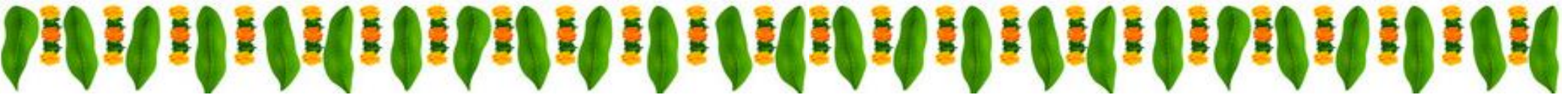


Parijna Patrika - Ugadi 2022





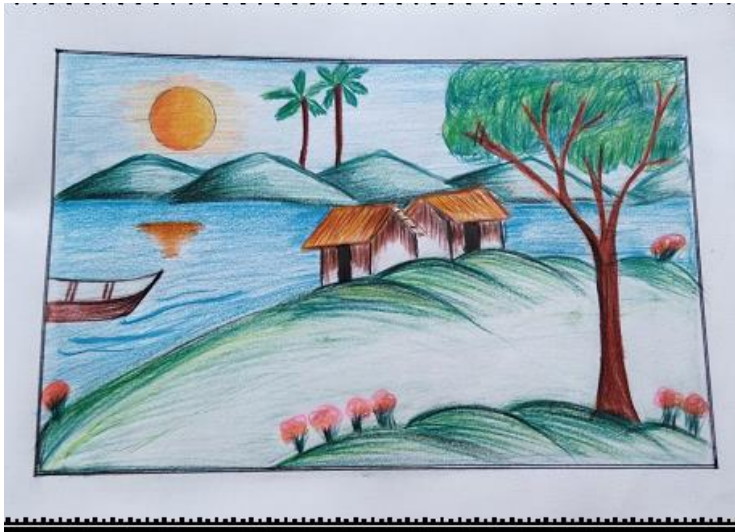
News from.... Srivali High School



ಸಂಜನಾ ನಾಗಪ್ಪ ನಾಯ್ಕ, ವೇಣೀನಿಕಾ ಬಂಜರ ನಾಯ್ಕ, ಚಂದನಾ ಪಾಂಡುರಂಗ ನಾಯ್ಕ, 8ನೇ ತರಗತಿ 'ಬಿ' ವಿಭಾಗ ಪ್ರವರ್ತಿ ಪ್ರೌಢಶಾಲೆ, ಚಿಕ್ಕಾಪುರ.



ನೀನಾ ಕಾಪೇಶ ಅಶಾಂ, ಶ್ರೀಯ್ಯಾ, ಪ್ರಜ್ವಲ ದೇವೇಂದ್ರ ನಾಯ್ಕ, 9ನೇ ತರಗತಿ 'ಬಿ' ವಿಭಾಗ



ಮದನಕುಮಾರ ಮುಡೋಳ್ವರ, 8ನೇ ತರಗತಿ, 'ಬಿ' ವಿಭಾಗ.



ಮದನ ಕುಮಾರ ಮುಡೋಳ್ವರ,
8ನೇ ತರಗತಿ 'ಬಿ' ವಿಭಾಗ
ಪ್ರವರ್ತಿ ಪ್ರೌಢಶಾಲೆ, ಚಿಕ್ಕಾಪುರ.



ಲಲಿತಾ ಮಂಕಟ್ಟಮಣಿ ಪಟ್ಟಣರ, 8ನೇ 'ಬಿ' ತರಗತಿ.

News from.... Srivali High School

ನನ್ನ ಅಮ್ಮ

ಅಮ್ಮ, ಅಮ್ಮ, ಅಮ್ಮ . ಅಮ್ಮ.

ನಿನ್ನ ಕರುಣೆಗೆ ನಿನ್ನ ಮಮತೆಗೆ ಬೆಲೆಯಿಲ್ಲ.

ಎಂದಿಗೂ ನೀನು ನನ್ನ ಮೊದಲ ಗುರು

ಅ.ಆ.ಇ.ಈ ಕಲಿಸಿದ ಮೊದಲ ಗುರು

ಸಂಸ್ಕೃತಿಯ ಕಲಿಸಿದ ಮೊದಲ ಗುರು

ವಿನಯವ ಕಲಿಸಿದ ಮೊದಲ ಗುರು

ತಾಯಿಯು ಋಣ ತೀರಿಸಲಾಗದು.

ಯಾರಿಂದಲೂ ಇದು ಸಾಧ್ಯವೇ ಆಗದು.

ಹುಟ್ಟಿದಾಗ ನುಡಿಯುವ ಮೊದಲ ನುಡಿಯೇ ಅಮ್ಮ.

ಬಿದ್ದಾಗ ಕೂಗುವ ಮೊದಲ ಕೂಗೇ ಅಮ್ಮ

ವಿದ್ಯೆಯ ಕಲಿಸಿ ವಿನಯವ ಕಲಿಸಿ.

ಬೆಳೆಸಿ, ಮುನ್ನಡೆಸುತ್ತಾಳೆ ಅಮ್ಮ.

ತಪ್ಪಿದಾಗ ತಿದ್ದಿ ಬುದ್ಧಿಹೇಳುವವಳು ಅಮ್ಮ.

ಅಮ್ಮ ನನಗೆ ನೀನೇ ದೇವರಮ್ಮ.

ಎಷ್ಟು ಹೇಳಿದರೂ ಪದಗಳು ಸಾಲದು ಅವಳ ಬಗ್ಗೆ

ಏಕೆಂದರೆ ನನ್ನ ಉಸಿರೇ ನನ್ನಮ್ಮ

ನನ್ನ ಜೀವನೇ ನನ್ನಮ್ಮ. ಏಕೆಂದರೆ

ಅವಳೇ ನನ್ನ ಆರಾಧ್ಯ ದೈವ.

ಧವನ್ ಮಂಜುನಾಥ ನಾಯ್ಕ, 8ನೇ ತರಗತಿ. 'ಬ' ವಿಭಾಗ.

ನನ್ನ ಗುರುಗಳು

ಅಜ್ಞಾನವೆಂಬ ಕತ್ತಲೆಯಲ್ಲಿ.

ಸುಜ್ಞಾನವೆಂಬ ಬೆಳಕನ್ನು ಬೆಳಗಿಸಿ.

ಅಕ್ಷರವೆಂಬ ಬೀಜವನ್ನು ಬಿತ್ತಿದವರು

ನನ್ನ ಗುರುಗಳು.

ತಪ್ಪು ಮಾಡಿದಾಗ ತಿದ್ದಿದರು ಬುದ್ಧಿಯು.

ಮುಂದುವರಿಸಿಕೊಂಡು ಹೋದರೆ ನೀಡಿದರು ಶಿಕ್ಷೆಯು.

ಸರಿ ಮಾರ್ಗದಲ್ಲಿ ನಡೆಯುವಂತೆ ಕಲಿಸಿದರು

ನನ್ನ ಗುರುಗಳು.

ಫಲವನ್ನು ಮುಂದಿಟ್ಟು ಮುನ್ನಡೆ ಎಂದವರು.

ಎಲ್ಲದರಲ್ಲೂ ಬೆನ್ನು ತಟ್ಟಿ ನಿಲ್ಲುವವರು.

ಜೀವನದಲ್ಲಿ ಒಳ್ಳೆ ನಡತೆಯನ್ನು ಕಲಿಸಿದವರು

ನನ್ನ ಗುರುಗಳು

ವಿದ್ಯೆಯೆಂಬ ಜ್ಞಾನವನ್ನು ಕಲಿಸಿದ ಜ್ಞಾನಿ.

ಬದುಕಲಿ ಶಿವನನ್ನು ಅಳವಡಿಸಿದ ಅಕ್ಷರಜ್ಞ.

ನವಗ್ರಹಗಳಲ್ಲಿ ಒಬ್ಬರು

ನನ್ನ ಗುರುಗಳು.

ಮೋನಿಕಾ ಜಯಕರ್ ನಾಯ್ಕ, 8ನೇ ತರಗತಿ 'ಎ' ವಿಭಾಗ



News from.... Srivali High School

ಪರಿಸರ ಹಾನಿ

ದಿನದಿಂದ ದಿನಕ್ಕೆ ಹೆಚ್ಚಾಗುತ್ತಿದೆ ಪರಿಸರ ಹಾನಿ
ಗೊತ್ತಿದ್ದೂ ಆಗುತ್ತಿದ್ದಾನೆ ಮನುಜ ಜಾಣ ವೌನಿ.
ಸ್ವಾರ್ಥ ಸಾಧನೆಗಾಗಿ ಕಾಡಿನ ನಾಶ
ಹೀಗಾದರೆ ನಮ್ಮನ್ನು ಕಾಂಕ್ಷನೇ ಈಶ?
ಹಾದಿ ಬೀದಿಗಳೆಲ್ಲ ಆಗಿದೆ ಗೊಬ್ಬರದ ಗುಂಡಿ.
ಗಲೀಜಾಗಿದೆ ಎಲ್ಲ ಚರಂಡಿ.
ಇದರಿಂದ ಆಗಿದೆ ಕುಡಿಯುವ ನೀರಿನ ತಾತ್ಕಾರ
ಮುಂದೊಂದು ದಿನ ಆಗುವುದು ಹನಿ ಹನಿ ನೀರಿಗೂ ಮುಷ್ಕರ.

ರಕ್ಷಾ ನಾರಾಯಣ ನಾಂಟು, 9ನೇ ತರಗತಿ' ಬಿ' ವಿಭಾಗ.



ಶ್ರೀ ಭಗವದ್ಗೀತಾ ಅಭಿಯಾನದ ಅಂಗವಾಗಿ ತಾಲ್ಲೂಕಾ ಮಟ್ಟದ ಭಗವದ್ಗೀತಾ ಕಂಠಪಾಠ ಹಾಗೂ ಭಾವಣಾ ಸ್ಪರ್ಧೆಯು ಭಟ್ಟೀಕದ ನಾಗಯಕ್ಷಿ ದೇವಸ್ಥಾನದಲ್ಲಿ ನಡೆಯಿತು. ಇದರಲ್ಲಿ ನಮ್ಮ ತಾಲೂಕು 8,9 ಮತ್ತು 10ನೇ ತರಗತಿಯಿಂದ ಅಸಕ್ತ ವಿದ್ಯಾರ್ಥಿಗಳು ಭಾಗವಹಿಸಿದ್ದು, ಹರ್ಷಿತಾ ಮಾಸ್ತಿ ನಾಂಟು 10 'ಎ' ಪ್ರಥಮ ಸ್ಥಾನ, ಪವಿತ್ರಾ ಜಯಕರ ನಾಂಟು 10 'ಬಿ' ದ್ವಿತೀಯ ಸ್ಥಾನ, ಹಾಗೂ ಕಂಠಪಾಠ ಸ್ಪರ್ಧೆಯಲ್ಲಿ ಸಂಜನಾ ನಾಂಟು 8 'ಎ' ತರಗತಿ ದ್ವಿತೀಯ ಸ್ಥಾನಗಳಿಸಿರುತ್ತಾರೆ.



News from.... Parijnan Vidyalay, Kotekar



Bhagavad Gita Chanting Competition



32nd State level Interdojo Karate Competition – 2021



News from.... Anandashram High School, Kotekar

Students of Anandashram High School Someshwara, Kotekar participated in Mega Cleaning Drive "PUNEETH SAGAR ABHIYAN" Conducted By "NCC Group Head Quarter Mangalore, Nehru Yuva Kendra Mangalore and Mangalore City Corporation Mangalore at Bengre Beach, Mangalore.





News from.... Parijnan Vidyalay, Anandashram High School & Parijnan PU College – KOTEKAR

Youth Day was celebrated on the of 12th January 2022 on the occasion of the birth anniversary of Swami Vivekananda at the Kotekar Campus. Students and staff offered floral tribute to Swami Vivekananda's portrait . The Heads of the Institutions spoke on this occasion. The values and principles of Swami Vivekananda were explained.



On 14th of January 2022, Makara Sankranti was celebrated. On this day, Parijnan Vidyalay conducted many activities including bhajans, dance and songs .

Fruit salad, sweets, yellu, bella and panaka were distributed to the students. Teachers and students of Class VI decorated the hall with a beautiful flowers rangoli to show our rich culture and rituals to the children. Later all the children gathered in the playground and enjoyed by flying kites. Activities like pot drawing, pot colouring and kite making and rangoli were conducted during the month on account of Makara Sankranti.



News from.... Parijnan Vidyalay, Anandashram High School & Parijnan PU College – KOTEKAR



On 26th January 2022, we celebrated Republic Day in our campus. It was a combined programme. Our guest Mr. Ravindra Gatty, Ex-service man hoisted the flag and addressed the gathering. Students of all three institutions joined hands and put forth a wonderful variety entertainment programme for all present.

Students of Parijnan Vidyalay performed mass drill, Students of AHS performed drill using dumbbells and lazim, Parijnan PU students performed various dances forms of India. Sweets were organised and distributed to all the students who took part in the Republic Day Celebrations.



News from.... Parijnan Vidyalay, Anandashram High School & Parijnan PU College – KOTEKAR





News from.... Parijnan Vidyalay, Anandashram High School & Parijnan PU College – KOTEKAR

Fit India School Programme

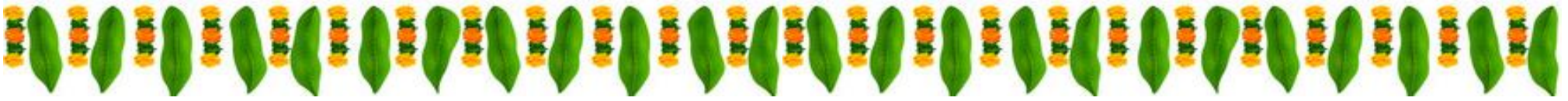


Our Honourable Prime Minister of India had launched the Fit India Movement for schools on 29 Aug 2019 with a view to make Physical Fitness a way of life. Fit India Movement aims at behavioral changes – from sedentary lifestyle to physically active way of day-to-day living. Fit India would be a success only when it becomes a people’s movement. We have to play the role of a catalyst. ‘How to Live’ ought to be the first pillar of formal education. This involves teaching and practicing the art of taking care of one’s body and health daily. Schools have to be the first formal institution after home where physical fitness is taught and practiced. In the above background, Parijnan Vidyalay took part in this programme conducted under Amrith Mahotsav. With various physical activities from November to January – the school has been certified as “Fit India School”.



**FITNESS IS NOT
ABOUT BEING
BETTER THAN
SOMEONE ELSE...IT'S
ABOUT BEING
BETTER THAN YOU
USED TO BE.**





News from.... Ganapathy English Medium School & Ganapathy PU College - Mangalore City

North Zone police had visited the campus on 05-01-2022. Information regarding phone numbers of emergency contact, women helpline service was given.



North Zone
Police visit
05-01-2022





News from.... Ganapathy English Medium School & Ganapathy PU College - Mangalore City

Vivekananda Jayanti was celebrated in our City campus on 12-01-2022 by offering floral tributes.



Republic day was celebrated on 26-01-2022 in city campus ground. Flag was unfurled by CEO, Sri Prashant R. Rao.



**Republic Day
26-01-2022**





News from.... Ganapathy English Medium School & Ganapathy PU College - Mangalore City

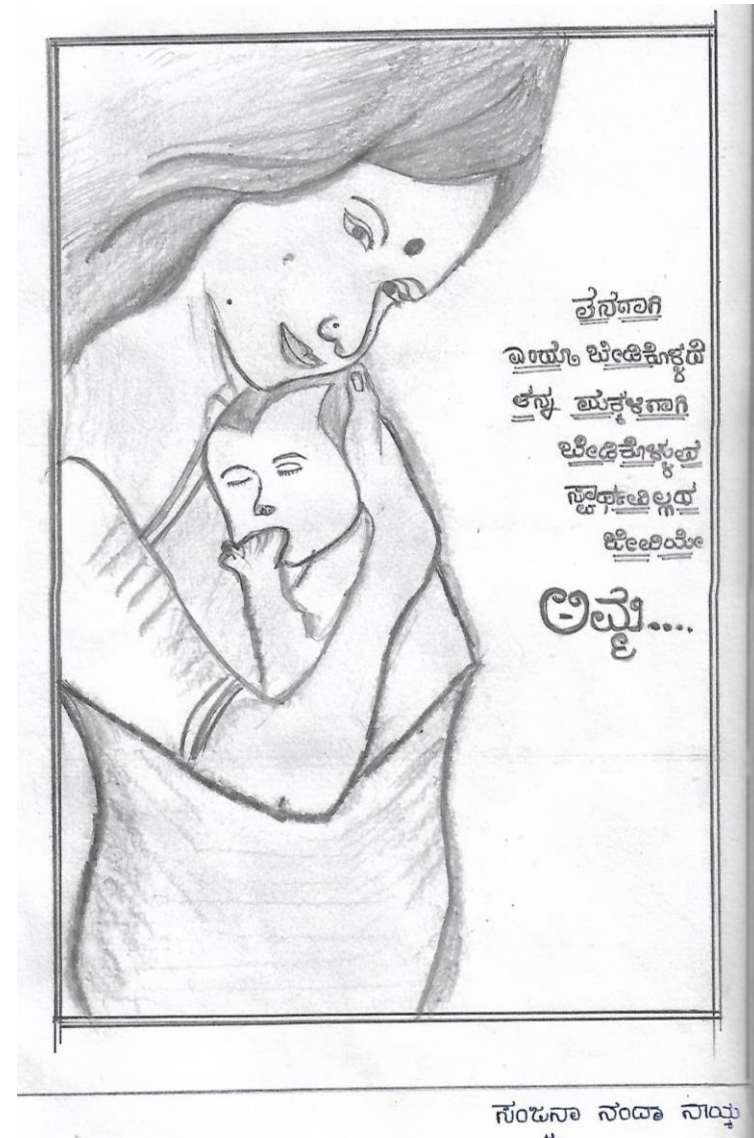
Surya Namaskar performed by students of Ganapathy PU College from 04-01-2022





News from... Guruprasad High School, Mallapur

“Annual Mandara Hastapatrika”





News from.... Guruprasad High School, Mallapur

Kanaka Jayanti



Gandhi Jayanti



Valmiki Jayanti



Republic Day



Student Council Election





News from.... Guruprasad High School, Mallapur

Students in new uniforms



Vaccination Programme



Rajyotsava Day



Teachers Day





News from.... Guruprasad High School, Mallapur

Dattu Yojana Programme



National Integral Programme



Mothers Meeting



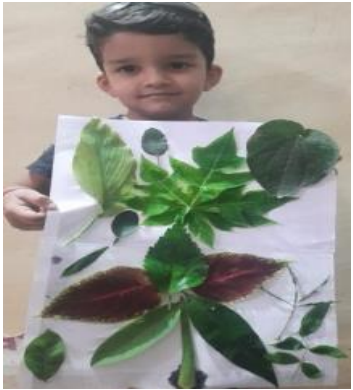
Sharada Pujan





News from.... Parijnanashram Vidyalaya, Karla

Leaves Activity



Christmas



Republic Day



Savitribai Phule Jayanti



Army Day



National Girl Child Day



Swami Vivekandana Jayanti



Subhash Chandra Bose Jayanti



Shivaji Maharaj Jayanti





News from.... Parijnanashram Vidyalaya, Karla

Welcoming Students ...post Covid





News from.... Parijananashram Vidyalaya, Karla

National Science Day





News from.... Parijananashram Vidyalaya, Karla

Mathematics Day Activity- Math Relay – conducted on 22nd December 2021



Christmas Celebrations



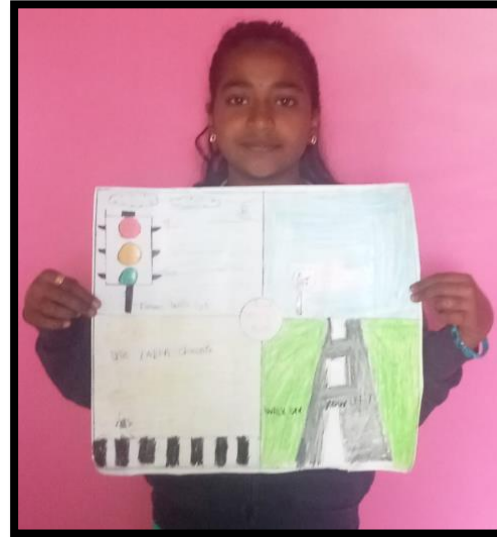
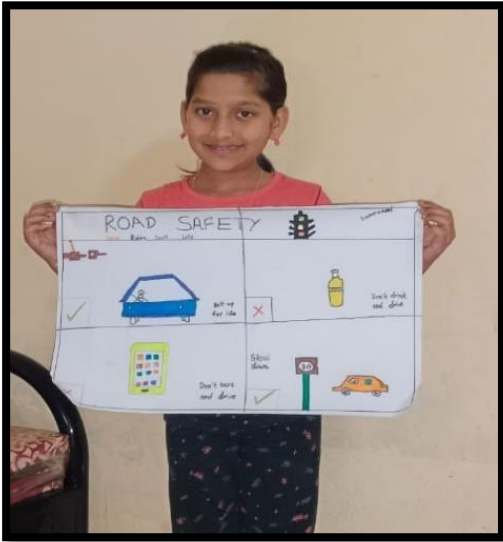
Shiva Jayanti Celebrations





News from.... Parijananashram Vidyalaya, Karla

Road Safety Week



Makara Sankranti





News from.... Parijananashram Vidyalaya, Karla

Gita Shloka Chanting on Gita Jayanti





News from.... Parijnanashram Vidyalaya, Karla

Republic Day Celebrations





News from.... Parijananashram Vidyalaya, Karla





News from.... Parijnanashram Vidyalaya, Karla

Holika Dahan





News from.... Swami Parijananashram Educational and Vocational Centre for the Handicapped, Virar

Republic Day



Tribute to Savitribai Phule



Constitution Day





News from.... Swami Parijnanashram Educational and Vocational Centre for the Handicapped, Virar

International women's Day

वसई मानस

बातम्या

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मुलांना बिस्कीट पुढे देऊन त्यांच्या आनंदाचा खारीचावाटा घेतला. या स्वामी परिज्ञानाश्रम शैक्षणिक शाळा , अपंग पुनर्वसन केंद्र बोर्लीज मधील मुलांना शिकवणाऱ्या शिक्षिका चा सत्कार करण्यात आला . व लहान मुलांना खाऊ वाटप करण्यात आला. सन्माननीय राज ठाकरे हयांच्या आदेशानुसारठाणे पालघर जिल्हा अध्यक्ष अविनाश जाधव साहेब, वसई विरार शहर अध्यक्ष प्रविण भोईर उपजिल्हा अध्यक्ष वितेंद्र पाटील शहर संघटक मनोहर कदम, शहर सचिव प्रविण राऊत, उपशहर अध्यक्ष आनंद काळे हयांच्या सूचनेनुसार कार्यक्रम घेण्यात आला. सदर प्रसंगी महाराष्ट्र नवनिर्माण सेनेचे चे उपशाखा अध्यक्ष दिगेश शुक्ल, भगवान वझे, महिला आघाडी च्या दिशा जोशी, शुभांगी शिगवन, निकिता काळे लक्ष्मी जैन, समृद्धी बने यांची उपस्थिती होती.

महाराष्ट्र नवनिर्माण महिला सेना बोर्लीज विभागा ८ मार्च मंगळवार जागतिक महिला दिनानिमित्त मनसे पक्षातर्फे बोर्लीज दिवलीपाडा येथील अपंग शाळेत जाऊन अपंग मुलांची भेट घेतली. आणि तेथील शिक्षकांना , मान्यवरांना पुष्पगुच्छ देऊन सन्मानित केले. तसेच



News from.... Swami Parijnanashram Educational and Vocational Centre for the Handicapped, Virar

VOCATION CENTRE

School Opening for Hearing and Speech Impairment

Albina Fonseca



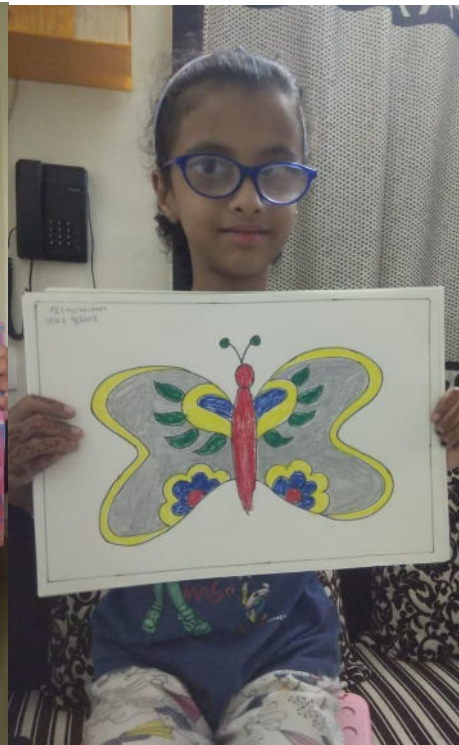
Pritam Thakare





News from.... Swami Parijnanashram Educational and Vocational Centre for the Handicapped, Virar

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Holi Celebrations





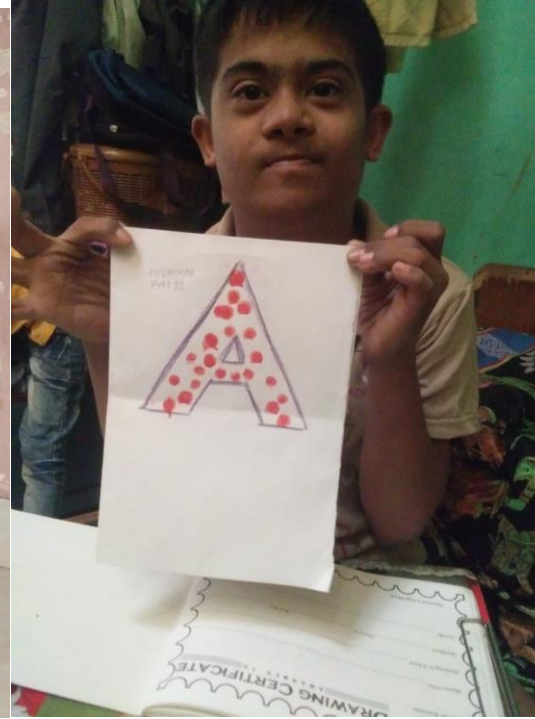
News from.... Swami Parijnanashram Educational and Vocational Centre for the Handicapped, Virar



Hetal Dhodi as Tessy Thomas



Harsh Gandhi - Garland making



Chinmaya Patil -Drawing



Bhoomi Fadiya -Kite Making



News from.... Swami Parijnanashram Educational and Vocational Centre for the Handicapped, Virar



Sanskriti Mhatre as Jijamata



Sahil Patil as Wardboy



Mayank Devare -Drawing



Madurai Meenakshi

by Sadhana Kaikini

Vidyavati was a great devotee of Devi Parvati and prayed ardently to her. Pleased with her *bhakti*, the Devi promised to be born to her in another lifetime. True to her promise, she incarnated in Madurai which was then ruled by the Pandya's.

The King of Madurai - Malayadhwanan and his queen Kanchanamala were unhappy because they were childless. The royal couple performed a special *yajna* and were stunned to see a three-year-old girl emerging from the sacred fire! A divine voice conveyed an important message to the king - "This girl is extraordinary. Bring her up like a son, O King!"

The king, who had wished for a son who would grow up to be his heir, did just that. Meenakshi, as she was named because of her beautiful eyes, learnt the best of warfare and grew into a warrior who was dreaded by the Gods themselves.

One day, she heard about Lord Shiva in Kailash. She was told that she would never be able to defeat He who was the God of Gods - Mahadev! Meenakshi being who she was, quickly rounded up her army and set out to challenge Lord Shiva.

At the entrance to Kailash, she was met by Nandi, the loyal *vāhana* of the Lord. She asked him to inform Lord Shiva about her arrival and that she was challenging Him to a battle.

Filled with awe to see the young and mighty Meenakshi, Nandi rushed in to tell Lord Shiva about the brave princess. To his amazement, the Lord raised His Eyebrows and smiled! It was time to be reunited with His beloved Parvati! He strode out all alone and stood facing the Pandyan princess. Smiling, He watched as the fury in her eyes changed the minute her eyes met His. The weapons that she held in her arms fell down - she did not need them. Shyly, she returned to Madurai and waited for Her Lord to come and marry her.



One can imagine how grand the wedding must have been. The Gods themselves were the esteemed guests and witnessed the wedding of Lord Shiva as Sundaresan and Princess Meenakshi. The '*kanyādān*' was performed by Lord Vishnu, as the Devi's Brother! You will find many temples with the scene of the Divine *Kanyādān* sculpted on the *gopuram*.

The legend goes that Lord Shiva lived on in Madurai, along with His Queen - Madurai Meenakshi. Madurai, a South Indian city in Tamil Nadu, is also called '*Toonganagaram*' (தூங்கநகரம்)... 'the city that never sleeps' in honour of its Warrior Princess who is guarding it all the time.

There are many such tales that surround the beautiful temple. Another tale talks about the name of the city itself - Madurai.....the place where sweet nectar from the locks (*jatā*) of Lord Shiva fell!

The Chitirai festival is celebrated for 9 days in the month of April at the temple. It celebrates the historic wedding of the Goddess, who had descended just to fulfil a promise made to a *bhakta* and Lord Shiva, who followed His Beloved Parvati and stayed on to bless devotees.





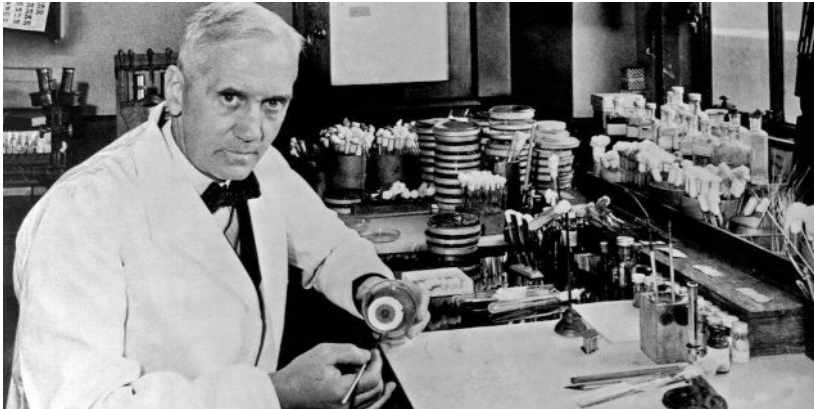
Accidental Discoveries in Science

by Dr. Khurshid Bharucha

Some of the most incredible discoveries in science have come about due to 'serendipity'. Serendipity is finding something good or beneficial by accident, when we are not looking for it. Let us look at some of these serendipitous discoveries.

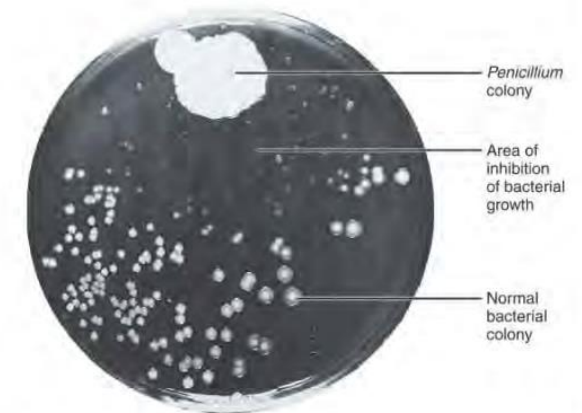
Penicillin

Penicillin is a group of antibiotics used to treat many bacterial infections. Its discovery is considered to be the biggest medicinal breakthroughs in history. And yes, it was an accident.



Alexander Fleming

Alexander Fleming was investigating a bacterium, staphylococcus, in his laboratory. He went on a two-week vacation in August and on his return in September, found something strange in one of the cultures. The culture was dotted with colonies, except for one area, where a blob of fungus was growing. The area immediately around the fungus—later identified as a rare strain of *Penicillium notatum*—was clear. It seemed as if the fungus had secreted something that stopped bacterial growth. This got Fleming to investigate the secretions of this fungus that was capable of killing a wide range of harmful bacteria, such as streptococcus, meningococcus and the diphtheria bacillus. Fleming published his findings in the British Journal of Experimental Pathology in June 1929, with only a passing reference to penicillin's potential therapeutic benefits.



It was Howard Florey, Ernst Chain and their colleagues at the Sir William Dunn School of Pathology at Oxford University, however, who turned penicillin from a laboratory curiosity into a life-saving drug. The Nobel Prize in Physiology or Medicine 1945 was awarded jointly to Sir Alexander Fleming, Ernst Boris Chain and Sir Howard Walter Florey.

But, just think about it, if Fleming had put it down as an experiment gone wrong, and not followed up on it, we may not have had penicillin- the wonder drug, when we did.

<https://www.irishtimes.com/news/science/serendipity-has-played-a-prominent-part-in-many-scientific-discoveries-1.4130996>

<https://toxinspenicillin.weebly.com/biology.html>



X-Rays

Today, doctors order X-rays to diagnose all sorts of problems - a broken bone, pneumonia, kidney stones, and much, much more. However, not very long ago, a broken bone, a tumour, or a swallowed object could not be found without operating on the person.



Wilhelm Röntgen,
Nobel prize in physics,
1901



A print of the left hand of
Anna Bertha Ludwig
Röntgen, 22 Dec.1895

Wilhelm Roentgen discovered X-rays in 1895—accidentally—while testing whether cathode rays could pass through glass. His cathode tube was covered in heavy black paper, but despite this, incandescent green light escaped and projected onto a nearby fluorescent screen in a dark room. Roentgen tried to block the rays, but most things that he placed in front of them did not seem to make a difference. Through experimentation, he found that the mysterious light would pass through most substances, but leave shadows of solid objects. He also observed that when he placed his hand in front of the tube, he could see his bones in the image that was projected on the screen. He did not know what the rays were, so he called them 'X', meaning 'unknown' rays.

News of this discovery spread and within a year, doctors in Europe and the United States were using X-rays to locate gun shots, bone fractures, kidney stones and swallowed objects. He was awarded the first Nobel Prize in Physics in 1901.



Fitness First

by Deepti Anil

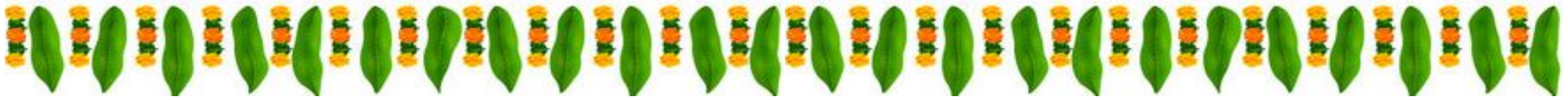
"Summertime is always the best of what might be." —Charles Bowden

Summer is upon us, the time for vacations, lazy mornings, endless playtime with friends, mangoes, lemonade and ice-cream. The challenge, however, is to stay cool and make the most of the season. Have we not heard the phrase, 'as cool as a cucumber'? Today, let us see what it is that makes cucumber such a cool summer food.



While most people think of cucumber as a vegetable, it is actually a fruit, as it contains seeds. Cucumbers are members of the plant family *Cucurbitaceae*, which also includes squashes and melons. Cucumbers are a good source of phytonutrients (plant chemicals that have protective or disease preventive properties) such as flavonoids, lignans and triterpenes, which have antioxidant, anti-inflammatory and anti-cancer benefits. Cucumber seeds are a good source of minerals and contain calcium. Cucumbers are naturally low in calories, carbohydrates, sodium, and contain no fat or cholesterol, making them a super food for those on a weight-loss diet. They also provide small amounts of Vitamin K, Vitamin C, magnesium, potassium, manganese and Vitamin A. Cucumbers are 95% water, according to WebMD. This makes cucumbers a great way to stay hydrated, especially during the summer. It is said that we can get 20-30 percent of our fluid needs through our diet alone, and foods like these certainly help. Not only are they high in water content, they also contain important nutrients that play a part in hydration, like magnesium and potassium. The anti-inflammatory compounds in cucumbers help remove waste from the body and reduce skin irritation, according to the Cleveland Clinic. This makes cucumber an ideal food for the hot, sticky summers in India. So go ahead, skin it, slice it and savour the cool cucumber all through summer!

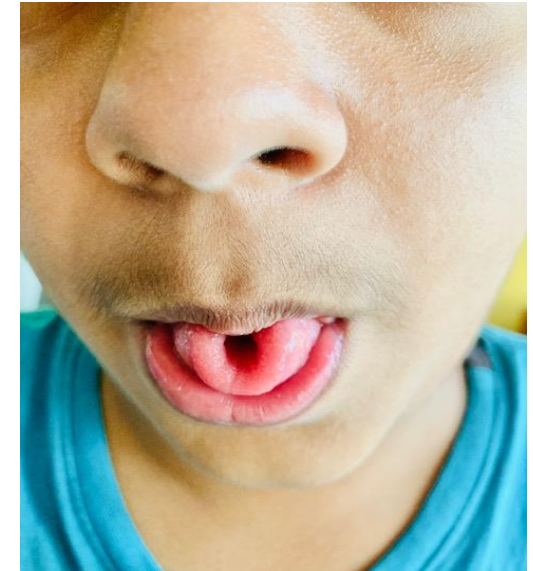
Our ancient *yogi-s* lived in natural surroundings and seemed to have devised a way out of every discomfort and disease known to humans. They followed several seasonal practices in *asana-s* (poses), *pranayama-s* (yogic breathing), *ahaara* (food) and *vihara* (activities). One such pair of *pranayama-s* especially useful to beat the heat are *Sheetali* and *Sheetakari*. The meaning of the word 'Sheetali' is to cool down. This breathing technique can actually cool down our body when practiced right. The word *Sheetali* is originally taken from the word 'Sheetal' which means cool or soothing. The daily practice of *Sheetali pranayama* can calm the mind along with the body. In the ancient yogic text *Hatha Yoga Pradipika*, both *Sheetali* and *Sheetakari pranayama-s* are mentioned. The basic purpose of these *pranayama-s* is to decrease or cool down the body temperature. They also have a positive impact on our nervous system and endocrine (hormone producing) glands. They help calm the mind and are stress busters.



How to perform *Sheetali pranayama*:

- Set comfortably in any meditative pose like *Padmasana*, *Swastikasana* etc.
- Keep both your hands on the knees.
- Now bring your tongue all the way out and fold both sides of the tongue, to shape it like a tube or straw.
- Take a long, deep inhalation through this tube in the tongue.
- After inhalation, close your mouth and exhale through both nostrils.
- Repeat this for about 8 to 10 times.

Sheetali pranayama



Sheetakari pranayama



How to perform *Sheetakari pranayama*:

- Sit in any meditative pose that you are comfortable in.
- Keep your eyes closed and roll the tongue up to touch the palate.
- Join the upper and lower row of teeth.
- Now open your lips and start inhaling, making a mild hissing sound.
- After inhaling, close your lips and breathe out through the nose.
- Repeat this for at least 8 to 10 times.

Precautions:

People who are suffering from cold, cough, asthma or other respiratory problems should not practice *Sheetakari* and *Sheetali pranayama*. People who have low blood pressure problems are also strictly advised not to perform this *pranayama*.



Mysteries of Shri Jagannath Temple

by Dr. Gaurish Padukone

The Jagannath Temple is located in the coastal town of Puri in Odisha. Also referred to as '*Badadeula*' (big temple), *Srimandira* and *Jagannath Dhama*, it is one of the original *Char-dhama* pilgrimage sites for Hindus. The other three sites being Rameswaram, Badrinath and Dwarka.



Lord Krishna is worshipped as Lord Jagannath (Lord of the Universe) at Puri. The inner sanctum of the temple contains statues of three Gods - Jagannath, Balabhadra and Subhadra, carved from sacred neem logs known as *daru*, seated on the bejewelled platform or *ratnabedi*, along with statues of the *Sudarshana Chakra*, Madanmohan, Sridevi and Vishwadhatri. The deities are adorned with different clothing and jewels according to the season. Worship of these deities pre-dates the building of the temple and may have originated in an ancient tribal shrine. Temple chariots, also called as '*Ratha-s*' are used to carry representations of Hindu Gods. The car is usually used on festival days, when many people pull the cart. The size of the largest temple chariots may have inspired the Anglo-Indian term 'juggernaut' (from Jagannath), signifying a tremendous, huge and virtually unstoppable force or phenomenon.

The 3-km-long *Ratha Yatra* is one of the most important festivals at the temple, attended by millions of devotees annually. It is believed that through this *Ratha Yatra*, Lord Jagannath visits His aunt's house - the Mausī Maa temple, also known as Gundicha Temple, along with His siblings: Balabhadra and Subhadra for 7 days.

Three towering chariots are constructed every year for the *yatra*. The process of construction is handed down by carpenters from one generation to another. All measurements are taken with hand-made tools of wood. The chariots are made of wood of specific trees. Logs of *Phasi* (*Dhaura*; *Anogeissus latifolia*), *Asan* (*Terminalia elliptica*) and *Simal* (*Bombax ceiba*), along with a few others, are used for the construction of chariots of Jagannath, Balabhadra and Subhadra every year. Each chariot is built according specific measurements and has a name: the chariot named **Nandigoshā** is used by Lord Jagannath, Lord Balabhadra travels by the chariot **Taladhwaḷa** and Subhadra uses the chariot named **Debadalana**. Even the colours of the chariots are different and vibrant.

The chariot for Lord Jagannath is draped in red and yellow coloured cloth, the chariot of Subhadra is covered with black and red cloth, while that of Balabhadra is covered with red and bluish green.

The 12th century temple built by the Ganga dynasty king Anantavarman Chodaganga is in the Kalinga architectural form and is surrounded by smaller temples of Gods of the Indian pantheon.





The 12th century temple built by the Ganga dynasty king Anantavarman Chodaganga is in the Kalinga architectural form and is surrounded by smaller temples of Gods of the Indian pantheon.



The temple flag called **Patitapavana** is hoisted by a priest/servitor after climbing 214 ft (almost equal to climbing a 21-storey building) over the temple, over a disc called **Neel Chakra** made of *Ashta Dhatu* - an alloy of eight metals, resting over the *shikhara* of the temple. The temple flag is again full of surprises and inspires awe because it flows in a direction that is opposite to the wind direction, which is beyond any scientific explanation.

The *Neel Chakra* - a wheel-like metallic structure is said to protect the temple from lightning and weighs about a tonne. The mysterious question is: how was such a heavy metal structure lifted to a height of over 200 ft for installation? The *Chakra* has another fascinating feature and that is - it faces you irrespective of where you are, as it is designed to look the same from every direction.

Another mystery beyond scientific principles is that this temple does not cast any shadow over the ground and surrounding areas at any time of the day. It still remains to be deciphered whether it is an engineering marvel or a phenomenon that can be attributed only to the divine force.

Normally, we see all types of birds fly over rooftops and structures like buildings and temples, but here at the Jagannath Temple, the area over the temple is totally free from any flying object or creature. Even an airplane does not fly over the area of the temple.

Only Hindus are allowed inside the temple. Others who visit the temple are able to view the temple premises and activities from a gallery surrounding the temple. Entry to the temple is through 4 gates, namely, the *Simhadwara* or the Lion Gate, the *Hathidwara* or the Elephant Gate, the *Vyaghradwara* or the Tiger Gate and the *Ashwadwara* or the Horse Gate.



It is believed that Lord Vishnu visits Earth daily - Rameswaram for His bath, Dwarka for His *shrungaar* - to get dressed, Puri for lunch, while He finally retires at Badrinath. The temple kitchen is 100 ft by 150 ft., like a fortress. Traditional vegetables are used to cook the offerings (*bhog*) made for the Lord. A thousand clay pots are used and 56 dishes are cooked on a traditional '*chula*'.

The *Prasadam* is cooked using firewood, with only seven clay vessels placed one over the other. Interestingly, the top-most pot is cooked first and the rest follow in the same order, from top to bottom.

It is believed that the *Mahaprasad*, the holy food of the Lords, is prepared under the supervision of Goddess Laxmi, the better-half of Lord Jagannath. Surprisingly, the *Mahaprasad* prepared for distribution to devotees is never wasted because not even a small morsel/bite remains undistributed. The prepared *Prasadam* is perfectly sufficient for the exact number of devotees visiting the temple each day.





The Jagannath Temple is very close to the seashore and you can hear the sounds of waves all around, but not inside the temple complex. As soon as you enter the *Simha Dwar* (Lion Gate) of the temple, all sounds of the sea get muted....as if by magic!

It is a well-known geographical fact that during daytime, the wind from the sea blows towards the land, whereas the wind from the land blows towards the sea in the evening. However, in Puri, these geographical laws are reversed. Here, just the opposite happens. During the day, a cool breeze blows through the land and in the evening, a cool breeze from the sea envelops the temple complex. Surely, these mysteries once again reinforce our firm belief that our culture and past were scientifically advanced to such a level that unravelling the unknown becomes difficult for us in these modern times.



Sources:

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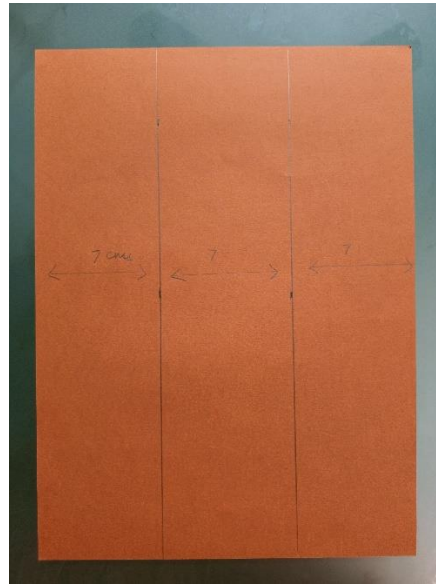


Arts and Crafts – Tiger Paper Puppet

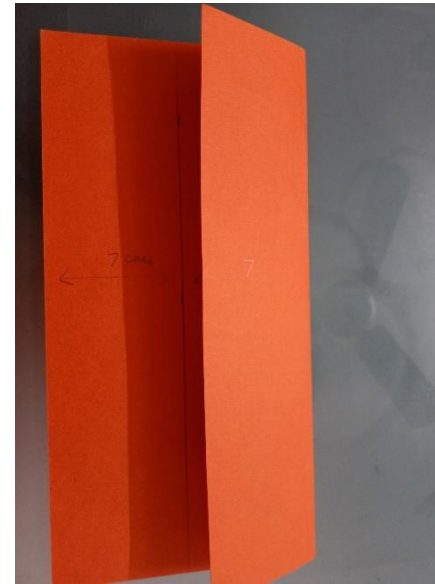
by Smita Nagarkatte



Things required: Orange, yellow, red and black tinted paper, a black marker, a pair of scissors, Fevicol, a pencil and a ruler.



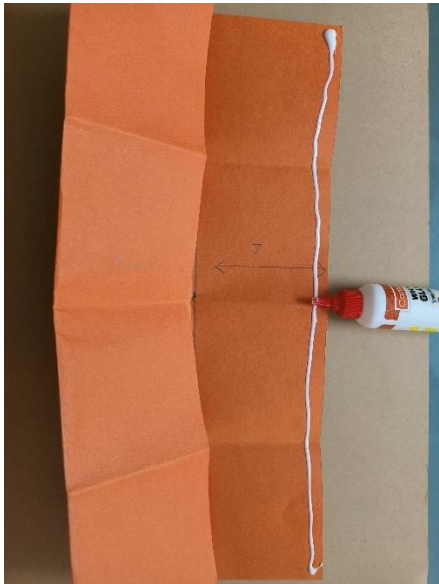
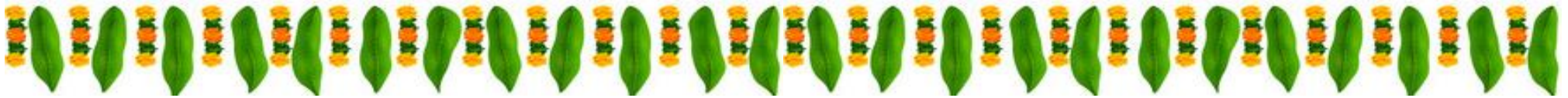
1. Take an A4-sized orange-coloured tinted paper. It is usually 21-cm wide. Divide this into 3 parts of 7 cm each by drawing vertical lines as shown in the picture.



2. Now, fold it along the line from one side.



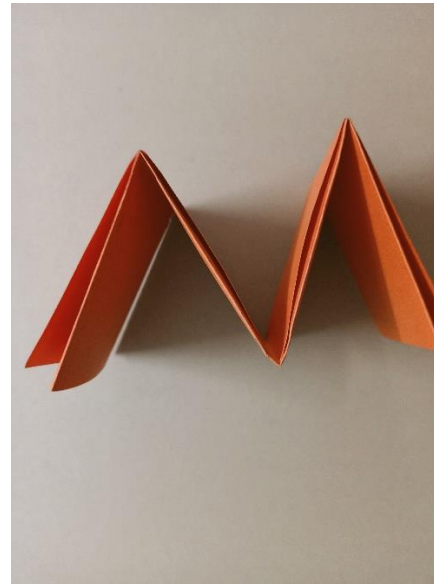
3. Next, fold it along the line from the other side, as shown in the picture.



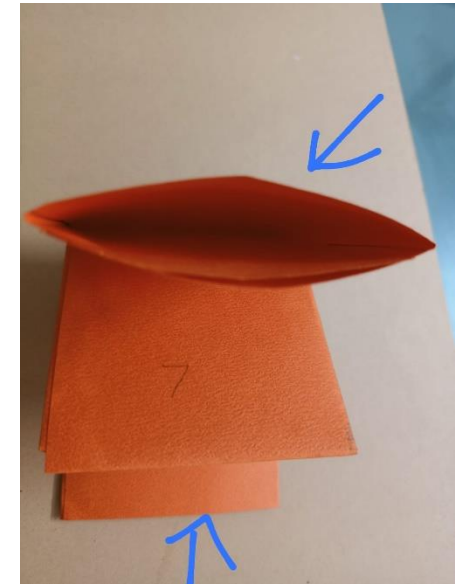
4. Apply Fevicol along the edge (only along the length) and seal the side.



5. Now, fold the paper in half along its breadth.



6. Again fold each side in half to create a zig-zag pattern, as shown in the picture.



7. Check if you can pass a finger through the openings along the two edges.



8. Cut out the ears, tiger stripes, tongue, snout from tinted paper. Instead of cutting out the stripes, one can also draw them using a black marker.



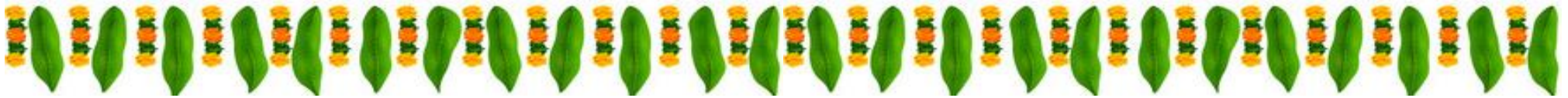
9. Stick the snout and tongue as shown in the picture.



10. Stick the ears, stripes and eyes. One can also draw the stripes instead of sticking them.



11. Place it on the table to see if both the ends are open to insert fingers.



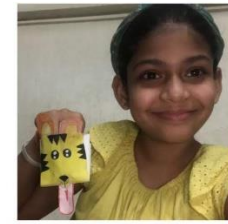
12. Side view



13. Sleeping-position view



14. Front view



15. Now insert your fingers in both the openings and make your tiger speak!



Gems Of Ancient India – Sankalpa

by Chandrima Kalbag

Before performing a *Puja* or an *Anushthana*, we take a *Sankalpa*. *Sankalpa* is a vow or affirmation that we intend to perform the *Puja* to the best of our ability and knowledge. Our *Shashtra-s* prescribe that while some *karma-s* should never be done, some others are routine and some need to be performed at the right time and place. So, incorporated into our *Sankalpa* are these details. This reflects not only the philosophical aspect, but also the geographic and scientific knowledge. It is not only an ancient Global Positioning System, it also places an event at a particular position in the Time-Space continuum.

Our Sages envisioned the whole Universe or *Brahmanda*. They described it as an ocean of space with planets, stars and other heavenly bodies floating in it. More than 5000 years ago, our Sages knew that the Earth is a planet in the solar system. They also envisioned the Earth having seven

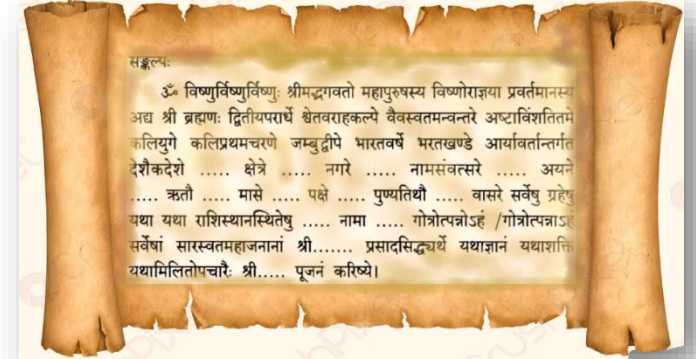


continents, separated by oceans. Since the only method of passing on knowledge from one generation to the next in ancient India was through *shloka-s* and oral learning, the descriptions do not always match the later picture representations. Time, nature and human activity have brought about some changes in geography, apart from differences due to interpretations. The descriptive attributes should not be taken literally, for example, 'Black Sea' does not mean that the water is black. The seven land masses or continents, called *Dweepa*, were separated by oceans. Each *Dweepa* was further divided into *Varsha-s* or plains between mountain ranges. These were further divided into *Khanda-s*. The description of each is based on the physical and political geography of that era.

One *Kalpa* = 4.32 billion years (as per the *Bhagawat Puran* and *Vishnu Puran*) = 1 Daytime of Brahma = 1000 *Mahayuga-s* (*Krita* + *Treta* + *Dwapara* + *Kali*, these 4 *yuga-s* repeat 1000 times in one *Kalpa*). Science has proved that the age of the Earth is about 4.5 billion years.

Each *Kalpa* is ruled over by 14 *Manu-s* consecutively. Each such period is called a *Manvantara*. An equal period of time denotes the Night time or *Pralaya* of Brahma, when dissolution of the Earth occurs. So, one day of Brahma is made up of 8.6 billion years. Now, 360 such days make one Brahma year and His lifetime lasts 100 such years or 1 *MahaKalpa*, about 311 trillion 40 billion Earth years. We are in the fifty-first year of Brahma.

Our *Shashtra-s* say that even if Brahmā's lifetime appears endless, compared to eternity, it is like a lightning flash or a bubble. Brahmā and his creation are all part of the limited material Universe.

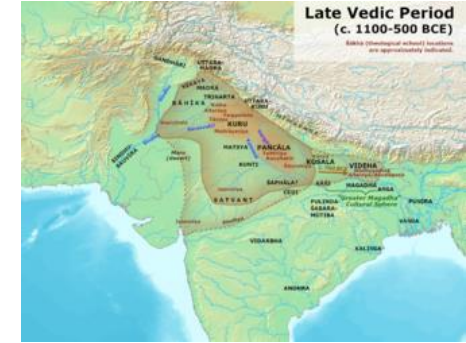




Bharata Varsha



Bharata Khanda



Aryavarta

The meaning of the key elements of the *Sankalpa* is as follows:

Adya Shri Brahmanah dwiteeya parardhe – Currently Brahma is in the 2nd half of His lifetime

Svetavaraha kalpe - Each *Kalpa* is named after a glorious person or event of that era, like *Sveta-Varaha* in the present *kalpa*.

Vaivaswatha manvantare – under the reign of the current *Manu* – *Vaivaswatha*

Ashta Vimshati-tame - in the 28th *Mahayuga* of the current *Manvantara*

Kaliyuge, Kali Prathama Charaney - in this *Kali Yuga*, in the first quarter

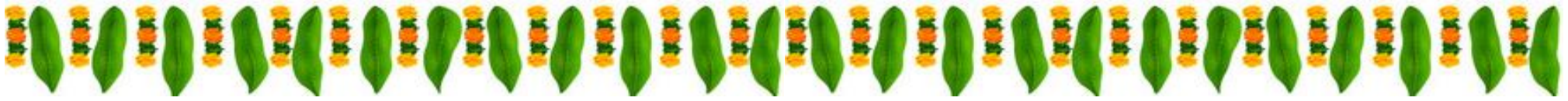
Jambudweepe – In Asia or the continent full of *jamun* trees. The other continents were *Kusha* (grass)

dweepa - Oceania including Indonesia, Philippines (excluding Australia), *Plaksha* (fig trees) *dweepa* - South America, *Pushkara* (lakes) *dweepa* - Africa, *Shalmali* (silk cotton trees) *dweepa* - Australia, *Krauncha dweepa* (demoiselle crane) - North America, *Shaka* (trees) *dweepa* - Europe

Bharata Varshe – In the Indian Sub-continent, stretching from the Himalayas in the north to the Oceans/ Seas. *Jambudweepe* had been demarcated into 9 *Varsha*-s.

Bharata Khande - in the land of the great King Bharata

Aryavartantargata Deshaika Deshe – Over the centuries, the political map of India has undergone numerous changes. Here onwards, the references are to political boundaries, rather than physical geography alone.



___ **Kshetre**, ___ **Nagare** - Name of the state, Name of the city

___ **Nama Samvatsare** – Each *samvatsara* has been named and is the time *Brihaspati* (Jupiter) takes to transit from one zodiac sign (*rashi*) to the next, marginally short of a solar year. One complete orbit of Jupiter through all the twelve signs of the zodiac will approximately equal twelve solar years. Five such orbits of Jupiter (12 X 5 = 60 *samvatsara*-s) are referred to as a *samvatsara chakra*. Once all 60 *samvatsara*-s are completed, the cycle starts over again.

___ **Ayane** – Either *Uttarayane* (the sun is overhead at the Tropic of Cancer and the days are lengthening from now on in the Northern hemisphere, marked by *Makar Sankranti*) or *Dakshinayane* (the sun is overhead at the Tropic of Cancer and the days are shortening hereafter in the Northern Hemisphere, after the Summer Solstice)

___ **Ritou** - denotes the 6 seasons – *Vasantha* (Spring), *Greeshma* (Summer), *Varsha* (Monsoon), *Sharada* (Autumn), *Hemanta* (Pre-winter, cool season) and *Shishira* (Winter). *Ritu* denotes the fixed or appointed time, especially for sacrifice (*yajna*) or rituals. It is derived from the word *reeta*, meaning order or custom.

___ **Mase** – name of the month (*Chaitra*, *Vaishakha*, *Jyeshtha*, *Ashadha*, *Shravana*, *Bhadrapada*, *Ashwija*, *Kartika*, *Margashirsha*, *Pushya*, *Magha* or *Phalguna*)

___ **Pakshe** - *Shukla Paksha* (Waxing Moon phase – from the day after *Amavasya* up to *Purnima*/Full Moon) or *Krishna Paksha* (Waning Moon phase – from the day after Full Moon up to New Moon/*Amavasya*). Each month has a *Shukla Paksha* and a *Krishna Paksha*.

___ **Shubha Tithou** - day within the fortnight (*Pratipada*/ *Prathama*, *Dvitiya*, *Tritiya*, *Chaturthi*, *Panchami*, *Shashti*, *Saptami*, *Ashtami*, *Navami*, *Dashami*, *Ekadashi*, *Dwadashi*, *Trayodashi*, *Chaturdashi*, *Pournima* or *Amavasya*)

___ **Vasare** - day of the week (*Ravi*, *Soma*, *Mangal*, *Budha*, *Guru*, *Shukra* or *Shani*)

Sarveshu, Graheshu yatha yatha rashisthane sthiteshu – with all the heavenly bodies in place

___ **Nama/ namni** ___ **Gotrotpannoham/ Gotrotpannoham** – name of the person performing the *puja/yajna* and the *gotra* he/she is from. *Gotra* refers to lineage, tracing back to the Guru, one of the eight *Rishi*-s created by Brahma. There are 108 *Gotra*-s.

Our Sages were indeed all-knowing!

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