



Parijna Patrika

Shishira Rutu 2025





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



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



Bocce National Championship



Swachhata Abhiyan



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



Climbing ropes for enhancing motor skills



Ice Therapy

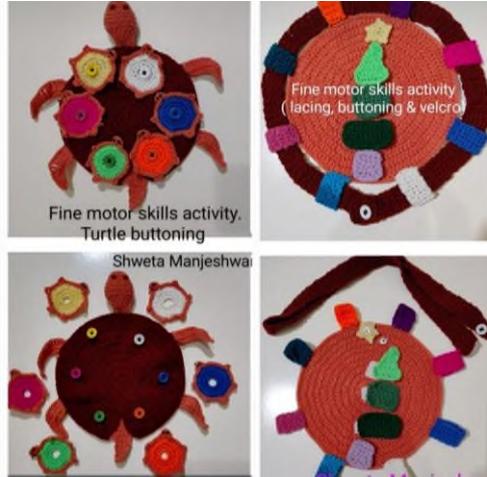


Painting and clay modelling



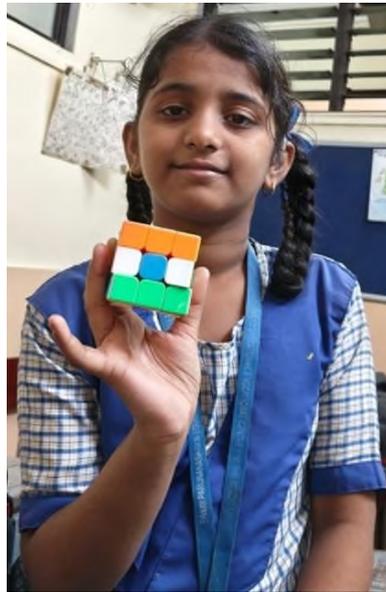
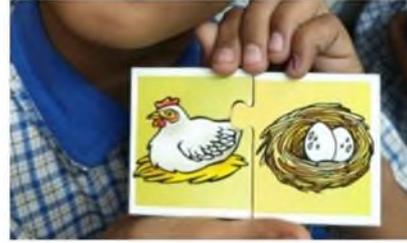
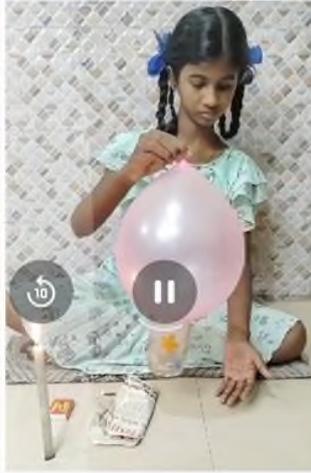


News from... Swami Parijnanashram Educational and Vocational Centre, Virar





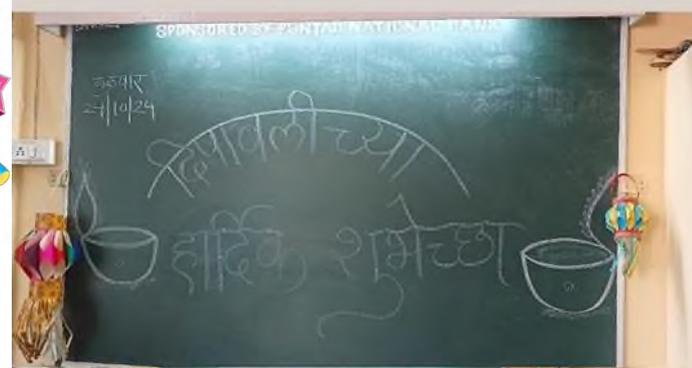
News from... Swami Parijnanashram Educational and Vocational Centre, Virar



Dustbin made by Harsh Gandhi



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





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





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



MINI OLYMPICS





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

Visit to Science Centre and Nehru Planetarium



Silent Olympiad





News from ... Parijnan Vidyalay, Someshwar



**HAPPY
YELLOW DAY**

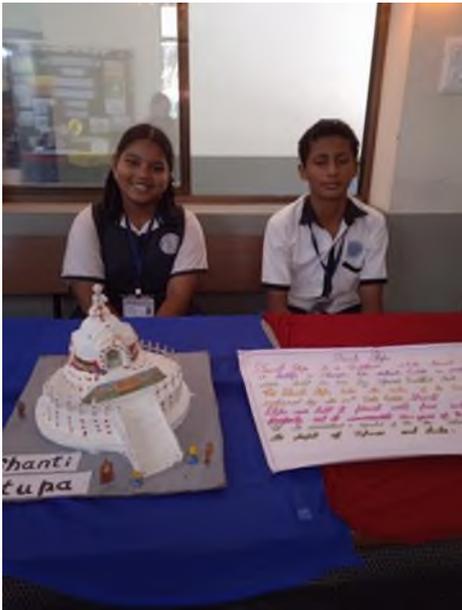


News from ... Parijnan Vidyalay, Someshwar





News from ... Parijnan Vidyalay, Someshwar



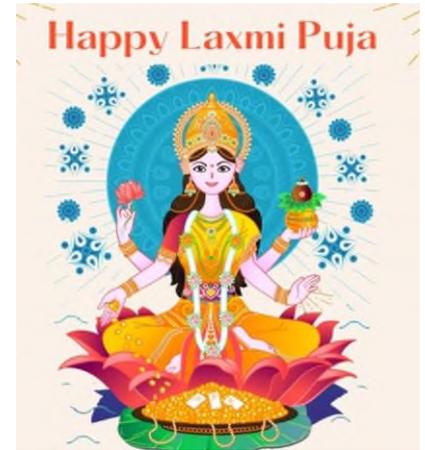


News from ... Parijnan Vidyalay, Someshwar





News from ... Parijnan Vidyalay, Someshwar





News from ... Parijnan Vidyalay, Someshwar





News from ... Parijanan Vidyalay, Someshwar

ANNUAL DAY





News from ... Parijnan Vidyalay, Someshwar





News from ... Parijnan Vidyalay, Someshwar





News from ... Guruprasad High School, Mallapur



High School Valaya Level Department Sports Winners



Valya Level Pratibha Karanji



Winners at the Taluka Level High School Students Department Sports





News from ... Guruprasad High School, Mallapur



Kumari Madhushree Devu Gouda, a student of our school, won the first place in the 600m running Competition and was selected for the state level.



Swachhata Seva



Proud Moments



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

SO
Proud
OF
You

On National Mathematics Day,
Maths Model Exhibition

At the Taluka Level Mathematics Exhibition conducted at Shri Chennakeshava High School, Karki, our students Kum. Soujanya D. Naik and A.K. Shruti participated and received First place with cash prize of 1500/-





News from... Parijnanashram Vidyalaya, Karla

FESTIVAL
FESTIVAL
FESTIVAL





News from... Parijanashram Vidyalaya, Karla



Deep Puja





News from... Parijnanashram Vidyalaya, Karla



Good touch vs Bad touch





News from... Parijanashram Vidyalaya, Karla

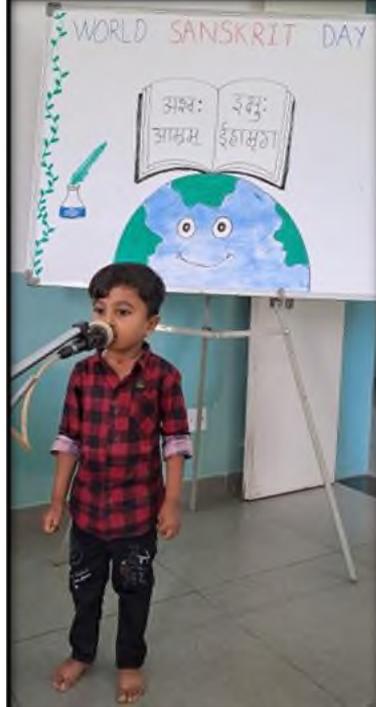


HAPPY
GRAND
PARENTS
DAY

Grandparents are the ones who always make us feel like we are the most important person in the world. -



News from... Parijnanashram Vidyalaya, Karla



World
Sanskrit Day





News from... Parijnanashram Vidyalaya, Karla

SPORTS DAY



ANNUAL DAY





News from... Parijnanashram Vidyalaya, Karla





News from... Parijnanashram Vidyalaya, Karla





News from... **Parijnanashram Vidyalaya, Karla**





News from... Parijanashram Vidyalaya, Karla

1st Position At Taluka Level Patriotic Competition



Teacher's Day





News from... Parijananashram Vidyalaya, Karla

Eco Club Activity



Scout and Guide



ACTIVITY



News from... Parijnanashram Vidyalaya, Karla

Introduction Of Remedial Session



Meditation Programme





News from... Parijnanashram Vidyalaya, Karla

Mahavachan Utsav



Morning Exercises





News from... Parijnanashram Vidyalaya, Karla

ANNUAL DAY



Annual Day Celebration





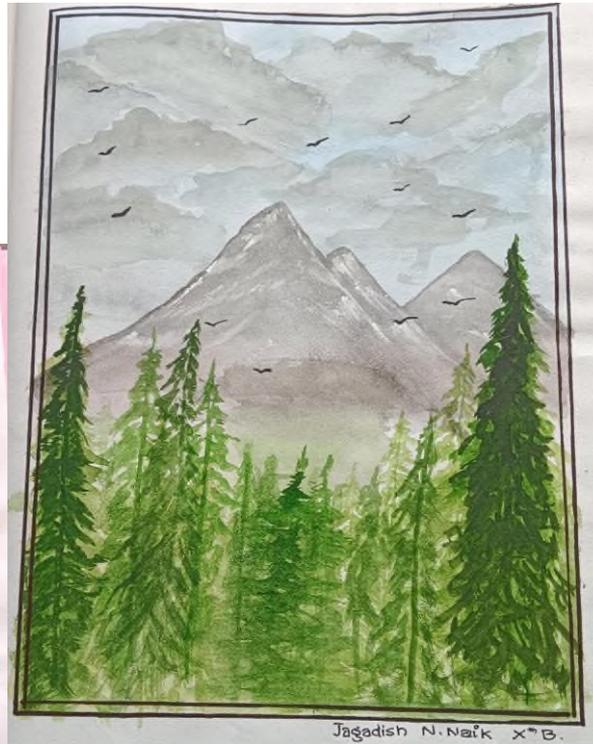
News from...Srivali High School, Shirali





News from...Srivali High School, Shirali

ART





News from...Srivali High School, Shirali

ಬಿಡುಬಿಡು ಜಿಡ್ಡೆ

ಬಿಟ್ಟೆ ಬಿಟ್ಟೆ ಬಣ್ಣದ ಬಿಟ್ಟೆ
ಹಸಿರು ಹಳದಿ ಕೆಂಪು ಕೆಂಪು
ಕಂ-ಬಳ ಬಣ್ಣದ ಸೆಂಟೆ ಬಿಟ್ಟೆ
ಮೂವಿಂ ಮೂವಿಗೆ ಹಾರುವ ಬಿಟ್ಟೆ ||೧||
ನಿನ್ನೆಯ ವಿಸ್ತೆಯ ಪೇಜಿನೆತ್ತವು ನಾನುತಿರುಬಿ
ಮೆಳೆಯದೂ ಸುಲಿಯಲು
ಕಡ-ಮರ ಬೆಗುರಲು
ಮೆಣ್ಣೆಯ ಒಡಲದಿ
ಕೆಲಸದ ರೂಪದ ಹೊರಬಂದಿ ||-೨||
ನಿನ್ನೆ ಕೆಲವೆ ಸುಲಿಸು ಕಂಠಾಕೃತಿ ಪಡೆದಿ
ಅದರಲ ಅನ್ನ ಬಣ್ಣ ನಿನಗಾಲಿಟ್ಟರು
ಬಣ್ಣದ ಸೆಂಟೆಯ ಬಿಚ್ಚುಲ ಹೊರಬಂದಿ
ಮೆಣ್ಣೆಗಂಪು ನೀ ಬಲು ಇಚ್ಛು
ನಿನ್ನೆಯ ತೋಟವು ಬಣ್ಣಿಸಲಾಗದಿ ||೩||
ಸಂಜೆಯ ಭಾಗವೆ ಜಿ.ಭವೆ (೩^ನ ಖ)



ಬಿಡುಬಿಡು

"ಶ್ರುತಿ ಕ್ಷಣ ನಡೆಯುವ ಕಾಲಗಳೇ ಎಡವಿ ಬಿಡುತ್ತವೆ...
"ಜ್ಞಾಪನದ ಮನುಗುವ ನಕ್ಷತ್ರಗಳು
ಹೆಚನಗೊಳ್ಳುತ್ತವೆ."
"ಹಾರುವ ಹಕ್ಕಿಯೂ ಕೆಲವೊಮ್ಮೆ
ನಿಲಕ್ಷ್ಮರಗುತ್ತವೆ."
"ಮೆಳೆಯುವ ಸೂರ್ಯ ಚಂದ್ರನೂ ಗ್ರಹಣ,
ಜ್ವಲಿಸುತ್ತವೆ."
"ಮನುಷ್ಯನ ಹಿಡಿಸದಲ್ಲೂ ಎಳುಬೀಳುಗಳೂ ಕಾಣುತ್ತಲೇ
ಇರುತ್ತವೆ."
"ಕೆಳಗೆ ಬೀಳುವಾಗ ಸುಗ್ಗಡಿ..
ಮೀಲೇರೂವಾಗ ಹಿಗ್ಗಡಿ."
"ಸುಖವಿತ್ತದಿ ಬಾಳ ಬದುಕುವುದು ಬಳಿವೆ...!!"

ಅಕ್ಷತಾ ಸುರೇಶ ನಾಯ್ಕ (10 ಖ)



Small Things Make a Big Difference!

by Sadhana Kaikini

A man was asked to paint a boat. He brought with him paint and brushes and began to paint the boat a bright red, as the owner asked him. While painting, he noticed that there was a small hole in the hull, and quietly repaired it. When he finished painting, he received his money and left. The next day, the owner of the boat came to the painter and presented him with a nice cheque, much higher than the payment for painting.

The painter was surprised and said "You've already paid me for painting the boat Sir!"

"But this is not for the paint job. It's for having repaired the hole in the boat."

"Ah! But it was such a small service... certainly it's not worth paying me such a high amount for something so insignificant."





"My dear friend, you do not understand. Let me tell you what happened. When I asked you to paint the boat, I forgot to mention about the hole. When the boat dried, my kids took the boat and went on a fishing trip. They did not know that there was a hole. I was not at home at that time. When I returned and noticed they had taken the boat, I was desperate because I remembered that the boat had a hole. Imagine my relief and joy when I saw them returning from fishing. Then, I examined the boat and found that you had repaired the hole! You see, now, what you did? You saved the life of my children! I do not have enough money to pay for your 'small' good deed."

So, no matter who, when or how - just continue to help, sustain, wipe tears, listen attentively and carefully repair all the 'leaks' you find, because you never know when one is in need of us or when God holds a pleasant surprise for us to be helpful and important to someone.

You may have repaired numerous 'boat holes' along the way of several people without realizing how many lives you've saved. Let us continue the good work in spite of the sweltering summer heat.





Fitness First

By Deepti Anil

NUTRITION NUGGET

We begin 2025 by learning about a nutrient from letter F which is Folic acid. Folic acid or (vitamin B9) is essential for DNA synthesis, cell division, and red blood cell production. It plays a vital role in fetal development, helping prevent neural tube defects like spina bifida. Additionally, it supports brain function, reduces the risk of heart disease, and aids in mental health by regulating mood.

Sources:

Folic acid is naturally found in leafy green vegetables (spinach, kale), legumes (lentils, beans), citrus fruits (oranges, lemons), and whole grains. Animal sources include eggs, liver, and dairy products. Many foods, such as cereals, bread and rice, are fortified with folic acid to prevent deficiencies.

Deficiency Symptoms:

A deficiency in folic acid can lead to megaloblastic anemia, causing fatigue, weakness, and shortness of breath. It may also result in poor immune function, mouth sores and irritability. In pregnant women, low folic acid levels increase the risk of birth defects and complications. Additionally, prolonged deficiency can contribute to cognitive decline, depression and cardiovascular diseases.

To prevent deficiency, a balanced diet rich in folic acid or supplementation (especially for pregnant women) is recommended.



YOGA FOR YOU

Patanjali's Ashtanga Yoga (Eight-Limbed Path) is a holistic approach to self-discipline, spiritual growth, and well-being. It provides a structured path to achieve self-realization and inner peace. They are like an internal GPS system mapped to achieve the ultimate destination in your life journey. The eight limbs and their daily applications are:

- 1. Yama (Moral Disciplines)** – Ethical principles like non-violence (ahimsa), truth (satya), non-stealing (asteya), celibacy (brahmacharya) and non-possessiveness (aparigraha) help in leading an honest and harmonious life. Daily application includes practicing kindness, honesty and self-control.
- 2. Niyama (Personal Discipline)** – Self-discipline principles like cleanliness (shaucha), contentment (santosha), penance (tapas), self-study (svadhyaya) and surrender to a higher power (ishvara pranidhana) promote self-improvement. This can be applied by maintaining hygiene, staying positive and reading spiritual texts.
- 3. Asana (Physical Postures)** – Practicing yoga postures daily enhances flexibility, strength and mental focus, improving overall health.
- 4. Pranayama (Breath Control)** – Conscious breathing techniques, like Nadi Shodhana (alternate nostril breathing), help reduce stress, increase lung capacity and improve concentration.



5. **Pratyahara (Withdrawal of Senses)** – Detaching from external distractions and focusing inward fosters mindfulness. This can be practiced by reducing screen time and engaging in silent reflection.
6. **Dharana (Concentration)** – Cultivating focus on a single object or thought improves efficiency and clarity in daily tasks. Meditation helps enhance productivity.
7. **Dhyana (Meditation)** – Regular meditation calms the mind, reduces stress and enhances self-awareness, leading to emotional stability and peace.
8. **Samadhi (Self-Realization)** – The ultimate goal is attaining inner bliss and a deep connection with the universe, which can be cultivated through consistent yoga and meditation practices.

By integrating these principles into daily life, one can achieve physical health, mental clarity, emotional balance and spiritual growth.





GEMS OF ANCIENT INDIA – ASTRONOMY **by Chandrima Kalbag**

The starry skies, changing seasons, sudden changes in nature have always intrigued humankind. Where do the stars go during the day? Why does the night sky appear to change? Does it have any effect upon our lives? Vedic hymns to modern research in the field of astronomy, were all in the quest for knowledge and understanding of the heavenly bodies and seeking answers to these questions.

Artifacts recovered from the Indus valley civilization, indicate the importance given to the movement of celestial bodies. These were probably used to plan agricultural practices. At the Dholavira site in Gujrat, two rectangular structures have been found with circular rooms inside, which is unlike the rest of the Harappan remains. The incline, height of walls and aperture in the roof suggest that this could have been a primitive astronomical observatory. It was probably used to observe the movement of the stars at night, while the position of the sun marked the passing days in a primitive calendar.

The oldest known Vedic hymns on astronomical concepts are as old as 1500 BCE. These explain how to calculate solstices, equinoxes, eclipses, seasons, based on the Luni-Solar calendar. After the winter solstice, begins the Uttarayana while the Dakshinayana starts after the summer solstice. The 27 nakshatras, or constellations, played an important role in calculations too.



Astronomical concepts are often seamlessly incorporated into the design and architecture of our ancient temple complexes. Konark, Modhera and other Sun temples are famous for their intricate carvings integrating sundials, moon-dials and other instruments for calculating the position of the sun, moon and stars.

The **Sringeri Vidyashankara Temple** constructed in the 14th Century is unique. It has a Navaranga hall with 12 ornately carved pillars representing the 12 months or signs of Zodiac. Every day the sun's rays fall on a pillar indicating the month. So, it acts like a calendar, while indicating the cyclic nature of the universe.

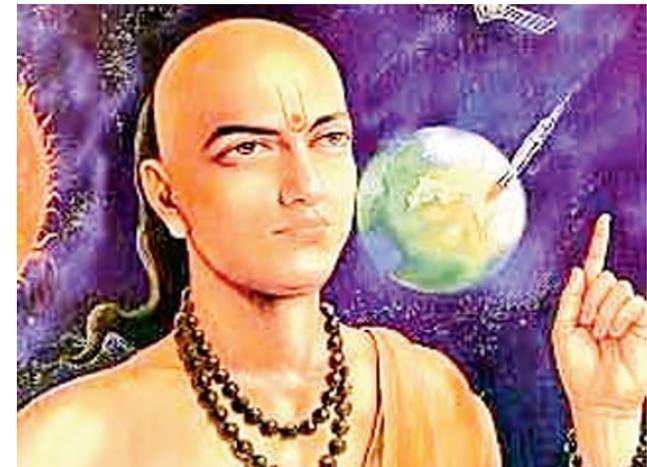




The modern era of observatories and yantra-s or astronomical devices was ushered in by Maharaja Sawai Jai Singh II of Jaipur during 18 CE. He was a great scholar of astronomy and built a Jantar Mantar each in Jaipur, Delhi, Ujjain, Varanasi and Mathura to collect accurate data. The time shown by the Samrata Yantra here is only 2 seconds off from the modern clock time! Aryabhata, Varahamihira, Brahmagupta and many other astronomers studied the skies and wrote treatises recording their observations and how to calculate various related phenomenon. Panchasiddhantika, Vedanga Jyotisha, Aryabhatiya and many other treatises record their depth of knowledge. Modern observatories set up all over the world and manmade Satellites collect data in modern times. However, the foundation of all modern-day science and technology was laid by our ancestors in the eras gone by.

Source : <https://indianculture.gov.in/timeless-trends/unveiling-cosmos-journey-through-history-astronomy-india>

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Shishira Rutu 2025

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