# Parijna Patrika - Amrutotsava 2022

Azadi <sub>Ka</sub> Amrit Mahotsav





## **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





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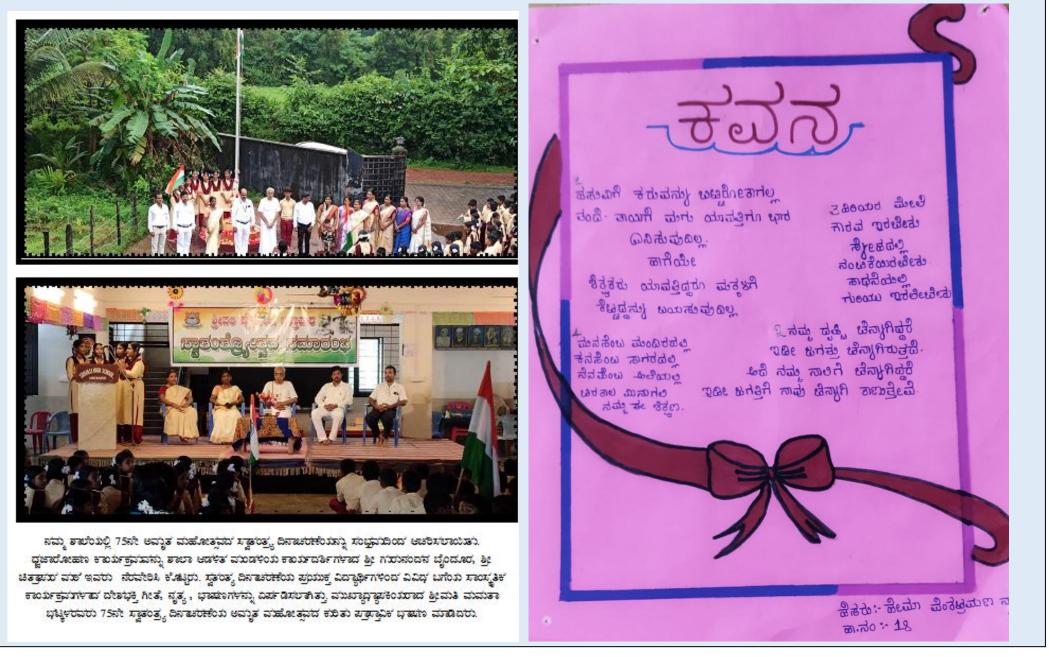


### **News from** ... Srivali High School, Shirali, Uttara Kannada





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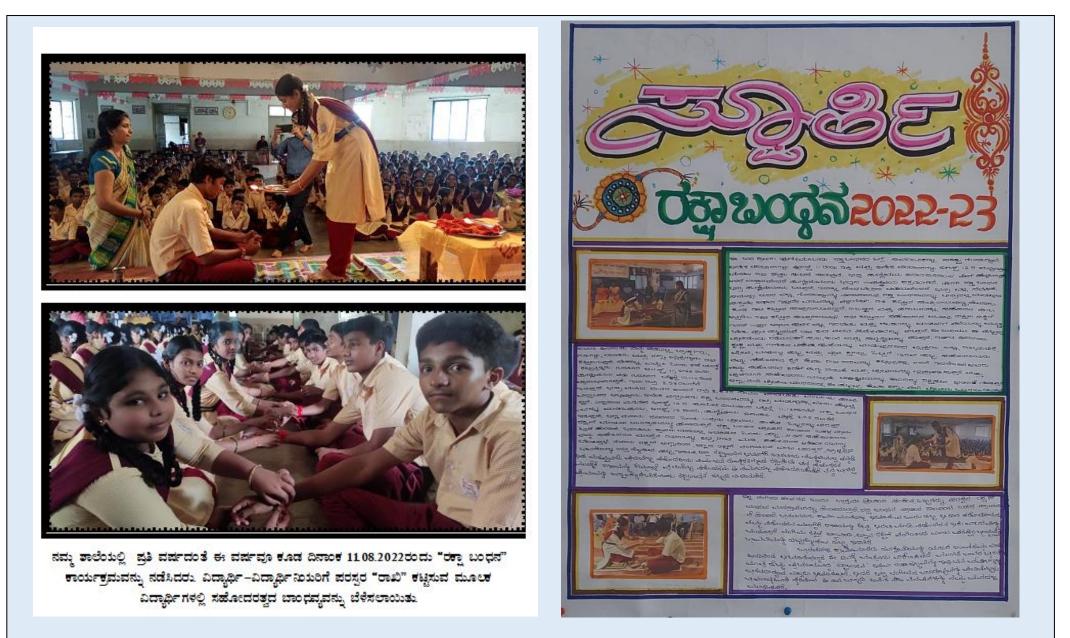


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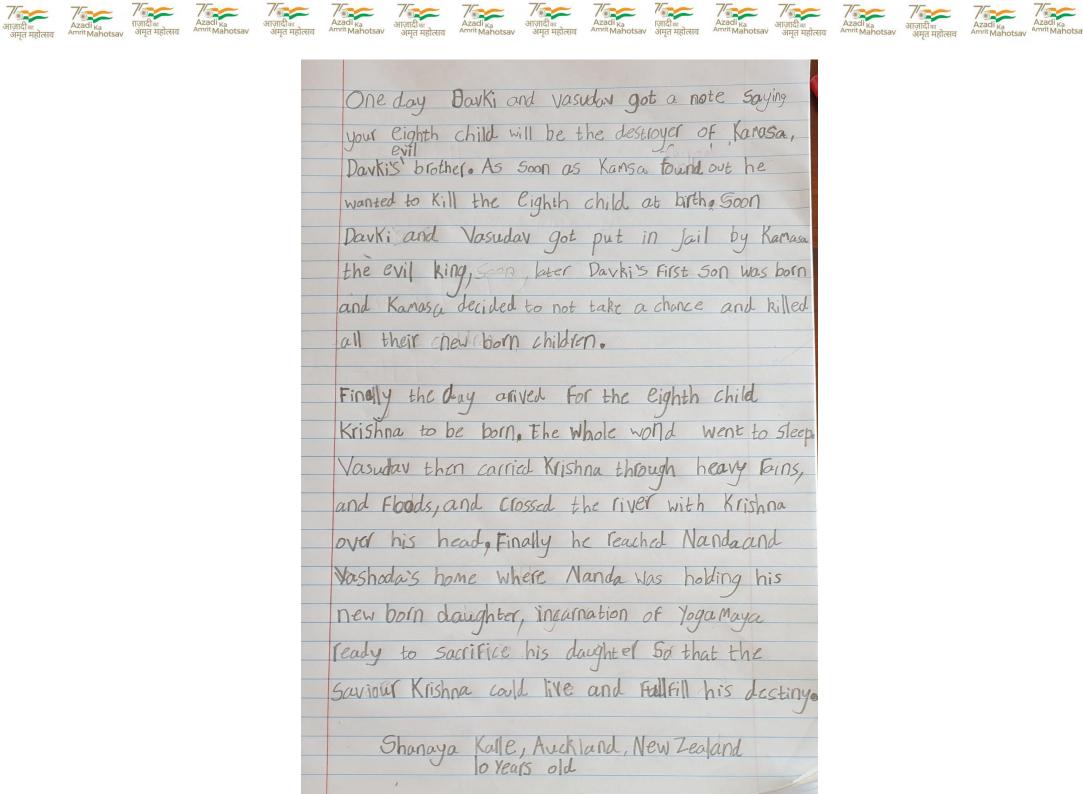




#### With love from Prarthana Varga...











#### We are proud of ...

#### by Jyothi Bharat Divgi



"I am very happy. After overcoming many struggles, I won this medal. I dedicate this medal to my brother and coaches. I will next prepare for the Olympics", said Achinta to ANI.

From embroidering necklines on women's *kurta*-s and working in the fields, to winning a Gold medal at the Commonwealth Games, Achinta Sheuli has come a long way.

The 20-year-old won Gold in the men's 73 kg category weightlifting with a combined lift of 313 kg (snatch 143 kg + clean and jerk 170 kg), creating a CWG record.

Hailing from <u>Deulpur in West Bengal</u>, Achinta was introduced to weightlifting by his brother Alok, who was fascinated by weightlifting after watching a bodybuilding competition.

His mother Purnima then took Alok to a gym run by Astam Das in 2010. After a few years, Achinta followed his brother to that gym, and took to it as a fish takes to water. Das trained them for free and provided nutritious food too.

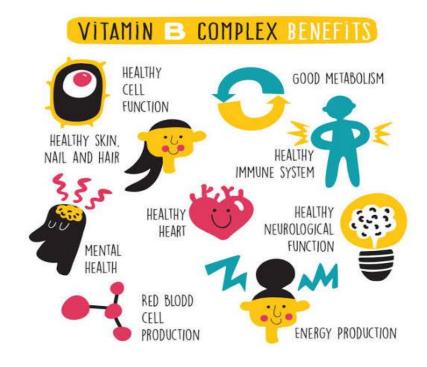
"The biggest happiness for me is that I have been able to contribute to the security of my family. With the money I'm making, I have been able to let my mother finally leave her job of doing embroidery. I did embroidery myself when I had to help my family. But it feels very good that I can help them through my weightlifting now," said Achinta to *Sportstar*. Achinta believes that a target, focus and discipline are essential to succeed in life.



#### Fitness First by DEEPTI ANIL

#### NUTRITION NUGGET

Moving on in our Nutrition Alphabet Chart to the letter B for B Vitamins. These are a group of Vitamins which are multifunctional and are important for making sure the body's cells are functioning properly. They help the body convert food into energy (metabolism), create new blood cells, and maintain healthy skin cells, brain cells, and other body tissues. Some top sources of B vitamins include meat (especially liver), seafood, poultry, eggs, dairy products, legumes, leafy greens, seeds, fortified foods, breakfast cereals and nutritional yeast. They are present widely in all foods. One word of caution here is for pure vegans (those who do not consume any products of animal origin including milk and honey) — vegans are very prone to having Vitamin B12 deficiency, or what is known as pernicious anemia. These people must ensure that they complement their diets with a Vitamin B12 supplement.



Source: I stock images

### **Easing Into Meditation**



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!



As the procession of the richly decorated *ratha*-s were moving towards Vaikuntha, all of a sudden, the first chariot swerved and stopped. The front wheel of the chariot had gone deep into a small portion of land. Rains from the previous night had left the mud soft, wet and squishy. First one and then another *Deva* struggled to get the wheel out. Soon, a group of them were at it, but alas! It did not seem like they were making any progress.

Just then, they noticed a farm nearby. At a distance, they could see a farmer ploughing the field. They gestured to him and called him over. Most of them looked at each other and doubted the humble-looking farmer being of any help!

The farmer looked at the wheel deeply mired in the sticky mud and grasped the situation. He paused for a minute and then held the wheel with both his hands in a firm grip. Just one tug and the wheel was out! The *Deva*-s' eyes and mouth opened wide with shock! How had this happened?

They, of course, questioned the farmer! He replied smilingly, "I only thought of Vighneshwara, Lord Ganesha, and prayed to Him for strength. I knew that was enough to remove this obstacle." So saying, he walked away to get back to his work.

The Gods looked at each other, red with shame. They realized their folly and repented their foolish action. At once, a small contingent went to meet Lord Ganesha and begged Him for forgiveness, while the rest went forward to seek pardon from Lord Vishnu.

Thus, it was that our Ganapati Bappa was seated in a place of honour at the marriage of Lord Vishnu and Goddess Lakshmi!





#### **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 ghati 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,

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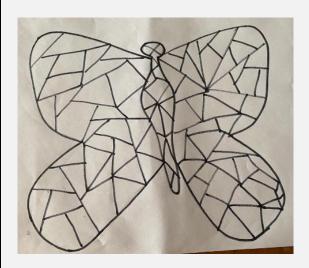
#### **Craft Activity – Suncatcher**

#### by Beena Savkur



#### Things required:

- 1) A sheet of A4-size Bond paper
- 2) Pencil
- 3) Colour pencils
- 4) Black permanent marker
- 5) A small bowl with a teaspoonful of coconut oil
- 6) Ear buds
- 7) Tissue paper
- 8) A pair of scissors
- 9) A piece of string or cello tape



1. Draw any picture of your choice. Make geometrical patterns inside it. Highlight it with a black permanent marker.



2. Colour within the shapes using colour pencils.





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.



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



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



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.

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