

# Parijna Patrika – Holi 2020

*The E paper for children*





# YOUR VOICE

Namaste.

I would like to express my views regarding Parijna Patrika. This is a treasure of knowledge. Parijna Patrika is published by Shri Chitrapur Math for our school children. It injects enthusiasm into each student. It helps them to grow into a better person.

After reading these articles, I felt like contributing some poems and articles. Beautiful articles with good illustrations in this paper are catching everyone's attention.

There is an art hidden in every student. This magazine recognizes that art and guides us like a 'Guru'. We should explore our hidden skills using this magazine which has come as a good opportunity on our path.

**Vasheeta Naik**

VIII Standard, Srivali High School, Shirali

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

## Golden Anniversary Celebrations

Arrival of Parama Pujya Swamiji



Purna Kumbha Swagat



Inauguration of Parijnanashram Sabhagriha



Inauguration of Science Laboratory



Inauguration of Library



Inauguration of Computer Room



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

### Ashirvachana of Parama Pujya Swamiji



Art  
Exhibition



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

## Cultural Programme



# News from ... Parijnanashram Vidyalaya, Karla, Maharashtra

## Shivaji Jayanti



## Gita Jayanti



## Republic Day Celebrations



## Drawing Competition



## News from ... Parijnanashram Vidyalaya, Karla, Maharashtra

### Annual Concert 2020



### Sankranti Celebrations



News from ... Srivali High School, Shirali, Karnataka



ಕನ್ನಡ ರಾಜ್ಯೋತ್ಸವ ಕಾರ್ಯಕ್ರಮ ಆಚರಿಸಲಾಯಿತು



ಶಾಲಾ ವಿದ್ಯಾರ್ಥಿಗಳಿಗೆ ವೈದ್ಯಕೀಯ ತಪಾಸಣೆ ನಡೆಸಲಾಯಿತು



ಲತಾ ಪಾಂಡುರಂಗ ನಾಯ್ಕ ರಾಜ್ಯ ಮಟ್ಟದ ಪ್ರತಿಭೆ

100 ಮೀ. ಹರ್ಡಲ್ಸ್‌ನಲ್ಲಿ ಸತತ 3 ಬಾರಿ ರಾಜ್ಯಮಟ್ಟದಲ್ಲಿ ಭಾಗವಹಿಸಿದ ವಿದ್ಯಾರ್ಥಿನಿ

## News from ... Srivali High School, Shirali, Karnataka

State Level Winner - Yashodha Shaniyar Nayak



District Level Debate Competition Toppers –  
Yashodha Shaniyar Nayak and Deepa Rajesh Achari



Winners of State level competitions at Kolar



Republic Day Celebrations



## News from ... Srivali High School, Shirali, Karnataka

### District Level Programme - Cultural Programme - Prajwal Nayak and Deepa Rajesh Nayak



### Eco Club – Where students grow vegetables



## News from ... Srivali High School, Shirali, Karnataka

### ಭಾರತ

ಕಲಾ ಸುಂದರತೆ ವೈಭೋಗದ ಅದ್ಭುತ  
ಕೃತಿ ಕವನ ಕಥೆಗಳ ಸ್ವರಾಮೃತ  
ಆಟ ಕುಣಿದಾಟಗಳ ಆಲಿಂಗನ  
ನದಿ ಸಾಗರಗಳ ಮಿಲನ

ಹಕ್ಕಿಗಳ ಚಿಲಿಪಿಲಿಯ ಕಲರವ  
ನೋಡಲು ಸಾಲದು ಈ ಚಿಂದವ  
ಹಣ್ಣು ಹೂವುಗಳ ಸೌಗಂಧ  
ಮನ ತುಂಬಿಸುವ ಈ ಅಂದ

ಭೂಮಿತಾಯಿಯ ಮಡಿಲಲ್ಲಿ  
ನಮ್ಮನ್ನು ಕಾಪಾಡುವ ಸೈನಿಕರೆ ನಿಮಗಿಲ್ಲಿ  
ಪತ್ರಿಕ್ಷಣವೂ ಪ್ರತಿನಿತ್ಯವೂ ನಿಮಗಾಗಿ  
ಬೇಡುವೆವು ದೇವರ ಭಕ್ತರಾಗಿ.

ಸ್ವರಚಿತ ಕವನ  
ಹೆಸರು: ಹರ್ಷಿತಾ ವೆಂಕಟಮಣಿ ದೇವಡಿಗ  
ವರ್ಗ : 9ನೇ ತರಗತಿ 'ಬಿ'

### ವಿದ್ಯೆ

ಅಕ್ಷರ ಕಲಿತು ದೊಡ್ಡವನಾದರೆ  
ಜಗವನು ಗೆಲುವುದು ಕಷ್ಟದ ಮಾತಲ್ಲ.  
ವಿದ್ಯೆ ಇಲ್ಲದವನು ಹದ್ದಿಗಿಂತಲೂ ಕಡೆ  
ಎಂಬ ಹಿರಿಮರ ಮಾತು ಸುಳ್ಳಲ್ಲ.

ವಿದ್ಯೆ ನನ್ನಲ್ಲಿ ಬೇಕಾದಷ್ಟು ಇದೆ ಎಂದು  
ಗರ್ವ ತೋರುವುದು ವಿದ್ಯಾರ್ಥಿಯ ಭೂಷಣವಲ್ಲ.  
ನನ್ನ ಹತ್ತಿರ ಯಾವ ಕೆಲಸವೂ ಆಗದು ಎಂದು  
ಗುಮ್ಮನ ಹಾಗೆ ಕೂರುವುದು ವಿದ್ಯಾರ್ಥಿಯ ರೀತಿಯಲ್ಲ.

ವಿದ್ಯೆಗೆ ವಿದ್ಯಾರ್ಥಿ ಜೀವನದಲ್ಲಿ ವಿನಯ ಮುಖ್ಯ  
ಇದನ್ನು ಮುನ್ನಡೆಸಿ ಸಾಧಿಸಿದರೆ ನಮ್ಮ ಜೀವನ ಸೌಖ್ಯ.

ಸ್ವರಚಿತ ಕವನ  
ಹೆಸರು : ಪವಿತ್ರಾ ಜಯಕರ ನಾಯ್ಕ  
ವರ್ಗ : 8ನೇ ತರಗತಿ 'ಬಿ' ವಿಭಾಗ

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

**Children's Day Celebrations**



**International Women's Day**



**National Science Day**



**Makara Sankranti Celebrations**



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

**World Disabled Day Celebrations - December 3<sup>rd</sup> 2019**



**School Sports Day - 22<sup>nd</sup> January 2020**



**AWMH Sponsored Cricket Tournament – February 2020**



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

**Drawing Competition**



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

**Mehendi Competition winners  
in Hearing Impaired Section**



**Craft earrings made by 7th Std Hearing Impaired**



**Shivaji Maharaj Jayanti**



**MLA Shri Hitendra Thakur Financed Whole day enjoyment at Yazoo Park for our Students.**



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

### 34th Mini Olympics –

SPEVC students won 1 Silver and 3 Bronze



Ganesh Varma won 2 Gold Medals in 50 mtrs running & standing Competition at Jambabai Narsee Monjee Competition



Vasai Virar Mahanagarपालिका  
Corporation Balkalyan Samiti



Phoenix Sports - 3rd place trophy  
for Higher Ability Tournament



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

Children from Ganapathy English Medium School, Mangaluru, performed on the 29<sup>th</sup> of February. They drew a thunderous applause from the parents and the audience.

We believe in imparting holistic education and music is a part of this effort.



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

Anandashram High School, Kotekar, organised a Parents-Teachers Meeting for its 10<sup>th</sup> Standard Students for examination preparations and career guidance



## News from ... Parijnan Vidyalay, Kotekar

Students enjoying their outdoor activities and learning the concept of team spirit



# Interview by Parijna Patrika

In a ' first- of -its- kind', the students of PARIJNANASHRAM VIDYALAYA interviewed a prominent personality of Karla Village.

Kudos to the students, teachers and Headmistress for this job well done!

Interviewed by:

Siddhant Hulawale of Std 6, Atharva  
Hazare and Sarthak Wardekar Std 7 -  
Parijnanashram Vidyalaya

Person Interviewed:

Smt. Rupali Hulavale, Sarpanch of  
Karla

Jai Shankar Madam!

*Parijna Patrika* is an E-Paper that reaches the students of all the six schools that come under the umbrella of the Shri Chitrapur Math. With the blessings of Parama Pujya Swamiji, the first *Parijna Patrika* was launched in 2018. Four issues are published each year and uploaded on the Shri Chitrapur Math website. *Parijna Patrika* covers various topics like Health and Fitness, Science and Discoveries, Sports-World, Animals and Mother Nature, Gems from ancient India, Craft and other interesting topics. Importantly, it covers the activities from all the schools - festivals celebrated, awards won, events and other activities in the schools along with pictures and a brief narration.

A Kannada version is published alongside the English one for the schools in Karnataka. For this issue we would like to interview you. This interview will be published in our *Parijna Patrika* in our forthcoming issue.

We are so happy to be interviewing the Sarpanch of Karla Village. Can you please tell us how you reached this important position?

I am happy to meet and talk to you. When I was working as a member of the Gram Panchayat, everyone recognised my work and elected me as the Sarpanch of Karla.

Can you tell us how you reached this important position? We request you to share how hard work and determination helped you in your career...

I have always helped the people of Karla. I have encouraged the women to organise social functions like *haldi- kumkum*, conducted health camps, health awareness camps especially for the women, visited the Karla Zilla Parishad school and spoken to children there. I have always supported education for all - especially girls. I help people in times of difficulty. I have started various programmes for the welfare of the people.

Please advise us students about the important things we need to pay attention to...

My advice to you is 'Never give up in times of difficulty. Continue studying hard and read books on various subjects and fields. Give a lot of importance to education and become an all-rounder'.

What do you think as students we can offer our country and society?

You should try and pass on all the virtues and values that have been inculcated in you by your parents, teachers and the school. Work hard for the development of our villages and nation at large.



# Festival of Colours – HOLI!

by Vaishali Heblekar

“Holi Holiday! Holi Holiday! Holi Holiday!”, Vedant chanted loudly as he returned from school one day. “Mamma! We have a holiday on Tuesday for Holi. Please can you tell me some more about this festival? Who is Holika? Was she like a superwoman who wasn’t affected by any fire? I heard my teacher speaking to someone. I want to know more!”, he asked armed, as usual with yet another fresh lot of questions for his Mamma.

His mother narrated the story of the evil *asura* (demon) -King Hiranyakashipu who declared that he was God and that only he should be worshipped. Lord Brahma had granted him a powerful boon that no man nor animal could kill him during the day or at night, neither on the ground nor in the sky, neither indoors nor outdoors, neither by hand-held weapons, nor by weapons thrown at him. This made him believe that he was invincible and that no one could do anything to him. He thought he was the Lord of the entire Universe. “This king had a son called Prahlada, who was a big devotee of Lord Vishnu. When his devotion and prayers to the God couldn’t be stopped, King Hiranyakashipu ordered the child to be killed. In spite of multiple attempts of killing him by sharp spears and knives, crushing him under an elephant's feet and throwing him off a cliff the evil King failed. Finally, Hiranyakashipu called his sister Holika who had a blessing because of which she could not be burnt by fire. She sat with Prahlada on her lap within a fire. But do you know, the miracle of *bhakti*! Nothing happened to Prahlada who kept chanting Vishnu’s name. Not a scratch on his body! But the wicked Holika was burnt to ashes.”



Vedant's eyes lit up in excitement as he waited eagerly to hear what happened next. His mother continued, "Hiranyakashipu was so angry with him that he asked him, if his God was even in the pillar of the palace. When Prahlada said 'Yes', he kicked the pillar in anger. Suddenly, there was a huge thundering noise that shook the earth. Lord Vishnu in the form of a half- man and half-lion – Narasimha carried the evil king into the courtyard (which was neither indoors nor outdoors). The sun had set but night had not fully set in. It was dusk (neither day nor night) when He put Hiranyakashipu on his lap (neither ground nor sky) and killed him with his claws (not weapons). This vanquishing of evil is celebrated every year with the burning of a huge bonfire called *Holika-dahana* on the eve of Holi. This falls on a *Purnima* or full moon night. The next day is called *Dhulivandan*, when people smear colours and spray water on each other to end ill-feeling and boost friendship and love."

Vedant was thoughtful for some time. He then told his mother – "Is that why you keep telling me not to kick the wall? When my feet touch the wall by mistake, is this why ask me to pray and ask for forgiveness? Lord Narasimha stays in the pillar, right?" His mother smiled and reassured him that "God is present everywhere, not in just one pillar or wall." He nodded making a silent promise never to kick any wall or pillar, ever. Within a second his excitement took over when mamma agreed to take him to the market to buy a new water sprinkler for Holi. "Mamma! I know we are not supposed to waste water as there is water shortage everywhere, so shall I play Holi with the plants in our garden? I will spray them with all the water they need and I will also feel nice that I played Holi, without wasting water. His mother smiled at his innovative idea and proudly patted him on his back.



## National News

by Jyothi Bharat Divgi

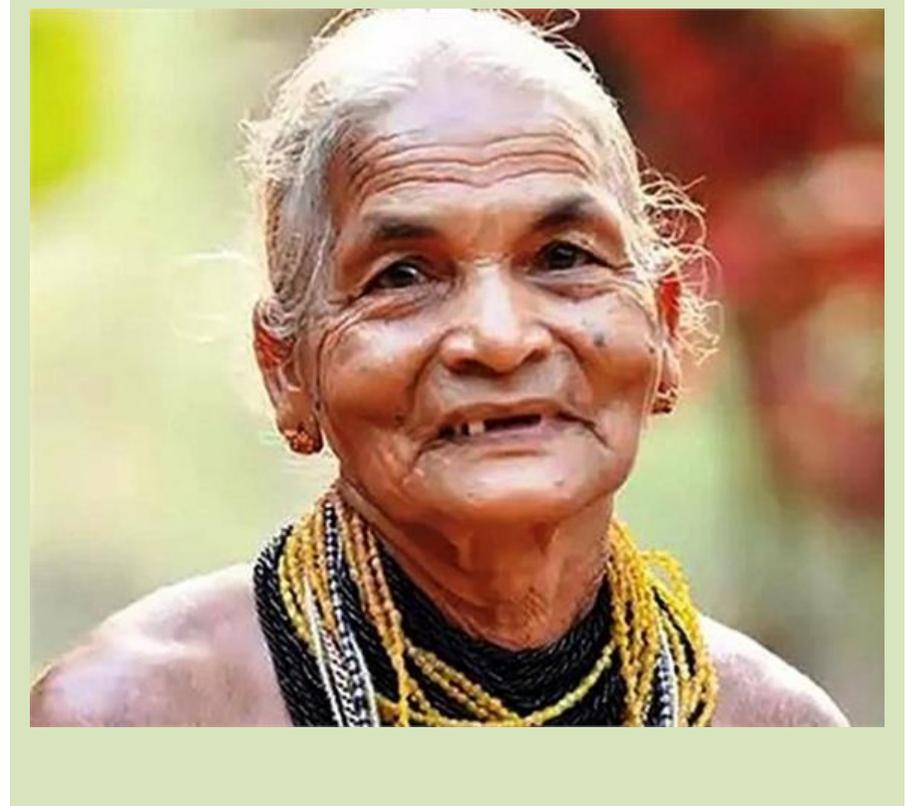
### Tulasi Gouda

Tulasi Gouda grew up in dire poverty, in an extremely underdeveloped region with no formal education. Yet, she is referred to as the 'Encyclopaedia of Forest.' For over sixty years, she has planted thousands of trees and has vast knowledge about herbs and plants in the forests.

Gouda is so well-versed in tree plantation that she was awarded the 'Padma Shri' – the fourth highest Civilian award on 26<sup>th</sup> January, 2020 - in recognition of her immense work towards Social Work (Environment).

Though she joined the Forest Department as a temporary volunteer, seeing her selfless work, she was made a permanent member and continues being a guide and a tremendous source of inspiration!

We are proud of the unassuming powerhouse- Tulasi Gouda who hails from Honnali Village in Ankola taluka of Uttara Kannada.

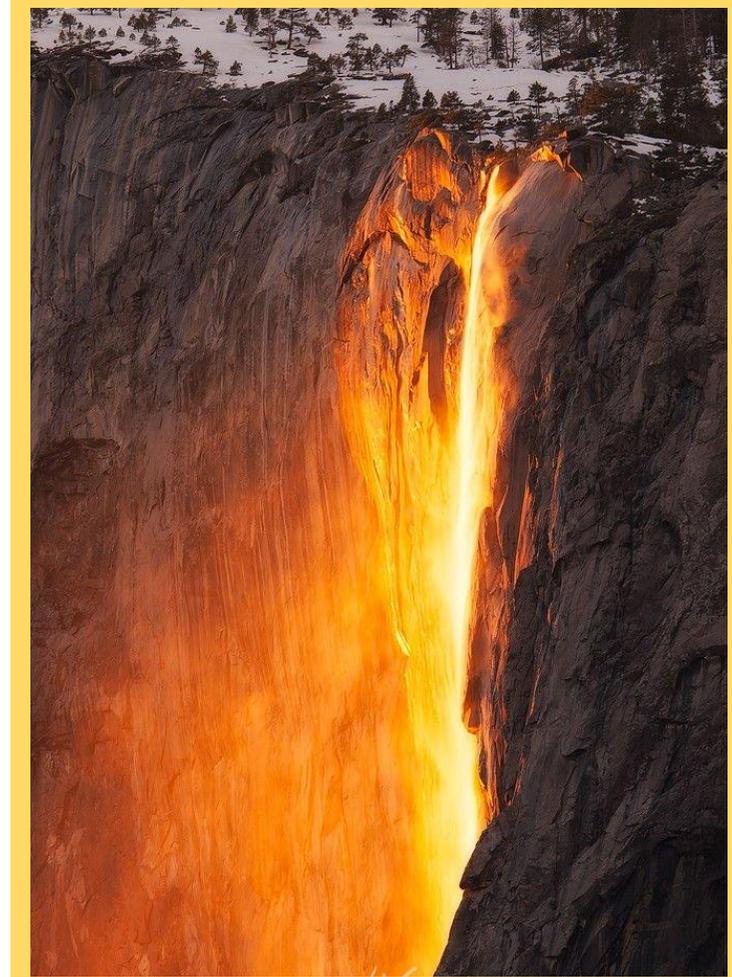


## International News

### Firefall

California's Yosemite National Park has stunning waterfalls. However, from mid-to-late February each year, Horsetail Fall — a small waterfall that forms over the eastern edge of the park becomes a delightful vision. During the two-week-period, the temporary 1,000-foot fall frequently transforms into a spectacular "firefall" for about ten minutes a day during sunset.

Credit: <https://www.dogonews.com/>



# Namaste Fitness

By Deepti Anil

The lower back supports the weight of the upper body and provides mobility for everyday motions such as bending and twisting. Muscles in the lower back are responsible for flexing and rotating the hips while walking, as well as supporting the spinal column. Nerves in the low back supply sensation and power the muscles in the pelvis, legs, and feet. A lot of people experience lower back pain which can have causes that are not due to underlying disease. Examples include overuse such as working out or lifting too much weight, prolonged sitting and lying down, sleeping in an uncomfortable position or wearing a poorly fitting backpack. Luckily, several yogic postures help us in preventing lower back pain and one such posture is *Shalabhasana* (locust pose), We shall first learn the preparatory pose or *Ardha Shalabhasana* and practise it for a few weeks to strengthen back and leg muscles before assuming the final posture of *Shalabhasana*.

The sequence of performing the *asana* is:

1. Lie flat on your abdomen and chest, touching your forehead and nose to the floor. Keep the legs and feet straight together with the soles turned upwards. Keep the palms turned upwards on the respective sides.
2. Place the chin on the floor and clench your fingers into fists and place them close to the thighs.
3. By contracting the muscles of the lower back and hips gently raise the right leg as high as you can from the navel without raising the head (keeping the chin fixed on the ground) or bending the knees. Use the clenched fists as a natural lever to push your leg up as high as you can without any discomfort.
4. .Hold the position for a few seconds maintaining normal breathing. Repeat with the left leg.



Once this posture is mastered, you can progress to *Shalabhasana* within a few weeks. For this, you have raise both the legs together as high up as possible so that the final posture resembles the locust.

**Benefits:** The *asana* strengthens the muscles and tones the nerves of the small of the back, legs, thighs, hips, buttocks, lower abdomen, diaphragm and wrists. It stimulates and tones the functioning of the bladder, liver, spleen, pancreas and kidneys. It can prevent piles, fistula and varicose veins. It corrects any faulty curvature in the base of the spinal column.

## NUTRITION NUGGET

Basil seeds are not just for growing basil plants — you can also eat them. They look similar to sesame seeds but are black. The type that you can eat typically comes from sweet basil, *Ocimum basilicum*, which is the plant commonly used to season foods. They also go by many other names, including *sabja* and *tukmaria* seeds. Basil seeds have a long history of use in Ayurvedic and Chinese medicine. This low-carbohydrate, high protein ingredient — a rare combination in most vegetarian sources of food — is the perfect addition to your diet for weight loss. When soaked in water for (10-15) minutes, the seeds absorb water and increase in size, which in turn increases the fibre content. The fibre keeps you feeling satiated (full) for a long time and ensures that you do not feel hungry soon. As a result, you end up eating lesser calories and can potentially lose weight. *Sabja* seeds have about 11gms of proteins, 5 gms of carbohydrates and 2gms of fibre, which makes it the perfect mix for weight loss. It is also a good source of omega 3 and 6 fatty acids which are healthy fats. This means it has anti-inflammatory properties. To include this easily in the diet all you have to do is soak two teaspoons of *sabja* seeds in water and drink it every day. They can also be added to sherbets, falooda and smoothies. They have a mild flavour and can also be mixed with yogurt.

*Sabja* seeds have always been used in Ayurveda largely due to their medicinal properties. They have a cooling effect on our body. *Sabja* has also been used to treat conditions such as depression, high blood pressure, high cholesterol, and metabolic imbalances. Animal studies have shown that consumption of basil seed extract may delay the development of insulin resistance and show promise in the treatment of diabetes. However, just eating these seeds will not lead to weight loss. You need to add some more diet tweaks and a workout in order to lose weight or maintain a healthy body weight.



**Before soaking**



**Soaked seeds**

# Gems from India - *Phulia Taant*

by Chandrima Kalbag

This winter, a trip down 'History Lane' took me to Phulia, where the weavers from Tangail (mostly Hindu) moved after the partition of Bengal. The hand-weaving loom in Bengali is called '*Taant*'. This tradition, prevalent since ancient times, was used for making saris and dhotis. The fine muslins, Jamdani and traditional designs received royal patronage, coming into the limelight during the Mughal period and reaching its zenith during the British period. The introduction of Jacquard looms were a boost to the industry and are used even today.

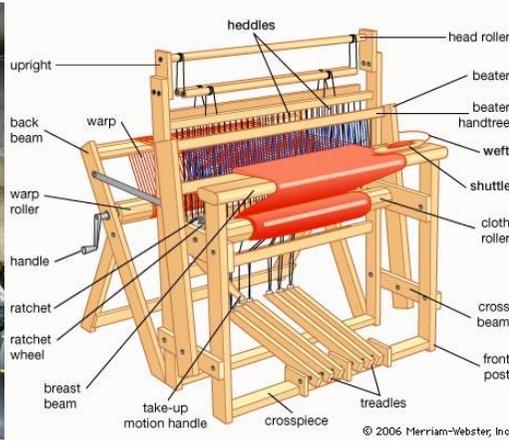
The yarn nowadays is supplied by power mills in Surat, but is hand-dyed and hand-wound onto spindles. Racks of bobbins are set up to hold the thread which is manually rolled onto the wrap bar of the loom. This process is called warping and forms the length of the fabric.

The tedious process of heralding requires the ends to be passed through needle-like instrument called reeds, which help to form the pattern via foot-operated treadles. This enables the interlacing with the weft yarn, which is carried by the shuttle, which travels from side to side, when the heddles are pulled. It is then tightened using the beater. The woven fabric is wound on to the cloth roller, after applying starch and other ingredients to the fabric to impart a nice finish to the fabric.

Jacquard patterns are punched on cards for weaving intricate border patterns. The '*booti-s*' or patterns on the body of the saris are individually woven with separate shuttles. Since most of the processes are conducted by hand, only about 50 saris in a particular colour combination are possible. It takes a '*Taanti*' about 10 days to weave a single sari. For all his efforts, he earns around Rs.10,000/- a month.

No wonder it's a dying art!





Lady Ada Lovelace, the daughter of the famous poet, Lord Byron, was an accomplished mathematician. It is said that she was inspired by the punch-cards used in jacquard looms, to modify the calculating machines of those days into computation machines, the predecessor of the modern day computer. This was a historic transformation during her work with Charles Babbage. The first computer program was named ADA in her honour. The second Tuesday in October is celebrated as the ADA LOVELACE day, acknowledging significant contributions made by women in the field of science, technology and mathematics.

# Science and Innovations

by Dr. Khurshid Bharucha

## Let's Go Green

### Let's Grow Furniture

Gavin and Alice Munro of England are growing, yes growing furniture! Amazing isn't it?

Instead of chopping down mature trees to saw and nail into chairs and tables, their company **Full Grown** actually grows furniture from the ground up. Trees are strategically planted, grafted, and shaped into specific structures. When harvested, they are already elegant furniture pieces.

Gavin says, that it is a simple art. The young tree branches are pruned and trained by making them grow over specially- made templates. Branches thus trained are grafted together so that the object grows into one solid piece. After the tree is grown into the shape required, it is nurtured in such a manner that it thickens and matures. It is then harvested, seasoned and dried.

Producing furniture in this way uses less energy, and reduces the carbon footprint. This method of making furniture does not pollute the environment nor lead to the unnecessary cutting down of trees.



# Science and Innovations

## Let's Go Green

### Sugar for my Sole!!

The footwear industry has a big carbon footprint, as it is not just about energy which is used in manufacturing and transporting their products, but is also about the use of petroleum. Yes, petroleum is used to make components like rubber soles of shoes and slippers!

AllBirds is a company that makes sandals from sugarcane. Their 'sweetfoam' flip-flop is a sandal made from sugarcane. This material is carbon-negative, which means that it actually takes carbon out of the atmosphere rather than emitting it.

This company has come up with sweetfoam - a new material made from parts of sugarcane that would otherwise be discarded (thereby releasing climate change-causing carbon dioxide into the air). The sugarcane for sweetfoam comes from dense, rain-drenched fields in Southern Brazil. In its growth, it is treated with minimal fertilizer and later, processed in facilities that are run entirely on renewable power, making sweetfoam the planet's first carbon negative Ethylene-vinyl acetate polymer.

AllBirds hopes to soon use sweetfoam in other footwear as well.



# Science and Innovations

## Let's Go Green

### The Green Ink

Chakr Shield Ink is made by an Indian start-up. They use technology to capture the dirty soot from diesel engines which pollute the air, and turn it into ink.

According to a recent survey conducted by *The Lancet*, a medical journal, over a million Indians die every year due to air pollution. Also, sadly, some of the worst polluted cities of the world are in India. It is believed that particulate matters emitted from diesel generators are the primary health hazard as compared to other polluting components. Chakr Innovations have designed and developed a device called Chakr Shield. This device makes ink pigments from smoke and soot captured from diesel generators. This ink can be used for painting, textile printing, and paper printing.

Chakr Innovation aims to continue developing innovative technologies to combat the threat of air pollution and climate change.



# Make a Wall- hanging - "GANESHA"

by Smita Nagarkatte



Things required: 8" x 8" hard board, 8" x 8" printed paper or coloured paper, 4" x 4" orange -coloured paper, a pencil, Fevicol, scissors, beads, thread, sequins, picture or 3D face of Lord Ganesha from any old invitation card.



1. Apply Fevicol on hard board paper and stick the printed paper over it.



2. Stick the orange square paper over the printed paper



3. Stick the face or full picture of Ganesha in the centre.



4. Decorate by sticking sequins around it.



5. String the tassels and beads and with a needle pass the thread through a corner.



6. Similarly decorate 2 more corners.



7. For the 4<sup>th</sup> corner, string only the beads and make a loop for the wall hanging.



**Your Ganesha wall hanging is ready.**

# Life of and with BEES

By Dr.Gaurish Padukone

Bees are insects and the most important pollinators of our fruits and vegetables and flowers and crops like maize, jowar and groundnuts that feed not only us but our farm birds and animals as well. More than one- third of the world's crop production is dependent on bee pollination. There are four major types of bees: bumble bees, carpenter bees, honey bees and killer bees.



Bees see all colours except the colour red. That and their sense of smell help them find the flowers they need to collect pollen. Not only is pollen a food source for bees, but some of the pollen that is dropped in flight, results in cross pollination. The relationship between the plant and the insect is called symbiosis. Bees get all of the protein they need in their diet from pollen and all of the carbohydrates they need from nectar. They are flower-feeders, and as they move from flower to flower, basically on a shopping trip at the local flower shop, they end up providing this valuable pollination service. Bees are dying from multiple and interactive causes. The bottom line is, bees dying reflects a flowerless landscape and a dysfunctional food system and an environmental hazard. And the reason is, we changed our farming practices. We stopped planting cover crops. We stopped planting traditional crops, which are natural fertilizers that fix nitrogen in the soil, and instead we started using synthetic fertilizers. Mustard and sunflower are highly nutritious food plants for bees. Due to advances in agricultural practices, we have started using herbicides to kill off the weeds in farms. We have been systematically eliminating many of the flowering plants that bees need for their survival.

So what are we going to do? What are we going to do about this big bee extinction that we have created? Every one of you out there can help bees in two very direct and easy ways. Plant bee- friendly flowers, and do not contaminate these flowers, this bee food, with pesticides. Search for flowers that are native to your area and plant them. Plant them in a pot on your doorstep. Plant them in your front yard, in your lawns, in your gardens. Campaign to have them planted in public gardens, community spaces, meadows. We need a beautiful diversity of flowers that blooms over the entire growing season, from spring to fall. We need roadsides seeded in flowers not only for our bees, but also for migrating butterflies and birds and other wildlife. And we need to think carefully about putting back in the fields ,crops that nourish our soil and nourish our bees. We need to diversify our farms. We need to plant flowering crop borders and hedge rows to disrupt the agricultural food desert and begin to correct the dysfunctional food system that we have created.

## Some important facts about honeybees.....

1. Honey bees need to gather nectar from two million flowers to make one pound of honey.
2. A single bee has to fly about 90,000 miles – three times around the globe – to make one pound of honey.
3. The average bee will make only 1/12th of a teaspoon of honey in its lifetime.
4. A honey bee visits 50 to 100 flowers during a collection trip.
5. A honey bee can fly for up to six miles, and as fast as 15 miles per hour.
6. The bee's brain is oval in shape and about the size of a sesame seed, yet it has a remarkable capacity to learn and remember things. For example, it is able to make complex calculations on distance travelled and foraging efficiency.
7. Honey bees communicate with one another by dancing - This is known as the 'waggle dance.'
8. A colony of bees consists of 20,000-60,000 honey bees and one queen. Worker honey bees are female, live for about 6 weeks and do all the work.
9. The queen bee can live up to 5 years and is the only bee that lays eggs. She is the busiest in the summer months, when the hive needs to be at its maximum strength, and lays up to 2500 eggs per day.
10. Honey has always been highly regarded as a medicine. It is believed to be an effective remedy for everything from sore throats and digestive disorders to skin problems and hay fever.
11. Honey has antiseptic properties and was historically used as a dressing for wounds and as a first aid treatment for burns and cuts.
12. The natural fruit sugars in honey – fructose and glucose – are quickly digested by the body.  
  
This is why sportsmen and athletes use honey to give them a natural energy boost.
13. Honey lasts an incredibly long time. An explorer who found a 2000 =year= old jar of honey in an Egyptian tomb said it tasted delicious!



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