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World Health Day - By Sarasu. R



“Early to bed and early to rise, makes a man healthy wealthy and wise”- Benjamin Franklin.

As defined by the World Health Organization (WHO), Health is a "State of complete physical, mental, and social well-being and not merely the absence of disease or infirmity." It is the most important aspect of our existence which can't be ignored. It is said that: "Health is Wealth." "Health is the relationship between you and your body." "He who has health has hope and he who has hope has

everything." All over the world, some groups struggle to make ends meet with little daily income, have poorer housing conditions and education, fewer employment opportunities, experience greater gender inequality, and have little or no access to safe environments, clean water and air, food security and health services. We all know various types of diseases are there in the Environment due to which people are suffering. It is necessary to spread awareness among people and to give knowledge about health. For this, every year on 7 April World Health Day is observed under the leadership of the World Health Organization to draw attention among the people towards the importance of global

health. The theme of World Health Day 2021 is "Building a fairer, healthier world for everyone". The theme focuses to eliminate health inequities to bring people together to build a fairer, healthier world. It highlights the WHO's constitutional principle "the enjoyment of the highest attainable standard of health is one of the fundamental rights of every human being without distinction of race, religion, political belief, economic or social condition." It is the day to thank all the doctors, nurses, midwives, and healthcare workers who are fighting with COVID-19 with bravery and courage.

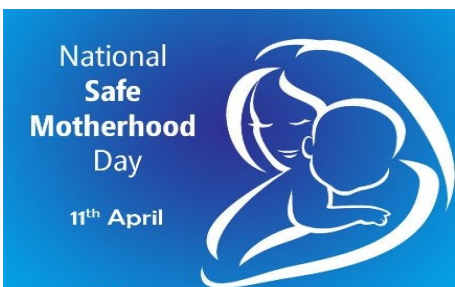
World Health Organization (WHO) was founded on the principle that all

people should be able to realize their right to the highest possible level of health. Slogan "Health for all" is for more than seven decades a guiding vision. World Health Day marks the anniversary of the World Health Organization which was founded in 1948. In Geneva, the World Health Assembly was held for the first time and it was decided to celebrate annually on 7th April as World Health Day. On this day, by WHO variety of events with a particular



theme are organized at the international and national level.

National Safe Motherhood Day - By Ruby Ruth



Rickie Lake once said, 'Motherhood is the greatest thing and the hardest thing,' it comes with a great share of responsibilities.

The National Safe Motherhood Day is an initiative of the White Ribbon Alliance (WRAI) to raise awareness about adequate access to care during pregnancy, childbirth, and postnatal services. Aim of observing this day is to raise awareness to achieve the

target of reducing the global maternal mortality ratio to less than 70percent. As per WHO's data, approximately 830 women die every day from preventable causes related to pregnancy and childbirth. As per WHO's data, approximately 830 women die every day from preventable causes related to pregnancy and childbirth. In developing countries, the rate of maternal death ranges up to 99 percent. The goal of the National Safe Motherhood Program is to reduce maternal and neonatal morbidity and mortality and to improve the maternal and neonatal

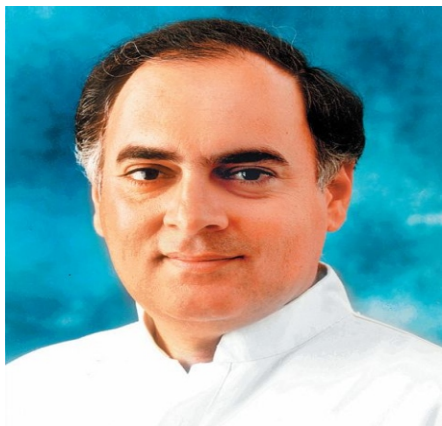
health through preventive and promotive activities as well as by addressing avoidable factors that cause death during pregnancy, childbirth and postpartum period. Safe motherhood is a vital, compelling and cost-effective economic and social investment. Promoting women's health improves not only individual health, but also the health and survival of women's families, the labour force and the well-being of communities and countries. India is one of the most high-risk places in the world to give birth, accounting for 15 per cent of total maternal deaths worldwide.

Every year, 44,000 women die in India due to improper care during pregnancy. At the request of WRAI, an alliance of 1800 organizations, the government of India declared April 11 as the National Safe Motherhood Day in 2003. The day also marks the birth anniversary of Kasturba Gandhi. Every year, the members of



W R A I select a nation wide theme and carry out full-scale campaign.

Rajiv Gandhi
By- Drushya 8th Std



Rajiv Gandhi was born on 20 August 1944 to Indira and Feroze Gandhi. He was an Indian politician who served as the 6th Prime Minister of India from 1984 to 1989. He took office after the 1984 assassination of his mother, Prime Minister Indira Gandhi, to become the youngest Indian Prime Minister at the age of 40. In office, Gandhi increased government support for science, technology and associated industries, and reduced import quotas, taxes and tariffs on technology-based industries, especially computers, airlines, defence and telecommunications. In 1986, he announced a National Policy on Education to

modernise and expand higher education programs across India. Gandhi attended college in the United Kingdom. He returned to India in 1966 and became a professional pilot for the state-owned Indian Airlines. For much of the 1970s, his mother Indira Gandhi was prime minister and his brother Sanjay Gandhi an MP. After Sanjay's death in a plane crash in 1980, Gandhi reluctantly entered politics at the behest of Indira. Rajiv Gandhi was assassinated on May 21st 1991. He was cremated at Veer Bhumi, on the banks of the river Yamuna near the shrines of his mother Indira Gandhi. The Indian government posthumously awarded Gandhi the



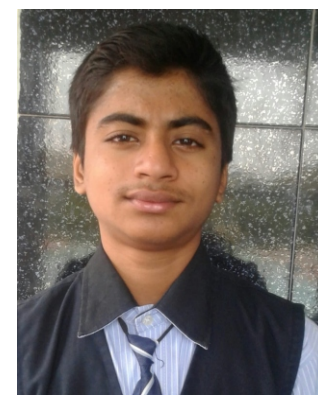
B h a r a t
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a w a r d .

Pamulaparthi Venkata Narasimha Rao
By- Mohammed Ibrahim Shariff 8th Std



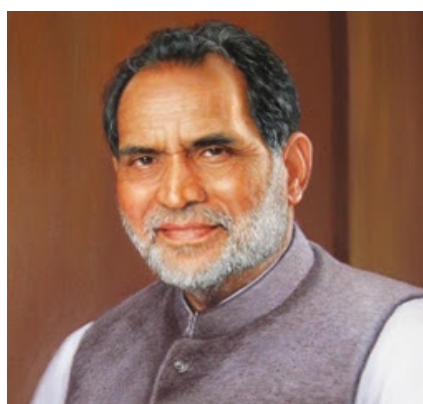
Pamulaparthi Venkata Narasimha Rao was born on 28 June 1921 was an Indian lawyer and politician who served as the 9th Prime Minister of India from 1991 to 1996. His ascendancy to the prime minister ship was politically significant in that he was the second holder of this office from a non-Hindi-speaking region and the first from South India. He led an important administration, overseeing a major economic transformation and several home incidents affecting national security of India. Rao, who held the Industries portfolio, was personally responsible for the dismantling of the Licence Raj, as this came under the purview

of the Ministry of Commerce and Industry, reversing the socialist policies of Rajiv Gandhi's government. He is often referred to as the "Father of Indian Economic Reforms". Rao was also referred to as Chanakya for his ability to steer economic and political legislation through the parliament at a time when he headed a minority government. 11th President of India APJ Abdul Kalam described Rao as a "patriotic statesman who believed that the nation is bigger than the political system". Besides marking a paradigm shift from the industrialising, mixed economic model of Jawaharlal Nehru to a market driven one. Rao died in 2004



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H e w a s
a v e r s a t i l e
t h i n k e r .

Chandra Shekhar
By- Sanjana H.K. 8th Std



Chandra Shekhar was born on 1 July 1927 in a Rajput family at Ibrahimhatti, a village in Uttar Pradesh. He came from a poor farming family and was awarded a Bachelor of Arts (graduate) degree at Satish Chandra P.G. College. After this, he attended Allahabad University and obtained his master's degree in political science in 1950. Moreover, he was known as a firebrand in student politics and started his political career with Dr. Ram Manohar Lohia. After he had completed his graduation, he became active in socialist politics. He joined Congress in 1964. From 1962 to 1967, he was a member of

the Rajya Sabha. Shekarserved as the eighth Prime Minister of India for seven months. He also handled the portfolios of Defence and Home Affairs during this period. Then, he headed a minority government of a breakaway faction of the Janata Dal with outside support from the Indian National Congress. He is the first Indian Prime Minister who has never held any Government office. His government was largely seen as a "puppet" and "lame duck" and the government was formed with the fewest party MPs in the Lok Sabha. Chandra Shekhar died on 8 July 2007, 7 days after his 80th birthday. Politicians from across the spectrum of Indian parties paid tribute to him



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Vishwanath Pratap Singh
By - Zoya Fathima Khan 8th Std



Vishwanath Pratap Singh was born on 25 June 1931 as the third child of the Hindu Rajput Zamindar family of Daiya, which is located on the banks of the Belan River in the Allahabad district. He obtained his education from Colonel Brown Cambridge School, Dehradun and got his Bachelor of Arts and Law degree from Allahabad University and later received a Bachelor of Science in Physics from Fergusson College in the Pune University. In 1969, he joined the Indian National Congress party and was elected as a member of the Uttar Pradesh Legislative Assembly. Moreover in 1980, he became the Chief Minister of Uttar

Pradesh and was known for the encounter of the gang of Phoolan Devi. Later, in 1988, he formed the Janata Dal party by merging various factions of the Janata Party. In the 1989 elections, the National Front, with the support of the BJP, formed the government and Singh became the 7th Prime Minister of India and the 41st Raja Bahadur of Manda. During his tenure as prime minister, he implemented the Mandal Commission report for India's backward castes. He also created the Sixty-second Amendment and enacted the Scheduled Caste and Scheduled Tribe Act in 1989.

The former prime minister died on 27 November 2008, at the age of 78

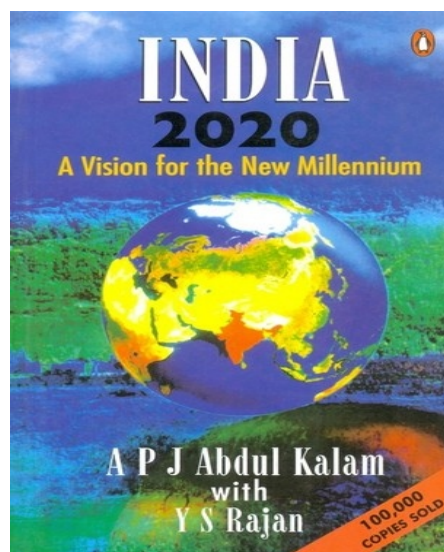


d u e t o
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The defence research and development organisation (DRDO) has developed advanced chaff technology to safeguard India's naval ship against enemies attack. Whenever an aircraft enters in the enemy territory, then the surface to air missiles of air defence system and air to air missiles of the fighters are used to knock down the missiles. These missiles are generally infrared guided missiles. That means, these are heat-seeking missiles, which detects the aircraft by its high temperature exhaust, and this is the reason that such IR-guided missiles hit the engine of the aircraft except for any other part. Therefore in such a situation, the pilots performs sharp maneuvers, and reduces the power of the engine, so that, the missile gets confused between aircraft engine and the flare thus the missile may miss its target. Similarly even chaffs are also spread from aircraft just like flares, but it is a bit difficult to see these chaff's through naked eye.

As we know that Radar generates electromagnetic signals, which when

being reflected from an object may indicate the object on the screen in the form of a dot (.) mark. But the chaff behaves like an invisible curtain to a certain distance from the ship thereby misleading the Radar assisted systems like radar- leded missiles or radar targeting systems of fighters. Chaff (Military strips of metal foil dropped by an air craft to confuse enemy radar by creating false blips) is a passive expandable electronic countermeasure technology used worldwide to protect naval ships from enemies radar and radio frequency seekers. Chaff creates an illusionary target in the form of a chaff cloud by diverting the missile from the original target (Navy). A small quantity of chaff material, when deployed in air acts as a decoy and deflects the enemy's missiles, thereby keeping our ships safe. Chaff is made of aluminium or metalized glass fibre or plastic. These chaff's are capable of misleading the rockets or missiles as many of these missiles follow a heat source or radio frequency signals to hit their target.



This is perhaps one of the best known books penned on India's Growth Imperatives in its search for developed country status, penned by one of India's favourite sons- our beloved Late Dr APJ Abdul Kalam, Former President, Nuclear Scientist and, as it turns out, thinker extraordinaire with a tremendous passion for India and all things Indian. It has been co-authored with Dr Y S Rajan, who used to be the Scientific Secretary to the office of the Principal Scientific Adviser to the Government of India. Vision 2020 by

APJ Abdul Kalam and YS Rajan elaborates on how India's most fundamental needs can be married with tech, ensuring that we see the country's products, services and technology emerge as world class. Technology is the highest wealth generator in the shortest possible period if it is deployed in the right direction. It strengthens the political, economic and security structure of the nation. For India, technology is fundamental for the vision for the future. We were able to launch the green revolution at a time when experts had all but given up on India ever becoming self-sufficient in food. Similarly, in the field of space technology we started from scratch to have today a system of satellite-based communication linking remote regions of the country. The same sense of purpose can lead us to success in many other areas crucial to achieving the goal of a prosperous, strong nation, assert Kalam and Rajan.

General Knowledge Social Science - By Lalitha

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|--|---|---|--|
| 1. Who was called the Grand old man of the Indian National Congress? | 1935 elections? | 32. To whom does the President of India addresses his resignation? | 15. Rajagopalachari. |
| 2. Who was called Desabandhu? | 17. When was the National Council of Education established? | 33. Which state has the largest number of seats reserved for Scheduled Tribes in Lok Sabha? | 16. Bengal and Punjab. |
| 3. Which rock is harder than its original constituent? | 18. When was the Muslim League established? | 34. Which state has no Panchayati Raj institution? | 17. 15 August 1906. 18. 1906 |
| 4. In which areas Environmental pollution take place on a large scale? | 19. Which language was used in the literature of the Sangam period? | 35. Who is the chairman of Kendriya Hindi Samiti? | 19. Tamil. 20. Lumbini. |
| 5. What is the source of income of the Panchayat? | 20. Where was Lord Buddha born? | 36. Which state has the largest Legislative Assembly? | 21. Tibet 22. New India. |
| 6. What is the Joint sitting of the two houses called? | 21. To which country did Buddhist historian Taranath belong? | 37. What is the Minimum age required to contest for Lok Sabha election? | 23. Syed Ahmed Khan |
| 7. On which date the charter of United Nations was signed? | 22. Which newspaper was started by Annie Besant? | 38. Who is the guardian of fundamental Rights in Indian constitution? | 24. Atmaram Panduranga. |
| 8. Which is the capital of Jamaica? | 23. Who was the founder of the Aligarh Muslim University? | 39. Who is the head of the Indian parliament system? | 25. 1957. 26. Ganga. |
| 9. Which nation faces the maximum number of borders with neighbouring countries? | 24. Which reformer was associated with Prathana Samaj? | 40. Who was the 13th Prime Minister of India? | 27. NH 44. 28. Black soil |
| 10. Which is considered as the most ancient part of the world? | 25. When was Indian mountaineering foundation established? | | 29. Dasht-e-Margo, Afghanistan. |
| 11. Which state has more number of Buddhist viharas? | 26. Which is the longest river that originates in India? | | 30. Intrusive Igneous Rock. |
| 12. What is the reign of Chandraguptha Maurya? | 27. Which is the longest national highway in India? | | 31. Raj Narain. |
| 13. Who established British rule in India? | 28. Which soil is considered most suitable for cultivation of cotton? | | 32. Vice President of India |
| 14. Which was the official language of Pallavas? | 29. Where can you find the 'Desert of Death'? | | 33. Madhya Pradesh. 34. Nagaland. |
| 15. Who was the first Indian governor general of independent India? | 30. What type of rock is Granite? | | 35. Prime Minister. |
| 16. Name the two provinces out of eleven which had non-Congress ministers after | 31. Who had defeated Indira Gandhi in Lok Sabha election in 1977? | | 36. Uttar Pradesh. |
| | | | 37. 25 years. 38. Supreme Court. |
| | | | 39. President. 40. Atal Bihari Vajpayee. |

ANSWERS

01. Dadabhai Naoroji.
02. Chittaranjan Das.
03. Metamorphic Rock.
04. Industrial and urban areas.
05. House Tax. 06. Joint session.
07. 26 June 1945. 08. Kingston.
09. China. (14 countries)
10. Southern part of Vindhya Mountain.
11. Bihar. 12. B.C.E 324 297BCE.
13. Robert Clive. 14. Sanskrit.





ಸರಿಸಾಟಿಯಿಲ್ಲ ಎನಿಸಿಕೊಂಡ ನಟರು ಇವರಾಗಿದ್ದಾರೆ. ಕನ್ನಡ ಹಾಗೂ ಕನ್ನಡ ಚಿತ್ರ ರಂಗದ ಕೀರ್ತಿಯನ್ನು ಮೇರುಮಟ್ಟಕ್ಕೆ ಕೊಂಡೊಯ್ಯುವಲ್ಲಿ ಇವರ ಪಾತ್ರ ಹಾಗೂ ಕೊಡುಗೆಗಳು ಅಪಾರ. ಡಾ. ರಾಜ್ ಬಣ್ಣದ ಬದುಕಿನ ಒಂದು ಪಕ್ಷಿನೋಟವನ್ನು ನೋಡುವುದಾದರೆ, ಇವರು ಬೇಡರ ಕಣ್ಣು ಚಿತ್ರದಿಂದ ನಾಯಕ ನಟರಾಗಿ ಅಭಿನಯಿಸಲು ಪ್ರಾರಂಭಿಸಿ ಶಬ್ದವೇಧಿ ಚಿತ್ರದ ವರೆಗೆ ಸುಮಾರು ೨೦೫ ಅಮೋಘ ಚಿತ್ರಗಳನ್ನು ಪ್ರೇಕ್ಷಕರಿಗೆ ನೀಡಿದ ಏಕೈಕ ಕಲಾವಿದರಾಗಿದ್ದಾರೆ. ಇವರು ಭಕ್ತಿ ಪ್ರಧಾನ, ಐತಿಹಾಸಿಕ, ಕಾದಂಬರಿ ಆಧಾರಿತ, ಸಮಾಜಮುಖಿ, ಪತ್ತೇದಾರಿ ಹೀಗೆ ಪ್ರತಿಯೊಂದು ಚಿತ್ರಗಳಲ್ಲೂ ಸಹ ಅತ್ಯುತ್ತಮ ಅಭಿನಯವನ್ನು ನೀಡಿ ಜನಮನಗಳನ್ನೂ ಗೆದ್ದಿದ್ದಾರೆ, ರಾಜ್ ರ ಚಿತ್ರಗಳೂ ಇನ್ನೂ ಸಹ ಜನರ ಮನದಲ್ಲಿ ಮನೆಮಾಡಿವೆ, ಇನ್ನೂ ಹೆಚ್ಚು ಹೆಜ್ಜೆ ಹೊಡೆಯುವೆ. ಎಷ್ಟೋ ಜನರಿಗೆ ಇವರಚಿತ್ರಗಳು ಹಾಗೂ ಪಾತ್ರಗಳು ಮಾದರಿಯಾಗಿವೆ. ಇವರು ಕೇವಲ ನಾಯಕ ನಟರಾಗಿ ಅಲ್ಲದೇ ಗಾಯಕರಾಗಿಯೂ ಸಹ ತಮ್ಮ ಛಾಪನ್ನು ಮೂಡಿಸಿದ್ದಾರೆ. ಗಾನ ಗಂಧರ್ವ ಎಂಬ ಬಿರುದನ್ನು ಪಡೆದಿದ್ದಾರೆ. ಅನೇಕ ಸುಪ್ರಸಂಗಗಳಿಗೆ ಹಾಡುಗಳಿಗೆ ಧ್ವನಿಯಾಗುವ ಮೂಲಕ ತಮ್ಮ ಕೊಡುಗೆಯನ್ನು ನೀಡಿದ್ದಾರೆ.

ಡಾ. ರಾಜ್‌ಕುಮಾರ್ ರವರು ಅವರ ಮೇರು ಪ್ರತಿಭೆಯ ಮೂಲಕ ಹಲವಾರು ಪ್ರಶಸ್ತಿಗಳಿಗೆ ಭಾಜನರಾಗಿದ್ದಾರೆ. ಅವುಗಳಲ್ಲಿ ಪ್ರಮುಖವಾಗಿ, ಪದ್ಮಭೂಷಣ, ದಾದಾ ಸಾಹೇಬ್ ಫಾಲ್ಕೆ ಪ್ರಶಸ್ತಿ, ಕರ್ನಾಟಕ ರತ್ನ, ರಾಷ್ಟ್ರ ಪ್ರಶಸ್ತಿ, ಅತ್ಯುತ್ತಮ ನಟ-ಫಿಲ್ಮ್ ಫೇರ್ ಪ್ರಶಸ್ತಿ ಹತ್ತು ಬಾರಿ, ಅತ್ಯುತ್ತಮ ನಟ-ರಾಜ್ಯ ಪ್ರಶಸ್ತಿ ಒಂಭತ್ತು ಬಾರಿ, ನಾಡೋಜ ಪ್ರಶಸ್ತಿ, ಕಲಾ ಕೌಸ್ತುಭ ಪ್ರಶಸ್ತಿ, ಗುಬ್ಬಿ ವೀರಣ್ಣ ಪ್ರಶಸ್ತಿ ಹೀಗೆ ಹಲವಾರು ಮೇರು ಪ್ರಶಸ್ತಿಗಳೊಂದಿಗೆ ಗೌರವ ಡಾಕ್ಟರೇಟ್ ಪದವಿಯನ್ನು ಮೈಸೂರು ವಿಶ್ವವಿದ್ಯಾನಿಲಯದಿಂದ ಪಡೆದುಕೊಂಡಿದ್ದಾರೆ. ರಂಗಭೂಮಿಯ ಹಿನ್ನೆಲೆಯಿಂದ ಚಿತ್ರರಂಗಕ್ಕೆ ಪಾದಾರ್ಪಣೆ ಮಾಡಿದ ಡಾ.ರಾಜ್‌ಕುಮಾರ್ ರವರು ತಮ್ಮ ಇಡೀ ಜೀವಮಾನವನ್ನು ಚಿತ್ರರಂಗಕ್ಕಾಗಿಯೇ ಮುಡಿಪಾಗಿರಿಸಿದರು ಎಂದರೆ ತಪ್ಪಾಗಲಾರದು, ತಮ್ಮ ಅಮೋಘವಾದ ಅಭಿನಯದ ಮೂಲಕ ಅಪಾರವಾದ ಜನ ಮನ್ನಣೆಯನ್ನು ಪಡೆದ ಏಕೈಕ ನಾಯಕ ನಟ ಡಾ. ರಾಜ್‌ಕುಮಾರ್. ಪಾತ್ರಗಳಿಗೆ ಜೀವ ತುಂಬಿ ಅಭಿನಯ ಮಾಡುವಲ್ಲಿ ಡಾ. ರಾಜ್ ರವರಿಗೆ



ಸುಪ್ರಸಂಗಗಳಿಗೆ ಹಾಡುಗಳಿಗೆ ಧ್ವನಿಯಾಗುವ ಮೂಲಕ ತಮ್ಮ ಕೊಡುಗೆಯನ್ನು ನೀಡಿದ್ದಾರೆ.



ಆಯೋ ದೇವರೇ ! ಏನಪ್ಪಾ ಇಷ್ಟೊಂದು ಬಿಸಿಲು. ಈ ಬೇಸಿಗೆಯಲ್ಲಿ ಹೇಗಿರೋದು ? ಈ ತಾಪಮಾನವನ್ನು ಹೇಗೆ ತಡೆದುಕೊಳ್ಳುವುದು ಎನ್ನುತ್ತಾ ತಂಪು ಪಾನಿಯುಗಳು , ಎಸಿ , ಫ್ರ್ಯಾನ್ ಗಳ ಮೊರೆ ಹೋಗುತ್ತೇವೆ. ಹಾಗೇನೇ ಕಲ್ಲಂಗಡಿ , ಸೌತೆಕಾಯಿ , ಐಸ್ ಕ್ರೀಮ್ ಅಂತಹ ನಾನಾ ಬಗೆಯ ತಂಪಾದ ಆಹಾರ ಗಳನ್ನು ಇಷ್ಟ ಪಡುವ ಕಾಲ ಬೇಸಿಗೆ ಕಾಲ. ಈ ಬೇಸಿಗೆಯಲ್ಲಿ ಬಿಸಿ ಮತ್ತು ಅದ್ವಿತೀಯ ಹೆಚ್ಚಿರುತ್ತದೆ. ಇಂತಹ ವಾತಾವರಣದಲ್ಲಿ ಆರೋಗ್ಯವನ್ನು ಕಾಪಾಡಿಕೊಳ್ಳುವುದು ತುಂಬಾ ಕಷ್ಟದ ವಿಷಯವಾಗಿದೆ. ಆರೋಗ್ಯವಾಗಿ ರಲು ಮತ್ತು ಅನಾರೋಗ್ಯ ಮುಕ್ತ ಬೇಸಿಗೆಯನ್ನು ಆನಂದಿಸಲು ನಾವು ಸಿದ್ಧರಾಗಿರಬೇಕು. ಮುಖ್ಯವಾಗಿ ಈ ಸಮಯದಲ್ಲಿ ಶಾಲಾ ಕಾಲೇಜುಗಳು ಶೈಕ್ಷಣಿಕ ವರ್ಷವನ್ನು ಮುಗಿಸಿ ಮಕ್ಕಳಿಲ್ಲ ಮನೆಯಲ್ಲಿ ಇರುವಂತಹ ಸಮಯವಾಗಿದೆ. ಈ ಸಂದರ್ಭದಲ್ಲಿ ಮಕ್ಕಳ ಆರೋಗ್ಯವನ್ನು ಕಾಪಾಡುವುದು ಒಂದು ಜವಾಬ್ದಾರಿ. ಮಕ್ಕಳು ಬೀದಿ ಬದಿಯ ತಿಂಡಿಗಳು , ಹಣ್ಣುಗಳು , ಐಸಕ್ರೀಮ್ ಹೀಗೆ ಹಲವಾರು ವಸ್ತುಗಳನ್ನು ಇಷ್ಟಪಡುತ್ತಾರೆ. ಕೊಡಿಸಿದರೆ ಆರೋಗ್ಯ ಹಾಳಾಗುತ್ತದೆ. ಕೊಡಿಸದಿದ್ದರೆ ಹಠಮಾಡುತ್ತಾರೆ. ಹೇಗಪ್ಪಾ ಇವರನ್ನು ಸಂಬಳಿಸುವುದು ಎನ್ನುವಂಥಾಗುತ್ತದೆ. ಬೇಸಿಗೆಯೆಂದರೆ ಬೇಗೆ ಮಾತ್ರವಲ್ಲ ಬಂಧು ಗಳೊಡನೆ ಕೂಡಿ ಆಡಿ ಮಜಾ

ಮಾಡುವ ಕಾಲ. ಮಕ್ಕಳಿಗೆ ರಜಾ ದಿನಗಳಲ್ಲಿ ಅಜ್ಜಿ ಮನೆಗೆ ಹೋಗುವ ಕನಸು , ಯುವಕರಿಗೆ ಚಾರಣದ ಹುಮ್ಮಸ್ಸು, ಹಿರಿಯರಿಗೆ ಮಕ್ಕಳ ಮದುವೆ ಮಾಡಿ ಜವಾಬ್ದಾರಿ ಇಳಿಸಿಕೊಳ್ಳುವ ಮನಸ್ಸು. ಮಿತವಾದ ಆಹಾರ ಮತ್ತು ಸರಿಯಾದ ಕಾಳಜಿ ವಹಿಸಿದರೆ ಬೇಸಿಗೆ ನಿಮಗೆ ನಿಜಕ್ಕೂ ಆರಾಮದಾಯಕವಾಗಬಲ್ಲದು. ಇನ್ನು ನಮ್ಮ ಹಳ್ಳಿಗಾಡಿನ ಜನರು ಬೇಸಿಗೆಯನ್ನು ಅನುಭವಿಸುವ ರೀತಿ ಬೇರೆ. ಅವರಿಗೆ ಮುಂದೆ ಬರುವ ಮಳೆಗಾಲಕ್ಕೆ ತಯಾರಿ ಮಾಡುವುದು ಬೇಸಿಗೆಯ ಬಹುಮುಖ್ಯ ಕೆಲಸ. ಬೇಸಿಗೆಯಲ್ಲಿ ಮದುವೆ, ಮಂಗಳ ಕಾರ್ಯಗಳು ನಡೆಯುವ ಪ್ರಮಾಣ ಜಾಸ್ತಿ. ಏನೇ ಇರಲಿ ಮೊದಲು ನಾವು ಬೇಸಿಗೆಯಲ್ಲಿ ಆರೋಗ್ಯದ ಕಡೆ ಹೆಚ್ಚಿನ ಗಮನ ಹರಿಸಬೇಕಾಗುತ್ತದೆ. ಆರೋಗ್ಯವೇ ಭಾಗ್ಯ ಎನ್ನುವ ಮಾತಿದೆ. ಆರೋಗ್ಯಕರ ಜೀವನ ಇರಬೇಕೆಂದರೆ ಕೆಲವು ಚಟುವಟಿಕೆಗಳನ್ನು ನಿರ್ವಹಿಸಬೇಕಾಗುತ್ತದೆ. ಅವುಗಳೆಂದರೆ, ಬೇಸಿಗೆಯಲ್ಲಿ ಎಣ್ಣೆಯುಕ್ತ ಆಹಾರವನ್ನು ನಿಯಂತ್ರಿಸುವುದು, ಪ್ರತಿದಿನ ಸ್ನಾನ ಮಾಡುವುದು , ಕಾಟನ್ ಮತ್ತು ಲೆನಿನ್ ಬಟ್ಟೆಯನ್ನು ಧರಿಸಿ, ಸಾಕಷ್ಟು ನೀರು ಮತ್ತು ತಾಜಾ ರಸವನ್ನು ಕುಡಿಯಿರಿ. ಎಣ್ಣೆಯುಕ್ತ ಮತ್ತು ಸಂಸ್ಕರಿಸಿದ ಆಹಾರವನ್ನು ತಪ್ಪಿಸಿ. ಹಣ್ಣುಗಳು ಮತ್ತು ತರಕಾರಿಗಳನ್ನು ಸೇವಿಸಿ.



ರಸವನ್ನು ಕುಡಿಯಿರಿ. ಎಣ್ಣೆಯುಕ್ತ ಮತ್ತು ಸಂಸ್ಕರಿಸಿದ ಆಹಾರವನ್ನು ತಪ್ಪಿಸಿ. ಹಣ್ಣುಗಳು ಮತ್ತು ತರಕಾರಿಗಳನ್ನು ಸೇವಿಸಿ.

ಭಯ - ಲೋಕೇಶ್



ನೆನ್ನೆ ಎನೆಯಲು ಭಯ
ನಾಳೆ ಎಣಿಸಲು ಭಯ
ಇಂದೇ ಸಾಧಿಸಿ ಹೊರಟರೂ ಭಯ

ಜನರ ನೋಟದ ಭಯ
ಕಾಲೆಡೆದಾರಿ ಭಯ
ವಿಷವರ್ತುಲದಲಿ ಕೆಲಸ ಮಾಡಲು ಭಯ
ಏಕೆ ಭಯ ?
ಏಕೆ ಭಯ ?

ಸತ್ಯದ ಹಾದಿಯಲಿ
ಧರ್ಮದ ನೆರಳಿನ
ಸ್ನೇಹ ಪ್ರೀತಿಗಳ ಉಸಿರಿನಲಿ
ಸಾಧಿಸಿ ಹೊರಟವರಿಗೆ ಇತರರ ಕಂಡರೆ ಏತಿ ಭಯ

ವೈಜ್ಞಾನಿಕ ಮನಸಿನಲಿ
ನಂಬಿಕೆಗಳ ಬಲದಲ್ಲಿ
ಶುದ್ಧ ಅಂತಃಕರಣದಲಿ
ಯೋಚಿಸಿ ಹೊರಟರೆ ಅಪಶಕುನವಾದರು ಏನು ಭಯ?

ಭಯದ ಗೂಡಲೇ ಇದ್ದರೆ ಭಯ
ಅಭಯದಿಂ ಮುನ್ನುಗ್ಗಿ ಇರದು ಅಪಜಯ
ನಿರ್ಭಯದ ಹಾದಿಯಲಿ ಎಂದೆಂದಿಗೂ ಜಯ.

ನೆರಳ ಕಂಡರೆ ಭಯ
ಹೆರಳ ಸೋಕಲು ಭಯ
ಬೆರಳ ಕೆಳಗಿನ ಚರಮ ಕುಂಞಿಯಲಿನ್ನೂ ಭಯ

ಎಲೆಗಳ ನಡುವಿಂದ ಗಾಳಿಯಲೆಗಳು ಸುಳಿದು
ಮೂಡಿಸುವ ಸುಯ್ಯೆಂಬ ಸಿದ್ಧ ಕೇಳಲು ಭಯ
ಕಂಡಿರದ ಆಕೃತಿಯ ಕಲ್ಪನೆಯಲಿ ನೆನೆದು
ಸುತ್ತಲಿರ ಬಹುದೆಂಬ ಭ್ರಮೆಯಿಂದ ಬಂದ ಭಯ

ಚಿತ್ರದಲಿ ಪತ್ರದಲಿ ಅಜ್ಜಿ ಹೇಳಿದ ಕತೆಗಳಲಿ
ಬಂದ ಭೂತವನು ಊಹಿಸಿಕೊಳ್ಳಲು ಭಯ
ಎಲ್ಲೋ ದೂರದಿ ಕಾಣದ ಶ್ವಾನದ ಊಳನು
ಕೇಳಲು ಕನಸಲೂ ಭಯ

ಹೆಸರು ಹೇಳಲು ಭಯ
ಕರುಣೆ ತೋರಲು ಭಯ
ಅಪರಿಚಿತರು ಜೊತೆಯಲಿ ಅನುಕ್ಷಣವು ಭಯ

ಪ್ರಾಣಿ ಕಂಡರು ಭಯ
ಪಕ್ಷಿ ಕಂಡರು ಭಯ
ಮನುಷ್ಯ ಮನುಷ್ಯರು ಬೆರೆಯಲು ಭಯ

ಒಳ್ಳೆಯದನ್ನು ಮಾಡಲು ಭಯ
ಕೆಟ್ಟದನ್ನು ಅನುಭವಿಸಲೂ ಭಯ
ಒಳಿತು - ಕೆಡುಕುಗಳ ತೀರ್ಮಾನವೇ ಭಯ



ಎರಡು ಮಡಿಕೆಗಳು - H.N. ಮಹದೇವ್ ಪ್ರಸಾದ್. ಆರನೆಯ ತರಗತಿ.

ಕಮಲಾಪುರ ಎಂಬ ಊರಿನಲ್ಲಿ ಶೇಖರ್ ಎಂಬ ಕುಂಬಾರನಿದ್ದನು. ಅವನಿಗೆ ಮಡಿಕೆ ಮಾಡಲು ನೀರು ಬೇಕಾಗಿತ್ತು. ಅವನಲ್ಲಿ ಎರಡು ಮಡಿಕೆಗಳು ಇದ್ದವು. ಅದರಲ್ಲಿ ಒಂದು ಮಡಿಕೆ ಸ್ವಲ್ಪ ತೂತಾಗಿತ್ತು, ಇನ್ನೊಂದು ಮಡಿಕೆ ತುಂಬಾ ಸುಂದರವಾಗಿ ಚೆನ್ನಾಗಿತ್ತು. ಅವನು ಪ್ರತಿ ದಿನ, ಮಡಿಕೆಗಳಲ್ಲಿ ನೀರನ್ನು ತೆಗೆದುಕೊಂಡು ಬರಲು ನದಿಗೆ ಹೋಗಿ ಬರುತ್ತಿದ್ದನು. ನೀರನ್ನು ತೆಗೆದುಕೊಂಡು ಬರುವಾಗ ಚೆನ್ನಾಗಿರುವ ಮಡಿಕೆ ತೂತಾಗಿರುವ ಮಡಿಕೆಗೆ ಹೇಳಿತು. " ನೀನು ಚೆನ್ನಾಗಿಲ್ಲ, ನೀನು ಈ ಕುಂಬಾರನಿಗೆ ಸ್ವಲ್ಪವೂ ಉಪಯೋಗಕ್ಕೆ ಬರುತ್ತಿಲ್ಲಾ ಏಕೆಂದರೆ ನೀನು ನೀರನ್ನು ಸೋರಿಸುತ್ತಿದ್ದೀಯೆ ಅಯ್ಯೋ ಪಾಪ" ಎಂದು ಹೀಯಾಳಿಸಿತು. ಆಗ ತೂತಾಗಿರುವ ಮಡಿಕೆಗೆ ತುಂಬಾ ಬೇಸರವಾಗಿ ಶೇಖರ್ ಗೆ ಹೇಳಿತು " ಅಣ್ಣಾ ,ನಾನು ನಿನಗೆ ಸ್ವಲ್ಪವೂ ಉಪಯೋಗಕ್ಕೆ ಬರುತ್ತಿಲ್ಲಾ, ನನ್ನನ್ನು ಎಲ್ಲಿಗಾದರೂ ಬಿಡಾಡಿ ಬೇರೆ ಮಡಿಕೆಯನ್ನು ಸುಂದರವಾಗಿ ಮಾಡಿಕೊ" ಎಂದು ಹೇಳಿತು. ಆಗ ಶೇಖರ್ ತೂತಾಗಿರುವ ಮಡಿಕೆಯ ಮಾತನ್ನು ಕೇಳಿಸಿಕೊಂಡು ಮಡಿಕೆಗೆ ಹೇಳಿದನು. "ನೀನು ನನಗಷ್ಟೇ ಅಲ್ಲಾ ಬೇರೆ ಬೇರೆ ಜೀವಿಗಳಿಗೂ ಉಪಯೋಗಕ್ಕೆ ಬರುತ್ತಿದ್ದೀಯಾ, ಹೇಗೆಂದರೆ ನೀರನ್ನು ನೀನು ಚೆಲ್ಲುವಾಗ ತುಂಬಾ ಗಿಡಗಳಿಗೆ ನೀರು ಹಾಕುತ್ತೀಯೆ, ಆ ಗಿಡದಲ್ಲಿ ಬೆಳೆಯುವ ಹೂವಿನಿಂದ ದುಂಬಿ ಮತ್ತು ಜೇನು ಹೂವಿನಲ್ಲಿ ಇರುವ ಸವನ್ನು ಹೀರಿಕೊಂಡು ಅದನ್ನು ಜೇನು ತುಪ್ಪವನ್ನಾಗಿ ಪರಿವರ್ತಿಸುತ್ತವೆ. ಇದು ತುಂಬಾ ಸಿಹಿಯಾಗಿರುತ್ತದೆ,

ಮತ್ತೆ ಆ ಗಿಡ ಮರವಾಗಿ ನೂರಾರು ಪಕ್ಷಿಗಳಿಗೆ ಮತ್ತು ಮನುಷ್ಯರಿಗೆ ನೆರಳನ್ನು ನೀಡುತ್ತದೆ. ಇದರಿಂದ ನೀನು ನನಗಷ್ಟೆ ಅಲ್ಲ ಬೇರೆ ಜೀವಿಗಳಿಗೂ ಕೂಡ ಉಪಯೋಗಕ್ಕೆ ಬರುತ್ತೀಯಾ ಎಂದನು. ಆಗ ತೂತಾಗಿರುವ ಮಡಿಕೆಗೆ ಸಂತೋಷ ವಾಯಿತು.



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Karan Shivarathri
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