



Parijna Patrika

Hemanta Ritu 2023





Mithansh does Paper
Collage Activity



Rajan does fine motor
skills by putting
alphabets in the String



Aahat does fine motor
skills tearing paper.



Suyash does gross motor
skills bilateral movement
cycling



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



Student doing fine motor activity in OT dept



Bilateral Gross Motor skills moving the ball



Fine Motor Skills Making Clay Letter with Alphabets





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



Group Therapy UP and DOWN Movements



Fine Motor activity

**SUCCESS
IS THE SUM
OF SMALL
EFFORTS,
REPEATED
DAY IN
& DAY OUT.**



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



Fine Motor Activity flag making with ear bud painting



Early Intervention student Paarth does bilateral Fine Motor Building Tower using blocks



Early Intervention Student Heet does bilateral fine motor skills putting pegs in the stand



Student Pooja does Paper doll craft during Navratri



Diwali frame painting project





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



Sensory Integrated Therapy in Ball Pool to improve Alertness and Concentration



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

Bilateral Gross Motor skills moving the ball in all directions



Tactile Stimulation



Passing the ball and the smiles too!





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

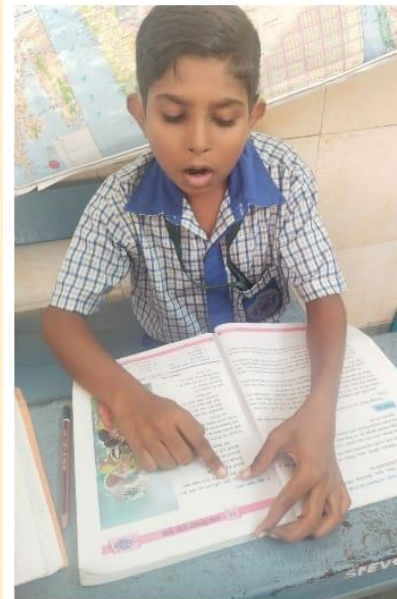
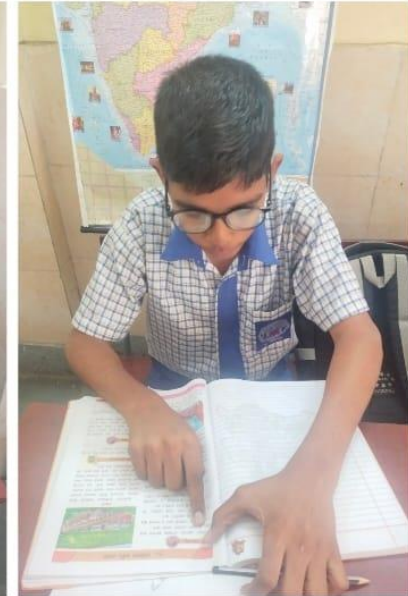


News from... Swami Parijnanashram Educational and Vocational Centre, Virar





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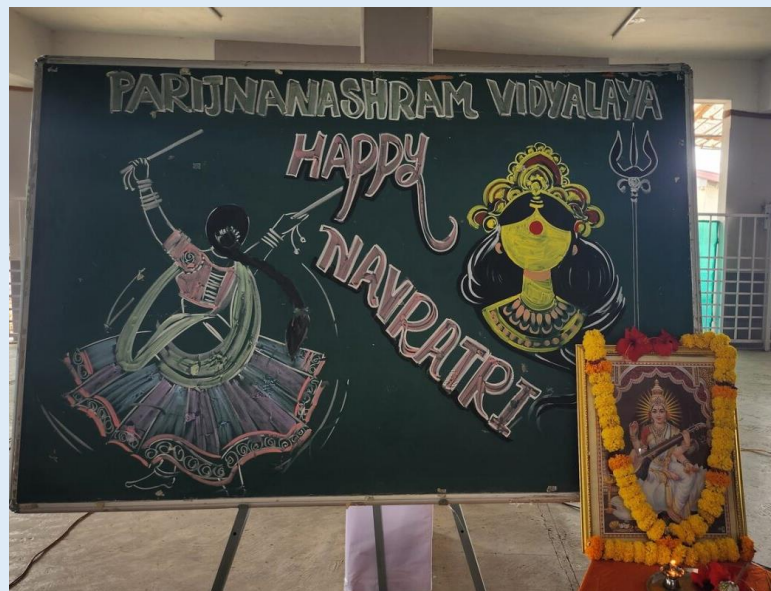


News from... Parijnanashram Vidyalaya, Karla





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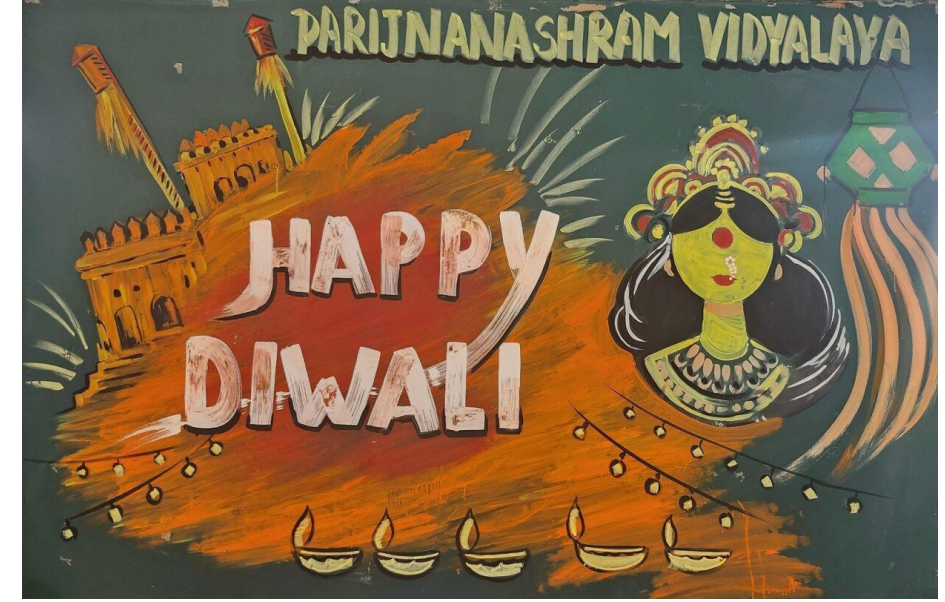


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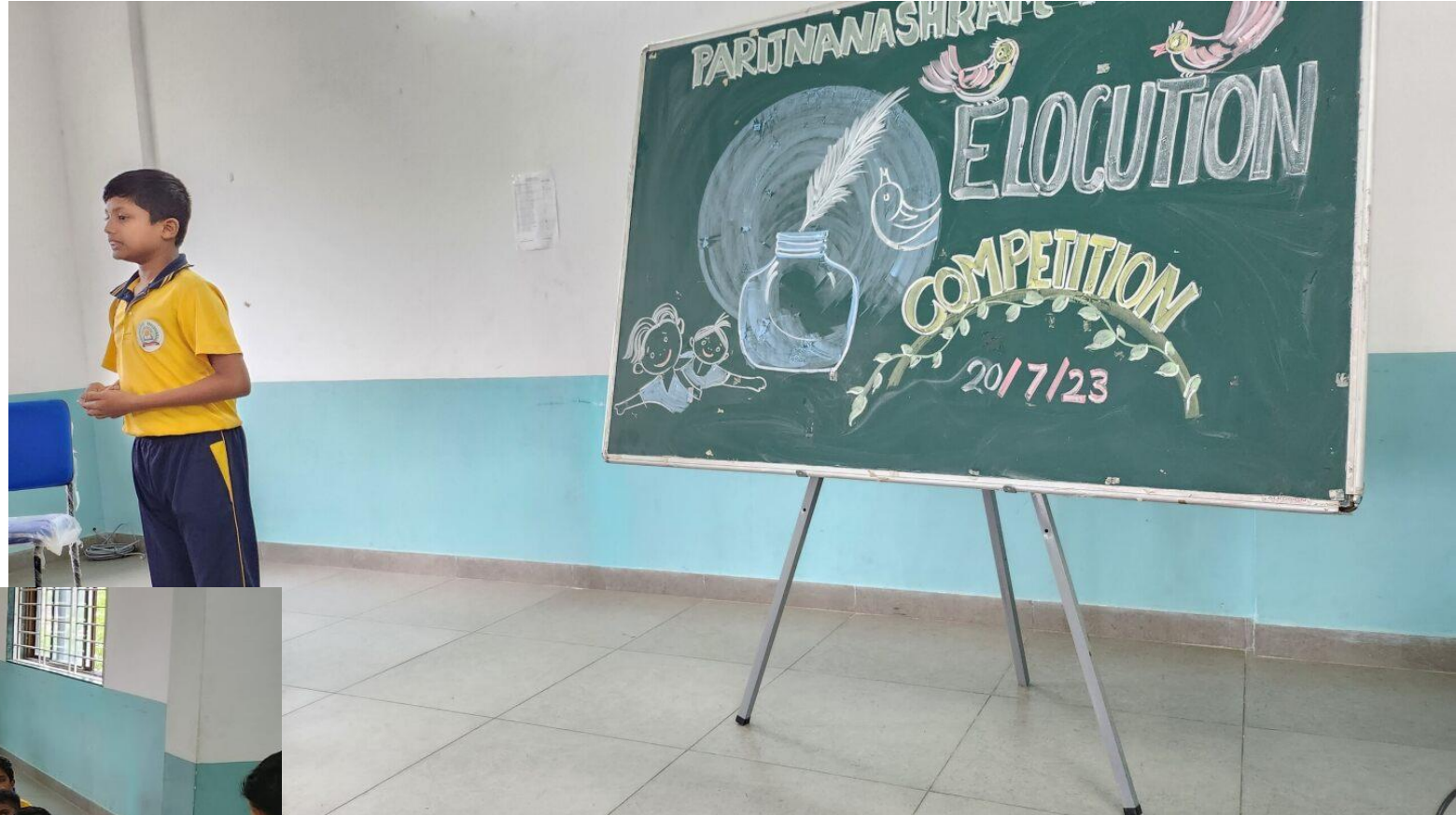


News from... Parijnanashram Vidyalaya, Karla





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News from... Parijnanashram Vidyalaya, Karla



News from... Srivali High School, Chitrapur



ಶಾಲಾ ವಾರ್ಷಿಕ ಸ್ನೇಹ ಸಮ್ಮೇಳನದ ಕುರಿತು ಬಹುಮಾನ ವಿತರಣಾ ಕಾರ್ಯಕ್ರಮ



ಶಾಲಾ ವಾರ್ಷಿಕ ಸ್ನೇಹ ಸಮ್ಮೇಳನದ ವೇದಿಕೆ



ಶಾಲಾ ವಾರ್ಷಿಕ ಸ್ನೇಹ ಸಮ್ಮೇಳನದ ಕುರಿತು ಶಾಲಾ ವಿದ್ಯಾರ್ಥಿಗಳಿಂದ ಸಾಂಸ್ಕೃತಿಕ ಕಾರ್ಯಕ್ರಮ ಭಗವತ ನಾಟ್ಯ



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News from... Srivali High School, Chitrapur



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ವೀಕ್ಷಿಸುತ್ತಿರುವ ಶಾಲಾ ಆಡಳಿತ ಮಂಡಳಿ



ಶಾಲಾ ವಾರ್ಷಿಕ ಸ್ನೇಹ ಸಮ್ಮೇಳನದ ಅಂಗವಾಗಿ ನಡೆದ ಭಜನಾ ಕುಣಿತ





News From... Ganapathy English Medium School, Mangaluru



**Kannada
Rajyotsava
01-11-23**



**Annual Sports Day
04-11-23**





News From... Ganapathy English Medium School, Mangaluru



**Deepavali Celebration
10-11-23**



**Children's Day
10-11-23**





News From... Ganapathy English Medium School, Mangaluru

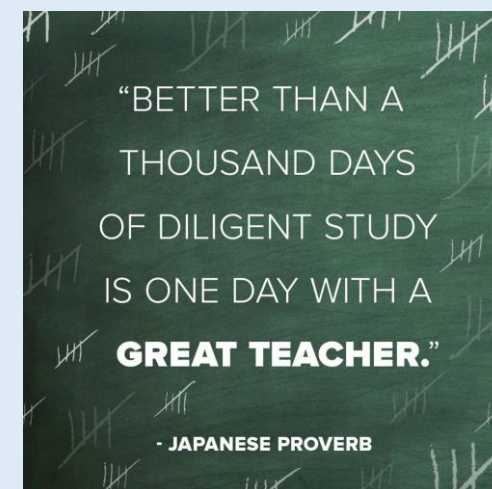
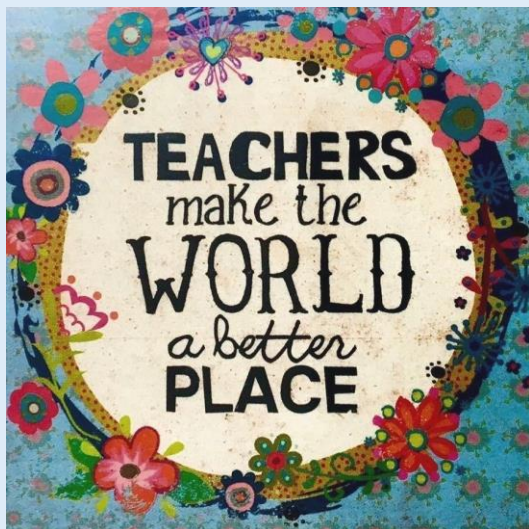


School Annual Day 28-11-23



BRAVO







News From... Parijnan Vidyalay, Kotekar



GRANDPARENTS
fill the world
with LOVE



Grandparents
are a delightful blend of
Laughter,
Caring deeds,
Wonderful stories,
and Love!



News From... Parijnan Vidyalay, Kotekar

Pravesh to the New Block





काल

काल का अर्थ है समय। समय के बिना हम जीने के लिये के सपने का सपना नहीं कर सकते हैं।

काल के घेरे

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वर्णमाला

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News From... Parijnan Vidyalay, Kotekar

In the **Prathibha Karanji** organized by the Department of Education

Rishab of Class 7 bagged the first place in Laghu Sangeetha

Sannidhi P Sanil of Class 6 bagged second place in Drawing Competition

Sai Samarth of Class 3 bagged second place in Fancy Dress competition.

Congratulations 

News From... Parijnan Vidyalay, Kotekar



Kannada Rajyostava



News From... Parijnan Vidyalay, Kotekar

Awareness Program on Eradication of Child Marriage





News From... Parijnan Vidyalay, Kotekar







News from... Guruprasad High School, Mallapur

High School Valaya level Department Sports



Winners of the Taluka level High School Students Department Sports - Conducted at Honnavar





News from... Guruprasad High School, Mallapur

Engineers Day Celebrations



IT Quiz





News from... Guruprasad High School, Mallapur




ಶಾಲಾ ಶಿಕ್ಷಣ ಇಲಾಖೆ
 ಬೆಳ್ಳಾ ಪಂಚಾಯತ್, ಉತ್ತರ ಕನ್ನಡ
 ಡಿ.ಎಸ್.ಇ.ಆರ್.ಸಿ. ಬೆಂಗಳೂರು
 ಇವರ ಸಹಭಾಗಿತ್ವದಲ್ಲಿ

ಜಿಲ್ಲಾ ಶಿಕ್ಷಣ ಮತ್ತು ವರದೇವಿ ಸಂಸ್ಥೆ
ಕುಮಟಾ, ಉತ್ತರ ಕನ್ನಡ
 ಇವರ ಆಶ್ರಯದಲ್ಲಿ
 2023-24ನೇ ಸಾಲಿಗೆ



ಜಿಲ್ಲಾ ಮಟ್ಟದ ವಿಜ್ಞಾನ ಕಾರ್ಯಕ್ರಮಗಳು
 (ಪ್ರೌಢ ಶಾಲಾ ವಿದ್ಯಾರ್ಥಿಗಳಿಗೆ/ ಶಿಕ್ಷಕರಿಗೆ)

ಪ್ರಶಸ್ತಿ ಪತ್ರ

ಕುಮಾರಿ ಸಂಜನಾ ನಂದಾ ನಾಯ್ಕ
 ಶಾಲೆ ಜಿ. ಎಚ್. ಎಸ್. ಮಲ್ಲಾಪುರ ಶಾಲಾಕು ಹೊನ್ನಾವರ ಇವರು
ಜಿಲ್ಲಾ ಮಟ್ಟದ ವಿಜ್ಞಾನ ಕಾರ್ಯಕ್ರಮಗಳು (ಪ್ರೌಢ ಶಾಲಾ ವಿದ್ಯಾರ್ಥಿಗಳಿಗೆ/ ಶಿಕ್ಷಕರಿಗೆ) ಭಾಗವಹಿಸಿ, ಪ್ರಥಮ/ದ್ವಿತೀಯ/ತೃತೀಯ/ಸಮಾಧಾನಕರ ಬಹುಮಾನ ಪಡೆದಿರುತ್ತಾರೆ.

ಸ್ಥಳ : ಕುಮಟಾ
 ದಿನಾಂಕ : 16-09-2023

(ಎಸ್.ಬಿ.ನಾಯಕ)
 ಉಪನಿರ್ದೇಶಕರು (ಆರೋಗ್ಯ) ಶಾಲಾ ಪ್ರಾಧಿಕಾರರು
 ಕುಮಟಾ, ಕುಮಟಾ

ಶಾಲಾ ಶಿಕ್ಷಣ ಇಲಾಖೆ
 ಬೆಳ್ಳಾ ಪಂಚಾಯತ್, ಉತ್ತರ ಕನ್ನಡ
 ಡಿ.ಎಸ್.ಇ.ಆರ್.ಸಿ. ಬೆಂಗಳೂರು
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 (ಪ್ರೌಢ ಶಾಲಾ ವಿದ್ಯಾರ್ಥಿಗಳಿಗೆ/ ಶಿಕ್ಷಕರಿಗೆ)

ಪ್ರಶಸ್ತಿ ಪತ್ರ

ಕುಮಾರ/ ಕುಮಾರಿ ದೇವನ್ ಎಸ್ ಬಾಂದೇಕರ
 ಶಾಲೆ ಜಿ. ಎಚ್. ಎಸ್. ಮಲ್ಲಾಪುರ ಶಾಲಾಕು ಹೊನ್ನಾವರ ಇವರು
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ಸ್ಥಳ : ಕುಮಟಾ
 ದಿನಾಂಕ : 16-09-2023

(ಎಸ್.ಬಿ.ನಾಯಕ)
 ಉಪನಿರ್ದೇಶಕರು (ಆರೋಗ್ಯ) ಶಾಲಾ ಪ್ರಾಧಿಕಾರರು
 ಕುಮಟಾ, ಕುಮಟಾ



News from... Guruprasad High School, Mallapur

Interact Club Inauguration Programme-
In the august presence of Dr. Meena Chandavarkar,
Shri Arun Ubhayakar and Smt. Chaya Ubhayakar



Preamble of Constitution Reading and Oath taking session





Where there is a wall, there is way!

by Jyothi Bharat Divgi

Deep Narayan Nayak from West Bengal has converted walls of homes to blackboards and teaches three generations. He wants to break the cycle of poverty and he has impacted over 10,000 students.

Deep Narayan Nayak (37) grew up in Nandigaon village in Jamuria, Asansol, West Bengal. From the first day of school till the last, he never wore a new uniform or studied from a new book. Later, he pursued teacher training and became a primary school teacher. Witnessing children facing similar struggles to his own childhood, he refused to stay silent.

He was determined not to let other children, especially girls like his sisters, face the hardships he experienced.

Deep began by assisting two children in his school, providing them with new books, slates, and other essentials. This small act grew into a huge movement to educate underprivileged children and break the cycle of poverty. Called 'Raster Master' (teacher of the streets), Deep educates not just children, but also their parents and grandparents.

Deep started turning the walls of children's homes into blackboards, by painting them. This way, when children returned from school with homework, parents began learning too.

His motto is, "Where there is a wall, there is a way,"





GEMS OF ANCIENT INDIA - DEVA VASTRA - PAITHANI SAREE

by Chandrima Kalbag

Paithani sarees, named after Paithan ("Pratishthan" in the ancient times) - a town in Maharashtra, are famous for their unique kaleidoscopic effect, in jewel bright colours. They are not only a popular choice for brides today but have a long and brilliant history.

Their history can be traced back to the Satavahana Dynasty (2nd century BC), referred to as "Deva vastra" (fabric of the Gods) in ancient texts. Originally, these sarees were made of cotton or silk and zari drawn from pure gold.

Historians have found artifacts which show that sarees with delicate gold and silver thread-work were traded in Greece in exchange for gold between 200 and 400 BC, about 2500 years ago. These sarees received royal patronage in India too. In the 18th century, Paithani sarees thrived under the Peshwas, especially Madhavrao Peshwa. Through the ages, Chhatrapati Shivaji, the Nizam of Hyderabad and the Mughal emperors were patrons too.

Though modern technology has crept into this ancient skill, a few master weavers still create masterpieces in the traditional manner. These sarees are highly coveted and hugely expensive.

Such rare pieces, from inception to final execution, are touched only by expert hands, without powerloom machines. Woven in plain weave with unique tapestry weaving techniques, it imparts a deceptive simplicity and elegance to the saree. The intricacy of the interlocked threads and zari, with shuttles and bobbins delicately wielded by the artisans' hands, is a painstakingly long and detailed process. It can take a few months to create each gorgeous saree.



The Making of Paithani Sarees

1. Selection of high-quality silk yarn.
2. Dyeing the Silk with natural dyes made from plants and minerals, imparting the vibrant colors of red, green, blue, and yellow
3. Preparing the Warp and Weft, by winding the silk yarn onto large spools called bobbins. The lengthwise threads are called Warp, and the crosswise threads are called the Weft.
4. Designing the Motifs inspired by nature and sacred texts, the sketches are transferred onto graph paper to create patterns.
5. Setting up the Loom or weaving machine with warp threads lengthwise. The weft is woven into the warp with shuttles to create the design.
6. Adding Zari: Real gold and silver zari threads are interlaced using a special technique called Kadhuwa.
7. Cutting and Finishing

Paithani sarees can be classified on the basis of three criteria - motifs, weaving, and colours.

Traditional Weaving Styles

Kadiyal border: meaning interlocking the different colours of the body and border, in both warp and weft.

Kad/Ekdhoti: A single shuttle is used for weaving the weft, while the warp yarn is of different colours for the body and border. It can have narali (coconut tree) borders and simple motifs like paisa, watana, etc. Kad is also a form of lungi used by men.

Common Motifs on the Padar of Paithani sarees:

1. Morbangadi or Peacock in a bangle: This characteristic motif in vibrant colours represents love, fertility, and beauty.
2. Kamal (Lotus): Associated with purity and enlightenment,
3. Kairi (Mango): signifies prosperity, fertility, and good fortune.
4. Watana (Pea): This commonly grown vegetable symbolises the agricultural heritage of our country.
5. Elephant: epitome of strength, wisdom, bravery and good luck.
6. Munia or Tota Maina (Parrot): verdant colours epitomising fertility and wisdom.
7. Other common designs: Panja (a geometrical flower-like motif usually outlined in red), Barwa (12 strands of a ladder; 3 strands on each side), Laher, Muthada (geometrical design), Asawalli (vase with a flowering plant), Hans (swan), Ashrafi, Humarparinda (pheasant), Narali (coconut)



Traditional Colours

Kalichandrakala: black saree with red border.

Raghu: parrot green coloured base fabric.

Shirodak: pure white.

Devi Parvati is said to have created the Paithani saree from silks, gold and silver. Lord Shiva was so touched by her creation, that He blessed it to be the symbol of love and devotion. Thus every bride wears the blessings of Lord Shiva and Devi Parvati when she adorns herself with a beautiful Paithani saree.





Lord Krishna Is Late

by Sadhana Kaikini

Right from the charioteer to the guards waiting outside Lord Krishna's palace, everyone whispered, "How come Lord Krishna is late today?"

It was just a little before the Kurukshetra war in the Mahabharata took place, that Lord Krishna was to meet Duryodhana as a messenger from the Pandava camp. It was Yudhishtira's final attempt to stop the war from occurring. He hoped that Lord Krishna could convince Duryodhana.

The charioteer strode up and down glancing at the doorway to the palace. One guard asked another who asked the third - What had delayed Lord Krishna who always used to be out of His chamber by then? One of the bolder ones went in to check. He peeped in and was amazed to see Lord Krishna gazing at Himself in the mirror. Krishna caught him looking and smiled naughtily!

"I'm sorry, Lord, but we are all a little worried about you being unusually late today!" he said haltingly. Lord Krishna explained, once again looking at the mirror, "Oh! That's because I am dressing up with extra care today. I'm meeting Duryodhana today! I want to look really attractive."

The man was very surprised. He replied, "What? You want to look attractive to him? Why, Lord?" Patiently Krishna answered, "Look! My devotees know Me well and I don't need to do anything to draw them towards Me. I am in them and they are all in Me! But Duryodhana? He is still far from recognizing Me. I have to use this Form to pull him towards Myself!"



"Hmmmm, but my Lord, I am unable to understand why you need to go to meet him at all," said the man in an irritated voice. " We all know Duryodhana. He should be summoned here, isn't it? Why are you going to meet him?" Lord Krishna laughed aloud and walked towards the man. He said," Oh no! He will never come to me! He is an arrogant man. Remember that where there is arrogance, there is darkness. Darkness has no clue about light! It is always light that goes to dispel darkness and not the other way around! It will have to be me going to him. Go! Tell the charioteer to rein the horses. I'll come in a few minutes."

The enlightened man smiled and walked out into the sunlit courtyard, feeling happy and light.





NUTRITION NUGGET

by Deepti Anil

Winter is here! The cold weather months can greatly compromise skin health, triggering conditions like xerosis (dry skin) or eczema (itchy, dry, reddish patches or lesions on the skin) which can vary in severity. In addition, it is the time for coughs, colds and several respiratory ailments. One wonder vitamin which can help alleviate both, is Vitamin E, an antioxidant. This means it protects body tissue from damage caused by free radicals. Free radicals can harm cells, tissues, and organs and are believed to play a role in aging. Adding Vitamin E to one's diet as well as topical application of Vitamin E rich oils protects the skin from damage due to cold weather. A warm oil massage can keep dry skin at bay. Vitamin E helps keep the immune system strong against viruses and bacteria both of which cause sniffles and colds. It helps form red blood cells and widen blood vessels to keep blood from clotting inside them.

The best way to get the daily requirement is by eating food containing Vitamin E, which is widely distributed in foods like Vegetable oils (such as wheat germ, sunflower, safflower, corn, and soybean oils), Nuts (such as almonds, peanuts, and cashew nuts), Seeds (such as sunflower seeds, flax seeds, chia seeds, pumpkin seeds) and Green leafy vegetables (such as fenugreek, spinach and broccoli)



BANDHAS FOR BEGINNERS

Bandha is Sanskrit for lock, bond, or catching hold of. Bandhas are considered both mental and physical (neuromuscular) movements that help you to shape or harness the flow of prana (life force), as a means of deepening your practice. There are many benefits to engaging bandhas such as removing energy blocks and connecting you to your inner self. These can be applied in asanas, meditation or pranayama practice to stabilize you and harness your energy. It's not a coincidence that bandha and bond sound very similar. When activated, the bandhas create a binding force that links or connects our energy channels, leading to harmonization between the mind, body, and spirit.

Ideally, our prana should be able to flow smoothly through the Nadis (energy channels) of the body. When energy is stagnant or blocked you can engage bandhas to retain prana, and concentrate it on certain areas of the body in order to release energy knots, redistribute and improve energy. There are three individual bandhas in the body. The fourth is the Great Lock or Maha Bandha, created when all three are activated together.



Jalandhara Bandha- Chin lock

Jala in Sanskrit means water, flow, or net. It seals the upper portion of the energy pathways. How to activate it: You bring your chin forward and down to meet the top of the sternum with gentle pressure.

Helps with:

- Toning the Vagus Nerve for increased relaxation and calming the nervous system.
- Stretches the muscles of the cervical spine (neck) and relieves tension in the jaw.
- Connected to the throat chakra, when activated this bandha helps us speak our truth and creative expression.

Uddiyana Bandha– Belly lock

Located in the abdominal wall. Uddiyana is Sanskrit for raising up. It seals the mid portion of the energy pathways. How to activate it: Suck in the abdominal cavity under your ribs, pulling in as much as you can creating a vacuum in your belly and driving your navel in towards your spine. It is important to practice this bandha on an empty stomach.

Helps with:

- Tightening the muscles of the abdominal wall and toning the organs of the midbody.
- Activating *tapas* (discipline), increasing mental and physical endurance.
- Strengthens the core and aids in digestion.
- Tones, massages and cleanses the abdominal organs and deep interior muscles.
- Connected to the solar plexus *chakra* which is associated with power, self-esteem, and taking action. Working with this *bandha* can help you tap into your power reserves and make the changes you are seeking to, in your life.



Mula Bandha– Root lock

Located at the base of the pelvis, Mula is Sanskrit for root or foundation. It seals the lower portion of the energy pathways in your spinal column. To engage this bandha you need to bring your attention to the pelvic floor.

To activate: Gently constrict your anal sphincter and perineum muscle as if you were holding back the need to pass urine.

Helps with:

- Tightening the pelvic floor muscles and toning organs in the lower body.
- Incontinence and bladder leakage, especially after pregnancy or menopause.



Parijna Patrika

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