



# Parijan Patrika - Varsha Rutu -2023





Jai Shankar!

The noble causes of education, and the needs of differently abled children were close to the heart of our revered Guru Swami, HH Shrimat Parijnanashram Swamiji III. Guruprasad High School in Mallapur, SPEVC in Virar, and the educational institutions of the Saraswat Education Society (Mangalore) were all graced by His everlasting, generous blessings and support.

In a tribute to the Karunamurti Guruswami on His Samaradhana Divasa (3rd Sept 2023), the websites of 9 of these educational institutions were launched from Shirali by HH Shrimat Sadyojat Shankarashram Swamiji.

- \* Anandashram High School, Kotekar: [www.anandashramhighschool.in](http://www.anandashramhighschool.in)
- \* Ganapathy English Medium School, Mangaluru: [www.ganapathyhighschool.in](http://www.ganapathyhighschool.in)
- \* Ganapathy Pre-University College, Mangaluru: [www.ganapathypucollege.in](http://www.ganapathypucollege.in)
- \* Guruprasad High School, Mallapur: [www.guruprasadhighschool.in](http://www.guruprasadhighschool.in)
- \* Parijnan Pre-University College, Kotekar: [www.parijnanpucollege.in](http://www.parijnanpucollege.in)
- \* Parijnan Vidyalay, Kotekar: [www.parijnanvidyalay.in](http://www.parijnanvidyalay.in)
- \* Saraswat Education Society, Mangaluru: [www.saraswateducationsociety.in](http://www.saraswateducationsociety.in)
- \* Srivali High School, Shirali: [www.srivalihighschool.in](http://www.srivalihighschool.in)
- \* Swami Parijnanashram Educational and Vocational Centre, Virar: [www.spevc.in](http://www.spevc.in)





## Srivali Logo



The new logo designed for Srivali Trust will be used across all Educational Institutions affiliated to Shri Chitrapur Math Shirali.

As a part of the overall arrangement, Srivali Trust will also be raising Corpus donations and utilizing the interest from investment of that Corpus for funding some common Educational and Student and Teacher Training programmes for all the schools affiliated under Shri Chitrapur Math. These include diverse areas in Skill Development and other knowledge enhancing educational training programmes that Srivali Trust will contract with external Educational agencies from time to time and will be conducted at each of these affiliated institutions.

During the Dharmasabha held at Shri Karla Math on 15<sup>th</sup> June 2023, on the auspicious occasion of H.H. Parijnanashram Swamiji III Janamotsav celebrations, the design of Srivali Logo together with the concept of use of Srivali Logo by all affiliated educational institutions of Shri Chitrapur Math, Shirali was Blessed by H.H. Shrimat Sadyojat Shankarashram Swamiji.

Subsequently, 'Srivali Logo' has been approved by the Trustees of all Affiliated Educational Institutions of Shri Chitrapur Math for use as its Logo and each of these Educational institutions shall display the said Logo on all its internal, external as well as third party communication-s covering digital, electronic and physical content.





## News from... Anandashram High School, Kotekar :



Exhibition on Anatomy Awareness by students of Yenepoya Medical Institute, Deralakatte





## News from ... Ganapathy English Medium School, Mangaluru



**Play Activities for KG Section**



**Cabinet  
Inauguration  
03-07-23**





## News from ... Ganapathy English Medium School, Mangaluru

Shivamani, Class IX secured the 3<sup>rd</sup> place in Taluk Level Karate Championship





## News from... Ganapathy PU College, Mangaluru

Students Union of Ganapathy PU College was inaugurated on 4<sup>th</sup> July, 2023





## News from... Parijnan PU College, Kotekar

Freshers Day was celebrated in the College to welcome all the students of the 1<sup>st</sup> year PUC.







## News from ... Parijnan Vidyalay, Kotekar

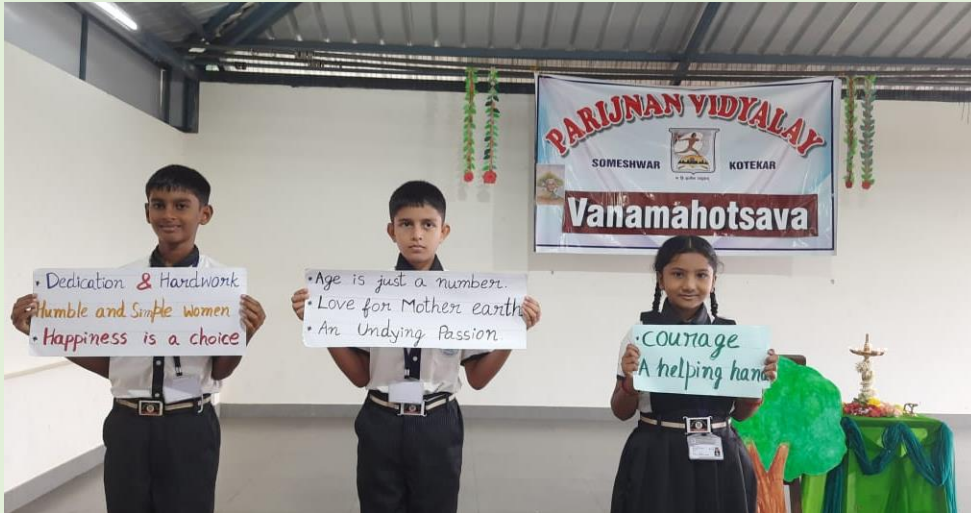
Guru Poornima was celebrated on 03-07-2023 at Parijnan Vidyalay. The programme started with a formal function, followed by cultural programs and concluded with vote of thanks.





## News from ... Parijnan Vidyalay, Kotekar

Parijnan Vidyalay, Someshwar celebrated Van Mahostav on 10-07-2023





## News from ... Parijnan Vidyalay, Kotekar

Kargil Vijay Diwas on 31-07-2023.





# Independence Day

## Kotekar Campus







## Independence Day at Mangalore Campus:





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

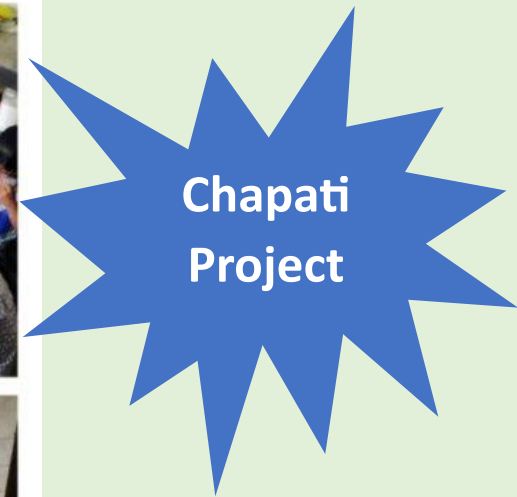


Guru  
Purnima





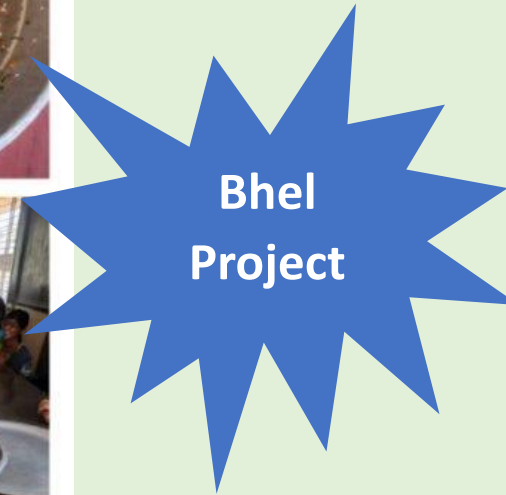
News from ... Swami Parijnanashram Educational and Vocational Centre, Virar







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





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

Nasha Mukta  
Bharat Abhiyan





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





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



Therapy





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



Visit to Vithal Mandir



Balancing Activity





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



Independence  
Day

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





## News from ... Parijnan Vidyalay, Kotekar





## News from... Srivali High School, Chitrapur



CHANDANA PANDURANGA NAIK 10A



LAVANYA GANAPATI NAIK 10 B







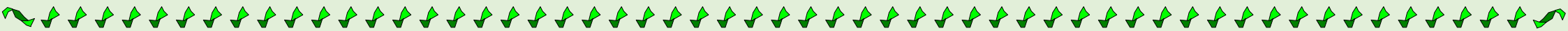
## News from... Srivali High School, Chitrapur



**POORNIMA KALYANKAR 10B**



**MONIKA JAYAKAR NAIK 10 A**





## News from... Srivali High School, Chitrapur





## News from... Srivali High School, Chitrapur



**77TH INDEPENDENCE DAY CELEBRATION AT SRIVALI HIGH SCHOOL, CHITRAPUR.**







## News from... Srivali High School, Chitrapur



**PATRIOTIC SONG DANCE - 1**



**INDEPENDENCE DAY SONG DANCE**





## News from... Parijnanashram Vidyalaya, Karla





## News from... Parijananashram Vidyalaya, Karla





## News from... Parijnanashram Vidyalaya, Karla







## News from... Parijananashram Vidyalaya, Karla





## News from... Parijnanashram Vidyalaya, Karla





## News from ... Guruprasad High School, Mallapur

Right - Video footage of the project chandrayaan-III was shown with the help Smart T.V. to Students.

Rabindranath Tagore Day 07-08-2023





## News from ... Guruprasad High School, Mallapur



Guests of honopur on Independence Day:

Hon. Secreatary of G.E. Society Shri Arun  
Ubhayakar Smt. Chaya Ubhayakar, Member of  
Grama Panchayat Chandavar and Shri Sudheer  
Koppikar Mumbai,

Department of School Education and literacy  
guildlines

Third Saturday is bagless day with extra co-curricular  
activities conducted for students.



## News from ... Guruprasad High School, Mallapur



Rajalakshmi Children's Foundation held a competitive examination under Pratibha Poshak Yojana on 22<sup>nd</sup> August. Kumari Saujanya Nayak participated and brought laurels for the school



Zonal level talent foundation competition was conducted by the School Education Department at Areangadi English Medium High School on 24-08-2023. Our students won...  
First position in Hindi Elocution Competition  
Third position in mimicry, Second position in Gazal, Second position in Pick and Speech Competition  
Second position in Quiz.





## Tulip Art by Aparna Betrabet

### Things required:

1. One square Origami paper (any colour)
2. One green coloured Origami paper
3. Glue
4. Scissors



1

### Instructions

Take the square origami paper and fold it in half, both horizontally and vertically, to make creases in the '+' shape.



2

Now fold the paper along the two diagonals to make creases in the 'x' shape.



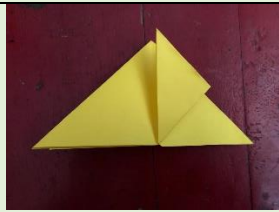
3

Now open the fold.



4

Bring the top-edge of the paper to meet with the bottom-edge of the paper, while wedging the right and left horizontal creases between them to form a triangle.



5

Now, working on the upper layer, take the right bottom tip and fold it up, ensuring that it is aligned perfectly with the apex of the triangle.



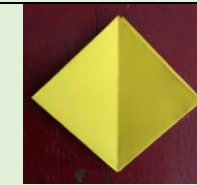
6

Repeat the same on the left side.



7

Now flip the model and repeat the same on the other side. You will end up with a diamond shape. Like turning the pages of a book, turn one layer from the front-right towards the left side. At the same time, turn one layer from the left-back of the model towards the right.



8

Next, fold the top left layer over to the right side to make a crease along the center of the diamond. Flip and repeat on the lower layer.



9

Now, working on the top layer only, fold the top left corner into the centre, creasing only softly. Repeat on the right side.







## Story: The Master Organizer's Master Plan by Sadhana Kaikini

A beautiful, old temple was kept clean by Siddanna, the sweeper! In between his work, Siddanna would converse with the deity - Lord Bhavanishankar.

One day he spoke aloud to the vigraha -

"Bhavanishankar Dev! How bored you must be, standing in the same place for years. Please permit me to do your seva by taking your place while you go for a small outing!"

Amused by the innocent Siddanna, there was an Akashvani! "Siddanna! Okay. You may take my place but you will have to make me a promise. No matter what, you must not speak. Will you promise me this?"

Siddanna happily promised to do what was told. Siddanna stood behind the vigraha while the Lord moved out for a while.

First, a poor man entered the temple. He bowed and begged Lord Bhavanishankar for help. His wife, children and old parents were starving at home.

He then moved down the dark corridor beside the garbha griha to perform the pradakshina. Just then entered a rich man who said, "O Lord! I have an important meeting today. Please see that it goes well!" Saying so, he too moved away to do the pradakshina. Without his knowledge, his wallet fell down. Siddanna was about to warn him, but just in time, he remembered his promise! Shhhhhhh!

In the meantime, the poor man completed his pradakshina and was leaving when his eyes fell on the wallet. Palms joined in gratitude, he thanked Lord Bhavanishankar and went away happily with the wallet.

The rich man too completed his pradakshina and then found his wallet missing! Siddanna again kept quiet. Raising a hue and cry, the rich man rushed out to inform the temple security.

Along came another devotee - a soldier. He too bowed and said, "Tonight I am taking a cruise in a ship. I have come to seek blessings, Lord Bhavanishankar!" Just as he was completing his pradakshina, the rich man arrived there with the security guards. He pointed to the hapless soldier and angrily accused him. Siddanna watched in shock and then spoke out - "Stop! The soldier is innocent! The poor man who just left the temple has the wallet!"

Siddanna was happy that the soldier had been set free. Suddenly Siddanna felt the Divine Presence. He knew that Lord Bhavanishankar had returned.







" Siddanna! So how was your experience?" asked the Lord. Siddanna replied, "Lord! It was wonderful. I helped someone!"

"Oh really? I hope that you did not break your promise to me?" said the Lord!

Sheepishly Siddanna replied," Well..... actually, I did keep my promise twice - first when the rich man dropped his wallet and again when the poor man picked it up. But I had to speak up when I saw the poor soldier being arrested! If not, the poor soldier would have been in prison and would have missed the cruise!"

Lord Bhavanishankar looked stern as He said sadly,"Siddanna! Do you not realise that the whole plan was Mine? I made the wallet fall. The poor man would have used the money to start a small business! The rich man has more than enough of it! The ship is destined to sink tonight in a storm. By being in prison, the soldier's life would have been saved! You ruined my plans!"

Siddanna stood with his head bowed! He had learnt a great lesson.

We all did too! Remember that there is a Master Plan. We must trust our Master Organizer!





## India's Amrutkaal

by Kartikeya Vasisht

According to a report by the United Nations, in just 15 years, from year 2006 to year 2021, India's poverty rate fell from 55.1 to 16.4 percent. That is, more than 415 million people have been lifted out of poverty in India (we have 230 million people left to uplift out of poverty). Child mortality according to the same report fell from 4.5 per cent to 1.5 per cent, those deprived of drinking water fell from 16.4 to 2.7 percent, those deprived of electricity fell from 29 to 2.1 percent and those deprived of housing fell from 44.9 to 13.6 percent.

This swelling neo-middle-class is due to rising per-capita income. Rising per-capita income is due to accelerating economic growth. Accelerating economic growth is due to rural areas' improved life and socio-economic development as well as rural citizens moving to urban centres. The reason for this rise in development is spending growth in such infrastructure as water, power and transportation of goods and people, supplying raw materials for consumer goods and for more and better roads for transporting automotive vehicles. A surge in demand for transportation, power, utilities, etc. is translating into increased demand for manufacturing projects to refine fuel and produce chemicals and metals - central to production. Infrastructure is the key.

India is currently defined as a lower-middle income country but is transforming into a middle-income and soon upper-income country very rapidly. Infrastructure spending is increasing and evolving. India has recently become the fifth largest economy in the world and in just a few years will be in the top three rankings. So as to not have our growing GDP become a cruel irony for several millions of Indians living in poverty, infrastructure development is being prioritised for inclusive development. Major efforts have been made to expand and improve the quality of the physical infrastructure and improve the institutional mechanism for faster delivery and less leakage.

India has been able to sustain growth in the phase of global slowdown essentially because of infrastructure creation where the gap is huge. The need for infrastructure investment is clear: Urbanization, population growth and climatic crises all add up to the pressing need for smarter, more sustainable and reliable infrastructure. Optimistically, in just 10-15 more years, India has the chance to lift every one of its citizens out of poverty and into the middle class. Let us pray that we succeed.

Jai Bharat





## Gems from Ancient India

by Chandrima Kalbag

### Chhandas- the Science behind the Rhymes

*Chhandas is one of the six Vedangas. Chhandas is a Sanskrit word, meaning “pleasing,” “delightful,” “alluring” and “charming”. It refers to the poetic meter of the ancient Sanskrit scriptures, especially the Vedas. Chhandas give rhythm to verses when the rules are properly followed. Words are formed by combining different sounds or syllables. The placement of such sounds give rise to rhythms when the pattern is repeated at fixed intervals.*

Gayatri, Anushtup and Trishtup are examples of chhandas. Each has a fixed number of syllables in a verse and a fixed pattern in which long and short sounds occur.

गुरुर्ब्रह्मा गुरुर्विष्णुर्गुरुर्देवो महेश्वरः ।

गुरुस्साक्षात् परब्रह्म तस्मै श्री गुरवे नमः ॥

In the shloka given above, the rhythm and lyrical expression can easily be understood.

Chhandas use 2 kinds of syllables - long and short or Laghu and Guru. So does a binomial theorem, which uses 2 variables, say 'a' and 'b' or '1' and '0'.

In 200 B.C. Pingala, the author of chhandas-sutra described the technique for developing variations of sound that could be obtained in a meter or chhanda using a combination of Laghu and Guru to form lyrical poetry or pleasing shlokas. In the 10th century A.D, scholar Halaayudha gave the method for calculating the number of variations possible. This method, known as meruprastaara, is given below :

1

1

1

1

2

1

1

3

3

1

1

4

6

4

1

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This kind of table is today well known as Pascal's triangle. Astonishingly, it was used by the Indians 4 centuries earlier than it appeared anywhere else in the world! Pascal arrived at this triangle only in the 16th century.

The importance of chhandas lies in the fact that advanced literary and mathematical concepts had been combined to give us our sacred texts. Our scriptures are not only full of wisdom, but also works of art. Alliteration, similes, imagery, metaphor and other poetic devices found in modern literature can be seen in our ancient texts as well. The chhandas made it easier for students and scholars alike to memorise and pass on knowledge from one generation to the next, thus forming the basis of Sanatana Dharma.

Source:

<https://cs.annauniv.edu/insight/Reading%20Materials/chhandas/pages/binomial.htm>





## FITNESS FIRST - NUTRITION NUGGET

by Deepti Anil

Say hello to the next nutrient on the alphabet list, Vitamin D! Also known as the “Sunshine Vitamin”. Sunlight luckily for us Indians is present throughout the year barring the monsoon months. Vitamin D is an essential vitamin that your body uses for normal bone development and maintenance. Vitamin D also plays a role in your nervous system, musculoskeletal system and immune system.

You can get vitamin D in a variety of ways, including:

- Sun exposure on your skin (however, people with darker skin and older people may not get enough vitamin D through sunlight. Your geographical location may also prevent adequate vitamin D exposure through sunlight).
- Through the food you eat (mainly fatty fish, egg yolk, mushroom and cow’s milk).
- Through nutritional supplements.

Despite all these methods to get vitamin D, vitamin D deficiency is a common worldwide problem. To get in the sun and enjoy sunbathing is the best way for our body to produce vitamin D, unfortunately the modern lifestyle is geared around sitting in closed spaces all through the day in schools and offices. Daily sun exposure between the morning hours of (7-10) am can help us naturally build our Vitamin D reserves. Despite all these methods to get vitamin D, vitamin D deficiency is a common worldwide problem. Vitamin D deficiency means you don’t have enough vitamin D in your body. It primarily causes issues with your bones and muscles. The most serious complications of vitamin D deficiency include Rickets (softening of bones during childhood) and Osteomalacia (softening of bones in adults).





## MUDRAS

**A mudra** is a gesture or seal used in yoga. The practice of these gestures and seals channel the flow of prana or life force. There are many mudras. They are categorized as hand (hasta) mudras, body (kaya) and consciousness (citta) mudras. We commonly use hand mudras. Let us take a look at the meaning behind mudras - hand gestures. The image of someone in a lotus position with their thumb and forefinger touching is synonymous with yoga and meditation. But is there more to this hand gesture than meets the eye?

The body is made up of five elements; fire, air, space, earth and water. A healthy body has a balance of these elements. Conversely, a dominating or weakening element would cause an imbalance in the body and have a negative impact on one's health. This would express as illness or disease.

There are five elements and five fingers. Each finger represents an according element. In yoga philosophy, it is said that through each finger, runs the prana for each element. By manipulating the pranas we can increase or decrease the prana to a specific part of the body. That is why a mudra is also referred to as a seal. We are sealing or locking the pranas for a specific purpose. When a specific mudra is used for a specific purpose, it can help restore the balance of the five elements of the body using prana.

### **The fingers represent, accordingly, each element:**

- **The Thumb** - represents the fire element
- **The Index finger** - represents the air element
- **The Middle finger** - represents the space element
- **The Ring finger** - represents the earth element
- **The little finger** - represents the water element

### **Mudras for Meditation and Yoga**

Mudras function as a unifying force to bring together and balance the body through the hands. We have two hands, so do we have two sides of the body; yogic physiology says that solar energy flows on the right side (Pingala Nadi) and lunar energy on the left side of our bodies (Ida nadi). Apart from balancing energies in the body, mudras are also used in meditation and yoga practice to enhance focus and help direct our awareness inwards.

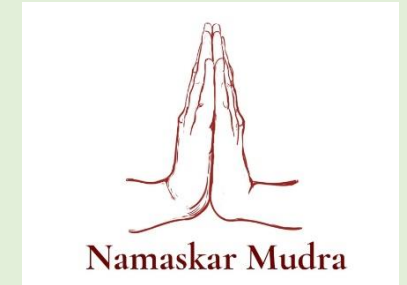
There are many mudras for meditation and yoga, each with its own unique purpose and benefit for the mind, body and spirit. Some of the most widely practiced hand mudras for meditation and yoga include Namaskar Mudra, Chin Mudra, and Dhyana Mudra.



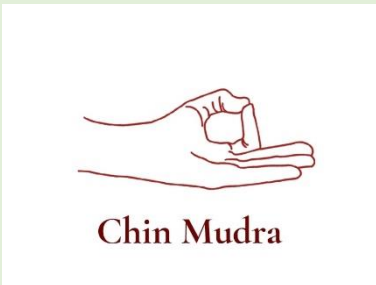


## Namaskar Mudra

In this mudra we join the palms and fingers together in a prayer position in front of your heart. This mudra joins elements together and balances both sides of the body. It invokes the feeling of calmness and compassion and that is why we use it often in meditation.



## 2. Chin Mudra



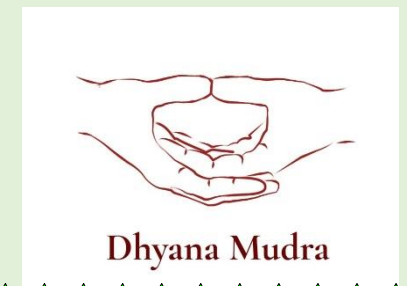
This is one of the most commonly practiced mudras in meditation. It is the mudra for wisdom. It involves connecting the thumb and index finger with the palms on the knees and palms facing up. Imagine holding a sheet of paper in between the fingers to get an idea of the gentle pressure to be applied between the fingers in this mudra.

In pranayama and meditation, this powerful mudra helps build concentration and heighten your internal awareness. We use this mudra during the day as the fingers and palms face toward the sun's energy.

## 3. Dhyana Mudra

This is referred to as the 'concentration mudra.' For Dhyana Mudra you bring your right hand above your left hand. Rest your right hand over the left hand. Bring the tips of your thumbs together and keep the fingers together. The fire element is connected via the thumbs and the other elements are at rest.

This mudra engages the intellect and calms the mind. Dhyana Mudra is a renowned hand mudra for meditation, with many iconic pictures and statues of Lord Buddha in Dhyana Mudra.





## All about Veterinary Science

by Dr. Gaurish Padukone

You all are aware that a doctor who treats animals, reptiles and birds is called a veterinarian.

How did the term 'veterinarian' came to be used to describe a animal doctor is very interesting.

The word 'veterinarian' is derived from the Latin 'veterinum' which means 'beast of burden' and 'veterinarius' which means 'of or having to do with beasts of burden'. Its first known use to call an animal doctor dates to 1646 , while the adjective 'veterinary' was first used in 1791.

The first attempts to organize and regulate the practice of treating animals tended to focus on horses because of their economic significance. In the Middle Ages, farriers ( people who put shoes on the hooves of horses) combined their work in horseshoeing with the more general task of treating horses.

The first veterinary school was founded in Lyon, France, in 1762 by Claude Bourgelat. After observing the devastation being caused by cattle plague to the French cattle herds, Bourgelat devoted his time to seeking out a remedy. This resulted in founding a veterinary school in Lyon in 1761, from which he dispatched students to combat the disease; in a short time, the plague was stayed and the health of stock restored, through the assistance rendered to agriculture by veterinary science and art. The school received immediate international recognition in the 18th century and its model drew courses from the existing fields of human medicine, natural history, and comparative anatomy.

The Shalihotra Samhita, is an early Indian treatise on veterinary medicine likely to have been composed in the 3rd century BCE. It is attributed to Shalihotra, the son of a sage named Hayagoshha. He is considered as the founder of veterinary sciences in the Indian tradition. He is said to have lived in Sravasti (modern Sahet-Mahet on the borders of Gonda and Bahraich districts in Uttar Pradesh)

Shalihotra's principal work was a large treatise on the care and management of horses, the Shalihotra Samhita - having some 12,000 shlokas in Sanskrit. It has been translated into Persian, Arabic, Tibetan and English languages. This work described equine and elephant anatomy, physiology, surgery and diseases with their curative and preventive measures. It elaborated on the body structures of different races of horses, and identified the structural details by which one can determine the age of a horse. Two other works, namely Asva-prashnsa and Asva-lakshana sastram are also attributed to Shalihotra.

Animal doctors in ancient India were referred to ' Shalihotriyas '.

Muni Palkapya wrote Hasti Ayurveda, covering many aspects of elephant medicine. This book has four sections and 152 chapters, including the anatomy of elephants. Nakula and Sahdeva , two of the Pandava siblings also have contributed to treatment of horses and cattle. Nakula, author of the Ashva-chikitsa, was considered an equine expert, while Sahdeva was a specialist in cattle management. Horses and elephants were vital assets in the never-ending warfare of the ancient world. Physicians treating human beings were also trained in the care of animals. Ancient Indian medical treatises such as those of Charaka, Sushruta and Harita contain chapters or references about the care of diseased, as well as healthy animals.







Formal veterinary education in India began in 1862 with the establishment of an army veterinary school in Pune. The first civil veterinary school was started in Babugarh, Hapur in Uttar Pradesh. These schools had the limited objective of training Indians to serve as assistants in remount depots and on military dairy farms. The Bombay Veterinary College was founded in 1886.

Modern Veterinary medicine is the branch of medicine that deals with the prevention, management, diagnosis, and treatment of disease, disorder, and injury in animals. Along with this, it deals with animal rearing, husbandry, breeding, research on nutrition, and product development. The scope of veterinary medicine is wide, covering all animal species, both domesticated and wild, with a wide range of conditions that can affect different species.

Veterinary medicine is widely practiced, both with and without professional supervision. Professional care is most often led by a veterinary physician (also known as a veterinarian, veterinary surgeon, or "vet"), but also by para-veterinary workers, such as veterinary nurses, veterinary technicians, and veterinary assistants. This can be augmented by other paraprofessionals with specific specialties, such as animal physiotherapy or dentistry, and species-relevant roles such as farriers and artificial inseminators.

Veterinary science helps human health through the monitoring and control of zoonotic disease (infectious disease transmitted from nonhuman animals to humans), food safety, and through human applications via medical research. They also help to maintain food supply through livestock health monitoring and treatment, and mental health by keeping pets healthy and long-living. Veterinary scientists often collaborate with epidemiologists and other health or natural scientists, depending on type of work.

References from :

Smithcors JF, Evolution of Veterinary Art : A Narrative Account to 1850. London: Bailliere, Tindal & Cox, 1958.

<http://www.flockandherd.net.au/other/ireader/vet-profession>





# Parijna Patrika – Varsha Rutu 2023



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