



Parijna Patrika
Sharad Rtu 2020



News fromParijnan Vidyalay, Kotekar



Shri Krishna Janmashtami



News fromParijnan Vidyalay, Kotekar

Independence Day



1. The Indian National Flag is known as Tiranga or Tricolour.

2. The topmost colour saffron represents Courage and Sacrifice. The middle colour white represents Truth, peace and purity. The bottommost colour green represents Prosperity.

3. In the middle there is a Navy Blue Ashoka Chakra that has 24 equal spokes.

4. Our National Flag was designed by Bhagat Kishanlal.

5. We should respect our National Flag.



News fromParijnanashram Vidyalaya, Karla

Navaratri Celebrations 2020



Sankesh Yadav



Rugved Deshmukh



Khushi Oza



Vedant Garud

News fromGuruprasad High School, Mallapur



News fromGuruprasad High School, Mallapur



News fromSrivali High School, Shirali, Karnataka



Sanitising the VIDYAGAM class



Vidyagam class



Sanitising the school premises



Staff social distance inside the staff room



News fromSrivali High School, Shirali, Karnataka

[illegible][illegible]

News fromSrivali High School, Shirali, Karnataka

ಗಾಂಧೀಜಿ

ಸ್ವಾತಂತ್ರ್ಯ ಕೊಡಿಸಿದ ವೀರನೀತ
ಹಿಂಸಾ ಮಾರ್ಗವ ತ್ಯಜಿಸಿದಾತ
ಚರಣ ಕೈಯಲ್ಲಿ ಹಿಡಿದಾತ
ದೇಶದ ಹೆಮ್ಮೆಯ ನಾಯಕನೀತ
ನಮ್ಮೆಲ್ಲರ ಸ್ಫೂರ್ತಿ ದಾತ
ಅವರೇ ನಮ್ಮ ಬಾಪು ಗಾಂಧೀಜಿ

ಜನಿಸಿದ ಭಾರತದ ಹೆಮ್ಮೆಯ ಮಗನಾಗಿ
ಅಂದಿನಿಂದ ಸ್ವಾತಂತ್ರ್ಯ ಆಗಿತ್ತು ಈತನ ಕನಸಾಗಿ
ಹೋರಾಟದಲ್ಲಿ ನಿರಲಿಟ್ಟನು ಪ್ರಾಣವನ್ನೇ
ಕನಸು ನೆರವೇರಿತು ಈತನ ಹೋರಾಟಕ್ಕೆ

ಈತ ಬಂದ ಬಿಳಿಯರನು ಓಡಿಸುವುದಕ್ಕಾಗಿ
ಅಂದಿನಿಂದ ಆತನ ಮಾತೇ ಭಾರತೀಯರಿಗೆ ಸ್ಫೂರ್ತಿಯಾಗಿ
ಒಕ್ಕೂಟದಿಂದ ಹೋರಾಡಿದ ಸ್ವಾತಂತ್ರ್ಯಕ್ಕಾಗಿ
ಕೊನೆಗೂ ದೊರಕಿತು ಸ್ವಾತಂತ್ರ್ಯ ಈತನ ಸಾಧನೆಗಾಗಿ

ಹೋರಾಟ ಯಾತ್ರೆಯ ಕೈಗೊಂಡನು ಪ್ರಮುಖವಾಗಿ
ಸತ್ಯಾಗ್ರಹ ನಡೆಸಿದನು ಭಾರತೀಯರ ಬಿಡುಗಡೆಗಾಗಿ
ಪರಕೀಯರ ವಿರುದ್ಧ ನಿಂತನು ಭಾರತಾಂಬೆಯ ರಕ್ಷಣೆಗಾಗಿ
ಅಂತೂ ನೆರವೇರಿತು ಈತನ ಕನಸು ಅಗಸ್ಟ 14ರ ರಾತ್ರಿಯಾಗಿ

ಶಾಂತಿಮಂತ್ರವ ಪಾಲಿಸಿದನು ಗಾಂಧೀ
ಭಾರತೀಯರ ರಾಷ್ಟ್ರಪಿತನಾಗಿ
ಎಂದು ಅಳಿಯದ ಹೆಸರು ಇವರದು
ಭಾರತೀಯರ ಹೃದಯದಲ್ಲಿ ಎಂದೂ ಅಮರರು.

ಅನಿತಾ ಎಂ. ನಾಯ್ಕ
9ನೇ ತರಗತಿ. ಎ ವಿಭಾಗ.

Preprimary classes



Hearing Impairment Section



Vocation Secion



HEARING IMPAIRED STUDENT LIFE SKILLS ACTIVITIES



My Dream

by Anaya Adeep Shirali - Age:10 years

I once had a dream. The best dream ever! It goes like this. I was reading a book when I thought I saw one of the pictures move. Turns out, Lisa, the character in my book came to life and was actually moving! She waved at me and when she spoke, speech bubbles were saying, "Hi! Would you like to come with me to the beautiful garden across the street?" I asked her, "How do I do that?" She said, "Come, I'll show you!" She held out her hand and said, "Hold my hand, quick!" I held her hand and she pulled me into the book. I screamed, "Whoa!!" I looked up and saw the same words I was reading before! I saw that the clouds were pink and the air was sweet. I was in Candyland! Did I mention I love chocolate? I have a sweet tooth. Sorry, where was I? Ahh...yes! I jumped as high as I could and touched the pink delicate flowers. Lisa pulled me towards the garden. She motioned me to sit on a bench. She told me, "We are the only ones who aren't made of chocolate." I looked around and saw that everybody was playing, but I slowly realized that all the people were made of gingerbread. Their clothes were made of icing. I asked her, "Are animals also made of chocolate?" "Yes. Animals are not the only ones. Everything is made of candy. Gummy Bears, Kakow Koalas, Candy Cats, Licorice Lions, Jelly Jaguar, Dairy Milk Duck, Tutti Frutti Tiger, Marshmalllow Monkey, Bubble Gum Bear and more." But I wasn't listening to her. I was really hungry. I asked Lisa to take me to a restaurant. She said, "Ok. There's one near Candy Avenue." "Is the food also made of chocolate?" I asked. "Yes. Noodles, burgers, sandwiches and everything is made of candy." I was drooling at the name of candy. We hired a taxi to take us down to Candylicious Restaurant. After having my fill, I went to Hotel Milkyway. I yawned and said to myself, "Time to hit the hay!" I slept soundly. Then suddenly, I heard an alarm clock ringing. I got up and rubbed my eyes. I heard my mom calling, "Anaya, breakfast is ready!" I realised that it was all just a dream.

We invite short stories (not more than 700 words) from children aged 10years and above for publication.

The story should be original and written without parental support. Selected stories will be published in Parijna Patrika.

Please email the story to parijnapatrika@gmail.com



My Mother!

My love for you will never end
Although, it might stretch or bend
Who I am is not just me,
All I am is because of thee.

Life can be whatever you want,
by the greatest joy is what you grant
It isn't me or you,
it is us and that will always be true.

Anika Baidur

11 years

Dallas USA

Anika wrote this for her mother –

Priyanka Kalbag Baidur on Daughter's Day





Krishna-Janmashtami

by Vaishali Heblekar

Vedant had always heard stories about Shri Krishna and his childhood escapades from his Ammama and Annamma (maternal and paternal grandmothers). What had fascinated him the most was the '*Krishna- janma*' episode, which he had seen once at a local gathering in the Saraswat Colony in Santacruz, where his aunt and cousin lived. Just one trip and the experience had been engrained in his memory forever. He always recounted how people gathered in a community hall and sang *bhajans* till midnight, when the doors of the prison opened up and *Krishna- janma* was announced amidst beating of drums, bells and the loud chants of "*Bhajo Radhe Govind!!*"

The lovely idol of Krishna could be seen and everyone would throw '*lhaiyo*' or puffed rice at the idol, in joy and celebration. The following day, *bhajans* (*mhantiyo*) would start in the evening itself when Vedant and his friends had dressed up as mini -Krishnas and mini -Radhas to participate in the fun. They were given *kodboli* (savory crispy snack), *godda undo* (hard *laddoo* made from jaggery), fresh butter and many more yummy sweetmeats which are distributed as *prasad*. The evening program ended with the '*Dahi- handi*' where young boys stood one on top of the other in a pyramid formation to break the pot of curd and butter (a symbolic reliving Krishna's childhood antics).

But this year was different. Vedant had not stepped out since the lockdown was imposed and when he heard his mother talking over the phone about it being *Janmashtami*, he couldn't stop himself from asking her, "Mamma! Will Krishna be actually coming this year as well in this pandemic and Corona



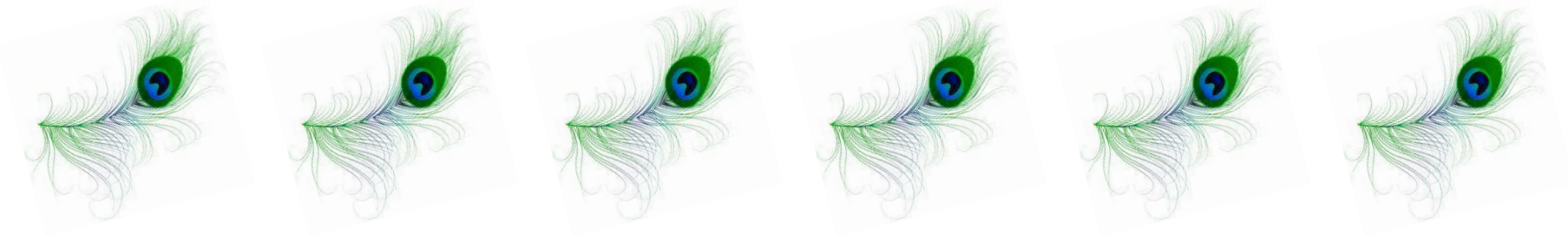
pic credit: mynameart.com



madness?”. His mother smiled and told him – “God will come every time his *bhakta* (devotee) calls him. He is not affected by any storm, thunder, hail, pandemic or anything! If you call him from deep inside your heart, he will come for sure and protect you”.

Vedant promised his mother that he would pray with all his heart to Lord Krishna to come at the stroke of midnight and take away all the sickness existing on this Earth. So that people could be happy once again and could go meet up with their relatives and friends, whom they had not met since March.” He also remembered the ‘*kallae phovu*’ or the *dahi- poha* which was made as *prasad* and requested his mother to make that for sure. She reassured him that that would be the *prasad* that night for dinner.

Vedant had a lot of questions in his head but sat quietly looking at the rains outside the window. The usual excitement of all the festivals was missing this year. He had not been able to meet any of his cousins for *Rakshabandhan*. *Krishna- Janmashtami* was also a dull affair and no one seemed to be talking about the forthcoming Ganpati festival or all that is regularly done to celebrate these festivals. Corona had changed everything, especially the fun -way of celebrating festivals. He closed his eyes and prayed to Lord Krishna. “Please come quickly and take away this illness. Enable us to go and meet our friends and relatives. Make it possible for me to go out in the park and play with my friends. Let the world come back to normal!”



Gems of Ancient India - *Devi Kavacham*

by Chandrima Kalbag

The *Devi Kavacham*, from the *Markandeya Puran*, is recited during the auspicious Navaratri-period. It is dedicated to the Devi, the personification of *Shakti* or Womanpower. She has many forms, Mother, Daughter, One who Bestows Knowledge, Money, Riches, Victory, Protection, ranging from benevolent and gentle to terrible and terrifying. While reciting the *Devi Kavacham*, the devotee invokes the goddess and asserts that the Devi protects every part of our being, her forms posted at different organs within, our limbs and body parts. Externally too, She watches over the surroundings and every direction and path from which evil or any foe may approach.

The amazing part of this composition is the fact that each and all internal organs within the human body, and the visible limbs have been specified, like: Lungs, stomach, intestines, bile, kidneys, reproductive organs, fat, blood, serum, bones, marrow, positions within the body where the endocrine glands are located, hair, hair follicles, skin, pores of the skin, sense organs and their functions. Limbs, including calves, shin, thighs, knees, shoulders, arms, chest, waist, abdomen, spine and face are described in detail. All of this proves that even in ancient Indian Vedic culture, the sages were true *Jnani-s*, meaning knowledgeable. They knew human anatomy, physiology, the existence, location and function of each and every organ within the human body. This knowledge was 'discovered' by the western world many centuries later.

The knowledge of the *Veda-s* is not recognized by the west. Unfortunately, a lot of it has been lost to us, Indians, through the sands of time. There is still an untapped repository of information regarding medicine, surgery, cosmetic surgery, oncology and other sciences enshrined in the *Veda-s*. Someday, we shall rediscover these Gems of Ancient India.



Yoga and Nutrition

by Deepti Anil

From the start of the year 2020, the entire world is in the grip of the Covid 19 pandemic. Our vocabulary has, suddenly, added on terms like lockdown, quarantine, isolation and immunity. As the virus continues its spread through our country, we must continue to stay alert, stay safe, maintain physical distancing and build our immunity through a proper diet and yoga. A well-functioning immune system is critical for survival as the immune system has to be constantly alert, monitoring for signs of invasion or danger.

During the flu season or times of illness, people often seek special foods or vitamin supplements that are believed to boost immunity. Vitamin C and foods like citrus fruits, soup, and tea with honey are popular examples. Yet the design of our immune system is complex and influenced by an ideal balance of many factors, not just diet, and especially not by any one specific food or nutrient. Eating enough nutrients as part of a varied diet is required for the health and function of all cells, including immune cells. Certain dietary patterns may better prepare the body for withstanding microbial attacks and excess inflammation, but it is unlikely that individual foods offer special protection. Each stage of the body's immune response relies on the presence of many micronutrients. Examples of nutrients that have been identified as critical for the growth and function of immune cells include vitamin C (guavas, lime, citrus fruit, amla) , vitamin D(fish, liver, cheese, egg yolks, as also this supplement made naturally from sunlight by the body) , zinc (whole grains, milk, nuts, chickpeas, green peas, spinach,) selenium (grains, eggs, fish, meat and garlic) , iron (dark green leafy vegetables, legumes, red meat, seafood, raisins), and protein (dairy products, non-vegetarian foods, nuts ,legumes and pulses). They are found in a variety of plant and animal foods. Diets that are limited in variety and lower in nutrients, such as consisting primarily of ultra-processed foods and lacking in minimally processed foods, can negatively affect a healthy immune system. It is also believed that a Western diet high in refined sugar and red meat and low in fruits and vegetables can promote disturbances in healthy intestinal micro-organisms, resulting in chronic inflammation of the gut, and with it, the associated suppressed immunity.

The microbiome (organisms growing in the human body) is an internal metropolis of trillions of micro-organisms, or microbes that live in our bodies, mostly in the intestines. It is an area of intense and active research, as scientists are finding that the microbiome plays a key role in immune function.

The gut is a major site of immune activity and the production of anti-microbial proteins. The diet plays a large role in determining what kinds of



microbes live in our intestines. A high-fibre plant-rich diet with plenty of fruits, vegetables, whole grains, and legumes appears to support the growth and maintenance of beneficial microbes. These fibres are sometimes called prebiotics because they feed microbes. Therefore, a diet containing probiotic and prebiotic foods may be beneficial. Probiotic foods contain live helpful bacteria, and prebiotic foods contain fibre and oligosaccharides that feed and maintain healthy colonies of those bacteria.

- Probiotic foods: Yogurt with live active cultures (*dahi*), fermented foods.
- Prebiotic foods: Garlic, onions, green leafy vegetables, bananas, and seaweed. However, a more general rule is to eat a variety of fruits, vegetables, beans, and whole grains for dietary prebiotics.

8 Steps to Help Support a Healthy Immune System: According to a report published by Harvard Health,

1. Eat a balanced diet with whole fruits, vegetables, lean proteins, whole grains, and plenty of water.
2. If a balanced diet is not readily accessible, taking a multivitamin containing the RDA for several nutrients may be used.
3. Do not smoke (or stop smoking if you do).
4. Drink alcohol in moderation.
5. Perform moderate regular exercise.
6. Aim for 7-9 hours of sleep nightly. Try to keep a sleep schedule, waking up and going to bed around the same time each day. Our body clock, or circadian rhythm, regulates feelings of sleepiness and wakefulness, so having a consistent sleep schedule maintains a balanced circadian rhythm so that we can enter deeper, more restful sleep.
7. Aim to manage stress. This is easier said than done, but try to find some healthy strategies that work well for you and your lifestyle—whether that be exercise, meditation, a particular hobby, or talking to a trusted friend. Another tip is to practice regular, conscious breathing throughout the day and when feelings of stress arise. It does not have to be long—even a few breaths can help.



8. Wash hands throughout the day: when coming in from the outdoors, before and after preparing and eating food, after using the toilet, after coughing, or blowing the nose.

Closer home, The Ministry of AYUSH has specified the following pointers for improving immune health in the course of this pandemic:

1. Drink warm water throughout the day.
2. Daily practice of *Yogasana*, *Pranayama* and meditation for at least 30 minutes as advised by Ministry of AYUSH
3. Use spices like *haldi* (turmeric), *jeera* (cumin), *dhaniya* (coriander) and *lahsun* (garlic) in cooking.
3. Drink herbal tea / decoction (*kadha*) made from *tulsi* (basil), *dalchini* (cinnamon), *kalimirch* (black pepper), *shunthi* (dry ginger) and *munakka* (raisin) - once or twice a day. Add jaggery (natural sugar) and / or fresh lemon juice to your taste, if needed.
4. Golden Milk- Half a tea spoon of *haldi* (turmeric) powder in 150 ml hot milk - once or twice a day if you have a dry cough / sore throat
1. Steam inhalation with fresh *pudina* (mint) leaves or *ajwain* (caraway seeds) can be practiced once in a day.
2. *Lavang* (clove) powder mixed with natural sugar / honey can be taken 2-3 times a day in case of cough, or throat irritation.
3. These measures generally treat normal dry cough and sore throat. However, it is best to consult doctors if these symptoms persist.

The above measures can be followed to the extent possible as per an individual's convenience. These measures are recommended by following eminent *Vaidya*-s from across the country as they may possibly boost an individual's immunity.

Keeping these points in mind and in the monsoon, it would be wonderful to have a warm bowl of an immunity- booster soup, right?



Ingredients:

- 1/2 cup lentils (*masoor dal*)
- 1 cup of carrots, sliced into ½- inch pieces
- 1/2 cup of green string beans, sliced into ½ inch pieces
- 1 cup of spring onion, sliced into ½ inch pieces
- 3 medium- sized tomatoes cut into 8 pieces
- About ½ inch piece of ginger finely sliced
- 1½ teaspoons salt
- 1/2 a teaspoon turmeric (*haldi*)
- 1/2 teaspoon black pepper, a few cloves and a 1/2- inch stick of cinnamon



Chaunk (seasoning):

- 2 tablespoons clarified butter (ghee) or 2 tablespoons oil
- 1/2 a teaspoon cumin seeds (*jeera*)
- 1/2 a teaspoon *garam masala*
- Half a lemon

Method:

1. Wash lentils and soak in 2 cups of water for 1 hour or longer. Once soaked, the lentils should be about double in volume.
2. Heat 4 cups of water in a pressure cooker on medium high heat. Next add soaked lentils, salt, turmeric, black pepper, ginger, carrots, green beans, spring onions, and tomatoes.



3. Close the pressure cooker and put the weight (or seal the exhaust).
4. As the pressure cooker starts steaming, turn the heat down to medium and cook for about 6 minutes.
5. Turn off the heat and wait until steam has stopped before opening the pressure cooker.
6. Mix *dal* well, if *dal* is thick add more boiling water and make the consistency as you desire. Soup should be chunky.

***Chaunk* (seasoning):**

1. For seasoning (*chaunk*) heat the butter in a small saucepan, add cumin seeds and wait until cumin seeds crack. Then pour it over the soup.
2. Add garam masala to the soup and mix it well.
3. Before serving squeeze a few drops of lemon juice.

Being in isolation without access to gyms and sports clubs should not mean people stop exercising. Keeping up regular, daily exercise at a time when much of the world is going into isolation will play an important role in helping to maintain a healthy immune system. Regular exercise is one of the pillars of healthy living. It improves cardiovascular health, lowers blood pressure, helps control body weight, and protects against a variety of diseases. But does it help to boost your immune system naturally and keep it healthy? Just like a healthy diet, exercise can contribute to general good health and therefore to a healthy immune system. It may contribute even more directly by promoting good circulation.

We spend most of our day hunched forward for various activities like reading, writing, using a mobile phone or laptop and household chores. When we sit for long hours at a desk for online school or work we tend to develop rigidity in our neck, shoulders, chest and lower back. Spinal health is very important not only for overall wellbeing but also to ensure all- round mobility as well as flexibility of our back. Along with forward movements which happen most during the course of our daily life we must make sure that we move our body laterally (side to side) and in the backward direction as well. *Chakrasana*, or the wheel pose, is an *asana* which can be practiced in its standing form for a lateral stretch, as well as in its supine form for an active backward bend.

The sequence of performing that *asana* in the standing posture



1. Stand erect with feet slightly apart, hands on the side of the thighs. Look straight ahead.
2. Slowly raise your arms to shoulder level and start raising your right arm while bending gently from your waist to your left side. Ensure that your body is stable by breathing normally and keeping your eyes open.
3. Keep bending laterally to your left till the upper right arm touches the right ear, keep your right palm facing upwards without bending the elbow.
4. Maintain the position for as long as you are comfortable and then slowly release , come to the starting position and repeat by raising your left arm and bending laterally to your right.



A finer variation of this, which provides a dynamic backward bend, is *Chakrasana* in the supine position.

However, one word of caution, practice the *asana* as per your capacity and avoid sudden jerky movements, especially while going into the final posture. If it is difficult to raise the torso in the beginning, then practice lying on the mat in the penultimate position till you gain enough confidence and strength to move to the next stage.

The sequence of the *asana* is:

- 1.Lie flat on your back, feet apart and arms stretched upwards and backwards with palms turned down near the corresponding shoulders
- 2.Fold the legs and draw in the feet towards the buttocks.



3. Inhaling, press down on the hands and feet and raise the torso, hips and thighs while arching the back and resting the crown of your head firmly on the floor.

4. Exhale and inhale a few times. Taking a deep breath and supporting the weight of the body on your hands and feet raise your thighs, hips, abdomen, chest, shoulders and head slowly and simultaneously as far as your spine allows them to do so. The elbows should be straight and the head should drop back between the shoulders. Maintain this position for ten seconds and exhaling lower the body gradually to the floor.

Chakrasana should not be practiced by those who have severe cervical and lumbar problems.

But for others it helps strengthen the muscles and organs of the pelvis, abdomen and chest even as it strengthens the spine, as well as the back.



International News

by Jyothi Bharat Divgi

Elephant Shrew rediscovered in Africa after five decades!



Long after it was given up as extinct, the elephant shrew was discovered in Africa. This mouse- like animal is neither an elephant nor a shrew – though it is related to elephants!

The elephant shrew has a trunk like nose which helps it to look for food. It is called the Sengi by the natives.

Burrowing Frogs

Burrowing frogs dig underground – as a refuge from dangerous predators, as well as temperatures. Some frogs stay underground for many months at a time, surviving on highly nutritious ants and termites. Some dig under the ground using their hind legs. A few use their pointed snouts and forelimbs!



Photo: Wikimedia Commons

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



National News

Here is a news as stimulating as a hot cup of chai!

Talking to an endless stream of customers who spill out their hearts to him, Lakshman Rao, a New Delhi street side tea vendor, got plenty of ideas to pen these stories down on paper! And lo! An author was born!

The ground realities of life of people from different spheres of life; come alive in the form of novels, plays and essays through the powerful pen of Lakshman Rao.

Born in a village in Maharashtra, Lakshman worked as a helper in restaurants washing dishes before he mustered enough money to start his street side venture. His childhood dream of being a writer was as strong as it was when he first left his village. Sadly, no publisher touched his work – who would want to invest in a novel scripted by a roadside vendor? Lakshman saved enough to self publish in 1979.



Lakshman Rao went on to complete his postgraduation in Hindi Literature from Indira Gandhi National Open University. He won not only the hearts of his readers but also many awards including one from the then President of India, Mrs. Pratiba Patil.

Picture Credits

<https://laxman-rao-author.business.site/>

<https://www.theweek.in/theweek/leisure/laxman-rao-ltd.html>

Did You Know?

by Sadhana Kaikini

Yashoda

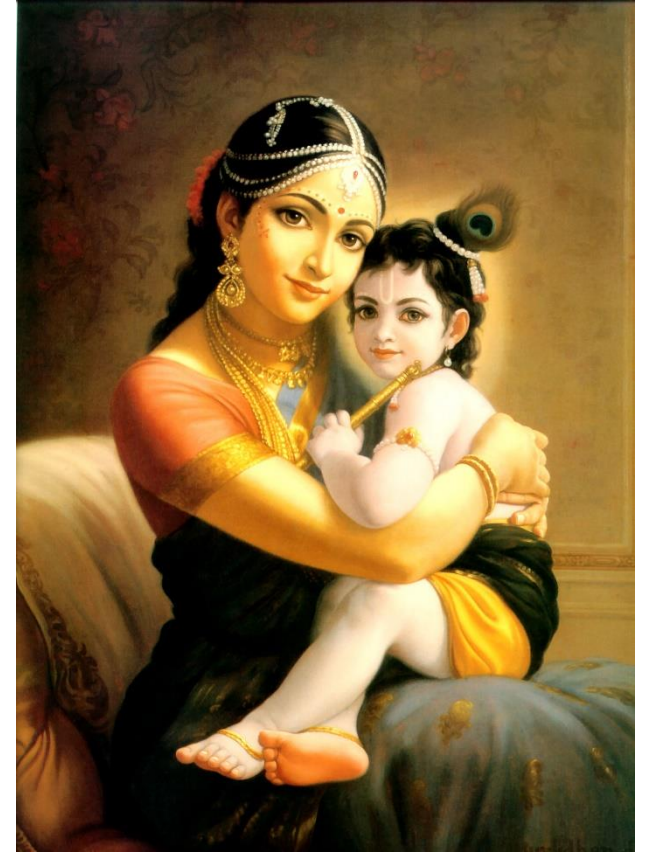
Yashoda Maiya as she's popularly known as, was Krishna's mother. But other than that privilege, there was another reason for which she was also well known... Her name... Do you know why she was called Yashoda? There's a lovely story behind it....

Right from her childhood, she was a warm-hearted, generous and loving girl. If ever someone around her needed help, she was there in a trice. Sometimes she helped with a cow that was ill, at times was feeding the baby in a neighbour's house or serving elders respectfully. She enjoyed doing her bit to help out and make the lives of others easier.

But the best part was that she refused to take credit for the countless ways in which she helped others. When appreciated, she would simply say, "It wasn't me - it was he/she/they who did it!"

As she grew into a lovely maiden, the headman of Gokul was chosen as her bridegroom... Nandji! As his wife she had even more of a chance to reach out to all the villagers. Here again she did what came naturally to her. Her response to gratitude was always, "It wasn't me - it was he/she/they who did it!" Thus she was admiringly called YASHO-DA - the one who gave away credit for her own actions to others and never kept any of it for herself! (Yash means success!)

Our Revered Param Pujya Parijnanashram Swamiji had this rare quality. Our Beloved Param Pujya Sadyojat Shankarashram Swamiji always reminds us to follow His Guru's Footsteps and imbibe this unique quality. Yash-O-Da!



Vampires in the Cow-shed

by Dr. Gaurish Padukone

Cattle cross- breeding program has reached every nook and corner of our country in recent times. Farmers in the deep and dense Western Ghat forests of Uttara Kannada district in Karnataka, traditionally rear the local Malnad Gidda breed of cattle. This breed is ideally suited to the hilly tracts and humid climate of the forest lands. The short and sturdy animals serve the limited needs of the farmers in terms of milk, manure and draught power.

The White Revolution program has changed the scenario now. Development of milk collection centres in towns close to remote villages, have helped create opportunities for small dairy farming ventures among farmers in the district. It is quite common nowadays to find Holstein Friesian or Jersey cross- bred cows grazing on the slopes of the hilly tracts of the Western Ghats.

It was on a very wet rainy day that I got a frantic call. I could only hear the crackle of someone's voice. I tried telling the caller that he was not audible and hung-up. He must have tried quite a number of times, but every time I picked his call I got a 'network fail' sign on my cell. I completely forgot about this episode during the day. After completing all the other calls and visits I returned home. Just as I was finishing my lunch, there was someone at the gate blowing the horn. I beckoned to the visitor on a bike to come in. Shyamsundar Hegde introduced himself saying that he was trying to call me since morning and had driven down 40 kms. to call me for a visit to Upponi- a village in Honnavar taluka. His cow was a victim of some rare disease which, according to him, neither he nor his family had ever seen before. He had used certain herbal drenches and medications, but they had not made any difference. Even his local 'doctor' had not been able to help him. Must be some 'black magic' played by his neighbour on his cow, he had thought, finally. Could I cure the effects of 'black magic' on a cow? This is what brought him to call upon me for a visit so urgently. He was a marginal farmer having a small homestead with a few hundred areca nut trees, and some land on which he cultivated paddy twice a year. A gentle stream flowed through his farm all round the year. Typically, farmers in this area do not call on a veterinarian for advice or treatment. They treat their animals with powders/ pastes made from easily available medicinal plants growing in the forests and assume they know everything about animal health and illness. He had three Malnad Gidda cows and had recently acquired a crossbred cow and was supplying milk produced by these animals to the KMF's milk collection centre at Kavalakki. Since the last couple of, however, there was something strange that was going on in his cattle-shed. The local livestock inspector had not been able to help him with this particular problem.



After a busy morning and lunch, I had expected to get some well-deserved rest. But that was not to be a fairly common situation for most field-veterinarians. Reluctantly, I agreed to see the case at Upponi. It was getting dark as we reached Upponi village. In the fading light I was shown the shed which was supposed to be a cattle-shed but actually was a multipurpose shed. I entered into what appeared to be a cooking place, where I saw a large earthen vessel on a low fire. Trying to battle the overpowering smoke, I crossed over into a dimly-lit cow shed. Three small animals tethered to wooden posts were alerted and started to panic on a thick bed of leaves, rotting dung and urine, while the cross-bred cow was 'ruminating' and seemed totally unaware of my entry. The crossbred cow was tied to wooden posts and was lying down on a damp and slippery concrete floor. Mr. Hegde pointed with a rechargeable torchlight to a ring of red marks all around the cow. He appeared quite agitated and alarmed at the sight. This had been happening ever since a neighbour of his 'cast an eye' on his newly acquired crossbred cow. All these years he had never seen such a scene in his cow shed. He was sure that someone was playing 'black magic tricks' on his cow and making his cow sick. The animal had been eating well, but her milk yield had gone down drastically.

Practising veterinary medicine among the rural farm folk brings with it a fair share of some hilarious moments. Such occasions help me to recover from the tiring hours of hard, back-breaking work. This was one such occasion. I could not control my urge to laugh. But, I had to, while explaining to Mr. Hedge, that this was not the result of a 'wicked eye' or a vampire, but because of the swarms of flies which bite hard and blood-sucking mosquitoes in the shed.

Especially during the monsoon, there is a tsunami of biting flies and mosquitoes that feast on the blood of animals, particularly cattle raised in sheds with dung pits close to cattle sheds and floors covered with foliage used as bedding for the animals. A ring of small droplets of blood invariably develops into clots around the animals lying on concrete floors, due to the dripping of fresh blood from the bites of the insects from the animal's skin due to insect-bites. Ignorance and lack of proper knowledge about animal husbandry is sure to make such a sight frightful.

The conditions in the shed were right for this to occur. One part of the shed had decaying leaves with cow dung and urine on which the local breed cows were tied and in the adjoining part of the shed was this crossbred cow totally exposed and vulnerable to the blood-sucking insects.

This was probably a rare case where I did not open my bag and treatment kit to administer any injections to the patient. Proper advice on use of insect repellents and proper animal shed management was all that I needed to tell Shyamsundar Hegde.



Protective Measures in the Time of Covid 19

by Dr. Khurshid Bharucha

A lot of the measures that we have been taking to protect ourselves from this nasty virus is something we take for granted. Let us take a look at the origin of these...

The Story of Hand- Washing

Washing hands kills germs. Everybody knows that, right? Well, until the late 1800s surgeons did not scrub up before surgery, or even wash their hands between patients, causing infections to be transferred from one patient to another.

Ignaz Semmelweis, a Hungarian physician was the first to advocate hand -washing. He believed that hand-washing would reduce the number of women dying after childbirth.

Ignaz Semmelweis was Director of the maternity clinic at the Vienna General Hospital in Austria. There were two maternity clinics at the Viennese hospital. The first clinic was staffed by medical doctors and students, and the second clinic by midwives. The first clinic had a very high number of women dying after contracting child bed (puerperal) fever on childbirth, as compared to the second clinic. Even women who gave birth in the streets had better survival rates than those in the first clinic. This puzzled Semmelweis.

He had a breakthrough in 1847, following the death of his good friend Jakob Kolletschka. Kolletschka had been accidentally poked with a student's scalpel while performing a post- mortem examination (an examination of a dead person). A post mortem on Kolletschka showed that the cause of his death was similar to that of the women who were dying from puerperal fever. Semmelweis put two and two together. He realized that the doctors doing post- mort examinations did not wash their hands before they went on to deliver babies in the first clinic. In the second clinic however, the mid -wives did not do any post- mortem examinations. He immediately proposed a connection between contamination from the dead body and puerperal fever.



He believed getting rid of the particles from the dead bodies would cut down on the death rate from childbed fever. He ordered his medical staff to start cleaning their hands and instruments not just with soap, but with a chlorinated lime solution. Guess what? When he imposed this, the rate of childbed fever and death fell to an extremely large extent.

In those days, even doctors were unaware of the presence of germs. Semmelweis chose chlorine because he thought it would be the best way to get rid of any smell left behind by those little bits of corpse. However, today we know that chlorine is one of the best disinfectants!



Sadly, he was unable to convince the doctors of his time on the importance of hand-washing. Slowly the doctors gave up the chlorine hand-washing, and the number of deaths due to puerperal fever increased all over again!

The Story behind Hand Sanitisers

In our fight against the corona pandemic, one of our weapons is the mighty hand sanitiser. Alcohol, as we know, is the key component of a hand sanitiser. 5,000 years ago alcohol was used by Egyptians to treat eye infections. Alcohol was used to treat wounds by physicians like Claudius Galen in 131- 201 CE, and over a thousand years later by Guy de Chauliac (1363).

Although alcohol has been used throughout history, actual scientific evidence of its antimicrobial properties was seen only in 1875. Alcohol was used for pre-surgery hand and surface disinfection in 1888 by a few physicians. In one version of the story, the discovery of hand sanitisers is attributed to Lupe Hernandez, a student nurse from Bakersfield, California. She was worried about the availability of water and soap for medical professionals to use before coming in contact with patients. Carrying alcohol around in bottles was not a feasible proposition. In 1966, Lupe realised alcohol delivered through a gel could clean hands in a situation where there was no access to soap and warm water. And lo and behold, the hand sanitizer was discovered!



Most hand sanitizers contain anywhere from 60% to 95% isopropyl or ethyl alcohol mixed with water and gels like glycol and glycerin in order to prevent drying out users' skin. Originally, it was only used in hospital settings. It wasn't until 1988 that hand sanitisers were commercialized and used as a personal hygiene product.



Story of the Bird-beaked Mask

The Centre for Disease Control and Prevention recommends that members of the public use simple cloth face coverings when in a public setting to slow the spread of the Covid 19 virus. They believe that it will help people who may have the virus and do not know it, from transmitting it to others.

So when did people start donning masks to protect themselves or others from diseases?

Long, long ago, European physicians did not know that it was germs that caused diseases. They believed that "bad air" caused illnesses. Medical historians have in fact attributed the invention of the 'beak doctor' mask and costume to a French doctor named Charles de L'Orme in 1619. This mask and outfit was worn by doctors during the plague of 1656. While treating patients they wore a mask, which was fashioned like a bird's beak. The long beak was packed with sweet smells, such as dried flowers, herbs and spices, which supposedly prevented the bad air from the patients reaching them.

In fact L'Orme can be credited with the making of the first hazmat suit or personal protective equipment. Personal Protective Equipments (PPEs) are protective gears designed to safeguard the health of workers by minimizing the exposure to a biological agent like viruses. Components of PPE are goggles, face-shield, mask, gloves, coverall/gowns (with or without aprons), head cover and shoe cover. L'Orme's protective suit consisted of a bird beak mask, leather overcoat, breeches, a cane, a wide-brimmed hat, gloves, and boots.

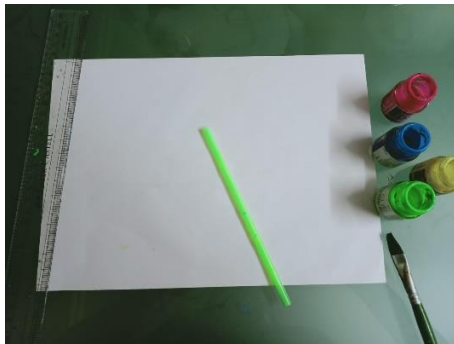


Craft Time - Blow Painting

by Smita Nagarkatte

Material required.

2 Papers, 3 watercolours, straw, pencil, scissors, fevicol.



STEP 1.

Take one paper. Put a little paint on paper. Hold the straw over the drop of paint and blow with the help of the straw. The paint will spread on paper.



STEP 2

Put more drops of other colours and blow in a similar way. You will get the design as shown in the picture.



STEP 3

Draw the outline of a bird, a fish or any other shape on the designed paper with a pencil and cut it.



STEP 4

Take the other plain paper and paint it blue.



STEP 5

Stick the picture cut-out on the paper which has been painted blue



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