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# Student Samachar



Guruji's presence has always showered blessings that have worked wonders in every venture undertaken. So is Student Samachar.

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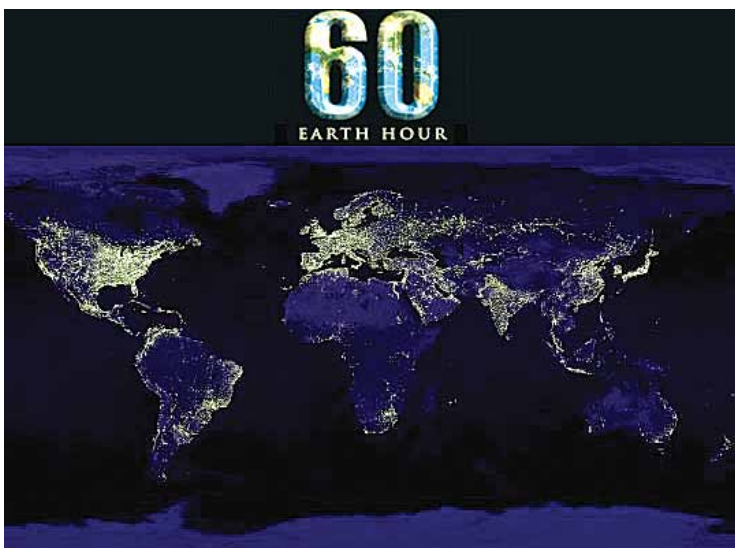
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## WHERE EARTH HOUR BEGAN

In 2007, WWF-Australia inspired Sydney-siders to show their support for climate change action in the first ever Earth Hour event. It showed that everyone, from children to CEOs and politicians, has the power to change the world they live in. In Sydney, Australia, 2.2 million individuals and more than 2,000 businesses turned their lights out for one hour to take a stand against climate change. In 2008, the plan was to take Earth Hour to the rest of Australia. But then the City of Toronto, Canada, signed up and it wasn't long before 35 countries and almost 400 cities and towns were part of the event. It said something



compelling to the world: that the climate challenges facing our planet are so significant that change needs to be global.

With the invitation to 'switch off' extended to everyone, Earth Hour quickly became an annual global event. It's

scheduled on the last Saturday of every March – closely coinciding with the equinox to ensure most cities are in darkness as it rolled out around the Earth. In 2011, Earth Hour saw hundreds of millions of people across 135 countries switch off for an hour. But it also marked the start of something new – going Beyond the Hour to commit to lasting action on climate change. And with the power of social networks behind the Earth Hour message, we hope to attract even more participation so we can build a truly global community committed to creating a more sustainable planet.

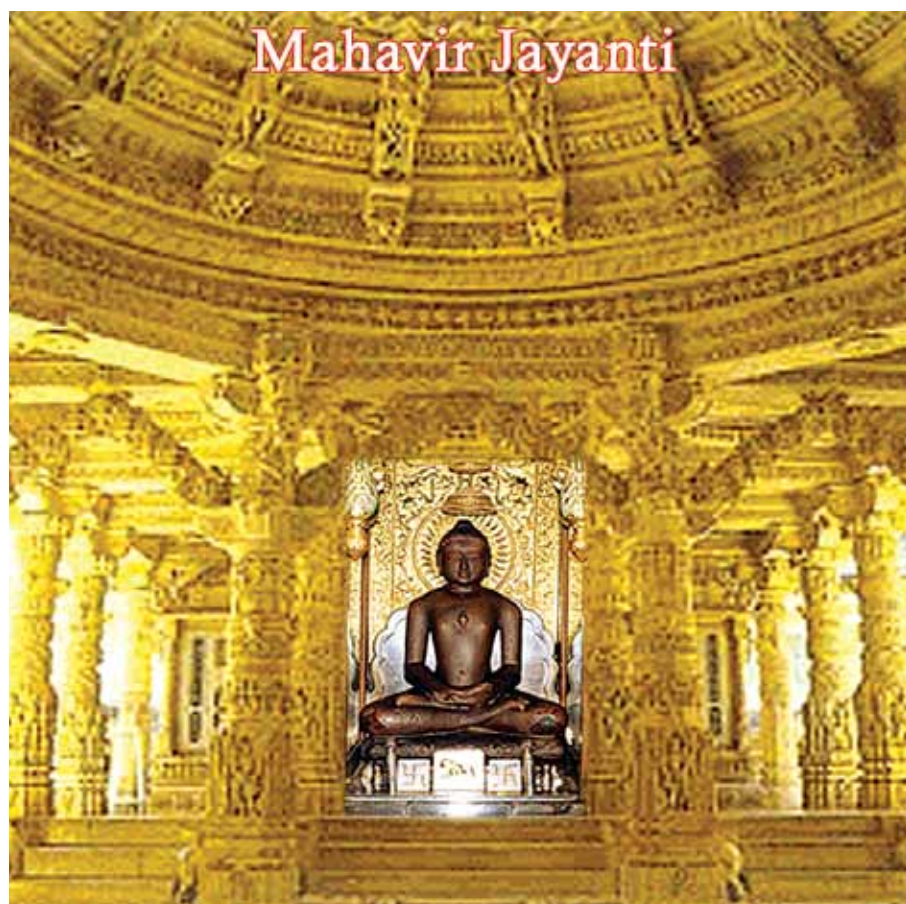
## EARTH HOUR 2012 - I WILL IF YOU WILL

This year Earth hour has launched "I Will If You Will" on YouTube to showcase how everyone has the power to change the world we live in, bringing together the world's biggest social video platform with the world's largest action for the environment.

### WHAT ARE YOU WILLING TO DO

TO

### SAVE THE PLANET?



## Mahavir Jayanti

Vardhaman Mahavir's birth is celebrated as Mahavir Jayanti. Mahavir Jayanti was celebrated on 5th April, 2012. Vardhaman Mahavir was the 24th Tirthankar from the line of Lord Adinath in Jain religion. Mahavir Jayanti is celebrated as a day of being victorious over life with the help of austerities. Devotees give a bath to Mahavir's idol in different temples. This bath is known as Abhishek. A rally is also organized in which the idol is placed on a chariot. A huge crowd can be seen in these rallies and processions. Devotees offer fruits, rice, water

etc. to Mahavir on this day. Mahavir's birth is celebrated every year on the day of Chaitra Shukla Paksha Trayodashi. He was the last of 24 Tirthankars. Jain devotees organize rallies and processions starting from the morning on the day of Mahavir Jayanti. After this, Mahavir's abhishek is done and flags are fixed at the top of the temples. Many other religious practices also take place on this day. Mahavir acquired Kaivalya or immense knowledge on the day of Vaishakh SHukla

Dashami while sitting under a Sal tree in Manohar forests. He was 42 years old at that time and offered austerities on the banks of Trjukula river in Jubbika village. He was known as Mahavir after acquiring this knowledge. During the time when Mahavir lived, there were a lot of different norms and traditions in the society. Many of these were unethical and exploiting. Mahavir travelled all around India and tried to abolish superstition and other false beliefs. He established dharma and focused on peace.

## YOGATHON

### Surya Namaskar

**Starting Shloka**  
Dheyah Sadu Savitri-Mandala-  
Madhyavarti  
Narayana Saralajana-Sarvottam II  
Kavyashri Maham Kundalavar Sam I  
Hri HareeNarayana-Devi-Sankha-  
Cakra II

**Ending Shloka**  
Adityaya Namaskaram  
Ye Karunas One-One I  
Ayur Pradaya Salam Veeryam  
Tejas Teshan Oh Jayate II

**Uttaranam Step 1**  
"Stand erect with feet fully touching each other."  
"Chest out, shoulders back and pressed below, neck straight."  
"Eyes fixed on the nose tip."  
"Thumbs together, touching each other in front of chest; fingers perpendicular to the ground, thumbs touching chest." = "Anjali Mudra"  
"Fore arms in line, parallel to the ground."

**Uttaranam Step 2**  
"Palms engaged upwards together in "Anjali Mudra"  
"Pointing towards the sky, ie "Anjali-Mudra"  
"Arms and legs straightened."  
"Head will bent backwards."  
"Eyes fixed on the wrists, ie. "Anjali"  
"Spine bent backwards and body above the trunk in a graceful curved arch."

**Uttaranam Step 3**  
"Hands downwards in continuous motion without bending in elbows."  
"Palms flat on the ground, just by the side of each foot."  
"Distance between palms equal to that of shoulders."  
"Big toes and palms in the line from the feet."  
"Legs straight, knees straightened."  
"Chest touching the chest."  
"Forehead touching the knees."  
"Eyes towards the sky."

**Uttaranam Step 4**  
"Right leg stretched back, without moving both hands from their places."  
"Legs and arms straight, knees and elbows straightened."  
"Entire body in a straight line from head to heel, supported on feet, palms and toes only."  
"Eyes fixed on the ground, at right angle to the body."  
"Foot touching each other."

**Uttaranam Step 5**  
"Keeping right foot and both the palms steady on the ground, left leg stretched backwards."  
"Left knee and toes touching the ground."  
"Body the same straight."  
"Right knee folded, calf, thigh and feet on touching each other."  
"Chest out, shoulders and head touching each other."  
"Head thrown backwards, raising up to the crown."  
"Eyes towards the sky."

**Uttaranam Step 6**  
"Right leg stretched back, without moving both hands from their places."  
"Legs and arms straight, knees and elbows straightened."  
"Entire body in a straight line from head to heel, supported on feet, palms and toes only."  
"Eyes fixed on the ground, at right angle to the body."  
"Foot touching each other."

**Uttaranam Step 7**  
"Without shifting the palms and the toes from the ground, the torso is raised upwards."  
"Both heels touching the ground."  
"Arms and legs straight, elbows and knees straightened."  
"Heels, wrist and wrist form a triangle."  
"Head pulled towards knees."  
"Chest touching to chest."  
"Eyes centered on nose tip."

**Uttaranam Step 8**  
"Arms straight, elbows straightened."  
"Chest puffed out."  
"Shoulders and head thrown back."  
"Eyes towards the sky."  
"Waist pulled towards the center, between palms."  
"Spine fully arched."  
"Knees touching the ground, feet together, toes firm."  
"NB: They should be properly placed in the third and fourth positions."

**Uttaranam Step 9**  
"Arms bent at elbows, without moving both the palms and toes."  
"Forehead, chest and knees simultaneously touching the ground, together with the palms and toes, to achieve "Sri Saranga Namaskar" at eight points."  
"Chest pressed on the Chest."  
"Nose and crown begin elevated."  
"Both the elbows draw towards each other."

**Sarvangas Pranipatana Step 10**  
"Arms bent at elbows, without moving both the palms and toes."  
"Forehead, chest and knees simultaneously touching the ground, together with the palms and toes, to achieve "Sri Saranga Namaskar" at eight points."  
"Chest pressed on the Chest."  
"Nose and crown begin elevated."  
"Both the elbows draw towards each other."

**Chaturang Dandasan Step 11**  
"Arms bent at elbows, without moving both the palms and toes."  
"Forehead, chest and knees simultaneously touching the ground, together with the palms and toes, to achieve "Sri Saranga Namaskar" at eight points."  
"Chest pressed on the Chest."  
"Nose and crown begin elevated."  
"Both the elbows draw towards each other."



Yogathon is an Art of Living's initiative to create awareness about yoga and create interest in its practice for a healthier living. On the occasion of World Health Day, 7th of April, 2012, this 'entry-free event' will be conducted all across India in schools, parks, colleges, stadiums, prisons, rehabilitation centers, orphanages, clubs and other venues. The event will be conducted in the morning from 6:00am to 7:30am and in the evening from 5:00pm to 6:30pm. Participants can choose to participate in any one of the timings convenient to them. Yogathon will also be conducted in these countries: Australia, Japan, Malaysia, Nepal, Nigeria, Pakistan and Sri Lanka.

**YOGATHON CHALLENGE**  
This unique event, 'Yogathon Challenge' will inspire people to learn Surya Namaskar, participate to check how many rounds they can complete. The Yogathon Challenge allows you to participate to the best of your ability. It challenges you to complete 54 sets (108 rounds) of Surya Namaskar.



## EASTER, ... a new Optimism!

May Easter 2012 bring lots of new optimism, great happiness, and euphoric joys in your life! Plan to do something extra for great celebrations of Easter 2012, so that this auspicious festival could replenish your stamina and enthusiasm to forge ahead in life. Easter 2012 with new festive fervors and colors. Festivals in general, change our mood, situations, relationships, and surrounding ambiance, and provide us better conditions, harmonious relationships, jubilant vigor, new hopes, and lots of rejuvenating joys, to prosper in life. Let this Easter 2012 offer you all these invaluable and propelling things, to make the year 2012 highly creative, successful, and blissful.