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02- 15 - April, 2023

8 Pages

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World Health Day - April 7



Every year on April 7, the World Health Organization (WHO) and other relevant organisations host World Health Day, a day of international health awareness.

The WHO conducted its first World Health Congress in 1948. With effect from 1950, the Assembly voted to designate April 7 as World Health Day. The World Health Day is observed annually to commemorate the creation of WHO and is seen as a chance by the organisation to raise awareness about a topic that is crucial to global health. On the Day, the WHO plans events around the world, in specific regions, and locally.

Many nations and non-governmental organisations interested in public health recognise World Health Day.

Read More on the this year topics with below QRcode



Metro Rail Round-Up II : Silkboard Yellow Line may be Delayed



As the yellow line's first phase, running from Bommasandra to Central Silk Board is nearing up for the proposed opening by June 2023, First phase early this year January we made a round up to observe the progress and we took a closer look at the progress of this stretch for the second time in April. External work has been fast and accelerated ,Roof truss and sheeting works nearing completion at all the stations of the stretch. Also the road flyover is almost complete with parapet casting in progress. Work on the pedestrian bridge to cross the road has also almost been done with steel pillars on road median as well as near service road. Most of the construction work, including tracks and stations, have been completed with some final touches remaining, yet specifically Silkboard , konappana agrahara stations are not yet to the state as plastering, cladding, tiling, Rails and electrical systems, and station booth systems need expedited progress, sources in the BMRCL told the publication. This line, which is on the Electronics City side, was originally scheduled to be completed by June but is now estimated to be opened by late July or early August if everything goes according to schedule.

MAHAVEER JAYANTHI



- Mahavir Jayanthi is the birthday of Vardaman Mahavir also known as Mahavir Janma Kalyanak
- Vardaman Mahavir is the 24th Tirthankara of Jain religion
- He was born in kundal grama in Bihar in 540 BCE his father name was Siddhartha and queen Trisha
- Religious places of Jain were decorated on this day with flower and flags
- According to Hindu calendar. Mahavir Jayanthi is celebrated on 15th day of Chaitra month
- He gave the five important principles of Jain religion, They are Sathya, Ahimsa, Acharya, Brahmacharya and Aparigraha
- Jain follow the strict food practice of Satvik diet with the absence of onion and garlic
- He died in Pawapuri in Bihar. Monks in temple hold lectures on religion and its virtues

GOOD FRIDAY



- Good Friday is the day when Jesus gave up his life for his people and then came back on Easter, proving that he indeed was son of God
- On this day, Jesus was beaten and spit on and a crown of thorns was placed on his head
- On this day Jesus is hung on the cross for 6 hours in extreme pain, during his last 3 hours on the cross there is darkness over the whole land
- On this day, Christians spent their day with fasting, prayer, repentance. And meditation
- Good Friday is also known by several other names such as Easter Friday. Great Friday and Holy Friday.
- Christians follow lent prior to Easter, which is supposed to be 40 days of prayer. Penance and fasting
- Holy Saturday commemorates the day that Jesus Christ lay in the tomb after his death
- Easter or resurrection Sunday is a festival and holiday celebrating the resurrection of Jesus from the dead
- Good Friday is a widely instituted legal holiday in many countries around the world



Tamil New year - April 14

Puthandu, or the Tamil New Year, is also referred to as Varsha Pirappu. It is celebrated across the country with a lot of enthusiasm and grandeur. Tamil New Year's Day is mainly celebrated in the state of Tamil Nadu and in Sri Lanka, Malaysia, and Singapore, among others. It is a special festival which brings families together. People look forward to ringing in the new year with their loved ones. The same date is observed as the traditional new year in Assam, West Bengal, Kerala, Tripura, Bihar, Odisha, Punjab, Himachal Pradesh, Haryana, as well as in Nepal and Bangladesh. Myanmar, Cambodia, Laos, Thailand, and Tamils in Sri Lanka also celebrate the same day as their new year, likely an influence of the shared culture between South and Southeast Asia in the 1st millennium CE. Just before the day of Puthandu, women decorate the house with Kolam to welcome prosperity and joy. Cleaning the house on the day before or on Puthandu and setting up a tray filled with fruits, flowers, and other items that are considered auspicious are common practices. Special dishes such as Pongal and mango Pachadi are prepared to mark the occasion. People dress up in traditional attire, greet each other and offer prayers in local temples. Aarti rituals and lighting the "saambrani" forms an integral part of the ritual.

Graduation Day at Maple Bear Canadian Pre-school, Singasandra Centre



Graduation Day at Maple Bear Canadian Pre-school, Singasandra is a unique program to celebrate the successful completion of pre-schooling and to move on to primary school, a totally different learning environment. Graduation Day of AY 2022-23 of the school was celebrated in full spirit & enthusiasm on Saturday, 25th March 2023 at school premises. Chief guests of the event Mr. Prashnath Gurumallappa & Mrs. Indu Prashanth, founders of Cubs Educare Trust inaugurated the Graduation Day event along with special invitees Mrs. Rimjhim Bhanj of Maple Bear South Asia, Educator Mrs. Tannu Jha & Mrs. Vanitha Somanna, Managing Trustee of Shampur Eduserve Foundation.



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Banner , Posters Removal (Electoral Office)

Office of the Chief Electoral Officer, Karnataka
Nirvachana Nilaya, Sheshadri Road, Bengaluru-560 001.

No. DPAR 78 MCC (Addl CEO-1)2023 Date: 24.03.2023

To,

1. District Election Officer & Chief Commissioner, BBMP Bangalore.
2. All District Election officers and Deputy Commissioners.

Sir,

Sub: Forthcoming General Election to the Legislative Assembly of Karnataka-2023. Furnishing of Information reg.

Ref: CEO Office Meeting with BBMP Officials dated: 21.03.2023.

Adverting to the above mentioned subject, it was directed to remove all the posters, banners, wall writings as per The Karnataka Open Places (Prevention of Disfigurement) Act, 1981 immediately. In this regard it is requested to send a compliance report on the same by 24th of March 2023 without fail to this office and a copy to additionalceo1.karnataka@gmail.com.

Kindly consider the matter as urgent.

Yours faithfully,
T. Yogesha
(T. Yogesha)
Joint Chief Electoral Officer,
D.P.A.R. (Elections), Karnataka.

In regards to the upcoming election in Karnataka the Office of Chief Electoral Office has issued circular to the District Election Officer & Chief Commissioner, BBMP Bangalore, to remove all the posters, banners, wall writings as per The Karnataka Open Places (Prevention of Disfigurement) Act, 1981 immediately and later March there was a request to send a compliance report to the office on the same

World Homeopathy Day - Apr 10th



Dr. Samuel Hahnemann, the founder of homeopathy, did indeed translate William Cullen's Materia Medica from Latin to German in 1790. This was one of the early works that helped to shape his ideas and understanding of medical theory and practice. However, it's worth noting that the translation of Cullen's Materia Medica was not the sole basis for Hahnemann's development of homeopathy. Rather, it was through his own extensive experimentation, research, and clinical practice that he developed the principles and practices of homeopathy. Hahnemann's experiments with cinchona bark, which led to his discovery of the principle of "like cures like," were a significant turning point in his development of homeopathy. This discovery led him to experiment with other substances and develop the process of dilution and succussion, which are fundamental practices in homeopathic medicine. So while Hahnemann's translation of Cullen's Materia Medica was certainly an important influence on his development of homeopathy, it was just one piece of the larger puzzle that led to the founding of this holistic approach to healthcare.

Homeopathy was actually founded in the late 18th century by Dr. Samuel Hahnemann, a German physician, and the first homeopathic medical college was established in 1830 in Pennsylvania, USA.

The practice of homeopathy has been growing ever since and is now recognized as a safe and effective alternative to conventional medicine by many countries around the world. While there have been some controversies and debates about the efficacy of homeopathy, there is a growing body of research that supports its effectiveness in treating a wide range of health conditions.

World Homeopathy Day is celebrated every year on April 10th to honour the birth anniversary of Dr. Samuel Hahnemann, the founder of homeopathy. On this day, people all over the world come together to celebrate the principles and benefits of homeopathic medicine and raise awareness about its effectiveness.

The story of the birth of homeopathy begins with Dr. Hahnemann, a German physician who was dissatisfied with the medical practices of his time. He believed that conventional medicine often did more harm than good, and he set out to find a gentler, more effective approach to healing.

By Dr. Archana Bodhi.
Global homeopathic consultant.

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Blaze of Glory- Annual Day At THE VEDAM SCHOOL



We at "THE VEDAM SCHOOL" celebrated our maiden annual day named "Blaze of Glory 2023" on the 24th of March 2023 at the Electronic City Campus. On this special day Mr. Ibrahim Sab, Ex-chairman, Dodda Thogur Gram Panchayat, was the Chief Guest. The event was open to both students and their parents. All our school's faculty and administration, as well as the student organizing committee, decked the entire campus with flowers and lights giving it a festive look. The event started off with the lamp lighting ceremony by our chief guest and our beloved chairman Mr. B. Ravikumar

The event was hosted by students of various grades. Students of various classes took part in theme based performances such as tribal dance that depicted "say no to plastic", a mime that showcased "life before and after social media", a skit on how families deal with toxic environment and another skit on "humanity and kindness to make the world a better place". The audience was thoroughly entertained by the adorable and lively performances of our students.

Just after the performances, the winners of various events and top scorers in each class received medals and prizes from the hands of our chief guest Mr Ibrahim Sab sir, our chairman Mr. Ravi Kumar sir and Principal of Sasi PU college Dr. Balasubramanian P.

After the prize distribution ceremony was over, our chairman Mr. B. Ravikumar delivered a speech thanking the audience and our special guest for their support towards the school. He also talked about the challenges parents are facing and how he wants to help bridge the gap and make every child and parent count.

The event was successful in inculcating a positive spirit among the students and parents alike.

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		4	2	1	9	5		
			7			1		2
8		1					4	5
3	4				1			6
2	5		4			8		
4			5				1	3
	1	5	3	4		6		
6	8		1	9		2		4

Okinawan School - Summer Camp



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- Batch 1: April 3rd to 30th
- Batch 2: May 2nd to 31st

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Swati Morzaria
B. Ed M.Phil

Swati Morzaria is a Management and Curriculum Specialist, a certified Yoga teacher and Dancer. She works passionately with children with special needs and neuro diversities. She has more than 22 years of experience from the corporate and education sectors. After completing her MBA, she started her career with Citibank. She later completed her M. Phil and moved on to working as a Financial Analyst and Lead in other MNC's. As the mother of a child with different needs, by 2011 she realized that her true calling was in the Education field. She has since then worked as a Teacher, Special Education Head, Academic Coordinator, Administrator, Trainer, Dean, in many other Educational Institutions. She founded KARVE SCHOOL in 2015 and SARVAM with its unique philosophy in 2019. She dreams of a world where teachers work with the students and fill the gaps that social conditioning and society have deemed difficult.

Mahesh Natarajan
PhD MS



Mahesh Natarajan is a Yoga Acharya and an Ayurvedic Practitioner. His deep desire to serve others is the driving force of his insatiable pursuit of knowledge and experience. He is currently pursuing a Doctorate in Physiology from Maharishi International University, Iowa, USA. He holds a Masters in Integrative Medicine and Ayurveda, from the same university, and a bachelor's degree in Alternate Medicine from the University of Vermont, USA. He has a deep desire to promote Yoga and Ayurveda based education and to improve community health through the same. His special interest is to present ancient knowledge from a scientific perspective while preserving the authenticity of the ancient teachings. The Consciousness Model is at the center of his practice. He emphasizes the connection of the Consciousness Model, Yoga and Ayurveda, in addition to individual accountability and collective responsibility bringing about a unifying aspect to them. As the founder at SARVAM his work and practice with the Consciousness Model is aimed at supporting the management, students, parents and teachers in realizing their fullest potential through engagement at all levels.



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Nilesh Mukunth - Wins Gold in Karnataka State Challengers Cup

Nilesh Mukunth from ECity has participated in the Karnataka State Challengers Cup 2023 ISSF & NR events held at SAI Shooting Range & Bangalore University Shooting Range Bangalore from 31st March to 7th April 2023 and obtained the following result of winning the gold medal in 10 metre Air Rifle (NR), in all four age categories - Under 17 (Sub-Youth), Under 19 (Youth), Under 21 (Junior) . He is coached by Mr Sharanendra KY at Hawkeye Rifle Shooting Academy, Bettadasanapura, Electronic City. Congratulations Nilesh !!!