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रीडर्स क्लब बुलेटिन

READERS' CLUB

Vol. 27 No. 03, August to October 2022

BULLETIN



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NBT – India welcomes students of DAV Public School, Vasant Kunj

The National Book Trust - India's headquarters welcomed 140 students of third and fourth standard from DAV Public School, Vasant Kunj on Saturday, 6 August 2022. In the spirit of Azadi Ka Amrit Mahotsav, NBT organised a range of activities for the students visiting the campus. The students were given a tour of the National Centre for Children's Literature (NCCL) Library, where the students browsed through a wide range of book genres like board books, activity books, picture books, and so on.



This was followed by an event at the bookshop where the students were encouraged to pick any element of our country and create a picture of it. The students also browsed through the books in the bookshop and discussed what they liked about the titles they picked.



This session was followed by an interactive storytelling session with Ms. Kanchan Wanchoo Sharma, Editor (PR & NCCL) where an animated film, Mottainai Grandma was screened to convey and inculcate good habits among the students.

The session ended with the singing of the National Anthem and the distribution of NBT books among students and teachers.



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Printed and published by

Anuj Kumar Bharti on behalf of National Book Trust, India and printed at Rakmo Press Pvt. Ltd., C-59, Phase-I, Okhla Industrial Area, New Delhi-110020, and published at National Book Trust, India, Nehru Bhawan, 5 Institutional Area, Phase-II, Vasant Kunj, New Delhi-110070.

Typeset and Design by: Vijay Kumar

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Per Copy / एक प्रति: ₹15.00

Annual subscription/वार्षिक ग्राहकी : ₹50.00

राष्ट्रीय बाल साहित्य केंद्र

नेशनल बुक ट्रस्ट, इंडिया

नेहरू भवन, 5 इंस्टीट्यूशनल एरिया, फेस-II,

वसंत कुंज, नई दिल्ली-110070

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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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 desk:

It is the season of festivals, guiding us through the monsoons and getting us ready for the winter! With occasions like Independence Day and festivals like Raksha Bandhan, Muharram, Ganesh Chaturthi, Onam, Durga Puja, and Diwali lined up, it is time to adorn our houses with bright lights, spend time with family and friends, and pamper our taste buds with jalebis!

With this spirit of celebration, we bring forth our new issue with a special crossword, an informative article on the National Flag, and sections like Book Excerpt, Folktales Around the World, Uljhan Suljhan, and so on.

This edition also has a report on the Shimla Book Fair and short story submissions from students in both English and Hindi. 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)

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The Evolution of Our National Flag

Our National-flag has three equal horizontal bands of three different colours. Hence, we call it Tiranga. The saffron in the top band signifies courage, sacrifice and selflessness, the white of the centre band symbolises purity and the green in the bottom band stands for growth and prosperity. The fourth colour, blue is used for the Ashoka Chakra with 24 spokes placed in the centre of the white middle band. The blue of the Ashoka Chakra denotes the boundless progress of the country as the blue of the sky above and the blue of the sea which is fathomless. The 24 spokes of the Chakra signify continuous progress of the nation. However, the national flag of India was not always the same. It has evolved through the years.

The first tricolour wielded during our struggle for freedom was the Calcutta-flag of 1906. The flag had three equal bands of green, yellow and red. This flag was hoisted for the first time at what is now known as Parsi Bagan Square, on 7 August 1906.



A variant of the Calcutta-flag that was raised in foreign lands during our struggle for freedom was the flag displayed by Madame Bhikaiji Rustom Cama, on 22 August 1907 at Stuttgart, Germany.

In 1917, the leaders of the Home Rule League, Bal Gangadhar Tilak and Dr. Annie Besant designed a new flag for the freedom struggle.



The flag with a Chakra was adopted in 1931. It had three equal bands of white, green and red respectively with a large Charkha in the centre as its device.

Finally, when on 3 June 1947, the British Government announced to liberate India on 15 August 1947, the Constituent Assembly set up an Adhoc Flag Committee to design a flag for free-India. Accordingly, the present tricolour-Tiranga was adopted as the National flag of India on 22 July 1947.



- Excerpted from 'The Colourful World of Flags' by K.V. Singh, published by National Book Trust, India.



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.

A karate master doesn't feel too much pain if he successfully breaks a brick with his hand. On the contrary, his hand hurts more when he does not succeed. Please explain.



Prof. Yash Pal says:

Good question! When the karate master breaks the brick, the force of his impact is greater than the strength of the brick. This means that his hand is decelerated to zero over a longer period of time than in a situation where

he cannot break the brick. Lesser the time in which his hand is brought to a halt, greater would be the force on it, resulting in a greater impact on the hand. That is the reason his hand hurts more when he does not succeed.

Do you know?

Karate derives from the terms *kara*, which means 'empty', and *te*, which means 'hand'. This is due to the fact that karate is a martial art that emphasizes on hand-to-hand combat rather than the use of weapons. In addition to making you stronger, karate helps you improve your focus, discipline, agility, and flexibility. A karate practitioner is called a karateka.

Do Plants Sleep?

One evening, Miku went to the garden with her scientist grandma. The sun was setting in the west, the sky was a mixture of blue and orange, and the clouds had a silver lining. Nature was at its magnificent best with trees swaying gently in the breeze. Miku was holding her Dadi's hand and enjoying the walk. She had a keen eye for nature around her. She always enthusiastically looked at plants and enjoyed learning about them from her Dadi.

Suddenly, Miku saw some big 'siris' trees in the garden, slowly closing their leaves. She started looking for more plants around her that were closing their leaves. She noticed that some small wild plants on the ground had their leaves closed. Miku knew about a plant called 'touch-me-not', in which leaves close on touching. This movement is called thigmonastic movements by scientists. Dadi had also told her earlier about this plant called *Mimosa pudica*, and that it is sensitive to touch. In the garden, she also saw some flowers closing. She got curious and told her Dadi what she had been looking at for some time.

Dadi smiled and sat down on a garden bench. Miku hopped close to her and started listening with full attention. Dadi reminded her about everyone at



home telling her not to pluck 'tulsi' leaves in the evening and not to disturb plants at night as they are sleeping. Miku said, "Yes, but they are plants. Do they really sleep?" Dadi nodded her head and said, "Yes, they do!" Miku argued that plants do not have eyes, how do they know when to sleep? She remembered her science class at school and asked if the small holes in leaves called stomata are like the eyes as they also close at night. Dadi smiled and told her that stomata are for exchange of gases during photosynthesis.

Sleep movements are like closing of flowers and folding of leaves or

leaflets. These occur in some plants only in response to red light. In the evening, when the sun is setting and the sky appears red, the plants display closing or sleep movements. This is called nyctinasty by



Tree species, siris (*Albizzia lebeck*) and herb, Bhumi Amla (*Phyllanthus fraternus*) showing closed leaflets at night and open leaflets during the day.

botanists. Many trees of Kikar family like siris and acacias close their leaflets in the evening. Wild herbs like Bhumi Amla also display this phenomenon. This is probably to prevent eating of leaves by herbivores as these plants are found in dry regions where vegetation is sparse.

Some garden flowers like ice-flower, portulaca, morning glory, Californian poppy and sunflower, sleep by closing the petals. Even lotus flower closes at night. Closure of the flower may be for conservation of moisture and protection from nocturnal predators.



Morning glory open during daytime and close at night

These movements do not involve growth, they are faster and reversible like nyctinasty. Same with thigmonasty - response to touch, as seen in the 'touch-me-not' or Chui-mui plant. This plant, botanically known as *Mimosa pudica*, shows both nyctinasty and thigmonasty. The leaflets close on touching, and close in the evening as well. This may be for protection against herbivores.



Closed and open leaflets of 'Touch-me not' plant

Sleep movements or nyctinasty is certainly the most fascinating phenomenon. Sleeping is shown by many herbs, shrubs, and trees. So next time you are in a garden, don't forget to wish the plants good morning and good night!

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कमाल बच्चों का

आज लीला और लालू एक चमत्कार कर दिखाने वाले हैं! आइए देखें कि वे क्या करने जा रहे हैं। यह अंश आबिद सुरती द्वारा लिखित और राष्ट्रीय पुस्तक न्यास, भारत द्वारा प्रकाशित पुस्तक 'डाक्टर चींचू के कारनामे-2' से ली गयी है।





The Angry King (a folktale from the Philippines)

In the mountains of southern Luzon in Philippines, there is a land of tobacco-growers. Many, many years ago, this land was ruled by a king named Hari Ka Buskid. He was a wise king, and during his reign, the people of his kingdom were rich and prosperous. The king would advise the people on the best methods of tending their crops. It was not surprising, therefore, that this kingdom was known to have the best and largest crop in the land.

One day, the king called a meeting of all the elders of his kingdom. "I am off on a long voyage," he told them. "I do

not know when I will return, from my journey. It is a long one as I have much work with the kings of neighbouring and far-off kingdoms." All the men present expressed sincere regret that their king would not be present at the great occasion of the tobacco harvest.

The very next day the king set off. Everyone wondered where the king's travels would take him. He had told no one of his plans.

Harvest time came and it was beyond the expectations of the people. That year, the tobacco was greatly praised by everyone, and the good folk of King Hari Ka Buskid's kingdom became richer than ever before.

For ten years the people worked hard, and each year the crop was better than it had been the previous year. But the king still had not returned from his journey. Slowly, he became no more than a memory to the people. Furthermore, the kingdom was ten times richer than when he left. What had been small cottages, were big houses now. And the people dressed in finer clothes.

Perhaps this is what changed the course of events. For now, the tobacco growers began to scorn working in the fields. "Is it right," they asked, "that



we should go out into the fields and ruin our fine clothes by working in the mud?" The tobacco fields began to take on a neglected air.

What had been virtually a garden of golden plants now looked dry and dusty. Not surprisingly, the harvest was poor. The people still continued to worry about protecting their clothes and riches, and the tobacco fields continued to be neglected.

In a few years, the kingdom was poorer than anyone could remember. The fields which had been ignored for so long failed to yield even the smallest of harvests. People preferred to sit and quarrel, rather than tilling the land. Nothing, except an earthquake could have shaken these people out of their idleness. Strangely enough, this is exactly what happened. The ground rumbled and roared, and the people rushed out of their houses in terror. For years, nobody had moved so fast.

"STOP!" roared a commanding voice suddenly. Not one of the fleeing people could disobey the order. They stopped and slowly turned around. An astonished gasp escaped the first man who recognised the figure standing on top of the mountain. "The King!" he cried, and then everybody remembered their old king.

King Hari Ka Buskid did not hide his towering rage from his people. "You have betrayed me!" he shouted.

"Did I not command you to look after your fields in my absence? Do you think those dry patches of ground are worthy of being in this kingdom?" There was silence all around. Even the mountain had stopped its massive rumbling.

King Hari Ka Buskid looked at the tobacco for a long while. "I shall not forget your disobedience and idleness," he said at last, "until once again I see a good crop of tobacco on the mountainside."

He then turned away. Turning away from the people of his kingdom, he smashed his fist into the mountain. A huge hole appeared where his fist struck. The king leapt into the hole, leaving his people lamenting. King Hari Ka Buskid is still waiting in the mountain. When he is in a good mood, he smokes some tobacco and the smoke can be seen rising above the mountain, reminding the people that he is still there.



- Excerpted from 'The Broken Wings and Other Asian Tales' by Belinder Dhanoa, published by National Book Trust, India.

The Monkey Family in Mamallapuram



Monkey family at Mamallapuram. An example of delightful naturalism

The Indian artists have had a wonderful talent for capturing the characteristic quality of animals - its pose, its bearing, its habits. They have achieved this with effortless beauty in the Monkey family in Mamallapuram. Founded by the Pallava king Narasimha in the 7th century, Mamallapuram, also known as Mahabalipuram, is a town in the southeastern Indian state of Tamil Nadu, best known for the UNESCO World Heritage Site of 7th and 8th century Hindu Group of Monuments at Mahabalipuram.

Although, Mamallapuram has one of the greatest sculptural tableaus of

Indian art, the grey granite Monkey Family sculpture is in the round and not executed in relief, that is, it is not carved on the rock-face. It shows two seated adult monkeys, one picking lice out of the other's hair. There is also a baby monkey burying its face in the mother's lap. The delightful naturalness and the vivacity of the group, the artist's ability to make the stone come to life fills the visitor with a sense of awe.

- Excerpted from 'Lines and Colours, Discovering Indian Art' by Ella Datta, published by National Book Trust, India.



रंग - बिरंगी परियाँ



रंग - बिरंगी परियाँ देखीं
आसमान में उड़तीं।
नृत्य कर रहीं झूम - झूमकर
ऊपर नीचे मुड़तीं।।

मैं सपने में मस्तमग्न थी
परियाँ सज-धज आईं।
खुशबू से घर पूरा महका
नई ताजगी लाईं।



एक परी थी लाल रंग की
एक नीली चमकीली।
एक गुलाबी पंखों वाली
एक सुरमई पीली।।

बोलीं परियाँ पढ़ना - लिखना
गुस्सा कभी नहीं करना।
प्रातः जाग कर करना योगा
जीवन में रस भरना।।



एक बैंगनी, एक हरी थी
एक सुनहरी प्यारी।
एक धवल से कपड़े पहने
एक फिरोजी न्यारी।।

सिर पर मेरे हाथ फिराया
प्यार किया जी भर कर।
टूट गया जब सपना मेरा
नीचे गिरी मैं लुढ़क कर।।



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दर्द का रिश्ता

जून का गर्म महीना था। ऊपर से घर में बढई काम कर रहा था। दिन भर शोर और कीले गाड़ने की खटखट से घर के लोग तंग आ चुके थे। फरहान बड़ी दिलचस्पी से बढई को काम करता देखता और मौका मिलते ही बढई के औजारों को हाथ लगाने लगता। लाख मना करने के बावजूद वह हथौड़ी उठाकर एक दो कील किसी लकड़ी के टुकड़े पर ठोकने में कामयाब हो जाता। पिछले दो दिन से पापा ने झुंझलाकर बढई को दालान से दूर आंगन के पास पेड़ के नीचे काम करने को कह दिया था। ताकि शोर कमरे में कम पहुंचे।

दोपहर तक धूप पेड़ के आसपास फैल जाती थी मगर बढई अपने काम में डूबा रहता। खिड़की से फरहान बढई को काम करते देखता और सोचता कि बेचारे को कितनी धूप लग



रही होगी। क्यों न मैं जाकर हाथ का पंखा दे आऊं! यह सोच कर फरहान पंखा उठा बाहर जाने के लिए कमरे के दरवाजे तक पहुंचा ही था, कि मम्मी ने टोक दिया “कहां जा रहे हो इस धूप में?”

“बढई को पंखा देने। उसे गर्मी लग रही होगी”, फरहान ने भोलेपन से कहा। उसके चेहरे के भाव देख उन्होंने उसे जाने का इशारा किया मगर यह कहना न भूलीं। “मगर फौरन लौटना वरना तुम्हारी शिकायत पापा से करूंगी कि तुम सारे दिन धूप में घूमते हो।” “अभी आया मम्मी”— इतना कह फरहान दौड़ता हुआ बढई के पास पहुंचा।

“यह लो पंखा। यहां गर्मी बहुत है।”

“पंखे के बहाने आए हो कील ठोकने” बढई फरहान का प्यार देख मुस्कुरा पड़ा! फरहान बोला, “तुमको प्यास लग रही होगी...है न?”

“पानी की बोतल रखी तो है। हमारा काम ही सख्त है, क्या गर्मी क्या जाड़ा। मौसम से डरेंगे तो काम क्या करेंगे... काम नहीं करेंगे तो खायेंगे क्या?” बढई ने हंसते हुए कहा।

“अच्छा...!” फरहान बढई के पास बैठ गया।

“जब मैं तुम्हारे बराबर था तो मेरी अम्मां ने उस्ताद जी के साथ बिठा दिया, उन्हीं से काम सीखने लगा... उनसे पांच छः साल तक काम सीखता रहा फिर वे मर गए तो मैं अपना काम करने लगा। गांव से शहर आ गया।” बढई ने बताया।

मम्मी की आवाज गूंजी! “फरहान...अंदर आओ!”

“आया मम्मी।” फरहान ने बढ़ई की तरफ देखा और उठते हुए बोला, “घबराना मत, मैं तुम्हारे लिए अभी शिकंजी बना कर लाता हूँ।” फरहान दिल ही दिल में सोच रहा था कि बाप रे बाप कितनी गजब की गर्मी थी, लगा जैसे सारे बदन में चीटियां काट रही हों।

मम्मी खाने के बाद जब लेट गई तो फरहान दबे पैर रसोई में पहुंचा, नीबू निचोड़ा और शक्कर घोलकर शिकंजी बनाने लगा। “बेचारा बढ़ई। बाहर बैठा हमारे लिए मेज बना रहा है ओर हम अंदर ठाठ से लेते हैं।”

शर्बत बन गया था। गिलास लेकर जैसे ही फरहान आगे बढ़ा अपने ही गिराए पानी पर उसका पैर फिसला और गिलास को बचाते अपने को संभालते संभालते भी वह चिकने फर्श पर पीठ के बल गिरा। गिलास हाथ से छिटका और चकनाचूर हो गया। मम्मी की आँख खुल गई। वह रसोई की तरफ दौड़ी दौड़ी आइ तो देखा फरहान ज़मीन पर गिरा पड़ा है और गिलास की किरचियां चारों तरफ बिखरी पड़ी हैं। वह परेशान हो गई।

“क्या हुआ? तुम क्या कर रहे थे?” मम्मी ने कई सवाल एक साथ कर डाले!

जब मम्मी रसोई से कांच समेट कर आई तो फरहान से पूछने लगीं।

“आखिर तुम्हें कांच के गिलास की जरूरत क्यों आन पड़ी? तुम्हारा गिलास तो मेज पर रखा था।”

“मैं नीबू का शरबत बना रहा था बाहर गर्मी है। बढ़ई का गला सूख रहा होगा...” फरहान के इस तरह कहने पर मम्मी चौंकी! हंसी गायब हो गई। उनको गंभीर होता देख फरहान डर गया और जल्दी से बोला— “अब आगे से ऐसा नहीं करूंगा...सॉरी मम्मी!”



“सॉरी तो मुझे कहनी चाहिए थी! जो बात मेरे सोचने की थी तुमने सोच ली! दूसरों का ख्याल रखना अच्छी बात है। मैं अभी शिकंजी बना देती हूँ।” इतना कह मम्मी उठी और रसोई में जाकर ठंडी शिकंजी बना लाई और बढ़ई को आवाज देकर उन्होंने उसे गिलास थमाया मगर बढ़ई लेते हुए झिझका तो मम्मी बोलीं—“लो पकड़ो भैया! तुम इस गर्मी में हमारे लिए काम कर रहे हो तो क्या हम तुम्हारे लिए इतना भी नहीं कर सकते हैं?” मम्मी की बात सुनकर बढ़ई ने गिलास ले लिया।

खिड़की से बढ़ई को घूंट-घूंट शरबत पीता देखकर फरहान को जैसे चैन पड़ गया और वह थोड़ी देर बाद गहरी नींद में डूब गया। बाहर लू की गर्म हवा चल रही थी और बढ़ई की कील ठोंकने की खटखट आवाज घर में गूँज रही थी।

— यह कहानी नरिसा शर्मा द्वारा लिखित और मित्ररुण हलधर द्वारा चित्रित पुस्तक ‘दर्द का रिश्ता व अन्य कहानियां’ से ली गयी है।

The Magic of Textures

Vegetables have many textures. We can make textures with almost any form existing on this earth. Forms have their own textures and textures can be made out of forms. Drawing forms again and again could be tiresome, but printing them is very easy and enjoyable. Here are some unique patterns made by various vegetables excerpted from the book 'Magic of Texture', written by Daisy Verma and published by National Book Trust, India.

Pick up some vegetables from your kitchen like—bitter gourd, onion, cabbage, potato, ladyfinger, etc., and try out this fun activity at home! Don't forget to let your paper dry before switching colours.

Materials: White paper, Acrylic colours, Flat Brush

Bitter Gourd

Here, we have got an interesting form by cutting a bitter gourd and using it to make this texture. Cut a bitter gourd vertically and remove the seeds. Paint the rind with green colour and make many prints on a paper. Repeat the process with brown, then red and then with blue colours.



Onion

Layered pattern of an onion and its shape, pointed on one end and round on the other gives an onion a very interesting form. Texture made up of this form is even more interesting. Cut an onion horizontally, apply orange colour on it and make many prints on a paper. Repeat the process with orange colour and then with mauve colour.

Cabbage

A piece of cabbage with its stem makes a good block for printing. We can shape it like a circle or a square or a triangle. Cut a cabbage and take the lower part with stem, cut again from all the four sides and make a square block. Paint this block with yellow colour and make many prints. Repeat the process with green colour and then with mauve colour.



Potato

A potato can be cut like a wood block with simple tools like a kitchen knife or a shaving blade. We can prepare many designs and textures with potato blocks. A potato block cut in a flower shape can be used to make this beautiful texture. Cut a potato and make a block in the shape of a flower. Paint the block in orange colour and make many prints. Repeat the process with brown colour, then blue colour and then with yellow colour.

Ladyfinger

On the upper surface, ladyfingers have a particular texture. But on cutting, they have a different texture inside. A ladyfinger gives a very good form on cutting it horizontally, and this form is used to achieve this texture. Cut a ladyfinger vertically and push the seeds inside with a match stick. Paint the ladyfinger with yellow ochre colour and make prints on the paper. Repeat the process with red, then brown and then with blue colour.



PM-YUVA Mentorship Scheme Masterclasses

As part of the 75 years of Independence celebrations, Hon'ble Prime Minister had launched the PM-YUVA Mentorship Scheme for which NBT is the Implementing Agency. Under this scheme, 75 authors selected from across the country are being groomed through various Masterclasses by noted literary personalities. The Masterclasses are available on NBT India's official YouTube Channel for viewing.

Masterclass with Publisher Nitasha Devasar

The fifth Masterclass was taken by Mentor Nitasha Devasar, Managing Director, Taylor & Francis, India. The topic of her lecture was 'The Making of an Author: From Manuscript to Market'.

She emphasised that the authors should spend as much time in marketing their book as much as they spent on researching the topic.

She talked about the importance of citing sources in one's work, taking due rights for the work and getting your manuscript critiqued and reviewed by peers and mentors.

Masterclass with Author Birad Rajaram Yajnik

Shri Birad Rajaram Yajnik, an eminent author and the curator of the Mahatma Gandhi Digital Museums, was the mentor who spoke to the Yuva authors in the sixth Masterclass on the topic 'Writing a Biography in Contemporary Times'.

He advised the Yuva authors to select the person they admire, as their subject; someone who the world admires; and find out if there is a big market to be catered with the subject. He shared his experiences of writing his other biographies and read out a few small excerpts.

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Children's Activities at Shimla Book Fair 2022

Shimla Book Fair 2022, organised by National Book Trust, India in association with the Department of Language Art & Culture, Himachal Pradesh was inaugurated on 25 June 2022 by Shri Govind Singh Thakur, Hon'ble Education Minister, Govt. of Himachal Pradesh.

The Shimla Book Fair was organised from 25 June to 3 July 2022 at Gaiety Theatre and Padam Dev Complex, Shimla.

Several literary, cultural and children's programmes were organised during the fair. For the children various sessions and competitions were held. A poster making session on the theme Azadi ka Amrit Mahotsav was conducted by Shri Uday Shankar, noted illustrator. The students also participated in Storytelling and Story Writing Workshops where they learnt the techniques of writing a good story. An Open Mic contest was also organised where the participating children recited poems and sang songs on the theme of Azadi ka Amrit Mahotsav. Drawing competitions were organised on the

themes 'Save the Environment' and 'My Favourite Monument in India'. Hundreds of students from some prominent schools across Shimla, including St. Thomas School, Monal Public School, Government Senior Secondary School, Sanjauli and Auckland House School

participated in the various workshops and competitions.

Along with children's activities, programs based on literature were also being organised daily at the fair. In a session specifically focusing on children's literature 'Let's learn - How to Write Stories and Poetry', senior litterateur Dr. Kshama Sharma and Dr. Suryanath Singh, Literary Editor, Jansatta, shared some beneficial techniques related to writing stories and poems with the children.

Booklovers had the opportunity to browse through and buy cost-effective quality books across genres for readers of all age groups on subjects such as popular science, popular social science, national biographies, autobiographies, folklore, Indian & world literature, and much more.



The following short stories have been submitted by students of Monal Public School, Shimla who participated in a story writing workshop held during the Shimla Book Fair 2022.

True Friends

There was a school in a village. There were two friends in that school whose friendship was very well-known. They could do anything for each other. One of them was Simran, and the other one was Alisha. However, the only problem with them was that, Simran belonged to a rich family and Alisha belonged to a poor family. One day, Simran asked Alisha, "Why have you not brought your lunch today?" Simran replied, "Oh! I forgot it at home." The next day, the same incident happened.

Simran asked, "Have you forgotten your lunch today too?"

"Yes." Alisha replied.

"I can share it with you." said Simran.

"No, I don't want to have lunch today." replied Alisha. She could not bring lunch to school. So, Simran thought of an idea.

The next day Simran stole some vegetable curry and chapati from her home. Then she said to Alisha, "My mother has given me an extra lunch box today. You have to eat it." Simran brought lunch for Alisha for the next few days. At Simran's home, Simran's

mother got suspicious because vegetable and chapatis were finishing faster. One day, Simran's mother asked Simran, "Are you taking vegetable curry and chapati from the house?"

Simran got afraid and explained the whole problem to her. Simran's mother started laughing, and said "You can do anything for Alisha to help her. I will not stop you in any way." Her mother also said, "Don't ever lie for helping anyone. If you would have shared this problem with me before I would have packed you an extra lunchbox every day."



Moral: A true friend will help you any situation. Also, lying is never a solution.

Sakshee Bhardwaj

Class 7

Monal Public School, Shimla

ईमानदारी का महत्व

एक बार एक गाँव में दो भाई रहते थे। बड़े भाई का नाम सोहन और छोटे भाई का नाम मोहन था। बड़ा भाई बहुत ही लालची था। उनकी माँ के गुजर जाने के बाद सोहन ने सारी ज़मीन अपने नाम कर ली और अपने छोटे भाई मोहन के लिए एक छोटी झोपड़ी और कुछ बंजर खेत रख दिया। छोटा भाई गरीब होने के बावजूद खुश रहता था लेकिन बड़ा भाई अमीर होने के बावजूद लालच में डूबा रहता था।



मोहन ने दिल लगाकर अपनी बंजर ज़मीन उपजाऊ बना ली और खेतों में प्राकृतिक खाद्य का प्रयोग भी किया। लेकिन बड़े भाई सोहन ने अपने खेतों में शहरी दवाईयों का प्रयोग किया। कुछ महीनों बाद मोहन की फसल हरी-भरी नज़र आ रही थी और वहाँ सोहन की फसल मुरझाई हुई नज़र आ रही थी। यह देखकर सोहन बहुत क्रोधित हो गया। वह सोचने लगा “मैंने तो मोहन को बंजर खेत दिये थे,” तो यह कैसे हुआ? और मेरी ज़मीन उपजाऊ थी और बीज भी बहुत महंगे लिये थे। सोहन ने रात को जाकर मोहन के खेतों में शहरी दवाईयों का छिड़काव कर दिया। जब मोहन सुबह घुमते-घुमते अपने खेतों की तरफ गया तो उसने देखा कि उसकी हरी-भरी फसल मुरझाई फसल में बदल चुकी है। यह देखकर मोहन बहुत उदास हो गया।

वह सोचने लगा मैंने तो अपने खेतों में शहरी दवाईयों का प्रयोग भी नहीं किया तो यह कैसे हुआ? अगले दिन मोहन ने नई फसल के लिए खेतों में खुदाई करना शुरू किया। खुदाई करते समय उसे एक चमकती हुई चीज़ नज़र आई। उसने पास से देखा तो वह एक चमचमाता नया हीरा था। मोहन हीरे को देखकर बड़ा खुश हुआ। उसने उस हीरे की

मद्द से अपने घर और खेतों को बेहतर बना लिया, लेकिन उसने मेहनत करना ना छोड़ा। जैसे ही यह बात सोहन को पता चली वह पहले से ज्यादा क्रोधित हो गया। उस रात वह मोहन के घर हीरा चोरी करने गया। लेकिन जैसे ही उसने हीरा उठाने की कोशिश की वैसे ही हीरा बोला “मैं एक जादुई हीरा हूँ। तुम्हें इतना लालची नहीं होना चाहिए कि इस लालच के पीछे तुम्हारा सिर झुक जाएं।” सोहन को समझ आ गया कि हमें जीवन में कभी लालच नहीं करना चाहिए। उस दिन के बाद सोहन ने लालच करना छोड़ दिया और खुशी-खुशी रहने लगा।

लालच का फल हमेशा बुरा ही होता है। लालच करने से आज तक किसी का भला नहीं हुआ।

गौरंशी राजपूत

कक्षा 6

मोनल पब्लिक स्कूल, शिमला

मेरी जादुई पेंसिल

एक गर्मी भरा दिन था। जब मैं स्कूल से घर वापस आ रही थी तब मुझे रास्ते पर एक बूढ़ी औरत मिली। वह सड़क पार नहीं कर पा रही थी तो मैंने उनकी मदद की। इनाम के रूप में उन्होंने मुझे एक पेंसिल दी और कहा, “यह एक जादुई पेंसिल है। तुम इससे जो भी चित्र बनाओगी वह असली हो जाएगा। तुम इससे लोगों की मदद करना।” मैंने उनको धन्यवाद किया।

फिर रास्ते में मुझे एक भिखारी मिला। उसके पास चप्पल पहनने को भी नहीं थी। मैंने उस पेंसिल की मदद से उसके लिए चप्पल बनायी। वह बहुत खुश हुआ। जब मैं घर पहुंची तब मैंने अपने परिवार को सारी बातें बताईं। मेरी बातें सुनकर मेरी बहन ने मुझसे वह पेंसिल छीन ली और उससे बहुत-सी चीज़ें बनायीं। मैंने उससे पेंसिल वापस लेने की कोशिश की, मगर वह पेंसिल टूट गयी।

अचानक मेरी नींद खुल गयी और मुझे पता चला की यह तो सपना था!



रिया शर्मा

कक्षा 5

मोनल पब्लिक स्कूल, शिमला

The Small Dot

There was once a professor. One day, during a class, he conducted a surprise test for his students. Everyone was ready and waiting to receive the question papers. After distributing the question papers, the professor asked the students to respond. After receiving the papers, the children were in shock. There were no questions on the paper, instead, there was a small dot at the centre. The professor asked them “What do you all see in the paper? Write about it.” The students were confused, but nevertheless, they wrote their answers.



After seeing all the answers, the professor was not happy. Everyone wrote the same answer – “A small dot.” Out of those similar answers, there was one answer that was different. He saw a paper where the child had written – “A white sheet.” The professor asked him for the reason. The child replied, “Sir, nobody saw the big white sheet. Everyone just focused on the small dot. That’s what our life, our humanity represents. We all just focus on the small mistakes, we don’t see the bright side of things.” The professor got an unexpected answer. He appreciated him and gave him a nice reward.

Moral: Be good and live a comfortable life, don’t just focus on the small mistakes.

Ananya Thakur

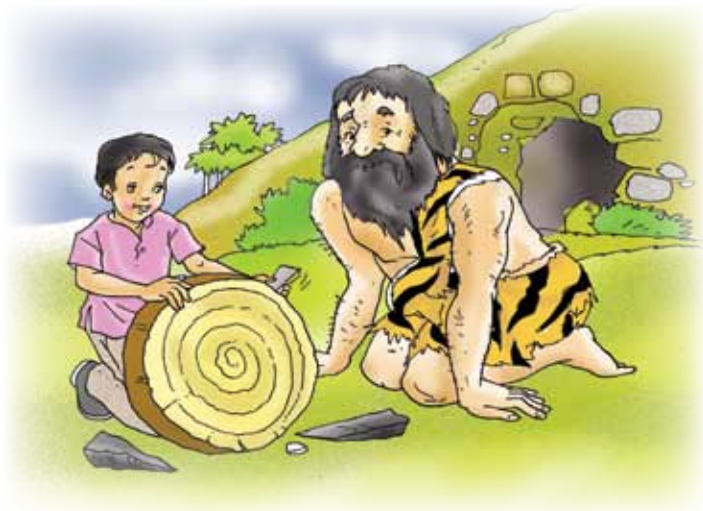
Class 7

Monal Public School, Shimla

Rahul Changed The Past

One day, Rahul was sleeping in his room. The time was around 12:00 am, the windows were wide open and the wind was blowing. Rahul started flying in the sky. He saw a similar looking boy who seemed like he was flying in the opposite direction. Suddenly, a black hole appeared in front of him. The black hole attracted him towards it and Rahul was not able to do anything. When he opened his eyes, he was lying in a big garden. All around him were some cave men and women dancing. He got scared and asked, "Who are you?" They all were dancing and then started talking to him in their own language. Rahul was confused.

At night cave people served Rahul a piece of uncooked meat. He said, "I don't eat meat. I am a vegetarian." They did not understand anything. Rahul did not eat anything that day. The next morning, he was very hungry and ate that piece of meat that was served to him. He then got out of the cave where he was residing and rubbed two stones to spark some fire. He collected some wood and burned them. He cooked the piece of meat and started eating. All the cave people were confused and scared. When they came near the fire, they felt warm and were happy. But one of the



cave man put his hand in the fire and burnt his hand. They all realized that they should not play with fire. After that day, they cooked their food in the fire.

At night, Rahul was missing his family. So, he tried to make a vehicle. He made some wheels and ropes from trees. But he was not able to make a vehicle. When the cave people saw that, they made more wheels and discovered what wheels and ropes can do! Rahul discovered many things in the past. One day at night, he flew into the sky and that black hole came in front of him. It attracted him towards it. He was back to his time and saw a same boy like him flying in the sky. Then he knew that it was him. At home, he was happy to meet his family. Rahul had changed the past.

Ritik Shyam
Class 8

Monal Public School, Shimla

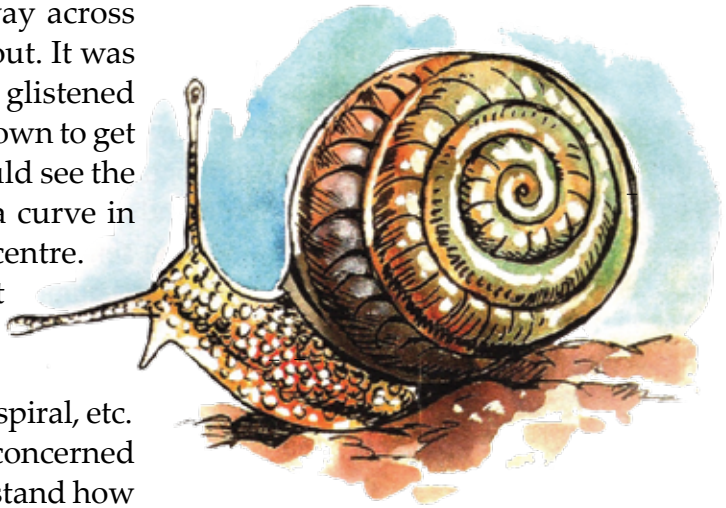
A House on its Back

*And seeing the snail, which everywhere doth roam,
Carrying his own house still, still is at home,
Follow (for he is easy paced) this snail,
Be thine own palace, or the world's thy goal.* - John Donne

The snail slowly made its way across the pavement, slime oozing out. It was brown in colour and the shell glistened in the Sun. When I squatted down to get a better look of the shell, I could see the tiny spirals. A spiral is just a curve in space, which runs around a centre. Spirals can be of different types: Archimedean spiral, logarithmic spiral, three-dimensional spiral, Fibonacci spiral, etc. This last one is what we are concerned with when we want to understand how a snail's shell grows.

We learn about Fibonacci numbers in school. Leonardo Fibonacci was an Italian mathematician and was born in 1170, long before the Renaissance period. As he travelled along with his father, who had a trading post in the port of Algeria, he became acquainted with the Hindu-Arabic numerals and brought them into the European continent.

I remember that my mathematics textbook had a figure of rabbits. It was indeed with rabbits that Fibonacci began his observations as he was interested in understanding how fast the rabbits would breed under ideal circumstances.



He started with an assumption that rabbits never die because they are neither killed nor starved. He then made a second assumption that the female rabbit always produces a pair of rabbits—one male and one female—from the second month. With these two assumptions, he said that if in the beginning there was one pair, then at the end of one month, there would still be only one pair. At the end of two months, the female rabbit produces one pair of rabbits so that the total is two pairs. At the end of the third month the original female produces another pair making a total of three pairs. At the end of the

fourth month, there will be five pairs. And at the end of the fifth month, there will be eight pairs and so on, producing a number series 1, 1, 2, 3, 5, 8, 13, 21, 34..., which is called as Fibonacci number.

The rabbit problem is not very realistic, but the Fibonacci number has numerous uses.

Why did Nature choose Fibonacci spiral? Why not any other type of spiral?

A snail has to worry about two aspects. The first aspect is that the size of the body must be relative to the size of the shell. The two must grow at a similar rate because if the shell becomes too heavy, it will not be able to drag it along. In addition, the centre of gravity would be altered and the poor snail would topple over. The second aspect is, of course, that the shell cannot be too small. It is not a decorative piece. The shell is a protective cover against threatening elements. The shell has to be big enough so that the snail can withdraw into it when the need arises.

The shell of the snail is made of calcium carbonate or lime. The shell is extended as the snail grows by depositing lime at the shell opening. Each new addition of lime, because of the above-mentioned constraints, tries to maintain more or less a constant relationship with the previous shell. The net result is a 'Fibonacci spiral!'

The snail shell provides a valuable lesson, not only in mathematics, but also for designing armours. For example,

the scaly foot snail lives at the bottom of the Indian Ocean near vents that spew hot waters. In addition, this snail is preyed by crabs as well as by other snail species. The scaly foot snail has evolved to combat both the hot water as well as predators by creating a shell that is composed of three layers. The outermost layer is made of iron-sulfide, the innermost layer of calcium carbonate.

In between these two layers is present a thick organic layer. The iron-sulfide layer is the first line of defence against predators. It is brittle and can crack easily under pressure, but the jagged ends could possibly grind down the attacker's claws. The middle layer is soft and flexible, able to fill the cracks up and protect the inner layer from feeling pressure. The outer and the middle layer together protect the snail against the acidic nature of the hot springs. Finally, the inner layer is rigid providing structural support. And this is what intrigues the defence specialists.



- Excerpted from 'The Fascinating World of Biology' by Rohini Muthuswami, published by National Book Trust, India.

Major Flowers of India

Flowers all over the world are given great importance. They have become an integral part of our life. The fragrance and beauty of colourful flowers pleases us all. Here is a glimpse of some of the major flowers in India from the book 'Playing Together' written by Bharat Bhushan Aggarwal and Bindu Agarwal, and published by National Book Trust, India.

In various religions and culture, flowers occupy an exalted position. Without flowers, no auspicious task is considered complete, be it for worship, weddings, or funerals. Flowers are symbols of honour as well. When we want to honour someone, we offer a bouquet, or present a garland of flowers. People also sometimes adorn themselves with flowers. Some perfumes also are extracted from them.

In our country, various kinds of flowers blossom in every season, but from November to March, the flowering season is at its glory. In other countries, the spring season falls between April and June while in our land, spring season starts in January and extends to March.

Various kinds of colourful and mildly fragrant flowers like magnolia, *juhi*, *madhumalti*, *bela*, *mogra*, *motia*, rose, jasmine, *harsingar*, lotus, marigold, nightqueen, tube rose, *gulmohar*, *vakul*, pandanus, narcissus, *mahua*, chrysanthemum, sunflower, safflower, oleander, lily, *asoka*, *kadamb*, *sefali* are found in our country.

Lotus is our national flower. Its characteristic is that even though it grows in slush(mud), it looks very fresh and clean. The lotus may be of different colours but white, light pink and yellow are most commonly seen. The stem of lotus is called lotus stalk, or *kamal-kakri*, is cooked and eaten as a vegetable. Second to lotus is the rose, which is another very important flower in India. Normally the Indian rose is pink and red and has a very strong fragrance. Noorjehan was very fond of the rose. It was she who discovered the rose perfume. A treadle is made from the extract of red and pink petals of rose known as *gulkand* (used in eating with the betal leaf). There are as many as 250 to 300 varieties of roses. In an interesting parable about the presence of rose, it is said that when a goddess fell-out with Venus, the goddess of love, she decided to create something more beautiful than Venus so as to belittle her. Thus originated the rose.

About *harsingar* too, it is said that Lord Krishna brought this flower from the heavens for his wife Satyabhama. Flowers like *harsingar*, magnolia, jasmine, narcissus, *juhi*, *sefali*, are white and yellow



in colour. Bright red *gulmohar* blossoms even in the scorching heat of Indian summer.

Night Queen and tube rose emit fragrance only at night. *Motia, mogra,* and *bela* are flowers from the same family and blossom in summer, spreading their fragrance in the early morning hours. These flowers carry a hue of refreshing whiteness in their colour.

An important characteristic of the sunflower is that it always faces the sun. Its petals are invariably yellow in colour with the inner part somewhat dark-brown.

The *tesu* flower is also known as *palas*. Its flowers are dark red in colour and crescent-shaped. During

the Holi festival, women soak and boil the *tesu* flowers in water to extract the yellow colour for playing Holi. Its dry malleable leaves are used for making leaf cups, leaf plates and *bidis*.

Amaltas (Indian abrissum) blossoms just before the beginning of summer. This flower grows in thick light yellow bunches, very alluring for any on looker.

In this manner, every flower has its own characteristics. A mere handful of flowers decorated in a room or on a table add to the ambience of the room. Nowadays, even foreign flowers are held in great esteem. Some foreign flowers like sweet pea, poppy, cannifer, nasturtium, zinnia, gladiolus, British rose, phlox, etc., are very charming and loved by Indians too.

Can you guess the names of different flowers and fill the grid given below? The first one is done for you.

J	x	x	S	x	x	x	x	M					x
A	x	x		x	x	x	x		x	x	x	x	B
S									x	X	x	x	
M	x	x		x	x	x	x		x	x	x	x	
I	x	x		x	x	M							
N	x	L				x	x		x	x	x	x	x
x	x	x	x	x	x	x	x	L					x
x	x	R				x	x		x	x	x	x	x
x	x	x	x	x	x	x	x	x	M				

Answers: Lily, Magnolia, Mogra, Marigold, Sunflower, Mahua, Bela, Rose, Sefali

From Our Young Readers

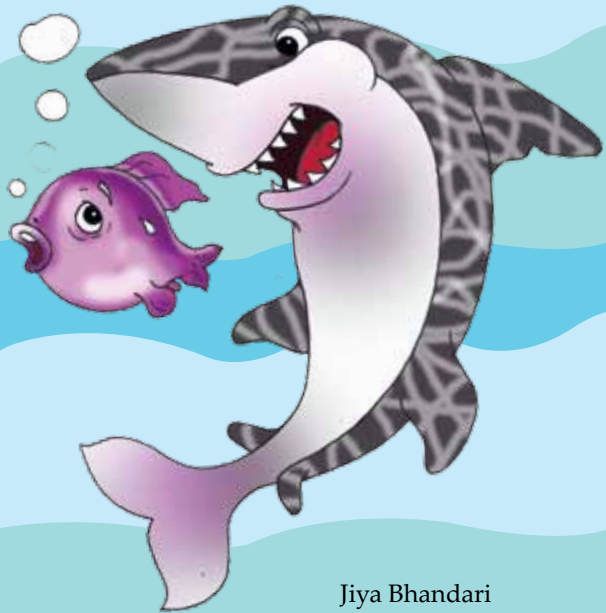
I Don't Want to be a Fish

I don't want to be a fish,
"Gulp", is all I can say.
When fierce and hungry sharks chase me,
I have to swim away.

I have to eat the awful seaweed
In the big blue sea.
The very salty water is what
I have in my tea.

I don't want to be caught by fishermen
Who comes in ships
They'll then sell me to people who
Will make me "fish and chips."

I don't want to be a fish,
I think it is not cool.
And honestly, I really don't want
To live in a school.



Jiya Bhandari
Class 6
The Smart Nobles Academy
mail@suryamittal@gmail.com

भारत प्यारा देश हमारा

भारत प्यारा देश हमारा,
तन-मन इस पर वारेंगे।

गंगा, यमुना, पानी भरती,
फल फूल से लदी है धरती,
इस धरती पर जन्म लिया है,
माता इसे पुकारेंगे।
भारत प्यारा देश हमारा,
तन-मन इस पर वारेंगे।

सागर इसके चरण है धोता,
मुकुट हिमालय शोभा देता,
इस पर पलकर बड़े हुए है।
इसका मान बढ़ाएंगे।
भारत प्यारा देश हमारा,
तन-मन इस पर वारेंगे।

स्वास-स्वास में पवन है इसकी,
रोम-रोम में अगन है इसकी,
इस का हम पर है उपकार
सब मिलकर गुण गाएंगे।
भारत प्यारा देश हमारा
तन-मन इस पर वारेंगे।



मिशा
कक्षा 8

Govt. Model Sr. Sec. School

It's Quiz Time!

1. Who is known as the "Flying Sikh of India"?
2. Which planet is known to have the most gravity?
3. Which is the hardest substance available on earth?
4. Name the mammal that can fly.
5. What do you call a group of giraffes?

Answers of previous issue:

1. Green
2. Chandigarh
3. France
4. Bill Gates
5. Stapes

कुछ नया करें

पुरानी जुराब ले। उसे हाथ पर चढ़ाए, आंख, नाक, मुंह इत्यादि पर निशान बनाए, वहां रंगीन कागज़ या कपड़ा चिपकाए। आपकी जुराब वाली कटपुतली तैयार है।



— यह अंश राष्ट्रीय पुस्तक न्यास, भारत द्वारा प्रकाशित पुस्तक 'हाथ मिलाओं' से ली गई है।

NEW DELHI
FRIDAY
AUGUST 05, 2022

Hindustan Times | KALEIDOSCOPE

03

NATIONAL BOOK TRUST INDIA BOOKLIST

GLOWING TRIBUTE TO GALLANT BRAVEHEARTS

With Independence Day just around the corner, the National Book Trust India has published the Veergatha Series which honours five brave men whose heroic deeds in diverse battlefields such as the Pakistani invasion of Kashmir in 1947, the 1962 India-China war, the 1965 and 1971 Indo-Pakistan wars as well as the Kargil conflict of 1999 and were posthumously awarded the Param Vir Chakra. Written by Gaurav C Sawant, these graphical representations bring alive their bravery, patriotic spirit, leadership as well as supreme sacrifice.

COMPANY QUARTER MASTER HAVILDAR ABDUL HAMID

Company Quarter Master Havildar Abdul Hamid exhibited exemplary courage as the commander of an RCL gun detachment during the Indo-Pak war of 1965. This book unfolds the exemplary tale of how Hamid never let go of his dream of serving the nation and went on to become this passionate soldier who excelled in all military exercises and games. He was awarded the Param Vir Chakra for his acts of immense bravery and disregard for personal safety while performing his duty towards the motherland.



MAJOR SHAITAN SINGH

Major Shaitan Singh grew up watching his father's gallant acts as a Lieutenant Colonel which earned him a British military honour for his efforts in World War I. Maj Shaitan Singh served in the 13th Battalion of the Indian Army's Kumaon Regiment. The book narrates how he commanded his company at the Ridge line overlooking the Chushul air field near the Rezang La Mountain, Leh during the 1962 India-China war. On November 18, 1962, the Chinese attacked. After many attempts from the front, the Chinese attacked from the rear. The Indians fought until their last rounds before being overpowered by the Chinese.



CAPTAIN MANOJ KUMAR PANDEY

The book takes us back to the moment of decision that led Captain Manoj Kumar Pandey's life to opt for life in the Army. He was selected to join the NDA (National Defence Academy) as well as the Roorkee Engineering College, yet chose to serve the country. Even his answer to the interviewer at NDA was that he had joined the Army to win the Param Vir Chakra, the highest Gallantry award. He never backed down from his goal and proved that he was indeed a hero of the Indian Army. He was posthumously awarded the honour for his audacious courage and leadership during the Kargil War in 1999.



MAJOR SOMNATH SHARMA

The book gives the readers a glimpse into the unforgettable life of Major Somnath Sharma. His bravery and selflessness during the Pakistani invasion of Kashmir in 1947 has become the lore of Deshbhakti (patriotism) in the Indian military. Entrusted with the task of checking the infiltrators moving toward Srinagar city, Sharma and his company fought bravely despite being heavily outnumbered by the enemy. Sharma's heroic and fearless leadership delayed the infiltrators' progress towards Srinagar and posthumously became the first recipient of India's highest medal for gallantry, the Param Vir Chakra.



SECOND LIEUTENANT ARUN KHETARPAL

This book gives the reader an insight into the life of Second Lieutenant Arun Khetarpal, who fought fearlessly against the enemies during the Indo-Pak war of 1971. It was his determination and leadership skills that earned him the respect of his juniors and seniors alike. He was a dedicated young soldier who was asked to command his troops at the young age of 21 and did not back off against the enemy until he breathed his last. During the Battle of Basantgarh, Khetarpal and his squadron of tanks, reduced to just two, destroyed 30 enemy tanks before he was killed in action.



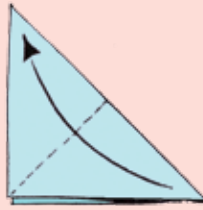
खुद बनाये छोटा-सा खिलौना

खरगोश

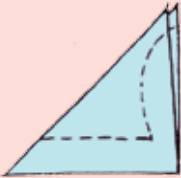
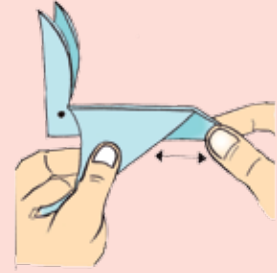
खिलौनों से खेलना हमेशा मजेदार होता है, तो चलिए आज हम सीखते हैं खुद से खिलौना बनाना। आज हम बनाएंगे 'खरगोश'। यह गतिविधि अरविंद गुप्ता द्वारा लिखित और राष्ट्रीय पुस्तक न्यास, भारत द्वारा प्रकाशित पुस्तक 'नन्हे खिलौने' से ली गई है। इस खिलौने को आप अपने दोस्तों के साथ मिलकर बनाएँ और इसका आनंद लें।



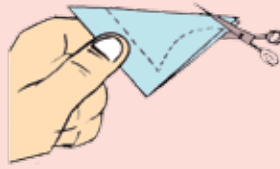
चरण 1: एक 10 सेंमी भुजा के वर्ग की कर्ण पर मोड़कर एक त्रिकोण बनाएं।



चरण 2: इस बड़े त्रिकोण को आधे में मोड़कर एक छोटा त्रिकोण बनाएं।



चरण 3: इस छोटे त्रिकोण के 'V' आकार में खरगोश के कानों को बिंदी वाली रेखा से बनाएं।



चरण 4: खरगोश के कान बनाने के लिए केवल बिंदी वाली गोल रेखा ही काटें।

चरण 5: सीधी रेखा को मोड़ने से खरगोश के पैर बन जाएंगे। बाएं हाथ से खरगोश के पैर पकड़ें और दाएं हाथ से पूंछ को आगे-पीछे करें। खरगोश अपने कानों को हिलाएगा।

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।

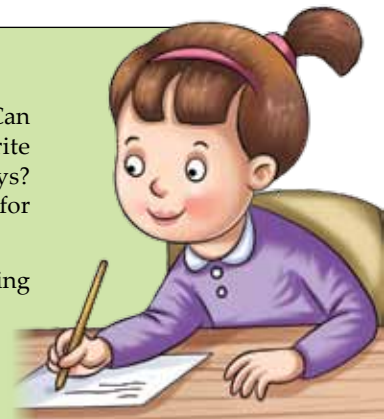
सबसे दिलचस्प लेखों को हम अपने अगले संस्करण में प्रकाशित करेंगे।

हमें लिखें / Write to us: nccl.nbtindia@gmail.com / 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.



Nani Palkhivala

"We have not inherited this earth from our forefathers; we have borrowed it from our children."

Born on 16 January, 1920, Nanabhoy Palkhivala, or Nani Palkhivala, was an eminent lawyer, a liberal economist and a champion of human rights—the rights of freedom of expression and freedom of the press. He fought several historic legal battles, where he defended the rights of individuals against the oppression of the state, stood for free speech and the rights of the minorities. He fought most of these cases free of charge as a matter of service to the downtrodden and oppressed.

Mr. Palkhivala had also served as the Ambassador to the US from 1977-79. He had honorary degrees of Doctor of Law from several US and Indian universities. He had written several books on various subjects including, law, taxation, the Constitution of India and our cultural heritage among other subjects. 'We, the People' and 'We, the Nation' are two of his most famous books.



He was the Chairman of Associated Cement Companies Ltd., and had served as the director of several Indian and foreign companies. He was also a trustee of several charitable trusts and the President of the Forum of Free Enterprise.

Mr. Palkhivala was an expert on Indian Constitution and had fought several landmark cases defending it. He was well known for his incisive speeches on budgetary and tax matters which were very simple and interesting. His budget speech, where he analysed the Union Budget, drew thousands of people and had earned him a place in the record books for addressing the largest crowd at a public meeting.

For someone who stammered till the age of 15, this was indeed a wonderful achievement. Nani Palkhivala passed away on December 11, 2002.

- Excerpted from 'Children Who Made it Big' by Thangamai, published by National Book Trust, India.

कुश्ती

कुश्ती 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।



कुश्ती हिन्दुस्तान का बहुत पुराना खेल है। गये गुजरे दिनों में राजा महाराजा युद्ध भले ही न लड़ते हों, लेकिन अपने कुश्तीबाजों को लड़ाई के लिए भेज देते थे। जो भी पहलवान अपने दुश्मन को हरा देता था वह राजा की ओर से विजेता माना जाता था। सदियों से कुश्ती अपना शरीर मजबूत रखने के लिए ज़रूरी मानी जाती थी।

बाहों को जकड़ना, पेट और पांव से विरोधी को पकड़ना और उसे चित कर देना

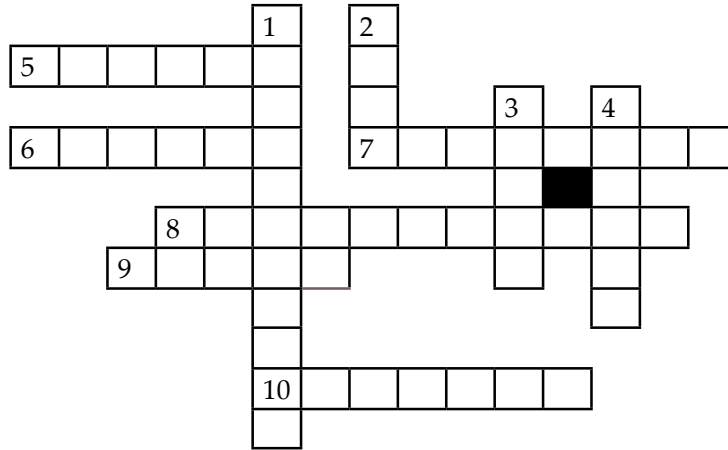
बहुत ही महत्वपूर्ण दाव-पेंच थें। विरोधी को चित करने के लिए शक्ति की ज़रूरत होती थी। जब वह पेट के बल उल्टा हो जाता था, तो उसे उठाना मुश्किल बन जाता था। जो अच्छा पहलवान होता था वह मक्खन, दूध और काजू खाकर अपने शरीर की कद-काठी को मजबूत बना लेता था।

अखाड़े की मिट्टी और पसीने सने शरीर को बहते पानी से धोना और नहाना एक ऐसा अनुभव है जो हमेशा याद रहेगा।

Crossword

The Season of Festivals

In India, the festive season is a great time to spend with family and friends. These celebrations bring people together, greatly strengthen social ties, and make way for the winter in the Indian subcontinent. The months of August, September, and October has a large number of festivals and occasions to be celebrated and observed. Test your knowledge of these festivals and occasions with the crossword given below!



DOWN

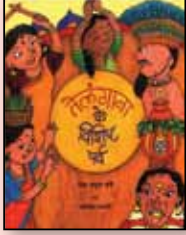
1. Durga Puja celebrates Durga's victory against _____ (11 letters)
2. A Malayali harvest festival celebrated in Kerala _____ (4 letters)
3. An amulet tied around brothers' wrists during Raksha Bandhan _____ (5 letters)
4. Parsi New Year is known as _____ (6 letters)

ACROSS

5. The tenth day of Muharram is known as _____ (6 letters)
6. This festival is known as the 'festival of lights' _____ (6 letters)
7. An auspicious day observed seven days before Durga Puja _____ (8 letters)
8. Ganesh Chaturthi is widely celebrated in the state of _____ (11 letters)
9. Ganesh's favourite sweet _____ (5 letters)
10. The Independence Day in India is celebrated at the _____ (3, 4 letters)

Answers of previous crossword:					
Down:	1. Volleyball	3. Badminton	4. Baseball	5. Cricket	7. Swimming
Across:	2. Hockey	6. Tennis	8. Basketball	9. Golf	

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तेलंगाना के विशिष्ट पर्व

लेखक: शेख अब्दुल ग़नी, चित्रकार: सानिका देशपांडे

तेलंगाना अपने विभिन्न प्रकार के त्योहारों के लिए जाना जाता है। आइए जानें तेलंगाना में मनाए जाने वाले दिलचस्प त्योहारों के बारे में जैसे बोनालु, बटुकम्मा, उगादी, इत्यादि।

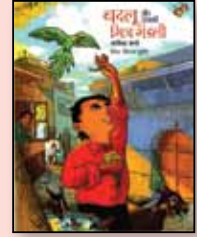
Rs. 70.00/-

बदलू और उसकी मित्र मंडली

लेखक: नासिरा शर्मा, चित्रकार: शिराज हुसैन

बताशे वाली गली के पास एक नीम के पेड़ों से घिरी एक मस्जिद है जहाँ एक बूढ़े मौलाना नमाज़ पढ़वाते हैं। उस मस्जिद के हाँके-पुकारे के लिए एक लड़का भी रहता था जिसका नाम था बदलू! आइए जाने बदलू और उसकी मित्र मंडली के बारे में।

Rs. 105.00/-



लेटर बॉक्स ने पढ़ी चिट्ठियाँ

लेखक: मोहम्मद साजिद खान, चित्रकार: इरशाद कप्तान

लेटर बॉक्स के जिस हिस्से पर ताला लगा होता है, वहाँ अब जंग लग चूका है। कस्बे का वह पुराना लेटर बॉक्स अब बूढ़ा हो चूका था। आइये जाने इस पुराने लेटर बॉक्स के जीवन के बारे में।

Rs. 65.00/-

प्रकाश और जीवन

लेखक: कालू राम शर्मा

‘जीव-जगत में प्रकाश की अहम भूमिका होती है।’ यह बात तब और महत्वपूर्ण हो जाती है जब कुछ अटपटे सवाल सामने आते हैं, जैसे – फूल रंग बिरंगे क्यों होते हैं? हाथ की नसें हरी क्यों दिखाई देती हैं? इत्यादी। प्रस्तुत पुस्तक में इस तरह के तमाम सवालों के जवाब खोजने का प्रयास किया गया है।

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