

# READERS' CLUB

Vol. 27 No. 04, November 2022 to January 2023

**BULLETIN**

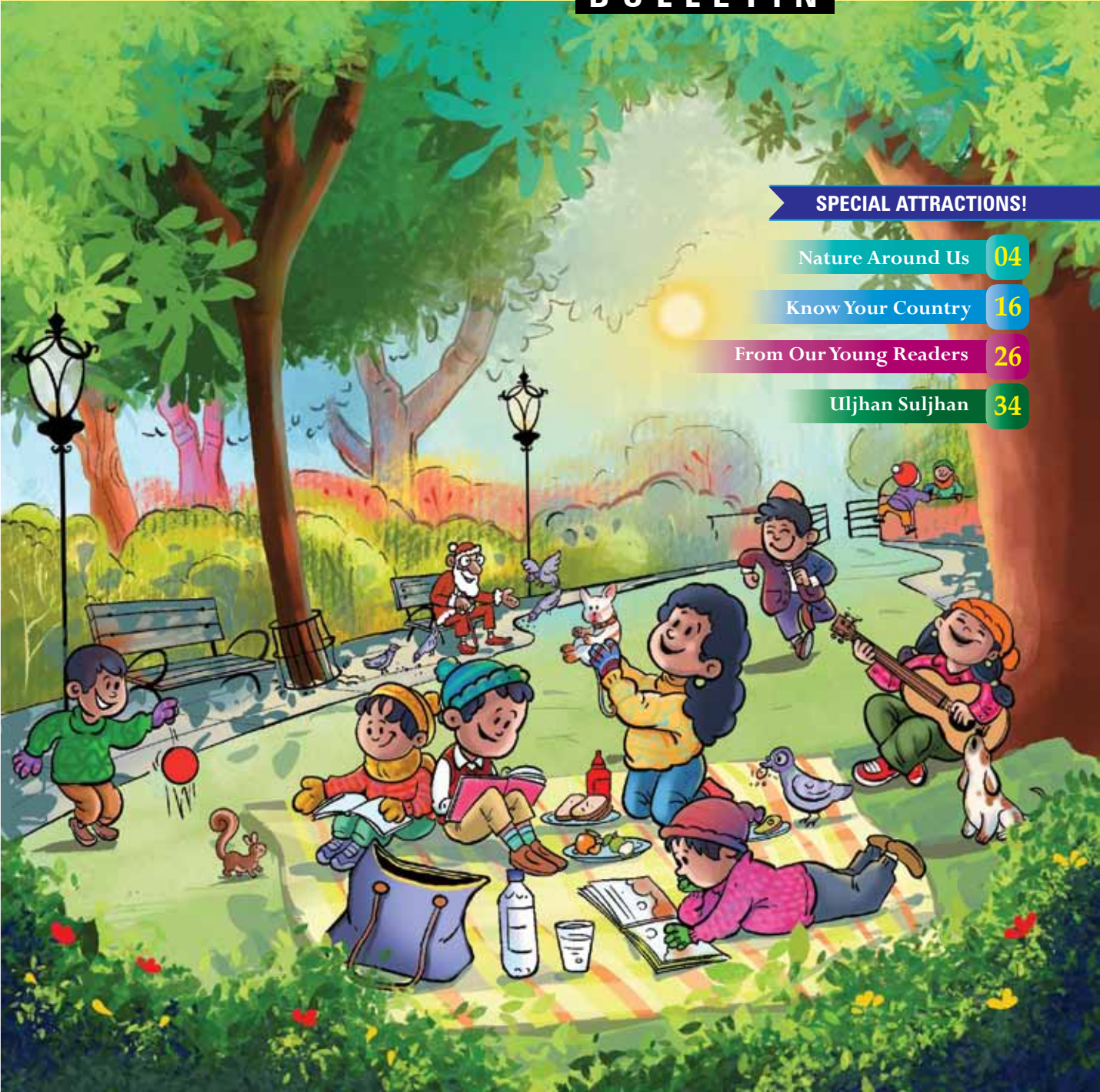
## SPECIAL ATTRACTIONS!

Nature Around Us 04

Know Your Country 16

From Our Young Readers 26

Uljhan Suljhan 34





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**YUVA 2.0**  
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**THEME**  
**DEMOCRACY**  
(INSTITUTIONS,  
EVENTS, PEOPLE,  
CONSTITUTIONAL  
VALUES -  
PAST, PRESENT, FUTURE)

“  
The democratic  
spirit is integral to  
our civilization ethos.”  
- Narendra Modi  
Prime Minister



For details and submission of entries visit : <https://innovateindia.mygov.in/yuva/>  
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नेशनल बुक ट्रस्ट, इंडिया

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कृपया भुगतान नेशनल बुक ट्रस्ट, इंडिया के नाम भेजें।

यह बुलेटिन राष्ट्रीय बाल साहित्य केंद्र से जुड़े पाठक

मंचों को निःशुल्क वितरित किया जाता है।

National Centre for Children's Literature,

National Book Trust, India

Nehru Bhawan 5, Institutional Area, Phase - II,

Vasant Kunj, New Delhi-110070

*Please send your subscription in favour of National Book Trust, India. This Bulletin is meant for free distribution to Readers' Clubs associated with National Centre for Children's Literature.*

**Readers' Club Bulletin**

### From NBT's desk:

A very happy new year to all our readers! The start of a new year is a great opportunity to reflect on all the good things that happened last year, including the good experiences, skill-building opportunities, friendships, and crucial life lessons. It's time to brace ourselves for the year ahead and plan to achieve new milestones! We at NCCL look forward to a happy and successful year ahead, with lots of books and positive thoughts to fill our emotional diets.

This issue includes sections like Nature Around Us, Know Your Country, Indian Arts and Craft, Uljhan Suljhan, and some interesting short stories. Furthermore, there is a section from our young readers with creative stories and poems. This edition also has a report on the Ganga Pustak Parikrama and Gomti Book Festival 2022.

We hope that our young readers will have a great time reading this issue and be inspired to stay curious!

**Kanchan Wanchoo Sharma**  
Editor (NCCL)

VOLUME 27 | ISSUES 4 | NOV-JAN 2022

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### Wounds on Trees

"Daadi, what is that round thing on the tree stem?" asked Miku when she went to Qutub Minar with her parents and grandmother. She was pointing to a growth on the stem of a neem tree. Miku, being a very observant girl, always asked her scientist grandmother whenever she noticed something unique in nature.

Daadi took her near the tree and made her touch and feel the growth. It was woody, just like the main stem, but was in a raised mound of smooth

tissue. She was astonished to notice that there were many such growths in a vertical line. She looked at her grandma wide-eyed. Daadi explained to her that these were wounds caused by iron nails hammered to fix some display boards for directions.

The big iron nail caused injury to the stem tissue, and as rust formed, the nail became loose, and the display board must have fallen down. Seeing this, the board was re-nailed just below the



*Here are two photographs of neem trees growing in the protected monument compound of Qutub Minar. In the first photo, see how iron nails hammered into the tree trunk have caused wounds in a line. In the second photo, note how the big branches have been cut and massive wart-like growths of the stem have resulted in the injured areas to protect the wounds from infections.*

injury, as the tree is located at a crucial spot for the display of the board. This phenomenon of repeated injuries has led to the formation of wounds in a vertical line. Another nearby tree had a massive outgrowth where a large branch had been cut.

Daadi told Miku that when a branch is cut or broken, it causes injury, and the sugary sap inside starts flowing out. This gets deposited on the cut end and dries as it is exposed to air and heat. This will encourage bacterial and fungal

infection, just like our wounds, if not treated with antiseptics and medicine. This is similar to blood clot formation as our wounds dry. However, in trees, a layer of cells develops just below the cut end, stopping the sap from flowing. Trees secrete medicinal compounds that fight bacteria and fungi. This is followed by growth around the wound, which seals the injured part. The tissue forms a layer of tannin-rich cells that stop further infection.

Miku realized that trees are living, and just like our circulatory system, they also have the movement of food synthesized in leaves, and water and minerals absorbed by roots. Can we ever feel the pain these wounds cause to trees? We think of trees as simply being there for us to take advantage of! We do not hesitate to inflict injury on the very organism that gives us fresh air to breathe, food to eat, shelter and furniture, and above all, medicine to heal our wounds. Let us learn to be considerate toward those who care for us. Miku was very happy to learn all this and promised not to mindlessly injure any plant or tree.

Children, look for trees that have been trimmed on roads to allow for smooth traffic flow. You will also see many trees with wounds that are healing. Nature is telling us stories; let us take these lessons and understand Nature around us.



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## Topsy-turvy Rabbit

*This is a story from Japan, written by Reiko Nakagawa, translated by T.M. Hoffman, and illustrated by Yuriko Yamawaki. This story is excerpted from the book 'Read Me A Story!', published by National Book Trust, India.*



One morning Kenta Rabbit opened his eyes, pushed his head under his blanket, and crawled down to come out head-first from the foot end of his little bed. Then he hopped into the kitchen and said, "Good evening, Mother!"

Mother Rabbit's eyes got big and round. "My goodness, Kenta! You must still be half asleep. It's morning, and in the morning we say Good morning, don't we?"

"Oh, but I have become a topsy-turvy, upside-down rabbit" explained Kenta Rabbit. He took off his pyjamas, then pulled his trousers on over his head, and put his legs into the sleeves of his shirt.

"See! The topsy-turvy rabbit!" Kenta Rabbit bounced up and down. "Mother, my belly is so full. What's for supper?"

Oh, I hope it's not apples. You know how I hate apples..."

He walked once around the table, then hopped up onto his chair, and once more-boing!-up onto the table, where he sat on his soft, round tail. Mother Rabbit's eyes were again big and round.

"Oh dear, such poor manners! That is the table, and you know that it is where we put our plates."

"But, I am now the topsy-turvy rabbit. I will put my plate on the chair."

"Well, well," said Mother Rabbit, "I have just the right thing." She reached down and pulled a giant carrot from the vegetable basket.

"Alright, Mr Carrot, enjoy your meal of topsy-turvy Kenta Rabbit," and with that she set the carrot down on the chair in front of Kenta.

"Mr Carrot, would you like to have salt on your Kenta Rabbit, or vinegar, or maybe mayonnaise?"

There in front of Kenta sat a carrot man with a shaggy head of green hair and an orange face, two eyes, a nose and mouth, and even a beard! Now it was Kenta's eyes that got big and round.

"Hey, you're sitting in my chair!" Kenta grabbed the carrot by its green top and threw it down on the floor. Then he hopped down to sit in his old familiar chair.



By then, father Rabbit came into the kitchen. "Good morning, Son!" he said.

"Good evening, Father," answered Kenta Rabbit.

"Oh, what is this? Kenta seems to be only half awake. I say, aren't your shirt and trousers upside-down and out of place? You had better go and wash your face with cold water."

"Father, you're impossible. I am not still half asleep." Kenta thumped himself on the chest. "I am now a topsy-turvy rabbit."

Kenta Rabbit picked up his glass of vegetable juice and said, "I hate this awful juice." Then he drank it down in one joyful gulp.

"Oh, I'm so hungry," he said, rubbing his belly tenderly, then jumped down

from his chair and said, time to eat. Boing-boing! Kenta hopped over to the window and shouted out, "Look, it's raining!"

"Rain, rain, oh dear! I must go and bring in the laundry", said Mother Rabbit, and out into the yard, she hopped. In no time at all, she came back inside with a laundry basket full of clothing. "Oh, but to you, silly Kenta, this must be such fine weather."

Kenta puffed out his chest proudly. "Yes, because I am now the topsy-turvy rabbit, you know."

"Well, of course", said Father Rabbit. "That looks like such fun. Why don't I also become a topsy-turvy rabbit?!"

"You too, Father?"

"Right. I'll have Kenta Rabbit go to the office in my place. Father Rabbit will stay home and play all day."

"Aha yes! What a great idea! Oh, I'm so glad, but no, wait, it can't be..." Kenta Rabbit was so confused.

"I quit! Topsy-turvy is finished!" Kenta cried. "Oh, look at me!"

Kenta Rabbit hurriedly pulled his trousers off his head and stepped out of his shirt. Then he hopped over to the foot end of his bed, dove under the blanket, and crawled up to pop out headfirst at the top.

"Good morning!" Shouted Kenta joyfully.

Kenta Rabbit put on his shirt and trousers, just like he always did, and ran out to his bicycle in the garage.



## NBT-India Welcomes School Students for Interactive Sessions

NBT-India welcomed students from various schools at its headquarters in New Delhi for creative and educational experiences during the month of September. These collaborative events with various schools across the capital reflect our mandate of encouraging the promotion of books and reading.

A visit for the students from Mount Abu Public School, Rohini was organised on 9 September 2022, where students participated in an interactive storytelling session and expressed their creativity through a drawing session to celebrate Azadi Ka Amrit Mahotsav. The students were also given a tour of the NBT-India Bookshop.



On 10 September 2022, students from Army Public School, Delhi Cantt, visited NBT-India's headquarters. A storytelling session and a creative short-story writing session were organized to develop creative thinking and writing skills in students. Through the story-telling session, the young students were taught the importance of reducing waste and recycling. The students also attended an orientation session in the NCCL Library which introduced them to the benefits of libraries and how we should use libraries to derive the best benefits from them.

Primary and pre-primary students from Santa Maria Integrated Learning Environment, Vasant Kunj, visited NBT-India's headquarters on 16 September 2022. With great rigour and enthusiasm, the students took part in an interactive storytelling session and offered their own interpretations of the stories. The students were also introduced to the concept of purchasing articles for the first time. These school visits helped foster a love for reading in students and helped develop their interpretative and creative writing skills.



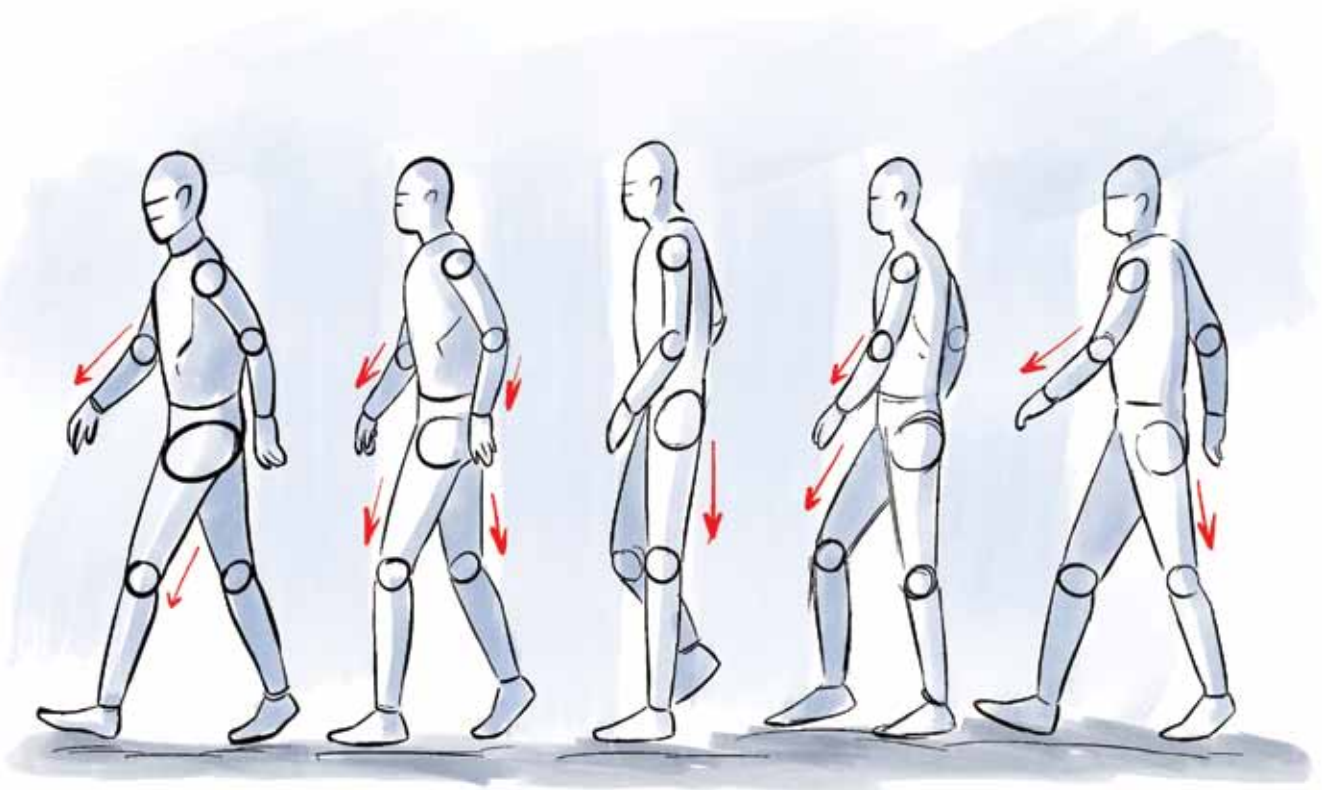




## Curiosity Corner

*Prof. Yash Pal answers random questions of curiosity! Here are some select Questions and Answers from his book 'Random Curiosity', published by National Book Trust, India.*

### Why do we swing our arms when we walk?



#### **Prof. Yash Pal says:**

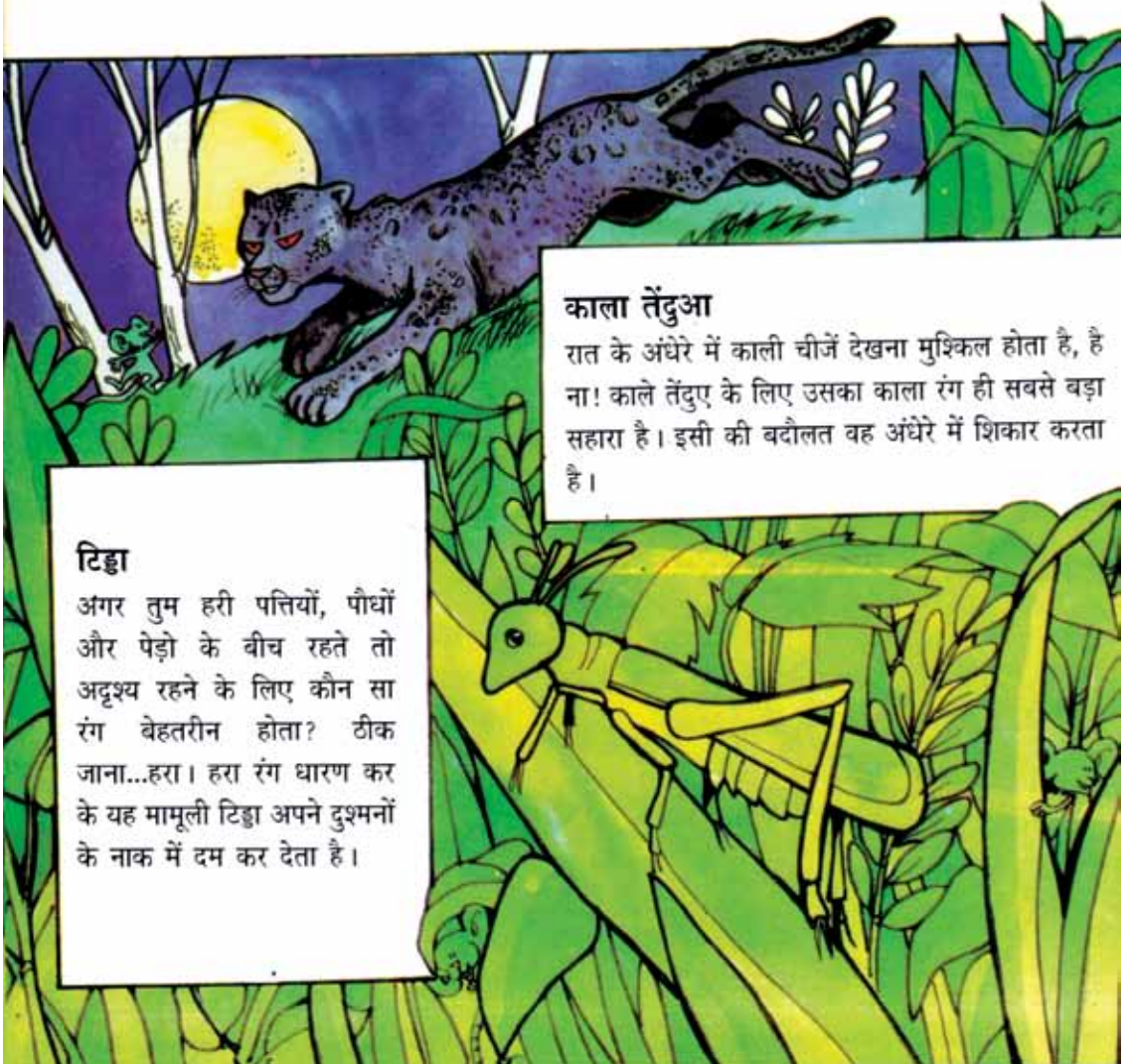
Our arms and legs comprise a substantial proportion of body mass. When we walk, the left and the right legs are moved alternately; this is an essential requirement for walking. In order to compensate for the downward force on one of the sides, our body automatically

moves other suitable parts of the body in a synchronous manner. These suitable parts are the arms on the side opposite to the leg being moved. This movement also reduces the angular momentum of the body, balancing the rotational motion produced during walking.

## छुपे रुस्तम



ग...र...र...र...र...र...! डर गए ना तुम? कितना आसान है वेशभूषा बदल कर दूसरों को चकमा देना। क्या तुम जानते हो कि जानवर अक्सर ऐसे रूप बदलते हैं। यहां ऐसे ही जानवर दिए गये हैं। क्या तुम्हें ऐसे और जीवों के नाम मालूम हैं, जो अपने रूप और रंग से दूसरों को चकमा देने में सफल होते हैं?



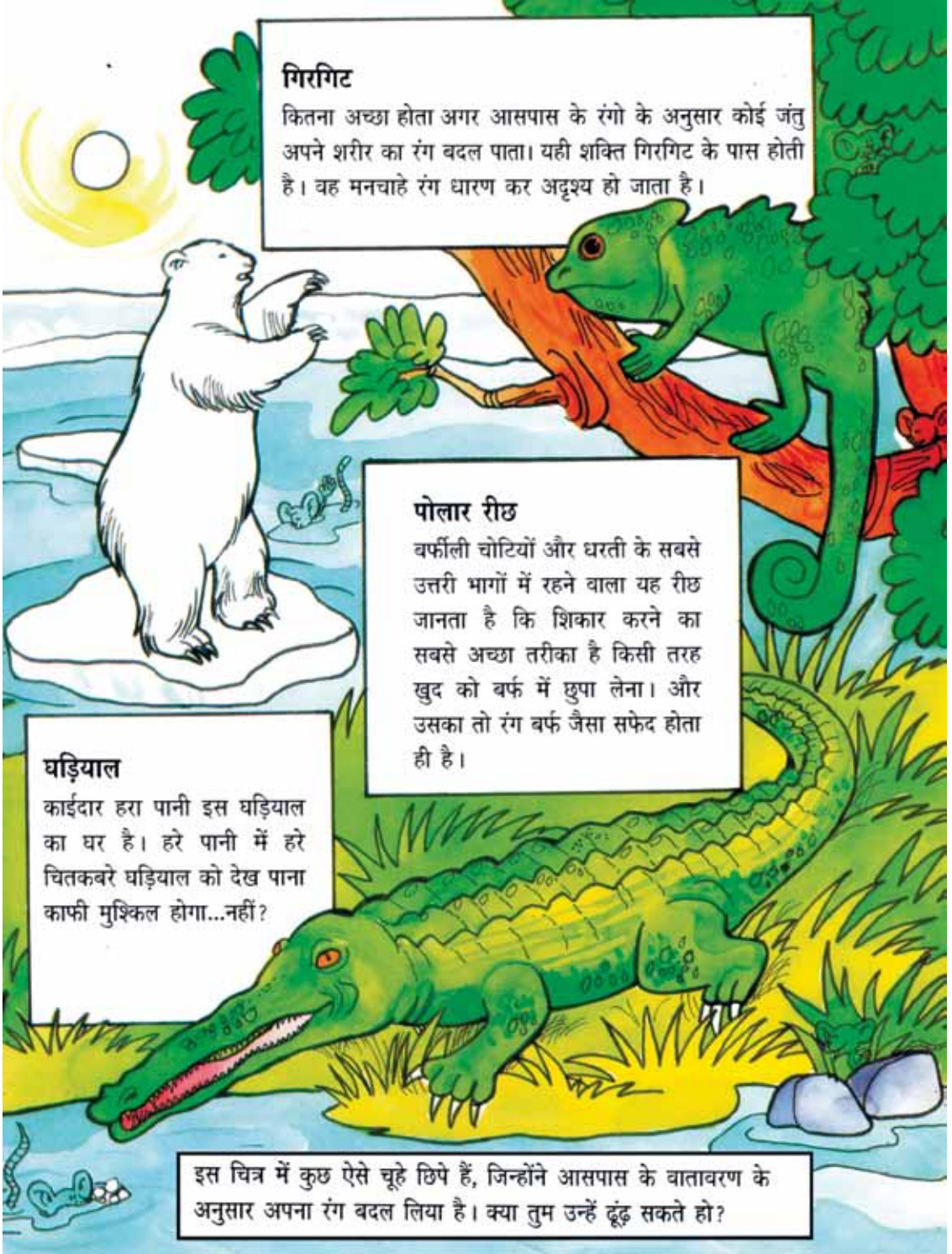
### काला तेंदुआ

रात के अंधेरे में काली चीजें देखना मुश्किल होता है, है ना! काले तेंदुए के लिए उसका काला रंग ही सबसे बड़ा सहारा है। इसी की बदौलत वह अंधेरे में शिकार करता है।

### टिड्डा

अगर तुम हरी पत्तियों, पौधों और पेड़ों के बीच रहते तो अदृश्य रहने के लिए कौन सा रंग बेहतरीन होता? ठीक जाना...हरा। हरा रंग धारण कर के यह मामूली टिड्डा अपने दुश्मनों के नाक में दम कर देता है।





— यह अंश प्रिया नागराजन द्वारा लिखित और चित्रित, तथा राष्ट्रीय पुस्तक न्यास, भारत द्वारा प्रकाशित पुस्तक 'वनशाला' से ली गई है।



## बकरी का खेल

ऊँट को आपने देखा है क्या? ऊँट बहुत ऊँचा होता है। उसकी गर्दन बहुत लम्बी होती है, पैर लम्बे होते हैं, पीठ के ऊपर कूबड़ होता है। ऊँट एक बार पानी पी लेता है तो फिर 10-15 दिनों तक बिना पानी पीये रह सकता है। यह कहानी बी.एस. रुक्मिणी द्वारा संकलित, टी.जी. प्रभाशंकर 'प्रेमी' द्वारा अनुवादीत, और राष्ट्रीय पुस्तक न्यास, भारत द्वारा प्रकाशित पुस्तक 'पंचामृत' से ली गयी है।

एक बार एक ऊँट किसी पेड़ के नीचे सो रहा था। तभी वहाँ एक बकरी खेलती हुई आयी। पेड़ की डालियाँ नए पत्तों से लदी थी। बकरी

को नए पत्तों को खाने का बहुत मन कर रहा था। उन्हें देखकर उसकी मुँह में पानी आ गया। मगर क्या करे? नए पत्तों तक बकरी पहुँच ही नहीं पा रही थी। वह कुछ देर चुपचाप खड़ी सोचती रही।

बकरी को तभी एक उपाय सुझा। वह ऊँट के पास जाकर बैठ गयी और बोली, "ऊँट भैया, ऊँट भैया, सुना है तुम्हारा कद बहुत ऊँचा है, लेकिन देखने में तुम उतने लम्बे नहीं दिखते हो। तुम तो इस पेड़ की डाली तक भी नहीं पहुँच पा रहे हो! तब तो लोग जो तुम्हे ऊँचे कद का कहते हैं, वे क्या झूट बोलते हैं?"

बकरी की बात सुनकर, ऊँट को गुस्सा आ गया। वह बोला, "नटखट बकरी, मेरा मज़ाक उड़ाती हो? देखो, मैं कितना ऊँचा हूँ।" कहते हुए ऊँट खरा हुआ। उस ने गुस्से में अपनी गर्दन उठाई और मुँह से पेड़ की एक दो डालियाँ तोड़ डाली। बकरी यहीं चाहती थी।

"ऊँट भैया, तुम सचमुच बहुत ऊँचे हो, बहुत ऊँचे!" कहते हुए चालक बकरी उन डालियों के हरे-हरे पत्तों को खाकर 'में में' करते हुए चली गयी।



## Oh, Dear Tulsi

Oh, dear Tulsi, oh dear Tulsi!  
Who are you? Who are you?  
I am a plant and I am holy  
And that's true, and that's true!

Oh dear Tulsi, oh dear Tulsi!  
Where are you? Where are you?  
I am in the garden, I am in a pot  
I am in the temple of Lord Vishnu.

Oh dear Tulsi, oh dear Tulsi!  
How are you? How are you?  
I am small and I am green,  
I am pungent if you chew.

Oh dear Tulsi, oh dear Tulsi!  
What do you do? What do you do?  
I treat cough; I treat fever,  
And I increase immunity too.



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## Are Our Winters Changing?

In Delhi's winter ice-creamy chill  
India Gate is blurred to nil.  
It's fun to run, it's fun to jog  
It's fun to breathe out the winter fog.

This poem is excerpted from the book 'Happy 100th Birthday Delhi' written by Shashi Shetye and published by National Book Trust, India

Do you notice any changes in the winter's pattern?

Winter is lately known for its unpredictable nature. With scorching heat waves in summer, experiencing cold waves in winter is not surprising anymore. The days when the skies would stay clear and people could make the most of it by swarming to the outdoors for a picnic are long gone. The word 'weather' is used to describe the conditions present at a certain time and location. The weather may change from minute to minute, from hour to hour, and from day to day. On the contrary, climate refers to the average weather over an extended period of time and space, typically 30 years



or more. The climate is also generally consistent, or at least it had been for a long time in human history, until recently. In the past, when temperatures were relatively stable, we could generally predict how the seasons would be since we see it happen every year. The climate crisis, however, is changing the course of history and disturbing the balance of our natural systems. And it has a similar impact on our winters and summers.

How do you think the winters in India has changed in the last 5-10 years and what can we do on our part to maintain the equilibrium in Nature?

**Write your opinions and suggestions in the form of letters to the editor. Send your letters at [nccl.nbtdia@gmail.com](mailto:nccl.nbtdia@gmail.com).**



# It's Quiz Time!

1. How many cards are there in a complete pack of cards?
2. What kind of animal was Abu in Aladdin?
3. "Stars and Stripes" is the nickname of the flag of which country?
4. What gulf is located to the south of Florida?
5. What is the name of the Greek God of music?

Answers of previous issue:

- |                 |            |            |         |            |
|-----------------|------------|------------|---------|------------|
| 1. Milkha Singh | 2. Jupiter | 3. Diamond | 4. Bats | 5. A tower |
|-----------------|------------|------------|---------|------------|

## Did you know?

"I Am" is the shortest complete sentence in the English language.

To make a sentence in English, the sentence should include both a subject and predicate. In the sentence, "I am", 'I' is the subject and 'am' is a predicate. The sentence also expresses a complete thought. Thus, 'I am' is the shortest sentence in English.

NEW DELHI  
FRIDAY  
NOVEMBER 18, 2022

Hindustan Times

KALEIDOSCOPE

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### NATIONAL BOOK TRUST, INDIA BOOKLIST

## ENTHRALLING TALES THAT WILL TEACH US A LOT TOO

This week list brings fun and interesting titles to suit the varied taste of children. Get acquainted with the quaint culture and beauty of the town of Chandernagor, which was a French colony. Learn about the life of the spiritual master Sri Aurobindo who has touched uncountable lives for over a century. Explore India like never before, through her incredible dance forms! And enjoy a virtual deep dive to meet Octi that will teach you about aquatic animals.

### CHANDERNAGOR – A BURG OF THE MOON

Author: Suddhasattwa Basu

This book presents an illustrated chronicle of the quaint yet historical city of Chandernagor, a former French Colony. It is now a popular site for enthusiasts of the Indo-French architecture, festivals, cuisine and culture. The book's plot manoeuvres its way through the unique heritage of the titular city as a French colony and connects it to India's freedom movement, while being interspersed with the childhood memories of the author. This informative narrative, accompanied with striking illustrations, promises to keep the readers engrossed. Suddhasattwa Basu is a renowned illustrator, painter and animation filmmaker.



### SRI AUROBINDO FOR THE YOUNG

Author: Ramesh Bijlani

Sri Aurobindo was a freedom fighter, writer and philosopher, but above all, he was a spiritual master. His teachings were rational and radical. He had futuristic vision and believed that having hope and optimism would lead to a bright world in a not so distant future. He also gave a blueprint for the bright future that awaits mankind. Sri Aurobindo for the Young has been published to celebrate the 150th birth anniversary of this great visionary. The book is filled with his teachings and lesser-known facts about his life. It is a highly readable blend of Sri Aurobindo life, works and vision written in a way that the little ones would enjoy.



### SANA

Author: Ramendra Kumar

Sana, the protagonist of this gripping novella, is a shy and sensitive 14 years old who suddenly finds herself at a new school, surrounded by new faces. This is a tale of her dilemma as she contemplates if this change would be like a living nightmare or an adventure worth undertaking. Experience the various emotions involved in the relationships the children share, in this interesting read. Ramendra Kumar is a writer for children with 35 books in English. They are also available in 15 Indian and 14 foreign languages. He has also written satire, poetry, travelogues, adult fiction and non-fiction.



### NRITYA KATHA: INDIAN DANCE STORIES FOR CHILDREN

Author: Jaya Mehta

Nritya Katha: Indian Dance Stories for Children is a wonderful collection of stories about the colourful world of dancing. This book talks about the dance forms of India, the dance capital of the world with its eight classical and hundreds of regional dances! Filled with beautiful illustrations that support the stories, this book provides children a chance to learn new things about Indian dance forms in a fun way. The dance stories take us through the world of children today, on a roller-coaster of holidays, shifting homes, watching performances, learning new art forms and finding out how technology meets culture!



### AMAZING OCTI

Author: Viky Arya

Octi the octopus lives in a deep sea. He wants to be your friend and play 'Hide & Seek' with you. Are you ready? For this you have to go deep down under the sea. And remember... our Octi is amazing. He can change colours to hide. To play with him just count 1-10 and open the book. When you find him, speak aloud "I SPY OCTI!" Viky Arya is a poet, sculptor, illustrator, lyricist, writer and advertising professional. She is also a specialist in social communication and a national award winner for children's literature. Her large portfolio of diverse artwork spans several styles. This is just the kind of story that little children would enjoy reading because it is really engaging.



### Major Mountains of India

*Mountains serve as the "water towers" of the earth, supplying 60-80% of the world's freshwater supplies. At least 50% of the world's population relies on mountain ecosystem services for survival, including food, clean energy, and water. Here is a glimpse of some of the major mountains in India from the book 'Playing Together' written by Bharat Bhushan Aggarwal and Bindu Agarwal, and published by National Book Trust, India.*

Ramdhari Singh Dinkar, a renowned Hindi poet, referred to the Himalayas, as 'father of all mountains, magnificent in appearance and divine in form!' Though the Himalayas in comparison to the other big mountains of the world is the youngest, it is however the highest, the biggest, and the most divine of all the Indian mountains. Being widespread, it acts as a barrier, protecting us from foreign invasions. Besides, the sea-breezes on reaching the Himalayas, shower rains on the whole of north India.

The story of the origin of the mountains is very interesting. As we know, a fire rages in a molten state in the core of the earth. The temperature within is so high that all mineral and chemical matter keeps boiling in a liquid state. Due to rise in pressure, the matter breaks

the earth's soft layers and is thrown out with great speed. On coming into contact with air in the outer atmosphere, the matter accumulates in the form of rocks. These rocks, slowly and gradually, after millions of years of activity, come to take the form of hills and mountains. Not only this, due to eruption of volcanoes and earthquakes, etc., rocks are thrown out of the earth's core and these also acquire the form of hills and valleys.

The Himalayan range is spread over thousands of kilometres. Kanchenjunga, Dhaulagiri, Gauri Shankar, Nanda Devi, etc. are some, of the summits in the Himalayas. The highest peak of the Himalayas is the Everest, which is in Nepal. On 29 May 1953, Tensing Norgay, a courageous youth of Nepal, along with a companion from New Zealand,

Edmund Hillary, conquered the peak for the first time.

To the north of the Himalayas is the Tibetan plateau. In the north-east is the range of Kailash mountains. It is said that it was here that Lord Shiva meditated. Mansarovar is also in Tibet. To the northeast of the Himalayas are the ranges of Karakoram, Pamir and Hindu Kush mountains.

To the west is Laddakh. The Terai area of the Himalayas is called the Shivalik range. It is very famous for its wild animals, trees and plants. There is the Pir Panjal range in Kashmir.

The Naga hills of Nagaland and the Aravali hills in Rajasthan are well known. Then there is the Satpura mountain range on the borders of Maharashtra and Madhya Pradesh. To the south of Satpura range lie the Mahadeo hills. To the east of Satpura in Maharashtra is the Ajanta range. The Rajmahal hills are in Jharkhand, where a number of coal mines are found.

The Khasi hills are in Meghalaya and the Garo hills in Assam. Gir or the Girnar hills is in Gujarat near Junagadh.

It is a place of pilgrimage for the Jain community. The Vindhyan ranges are considered the oldest ranges. Once, they were high, but gradually they got worn down to become plateaus. According to a story told in the Puranas, when Saint Agastya was going to the south with Kaveri in his pot, he bid the rising Vindhya mountain to bend low with his yogic powers. And he asked them to remain so till he returned from the south. Saint Agastya, however did not return but out of obedience, Vindhya continues to remain bowed.

This Vindhya range divides India into two parts: the north and the south. One of its end faces the Gulf of Khambhat. The Kaimur hills lie towards the north of Madhya Pradesh.

In the south of India lie the Eastern Ghats and the Western Ghats. The Nilgiri hills in the south lie on the borders of Kerala and Tamil Nadu. Under the Nilgiri hills lie the Anamalai hills.

In addition to these, there are a number of small mountains which stand firmly in their places. We, too, should learn to be firm and strong like the mountains and rocks.



## Gomti Pustak Mahotsav, Lucknow

For the first time in Gomti, Lucknow, National Book Trust - India joined hands with the Lucknow Development Authority to launch the City's own Book Festival. The Gomti Book Festival or the Gomti Pustak Mahotsav successfully brought together the confluence of books, literary sessions, children's fest and cultural heritage mapped on the serene backdrop of Gomti Riverfront Park from 29 October to 6 November 2022.

The Gomti Book Festival showcased an extensive range of books from over a hundred publishers in Hindi, English, Urdu and other Indian languages, at an aesthetically decked up book street on the banks of river Gomti. The local literary and cultural essence of Lucknow was reflected in Gomti Book Festival, and connected it with the national and international authors, dignitaries and celebrities, educationists and renowned personalities associated with the City and its heritage. The 9-day Book Festival hosted speakers from all walks of the life such as Muzaffar Ali, Satya Saran, Kulpreet Yadav, Piyush Mishra, among many others.

The Festival had a dedicated Children's Pavilion which hosted interactive storytelling sessions through skits, songs, and puppets; sessions on topics like Real-life (non-digital) Social Networking, Indian Classical Dances, the Art of Public Speaking, and Financial Literacy for Children; workshops on illustration, comics, and calligraphy; creative writing competitions; open mics; and cultural performances.







*The Gomti Pustak Mahotsav received several entries for various essay writing competitions held during the festival. Two of the short listed entries on the topic 'Literary Heritage of Lucknow' and 'Gomti-The Lifeline of Lucknow' are produced here.*

## Literary Heritage of Lucknow

In the words of Rebecca West, "Literature must be an analysis of expression and a synthesis of the findings into a unity." Literature is the voice of the soul. It is the gateway through which one expresses one's emotions in a plethora of genres like poetry, drama, stories, etc. Since ancient times, literature has been deeply rooted in our society, which has evolved with the profundity of our great poets. It is the weapon which obliterates the dark clouds of elegy from our society. It is that boon for humanity that allows them to be transparent in an environment infused with judgment, jealousy, and so on.

Lucknow is a city of shayars and a focal point of a cultural renaissance has been since a long time. Gazals, qawallies, and sher-o-shayari reached their pinnacle under the Nawabi patronage of Lucknow. The most prodigious writers and poets of Lucknow have contributed their immense literary pieces, including Haidar Ali Aatish, Iktiar Alif, and many more. For a long time, the auspicious soil of Lucknow raised wonderous and exuberant talents of writings who had efficiently touched all the hinterland of literary conscience for the maniac readers. The journey of fluent literature was notable in the land of Lucknow since the Indian independence movement, led by Hasrat Mohani, a remarkable Urdu poet of Lucknow who coined 'Inquilab Zindabad' and demanded complete independence for the first time.

Thereafter, his legacy was continued by revolutionary poets and writers who established themselves as legendary exponents of literary art. The rhythmic pen strokes of Javed Akhtar harmonise the entire city. Kaifi Azmi brought Urdu literature to motion pictures with the sweetness of his words. Safi Lakhnavi was put on a pedestal with the 'Lassan-ul-Quam' outstanding of the people. Agha Hasan Amanat was affiliated with the court of Wajid Ali Shah and was cited as 'Amanat Lakhnavi' (Amanat of Lucknow).

Through literature, we discover ourselves and the world around us time and again. It helps to build a common identity by strengthening social connections around shared values and collective undertakings. The garnishing essence of literature is its pure and true poems, stories, and other styles of writing, which make it a piece of heritage glorifying the city of Lucknow.

Lucknow is a hub of Hindi literature with a blend of several dialects in it. The bona fide pieces like Zikh-i-Mir, Aah-e-Nataman, Kulyat-e-Jurat, and so on are the precious artefacts of the renowned pen masters of Lucknow. Lucknow's emulating piece of literature makes it a symphony for the Lucknowites' hearts.

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## Gomti-The Lifeline of Lucknow

As it is rightly said by John Eckhardt, "The rivers bring blessing and produce life wherever it goes." The rivers form the backbone of human civilization. They provide us with fresh and natural water, which is useful for various purposes like cleaning, drinking, washing, and so on. Without rivers, life will come to a halt. Most people are unaware of the impact rivers have on the living world. It is because they keep on doing their work silently.

One such river is the Gomti River. It is a tributary of the Ganges. According to the beliefs, it is considered to be the son of Rishi Vashishtha. Bathing in the river on Ekadashi (i.e., the 11th day of the two lunar phases of the Hindi calendar month) can wash away sins. According to the Bhagavata Purana, the Gomti River is one of the five transcended rivers. Even the Gomti chakra is found here.

The Gomti River originates from Gomti Taal (also called Fulhaar Jheel) near Pilibhi district, Uttar Pradesh. It is a monsoon and groundwater-fed river with water all year.

For many years, the Gomti has received a lot of attention, especially in and around Lucknow. However, there are three key problems:

High embankments are built around the Gomti River to control the population of Lucknow after the emergence of 1970's flood, therefore, altering the floodplain.

Secondly, out of 40 drains, 23 drains are major. They were equipped to carry surplus water into the river but were reduced to just convey sewage from homes and industries.

Thirdly, the river's floodplains and fertile land were covered with residential areas.

Apart from the problems that the Gomti river faces, river has many benefits which makes Gomti River the lifeline of Lucknow.

Firstly, the supply of water. Rivers are the basic and natural source of water.

Secondly, it plays an important role in the habitat of wildlife, which includes plants and animals, and provides water for their survival. It is an essential home for the fishes or other organisms underground.

Lastly, it is a great tourist attraction for people worldwide. They come here to visit and have rides and explore the river.

But, in today's time, people are polluting the river by throwing waste in it. Therefore, some measures must be taken by the government in order to stop all this. General awareness must also be created among the people. It is the lifeline and therefore must not be exploited.

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### Kalighat Painting

*In the 19th century Kolkata, an art form that received acclaim the world over was Kalighat Painting. This article is excerpted from 'Lines and Colours, Discovering Indian Art' by Ella Datta, published by National Book Trust, India.*

As a centre for British trade and government, Kolkata was growing in the mid-19th century. With the spread of the metropolis, the importance of Kalighat as a pilgrimage centre multiplied. This in turn tempted patuas, village folk-artists, to come and settle in Kalighat.

But whether it was because of a more sophisticated urban audience or the need to paint faster because of a growing market, the style changed from the innocence of folk vision to a sharper, more fluid style full of wit and sparkle. The works were done with ink and brush with a light colour wash. The figures had a suggestion of volume which prompted art historian W. G. Archer to suggest that the Kalighat artists were influenced by European art. This, in turn, gave rise to a fierce debate where Indian art historians forcefully refuted Archer's claim. Jyotindra Jain showed how the artists were influenced by traditional pottery and folk toys. Besides gods and goddesses, the artists painted subjects



A barber tending to a Babu.  
A sparkling Kalighat painting.

related to everyday life like a cat chomping on a lobster, but it is also a take-off on the hypocritical religious men who pretend to be vegetarians but secretly eat meat and fish. There are portraits of professions like barbers and of rich babus. Satirical paintings on the outcome of women's emancipation reflected the mood of a male-oriented society. There is a whole

cast of characters. Stylistically, apart from the elegant manner of painting, the artists retained some of the traditional devices like painting a beautiful woman with a flower. But they also used European props to suit the new European-influenced environment like chairs and other pieces of furniture.

The art form died down by the early decades of the 20th century. Its market shrank with the advent of printmaking studios and photography. But for all the debate surrounding the genre of painting, it is acknowledged to be the first modern, urban art form. It influenced several contemporary artists of Bengal with its sophistication and elegance.

प्लॉक अवसर था पाठक मंच के बच्चों द्वारा संध्या फेरी निकालकर पठन अभिरुचि विकास का संदेश देने का। शहर के मुख्य मार्ग से होते हुए बच्चे वापस सोसायटी लौटे।

संध्या फेरी को पाठक मंच की सचिव शिवानी दत्ता और सक्रिय सदस्य जया कुमारी ने हरी झंडी दिखाकर रवाना किया। राष्ट्रीय पुस्तक न्यास, भारत द्वारा सम्मानित

गैर सरकारी संस्था दर्शन मेला म्यूजियम डेवलपमेंट सोसायटी के तत्वावधान में साप्ताहिक निःशुल्क कार्यक्रम इन्द्रधनुष की 754वीं कड़ी के रूप में संध्या फेरी निकाली गई।

2005 से पाठक मंच द्वारा संध्या फेरी के माध्यम से वर्ष के अंत में, नववर्ष पर समाज को राष्ट्र के प्रति समर्पित रहते हुए, पठन अभिरुचि विकास का संदेश बच्चों द्वारा दिया जाता रहा है। नगर मार्ग पर आयोजित होने वाली पाठक मंच की संध्या फेरी इन्द्रधनुष कार्यक्रम की विशेष पारंपरिक कड़ी है जो कोरोना के कारण दो वर्षों से स्थगित रहने के बाद 2022 में आयोजित हुई। इस संध्या फेरी का प्रबंधन पाठक मंच की अध्यक्ष चिन्मय दत्ता ने किया और नेतृत्व पाठक मंच के उपाध्यक्ष मनीष कुमार द्वारा किया गया।

इस अवसर पर अनेक उत्साही पाठको, बच्चों के साथ-साथ सदस्यगणों ने शामिल होकर इस पारंपरिक कार्यक्रम को सफल बनाया।

चिन्मय दत्ता  
संस्थापक

दर्शन मेला म्यूजियम डेवलपमेंट सोसायटी, चाईबासा, झारखंड

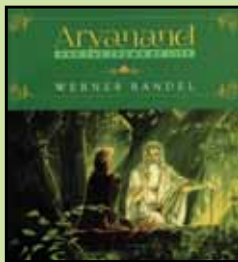


## Recent Title by National Book Trust, India

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### The Cat's Tongue

*Did you know that cats do not possess cheeks? This article is excerpted from 'The Fascinating World of Biology' by Rohini Muthuswami, published by National Book Trust, India.*

The Owl and the Pussy-cat went to sea  
In a beautiful pea-green boat.

- Edward Lear

My neighbour feeds two stray cats. One of them is striped and the other is black and white in colour. Both cats wait outside my neighbour's house for their daily ration of milk and chicken pieces. The striped cat is a male and the black and white is a female. Interestingly, cats do not possess cheeks, which are essential for drinking. The cheeks provide suction power so that the liquid enters the mouth. If an animal does not possess cheeks, then how are they able to drink?

There are many animals that do not possess cheeks like we do. For example, dogs do not have cheeks so they drink water using a spoon-like action. They curl their tongue in such a manner that it forms a ladle and with this ladle they scoop up the liquid. This implies that the tongue should be submerged into the liquid. Most of the animals lacking complete cheeks employ this trick. But not cats.

The tongue of a cat is known to be rough and for a long time scientists had



assumed that the cats employ their rough tongue in the same way, as does a dog. However, one day, a researcher, Roman Stocker, was watching his cat, Cutta, drink milk and he wondered if the assumption that cats and dogs use the same method to drink was true. To test this assumption, Roman Stocker and his colleagues used a high-speed camera to study the way cats drink milk. What they found was astonishing. The tongue of the cats does not penetrate the liquid. This implies that they do not form ladle like structure with their tongue. So how do they drink?

The cats extend their tongue towards the liquid and as it touches the surface of the liquid, the tip of the tongue is curled backwards. This movement allows it to pick a droplet. Now, the cat starts withdrawing the tongue from the liquid. As it does so, a column of liquid is pulled-up. The cat clamps its jaws close and the liquid is trapped inside the mouth. This action of cats has a profound implication. When the column of liquid is being pulled up, it is being pulled against the gravity. Therefore, to understand the mechanism better, the researchers built a robotic tongue that could mimic the cat's tongue. Using this instrument, the researchers found that two forces play an important role in the drinking mechanism. One is the inertia of the liquid that tends to keep the liquid moving upwards. The other is the gravitational force that tries to pull the liquid downwards. Thus, the inertia and gravitational forces are acting on opposite directions. The cat must balance between these two forces such that it pulls

up the liquid into its mouth before the gravitational force pulls it down. If it closes its jaws too early, it would miss the column of water as the inertia pulls it up. If it closes its jaws too close, it will lose the water, as the gravitational force would pull it back towards the ground.

How do cats acquire this behaviour? Is it genetic? That is to say, are cats born with this instinct to balance inertial and the gravitational force? Or, is it learnt in the same way as birds learn to fly and we learn to walk?

Researchers believe that cats learn this behaviour the same way as we learn to walk. So, the drinking behaviour is instinctive. It is not in-built but learnt through trial and error. Is this only true of the cats? What about tigers, lions and other animals that belong to the feline genera along with the cats? Well, the researchers went to a zoo to study the behaviour of these animals and found that this behaviour extends to all the animals belonging to the feline genera. Thus tigers, lions, leopards, cheetahs, employ the same trick to drink liquids. The only difference is the timing. As these animals possess a longer tongue and are taller than cats, they lap much slowly so that the inertia and gravitational force could be balanced properly.

This study has helped in designing better robots. Robots are used for cleaning oil spills and scientists are now designing robots that would be able to clean up the oil spills using the same principle as the cat's tongue.

## From Our Young Readers

### Shadows

Shadows follow us everywhere we head,  
Changing their direction when light is shed;  
They love the darkness as they themselves are,  
But when we go in the dark, they run away afar;  
We stare at the sun to avoid the shadows,  
Ironically, more the light, more the shadow grows;  
By scrutiny, I saw, the shadows resemble our fears,  
The sun is perfection and fear it does bear;  
Hiding it behind us we walk towards the light,  
But we need to go in the darkness, if we really want to fight;  
The shadow which followed you gets lost in the dark,  
Bringing all the others like hyenas and shark;  
After the great war, when the light comes,  
The battle scars are those which gleam in triumph.

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## A Mysterious Creature

I looked around hoping something would appear  
It came again as if it was calling my name  
I looked again but everything was just the same

I closed my eyes, and felt something pull my ear  
When I opened them, I saw a creature lying near  
It wasn't an animal, it wasn't a bird  
Nothing ever witnessed by the world

In between its claw's hold  
It held a mysterious scroll  
Inside the scroll  
There were alphabets unknown  
At the moment the creature started talking to me  
Explaining how he really needed me  
It needed someone brave and keen  
To find his kingdom's missing king and queen

He had come from a world far away  
A world which was never in trouble  
A world which had no idea about struggle  
He had come from a land of generosity and love  
A world prettier than the land above

But now the land was struggling  
The king and queen's disappearance was troubling  
Everything was dull and sad

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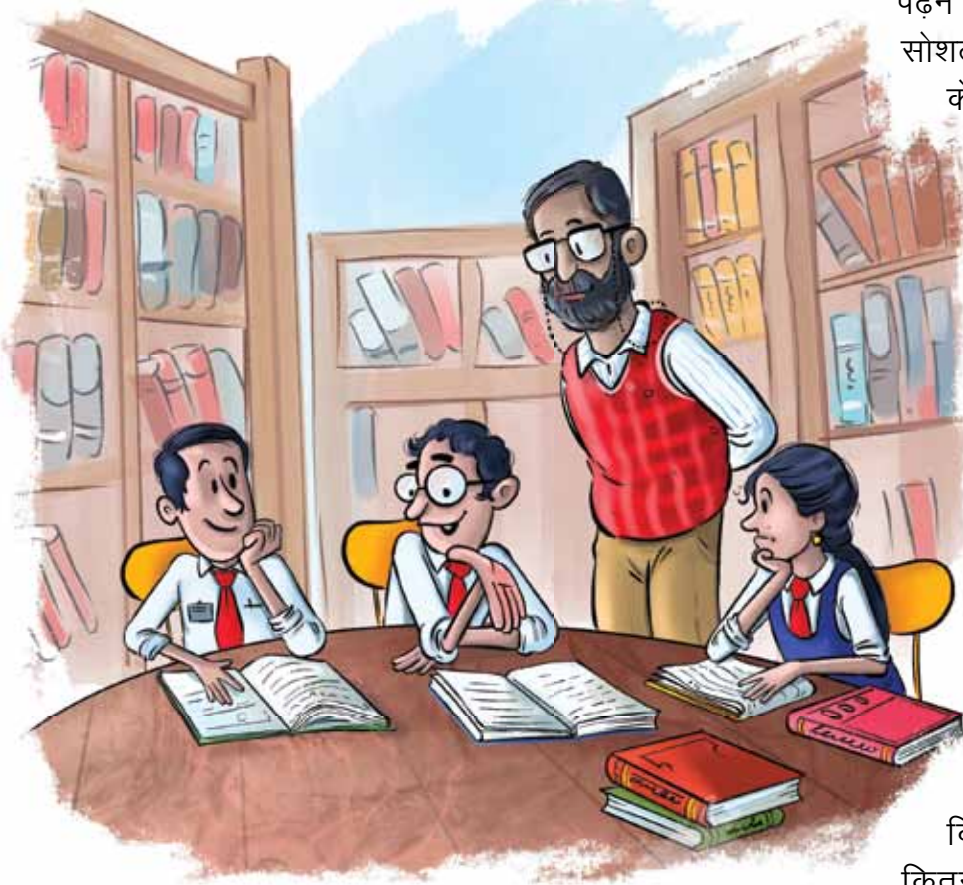
## किताबें पढ़ने का आनंद

कभी-कभी हमारी जिंदगी में कुछ ऐसा घट जाता है जिसका हमें अंदाजा भी नहीं होता। फरवरी महीने में कुछ ऐसा ही मेरे साथ हुआ। शनिवार का दिन था। उस दिन हमारा 'नो बैग डे' था। मैं उस दिन रोज़ की तरह ही स्कूल गया था। मेरे दोस्त भी आम दिनों की तरह ही स्कूल आए थे। हम सब अपनी बातों में लगे हुए थे कि अचानक से हमारे क्लास इंचार्ज राजेंद्र सर कक्षा में आ गए। उन्होंने रोज़ की तरह हमारी हाजिरी ली। फिर उन्हें

पता चला कि उन का पहला पीरियड हमारी ही क्लास में एड जस्ट है। वो भी हमसे बातें करने लगे। चलते चलते बात किताबों पर आ गई। उन्होंने हमें बताया कि हमें पुस्तकें पढ़नी चाहिए। जैसे मोबाइल देखने का आनंद है, जैसे क्रिकेट खेलने का आनंद है, जैसे किताबें पढ़ने का भी एक आनंद होता है। पर यह आनंद एक अलग तरह का आनंद होता है जैसे कसरत करने का आनंद, रजाई में सोने के आनंद से अलग होता है जैसे किताबें

पढ़ने का आनंद, मोबाइल में सोशल मीडिया पर लगे रहने के आनंद से अलग होता है। फिर उन्होंने झट से कहा कि आज तुम लोगों को अपने स्कूल की लाइब्रेरी ले के चलते हैं। किताबों से तुम्हारी जान पहचान करवाते हैं। हम सब स्टूडेंट्स एक लाइन में लाइब्रेरी पहुंच गए।

मैं इस से पहले कभी भी किसी भी लाइब्रेरी में नहीं गया था। वहां पहुंच कर मुझे एहसास हुआ कि किताबों की दुनिया कितनी विचित्र दुनिया है।



हमारी लाइब्रेरी में बहुत-सी किताबें रखी हुई थी। सर ने हम स्टूडेंट्स से कहा, "तुम कोई भी किताब उठा लो और उसे पढ़ो। लेकिन एक बात का ध्यान रखना, किताब जिस शेल्फ से भी उठाओगे उसे वापिस भी वहीं रखना।" हम सभी स्टूडेंट्स ने अपनी अपनी मर्जी के अनुसार अलग-अलग किताब उठाली और टेबल पर बैठ कर पढ़ने लगे। पर हमें किताब पढ़ने में कोई मजा नहीं आ रहा था।

किताब पढ़ने की एक्टिंग करते हुए हम चोरी आंख से एक दूसरे की तरफ देख रहे थे। सर ने ये सब देख लिया। वो हमें कहने लगे किताबें पढ़ने का भी एक तरीका होता है। लाइब्रेरी में जो किताब पसंद आए उसे लो और किसी भी पन्ने से उसे पढ़ने लग जाओ। जब किसी किताब के किसी खास पन्ने पर लिखी कोई बात बहुत अच्छी लगे तो उस किताब को पूरा पढ़ो। जैसा सर ने कहा था हम सबने वैसे ही किया। हम अपनी अपनी पुस्तक के पन्ने पलट-पलट कर अपने पसंद की वो बात ढूंढने लग गए जिसकी हमें तलाश थी। फिर हमें किताबें अच्छी भी लगने लगी और हमारा उन में इंटरस्ट भी पैदा हो गया। अब लाइब्रेरी में हम सभी स्टूडेंट्स सचमुच में किताब पढ़ रहे थे। हम सभी अपनी किताब में खोते जा रहे थे। हमें पढ़ते देख सर ने हमारी कुछ तस्वीरें भी खींच लीं। अब हमारा ध्यान फोटो खिंचवाने की तरफ हो गया। सर ने फिर हमें टोकते हुए कहा कि तुम लोग फोटो खिंचवाने के लिए न पढ़ो। आनंद लेने के लिए पढ़ो। इस किताब में तुमने जो भी पढ़ा है उसकी

तुम लोगों ने परीक्षा नहीं देनी है। तुम इसलिए पढ़ो कि तुम्हें पढ़ना अच्छा लगता है। अब हम लोग मन से पढ़ने लगे। कुछ स्टूडेंट्स का अभी भी किताब में मन नहीं लग रहा था। सर ने फिर कहा "तुम्हें जो किताब अच्छी नहीं लग रही उसे छोड़कर कोई और किताब ले लो। सभी किताबें सभी के लिए नहीं होती।" "हमें अपने हाथ की किताब अच्छी लग रही थी। सर ने बताया अगर आपको कोई किताब अच्छी लगी है तो आप उसे लाइब्रेरी से इशू करवा सकते हो। फिर हम सबने एक-एक किताब इशू करवाई। मोहित को पंजाबी की किताब अच्छी लगी। शिवम ने अंग्रेजी की किताब 'ए वेट सम्मर डे' इशू करवाई।

एक पुस्तक इशू करवाई। किताब इशू करवाते हुए पता चला कि लाइब्रेरी से इशू करवाने वाले से उस का नाम, कक्षा, सेक्शन और फोन नंबर भी नोट किया जाता है। जो लोग लगातार किताबें इशू करवाते हैं उनका रजिस्टर में अलग से पेज रिजर्व होता है। इसके बाद हम फिर कक्षा में आ गए।

टीचर हमें अपने-अपने सब्जेक्ट की एक्टिविटी करवा रहे थे पर हमें आज जल्दी थी कि कब छूटी हो और कब हम घर जाकर अपने साथ ली हुई किताब पढ़ लें। सर ने सच ही कहा था किताबें पढ़ने का आनंद अलग तरह का आनंद होता है। इस आनंद को किताबों में घुसकर ही समझा जा सकता है।

आर्यन

कक्षा 10

राजकीय आदर्श उच्चविद्यालय, चंडीगढ़



## एक मुसाफिर और दयालु किसान

एक बार की बात है, एक गाँव में शेखचंद नाम का एक किसान रहा करता था। वह किसान बहुत गरीब था लेकिन वह दयालु भी बहुत था। चाहे वो खुद कुछ ना खा सके लेकिन रास्ते में किसी गरीब को देख कर वह कुछ उपाय सुझाकर उस गरीब की मदद जरूर करता था। एक बार उसे रास्ते में दो मटके मिले। उसने सोचा की ये मटके वैसे तो अच्छे लग रहे हैं। क्यों न मैं इन मटकों में पानी भर कर गरीब को दे दूँ। उस कड़ी धूप में उसे गरीब तो नहीं मिला लेकिन एक प्यास से तड़पता हुआ मुसाफिर जरूर मिल गया। जब शेखचंद ने उस मुसाफिर को देखा, उसने मुसाफिर से कहा— “भाई तुम इस कड़ी धूप में कहा जा रहे हो?” मुसाफिर ने कहा “भाई मैं इस गाँव को देखने आया हूँ। लेकिन रास्ता भटक गया हूँ।”

“ये बात है—कोई बात नहीं तुम मेरे साथ मेरे घर चलो” शेखचंद ने कहा और शेखचंद मुसाफिर को अपने घर ले आया। घर पहुँचते ही मुसाफिर ने शेखचंद से कहा “भाई क्या तुम्हारे घर में कुछ खाने के लिए है?” शेखचंद ने सोचा, “घर में कुछ खाने के लिए ढूँढना होगा जब उसने चावल के कट्टे में देखा तो उसे थोड़े चावल और थोड़ा अनाज मिल गया। वह उस चावल का पकाने लगा। एक घंटा पूरा होने के बाद शेखचंद ने गैस को बंद कर दिया। फिर उसने उस खाने को बरतन में रखा ओर उस बरतन में हरी घास की हाथों से बनाई गई चटनी और एक लहसुन को थाल में रखकर मुसाफिर को देने चला गया।

मुसाफिर ने जब उस खाने को खाया तो उसे वो खाना इतना अच्छा लगा कि उसने शेखचंद को कहा “वाह! आप क्या खाना बनाते हो। उसने कहा “क्या आप मेरे होटल में बावर्ची का काम करेंगे?” यह बात सुनकर शेखचंद बहुत खुश हुआ मानों उसकी जिंदगी कहीं बदल गयी थी। इस कहानी से हमें यह शिक्षा मिलती है कि हमें हमेशा अच्छा व्यवहार करना चाहिए और दूसरों की मदद करनी चाहिए। अच्छे कर्म से अच्छे फल मिलते हैं।

भुमिका

कक्षा 8

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## खुद बनाये छोटा-सा खिलौना

### नैन मटक्को

खिलौनों से खेलना हमेशा मजेदार होता है, तो चलिए आज हम सीखते हैं खुद से खिलौना बनाना। आज हम बनाएंगे 'नैन मटक्को'। यह गतिविधि अरविंद गुप्ता द्वारा लिखित और राष्ट्रीय पुस्तक न्यास, भारत द्वारा प्रकाशित पुस्तक 'नन्हे खिलौने' से ली गई है। इस खिलौने को आप अपने दोस्तों के साथ मिलकर बनाएँ और इसका आनंद ले।

जब कोई चीज हमारी आँखों के सामने से हटा ली जाती है, तब भी हम उसे एक सेकंड के कुछ अंश तक देखते रहते हैं। यही दृष्टि निर्बंध का सिद्धांत है। इसी दृष्टि-भ्रम के कारण ही हम सिनेमाघरों में फिल्में देख पाते हैं। वैसे फिल्म की रील में अलग-अलग फ्रेम होते हैं। परंतु यह फ्रेम हमारी आँखों के सामने इतनी तेजी से आते हैं, कि हमको उनमें एक निरंतरता प्रतीत होती है।



प्रिय पाठक,

क्या आपको लिखना अच्छा लगता है? क्या आप अपनी कल्पना का प्रयोग कर रोमांचक कहानियाँ, कविता, और निबंध लिख सकते हैं? तो यह आपके लिए एक उत्तम मौका है।

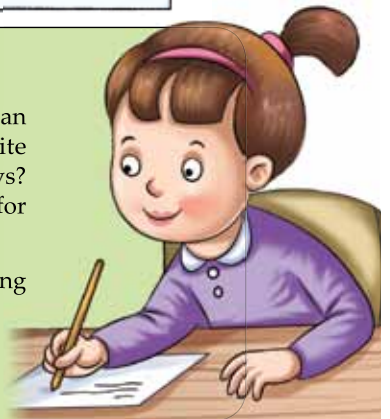
सबसे दिलचस्प लेखों को हम अपने अगले संस्करण में प्रकाशित करेंगे।

हमें लिखें / Write to us: [nccl.nbttindia@gmail.com](mailto:nccl.nbttindia@gmail.com) / [nccl@nbtindia.gov.in](mailto:nccl@nbtindia.gov.in)

Dear Children,

Do you find writing interesting? Can you use your imagination to write exciting stories, poems, and essays? Then this is a perfect opportunity for you!

We will publish the most interesting submissions in our next edition.



### Vishwanathan Anand

*This article is excerpted from 'Children Who Made it Big' by Thangamai, published by National Book Trust, India.*

*If revenge motivates you, go for it! But the main thing is to set your game in order.*  
- Vishwanathan Anand

India hasn't had many world champions in individual sports, but Vishwanathan Anand is one of them and by far, the best in his field. Born on 11 December 1969, Anand got interested in chess at a very early age and became the youngest National champion at the age of 16. He was also the first Grandmaster from India. With his lightning quick moves, he has not only beaten all the top players in the world but even computers in tournaments. He has the record of simultaneously playing and winning against six computers in Amsterdam.

The list of his championships, awards and honours are too long to be enumerated in this profile, but some of the most significant ones are given below:

Anand has won the World Chess Championship five times in the years 2000, 2007, 2008, 2010 and 2012. He was



FIDE World Rapid Chess Champion in 2003 and 2017, and is considered to be the best player in this form of the game. He is also six time recipient of the Chess Oscar, an international award given to the best

chess player in the world in the years 1997, 1998, 2003, 2004, 2007 and 2008.

He became the youngest recipient of the Padma Shri at the age of 18, in 1987 and got the Padma Vibhushan Award in 2007, which is the second highest civilian award. Anand also became the first recipient of the Ralv Gandhi KhelRatna Award in 1991-92, which is India's highest sporting honour.

Thanks to Anand's contribution to international chess, more and more children are taking interest in the game. In a country where children are familiar only with cricket, this is indeed an achievement. Little wonder then, he is known as the 'One Man Chess Revolution'.



### इकड़ी-दुकड़ी

इकड़ी-दुकड़ी छोटे बच्चों द्वारा भारत की सड़को पर खेले जाने वाले आम खेलों में से एक है। इस लेख को राष्ट्रीय पुस्तक न्यास, भारत द्वारा प्रकाशित और मुल्कराज आनंद द्वारा लिखित पुस्तक 'गली मोहल्लों के कुछ खेल' से लिया गया है।



अगला खेल जो मैंने सीखा वह था इकड़ी-दुकड़ी, जो खेला जाता था ठिप्पी से, मिट्टी के बरतन का एक टूटा-सा टुकड़ा डेढ़ इंच के करीब बड़ा और उससे छोटे गोल चपटे पत्थर को भी ले लेते थे। तीन गज़ लंबा और दो गज़ चौड़ा आयत बना लिया जाता था। उसके बीच एक-एक फूट के चौकोर बना लिये जाते थे। इन्हीं के बीच चार फुट की दूरी पर तीन तिकोनों से बांटकर एक क्रास (ग) कटपीट बना दिया जाता था। इन तिकोनों के बीच तीन लंबी समानांतर लकीरें होती थीं।

एक पांव पर खड़े होकर लंगड़ी चाल से कूदते हुए आगे बढ़ते थे, पंजों के बल पर। ठिप्पी को पहले एक के बाद एक-तीन घरों से आगे बढ़ाकर ठेला जाता था और फिर तीन तिकोनों के बीच और अंत में इन तिकोनों के बाद तीन घरों में। यह ज़रूरी है कि ठिप्पी बहुत ठीक से सारे घरों को पार करती जाये।

जो भी इन घरों को सबसे पहले पार करती उस पार जा सकती है वही जीतती है। प्रतीक रूप में ये घर हैं तीन दुनिया के नक्शे-समंदर और तीन स्वर्ग।

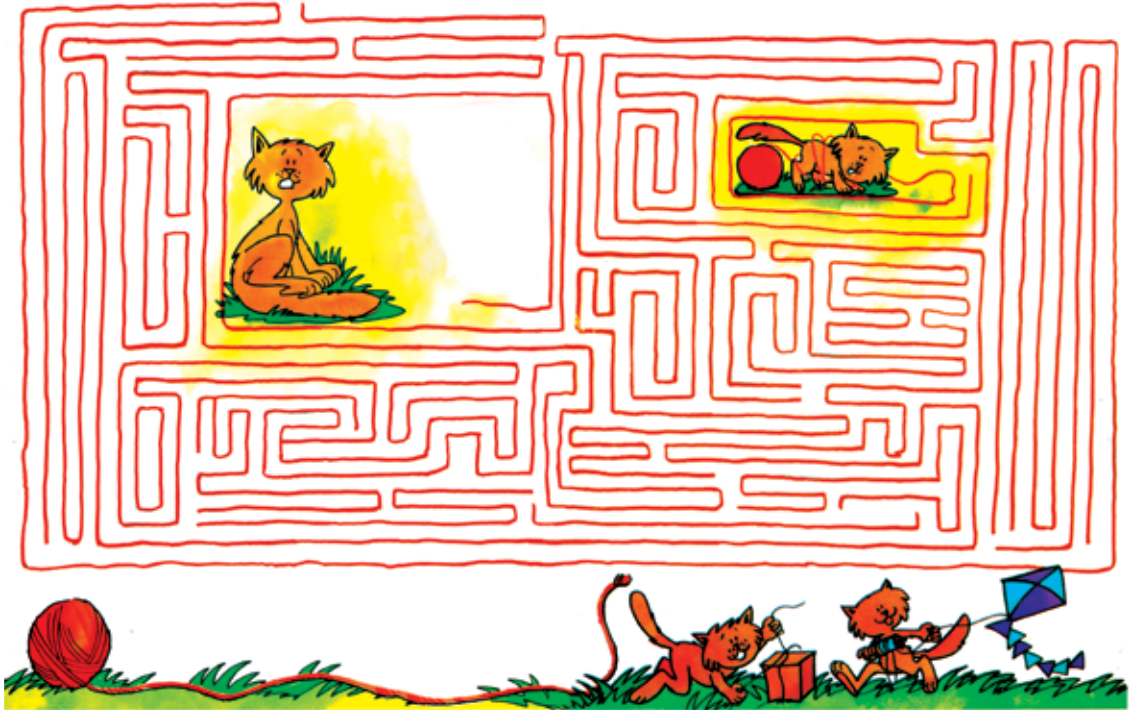
## ULJHAN - SULJHAN

*Do you know that wrestling with riddles and puzzles are a great way to improve your concentration, focus and cognitive agility? Here are some riddles and puzzles to get your mind working on!*

- What runs all around a backyard, yet never moves?
- What has a thumb and four fingers, but is not a hand?
- मेरा भाई बड़ा शैतान, बैटे नाक पर, पकड़े कान?
- वह कौन दृ सी चीज है, जो बागों में नहीं खेलती मगर घर की दीवारों पर खेलती है?

*Answers: A fence, A glove, शैतानी, छिपकली*

बिल्ली को तुम्हारी मदद चाहिए। इस ऊन की भूलभूलैया में से गुजर कर उसे अपनी माँ तक पहुंचाना है। एक पेंसिल (कलम) से बिल्ली के लिए उसका रास्ता रेखांकित करो ताकि वह अपनी माँ तक पहुंच पाए।



— यह अंश प्रिया नागराजन द्वारा लिखित और चित्रित, तथा राष्ट्रीय पुस्तक न्यास, भारत द्वारा प्रकाशित पुस्तक 'वनशाला' से ली गई है।

# Children's Activities at Ganga Pustak Parikrama

## Connecting Books and the Literary Heritage of Ganga:

### NBT-India Launches the First-ever Ganga Pustak Parikrama

Launched first-time ever, this mobile book exhibition (Pustak Parikrama) by National Book Trust, India (under Ministry of Education, Government of India) covered journey of 2500 kilometres passing through all major cities, towns and settlements along river Ganga. The Ganga Pustak Parikrama connected the literary heritage of writers who lived around the river Ganga. This includes writings of Kalidas, Tulsidas, Premchand, Rabindranath Tagore, Harivansh Rai Bachchan to contemporary authors like Amish Tripathi.

Several children's activities took place in the Ganga Pustak Parikrama such as storytelling sessions for children, essay writing competition, and drawing competitions. The aim of Ganga Pustak Parikrama was to connect children and young adults among others and making them aware about the cultural and environmental aspects of Ganga on our lives through creative writing, reading, painting workshops, discussions and other such books-and-reading-related activities.







# NEW DELHI WORLD BOOK FAIR

THEME



**25 February - 05 March 2023**

Pragati Maidan, New Delhi  
11.00 am to 8.00 pm

GUEST OF HONOUR COUNTRY



**COME BE A PART OF THE CHILDREN'S PAVILION!**

Participate in:

- Storytelling sessions
- Illustration workshops
- Inter-school quiz competition
- Essay writing competition
- Session on toy-integrated learning and puppet show

and many more...

