictorial narrations from texts like *Ramayana*, *Mahabharata* and the *Purana*-s. There are approximately 4,000 carvings in the temple!

Some of the statues present exceptional details. One *madanika* figure is shown with a fruit-tree canopy, where a small fly is sitting on the fruit with a lizard nearby, preparing to pounce on the fly. In another, an eagle is shown attacking a *sarabha*, which is attacking a lion, which in turn is pouncing on an elephant, which is seizing a snake in the act of swallowing a rat.

The *Navaranga* hall has uniquely carved pillars, four of which were erected during the Vijayanagara era. The Narasimha pillar is intricately carved with miniature figures from top to bottom, and could be rotated (now deteriorated). The Mohini pillar has eight bands of carvings, including those of Brahma, Vishnu, Shiva, ten *Avatar*-s of Vishnu, the eight directional deities and mythical animals. The four central pillars are notable for



having been hand carved, while the others were lathe -turned, which was an extraordinary feat in that era. The pillar representing Devi Saraswati is supposed to have been modelled after the Queen herself.

The centre of the hall is a large, open square with a domed ceiling that is about 10 feet in diameter and 6 feet deep. The intricate carvings here are in the form of a lotus bud with images placed in concentric rings, depicting Brahma, Vishnu, Shiva and scenes from the *Ramayana*. On the capitals of the four pillars are *madanika-s* (*Salabhanjika-s*) – one dressing her hair, one in a *natya* posture, another with a parrot seated on her hand. The bracelets, head and neck jewellery made of rock are freely mounted and can be moved.

Some of the Hoysala artists have signed their work in the form of inscriptions and have sometimes revealed details about themselves, their families, guilds and places of origin. The inscriptions have also helped to trace the history of the temple.

The building material used in the Chennakesava temple is chloritic schist, more commonly known as soapstone. It is soft when quarried and allows artists to easily carve details, while it hardens over time.

The temple complex consists of numerous shrines dedicated to Gods and Goddesses, built by generations of Hoysala and Vijayanagara kings:

- To the south of the Kesava temple is the Kappe Chennigaraya temple. According to a local legend, a *kappe* - frog, was once found near its navel. It has two sanctums inside, dedicated to Venugopala and Chennigaraya (local name for Chennakeshava). This temple was commissioned by the Queen, concurrently with the main temple.
- Viranarayana Temple is an *ekakuta* Vaishnava temple, combining elements of North Indian Nagara and South Indian Karnataka-style architecture.
- Somyanayaki (Lakshmi Devi) is a small temple, notable because local tradition holds that its tower is a miniature version of the *Shikhara* that once adorned the main Kesava temple.
- Vasudeva Tirtha is a stepped pond constructed by Veera Ballala II, meant for devotees to perform their ablutions before entering the *mandapa*.
- The richly adorned Andal temple or Ranganayaki shrine
- There are shrines for Narasimha, Krishna, Rama, Vaishnavism scholars Desikar, Bhashyakara and Ramanuja of Vishishtadvaita Vedanta, as also the Jiyar-s and Alvar-s of the Bhakti movement.
- Two main *stambha* (pillars) are found in the temple complex – the *Deepa stambha* from the Hoysala period and the *Garuda* (eagle) *stambha* erected in the Vijayanagar period.
- The *gopuram* is in the shape of a cow's horns with five golden *kalasha-s* in between.
- A granary for storing food reserves and a *paakashale* or community kitchen was built in the 13th century.

There have been numerous attacks on the temples. Delhi Sultanate invaders had tried to destroy and plunder the riches of this beautiful temple. Overcoming all odds, this temple has been an active Hindu temple since its consecration, reverentially described as 'Dakshina Varanasi' and 'Vaikuntha'. It stands testimonial to the rich culture and heritage of India, where art and architecture were revered and patronised, women were respected and secularism was interwoven into the fabric of society.



Garuda Stambha with Gopuram



Chennakesava Temple, Belur





Madanika playing Kinnari Veena



Lintel Design



Frieze seen from the Jagati



Light screens and Pauranik Carvings at the upper reaches of the temple



Water Tank - Vasudeva Teertha



Andal Shrine

By Akshatha Inamdar - Own work, CC BY-SA 4.0, <https://commons.wikimedia.org/w/index.php?curid=51699797>

By Ananth H V - Own work, CC BY-SA 3.0, <https://commons.wikimedia.org/w/index.php?curid=21106964>

By Jaykb77 - Own work, CC BY-SA 4.0, <https://commons.wikimedia.org/w/index.php?curid=57616687>.

By Photo by VasuVRImage modified by Jacqke - modified Wikimedia Commons image:File:Musician playing Kinnari vina, sculpture at Chennakeshava Temple, Belur.jpg, CC BY-SA 4.0, <https://commons.wikimedia.org/w/index.php?curid=105140375>

By Ziegler175 - Own work, CC BY-SA 3.0, <https://commons.wikimedia.org/w/index.php?curid=31747539>

Craft Activity – Magic Painting / Bookmark

by Bhavani Nayel



Things required:

- 1) pencil
- 2) ruler
- 3) white crayons or oil pastels (coloured is optional)
- 4) drawing paper (for bookmark, cut 6cm x21cm)
- 5) water colour or poster paints
- 6) paint brush, water bowl s,
- 7) masking tape for border (optional)



1. Draw a border of 0.5cm along the four edges of the paper using a pencil.



2. The borders can either be filled with a white crayon, or a masking tape can be used to cover the borders.



3. Draw any design of your choice with a white crayon or oil pastel. Coloured crayons or oil pastels can also be used to draw designs of your choice.



4. Now, with a brush, you can paint a small portion of the paper, using one colour at a time. You can continue painting small portions of the paper with different coloured paints till the entire paper is painted.



5. As you paint, your design will be revealed - especially the design drawn with the white crayon or oil pastel. After the paint has dried up, you may carefully remove the masking tape, if any.

Your magic painting or magic book mark is noready!

Concept, Cover pictures and Design: Jyothi Bharat Divgi

Editors: Shailaja Ganguly and Namrata Heranjal

Kannada Translation: Smita Divgi

Math Website: Leenata Rao

Coordinator: Shivanand Mudbidri

