

The Parinati News

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Quote Of The Edition

“Very little is needed to make a happy life; Its all within yourself, in your way of thinking! “

Health Tip

Oranges are an excellent source of vitamin C and flavonoids. One orange supplies nearly 100 percent of the recommended daily dietary intake of vitamin C.

Who is this person?

He discovered 4 blood groups .

Parinati Wishes Happy New Year

It brings great delectation to unveil the 26th edition of Parinati Newsletter in the occasion of New Year 2012. Parinati team wishes a warm and prosperous Happy New Year to all the readers. As many of us take up resolutions on the part of new year Parinati members also decided take upon few of the resolutions for the betterment of the organization. Very few to name them are, Focusing on organizational activities, Rationalizing the Programs, members taking more and new responsibilities, introducing Diversity in the team etc. With these Parinati plans to reach new heights in its activities during this year.

In this edition of newsletter we write upon Chandrashekhar Kambara the Jnanapeetha award winner, in the Origin section we look upon India's favorite bullet Royal Enfield then an article related to health and stress. Enjoy reading.

Chandrashekhar Kambara

Chandrashekhar Kambara was born in Ghodageri village in Belagavi district on January 2, 1937. is a prominent poet, playwright, folklorist, film director in Kannada language and the founder-vice-chancellor of Kannada University in Hampi.



Popularly known as *Shivapur Kambar Masther* in his native district, Kambara had his schooling in Gokak and returned to Belagavi for higher education at Lingaraj College. Owing to poverty, he had to drop out of school but Jagadguru Siddaram Swamiji of Savalagi Matha blessed Kambara and took care of all his primary and high school educational expenses which is the reason why Kambara honours the seer in many of his writings. After his post-graduation, he did his PhD thesis on *Uttara Karnatakada Janapada Rangbhumi* from Karnataka University.

After a brief stint in teaching in the University of Chicago, he taught in Bangalore University for over two decades and was a Fulbright scholar. He served as the chairman of National School of Drama Society, New Delhi from 1996 to 2000 and as the president of Karnataka Nataka Academy from 1980 to 1983. He started using north Karnataka dialect of Kannada in his poems and plays which is not very common in Kannada literature.

He is a strong supporter of imparting school education with Kannada language as the medium of instruction. Dr. Kambara has to his credit 22 plays, 8 anthologies of poems, 3 novels, 12 research works and several scholarly write-ups on folk theater, literature and education. Some of his popular plays include *Aramane*, *Mahamayi*, *Singaravva* and *Harakeya Kuri*. He was conferred with the Sahitya Akademi Award in 1991 for another popular play *Sirisampige*. He was a pioneer in introducing Bailahongal's famous *Sangya Balya* and *Jokumaraswamy*, a traditional ritual of his native district, to the literary world which have seen thousands of performances, not only in Kannada, but several other Indian languages as well.

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Royal Enfield : The Origin

Royal Enfield was the name under which the Enfield Cycle Company made motorcycles, bicycles, lawnmowers and stationary engines. This legacy of weapons manufacture is reflected in the logo, a cannon, and their motto "Made like a gun, goes like a bullet". Founded in 1893 as Enfield Manufacturing Co Ltd Headquartered in Redditch, Worcestershire, England the company was sold to Norton-Triumph-Villiers (NVT) in 1968. Production ceased in 1970 and the company was dissolved in 1971.



In 1956 Enfield of India started assembling Bullet motorcycles under licence from UK components, and by 1962 were manufacturing complete bikes. Enfield of India bought the rights to use the Royal Enfield name in 1995.

Royal Enfield production, based in Chennai, continues and Royal Enfield is now the oldest motorcycle brand in the world still in production with the Bullet model enjoying the longest motorcycle production run of all time.

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As you think, so you are...

Maximum of the diseases are thought to be psychosomatic which means that every disease has a resultant affect in the mind/body connection.

Now can we make a connection among stress, personality, and diseases? In other words, which emotional components were likely recognizable before the presenting symptoms of the disease? Although there are as yet no absolute answers, there is considerable research implicating certain personality types, emotional states, and diseases.

For example, researches have established a relationship between personality type and susceptibility to disease.

It is also discovered that some emotional states can be interfered with some diseases as :

- Excessive Passivity or Excessive Fear can lead to Cancer
- Over-achievement can lead to Ulcers
- Craving For Love can lead to Obesity
- Emotional Conflicts can lead to Endocrine disorders
- Anger can lead to Cardiovascular disorders or Asthma
- Depression can lead to Constipation
- Inhibited Hostility can lead to High blood pressure
- Ambitious or Rigid Personality can lead to Migraine

In Short, Take Care & try to improve or fix your personality as much as you can in order to be able to decrease risks of such dis-

Parinati So Far

- Parinati Technical Team has added feedback button to website, visitors can leave comments/suggestions about Parinati
- Parinati is now a proud owner of Projector. Thanks to Mr. Gururaj Potnis for donating the projector.

- Royal Enfield

In 1956 Enfield of India started assembling Bullet motorcycles under license from UK components, and by 1962 were manufacturing complete bikes. Enfield of India bought the rights to use the Royal Enfield name in 1995. Royal Enfield production, based in Chennai, continues and Royal Enfield is now the oldest motorcycle brand in the world still in production with the Bullet model enjoying the longest motorcycle production run of all time.

In 1911, prior to the outbreak of the First World War in 1914, Enfield added the word "Royal" to its name. They supplied large numbers of motorcycles to the British War Department and also won a motorcycle contract for the Imperial Russian Government. During World War II, The Enfield Cycle Company was called upon by the British authorities to develop and manufacture military motorcycles. Postwar, Royal Enfield resumed production of the single cylinder ohv 350cc model G and 500cc Model J, with rigid rear frame and telescopic front forks. These were ride-to-work basic models, in a world hungry for transport.

Royal Enfield motorcycles had been sold in India from 1949. In 1955, the Indian government looked for a suitable motorcycle for its police and army, for use patrolling the country's border. The Bullet was chosen as the most suitable bike for the job. In 1955, the Redditch company partnered Madras Motors in India in forming 'Enfield India' to assemble, under license, the 350 cc Royal Enfield *Bullet* motorcycle in Madras.

- Chandrashekhar Kambara

Five of his books have been awarded by the Karnataka Sahitya Academy. Dr. Kambara received the eighth Jnanpith Award for the Kannada language, the highest literary honor conferred in India, in September 2011 for the year 2009. The prestigious award which was instituted in 1961, carries a cheque for ₹ 7.5 lakh, a citation and a bronze replica of goddess Vagdevi.

We are proud to have such an artist around us and our Parinati office is located on the same lane of his residence.

Chocoholics corner

If you are a fan of chocolate you're in good company. What makes chocolate irresistible? Chocolate stimulates endorphin secretion, creating a pleasurable sensation in the body. Chocolate has been considered the most special of all confections. Chocolate inspires deep love & devotion from those who partake of it, & its ability to enhance one's mood has been advertised everywhere. Now, new evidence may put all that positive information under wraps.

Chocolate does have mood benefits and chocolate cravings are the body's way of self-treating depression. Chocolate enhances mood; negative mood is often immediately improved after consuming chocolate, though the effect is generally short-lived. This immediate mood benefit likely contributes to the habit of eating to cope with stress, primarily in so-called emotional eaters. Chocolate is a long way away from being considered a health food or prescribed as a treatment for chronic diseases but has great powers after potentiation. However, its sociocultural allure is unchanging. But, no matter the cause and effect of chocolate's relationship with depression, consumption of the quintessential confection is not likely to change anytime soon.

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Did you know ?

- If you skip breakfast, 80% of what you eat for lunch will be stored by your body as fat!
- The tongue of a blue whale is as long as an elephant.
- The names of all the continents end with the letter they start with.