



PRASHANTHI ಪ್ರಶಾಂತಿ

e-ಮಾಸ ಪತ್ರಿಕೆ



ಪ್ರಶಾಂತಿ ವಿದ್ಯಾಲೇಂದ್ರ ಬಾಯಾರು | ಜನವರಿ | 2026

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Glimpses from "Gadinadinalli Karunadina Ruchi",
A food fest that showcased the traditional flavours of Karunadu."



Republic Day Celebration - 2026

Glimpses of pride and patriotism from the 77th Republic Day Celebration, honouring the spirit of our Constitution and the unity of our nation."





With the boundless grace and divine guidance of our beloved Bhagawan Sri Sathya Sai Baba, our school continues its sacred journey of imparting value-based education blended with academic excellence. Each month stands as a testimony to His unseen hand that protects, inspires, and leads us on the righteous path.

The month gone by will remain etched in the golden pages of our school history as we were blessed to witness two profoundly historic and spiritually elevating events. The Sri Sai Paduka Prathisthe filled the entire campus with divine vibrations, devotion, and serenity, reaffirming our faith and commitment to Bhagawan’s teachings. Adding to this spiritual significance was the gracious visit of Sri R. J. Rathnakar, the nephew of our beloved Bhagawan Sri Sathya Sai Baba. His presence was a moment of immense pride and inspiration for the entire school fraternity, leaving us spiritually enriched and deeply motivated.

As we move ahead, our Class X students stand at a crucial milestone of their academic journey, preparing to appear for the forthcoming CBSE Board Examinations. The Management, Principal, teaching and non-teaching staff wholeheartedly extend their best wishes and blessings to all the students. May they approach the examinations with confidence, clarity, and calmness, guided by Bhagawan’s grace and their sincere efforts.

This month also witnessed the grand and memorable celebration of the 26th Prashanthi Sambhrama, marked by devotion, discipline, and enthusiastic participation. The meticulous planning, collective effort, and wholehearted involvement of students and staff made the celebration truly meaningful and successful. We place on record our sincere appreciation to everyone who contributed to this splendid event.

We express our heartfelt gratitude to all the generous well-wishers, parents, and supporters who have joined hands with us in the progress and development of the school. Your constant encouragement and cooperation have been our strength, and we look forward to the same continued support in the year ahead.

Finally, we commend and appreciate the student writers and the editorial team for their creativity, commitment, and thoughtful contributions to this e-newsletter. Your efforts give voice to the spirit of our institution and reflect the vibrant life of our school.

With prayers at His Lotus Feet, we move forward with renewed faith, unity, and dedication, striving to uphold the ideals and values envisioned by our beloved Bhagawan Sri Sathya Sai Baba

With prayers at His Lotus Feet
— Editorial Board

By, **Sri Shrihari Bhat T**
Member,
Governing Council

Where colours spoke louder than words — our students showcasing their artistic brilliance at the Chitra Kala Competition, part of the **KALA PARBA** programme organised by **ASTRA GOLD AND DIAMOND**, Kadri, Mangahuru.



Hearty Congratulations

Dr. Vishnupooja, our esteemed alumna, has secured the ***First Rank with Gold Medal in MS Ophthalmology** from **Rajiv Gandhi University of Health Sciences**.

Yakshagana- Varna Pallata by Sri Kodandarama Krupaposhitha Yakshagana Mandali, Hanumagiri



Chauki Pooja of Varna Pallata Yakshagana At Prashanthi Vidya Kendra by Hanumagiri Mela



Vitamin Types

Vitamin A: Essential for babies before birth. It keeps the skin healthy and helps produce secretions that build resistance to infections. Vitamin B: Essential for growth and helps the body produce energy. Vitamin C: Essential for healthy blood vessels, bones, and teeth. It helps to form collagen, a protein that holds tissues together. Vitamin D: Helps in the absorption and metabolism of calcium and phosphorus. It is also called the sunshine vitamin. Vitamin E: Important for maintaining cell membranes. Vitamin K: Essential for blood clotting. Important: Every vitamin deficiency can cause its own disease.

- Vibhu B.G – VII A
Satvik – VII A

Why Do Animal Eyes Shine in the Dark?

Many animals have a special layer in their eyes that reflects light. When their eyes shine, it is simply the reflection of other light sources. Among animals, a cat's eyes shine the most brightly. When light falls on a cat's eyes, they glow like the reflectors on the back of a bicycle. This special layer in a cat's eyes also collects light. It helps them see six times better than humans in dim light.



- Aneesh M. N
VII A

ANIMAL FACTS

Sloth:

The three-toed sloth, found in the tropical forests of South America, is the slowest mammal on Earth. It has an average ground speed of 2.2 m per minute, but in trees, it can accelerate to 4.6 m per minute.

Common Octopus:

It is thought to be the most intelligent of all invertebrate animals.

Komodo Dragon: It is the largest living lizard. It grows up to 3 m in length, attains a weight of about 135 kg, and may live for about

Red Kangaroo:

It is the largest marsupial, measuring about 2.7 m from nose to tail tip and weighing up to 80 kg. It can jump 10 m in a single leap, clear a height of 3 meters, and run at a speed of up to 55 km/h.

- Vibhu B.G, Satvik S.L
& Prapthik Rai – VII A

COOL FACTS

The Move:

It took nearly 12 hours to move the rocket just 4 miles because it weighs over 11 million pounds!

The Mission:

Four astronauts will fly around the Moon later this year to test whether the spacecraft is safe for future lunar landings.

Space Weather:

At the same time, scientists tracked a massive solar flare that hit the Earth on January 17. These "solar storms" create beautiful auroras (Northern Lights) but can also interfere with satellite signals.

Did You Know?

The "Crawler" machine used to move the rocket travels at 1 mile per hour, which is slower than human walking speed!

— Mahesh M. C.
IX C

Amazon Fires

The Amazon rainforest was ablaze in 2019. In August 2019, Brazil's National Institute for Space Research (INPE) reported a record 72,843 forest fires, an 80 percent increase compared to the previous year. NASA reported that these fires were visible from space. Protecting this forest is extremely important, as it provides one of the biggest defenses against climate change by absorbing millions of tonnes of carbon emissions.

- Rajath Gowda M. K.
X B



My Journey Through Divinity

My life has completely changed from an arrogant nature to a helping nature. This change is only because of the character building and care taken by the school. The name of the school, Prashanthi, signifies and highlights shanthi (peace), which helped me to change and develop my inner self. The teachers are marvellous, as they teach so perfectly. The school has given me many opportunities and brought out the unveiled skills within me, through which I will stand at the peak in the future. The nutritious meals and unforgettable friends are no less than blessings in my life. In my case, the saying “The end of education is character” has finally come true. Thanks, Prashanthi!

— V. Sai Shreyash
X A



Lessons Beyond the Classroom

Every journey leaves behind lessons, but some places shape us in ways we only realise over time. My time at Prashanthi Vidhya Kendra has been one such journey of growth and quiet transformation. The school taught me values that go beyond textbooks, such as respect, equality, and the belief that every individual deserves love and understanding. It also showed me how small lessons and everyday moments can leave a deep impact on us. Beyond academics, I found opportunities that helped me grow personally. I learned to communicate better, face the stage with confidence, and express myself freely. Being part of Jyothi Meditation was a truly calming experience, bringing clarity and balance. With the constant support of teachers, I gained the courage to recognise my own abilities and present them with confidence.

— Fathimath shebeeba
X C



The Turning Point of My Life

The four years which I have spent here under the guidance of the divine blessings of our beloved Swami and His superior representatives—my teachers—have transformed my life. This school has not only taught me how to excel in academics, but has also taught me all human values, which guided me to change myself into a perfect Sai student and to follow His conduct. In each and every aspect of my future life, Prashanthi is the only reason for my success. I never missed my home or parents, as Prashanthi stood behind me as my home and second parent. We never understood the true meaning and value of Prashanthi while we were here, but it is my promise to all readers that one day or the other, you will experience and understand the actual meaning of “Prashanthi Vidya Kendra.”

— Samarth S. Prasad
X A



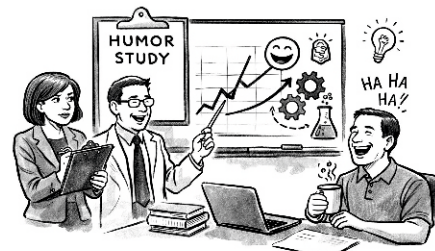
My Experience in PVK

As we know, schools are temples of knowledge. Prashanthi is a hub of learning. I started my experience in this heaven-like place two years ago, and since then I have felt as if I am at home, away from home. The members and facilities of Prashanthi made me feel the equal value given to every parent. When I joined Prashanthi, I lacked confidence and could not balance everything together. I was behind in both character and academics. But as I stayed here, I could improve in both aspects. Prashanthi surrounded me with a positive and peaceful nature, which enhanced me to learn values for life. This source of boundless joy and happiness is an experience in Prashanthi by Swami’s grace. As Swami gave me the opportunity to study in His school, which is the key to my success.

— Shreethan A J
X B

Science is usually seen as a subject filled with formulas and examinations, but it also has facts, diagrams, and a fun and interesting side. Many scientific ideas become enjoyable when we observe them in daily life. For example, the human body itself is a perfect surprise. The body has many parts, yet the brain controls all activities. Sometimes it forgets things continuously without often complaining. The body is strong enough to handle small things and even strong acids in limited amounts. The heart works continuously without taking rest, while humans easily get upset. The stomach digests food, but it can also get disturbed. Science also explains many amusing facts around us. Humans have 206 bones that support the body, yet standing straight for a long time feels difficult. Sound behaves interestingly, as it travels fastest through solids, which is why vibrations are easily felt through walls. Thus, science is not only about learning formulas and definitions. It helps us understand the world in a simple, interesting, and amusing way. When science is connected with real life, it becomes easier and more enjoyable to remember.

Science Behind Humor at Work



- Yashwi T. Shetty IX C

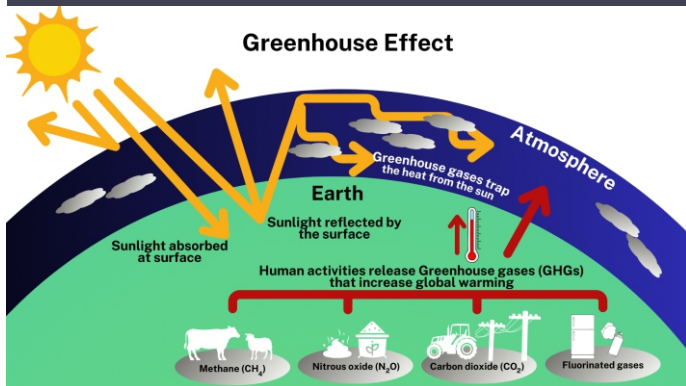


Train Running on Hydrogen

The world's fuel supplies have been hit as a result of the war between Russia and Ukraine. Countries are scrambling to find solutions, and alongside this is the permanent threat of climate change. What better way to address these problems than by finding environmentally friendly and affordable fuel options? The first emission-free passenger train powered by hydrogen has been launched in Germany, in Harzburg. The train runs without harmful emissions and releases only steam

- Shreethan A.J. & Harish B.K. XB

Greenhouse Gases



Why is planet Earth becoming so hot and troubled? Naturally occurring greenhouse gases such as carbon dioxide (CO₂), methane (CH₄), nitrous oxide (N₂O), and ozone (O₃) act like a protective layer around the Earth. They help keep the planet warm and livable. Fluorinated gases contain fluorine. They are not natural greenhouse gases but are products of manufacturing industries. The increase in greenhouse gases, especially carbon dioxide, is caused mainly by the burning of fossil fuels. Other emissions from industrial activities and the cutting of forests have also caused a rise in temperature. Carbon dioxide traps more heat closer to the Earth's surface. Collected by

— Nuthan R. P. XB
Shireethan A. J. XB

SCIENCE FACTS

20% of Earth's oxygen is produced by the Amazon Rainforest. The human body contains about 50% bacteria (by cell count). Butterflies smell with their feet to search for nectar. The resolution of the human eye is approximately 576 megapixels. Human bones are two times stronger than concrete. A cloud can weigh around a million pounds. There are more trees on Earth than stars in our galaxy. Earth's oxygen is also produced by the oceans. Human stomach acid can dissolve steel. Lasers can get trapped in water. Rats laugh when they are tickled.

Harish B. K. XB

Success is the fruit of hard work, dedication, and perseverance. Congratulations to our Class Toppers of the Second Periodical Test for setting an inspiring example of excellence!"

