

# Parijna Patrika

## Uttarayan 2023



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




ಭಟ್ಟರ ಎಜುಕೇಷನ್ ಟ್ರಸ್ಟ್, ಭಟ್ಟರ ಇವರ ವತಿಯಿಂದ ನಡೆದ ಭಗವದ್ಗೀತಾ ಕಂಠಪಾಠ ಸ್ಪರ್ಧೆಯಲ್ಲಿ ನಮ್ಮ ಶಾಲೆಯ ವಿದ್ಯಾರ್ಥಿಗಳು ಭಾಗವಹಿಸಿ ಪ್ರಥಮ, ದ್ವಿತೀಯ ಹಾಗೂ ನಾಲ್ಕು ತೃತೀಯ ಸ್ಥಾನ ಗಳಿಸಿ, ಒಟ್ಟು 9000 ರೂಪಾಯಿಗಳ ನಗದು ಬಹುಮಾನವನ್ನು ಗಳಿಸಿರುವುದು ಶಾಲೆಗೆ ಹೆಮ್ಮೆಯ ಸಂಗತಿಯಾಗಿದೆ. ಮುಖ್ಯಾಧ್ಯಾಪಕರುರಾದ ಶ್ರೀಮತಿ ಮಮತಾ ಭಟ್ಟರವರು ಈ ವಿದ್ಯಾರ್ಥಿಗಳಿಗೆ ಮಾರ್ಗದರ್ಶನ ನೀಡಿರುತ್ತಾರೆ.

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



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



# ಕವನಗಳು

1. ಜಗತ್ತು ಎಂದೂ  
ಒದಲಾಗದ ಪುಸ್ತಕ  
ಬದುಕು ಎಲ್ಲವನ್ನೂ  
ಕಲಿಸುವ ಶಿಕ್ಷಕ


2. ಕೋಪವೆಂಬುದು ವೃತ್ತಿಯನ್ನು ಸೋಲಿಸಿದರೆ  
ಅದರಿಂದ ನಗುವೆಂಬುದು ವೃತ್ತಿಯನ್ನು ಗಿಲ್ಲಿಸುತ್ತದೆ.

3. ಮಗುವಿಗೆ ಬೇಕು ಜ್ಞಾನದ ಕ್ರೀಡೆ  
ಹೀವರಿಗೆ ಬೇಕು ಭಕ್ತಿಯ ಕ್ರೀಡೆ  
ಅದರಿಂದ ಮಕ್ಕಳಿಗೆ ಬೇಕೇ ಬೇಕು  
ಗುರುಗಳ ಕ್ರೀಡೆ.

5. ಕ್ರೀಡೆ ಇರುವುದು ನಂಬಿಕೆ ಇರುವವರಿಗೆ  
ಕನಸು ಬಿಡುವುದು ಎಳೆದವರಿಗೆ  
ಬಹಿಷ್ಕಾರ ಇರುವುದು ಗಿಲ್ಲದವರಿಗೆ  
ಪ್ರಾಣ ಇರುವುದು ಅಕ್ಕ ಇರುವವರಿಗೆ  
ಅದರಿಂದ ಸೈದುವುದು ಬಹಿಷ್ಕಾರದವರಿಗೆ

4. ಹುಟ್ಟು ಸುಪ್ತಗಲ ನಡುವೆ  
ಇರುವುದು ಜೀವನ  
ತೆನ್ನ ಪುಸ್ತಕಗಳ ನಡುವೆ  
ಇರುವುದು ಕವನ

- ಸಂಗ್ರಹ



ಹೆಸರು :- ಹೇಮಾ ಮಂಜುನಾಥ ನಾಯ್ಕ

# ಶಿರಾಲಿ

ನೀವರ ರಕ್ತ  
ಬಾಳುವ ನಾಡು  
ಭಾರತದಾದ್ಯಂತ ಹಬ್ಬುತ್ತ  
ನಾಡಿಗೆ ಸುವರ್ಣದ ರತ್ನ

ಸಿರಿವಂತ ಹಾಗೆ ಸಿರಿವಂತ  
ಬೆಳ್ಳದ ಹಾಗೆ ಬೆಳ್ಳದ  
ಭಾರತದಾದ್ಯಂತ ಹಬ್ಬುತ್ತ  
ಭಾರತದಾದ್ಯಂತ ಹಬ್ಬುತ್ತ

ಮಹಾಶಯವು ಮಹಾಶಯವೆಂದರೆ  
ಈ ಭಾರತದ ಇತಿಹಾಸ  
ನಾಡುನಾಡು ಅಭಿವೃದ್ಧಿ ಯೋಜನೆ  
ಭಾರತದ ಬಾಳಿಕೆ ಸಿರಿವಂತ  
ಕಾಡುನಾಡು ಹುಟ್ಟುಹಬ್ಬದ  
ಅಕ್ಕ ಅದರ್ಶ ಬಿಡುವ

ಶಿರಾಲಿನವರೇ ಕೈಯಾಲ ನನ್ನ ನೆನಪಿನಲ್ಲಿ ಇಟ್ಟಿರಿ.....

ನಾವು ಈ ಕುಸುಮವನ್ನು ಶಿರಾಲಿ ಹಬ್ಬದ ಸಂದರ್ಭ ಇ.ಕೆ. ಅಹರದ ಬಗ್ಗೆ  
ಬಿಡುತ್ತೇವೆ.

ಶಿರಾಲಿ ನಾಗಪ್ಪ ನಾಯ್ಕ  
ಶಿರಾಲಿ  
ಶಿರಾಲಿ ಪ್ರಧಾನಿ, ಶಿರಾಲಿ

## News from ... Parijnanashram Vidyalaya, Karla



### Sports Day for Parents



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



Junior Red Cross Unit Inaugurated on 19-11-2022



NSS Annual camp inauguration 27-09-22



NSS Annual Camp valedictory program 03-10-22



NSS Daily activities Inauguration 15-09-22

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

**Pookalam celebrated on the Eve of Onam**



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



Hindi Diwas 14-9-2022



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



**Pooja at Sharada Sadan on 10-11-2022**



**Deepavali & Laxmi Pooja celebration**



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

### Celebration of Kannada Rajyotsava on 1-11-2022



### Koti Kanta Gayana on 28-10-2022



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



**Celebration of Navaratri 24-9-2022**



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



**Annual Sports day on 14-11-2022**



With love from Prarthana Varga - Andheri Sabha



**With love from Prarthana Varga - Andheri Sabha**



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

Kannada Rajyotsav Celebration in our school on 1-11-2022



2. Kanakadas Jayanti Celebration in our school on 11-11-2022



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

Children's Day Celebration in our school on 14-11-2022



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

Education Department Conducted Taluka Level Science Model exhibition, essay computation at Honnavar on 15-11-2022.

Our School students Participated and win the first prize in Physics subject Kum. Puneet Balachandra Bhat and Kum. Md. Raza A. Mulla and Chemistry Subject Kum. Rajat K. Bhandari and Kum. Darshan N. Deshbhandari



## Gems Of Ancient India – Kalidasa

by Chandrima Kalbag

Kalidasa was a Sanskrit poet and dramatist, probably the greatest of any epoch. He was so great that many poets tried to imitate him, but six works identified as genuine are the dramas Abhijnana Shakuntalam (“The Recognition of Shakuntala”), Vikramorvashi (“Urvashi Won by Valour”), and Malavikagnimitra (“Malavika and Agnimitra”); the epic poems Raghuvamsam (“Dynasty of Raghu”) and Kumarasambhavam (“The Possibility of the Birth of Skanda”); and the lyric “Meghaduta” (“Cloud Messenger”).

Great classical Indian authors were so humble, that they never glorified themselves. So, little is known about Kalidasa’s person or origin. His name literally means “servant of Kali” and he probably flourished in the 5th century CE. The poet lived sometime between the reign of Agnimitra, the second Shunga king (170 BCE) and the hero of one of his dramas, to the Aihole inscription of 634 CE, which lauds Kalidasa. A Sinhalese tradition says that he died on the island of Sri Lanka during the reign of Kumaradasa.

Scholars have speculated that Kālidāsa may have lived in the Himalayas, Kashmir, Ujjain, and Kalinga. Description of geographical features, flora and fauna that is found in Kashmir, but not Ujjain or Kalinga: the saffron plant, the deodar trees, musk deer, have led scholars to deduce that he lived in Kashmir. These references are profound in Kumarasambhavam. His love for Ujjain is apparent in Meghadutam and his highly eulogistic descriptions of emperor Hemāngada in Raghuvamśam indicate his connection to Kalinga. Whatever is known about him, is through his works, which reflects an ideal, perfect, moral society, with high values, education, culture and sophisticated aristocracy. His dramas and lyrical poems are based on the Vedas, Puranas, Ramayana and Mahabharata.

His most famous drama, Abhijnanashakuntalam is considered to be the best Indian literary work of any period. Taken from an epic legend, the work describes the reunion of King Dushyanta with Shakuntala and their child, Bharata, eponymous ancestor of India, Bharatavarsha. Kalidasa remakes the story into a love idyll whose characters represent a pristine aristocratic ideal: the girl, sentimental, selfless, caring deeply about nature. The king is personified as the first servant of dharma (religious and social laws and duties), protector and resolute hero, even though suffering for his lost love. The second drama, Vikramorvashi, re-telling a vedic legend, is well known for Act IV, in which the grief-stricken king wanders through a lovely forest talking to various flowers and trees, looking for Urvashi. Malavikagnimitra is an accomplished, comical and playful drama.

Kalidasa’s kavyas are of equally high quality in two different subtypes, epic and lyric. His epic poems are Raghuvamsha and Kumarasambhava. The first recounts the legends of Shri Rama’s forebears and descendants. The second, Kumarasambhavam, tells the story of Parvati winning over Shiva, the conflagration of Kama and the birth of Kumara (Skanda). The khandakavya, “Meghaduta,” describes the story of a Yakṣa trying to send a message to his beloved through a cloud. Kālidāsa’s popular poem is set to the mandākrāntā meter, which is known for its lyrical sweetness. Kalidasa also wrote the Shyamala Dandakam describing the beauty of Goddess Matangi.

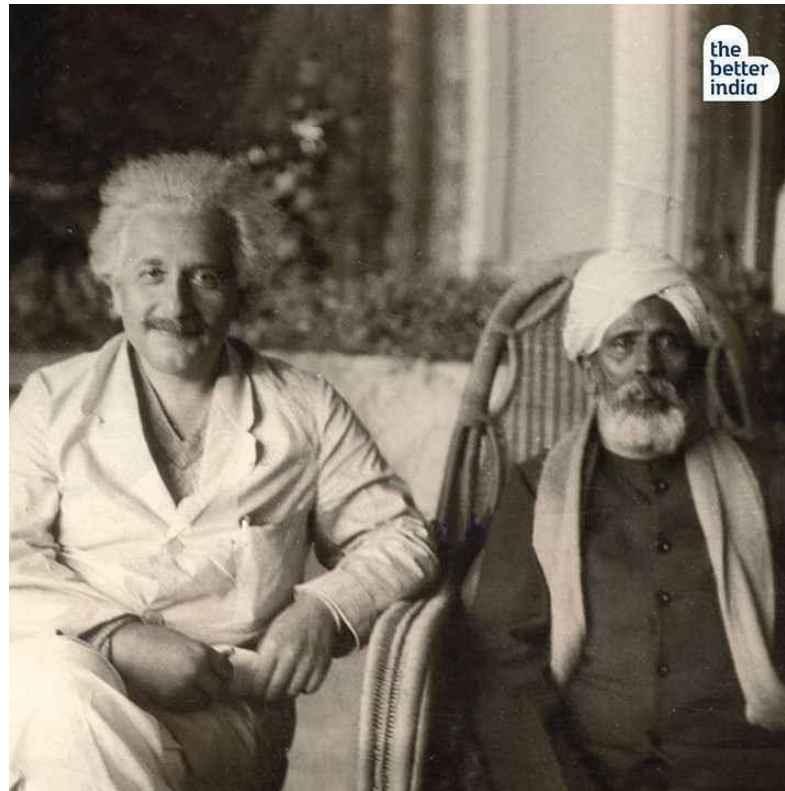
In all of Kalidasa’s works, the beauty of nature is depicted with a precise elegance of metaphor that would be difficult to match in any of the world’s literature. His works consist of metrically and grammatically complete stanzas, resounding with complex and beautiful imagery. Numerous commentaries have been written about his works, which have been translated into various languages across the world. Goethe was fascinated by Abhijñānaśākuntalam. Kalidasa’s mastery of Sanskrit as a medium of expression, truly transports and uplifts the reader. In recognition of Kalidas’ work, the Indian government awards Kalidas Samman in Madhya Pradesh to those who perform well in classical dance, poetry, classical music, plastic arts, and arts. Kalidasa has become a benchmark of perfection for Indian literature, whether it is Sanskrit or any other language. His works, the magic of his words, mastery over language and vocabulary, above all his ability to envision an ideal and idyllic society remains unparalleled. This humble genius laid the foundation of Sanskrit literature and continues to be one of the Gems of ancient India.

## Did you know?

by Jyothi Bharat Divgi

Known as the man behind India's first university for women, Dhondo Keshav Karve's work in the social field and the welfare of people has its roots in his childhood. When his wife Radhabai passed away at the age of 14, Karve established the Widow Remarriage Association in 1893. He then went on to marry Godubai, another widow.

Apart from this, Karve was vocal about social issues that plagued the community at the time, like untouchability. He persisted, in spite of being insulted by orthodox members of society. In 1896, he set up India's first school for widows at Hingane village and then a residential school for girls that trained them for jobs.



Albert Einstein with Dhondo Keshav Karve, Picture credits: The Better India

## Fitness First

by Deepti Anil

### Nutrition Nugget

It is now time to take a look at Vitamin C in the nutrient alphabet chart. With a dip in temperatures and a rise in ENT (ear, nose, throat) infections, it is wise to increase the consumption of Vitamin-C-rich foods. Vitamin C, also known as ascorbic acid, is necessary for the growth, development and repair of all body tissues. Vitamin C is one of the many antioxidants that can protect against damage caused by harmful molecules called free radicals, as well as toxic chemicals and pollutants like cigarette smoke. Free radicals can build up and contribute to the development of health problems such as cancer, heart disease and arthritis and can even accelerate ageing. Vitamin C also contributes to the development of a healthy immune system and helps fight the common cold. Vitamin C is one of the water-soluble vitamins. Because your body doesn't store them, you need to include them in your diet every day, to maintain healthy levels. Eat Vitamin-C-rich fruits and vegetables raw, or cook them with minimal water so that you don't lose some of the water-soluble vitamin in the cooking water. Some of the best sources of Vitamin C include *Amla* or Indian gooseberry (700 mg/100 g), which is by far the best source of Vitamin C; citrus fruits such as limes, oranges and lemons; guavas; tomatoes and tomato juice; green and red capsicum; strawberries and green leafy vegetables. So, this winter, stock up on all these foods and remember to now quote that an *Amla* a day can keep the doctor away!

### Yogic guidelines to stay healthy in winter

Due to the drop in temperatures, the muscles of the body are instinctively in a contracted mode. To counter this, light and frequent body massages with warm oil like *til* (sesame) or mustard help release the contraction in the muscles. People with a predominant *kapha* body-constitution should take particular care during winter, as a *kapha* imbalance is pretty common in the form of cold and cough. Ginger tea works best for *kapha* people. Daily dose of sunlight is a must, especially during winters, for maintaining good health. One can do so by engaging in some outdoor activity such as gardening, early morning or late evening sun-gazing, walking, etc. As per Ayurvedic principles, napping during the day in winter should be avoided. Also, avoid sleeping in for long hours as that promotes sluggishness in the body. However, one must get an adequate night's rest of about 6-8 hours daily. On rising and also before resting, gargle with warm water; add a pinch of turmeric powder and salt every day or every alternate day. Ayurveda also recommends food preparations that contain milk, butter, sugarcane juice, nuts such as almonds, cashews, walnuts and pistachios and *ghee* (clarified butter) during this season. It is good to include warm soups, stewed root and leafy vegetables, cooked rice, nuts, oilseeds (*til*) and oatmeal in your diet. These foods provide soothing warmth to the system.

Certain yogic *pranayama*-s such as *kapalbhati*, *surya bhedana* and *bhastrika* are also beneficial in the cold weather. While *Bhastrika pranayama* is for the more experienced practitioner, *Kapalbhati* and *Surya bhedana* can be done by all. For *pranayama*-s, it is best to be on an empty stomach or do it 3-4 hours after a meal.

The first and the most crucial step is sitting in the correct posture.

To perform Kapalbhati:

Sit in any yoga posture that you feel comfortable in, such as *sukhasana*, *padmasana* or *vajrasana*.

Place your hands on your knees.

Ensure that your spine is erect, shoulders are relaxed, and neck is unstrained.

Avoid taking a backrest.

Choose comfortable clothes and a quiet place.



### **Breathing technique of Kapalbhati**

After sitting in the correct posture, you need to concentrate on your breathing technique:

Take in a deep breath.

2. Feel the air entering your abdomen.
3. Exhale forcefully from your nostrils with the help of your abdominal muscles.
4. While exhaling, pull your navel button as close to the spine as possible. The movement should be fast, and you will be able to hear a hissing sound.
5. You will feel the abdominal muscles contracting and relaxing. Follow-up the exhalation with automatic and immediate inhalation. After two to three repetitions, you will observe passive and automatic inhalation. Now, all you need to focus on is rapid and forceful exhalation.
6. Start with 15 to 20 repetitions and slowly increase the number and pace.
7. If you have high blood pressure, do not exceed 20 slow repetitions. Take necessary precautions.

### **For Surya Bhedana Pranayama:**

1. Follow the same instructions for the right seating posture and take a few deep breaths to center yourself.
2. Assume *Pranava Mudra* with your right hand - thumb out, next two fingers (index & middle fingers) folded and last two fingers (ring & little fingers) stretched.
3. Left palm can simply rest on your left knee or can be placed in *Chin Mudra* on the left knee.
4. Very softly, block your left nostril with the right ring finger.
5. Inhale through your right nostril.
6. Now, block your right nostril with the right thumb and release the lock on the left nostril.
7. Exhale rhythmically from the left nostril.
8. This constitutes one round. Do 7-10 rounds.
9. Gradually, with extended practice, you should try to double the duration of your exhalation to your inhalation.

## The Tulsi Vrindavan

by Sadhana Kaikini

Vrinda was the beginning of Tulsi. A woman of substance. A woman to be revered. A woman so strong and resilient and yet the epitome of love and tenderness. Powerful enough to stand alone and compassionate enough to nurture the masses. This is her story.....

Vrinda was the beautiful and intelligent daughter of an Asura chieftain. She was a great devotee of Lord Vishnu and constantly remembered Him all through the day. She carried all the qualities of the ideal Bhaktā. Choosing to learn how to use medicinal herbs and treat people who were ill, she became an excellent doctor. She used to be at her busiest after the Asuras got into a war with the Devas. With the other women who had been trained by her, she healed the asuras who were in pain. Soon they were back to good health, thanks to Vrinda's loving and tender care.

Once she had the Asura king, Jalandhar as a patient. The handsome king was amazed at her compassionate yet firm handling while treating him. It was a question of time - Jalandhar soon went to her father and asked for her hand in marriage. Thus Vrinda became the Asura queen.

She was a devoted wife and was known as a staunch support to her husband. Whenever Jalandhar went into battle, Vrinda would get into an Anushtān for his safe return. So strong was her love that it became an armour around him. She would get up from her place of worship only after his victorious return.

With her by his side, Jalandhar grew even more confident of his great strength. Sadly the confidence turned into over confidence and Jalandhar soon began to dream of defeating the Gods. By birth, he had been blessed with divine strength. He began to misuse it.

The Gods who were time and again attacked were weary and distressed. Jalandhar had by then shifted his vision to defeating Lord Shiva. He coveted the position of Shiva being Mahadev - the Lord of the Gods and wished for this exalted position. Blinded by this ambition, he tried to snatch away Devi Parvati herself from Lord Shiva. Lord Shiva was in deep penance. Changing his form to look like Shiva, he advanced towards the Goddess. She immediately recognised him and was filled with rage. It was the beginning of the end of Jalandhar.

The Gods implored Lord Vishnu to tackle Jalandhar and punish him for his impudence. There had to be some way of getting Vrinda to step away from her unswerving devotion that had made Jalandhar so arrogant.

Much against Lord Vishnu's Will, a harsh decision was taken for the overall good of the entire world.

It was the final battle and if he won it, Jalandhar would reign over the Devas and Asuras alike. As Vrinda sat with complete poise for her Anushthān, she heard a movement. She saw who she thought was her husband and at once got up to greet him. As she touched his feet, she knew that there was something amiss. But it was too late! There was now a chink in the armour that had made Jalandhar invincible.

Vrinda angrily asked who it was and was shocked when Lord Vishnu sadly revealed Himself! Words of fury came forth from her in the form of a curse - "I worshipped you, O Lord and yet stone-hearted you have deceived me! May You turn into a stone!" The next minute, in place of the Lord was a stone!

The Gods led by Devi Lakshmi could only stand before Vrinda asking for mercy. She realized that her action had to be reversed and took back her curse.

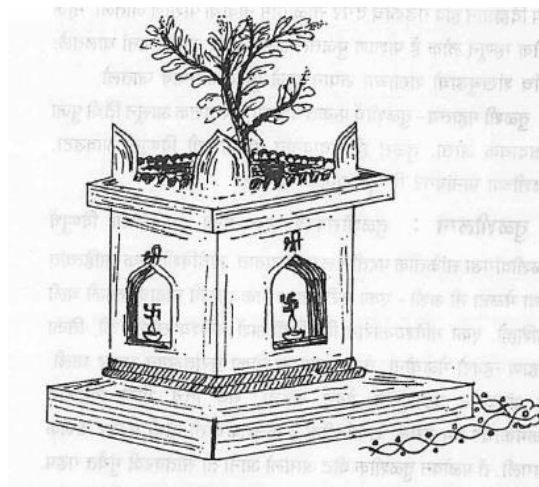
Lord Vishnu was extremely pleased by Vrinda's purity and explained the situation that had made Him take the ultimate step. Jalandhar had brought about his own end with his misdeeds. The Lord blessed Vrinda saying that she would be ever remembered by every married woman for being a great pativrata. Once a year, she would be worshipped and since the Lord had impersonated her husband, He would be worshipped with her in the form of a stone. Thus her curse would be respected by the whole world!

Even today the sacred Shaligrama is considered to be Lord Vishnu's Form. During the Shukla Paksha of the month of Kartik, Tulsi Vivah is a much awaited celebration.

When Jalandhar was killed by Lord Shiva and Vrinda too followed her husband into the Higher Realms, with the blessings of Lord Vishnu, she took the form of the sacred Tulsi. Found in every Hindu household and lovingly worshipped first thing every morning, the Tulsi Vrindavan gets its name from the valiant Vrinda.

Even in this form she continues to heal people with the natural inherent medicinal properties of the Tulsi.

**Jai Tulsi Maa!**



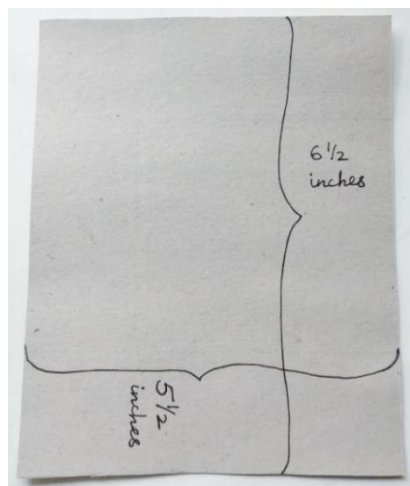
## Craft Activity – DIY Papier Mache Photo Frame

by Aditi Mudbidri

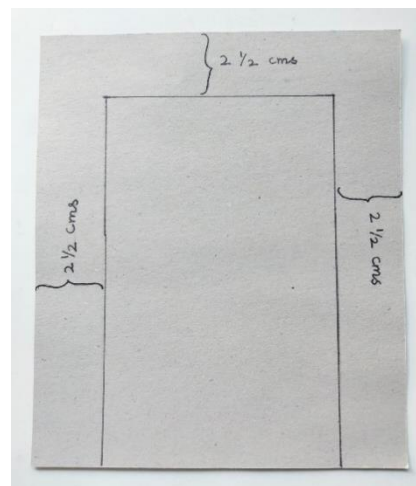


### Things required:

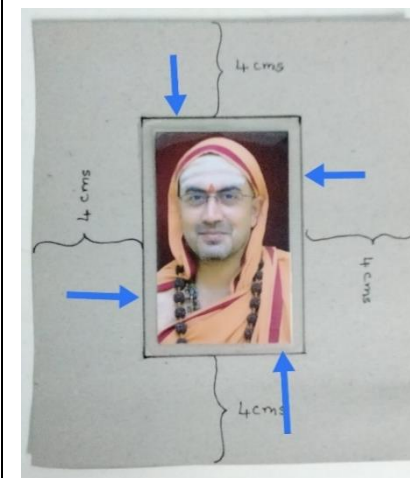
1. Two cardboards from old notebooks/ boxes
2. Newspaper
3. Plain white tissue paper
4. Two acrylic paints of choice
5. Paint brushes, water
6. Scissors, cutter
7. Fevicol
8. Ruler
9. Pencil
10. Sellotape
11. Any photograph (6 cm x 8 cm)
12. Paper flowers/sequins (optional)



1. Using a ruler, measure the dimensions 6.5 x 5.5 inches on 2 pieces of the cardboard and cut with the help of scissors.

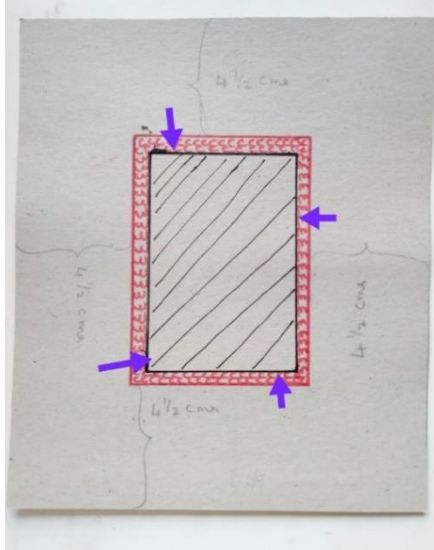


2. On Cardboard 2, measure 2.5 cm from 3 sides, excluding the bottom, and draw a frame as shown in the picture.

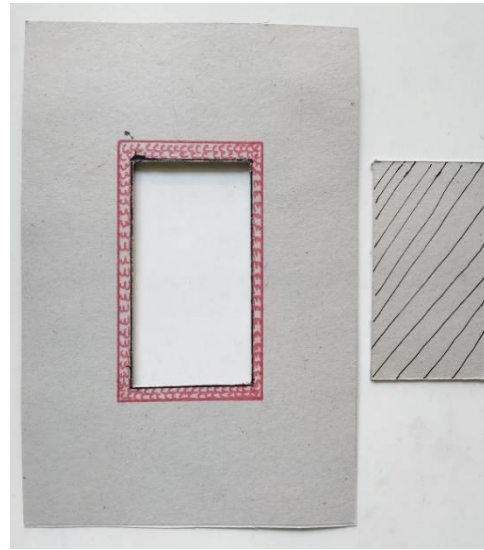


3. On Cardboard 1, measure 4 cm from the edge to the centre on all 4 sides, marking it lightly with a pencil.

Place your photograph in the centre and draw a border around it, as shown with blue arrows.



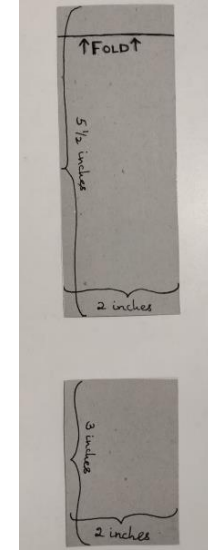
4. Remove the photograph and draw another border 0.5 cm inside the first border, as shown with purple arrows.



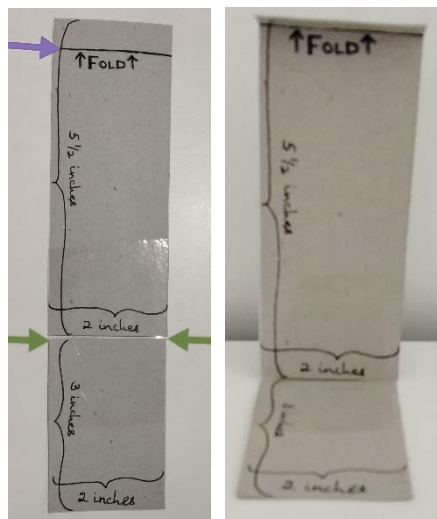
5. Place the cardboard on a hard surface. With the guidance of a ruler held firmly against the cardboard, cut along the inside border using a cutter. Repeat this on all four sides to create a cavity for your photograph. (Adult supervision required)



6. Meanwhile, cut the newspaper into slightly broad strips and tightly twist them to form ropes as shown above.



7. Cut 2 strips of cardboard - one short (3 x 2 inches) and the other long (5.5 x 2 inches).



8. Place the long strip above the short one, leaving a small gap as shown with green arrows. Stick them together with sellotape on the front and back. Now, fold sharply along the straight lines shown by the purple and green arrows to form a small fold on the top and a big fold at the bottom. This forms the stand for the photo frame.



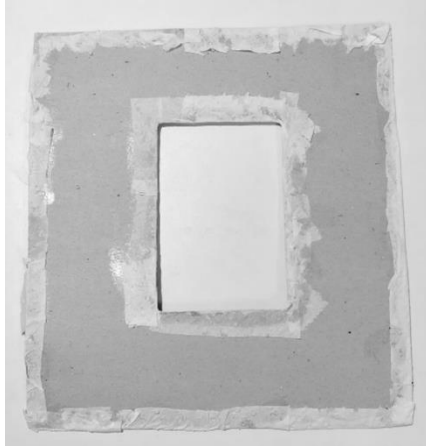
9. Take Cardboard 1 and draw a design of your choice. Stick the twisted newspaper ropes along the design with Fevicol.



10. Once dried, cut strips of tissue paper and place them over the frame.



11. Dilute Fevicol with a few drops of water. Use an old paintbrush to apply the Fevicol onto the tissue, as shown in the picture.



12. Fold over the edges of tissue paper that are sticking out and stick them on the reverse side of the cardboard. While still wet, level the edges with the paint brush to have a neater look.

After completion, let it dry for 20 mins.



13. Repeat this process till 5 - 6 layers of tissue paper are stuck on the frame to give it thickness, as shown above. After the final application, allow the frame to dry for at least 8 to 10 hours.

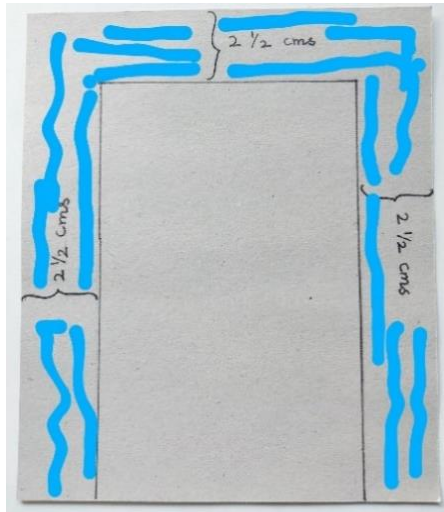


14. With the acrylic colours of your choice, paint over the dried layer of tissue. Here, metallic paints have been used to give it a glowing look.



15. An optional step would be to decorate the frame with paper flowers or sequins as shown below.



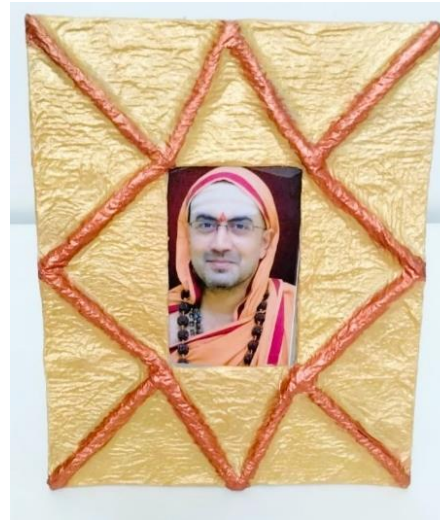


16. Take Cardboard 2 and apply Fevicol inside the 2.5 cm border on all 3 sides as indicated in blue.

Immediately, stick the painted frame over it, with the painted surface on top and leave it to dry.

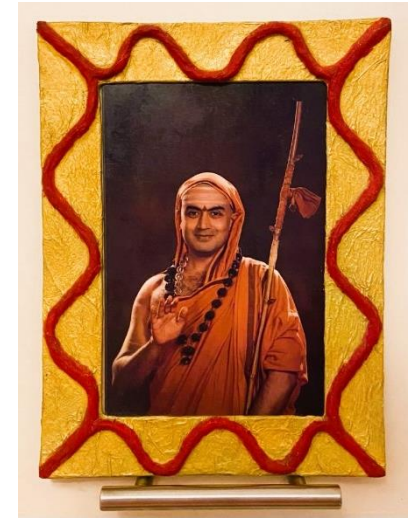


17. Take the stand made earlier and stick the small fold to the top-back of the photo frame with Fevicol, as shown in the picture. Let it dry.



18. Lastly, slide the chosen photograph through the gap at the bottom and place it well within the cavity.

Your DIY Papier Mache Photo Frame is now ready!!



Here is another frame made following the same process, but with different measurements to fit a larger photograph.

# Parijna Patrika

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