

Parijna Patrika - Amrutotsava 2022



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



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News from ... Guruprasad High School, Mallapur



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News from ... Parijnanashram Vidyalaya, Karla



News from ... Parijnanashram Vidyalaya, Karla



News from ... Ganapathy English Medium School & Ganapathy Pre University College, Mangalore



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News from ... Parijnan Vidyalay, Anandashram High School & Parijnan PU College, Kotekar Campus



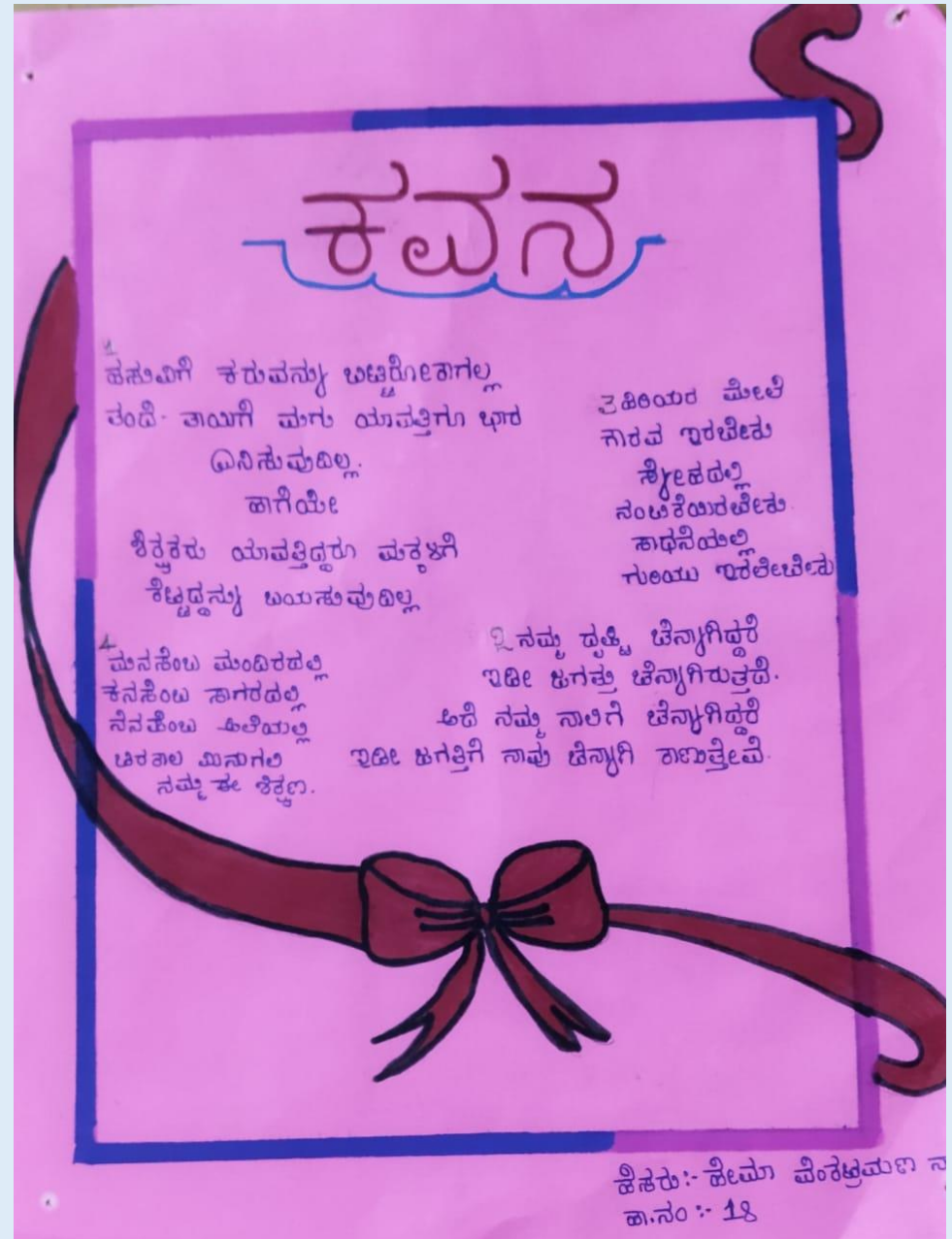
News from ... Parijnan Vidyalay, Anandashram High School & Parijnan PU College, Kotekar Campus



News from ... Srivali High School, Shirali, Uttara Kannada



ನಮ್ಮ ಶಾಲೆಯಲ್ಲಿ 75ನೇ ಆವೃತ್ತ ಮಹೋತ್ಸವದ ಸ್ವಾಗತದ ದಿನಾಚರಣೆಯನ್ನು ಸಂಭ್ರಮದಿಂದ ಆಚರಿಸಲಾಯಿತು. ದೃಢಾಶೀರ್ವಾ ಕಾರ್ಯಕ್ರಮವನ್ನು ಶಾಲಾ ಆಡಳಿತ ಮಂಡಳಿಯ ಕಾರ್ಯದರ್ಶಿಗಳಾದ ಶ್ರೀ ಗುರುನಂದನ ಬೈಂದೂರು, ಶ್ರೀ ಚಿತ್ರಾಪುರ ಮಠ ಇವರು ನೆರವೇರಿಸಿ ಕೊಟ್ಟರು. ಸ್ವಾಗತದ ದಿನಾಚರಣೆಯ ಪ್ರಯುಕ್ತ ವಿದ್ಯಾರ್ಥಿಗಳಿಂದ ವಿವಿಧ ಬಗೆಯ ಸಾಂಸ್ಕೃತಿಕ ಕಾರ್ಯಕ್ರಮಗಳಾದ ದೀಪಾಭಿಷೇಕ, ಗೀತೆ, ನೃತ್ಯ, ಭಾಷಣಗಳನ್ನು ದರ್ಶನಿಸಲಾಗಿತ್ತು. ಮುಖ್ಯಾಧ್ಯಾಪಕಿಯಾದ ಶ್ರೀಮತಿ ಮಮತಾ ಭಟ್ಟರವರು 75ನೇ ಸ್ವಾತಂತ್ರ್ಯ ದಿನಾಚರಣೆಯ ಆವೃತ್ತ ಮಹೋತ್ಸವದ ಕುರಿತು ಪ್ರಶ್ನಾವಿಳಾಸ ಭಾಷಣ ಮಾಡಿದರು.



News from ... Srivali High School, Shirali, Uttara Kannada



ನಮ್ಮ ಶಾಲೆಯಲ್ಲಿ ಜೂನ್ 5 ರಂದು "ವಿಶ್ವ ಪರಿಸರ ದಿನಾಚರಣೆ"ಯನ್ನು ಆಚರಿಸಲಾಯಿತು. ಪ್ರತಿಯೊಬ್ಬ ವಿದ್ಯಾರ್ಥಿಗಳೂ ತಮ್ಮ ಮನೆಯಿಂದ ವಿವಿಧ ಬಗೆಯ ಹೂವು ಹಾಗೂ ತರಕಾರಿ ಗಿಡಗಳನ್ನು ನೆಟ್ಟು ಸಂಭ್ರಮಿಸಿದರು.

News from ... Srivali High School, Shirali, Uttara Kannada



ನಮ್ಮ ಶಾಲೆಯಲ್ಲಿ ಪ್ರತಿ ವರ್ಷದಂತೆ ಈ ವರ್ಷವೂ ಕೂಡ ದಿನಾಂಕ 11.08.2022ರಂದು "ರತ್ನಾ ಬಂಧನ" ಕಾರ್ಯಕ್ರಮವನ್ನು ನಡೆಸಿದರು. ವಿದ್ಯಾರ್ಥಿ-ವಿದ್ಯಾರ್ಥಿನಿಯರಿಗೆ ಪರಸ್ಪರ "ರಾಖಿ" ಕಟ್ಟಿಸುವ ಮೂಲಕ ವಿದ್ಯಾರ್ಥಿಗಳಲ್ಲಿ ಸಹೋದರತತ್ವದ ಬಾಂಧವ್ಯವನ್ನು ಬೆಳೆಸಲಾಯಿತು.



With love from Prarthana Varga...



One day Dalki and Vasudav got a note saying your eighth child will be the destroyer of Kamsa, ^{evil} Dalki's brother. As soon as Kamsa found out he wanted to kill the eighth child at birth. Soon Dalki and Vasudav got put in jail by Kamsa the evil king, ^{soon} later Dalki's first son was born and Kamsa decided to not take a chance and killed all their new born children.

Finally the day arrived for the eighth child Krishna to be born, the whole world went to sleep. Vasudav then carried Krishna through heavy rains, and floods, and crossed the river with Krishna over his head, finally he reached Nanda and Yashoda's home where Nanda was holding his new born daughter, incarnation of Yogamaya ready to sacrifice his daughter so that the saviour Krishna could live and fulfill his destiny.

Shanaya Kalle, Auckland, New Zealand
10 years old

Teaching kids to look after their minds is just as important as teaching them how to care for their bodies. Introducing children to meditation early on, along with establishing healthy sleep routines and limiting screen time, helps them learn how to calm their minds and use healthy coping mechanisms for the rest of their lives.

Mindfulness means paying full attention to something. It means slowing down to really notice what you are doing. Being mindful is the opposite of rushing or multitasking. When you are mindful and fully focused, you are focusing in a relaxed, easy way. Start by getting your mind on your breath. Sit in any relaxed, cross-legged position, with your spine erect. In the picture, the children meditating are in *Padmasana*, *Ardha Padmasana* and *Sukhasana*, as per their comfort and ability. Attempt any one of these poses in which you sit steadily for some time. Gently close your eyes and breathe in deeply through your nose and breathe out through your mouth. Do this 3-4 times, after which breathe normally in and out through your nose. Count each inhalation and exhalation as 1 and continue till 10. Take a break and slowly, over time, increase the number of counts and lengthen your practice. This is the easiest method of meditation that all children can practice for 5-10 minutes every day. Meditation helps children to improve their listening and problem-solving skills. It promotes confidence, self-esteem and the ability to stay calm under pressure. Enhanced retention capacity, concentration and expansion of the mind improve performance both in the classroom and in sports. Positive habits like this help in building a strong morale and character in the long run.



Junior *sadhaka*-s(L_R) Anahat, Akshaj, Sahaj, Nyra.

The Remover of Obstacles

A story by Sadhana Kaikini

Vaikuntha was agog with excitement. The much-awaited marriage of Lord Vishnu and Goddess Lakshmi was drawing close. Invitations were being sent out to the *Deva*-s and a few of them dropped in to acknowledge the invitation.

Having enjoyed the hospitality of Vaikuntha, when they were about to leave, one of the *Deva*-s cleared his throat and said, "Lord Vishnu, we have a request to make! We were wondering if You could avoid inviting Ganesha for the wedding..."

Another spoke up too, "He looks so weird with that elephant-head and over-weight body! People might get frightened at his very sight. We feel that it would be better if he did not come." The others nodded in agreement.

Lord Vishnu paused and thought to Himself, '*Hmmmm*. Here is a golden opportunity for these *Deva*-s to understand that looks don't matter at all in comparison to qualities. They are so arrogant about their own appearance! Perhaps it's time for my beloved nephew, Ganesha, to reveal His *Shakti* and teach them a lesson!' Thus, Lord Vishnu nodded and accepted the suggestion to leave Ganesha out of the list of invitees.

A day before the wedding, the chariots of the *Deva*-s set out towards Vaikuntha. With shining jewels and glittering crowns, the *Deva*-s looked resplendent in their *ratha*-s. *Devarshi* Narada watched them all and decided that it was time to act!

He visited Ganesha, who was busy conversing with His *mooshak*! Narada exclaimed, "Ganesha! What are You doing here when the rest of the Gods are on the way to attend the wedding of Your uncle, Lord Vishnu?"

Ganesh smiled and said, "*Devarshi* Narada! You know that I have not been invited! Then why would I go?"

Narada responded, "So aren't You going to protest in some way? Lord Vishnu loves You so much. He's expecting some action from You, I'm sure! Finally, the wedding will commence only after You grace the occasion. You are the *Buddhipradaayaka* — the Bestower of Intelligence. Please act quickly!" Having said this, Narada moved away, knowing that his task was done. He could see that Ganesha was deep in thought!



GEMS OF ANCIENT INDIA

by Chandrima Kalbag

GHATIKA YANTRA

A water clock is a timepiece which measures time by the regulated flow of water into or out of a vessel, whereby the water level indicates the time period that has passed. Water clocks are one of the oldest and simplest time-measuring instruments, known to have existed in Babylon, Egypt, and Persia around the 16th century BCE and other parts of the world, including India and China.

There are two types of water clocks: inflow and outflow. In an outflow water clock, a container is filled with water, and the water is drained slowly and evenly out of the container. This container has markings that are used to show the passage of time. As the water leaves the container, an observer can see where the water level lies compared to the lines marked and tells how much time has passed. In an inflow water clock, the water is filling up the marked container. As the container fills, the observer can see when the water level meets the lines and tell how much time has passed.

Some modern timepieces are called ‘water clocks’ but work differently from the ancient ones. The water powers the pendulum, or any other mechanism which operates the timepiece.

Some water clock designs were developed independently, and some knowledge was transferred through the spread of trade. Early water clocks were calibrated with a sundial. At sunrise, the time was reset. Though these were not as accurate as modern standards of timekeeping, the water clock was the most commonly used timekeeping device for millennia, until replaced by pendulum clocks in 17th-century Europe.

According to archaeologists and experts, pots excavated from the Mohenjo-daro (Indus Valley) site around 2500 BCE, may have been used as water clocks. They are tapered at the bottom, have a hole on the side, like *abhisheka* vessels on *lingam*-s.



At Nalanda university, four-hour intervals were measured by a water clock, which consisted of a copper bowl holding two large floats in a larger bowl filled with water. When the bowl was filled with water from a small hole at its bottom; it sank completely. This marked a time-period and was announced by the beating of a drum in the daytime. The amount of water added varied with the seasons depending upon the temperature.

The *Jyotisha* school, one of the six *Vedanga* disciplines, describes water clocks called *ghathi* or *kapala*, that measure time in units of *nadika* (around 24 minutes). Historians assess that the water clock in ancient India is mentioned in the *Atharva Veda* from the 2nd millennium BCE. It is also mentioned in the *Surya Siddhanta* (5th cent. CE), which is further elaborated in *Pancha Siddhantika* (6th cent. CE). Descriptions are also recorded in the *Brahmasphuta Siddhanta* (7th cent. CE).

Source and Pictures: Wikipedia

Picture - Persian Ancient Water clock.

By Maahmaah . persian tools - Own workby zeebad&maahmaah [1], CC BY-SA 3.0,

<https://commons.wikimedia.org/w/index.php?curid=17883105>



3. Dip an ear bud in coconut oil and go over the coloured shapes like you were colouring with a pencil. Dab out any extra oil with the tissue paper. Repeat the same on the reverse side of the drawing.



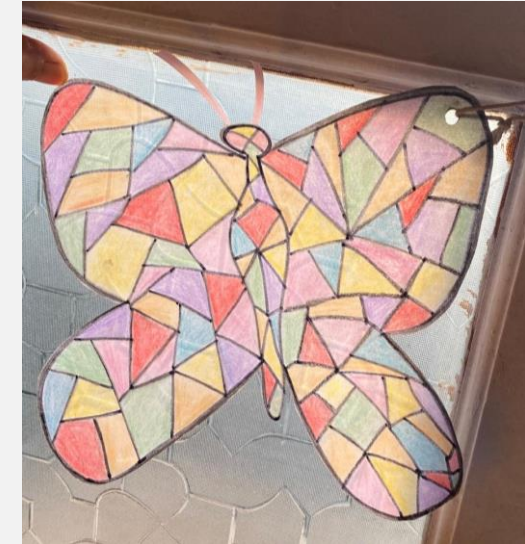
4. Cut out the shape with a pair of scissors.



5. Punch a hole in one corner of the cut-out. Pass a string through the hole and tie the ends.



6. Your Suncatcher is ready! You can hang it in your balcony or by a window.



6. You can also stick it on your window pane with cello tape.

