Parijna Patrika

e-newspaper for children

Diwali

2018

Fun Facts from India

Compiled by Jyothi Bharat Divgi

The Highest Bridge in the World

Built in 1982 by the Borders Roads Organisation, Bailey bridge between the Suru River and the Dras River in Ladakh is the **highest in the world** at an altitude of **5602 metres** – (18,379 feet) above sea level. The Bailey bridge is a portable and a pre-fabricated bridge. Developed by the British during World War II for military use, it requires no special tools or heavy equipment to assemble. The wood and steel bridge components are small and light enough to be carried in trucks. It can be built without the use of a crane but it is strong enough to carry the weight of an Army tank.

The Lonar Lake

Fifty two thousand years ago, when a meteor crashed into the earth, it created a gigantic depression (1.8 km wide and 150 m deep) before erupting and spewing molten rock to create a magnificent crest on the rim. Over a period of many years, perennial streams filled the crater transforming it into a emerald green lake. Lonar lake is located in the Buldhana district of Maharashtra.

Namaste Fitness

By Deepti Anil

A wavering focus is one of the major causes for low productivity at the work place or for low grades at school and college. Clarity and concentration are 'musts' for every student to deal with long hours of study at school and during exams. Achieving better concentration is not really that difficult when one knows where to look for help. Of the various focus-improvement options available today, yoga and pranayama are probably among the oldest and time-tested methods that can help you sail through your exams stress- free. Though it may seem that yoga is more of a physical workout technique, it works on the mental level too. It makes the body more flexible and improves the immunity level. It also alleviates stress, soothes the nerves and calms the mind.
One such asana which relaxes the body, keeps the spine in its original shape and helps in sharpening focus is ***Vajrasana***. *Vajra* means 'adamant' in *Sanskrit*. Practising this posture builds firmness or stability in the mind of the student and hence the name.

Sequence:
Sit erect with your legs stretched out in front of you.
Fold the legs back one by one along the thighs.
Make a seat for your hips by making your big toes touch each other and by resting your buttocks on your heels.
Bring the knees close to each other.
Rest your palms on the knees.
Sit erect, look straight ahead and breathe normally.

Variation:
You can light a candle on a small stool at the same level as your gaze and stare at it without blinking till tears roll out of your eyes. Close your eyes and imagine the flame of the candle at your eyebrow- centre. This is called ***Tratak*** and is very effective in improving focus and clarity of the mind. Stay focused and relaxed in the exam season by practising *asana*-s daily. Get a little creative and give yourself a break. Take an A4 size sheet and draw a black hole. Stand five feet away from the paper and now concentrate on the hole. You will see all your tensions going away and that black hole absorbing it up. It really works!

Benefits:
Vajrasana loosens all the stiff joints in the legs and strengthens the muscles in the lower body, as well as the vertebral column and pelvis. The spine is kept erect in this posture. It is the only asana which can be practiced on a full stomach as it increases blood supply to the digestive organs and improves digestive health.

Namaste Fitness

Nutrition Nugget: *Ragi* or Finger Millet

In Karnataka, finger millet (*ragi*) is generally consumed in the form of *ragi mudde* (balls) (ರಾಗಿ ಮುದ್ದೆ *ragi mudde* in Kannada). *Mudde* are prepared by cooking the ragi flour with water to achieve a dough-like consistency. This is then rolled into 'balls' of desired size and consumed with *huli* (sambar), *saaru* (ಸಾರು), or curries. *Mudde* (ಮುದ್ದೆ) are cut into biteable sizes using fingers, dipped in the curry preparation and swallowed wholly without biting into the pieces. *Ragi* is also used to make *roti, idli, dosa* and *conjee*. In the Malnad region of Karnataka, the whole *ragi* grain is soaked and the milk is extracted to make a dessert known as "*keelsa*".A type of flat bread is prepared using finger millet (*ragi*) flour, called ರಾಗಿ ರೊಟ್ಟಿ(*ragi rotti* in Kannada) in Northern districts of Karnataka.

Ragi, a wholesome cereal is a very good source of energy giving carbohydrates and calcium which help in maintaining the health of our bones. Both these nutrients are very important for growing children. In addition to these, *ragi* also contains a fair amount of protein and essential minerals. One can make *ragi* laddoos which are tasty to eat as well as very nutritious too!

For this you will need:

- 1 cupful of roasted finger-millet flour (*ragi*)
- 1/4 cup jaggery, powdered
- 1/4 cup peanuts, roasted
- 1/4 cup coconut, grated
- A pinch of salt
- Ghee or oil for shaping the *laddoos*

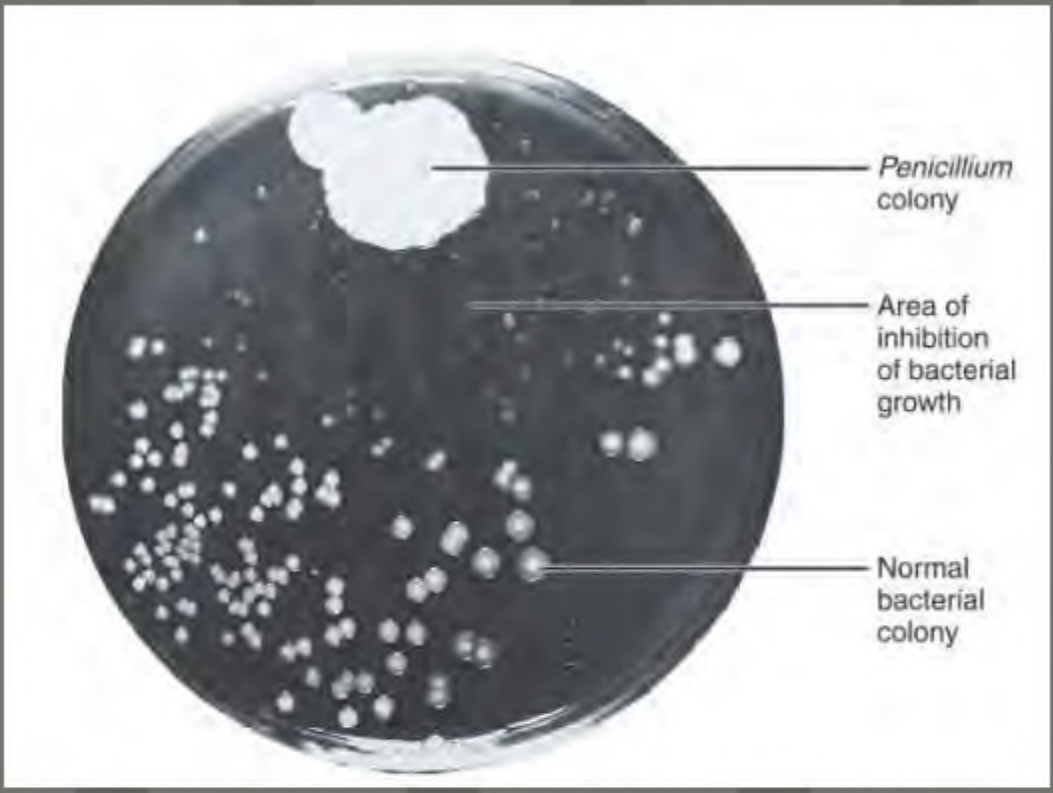
Take the flour and salt in a bowl and sprinkle water little by little whilst mixing it, but breaking them into crumbs as you keep mixing. Mix in the coconut. Steam the mixture with coconut for 10-15 minutes. Lay the mixture onto a tray and let it cool. Blend the jaggery with the flour- mixture and peanuts. Roll them into lemon-sized balls with the ghee or oil and devour!

Brilliant Innovations

Science History

By Dr. Khurshid Bharucha

Penicillin - an accidental discovery!



This year marks the 90th anniversary of the discovery of penicillin.

That's right! This naturally occurring medicine, an antibiotic, was discovered on Friday 28th September 1928 by Sir Alexander Fleming. He had been experimenting with staphylococcus bacteria, and had carelessly left some culture plates around when he went on vacation. On returning, he found that one of these plates had developed some fungus, called penicillium. This fungus was secreting some chemicals which stopped the growth of the staphylococcus bacteria. Further experiments by Flory and Ernst on this fungus led to the isolation, and later the use of the medicine penicillin.

Penicillin helped reduce the number of deaths and amputations of soldiers during World War II. Till date, it is one of the most widely used antibiotics.

Animal World

By Dr. Gourish Padukone

Why Does A Dog Take So Long to Decide?

Dogs take time to pick a spot before they poop. Well, there is science behind that dawdling!

There are four main reasons: **sniffing out other dogs' scents, anxiety, distractions and, weird but true - the magnetic poles!** Just as we check each other's status updates online, many of our pets have their own 'Instagram' accounts. Dog poop is like 'social media' in the world of dogs.

For dogs, it is all about smells. Your dog's chosen potty spot sends other dogs a message about where she has been and what she has been doing. When she sniffs around for a long time, she's "reading" messages from other animals.

According to Carlo Siracusa, director of the Small Animal Behaviour Service at the University of Pennsylvania veterinary hospital, "These messages can tell your dog how many other dogs are in the immediate area, the sexual status of those dogs…whether a particular dog is a friend or an enemy, what he or she had for lunch, and even when they were last in the area".

If your dog is nervous in other areas of life, she may be nervous about where she poops. Some dogs need peace and quiet to get the job done. If your dog shies away from pooping in public, try walking her on empty streets, or during quieter times of the day.

www.thedogtrainingsecret.com

http://www.k-9superheroesdogwhispering.com

Animal World

Dogs can also develop surface preferences when they are young. For instance, some pups prefer soft, grassy surfaces and won't poop on bare dirt. Whatever your dog's preference, it may take them a while to find just the right spot.

Does your dog spin around in a circle before assuming the poop position? You can thank the magnetic poles for that! It is true - according to a study published in Frontiers in Zoology, dogs may prefer to excrete with their body aligned along the North-South axis of the earth.

Summarized in Wired magazine, scientists conducting the study were left with compelling evidence that the earth's magnetic fields might influence how and where your dog defecates.

Magnetic fields, surface preferences, conditioned habit and communication all have a strong influence on your dog's defecating preferences. But sometimes, your dog is simply taking her sweet time because she likes being outside.

That's right; your dog might be stalling on purpose! Dogs who only get outside access when it is potty-time, learn that as soon as they go, they will be taken right back indoors. So they may sniff around, walk more slowly and take their time choosing a place to poop in order to stay outside for longer. You can help reverse this conditioning by making sure your dog gets plenty of fresh air without a time crunch.

Of course, your dog needs to take her time to poop. The setting has to be just right. She may need to sniff, scratch, or spin around before heeding nature's call. The next time you feel impatient while your dog is deciding where to pass stools, remember: her complex biological systems are working together in a pretty amazing way to both eliminate waste and connect her to the world at large.

"I think I have just found the right spot to potty."

Culture and Traditions

By Jyothi Bharat Divgi

AbhyangSnaan

AbhyangaSnaan provides us with numerous health benefits. What is AbhyangaSnaan? On Naraka Chaturdashi, long before the sun rises, we massage our entire body with oil.

AbhyangaSnaan stimulates the nerves and relaxes the muscles thereby strengthening them. Massaging your head with warm oil relieves you from stress. Applying oil on the skin not only moisturises your skin and body, but also cleanses it of the environmental pollutants and toxins. It removes dead skin cells too. What's more, it gives your skin a natural glow!

Naraka Chaturdashi signifies the victory of good over evil. The early morning bath signifies the destruction of evil within us. AbhyangSnaan is taken before sunrise and is considered as sacred as bathing in the River Ganga.

Here's how to perform the ritual –

• Wake up early in the morning on this auspicious day - much before sunrise!
• Massage your entire body with sesame oil. Also, apply coconut oil on the scalp.
• Wait for around 30 minutes before you go for a bath so that the oil is absorbed by the body.
• While bathing, apply ubtan or the fragrant Ayurvedic mixture available at your grocer's or at outlets selling herbal medicines and massage it thoroughly over the entire body.
• Scrub it well and rinse with water properly so that the mixture is washed off.
• Now, bathe as you usually do using a normal soap.

Our Planet Earth

By Dr. Gourish Padukone

How to REUSE and RECYCLE

It is a common sight for all of us to see a variety of tyres piled up for months or even years at the roadside tyre repair shops. These tyres are a challenging source of waste, due to the large volume produced, their durability and the components in the tyre that are ecologically problematic.
Newer technology, such as pyrolysis and devulcanization, has made tyres suitable targets for recycling despite their bulk and resilience. Aside from use as fuel, the main-end use for tyres remains ground rubber.

Besides recycling old tyres, the old tyre can also be put to a new use! HOW?

Old tyres are sometimes converted into a swing for playtime.

Picture credit -. www.ketto.org

Picture credit - www.fueladream.com

Used tyres are also employed as exercise equipment for athletic programs. One classic conditioning drill that hones players' speed and agility is the "Tyre Run" wherein tyres are laid out side by side, with each tyre on the left a few inches ahead of the tyre on the right, in a zigzag pattern. Athletes then run through the tyre- pattern by stepping in the centre of each tyre. The drill forces athletes to lift their feet higher than normal above the ground to avoid tripping.

Our Planet Earth

www.colourbox.com

Other athletic uses include tyre flipping (tractor or large truck tyres typically used) or for upper- cardio conditioning by hitting a tyre repetitively with a sledge hammer.
Rows of stacks of tyres are often used as barriers in motor racing circuits as a method of dissipating kinetic energy over a longer period of time during a crash, rather than striking a less malleable material such as a concrete or steel wall.

Picture Credit: http://www.livingthecountrylife.com

Many cattle farmers re-purpose old tractor tyres as water troughs for their cattle by placing them over natural springs, or by piping stream water into them. These tyres contain the water and allow it to pool for the cattle without any additional interaction from the farmer.

In Uttara Kannada district where there are many households and even schools built on sloping hilly terrain, steps up to or from the home or school to the road below are a rarity because of various reasons.

Used tyres can serve as an alternative material to building steps with stones. The tyres are just laid down and reinforced with soil to create a step. You can use as many tyres you require to complete the staircase.

Here's how ....

Craft World

By Smita Nagarkatti

Vertical Deepamala

Materials Required:
1) Brown coloured paper.
2) Red coloured paper.
3) Scissors.
4) Pencil.
5) Long twine or thick thread to hang the *Deepa*.
6) Fevicol.
7) Beads.

1. Cut the brown paper into 2” x 3” pieces. Fold and cut into semi circles as shown in the figure.

2. Fold 4 semi-circles and apply Fevicol as shown in the picture

3. Take the twine or thick thread and string a bead at the bottom. Place the thread between one of the semi-circles and stick the sides of the semi-circles.

4. You will get a base for the Vertical *Deepamala* on which you can add a paper flame.

Craft World

5. Fold the red paper into 4 layers, draw a flame and cut the layers.

6. Fold the papers into halves and apply Fevicol. Place above the *Deepa* and stick the sides of the flame with the thread passing through the centre to get a complete *Deepa*.

7. Press all the folds to make the flame stand vertically on the *Deepa*.

8. Make similar *Deepa*-s and hang them at a distance. Your Vertical *Deepamala* is ready.

Craft World

By Smita Nagarkatti

CD Diya

Materials Required:
a) Old CD.
b) Pearls or Beads.
c) Sequins.
d) Artificial flowers.
e) Clay *Diya* / round candle.
f) Fevicol.

1. Make the border with pearls and stick golden sequins in the inner circle.

2. Stick the *diya* / round candle in the centre.

Craft World

By Smita Nagarkatti

CD Diya

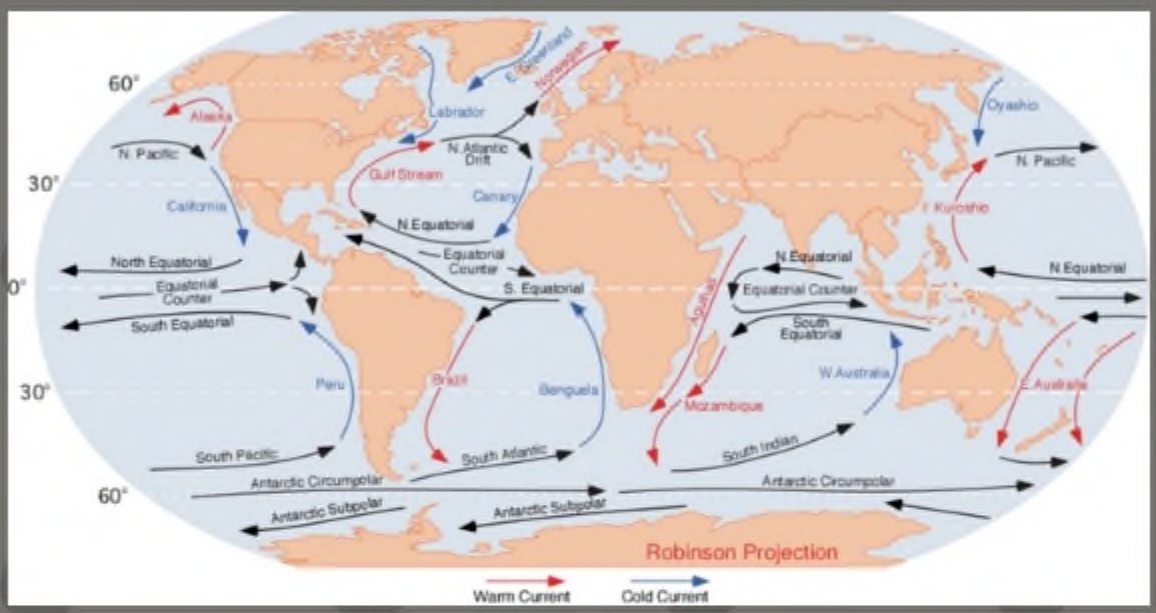
3.Take the artificial flowers and stick them around the candle.

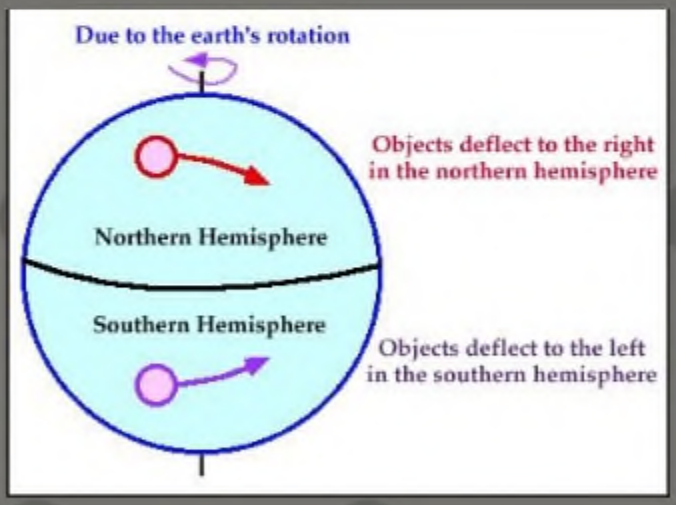
4.Your *diya* is ready to light or to gift.

Did You Know?

By Dilip Basrur

Ocean currents in the Northern Hemisphere turn clockwise, but counter-clockwise in the Southern Hemisphere. Why does that happen?





An ocean current is a continuous, directed movement of sea water generated by a number of forces acting upon the water, including wind, temperature and salinity differences. Currents are also affected by land mass. However their direction is decided by the rotation of the Earth and the hemisphere where the current is flowing. This is called the Coriolis Effect. The Coriolis effect makes ocean currents flow clockwise in the Northern hemisphere and counter-clockwise in the Southern Hemisphere.

Coriolis effect makes storms swirl clockwise in the Southern hemisphere and counter clockwise in the Northern Hemisphere. Exactly opposite of the ocean current direction!

Another interesting fact - Did you know that currents flowing away from the equator are warm, and those that flow towards the equator are cold?

Hobby Time!

By Jyothi Bharat Divgi

Birdwatching is a growing and a popular hobby throughout the world and among people of all ages. What is birdwatching?

You begin by observing all types of birds in their natural habitats. Simply enjoy spotting and identifying birds in the beginning. You may document all that you see and later discuss with other bird watchers.
Many birds have distinctive songs. Listening with a keen ear and spotting them with a watchful eye will help you.

Why birdwatching?
• You can learn more about your natural environment.
• You will meet like-minded people.
• You will learn to appreciate your surroundings. It makes you pay attention to every sound, every rustle of leaves as you wait to spot birds.
• This is a hobby that you can continue right into your old age. You can share this hobby with your grandparents now – and later with your grandchildren!

What do you need to start this hobby?
• Loads of interest and enthusiasm.
• A water bottle.
• If available – a good pair of binoculars will help.
• A note book to jot down your observations.

Be a bird watcher. You will learn to care deeply about the wonderful species created by Mother Nature and also about preserving natural habitats.

Sports

By Chaitanya Nadkarny

Shooting Stars!

Here are three young sports persons who have excelled in the sport of Shooting and have won medals in national and international events. Remember their names – they may be in the news soon!

Manu Bhaker

Manu Bhaker represented India at the 2018 ISSF World Cup and won two gold medals. She is the youngest Indian to win a gold medal at the ISSF World Cup. She won the gold medal in women's 10 m air pistol event at 2018 Commonwealth Games just at the age of 16 in her maiden Commonwealth Games appearance. Manu was born in Goria village near Jhajjar in Haryana. Her father, Ram Kishan Bhaker, works as a chief engineer in the Merchant Navy. Until the age of 14, Manu excelled in other sports like Huyen Langlon, a Manipuri martial art, as well as boxing, tennis and skating, winning medals at the national games in these events. [Source: Wikipedia]

Anish Bhanwala

Anish Bhanwala became the YOUNGEST Indian to win a gold medal at the 2018 Commonwealth Games. He was only 15 years old! Anish is from Karnal (Haryana) who competes in the 25 metre pistol events. Anish has been a part of the Indian Shooting Team since 2017. Despite having no family background in sport, he had the full support of his parents. His father borrowed a pistol for him to shoot at a range in SBS Senior Secondary School, Karnal. [Source: Wikipedia]

Saurabh Chaudhary

Saurabh Chaudhary (born 25 May 2002) in a village named Kalina in district Meerut of UP, India), comes from the family of farmers living Yamuna & Gangatic plains of western Uttar Pradesh. He won the Gold medal at the 2018 Asian Games in the 10 metres Air Pistol event. Saurabh grew up with the stories of Arjuna and Eklavya (pupils of Guru Dronacharya). Eklavya emerged as best archer of his era getting the knowledge from he clay idol of Guru Drona. It's the energy and heart to heart relation between a teacher and student responsible to make him champion. [Source: Wikipedia]

From our sister schools

ATIDONJI DINA at Saraswat Education Society, Kotekar Campus, Mangaluru

"Atidonji Dina", is a unique function based on Tulu culture of Dakshina Kannada District. Any day in Ashadhamasa, is observed wherein mainly eatables made of various vegetables, herbs and roots which are of medicinal value are used in preparing the food items. It is believed during this time, food grains will be short of supply and also because of rainy season, many diseases may crop up disturbing the normal health of people, hence the food items of medicinal value and that are easily available in the near vicinity are used for the meals. In Kotekar campus, one day in Ashadha, a festive atmosphere is created by the two institutions, Anandashrama High School and Parijnan College involving almost all the students. The students are divided into about 15 groups consisting of around 30 students in each group are so. 15 traditional food items are selected wherein mostly green vegetables, roots, herbs, etc. and each group is given one item to be prepared at each individual home and brought to the campus. Each item prepared in about 30 houses is put in a big vessel and such 15 vessels containing 15 items are pooled together. In all about 400 families are involved in the preparation, without any discrimination of caste or creed. Some of the items are Pathrode, Jackfruit gatti, tender bamboo & Green Gram (Kalale) dish, Sajank Sukka, Mude, Mango Gojju, Sihi appa, Sweet Banana Podi, prepared using jackfruit leaves, Shavige and verities of dishes prepared by different green leaves, sweets and savories are the specialties. All the children and staff, around 800 enjoy these items. (See the photos for the food items).

From our sister schools

Sports Day at
Saraswat Education Society, Kotekar Campus,
Mangaluru

From our sister schools

Srivali High School
Chitrapur

ದಿನಾಂಕ 01.09.2018 ರಂದು ಭಟ್ಕಳ ಕನ್ನಡ ಸಾಹಿತ್ಯ ಪರಿಷತ ವತಿಯಿಂದ ನಡೆದ ತಾಲೂಕ ಮಟ್ಟದ ರಸಪ್ರಶ್ನೆ ಸ್ಪರ್ಧೆಯಲ್ಲಿ ವೀಣಾ ದಾಸ್ತಿ ನಾಯ್ಕ, ಸ್ವಾತಿ ರವಿಕಿರಣ ನಾಯ್ಕ, ಹರ್ಷಿತಾ ಮಂಜುನಾಥ ನಾಯ್ಕ ಭಾಗವಹಿಸಿ ಪ್ರಥಮ ಸ್ಥಾನಗಳಿಸಿರುತ್ತಾರೆ.

ದಿನಾಂಕ 18.09.2018 ರಂದು ಜಿಲ್ಲಾ ಮಟ್ಟದ ವಿಜ್ಞಾನ ವಸ್ತು ಪ್ರದರ್ಶನದಲ್ಲಿ ಶಶಾಂಕ ದಾಸ್ತಪ್ಪ ನಾಯ್ಕ ಮತ್ತು ಕಿರಣ ಈಶ್ವರ ಭೋಬಿ ಭಾಗವಹಿಸಿರುತ್ತಾರೆ.

ದಿನಾಂಕ 26.09.2018 ರಂದು ನಡೆದ ತಾಲೂಕ ಮಟ್ಟದ ಪ್ರತಿಭಾ ಕಾರಂಜಿಯ ದೃಶ್ಯಕಲೆ ಸ್ಪರ್ಧೆಯಲ್ಲಿ ಪ್ರಶಾಂತಿ ಹೆಬ್ಬಾರ, ದರ್ಶನ ನಾಯ್ಕ, ಯುವರಾಜ ಬಾಕಡ, ಹರೀಶ ನಾಯ್ಕ ಭಾಗವಹಿಸಿ ಪ್ರಥಮ ಸ್ಥಾನಗಳಿಸಿ ಜಿಲ್ಲಾ ಮಟ್ಟಕ್ಕೆ ಆಯ್ಕೆಯಾಗಿರುತ್ತಾರೆ.

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ದಿನಾಂಕ 09.10.2018 ರಂದು ಶಿರವಾರದಲ್ಲಿ ನಡೆದ ಜಿಲ್ಲಾ ಮಟ್ಟದ ಪ್ರೌಢಶಾಲಾ ವಿಭಾಗದ ಕ್ರೀಡಾಕೂಟದಲ್ಲಿ ಲತಾ ಹಾಂಡುರಂಗ ನಾಯ್ಕ 100 ಮೀ. ಹರ್ಡಲ್ಸ್‌ನಲ್ಲಿ ದ್ವಿತೀಯ ಸ್ಥಾನ ಪಡೆದು ರಾಜ್ಯ ಮಟ್ಟಕ್ಕೆ ಆಯ್ಕೆಯಾಗಿರುತ್ತಾರೆ.

ಶ್ರೀವಲಿ ಪ್ರೌಢಶಾಲೆ ಚಿತ್ರಾಪುರ

ವಿದ್ಯಾರ್ಥಿಗಳ ಸಹಪಠ್ಯ ಚಟುವಟಿಕೆಗಳ ಸಾಧನೆ 2018–19

ದಿನಾಂಕ 09.10.2018 ರಂದು ಶಿರವಾರದಲ್ಲಿ ನಡೆದ ಜಿಲ್ಲಾ ಮಟ್ಟದ ಪ್ರೌಢಶಾಲಾ ವಿಭಾಗದ ಕ್ರೀಡಾಕೂಟದಲ್ಲಿ ವಿಜೇತಾ ಅಣ್ಣಪ್ಪ ಮೊಗೇರ ತ್ರಿವಿಧ ಜಿಗಿತದಲ್ಲಿ ದ್ವಿತೀಯ ಸ್ಥಾನ ಪಡೆದು ರಾಜ್ಯ ಮಟ್ಟಕ್ಕೆ ಆಯ್ಕೆಯಾಗಿರುತ್ತಾರೆ.

From our sister schools

Parijnanashram Vidyalaya, Karla

Making vegetable salad

Making fruit salad

Celebration of Bhondla

Solar system

Learning about eclipse

Monsoon magic!

Sunny moments in the sand pit

Narali Purnima and Raksha Bandhan

From our sister schools

Parijnanashram Vidyalaya, Karla

Janmashtami Celebrations

Field trip to Goshala

Field trip to vegetable market

Performance at the Durga Parameshwari Temple on Kojagari Purnima

From our sister schools

Swami Parijnanashram Education and Vocational Centre for the Handicapped, Virar

At the AWMH Table Tennis tournament in Goregaon Sports Club , 25yh Aug 2018. Students won - 2 Gold, 3 Silver, 1 Bronze medals. 4 students were placed Fourth

Carrom Competition at Phoenix Sports , Kings Circle (Matunga). Our students won 1 Gold and 1 Silver medal.

From our sister schools

Swami Parijnanashram Education and Vocational Centre for the Handicapped, Virar

Celebrating Ganesh Chaturthi

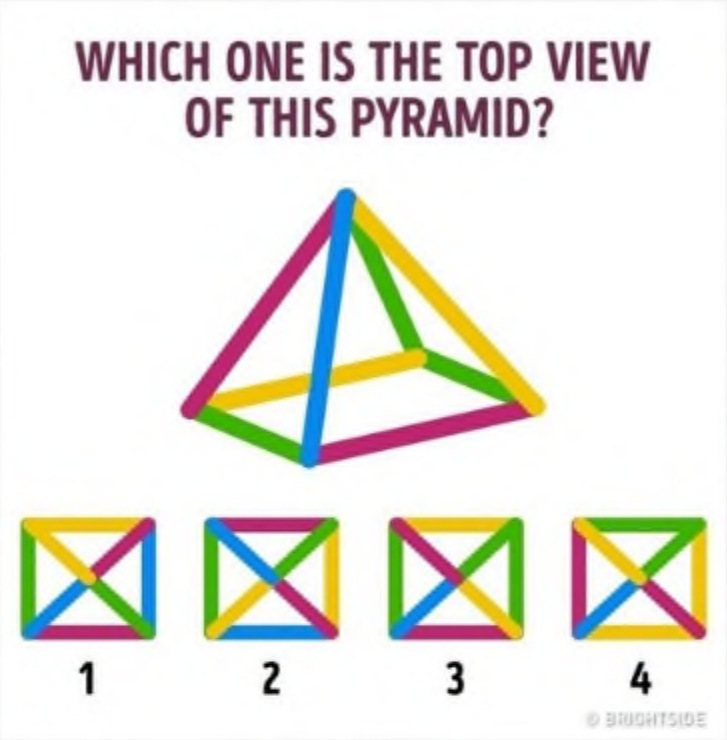
Dahi Handi Festivities

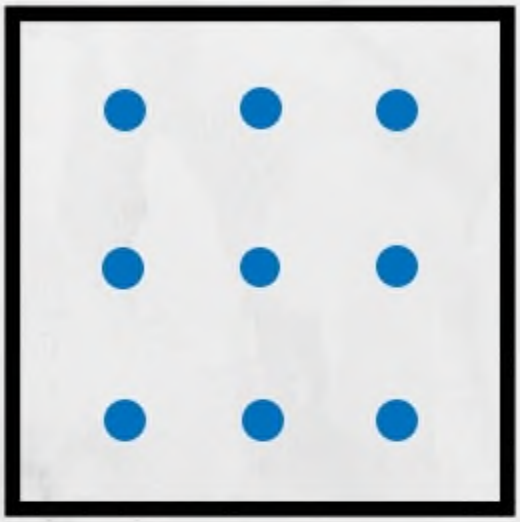
Celebrating Gandhi Jayanti

Mind Benders

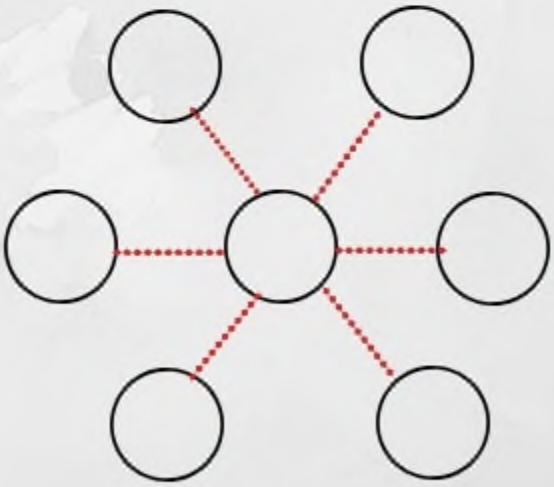
Compiled by Jyothi Bharat Divgi

Solve these fun puzzles!





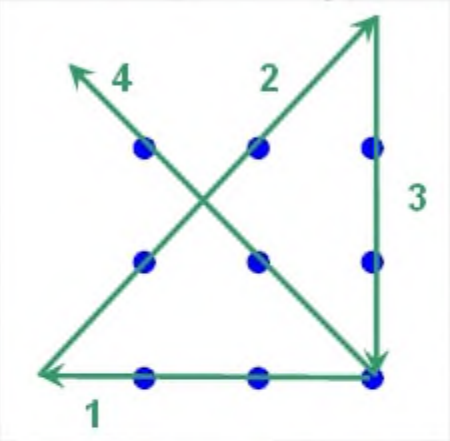
Can you join all nine dots with four straight lines, without taking your pencil off the paper?
You cannot go over any line twice.

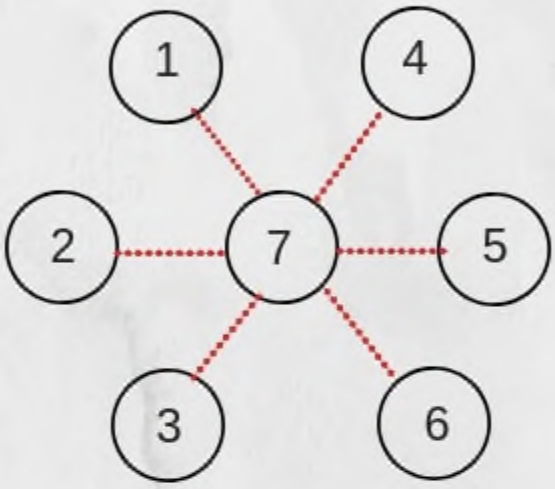


Put the numbers
1, 2, 3, 4, 5, 6 and 7
in the circles so that each straight line of three numbers adds up to the same total.

Mind Benders

Answers





There were several different ways of doing this. You could have 7 in the middle, or 4 or even 1

Parijna Patrika

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Concept: Jyothi Bharat Diwgi
Design: Chaitanya Nadkarny
Editors: Shailaja Ganguly and Chetana P. Kadle
Kannada Translation: Smita Diwgi
Math Website: Leenata Rao
Coordinator: Shivanand Mudbidri