

रीडर्स क्लब बुलेटिन

READERS' CLUB

BULLETIN

SPECIAL ATTRACTION!!

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Volume 26
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2021



SPECIAL EDITION WITH NEW ATTRACTIONS



युवा लेखकों के लिए प्रधानमंत्री की मेंटरशिप योजना

प्रतियोगिता में भाग लें

“जहाँ नागरिक पढ़ते हैं,
राष्ट्र उन्नति करता है।”

- 30 वर्ष से कम के लेखकों के लिए
- प्रविष्टियाँ 22 अधिकारिक भारतीय भाषाओं एवं अंग्रेजी में प्रस्तुत की जा सकती हैं
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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,
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From NBT Desk:

Children hold the potential, imagination and strength to make the world a better place. They are the leaders of a brighter future. We at NBT celebrate every child and their imagination, and in every issue of our Readers' Club Bulletin we bring something out of the box.

This issue is dedicated to the explorative nature of children, with its various sections of science, great lives, astronomy, sports, toy making and many more.

We hope our Readers will have a journey of learning, laughing, fun, joy and most importantly inspiration through our February to April issue.

Kanchan Wanchoo Sharma
Editor (NCCL)

VOLUME 26 ♦ ISSUE 1 ♦ FEB 2021

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Nature Around Us: The Sunflower Story

Colorful flowers, bright green grass, chirping birds, tall trees swaying in the cool breeze and soft fragrance all around, a typical clear day of spring always makes little Miku happy and excited. You can see her hopping and jumping all around the garden, stopping only to smell some flower or to look at the birds on trees. Her favorite activities are running after the squirrels or trying to catch the butterflies. Another person who enjoys the beautiful nature is her Daadi who walks on the green, soft and moist grass every morning and keeps an eye on her little granddaughter.

Miku often asks her grandmother about whatever she notices around. Daadi seems to have all the answers. We will try to get close to them and listen to their questions and answers.

After her walk, Daadi sat down on a bench and Miku came and sat near her. She wanted to know about the many types of flowers in the garden and their names.

Miku knew two names, rose and marigold. Red flowers which smell genuinely nice are roses and yellow ones used in garlands are marigold. Daadi took her around and told the

names of the many flowers growing in the garden, they included Dog flower, Candytuft, Carnations, Gerbera, Gladiolus, Larkspur, Jasmine, Dahlia, Lily and Chrysanthemum.



Miku pointed out that some of the flowers were single while others were in groups. Daadi explained that generally big flowers like roses are single called as solitary as they can attract pollinators but smaller flowers like Candytuft and Larkspur are in groups called inflorescences, together they attract the insect pollinators. Transfer of pollen grains from one flower to another is called pollination and this is needed for seed and fruit development.

Even more interesting are the flowers which look like



Stages of development in sunflower.

See the rings of the flowers open as their inflorescence gets older, till the seed development starts in them.



Sunflowers. Gerbera, Dahlia and Chrysanthemum are in this category. These look solitary but are actually clusters of small flowers arranged on a disc, they are called Capitulum



type of inflorescences. They have an outer ring of flat flowers and in the centre are numerous spirally arranged tubular flowers on a flat disc. Outer ring of small flowers is called Ray-florets and inner ones are called Disc florets. The inner ones keep opening in rings everyday till the central buds open. Then the head starts developing into seeds and fruits.

Miku ran to the flower beds to see this amazing truth she had learnt. Her excitement became manifold as she could point out newly opened and older flowers to Daadi. Knowledge makes Nature so much more enjoyable.

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Book Excerpts

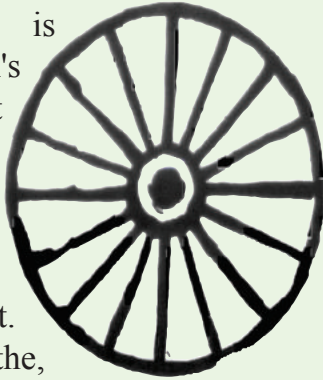
This is an interesting, informative and fun excerpt from the book 'Inventions That Changed The World', written by Mir Najabat Ali, illustrated by Ahmed, and published by National Book Trust, India.

THE WHEEL

The wheel is perhaps man's greatest invention. Simple as it seems, it is the very basis of movement.

The cart, the, cycle, the motor-car and the railway train move on wheels. Even aircrafts which fly thousands of kilometres through the air have to have wheels for taking-off and landing. It is not only for transport that the wheel is vital. Machines that produce various goods for us, watches that tell us the time, generators that produce electricity, and many gadgets which have become essential in our day-to-day life cannot work without a wheel.

How did the wheel come into existence? Let us go back to man's early history. Man first began to tame animals for his use. The first animal to be tamed was the dog. It kept a watch



and warned its master of approaching danger.

The dog was also used in hunting. Man soon discovered that a pack of dogs could pull a fairly heavy load. He made a frame of sticks, placed loads on it and made dogs pull it. This vehicle was called a sledge. Sometimes the man himself sat on the sledge and had a ride. All the time man was looking for some means of carrying himself and his goods over longer distances with greater speed, comfort and safety. It is possible that he discovered that by putting a few round sticks under a sledge it was easier to make it move. You must have seen that this method is used even now when heavy loads have to be moved in offices and factories.



The load is mounted on one or two round pipes and made to slide over them. When the load moves forward, it leaves behind the pipes, which are picked up and again placed in front under the load and thus it is kept moving. Early man must have used round sticks cut from the branches of trees to slide loads over, long before the wheel was invented. But this method can be used only for moving loads over short distances.

Moreover, it is a slow, time-consuming process. Then some



imaginative person must have got the idea of making a wheel. He had nothing known to adapt or copy the wheel from. The first wheel is supposed to have been devised in the East, probably in Mesopotamia. Excavations carried out in Mohenjodaro show that ox-carts with two large, solid wooden wheels were in use 4,000 years ago. The first wheels were made of three planks of wood held together by wooden struts,



and were nearly round in shape. Thus the wheel came into existence.

By the middle of the seventeenth century A.D., better roads were laid in Britain and people travelled as much as 30 miles a day in horse-drawn carriages. Relays of horses were kept or could be hired at suitable points along the route. Tired horses were changed at these places for another spurt of fast driving. Better roads made greater speed possible and demanded better wheels which revolved faster and more smoothly. It had thus become a race between the road and the wheel. The invention of the steam-engine and the motor-car brought in faster modes of transport. Steam-power was first used on roads, but it was soon realized that it could be put to better use on rails. Motor-cars moved at a speed not dreamt of in the days of horse-drawn carriages. Roads had to be vastly improved to cope with these speeds by paving their surfaces with cement, concrete or bitumen.

Sports in India

This is a recapitulation of Kabaddi, one of the common games played on the streets of India by young children, taken from the book 'Some Street Games of India', written by Mulk Raj Anand, Published by National Book Trust, India.

Kabaddi

When I was about fourteen I graduated into the school of toughs: I was allowed to join the Kabaddi team.

To play Kabaddi you need stamina, the capacity to hold your breath, quickness and mastery of the tactics of battle. It is almost like real warfare.

A line is drawn on sand or on soft earth. The two opposing teams, five to ten or more, stand on either side of this line.

A member of one team crosses the line into the opposing camp, chanting the magic word 'Kabaddi, Kabaddi, Kabaddi', the person touched is 'dead' and the visitor runs back to his side.

Then another member from his team goes out. But it may happen that the visitor is caught on the opposite side by the fellow who is touched, or by someone else from the opposing team. Then he is said have 'died'.

Now a member from the other side goes out to visit the first team.

A team has to 'kill' all the members of the opposing team to win the game.

I was too frail to survive long without being 'killed'. But I learnt to hold my breath, and developed some daring. I also suffered many blows from those whom I had offended outside the Kabaddi field. They used the cover of this game to settle old scores.



Insights Into Great Lives

Kalpana Chawla

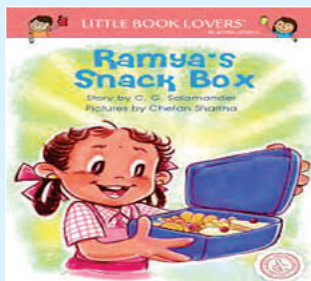


Kalpana Chawla has inspired generations of women all over the world with her strength and determination, she has made the whole nation proud when she became the first woman of Indian origin to fly into the space in November 1997. She has inspired innumerable youngsters around the world to take interest in space. Chawla was one of the seven crew members who died in the Space Shuttle Columbia disaster when the spacecraft disintegrated during its re-entry into the Earth's atmosphere. Chawla was posthumously awarded the Congressional Space Medal of Honor by the then US President Jimmy Carter, several streets, universities, and institutions have been named in her honor.

Kalpana Chawla was born on 17 March 1962, in Karnal, Haryana, India. As a child, she was fascinated by aeroplanes and flying. She went to local flying clubs and watched planes with her father. After getting a Bachelor of Engineering degree in Aeronautical Engineering from Punjab Engineering College, she moved to the United States in 1982 and obtained a Master of Science degree in Aerospace Engineering from the University of Texas at Arlington in 1984. Chawla went on to earn a second Masters in 1986 and a PhD in aerospace engineering in 1988 from the University of Colorado, Boulder.

“The path from dreams to success does exist. May you have the vision to find it, the courage to get on to it, and the perseverance to follow it” reads one of her famous quotes.

Book Review:



Ramya's Snack Box

Written by: C.G. Salamander

Illustrations by: Chetan Sharma

Published by: Multi Story Learning Pvt Ltd

Ramya's Snack Box is packed with dollops of humour, the story focuses on the joys and pitfalls of sharing. This warm tale by Salamander and Chetan makes for a delicious read that will leave the reader wanting a second serve.

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 fruits and vegetables lose their fragrance when stored in the fridge?



Prof. Yash Pal says:

I congratulate you for discovering this question. I am using “discovering” because it did not occur to me till now. It is quite possible that a lot of people have already discovered it and most of them even know the answer. The extent to which we become used to accepting the world without ever asking why is truly amazing.

I will try guessing the answer to your query. There might be some other considerations that come in. We smell things because actual molecules travel out and reach the receptors in our nose. These receptors are like locks that accept only specific keys. They are very particular.

When a molecule is received, a signal travels out to our brain letting us perceive a specific smell. There are a thousand or more types of receptors, each responsible for a slightly different sense of smell.

In addition, there might be smells we sense through firing of combinations of different sets of receptors. Let us not go on talking about this amazing capability we have and enjoy this world with and return to your questions. Now the basic answer becomes easy. Molecules can diffuse out if they belong to a material that is volatile – Like alcohol or perfume that evaporate even at room temperature. The number of molecules released would depend on the vapor pressure. Vapor pressure – or rate of evaporation - increases with temperature. (We know this because wet clothes dry faster when we hang them out in the Sun). So at low temperature, volatiles of the fruit or the flower would come out at a lower rate. Smell is nothing but sensing of volatiles. Hence, it would be reduced if the fruit or the flower were cold.

Know Your Country

Cities of India

India has over 5000 cities and around 450 of them have a population of more than a million. How many Indian cities do you know? In this column we bring to you some amazing facts of different cities in India.

- Surat is a city in Gujarat, which was once known for silk weaving and is called the Silk City of India. This city is one of India's leading commercial centre for textiles and is the biggest centre for man-made fiber in India.
Can you name the river that flows beside this city? _____
- Indore is known for being the number one city in the Swachh Survekshan – India's Cleanliness survey for four years in a row till the year 2020. This city has one of the best waste management models in India. Located in Madhya Pradesh, this city host food-lovers from all over the country in its famous street food market the Sarafa Bazar.
Can you name the largest colony of Asia, located in Indore? _____
- Kanpur previously known as kanhapur, is the largest city of Uttar Pradesh and is nestled on the banks of the river Ganga. This city is famous for its leather and textile industries.
Can you name the lake that was built by the British in Kanpur, which is popularly known as 'Lungs of Kanpur'? _____
- Visakhapatnam is the second largest city in Andhra Pradesh famous for its steel industries. This city is known for its beaches, Buddhist sites and natural beauty which makes it a major tourist destination in Andhra Pradesh. This city has been nicknamed as the "City of Destiny" and "The Jewel of the East Coast". Asia's first submarine museum was opened in this city, can you name the Museum? _____
- Ranchi is the capital city of Jharkhand located along the banks of Subarnarekha River. This city is the birth place of India's famous cricketer M.S Dhoni.
Because of its waterfalls, the city is nicknamed as? _____

(_ Answers in the next issue)



India @ 75!

India will complete 75 years of its independence on 15th August 2022. Beginning on 12th March 2021, India began its 75 week-long celebration to the 75th Independence Day. We at National Book Trust, India dedicate this column to honor the heroes behind our Independence, and to celebrate our social and scientific achievements as free India.

In this issue we pay a special tribute to Bhagat Singh, our brave-heart hero who sacrificed his life for the sake of our nation's freedom. Shaheedi Diwas is observed on 23rd of March to mark the day when Bhagat Singh, along with his two allies Shivaram Rajguru and Sukhdev Thapar were hanged to death by the British.



Shaheed Bhagat Singh

Bhagat Singh was a fearless revolutionary who raised and initiated several revolutions against the British. 89 years ago, on 23rd March 1931, he was hanged to death by the British for the assassination of a British Police Inspector. This sacrifice made him a national hero that inspired millions of young Indians to take part in the freedom struggle. Although a Sikh by birth he shaved his beard and cut his hair to avoid being recognized and arrested for the killing.

Bhagat Singh along with his two supporters Shivaram Rajguru and

Sukhdev Thapar were sentenced to death in the Lahore conspiracy case and were hanged by the British; they kept a smile on their face and marched

happily towards the rope, they sang songs of patriotism and repeated the slogan "Long live revolution". Within a few months every town and village in Punjab echoed of his name. Such is the legacy our young hero.





India as an Independent nation has achieved many remarkable milestones. India made policies, socio economic reforms, and political changes, and has seen significant scientific and military achievements.

Do you know our policies and reforms?

Take this quiz to see how much you know about them (*Answers in the next issue!*).

- *In which year was the Indian Railway Network nationalized?*
- *After which National Revolution did India go from “Food-deficit nation” to a “Food- surplus nation” with development of high-yielding varieties of wheat and pulses?*
- *Can you name the revolution after which India became one of*

the largest milk producers in the world?

- *Can you name the Act that mandated timely response to citizen requests for government information?*
- *After which Act did education become a fundamental right for every child between the ages of 6 to 14?*
- *Can you name the scheme by the Government of India to provide free access to health care for 40% of the Citizens?*

Did you know, Indian Railways is one of the world's largest railways networks! And it is also the second largest network to be operated under a single management. So the next time you travel in a train, you know you're travelling in one of the largest railway networks.

पुस्तक समीक्षा



चंचल बचपन (बाल संग्रह)

लेखक : शिव स्मैलपुरी

मुद्रक : निर्मल प्रिंटर्स

मनुष्य के जीवन के अलग – अलग चरण होते हैं जैसे बचपन, जवानी और बुढ़ापा, लेकिन हम सबको अपना बचपन ही सुन्दर लगता है। यह इसलिए क्योंकि कोई भी अपना बीता बचपन कभी नहीं भूलता। इस संग्रह में बचपन की कुछ यादें, शरारतों, हँसी मजाक एवं ख्वाबों को कविता, गीत एवं बाल एकांकी के ढंग से दर्शाने का प्रयास किया है।

Uljhan – Suljhan

Here are some fun puzzles for you to solve. Test your logical and reasoning abilities, and see how many you can solve! With each correct answer, you get one star, and 5 correct answers will give you 5 Stars!



❖ John, Tom and Anthony are brothers. John is Two years older than Tom who is twice as old as Anthony. If the total of their ages is 27 years, can you tell their ages?

❖ Five people were eating apples, A finished before B, but after C. D finished before E, but after B. What was the finishing order?

❖ There are two ducks in front of a duck, two ducks behind a duck and a duck in the middle. How many ducks are there?



❖ The day before two days after the day before tomorrow is Saturday. What day is it today?

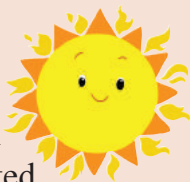
❖ If there are 7 bananas in a basket, and they are to be shared among 7 people, can you share it in such a way that one banana remains in the basket?

Answers:
 1) Anthony is 5 years old, Tom is 10 years old and John is 12 years old.
 2) CABDE
 3) 3 Ducks
 4) Friday
 5) One person gets the banana with the basket.

Our Universe

This is a special column on astronomy. If you have ever wondered why the Sun is hot and bright and why the Moon is silvery white or why do stars twinkle at night. Read this column to find out many cool facts about our Universe.

The Sun



For centuries, human beings have attempted to portray the Sun according to their own worldviews. The Sun has been thought of as, a God, a demon, and a mischievous spirit according to the different folklores from around the world. Light and heat from the sun are the prime energy ingredients necessary for growth, movement and reproduction on the Earth. Among the many stars in the Milky Way galaxy, the sun is the nearest to the Earth. Although it seems like any other star in the galaxy, it is one of the complex things in the Universe. More than a 100 billion years ago, stars made up the Milky Way.

Throughout the Milky Way, and in the space between the galaxies, there are huge clouds of gas and dust. A new star is formed whenever the gas and dust together begin to contract under the force of gravity producing heat. Whenever the mass of gas and dust shrinks further, the temperature at the centre of the mass increases. The

temperature becomes so high that it causes thermonuclear reactions to occur and produce energy that makes the star shine as a star. Astronomers believe that the Sun was formed about 4.5 billion years ago from a rotating mass of gas and dust. At 4.5 billion years our Sun is still young. It is estimated that there is enough fuel in the interior of the Sun to keep that lamp burning for about another five billion years!

Interesting Fact!

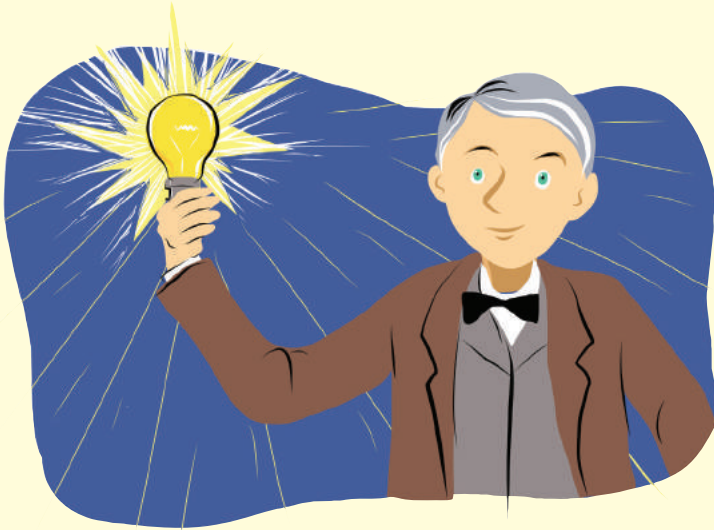
The sun is an average-sized, middle-aged star but it dwarfs our planet. About 109 earths could fit side-by-side across the diameter of the Sun. When we look up in the sky at the Sun and the Moon, we can notice something strange, both look the same size in the sky. But in fact, they are not really the same size, even though the Sun is 400 times greater in size it is also 400 time farther from the Earth than the Moon. Since the Moon is closer it appears of the same size even though it smaller in size than the Sun.

*-Excerpted from the book "The Sun",
written by Dr. Parul R Sheth, published
by National Book Trust, India.*

From our Readers

This section contains interesting stories, poems and articles sent in to us by our Readers. Read and enjoy!

Failure Is The Mother Of Success



It is not surprising that Thomas Edison has 1,993 patents on his name in the United States. His success would not have been as sweet if he hadn't failed several times before reaching heights in his career. Edison once rightly said "I have not failed, I have just found 10,000 ways that won't work".

Failure plays an important role in the journey to success. We should acknowledge the fact that failure should be treated not as a deterrent, but rather as a stepping stone to

success. A journey with roadblocks teaches you so much more than the one which has no hiccups on the way. We should remain focused on the goal we are working on.

An instance where failure is given more importance can be taken from the

Australian army. When building a core elite team of the army, they go through the track record of each candidate and if someone has never failed, that person doesn't get selected. They believe that a man who has never failed, will not know what to do if he faces a failure in any of the assignments. They pick a candidate who has failed and bounced back. As they say, success is not built on success, it is built on failures.

Mohan Lal Mago
Mayur Vihar-1, Delhi

Make A Magnet

Today, when Mihir came home from school he was bursting with excitement. He removed his shoes and kept them away carefully. He put away his satchel in its place. Yet he seemed to be distracted by something, he could not concentrate on anything. Grandma asked him, “did something special happen in school today?”

“Yesss! Dear Grandma, Jayesh gave me a magnet today. For a day. I have to return it to him tomorrow. Wait a second, I’ll show it to you...” Before

Mihir could finish, Grandpa said, “Mihir, stick all that you want to that magnet today, Tomorrow you should return it to Jayesh.” To this Mihir said “I want a magnet too. Grandpa, I want a magnet right now, this very minute!” Grandpa got angry and said “What do you mean by you want a magnet right now? Do magnets grow on trees? Do you think I can go into the garden and pluck a magnet for you?”

Grandma heard this and said, “If your Grandson is pleading you



so much why don't you give him a magnet. Had he asked me for it, I would have given him not one but two magnets. Oh, but you are such a miser!"

Grandma told Mihir "After lunch we are going to make a magnet." After their meal, Mihir showed Grandma the strip of magnet he had got. "Listen here, don't you have a big nail in your tool bag?" Grandma's question annoyed grandpa, he said, "Oh, don't tell me you want to bang nails into something in the middle of the afternoon! And how do you propose to make a magnet by banging nails?" But by then Mihir had already brought out Grandpa's tool bag and removed a big nail from it, just as Grandma wanted, she held the nail in her left hand, and the magnet in her right. Then she took one pole of the magnet and rubbed it against the nail from top to bottom in one direction only. Once the magnet reached the bottom of the nail she separated the magnet and the nail, again took the same pole of the magnet to the top of the nail and brought it rubbing down in one direction. She repeated this process for about 20 to 25 times and then stopped.

Then Grandma took one end of the nail near to one end of the magnet. The nail stuck to the magnet. Next

Grandma brought the other end of the nail near the same end of the magnet and the magnet got repelled!! Mihir was completely stunned by this behavior of the nail.

He took the nail from grandma's hand and put it near some iron pins. The pins immediately got pulled towards the nail, seeing this Mihir clapped with joy.

"Just like during your recess in the school, all you kids are jumping all over the classroom, in the same manner the atoms are spread all across the nail. When the magnetic power of the atoms is spread in all directions, the magnetic power of the nail is zero."

When Grandma said this, Mihir asked her, "When you rub a magnet on the nail in only one direction, what happens exactly? Do the spread out atoms gather in a line?"

Grandma was very happy, "Well done! Absolutely right!! In the same way that you sit in a disciplined manner once the bell rings to announce the end of the recess. So the magnetic capacity of all the atoms adds up and a magnet is created."

Rajiv Tambe
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Falsehood Has No Standing

It was time to leave for school, but Sujal has not done his chemistry homework again, he was yet to decide what to do. His chemistry teacher is very strict, he would rarely hit the students, but would quite often insult them very sarcastically. The students silently wish that he would hit them instead of insulting them.

Since chemistry was the second period today, he hasn't been able to copy it from anyone. Sujal did not attend the school yesterday as the cricket match was being telecasted on the T.V. He is very fond of cricket. He was absorbed in the match when his Papa entered the room, he asked Sujal, "Are you not going to school today? It is already past 8:30!" But Sujal muffled, "Papa, please, just one more over". But Papa simply switched off the T.V and asked him to leave, he left for the school disheartened.

He thought to himself, "Had he let me see another over, what would have happened? Dhoni was just about to hit a century, I could have enjoyed it".

While walking to school he took a detour and walked to his Aunt's home instead of the school. She was

surprised to see him during the school hours, and asked him, "are you not going to your school today?" to which he quickly replied "We have a holiday today"

"Holiday! But on what account?" she asked.

Sujal made a sad face and said, "Our chemistry teacher passed away"

"So sad!" his Aunt expressed her sorrow, she further said "may his soul rest in peace. He was not very old". It appeared as if she knew the chemistry teacher.

There was a sudden silence, Sujal felt sorry for lying about his teacher's death. He couldn't think of another lie at the moment. But what was he to do now, words once said cannot be taken back. After some time, he asked his Aunt, "May I switch on the T.V?" She looked at him with surprise, but permitted him unwillingly to switch on the T.V.

Sujal switched on the T.V. and started enjoying the match. He silently left for home at the end of the day. Sujal couldn't complete his homework for the next day since he skipped school.

But it seemed like a lucky day for Sujal. Chemistry teacher had not come to school the next day. He was relieved. He did not attend the other periods too. He left his satchel in the class and went to see the 10.00a.m. show of a film. He thought that he would return before the school closes. His chemistry teacher came to take the class as soon as he left for the film.

Next day, the teacher started checking the note-books of the students. At his turn, the teacher asked Sujal to show his note-book. On this Sujal looked down and said, “Sir, I have not done the home-work.”

When the teacher asked why he hadn’t done the homework, Sujal replied, “Sir, my aunt fell from the stairs and I

had to take her to the hospital.”

Then the teacher said to the entire class, “This boy is telling lies. I myself have seen him coming out of the cinema hall yesterday and now he is concocting a story here.”

After a moment of deadly silence, the teacher caressed Sujal’s head with love and said, “My dear boy, see for yourself you will have to enact lies after lies to conceal your first lie. Falsehood is caught ultimately. Then why should one not speak the truth?”

To this Sujal apologized with tears and promised to never lie again.

Dr Faqir Chand Shukla

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Dear Readers,

Do you find writing interesting? Can you use your imagination and creativity to write enjoyable stories, poems or articles? Then this is the best opportunity for you.

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This Beautiful Place

In front of me this beautiful place has
arrived

Where many tall hills are disguised

It has a beautiful lake

Where there are trees that I can
shake

In the lake there are two geese

That are floating away with gentle
ease

A temple is built there

Which was made with lot of care

The air is very pure

And there is no war

This land for me is very prized

In front of me this beautiful place has
arrived.

Yash Tandon
Gurgaon



Trick of Ecobrick

Etisha Botre

Problems of plastic are hard to fix,
Affects life and nature and makes it toxic,
So learn the easy trick of an Ecobrick.

Clean a plastic bottle and dry it quick,
Put all the plastic waste in it neat,
Don't forget to compress it with a stick.
1 liter bottle stores a month's plastic heap,
Now, use the Ecobrick as you please,
In landscape or décor—
Options are many more!

Problems of plastic are hard to fix,
So learn the easy trick of an Ecobrick,
Don't waste time, spread the word far and quick!



Follow these simple steps to make your own Ecobrick!



Collect plastic waste in a clean plastic bottle.



Compress the plastic waste with a stick to accommodate more waste.



Your Ecobrick is ready to use!



Ecobricks can be used to make tables, stools, and in landscaping.
Use your creativity!

About the Poem

Part of Paryavaran Sanrakshan's awareness campaign, the short poem explains the simple method to make Ecobricks or reusable building blocks. Ecobricks are packed with used plastic, microplastics, and packaging to a set density.

The poem— 'Trick of Ecobrick' is also published as a music video. Watch the video on the author's social media handle (Facebook and Instagram) and sing along!

Etisha Botre
Email: botreetisha@gmail.com

Golden Earth

Moon, when I see you in the sky

The sea, ice river, and trees are all so pretty

I wish I had wings to fly

I wish to see the beauty of your land

I wish I could see the beauty of your land

And do my best with a helping hand

Where all over there is silvery sand

Shashi Goyal

Email: shashigoyal3@gmail.com

In the Golden trees on mountains with white cream

I wish to sleep and see a sweet dream

You can come wearing a white gown

And take me to see your town

Your land is more beautiful than my room

So green and watery with many a boon

So many colours on your land



Good Deeds

Once upon a time, there lived two brothers in a village. After their father's death they decided to go to the town and start a new business. They took a hundred gold coins with them and started their journey. They reached the town at dusk and as night was approaching they decided to spend the night in the town and start their work the next day morning. The elder brother decided to spend the night in a lavish hotel, whereas the younger one decided to spend the night in an orphanage nearby and share food with the children there. They took a gold coin each and after deciding to meet at the same point in the morning they parted their ways.

The elder brother went to a lavish hotel and ate exotic food. The younger brother went to a small orphanage with lots of fruits and sweets. He shared these with the children there. In the morning, when the younger brother started walking back, he got trapped in a thorny bush that hurt his foot badly. He freed himself from the thorny bush with great difficulty and took shelter under a tree nearby. His wound was bleeding, people noticed this and gathered around him. In the meantime, the elder brother after spending his night in the hotel walked back to the place where they decided to meet in the morning. On his way back he found a gold coin on the



road. He picked it up and put it in his pocket. When he reached the spot, he found his brother lying in a pool of blood with a badly hurt foot. He helped him to a village doctor. The village doctor applied medicine to his foot and bandaged it.

The elder brother said to the younger one, “you went to an orphanage and got badly hurt while I went to a hotel and found a gold coin. If you would have come with me you would not have been hurt. I have gained because of going to a hotel while you are in loss on going to an orphanage.” The elder brother was quite happy of his good fortune while the younger one was disappointed. The village doctor was listening to them and then advised them to go to the village mystic to know why this has happened to them.

They went to the village mystic and narrated the past days’ events. The mystic closed his eyes and gave them an answer in some time. He said that the younger brother was destined to be dead today but because of his good deeds of this birth, he only got hurt in his foot. The elder brother was destined to find a treasure today because of his good deeds of the previous birth, but only got a single coin because of the bad deeds of this birth. On hearing this the younger brother felt very contented, whereas the elder brother repented for his follies. Both of them decided to do good for the rest of their lives hereafter.

Moral - Good deeds always pay.

Sheetal Sharma
Research Scholar, Deptt of Dogri
University of Jammu



किताबें

किताबें कर्तव्य का बोध कराती हैं
किताबें अज्ञान को हमेशा हराती हैं
किताबें सच्ची मित्र बन जाती हैं
किताबें काम बहुत ही आती हैं
किताबें दुनिया की रीत निभाती हैं
किताबें सबको सद्मार्ग दिखाती हैं
किताबें हृदय में प्रीति जगाती हैं
किताबें नफरत को दूर भगाती हैं
किताबें जीवन में खुशियां लाती हैं
किताबें सबके मन को भाती हैं।



रामचरण यादव
मध्य प्रदेश

ताल कटोरा

गाँव—गाँव में हाल बुरा था
पहले सब कुछ भरा पुरा था
पोखर, ताल, तलैया पाटा
पेड़, बाग, जंगल को काटा

जल शोधन का तंत्र मिटाया
कंकड़, पत्थर, रेत ढिठाया
आवागमन रुका क्षण—क्षण का
पानी छना नहीं कण—कण का

धरती रहती प्यासी—प्यासी
गले—गले भर हुई रुआँसी
बालक प्यासे—प्यासे रहते
बिन पानी के दुर्दिन सहते

रीना शीना बड़ी सयानी
उन दोनों ने जिद्द कर ठानी
सरपंचों से मिलीं—मिलायीं
मंत्री जी को लिखीं—लिखायीं

पत्र बड़े कोमल—मोहक थे
बच्चों से ही मनमोहक थे
शब्द—शब्द में चिंता गहरी
थीं व्याकुल दो देश की प्रहरी

पढ़कर पत्र अचंभित थे सब
मंत्री जी संवेदित थे अब

पल भर में आदेश सुनाया
अमला—झमला फौरन आया

गाँव—गाँव से जुटे सहायक
कर्म किये सब मिल फलदायक
चुटकी में फिर मिटी समस्या
सबकी पूरी हुई तपस्या

छाँट—बाँट कर थोड़े—थोड़े
कूड़े—कचरे सभी मकोड़े
एक—एक कर सभी बटोरा
भरा लबालब ताल कटोरा

शीतल पांडेय

ईमेल : shpsheela@gmail-com



गर्मियों में उपयोगी बेल फल

बेल एक बहुपयोगी और पौष्टिक फल है, जो स्वस्थ रहने में हमारी मदद करती है। यह स्वाद में एक स्वादिष्ट और रुचिकर फल है। आयुर्वेद में बेल को सेहत के लिए लाभप्रद फल माना जाता है। बेल का फल उपर से कठोर होता है और इसमें पर्याप्त मात्रा में बीज होते हैं। इसके जुड़े में एक खास प्रकार की मनमोहक सुगंध होती है। बेल के फल को ताजा सेवन करने के आलावा, सूखा कर भी उपयोग में लाया जाता है।



भारत में बेल के वृक्ष को काफी पवित्र माना

जाता है। बेल की पत्तियां भगवान् शिव को चढ़ाया जाते हैं। यदि बेल के पत्तों को व्यवस्थित रूप से रख दिया जाए तो वह महीनों तक वैसे के वैसे ही रहते हैं।

बेल भारत का एक प्राचीन वृक्ष है, इसका जिक्र प्राचीन धर्मग्रन्थ 'यजुर्वेद' में भी मिलता है। यह सारे भारत वर्ष में, खास तौर पर हिमालय की तराई, सूखे पहाड़ी इलाको में 5000 फीट की ऊंचाई पर भी मिलता है, बेल को संस्कृत में 'बिल्व' अथवा 'शैलूष' कहा जाता है।

लोग विभिन्न रोगों के उपचार में भी बेल का उपयोग करते हैं।

राजकुमार जैन
भवानीमंडी, राजस्थान

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। हम आपको प्रोत्साहित करते हैं की आगे बढ़ें और लिखें। सबसे दिलचस्प लेखों को हम अपने अगले संस्करण में प्रकाशित करेंगे। तो देर किस बात की, लिखना शुरू कीजिये।

आपकी कहानियाँ, कविता तथा निबंधों को इस ईमेल पर भेजे :
nccl.nbtindia@gmail.com or nccl@nbtindia.gov.in

कचरा मत फेंको

इधर उधर कचरा मत फेंको
कूड़ा मत फैलाओ
कचरा रखने घर से बाहर
कूड़ेदान बनाओ ।
ढक कर रखो कूड़े को
कूड़े वाले ले जायेंगे
मक्खी मच्छर कीड़े आकर
बीमारी फैलाएंगे
अपने सुंदर से भारत को
बिलकुल साफ बनाओ ।
जो हमको जीवन देते हैं
उनकी पौध लगाओ

खाओ जामुन चूसो आम
गुठली लेकिन रखदो
कहीं दिखे यदि खाली मिट्टी
गुठली उसमें धर दो
दस गुठली से एक पेड़ भी
यदि बन जा पाया
होगा यह उपकार धरा पर
तुम्हें मिलेगी शीतल छाया
छोटे छोटे हाथ तुम्हारे
छोटा सा यह यत्न
लेकिन काम बड़ा होगा
बन जाओ जीवन रत्न

डा० शशि गोयल

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होली आई

रंग-बिरंगी, आई होली
हंसती गाती, मुनियां बोली।

आओ हम भी खेलें गाएं,
एक दूजे पर रंग लगाएं।

होली के सुनहरे रंगों में,
रंग प्रेम का और मिलाएं।

‘नफरत’ का ‘फब्बारा’ फोड़े
‘भेदभाव’ की ‘बांह’ मरोड़े।

प्रेम भरी पिचकारी, सर-सर,
आओ एक दूजे पर छोड़े।

आओ साथी और सहेली
सबसे बोलें मीठी बोली।
देकर ‘दुर्गण’ की आहुतियां
राग-द्वैष की जलाएं होली।

मुंह पे मास्क भी बहुत जरूरी,
होली की मस्ती भी पूरी।
जंग जारी है, कोरोना से,
बनी रहे सामाजिक दूरी।

हर अच्छाई हम अपनाएं,
सभी बुराई दूर भगाएं।
प्रेम एकता भाईचारा,
होली कि संदेश है हमारा।

रंग बिरंगी आई होली
हंसती गाती मुनियां बोली।

तारा दत्त जोशी
ऊधमसिंह नगर, उत्तराखण्ड



छोड़ दिया फुदकना

तब बिल्ली मेंढक की तरह फुदकती थी। जब वह चलती तो उसके पैरों से टक-टक की आवाज आती। घोड़ा कई बार बिल्ली से कहता, “दूर-दूर तक सबको पता चल जाता है कि तुम आ रही हो।” बिल्ली लंबी साँस लेते हुए कहती, “सही कह रहे हो। मुझे शिकार करने में बहुत परेशानी होती है। क्या करूँ?” सब उसे एक ही सलाह देते, “पैरों को आराम से रखा करो।” लेकिन बिल्ली थी कि उछलते-कूदते हुए चलती।

एक बार की बात है। वह भूखी थी। वह भोजन की तलाश में चलते-चलते एक पहाड़ पर पहुँच गई। अचानक कोई उस पर झपटा। आसमान में बाज उड़ रहा था। वह बाज की छाया से डर गई थी। बाज को देखकर वह सोचने लगी, “काश! मेरे भी पँख होते। भोजन के लिए इतनी कसरत नहीं करनी पड़ती।” बाज आसमान में उड़ता हुआ दूर चला गया। बिल्ली सोचने लगी, “उड़ने के लिए दो पँख ही चाहिए।”

बिल्ली ने एक पेड़ के दो पत्ते उठाए। उसने पत्तों को पंजों में पकड़ लिया। वह पहाड़ से कूद पड़ी। लेकिन यह क्या ! वह उड़ने की बजाय लुढ़कने

लगी। बिल्ली घायल हो गई। वह अपनी चोटों को सहलाते हुए बोली, “उफ! भोजन मिलना तो दूर अब मैं कई दिनों तक चल-फिर भी नहीं पाऊँगी।”

कई दिन बीत गए। आज वह भोजन की तलाश में चल पड़ी। उसे फुदकते हुए भी डर लग रहा था। वह पैरों को धीरे-धीरे जमीन पर रख रही थी। चलते-चलते वह फिर उसी पहाड़ पर चली गई। बिल्ली सोचने लगी, “अब कभी उड़ने के बारे में सोचूँगी भी नहीं।” बस! तभी से बिल्ली ने फुदकना छोड़ दिया। अब उसने पैर पटकना भी छोड़ दिया।

मनोहर चमोली
पौरी, उत्तराखंड



खुद बनाए छोटा सा खिलौना

हम सभी को खिलौने पसंद हैं। क्यों न आज हम खुद अपने लिए एक छोटा सा खिलौना बनाएं। आज हम सीखेंगे कि 'राजा की टोपी' कैसे बनायी जाती है। यह गतिविधि श्री अरविंद गुप्ता द्वारा लिखित और नेशनल बुक ट्रस्ट, इंडिया द्वारा प्रकाशित पुस्तक 'टेन लिटिल फिंगर्स' से ली गई है।

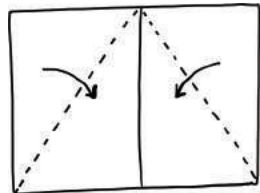
चरण 1:

एक डबल स्प्रेड अखबार लें और इस शीट को आधे में मोड़ें।



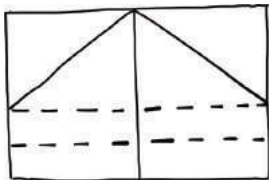
चरण 2:

मोड़े हुए किनारे को ऊपर की तरफ रखें, और ऊपर के दायें और बायें किनारों को अंदर के बीच की रेखा की ओर मोड़ें।



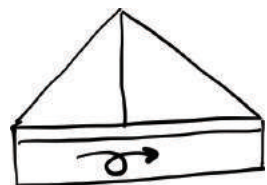
चरण 3:

अखबार के निचले हिस्से के ऊपर वाली परत को ऊपर की तरफ दो बार ऐसे मोड़ें।



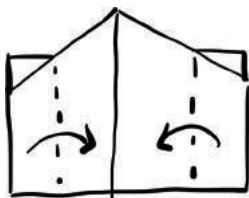
चरण 4:

अब पेज को ऊपर करें।



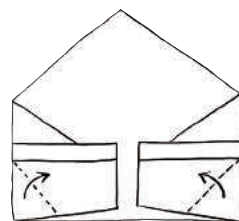
चरण 5:

अब दायें और बायें किनारों को बीच की रेखा पे लाके दबाएं।



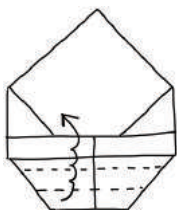
चरण 6:

अब निचले हिस्से के दायें और बायें किनारों को ऐसे मोड़ें।



चरण 7:

निचले हिस्से को आधे में मोड़ें और अंदर की तरफ ऐसे डालें।



चरण 8:

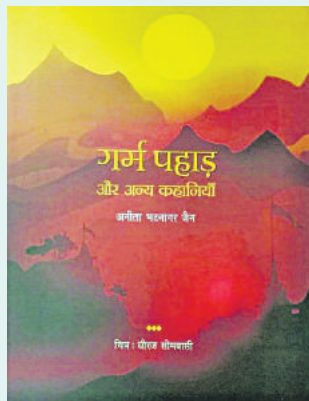
और यह लीजिए, बन गई 'राजा की टोपी'!



अब आपने अपनी खुद की 'राजा की टोपी' बना ली है! इसे अपने दोस्तों को दिखाएं, और उन्हें भी बनाना सिखाएं।

पुस्तक समीक्षा

दैनिक ट्रिब्यून में राष्ट्रीय पुस्तक न्यास द्वारा प्रकाशित, 'गर्म पहाड़ और अन्य कहानियाँ' पर सत्यवीर नाहडिया के द्वारा लिखा गया समीक्षा।



इस पुस्तक की रचनाकार है डॉ. अनीता भटनागर जैन। नयी पीढ़ी को पर्यावरण के प्रति संस्कारित करने के लिए बाल – साहित्य

की विभिन्न विधाओं में पर्यावरण प्रमुख विषय रहा हैं। आलोच्य – 'गर्म पहाड़ और अन्य कहानियाँ' भी ऐसा ही रचनात्मक प्रयास हैं। शहरीकरण तथा पर्यावरण पर शोध कर चुकी लेखिका अनीता भटनागर जैन ने तीन रोचक बाल कहानियों के माध्यम से अनूठा संदेश दिया हैं।

शीर्षक कहानी 'गर्म पहाड़' में जहां पर्यावरण असंतुलन के चलते पहाड़ों की बदलती आबोहवा का मार्मिक चित्रण है, वहीं इसकी आदर्श पहाड़ी-यात्रा प्रेरक बन पड़ी है। दूसरी कहानी 'पॉलिथीन का प्रलय' में बच्चा पार्टी द्वारा सिंगल यूज प्लास्टिक तथा पॉलिथीन के प्रति व्यवहारिक जागरूकता के

टीम-वर्क को रेखांकित किया गया है। संग्रह की तीसरी कहानी 'सोन चिरैया' जल संरक्षण हेतु जंगल के जानवरों द्वारा तालाब की खुदाई व जिन्नोरद्वार का अनूठा कथानक प्रभाव छोड़ता है, जिसमें कजरी हथिनी, श्वेता सारस, लम्बू जिराफ़, मिट्टू तोता, चुन्नु बन्दर, कल्लू भालू, यामा कोयल व सुनहरी हिरण के सामूहिक कार्य के सुखद परिणाम से 'एकता में बल है' के मूल मंत्र को सिखाया गया हैं।

संग्रह की भाषा बेहद सरल व सहज हैं। चित्रकार धीरज सामबोसी के रंगीन मनोहारी चित्र, सुन्दर छपाई तथा प्रासंगिक कलात्मक आवरण इस बालकृति की अन्य खूबियां हैं। यह संग्रह पर्यावरण चेतना के साथ बाल- साहित्य को उत्तेजित करेगा, ऐसा विश्वास हैं।



BUTTON RACE

This is a simple board game, taken from the book “Low-cost, No-cost Teaching Aids”, published by National Book Trust, India. In this column you will learn to make a ‘Button Race’ board game on your own.

For making this, you will need:

An old lab-book cover or half of an old Ludo Board or stiff card or piece-board.

A piece of chart paper.

A black marking pen.

Glue.

4 to 6 buttons, big seeds or small stones.

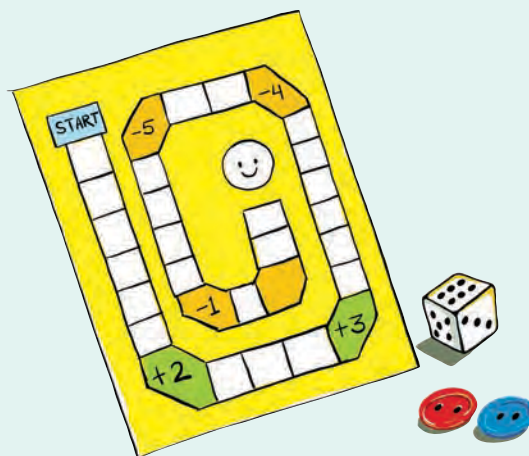
One dice as large as possible, and clearly marked so children can see the number thrown.

How to make this:

1. Copy the drawing on a piece of chart paper.
2. Paste it on a piece of stiff board.
3. Cover with a sheet of clear plastic (if available).

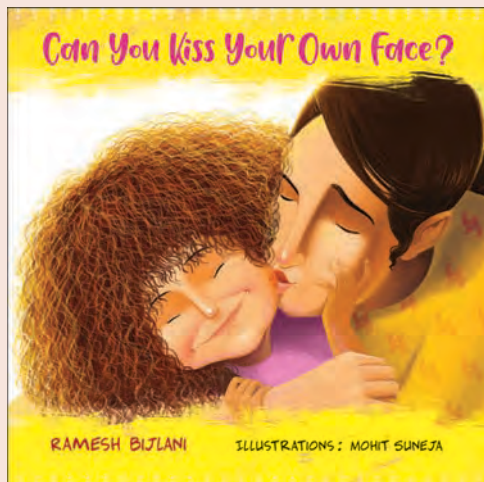
How to play:

1. Each child should place a button or marker in the START- box.
2. They take turns rolling the dice and moving their markers.



3. If they land on a '+' square, they move forward the number of spaces marked on the square.
4. If they land on a '-' square, they must go back that many number of squares.
5. At the end, each child must roll the exact number needed to land on the Smiling Face.
6. The winner is the first player to land on the Smiling Face.





Can You Kiss Your Own Face?

Author: Ramesh Bijlani
Illustrations: Mohit Suneja

This book brings out the reality of interdependence in a manner that even a child can understand. Another message, no less important, implied in the book, is that both giving love and receiving love are a source of joy.

Price: 60/- Pages: 23

The Tiffin Tree

Author: Mary Ann Dasgupta
Illustrations: Abira Bandyopadhyay

Ritu and Dipu lived in a lovely small town in Assam until their father was transferred to Kolkata. In the midst of cable wires, tall buildings, the roofs and walls of other houses overlooking their windows in the big city, they really miss the chirping of birds and green trees. Read the book to find out how they adjust to their new environment.

Price: 55/- Pages: 18

