



Parijna Patrika

Grishma Rutu 2025





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

HOW TO GROW SPROUTS



Healthy food in our Home



Fruit
Cutting And
Salad
Making
Project



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



Maharashtra Day Celebration 2025



Babasaheb Ambedkar Birth Anniversary



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



Giving Information regarding care to
be taken during menstruation



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





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



Mahatma Jyotiba Phule Birth Anniversary



Farewell given to 7th STD Speech and Hearing-Impaired students





News from ... **Parijnan Vidyalay, Someshwar**



Parijnan Vidyalay, Someshwar organized a camp for cubs, bulbuls, scouts and guides on 1-03-2025 at the school campus. The camp began with flag hoisting and the recitation of promises, followed by an informative First Aid session. Various activities were conducted. A magic show was also organized. The camp concluded with a campfire, featuring cultural performances by Cubs, Bulbuls, Scouts and Guides.





News from ... Parijnan Vidyalay, Someshwar





News from ... Parijnan Vidyalay, Someshwar

Career Guidance

The career guidance programme at Parijnan Vidyalay was held on 1-03-2025. The event commenced with a formal inaugural session. Mr. Naveen Paul, Fonder of Draw My Career, an innovative startup recognized by MSME, Start up India, and Start up Karnataka. Mr. Paul, an alumnus of prestigious IIM shared his valuable insights, providing students with clarity and direction in their career paths. The interactive sessions and discussion made the programme highly engaging and beneficial for all attendees.





News from ... Parijnan Vidyalay, Someshwar

School Parliament 2024-25

The school Parliament Session was organized at Parijnan Vidyalay, on 8-03-2025. The session was led by the Speaker and comprised two Parties – the Ruling and the opposition party. The Ruling party includes the Council of Minister along with their Vice Minister, the school pupil Leader, and the opposition party. The event aimed to discuss the roles and responsibilities of the Council of Ministers and to introduce a Bill of Requirements for the improvement of the school.





News from ... Parijnan Vidyalay, Someshwar



Cervical Cancer Awareness



Parijnan Vidyalay Someshwar, in association with Rotary Club of Mangalore Hillside, successfully organized a Cervical Cancer Awareness Programme on 14-03-2025 at school auditorium in the presence Chief Guest Dr. S R Nayak, Professor, Department of Obstetrics and Gynecology, KMC Hospital, Mangalore, Rtn. Dr. Ranjan Rao. Assistant Governor, Rtn. Manish Rao U, President Rotary club of Mangalore hillside, Rtn. Dinesh Kumar, Secretary, Rotary club of Mangalore hillside, Members of Rotary club, Our Principal Mrs. Ranjitha Mahesh Joshi, Lecturers, teachers and students from the sister institution. Dr S R Nayak enlightened us on the importance of Cervical Cancer Awareness, early detection, and prevention.



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

School Toppers in SSLC – May 2025

- 1st Ms. Soujanya Deepak Nayak 613/625 (98.08%)
2nd Ms. A K Shruti 603/625 (96.48%)
3rd Ms. Ankita Brejil Gonsalves 593/625 (94.88%)



CONGRATULATIONS





News from ... Guruprasad High School, Mallapur



CONGRATULATIONS





News from ... Guruprasad High School, Mallapur

Celebrating the birthday anniversary of Dr. B.R. Ambedkar on 14th April





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

Welcome to the new
academic year!

Welcoming the new academic year on the 30th of May



Welcome
Back to
SCHOOL



New
Beginnings



News from... **Parijnanashram Vidyalaya, Karla**



Gudhi Padwa, the traditional Maharashtrian New Year



News from... Parijnanashram Vidyalaya, Karla



PAINTING



Colorful
Hand
Painting
Activities





News from... Parijnanashram Vidyalaya, Karla

SUCCESS



Congratulations!



Champions proudly holding their certificates—proof of their dedication, hard work, and winning spirit!





News from... Parijnanashram Vidyalaya, Karla

**Celebrating the strength,
dedication, and inspiration of our
incredible teachers on 07-03-25
World Women's Day.**





News from... Parijnanashram Vidyalaya, Karla



CREATIVITY



FUN





News from... **Parijnanashram Vidyalaya, Karla**

CHAMPIONS 





News from... Srivali High School, Shirali



ಶ್ರೀವಲಿ ಪ್ರೌಢಶಾಲೆ ಚಿತ್ರಾಪುರ



ಎಸ್.ಎಸ್.ಎಲ್.ಸಿ. ಪರೀಕ್ಷೆಯಲ್ಲಿ
ಶೇಕಡ 100 ರಷ್ಟು ಸಾಧನೆ
ಶೇಕಡ 90 ಕ್ಕಿಂತ ಹೆಚ್ಚು ಅಂಕ 10 ವಿದ್ಯಾರ್ಥಿಗಳು



1st - 95.84%
CHARAN NAGAPPA NAIK



2nd - 95.36%
Jesmita Nagappa Naik



3rd - 95.2%
Ashita Bhaskar Naik



94.24%
Kannada -125
Pratibha Shreedhar Moger



93.92%
Hindi & Social - 100
Deekshita Goyda Naik



93.12%
CHANDRAKANT VENKATRAMAN
DEVADIGA



92.8 %
SINCHANA GANESH MOGER



92.64%
NAVYA PURASAYYA DEVADIGA



92.16%
Kannada -125
AKSHATA SURESH NAIK



90.8%
KEERTI GANAPATI KUMBAR



Kananda -125
ANANYA JANARDHAN POOJARI



Kannada - 125
KOUSHALYA MAHADEV NAIK



Kannada-125
AKSHATA SHANKAR NAIK



Kannada - 125
NAMRATA DEVIDAS NAIK

Distinction - 21
1st Class - 75

ಶ್ರೀ ಚಿತ್ರಾಪುರ ಮಠ ಸಂಸ್ಥಾನ, ಶಾಲಾ ಆಡಳಿತ ಮಂಡಳಿ, ಮುಖ್ಯಾಧ್ಯಾಪಕರು
ಹಾಗೂ ಶಾಲಾ ಶಿಕ್ಷಕ ಸಿಬ್ಬಂದಿ ವರ್ಗದವರಿಂದ ವಿದ್ಯಾರ್ಥಿಗಳಿಗೆ ಅಭಿನಂದನೆಗಳು

We are so
proud of you



Brilliant



News from... Srivali High School, Shirali

Class 10th - A

THE DEDICATION YOU SHOWED THROUGHOUT
YOUR STUDENT LIFE IS UNIMAGINABLE.
THERE IS NO DOUBT THAT THIS DEDICATION
WILL TAKE YOU ON A NEW HEIGHT IN LIFE.

FAREWELL!



Class 10th - B



Wishing You

the absolute best in this
next stage of your life!





News from... Srivali High School, Shirali

SSLC-2024-25 Farewell Program

S.S.L.C. Result -2025

Details	Boys	Girls	Total
Appeared Students	66	52	118
Distinction	7	14	21
1 st Class	45	30	75
2 nd Class	12	8	20
Pass Class	2	0	02
%	100%	100%	100%





News from... Srivali High School, Shirali



Students Securing out of out in various subjects

Kannada

S.No	Student Name	Marks
1	Akshata Shankar Naik	125/125
2	Akshata Suresh Naik	125/125
3	Ananya Janardha Poojari	125/125
4	Koushalya Madev Naik	1252/125
5	Namrata Devidas Naik	125/125
6	Pratibha Shreedhar Moger	125/125

Hindi

S.No	Student Name	Marks
1	Deekshita Goyda Naik	100

Social Science

S.No	Student Name	Marks
1	Deekshita Goyda Naik	100/100



Charan Nagappa Naik
599/625 95.84%



Ashita Bhaskar Naik
597/625 95.52%



Jesmita Nagappa Naik
596/625 95.36%





News from... Srivali High School, Shirali

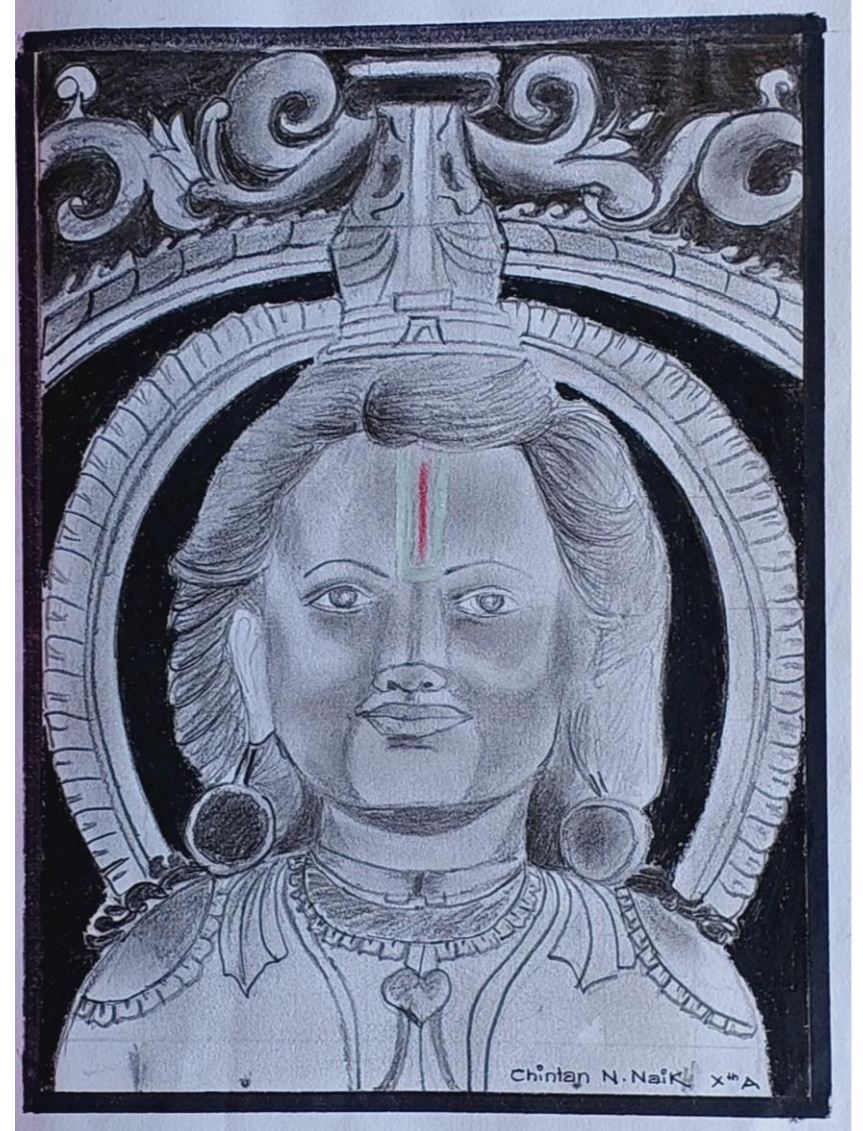
ರತ್ನಯ್ಯ ಬಸವಗ

ಓ... ಸಹೋದರಯೇ

ಜೊತೆಯಾಗಿ ಹುಟ್ಟಿಲ್ಲ
ಕರುಬುಬಳ್ಳಿ ಹಂಚಿಕೊಂಡದರಲ್ಲ
ಜೀವದ ಸಹೋದರ ಎಂದು ತಿಳಿದದರಲ್ಲ
ಭದರೆ ನನಗೆ ನೀನೆ ಎಲ್ಲ....

ಹರಿಹರಯ್ಯದ ಬಿಸುಗೆ ನೀಡಿದೆ
ಸೋದರತೆಯ ಕಂಫಲ ಸೂಸಿದೆ
ಅನುರಾಗದ ಹೊಸ ಒಂಥನಕೆ
ಸೋದರಯಾಗಿ ಸಾಕ್ಷಿಯಾಗಿದೆ

ಬೇಸರದಲ್ಲಿ ಭಸರೆಯಾಗುವೇ
ನೋವಿನಲ ಸಂಲೈಸುವೇ
ದುಃಖದಲ್ಲಿ ಕಣ್ಣೀರಾಗಿಸುವೇ
ಜೀವನಕೆ ಅದ್ಭುತ ಸೃಜಿತೆಯಾಗುವೇ





A Lesson For A Lifetime

by Sadhana Kaikini

Raghu was in the Seventh Standard. An intelligent boy, he consistently earned good grades! One day, a naughty thought crept into his mind - 'Intelligence is something I already have. So, why am I putting in such hard work unnecessarily?'

All of a sudden, his teachers noticed the change in Raghu. Careless, casual and playful, he often missed doing his homework! In the unit tests, naturally, he fared poorly. Concerned, his class teacher, Lata Srinivas, counselled him. Yet, Raghu remained the same.

Soon, Raghu's parents were surprised by a message asking them to meet the teacher. Sudhir Bhat was taken aback by what Lata Srinivas had to say about Raghu. He promised he would take care of the matter. Back home, Sudhir called Raghu and spoke to him sternly. To make up for the last two months, he would have to start studying as soon as he returned from school - no playtime until he was back on track! The next evening, on his way home from school, Raghu noticed some boys playing cricket. He felt tempted to join them. "Anyway, once I go home, I will have to study," said his mind. Alas! Raghu gave in and joined the game merrily.

It was only at sunset that he realised his folly. 'Oh no! My parents must be so worried,' thought Raghu as he ran home. When he reached home, he was surprised to find the house in complete darkness. As he fidgeted with the door-latch, he found a note. 'Raghu, we have gone to watch a film and will return after dinner,' read the curt message from his father.



Tears streamed down Raghu's face. He had missed a wonderful outing only because of his careless and casual attitude! He promised himself that he would return to being his old self - diligent and sincere. Soon, he was tired and fell asleep on the doorstep.

The next morning, Raghu found himself in his bed. He went about his work quietly, noticing that his parents were not talking to him. His younger sister Raghavi ran up to tell him how he had missed the lovely movie and the 'yummy' dinner. Sigh!

Days passed, and it was not long before Raghu ran up to his parents excitedly, "Amma! Pappa! Look at my report card. Lata Ma'am hugged me as she gave this to me. I promise never to be casual about anything again."

His parents looked at each other and smiled. Amma said, " Maybe tonight we can go out for that film and dinner?" A confused Raghu said, "It's okay. No need to go again, Amma!"

Sudhir laughed and pulled Raghu close, "Silly Raghu! That night, we played a trick on you. We were right here, sitting in the dark. That was only to teach you a lesson. How could we have watched a film without you?"

Just then, Raghavi ran in, giggling. "Anna! Amma and Pappa had promised to take us together! Yaay! Let's go tonight!" she said, dancing with delight.

That night, Raghu enjoyed the film and dinner more than ever before! He had learnt an important and unforgettable lesson!



Your Tummy's Secret Garden: Gut and Good Bacteria!

by Deepti Anil

Let's learn a little more about G for Gut or the digestive system. Did you know that your tummy is home to millions of tiny creatures—so small you can't see them without a microscope? Don't worry, they're not scary. In fact, they're your body's best friends! These tiny creatures are called gut microflora or gut bacteria, and they live in your intestines, helping you stay healthy and strong. Your gut, also known as your digestive system, is like a busy kitchen. It turns the food you eat into energy and nutrients your body needs to grow, play, study, and feel great. But your gut can't do all this alone—it needs help from gut microflora!

These friendly bacteria:

- Help digest your food.
- Protect you from bad germs.
- Make vitamins like B and K.
- Keep your motions regular (bye-bye constipation!).
- Even support your mood and brain health.

Pretty amazing, right?

What Makes Gut Bacteria Happy?

Just like plants in a garden, good gut bacteria need the right food to grow. If you feed them well, they'll keep you healthy. But if you eat too much junk food, sugary snacks, and oily fries, the bad bacteria take over—and that can make your tummy unhappy.



So, what do good bacteria love to eat? Let's find out with some Indian foods you might already know and love!
Super Indian Foods for a Happy Gut

1. Curd (Dahi) – This creamy, tasty yogurt is packed with live bacteria that are super helpful for your gut. Eat it plain, with rice, or even in raita.
2. Buttermilk (Chaas) – A cool drink made from curd, water, and spices like jeera. It keeps your tummy cool and boosts digestion.
3. Idli and Dosa – These South Indian favorites are made from fermented rice and dal batter. Fermented food is full of friendly bacteria!
4. Pickles (Achaar) – Homemade pickles made from lemon, mango, or carrots can be good for your gut in small amounts (ask your parents first!).
5. Bananas – This fruit is not just tasty, it feeds the good bacteria in your gut. Raw banana curry is good too!
6. Vegetables like carrots, garlic, and onions – These act like fertilizer for your gut garden, helping good bacteria grow.
7. Millets like ragi, bajra, and jowar – These grains have fiber that cleans your tummy and feeds your good bacteria.
8. Homemade kanji – A tangy drink made from fermented carrots or beets, full of gut-friendly bacteria.





Want to keep your gut healthy? Here are a few smart habits:

- Eat lots of fruits and veggies every day.
- Drink plenty of water.
- Avoid too much junk and sugary food.
- Get moving—play, dance, run, or ride your cycle!
- Sleep well so your gut can rest too.

Your gut is like a secret garden inside you. Treat it with love, and it will help you grow strong, smart, and happy. So next time you eat a bowl of curd or bite into a banana, remember—you're feeding your little tummy friends too!

YOGA FOR IMMUNE HEALTH

Hey kids! Did you know your body has its own superhero team that protects you from getting sick? It's called your immune system! When you eat healthy, sleep well, and move your body, this team gets super strong. Now that COVID is back, it's more important than ever to keep your immunity high. Yoga, an ancient Indian practice, can help you stay calm, strong, and healthy. And guess what? It's fun too!

Here are 3 easy yogic practices you can try every day:

1. Anulom Vilom (Nadi Shodhana)

Sit cross-legged, close one nostril, breathe in, switch, and breathe out. Do this slowly. It keeps your lungs clean and your mind peaceful.

2. Surya Namaskar (Sun Salutation)

A set of 12 gentle poses that stretch your whole body. Just 5 rounds every morning will boost energy and immunity.

3. Bhramari (Bee Breathing)

Close your eyes, hum like a bee while exhaling. It relaxes your mind and helps your immune system work better. Don't forget to smile, play, eat fruits, and wash your hands often. Stay safe, stay strong, and let yoga be your shield!



Gems Of Ancient India - Rasa Vidya - Rasayan Shastra

by Chandrima Kalbag

Science and technology was well advanced even in the ancient times in India. Rasayan shastra or Rasa vidya refers to chemistry.

Artefacts and relics from Mohenjo daro and Harappan civilizations reveal that the towns were well laid out, built with burnt bricks, showing advanced knowledge of architecture. People knew how to make pots with mud, spin cotton and silk yarn, weave clothes and even dye them using natural dyes and chemicals. Colours were extracted from Vegetables and the fabric was treated with naturally occurring chemicals to make the colours permanent. Ayurveda, the system of Indian medicine, employed extracts from herbs, minerals and animal products to treat a number of ailments. Chemical processes occurring within the human body are described in the Charaka Samhita and Sushruta Samhita, some of the well known ancient texts on ayurveda, which laid the foundation of modern-day medicine and surgery. Mercury, considered to be a devine medicine, was subjected to 18 types of purification process before being deployed.

The Rasaratna Samuchayam gives a detailed description of how a chemistry laboratory should be setup, 32 types of instruments and their placement, methods of conducting chemical reactions etc. Metallurgy is another branch of chemistry which was well developed even in the ancient times. The process of extraction of zinc, copper, gold, silver and other metals from the ore was well established. A variety of alloys were also prevalent, as can be seen from the artefacts recovered from the sites of ancient Indian civilization. These were used to make pots, ornaments, statues, instruments and other products of utility. Thus melting, vaporising, distilling, solidifying and other advanced chemical processes of metallurgy were known. The reference to various metal alloys, method of preparation and usage can be found in the Rg Veda, Shukla Yajurveda. Suvarna rasa pariksha describes how to test the purity of gold.

Many stotras, especially those dedicated to the Devi, describe perfumes, essential oils, toiletries like alta, kohl, kasturi, kumkum with which Devi imparts beauty and colour to our lives. Manusmriti and Yajnavalkya smriti give reference to these products, soaps, drugs and other chemical compounds and their synthesis. The pancha mahabhutas, mentioned in most of the scriptures, inform us about the building blocks of our universe. The atom and subatomic particles have been named Anu, paramanu, which constitute every category of Padartha, or matter.



The most amazing feat of chemistry must have been the synthesis of glass. Some of the oldest glass relics in the world have been recovered from Indus Valley Civilization sites.

Beads and bangles, statuettes, ornaments in faience, which is a transparent glasslike material made from quartz date back from 2600 to 1900 BC . The ancient artisans used the efflorescence techniques to glaze pots and make jewellery. The unique compact faience technique employed in India consisted of mixing powdered quartz with a partially melted coloured substance to produce a 'frit'. This was finely reground, resembling talcum powder, applied to the surface of the pot or artefacts using a binding or adhesive material at times and refiring it. The presence of alumina, sodium and potassium indicate that these must have come from flux or colourants mixed with the quartz, like sajji or khar, a desert plant, resulting in a green - gray glaze. Compounds of copper for blue green colour, iron for yellow red, calcium for white and manganese for black were used. The source of a bright red colour remains unknown. Mixing it with a soapy alkaline mixture of sajji or other plant extracts made it strong and malleable, so that intricate designs could be made. These inimical patterns colours and swirls in contrasting colours is unique to the Harappan artisans, as is the process which gave it a uniform glaze.

No other region seems to have prepared such exquisite ornaments of such a high quality.

Other artefacts found in different regions appear to be coarse and crude in comparison.

Thus, not only was the science and technique highly developed, the aesthetic sense was far superior than their contemporaries. Since ancient times, through the ages into the modern era, green bangles still signify auspiciousness and adorn the wrists of women in most parts of India.

<https://www.harappa.com/category/slide-photographer/jonathan-mark-kenoyer>



Parijna Patrika

Grishma Rutu 2025

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