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Freedom From Bondage

Nobody likes bondages. Even a small child does not like any kind of restrictions. He wants freedom. He does not like to be disturbed or interrupted time and again or take orders. If you speak loudly to him he minds it and starts crying. In the same manner you cannot dominate the young, the adults and even the old.

One may not wish to go to school, learn something new, earn, respect the elders or may not hesitate in bullying the younger ones. Some people join a group or a society. Some bondages are obvious but in certain cases we don't even feel so despite being in bondages. Anyway there is always a self interest whenever we are in bondages.

Some bondages are compulsory while others are obligatory. Parents feel that sending the children to schools is obligatory, but children find it as a compulsion because they like to play, roam around and making fun all the time.

The head of the family has to manage the household, work and earn for sustenance of family. But if somehow he is not able to do all this, young people in the family find working as a compulsion.

Similarly senior citizens and old people join organizations or societies. Some may be obligatory while others do so out of compulsion. Some need to pass time while others want to spend time constructively.

Out of numbers of bondages love is the only one which is rather unbound. Love is not confined only to the festival of Raksha Bandhan. This embraces protection of nation, family against social evils and enumerable other things. Teachers and parents teach these things to us from time to time.

My dear friends! Time demands that for our freedom and protection of life and saving humanity we must take a pledge that we shall obey our teachers and their teachings.

— Vimlesh Ahuja



SAMPURAN AVTAR BANI

IK TUHI NIRANKAR 164

JOBAN ATE JAWANI TAK KE MAYA VICH GALTAN OH BANDE;
MAIHL MADIAN UCHIAN TAK KE KION KARNA EYN SHAN OH BANDE.
IK PHOOK VICH PHULLIA EYN TOON BHULL NA APNI JAAN OH BANDE;
PANJAN VICH PHASA KE PANJE VISSAR GION BHAGWAN OH BANDE.
KOL KHALOTAI TERA DATA RAMAZ GURU TON PAVENGA;
KAHE AVTAR SUNO RE SANTO JEEVAN MukT HO JAVENGA.

O' man, fascinated by beauty and youth, and stuck up in the mire of materialism;

Why do you feel proud on seeing your magnificent palaces and mansions?

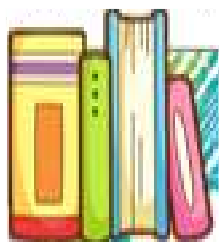
O' man, your existence is a matter of one breath only, do not forget the real source of your life;

Engrossed in the five vices, you have forgotten God.

The Formless God, your sustainer, is just by your side, but you will know this divine secret only through the True Master;

Avtar says, listen O' saints, you will attain salvation while living.





Teacher's Day



Teacher's Day is a very special occasion for everyone especially for the teachers and students. It is celebrated by the students every year on 5th of September to honour their teachers. 5th of September has been declared as the Teachers Day in India. Our earlier President, Dr. Sarvapalli Radhakrishnan was born on 5th of September so Teacher's Day in India is being celebrated on his birthday because of his love and affection towards teaching profession. He was a great believer of education and highly famous as the scholar, diplomat, teacher and President of India.

Teacher's day is a great occasion for celebrating and enjoying the relationship between teachers and students. Now a days, it is celebrated with the big enthusiasm and joy in schools, colleges, universities and other educational institutions by both students and teachers. Teachers are given lots of wishes with long life from their students. In the

modern time the celebration strategy of the teacher's day has been standard. Students become so happy at this day and plan for the way of wishing their favourite teachers. Some students wish their favourite teachers by giving them gifts, greeting cards, pen, diaries, etc. Some students wish their teachers by sending them audio messages, emails, video messages, written messages, through online chat, social media websites like 'facebook', twitter, etc. Someone just say "Happy Teacher's Day" orally to wish.

We should realize the necessity and value of our teachers in our lives and celebrate Teachers' Day every year to pay them homage for great job. Teachers are more than our parents who mould our mind towards success. They become happy and get their success in life only if their dedicated students go ahead and spread teachers name all over the world through their activities. We should follow all good lessons in our life taught by our teachers.

(Compiled by : Raju)



— Neetu Singh

Independence Day

— 15 August

The Independence day is a red letter day in the history of our country. On this 15th day of August 1947 we achieved independence from foreign rule and our dream of freedom was realised. This was not an easy achievement. A heavy price had to be paid. Many noble souls had to be sacrificed at the altar of freedom. The flag hoisting ceremony on this day is a symbol of the homage we pay to the memory of these national heroes. The meetings held at various places and the speeches made are to make the people realise the great responsibilities needed to protect and safeguard at all costs this hard won freedom.

The national flag is not merely a 3:2 rectangular tri-colour strip.



The colours of the flag have their meaning and even the cloth which is used is none other than the hand spun and hand woven khadi.

The saffron is a symbol of renunciation, courage and sacrifice to remind us of the patriotism and sacrifices of the freedom fighters. It also serves to inspire and inculcate these qualities in our character.





The white colour represents truth and purity to inspire us to lead a pure, simple and truthful life.

The green is a symbol of abundance, life and prosperity. It is an inspiration to work hard and utilize our natural resources cautiously.

The wheel at the center of the white strip is a symbol of progress inspiring us to move forward and bring progress, and prosperity.



We indeed are privileged to be born in an independent country but still we find ourselves slaves not to foreign rule and dominance, but to our own narrow disruptive, corrupt, parochial forces and elements. We have to rise above all these sectarian forces and unite. In this regard we can not forget The Father of the Nation— Mahatma Gandhi who advocated and practiced non-violence. He was a soldier who fought with the weapon (non-violence) of a saint. Let us follow the footsteps of all the freedom fighters. You the children of today are the citizens and leaders of tomorrow. Great responsibilities rest on your shoulders. The future of the country is in your hands. You have to make it bright so that the lines of the poet Iqbal hold good.

"Sare Jahan Se Achha
Hindustan Hamara,
Hum Bul Bule Hain Isske,
Ye Gulsitan Hamara."



Poem — Shashi Aneja (Gurgaon)

Awake, Awake My child

For ages did I sleep in slumber,
 Days, years, uncounted in number.
 One fine day, His Holiness knocked,
 In love for me was all He soaked.
 But darkness on me was so heavy,
 That I was not able to hear or see.
 Who is He with so much love,
 Wants to awaken my
 sleepy soul behave.
 Sweet murmers of His Holiness,
 Awake, awake, O my child!
 Why ye come to this earth,
 get up and find.
 To love all and hate none,
 To make the entire humanity One.

Be good and compassionate to all,
 And always alert to His call.
 Serve the weak and the needy,
 Hate none even
 if someone is greedy.
 Forgive the sinner,
 forget not the sin,
 Lest thee become
 next to be trapped in.
 Ask not any questions
 nor the ways,
 Only listen and
 act as our Master says.



Namaskar

— Sanjay and Priya Tandon, Chandigarh

Namaskar—The traditional Indian way of greeting wherein we join our hands to give honour and respect. Let us pause for a moment, reflect and ponder upon it's meaning.



Namaskar is made up of 2 words Namah and Sakar. While uttering these 2 words we join our hands together thus controlling all the sense organs. We then bow to the embodiment of divinity to whom we are addressing the greeting and pay obeisance to the God immanent in that person.

Wise men and prophets reiterate the statement that each one of us has God residing within us. The soul or atma is a miniscule part of the Supreme soul-Paramatma. We need to look at every one around us as an embodiment of divinity which is present in men like fragrance in a flower, fire in wood and oil in sesame-not visible but latent.

So, each time we use the word Namaskar we must make sure we remember it's significance and actually perform Namah+Sakar which is a synonym of Dhan Nirankar.



What is Human Excellence?

— Sanjeevan Kumar, Chandigarh

Have we heard about the person
who got the Nobel Prize in Physics last year? Probably No
Ok, what about the one who invented the T.V. Again No.

On the other hand,
Have we heard about Lord Jesus and Hazrat Mohamed. Yes
Have we heard about Lord Rama and Lord Krishna. Yes.

The million dollar question is why is it so,
that we do not know about the person

who got the Nobel Prize in Physics last year
but we know about Lord Rama and Jesus
who lived thousands of years back.

Where does the human excellence lie;
in the upper group or the lower group?

And the question is why?

What is special in the 'lower group'?

What is their qualification?

The upper group deals with,
"How to make a living"

The lower group preaches
"How to live with love".





Kitty

Story and Illustration

— Ajay Kalara

Children today I will teach you about cleanliness drive.

Swachh Bharat Abhiyan

स्वच्छ भारत

Oh wow! These days, cleanliness drive is going on with lot of gusto. Our government has just kick started this drive.



You are absolutely right dear Kitty. Children cleanliness keeps our heart and mind hale and hearty and cleanses the environment.



Mam I try to keep my house at the neighbourhood very clean.

Good Kitty, Children you all saw how our leaders and even the actors from the film industry are coming ahead in this initiative.





Yes teacher, I saw on TV that people are coming out on the streets and cleaning with brooms



You are right Kitty. Going ahead with this initiative, we all must also contribute in cleanliness since we are citizens of India. Its our national duty to keep its roads clean .




Your are right mam




Yes mam we will participate in this cleanliness drive and will keep our surrounding clean.



Very good children .You all have started a great initiative so do not allow any garbage and litter to collect around your house and always use a dustbin and in case you see anyone littering the streets you must tell the person not to do it.

A classroom scene with a teacher and students. The teacher, a large brown bear-like character with a red shirt, is seen from the back. Several students, including a blue cat-like character, a yellow tiger-like character, and a brown bear-like character, are sitting at wooden desks. The blue cat-like character is speaking.

Mam, every Sunday we will go out in the streets and survey our areas and inform the people in our neighbourhood the benefits of cleanliness.

A classroom scene with a teacher and students. The teacher, a large brown bear-like character with a red shirt, is standing and speaking to a group of students sitting at wooden desks. The students include a brown bear-like character, a blue cat-like character, a yellow tiger-like character, a brown bear-like character, and a pink pig-like character.

Very good children otherwise also we must not be ashamed to keep our surrounding clean while we must feel ashamed while dirtying the surroundings you are .

A classroom scene with a teacher and students. The teacher, a large brown bear-like character with a red shirt, is standing and speaking to a group of students sitting at wooden desks. The students include a brown bear-like character, a blue cat-like character, a yellow tiger-like character, a brown bear-like character, and a pink pig-like character.

Rightly said mam cleanliness must be our our pride.



THIS WONDERFUL KNOWLEDGE

I've received this
Wonderful knowledge,
This wonderful knowledge of God,
When the Master walked on England's
Green pastures,
I trod,
Where his footsteps trod,

Thou art wonderful,
Thou art divine,
Older than the oldest time;
Thou art captain of my ship,
Thou art protector of my soul;
Thou hast made known to me
Man's highest goal.

How happy I'm !
How lucky I'm !
What else could my heart crave?
I'm free from all life's bondage,
Free from earthy grave.

Dear Lord and Master, Baba Ji,
I thank thee,
For making me free.



— Gurdev Singh, Pandoh

The Dog & the Cows



The cows used to eat hay from the manger. One day a herd of cows came to the manger to eat hay. They saw a dog lying on the hay in the manger.

One of the cows pleaded, "Please, will you get up! We are hungry. We have to eat our hay". The dog did not take heed of it.

Once again another cow pleaded, "Please, let us have our hay". The dog snarled and the cow stepped back.

A wise cow ran up to the bull and told him the matter. The bull came and requested, "Get out, please! Let them have their food". There was no reply. The bull became angry. He bellowed loudly and stamped his legs. The dog got frightened and ran for his life.

Moral : It is no good to be a dog in a manger.



— Shashi Aneja (Gurgaon)



Time Management

Every one of us has 24 hours in a day. Those who can work more than others are not given more hours by God, but they distribute their time in such a way that they perform better than others.

Time management is actually self-management. If we manage and discipline ourselves, we can achieve great heights in our life.

Success does not depend on how much time you spend on

completing a task. It depends on what you do and how you do it?

There are ten rules to manage your time:

1. TO DO List : Prepare a 'To do' list at night. You can also devote half an hour before starting your schedule. Thus, you will not waste your time after every task or project thinking 'what next'.

2. Prioritize your work : Mark urgent and non-urgent items



separately, so that you do not neglect the important ones. The urgent items need to be taken first and less important items can be taken afterwards.

3. Allocate Time : You must keep in mind how much time a particular item will take and try your best to stick to it. Be practical and realistic while allocating time to different tasks.

4. Use your time wisely: Children have the habit of gossiping on mobile for hours or just wasting their time in changing the television channels. Every minute is precious, so do not waste it and utilize your time wisely.

5. Organize your room : Keep your books, notebooks, bags, pens and pencils in order so that you don't waste time and energy searching them before you start work. Things placed in order will also give an organized look to your room.

6. Learn to say 'No': Most of the children just leave the books and get up at one call of a friend. They must learn to say 'no' to them when they are busy with their studies. They can tell their friend to postpone it for some other day. These are the distractions, which do not

let you focus on your studies or work.

7. Switch over to freshen yourself : Work on two or three projects at a time so that if you feel tired working on one project, you can switch over to the second project. It keeps your mind fresh and active and gives you a good change.

8. Time to Relax: Take breaks in between the work because mind and body need rest. When one item or project is complete, take time to relax. Go on a vacation or visit some friends. If it is not possible, you can connect with them on telephone. Reward yourself by buying a small gift after completion of one project.

9. Boring things first : Do not postpone things you do not like, as they will weaken you in that particular area. Rather, work on the unpleasant items when your mind is fresh. Normally, one feels fresh in the early morning. Never neglect any area or subject.

10. Time for yourself : Last but not the least, howsoever busy you are, take time for yourself. Exercise, go for a walk, solve puzzles, play some game or have a good night sleep.

Remember success comes to those who work smart rather than working hard. We all must focus on how we can get the best out of 24 hours.



— Moolchand Kardam

Rakshabandan

Rakshabandhan festival reminds us of those age old memories from which we can learn and get inspiration even today. This is a holy festival that gives complete respect and regard to brother-sister holy relationship. Since ages, sisters have wished their brothers to be energetic and powerful like Sun.



Rakshabandhan festival is celebrated every year in August or on purnima of

Shraavan month

has its traditional importance also. According to Gita's preachings, when there is decline in moral values in the world, then Lord Shiva sends holy threads on earth through Prajapati Brahma. Sisters tie such threads on their brothers' wrists praying for their welfare and God saves them from all sorts of miseries by keeping them away from negative thoughts.

Regarding rakshabandhan, there are various historical stories also when women tied defence thread on

the wrist of kings for their self-defence. One such famous story is about Alexander and Porus. It is an incident of 326 BC when Alexander had attacked India. In first attack, Porus knocked down Alexander. The defeated Alexander used to remain upset which his wife couldn't bear, so she made a plan. She had learnt a lot about festival of 'Rakhi'. She immediately went to King Porus and made him her god brother. The king Porus promised her safety of her husband and as a result of it, when Alexander attacked second time, then king Porus kept his word.

Rakhi festival demonstrates the feelings of unity in diversity. This festival is celebrated with great pomp and show in Northern India.

Rakhi festival is also known with the name 'Naariyal Purnima' or 'Coconut Fullmoon' in various coastal areas of Mumbai.

In Bundelkhand, this day is also called 'Kajri Purnima' or 'Kajri Navmi'.

This festival of rakshabandhan not only strengthens the relationship of brother and sister, rather the thread of relationship of entire society also gets strengthened.



Do You Know?

Which is the highest capital city in the world?

La Paz, the capital of Bolivia, is 3,600 metres above sea level. High in the Andes Mountains, it is the "world's highest capital. Lhasa in Tibet is higher by about 50 metres, but Tibet is not now an independent country.

Which is the biggest lake in South America?

South America has fewer large lakes than other continents. The biggest lake is Lake Maracaibo (13,512 square kilometres) in Venezuela. This lake has valuable oil reserves beneath it and is also a busy waterway.

How big is the Amazon rainforest?

The Amazon forest is one of the wonders of the natural world. The Amazon River Basin, in which the rainforest grows, covers about 7 million square kilometres. That's twice the size of India. Although much of the forest has been destroyed by logging and burning, it is still by far the biggest forest anywhere on Earth. Conservationists are trying to save as much as possible of the remaining forest from destruction.

What is the Selva?

The Selva is a region of tropical rainforest in the Amazon River Basin. It is one of four regions in the central plains of South America. The other three are the Llanos grasslands of the north, the Gran Chaco scrubforest and the southern Pampas grasslands.

Where do gauchos live?

Gauchos are South American cowboys. Huge herds of cattle roam the grassy plains of Brazil, Uruguay and Argentina. The gauchos used to be horsemen who rounded up wild cattle. Now they are ranch workers.

—Anuj





We Will Make India Great

India is our
motherland
To serve her we
ever stand
The traitors shall
be banished all
For our nation,
our life is whole
Never shall we
hate any race

One and all
we shall embrace
Come what may,
at any rate
We will make our
India great

(Translation: A.C. Sharma)



Banana

If you still need reasons as to why you must include bananas in your diet, here are incredible benefits of eating banana:

1. High Fibre Content

Banana is loaded with fibre, both soluble and insoluble. The soluble fiber has the tendency to slow down digestion and keep you feeling full for a longer time.

Which is why bananas are often included in a breakfast meal so that you can start about your day without having to worry about the next meal.

2. Heart Health

High fibre foods are said to be good for the heart. According to a study done by University of Leeds in UK, increasing the consumption of fibre-rich foods such as bananas can lower the risk of both cardiovascular disease (CVD) and coronary heart disease (CHD).

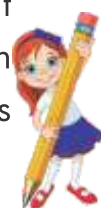


3. Ease in Digestion

According to Ayurveda, banana has a sweet and sour taste. The sweet taste is said to bring about a sense of heaviness but the sour taste is known to stimulate agni (the digestive juices), thereby supporting digestion and helping in building up metabolism.

4. Powerhouse of Nutrients

Banana is a heavyweight when it comes to nutrition. It is loaded with essential vitamins and minerals such as



potassium, calcium, manganese, magnesium, iron, folate, niacin, riboflavin, and B6. These all contribute to the proper functioning of the body and keeping you healthy.

Banana smoothie :

Banana is a heavyweight when it comes to nutrition.

5. High Source of Potassium

The high content of potassium in bananas makes it a super fruit. This mineral is known for its numerous health benefiting properties - it helps in regulating heartbeat, blood pressure, and keeps the brain alert. So make sure you add bananas to your daily to keep your heart and brain healthy, plus for more stable blood pressure.

6. Blood Pressure

It is a known fact that salt is the culprit when it comes to high blood pressure. Bananas have low salt content and high potassium content, and these properties contribute to making it an ideal for those undergoing this condition. But make sure you consult your

nutritionist or doctor before you add it to your diet.

7. Helps Fight Anaemia

Due to the high iron content in bananas, they are good for those suffering from anaemia. Anaemia is a condition where there is a decrease in the number of red blood cells or haemoglobin in the blood. This leads to fatigue, shortness of breath, and paleness. But, as we always say that moderation is the key



By : Bharat Shukla
Khalilabad

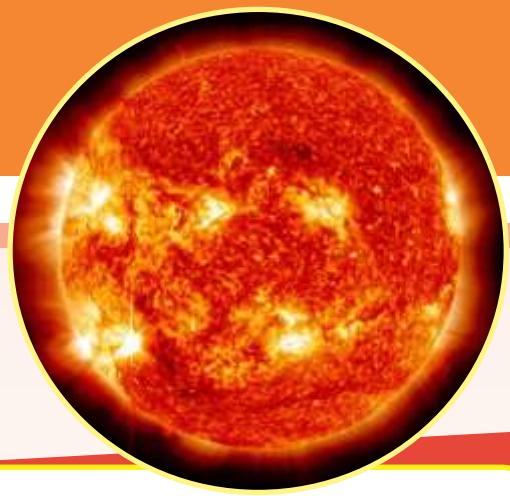
One Thing

One song can spark a moment,
One tree can start a forest,
One star can guide a ship,
One vote can change a nation
One smile can begin friendship,
One voice can add to our wisdom,
One flower can make a dream,
One Word of Guru frames the Goal.



—Raunak

The Sun



How big is the Sun?

The Sun is 1,392,500 kilometres across, 109 times the diameter of the Earth. It weighs 333,000 times as much as the Earth, and its volume is so huge that it could swallow up 1,300,000 Earths. If the Earth were the size of a tennis ball, then the Sun would be as big as a house.

What is the Sun made of?

The Sun is a huge, self-luminous ball of intensely hot gas. Its temperature is so high that it glows white hot, giving out light and heat rays. Most of the gas in the Sun is hydrogen. This is slowly turning into another gas, helium, inside the Sun. As it does so, it produces tremendous amounts of heat. The bright surface of the Sun is called the photosphere.

When did the Sun begin to shine?

The Sun began to shine about 5 billion years ago. It formed from a cloud of gas and dust floating in space. The cloud gradually got smaller and became thicker. As the cloud shrank, the centre heated up. Eventually, it became so hot that it began to glow and the Sun was born. The rest of the cloud formed the Solar System, including planets, moons, asteroids and comets.



—Kishore Daniel

The Invisible Magnet

Raise your arm. Keep it in that position for as long as you can. What happens?

After some time, your arm begins to hurt. Something seems to be pulling it down. Soon you will have to lower your arm.

A force called 'gravity' causes you to lower your arm. Gravity acts a bit like a magnet, tugging at your arm as if it were a piece of metal.

We can't see gravity or touch it. We can only feel it. The Earth has gravity that pulls down on everything on or near it. It is this force that keeps us all on the Earth.

The Moon and the Sun also have gravity. All bodies in the universe have gravity. In fact, gravity helps hold all of them together. Sir Isaac Newton first introduced the idea of gravity, and Albert Einstein added to Newton's ideas.

Gravity works in a two-way system. This means that all bodies exert a pull on each other. For example, Earth's gravity forces the Moon to circle around it all the time. In return, the Moon's gravity attracts the waters of Earth's oceans to cause tides.

The force of gravity becomes weaker and weaker as you move away from its source. That is partly why astronauts can float around in space. They

are too far away for the Earth to have much pull on them.

What do you think would happen if there were no gravity on Earth?



Child Story : Vaidehi Sharma

Result Of Jealousy



There lived many frogs in a pond. Their chief was a thorough gentle one. However, one of them, Chamku, was quite cunning and was jealous of the chief. He wanted to become the chief, even if it meant killing the existing one.

Chamku could not kill the chief by himself as all the frogs loved their chief. One day, Chamku walked across a nearby jungle. Suddenly, a snake jumped at him. Chamku got scared, but steadied himself and said "Dear friend, why do you kill me for your food. If you care, I can take you to such a place where you can have plentiful of frogs."

The snake got greedy and agreed to go along with Chamku to the pond. Chamku said "See! there are hundreds of frogs in this pond. I can bring one for



you every day and you can kill and eat that". The snake agreed. It hid itself in a hole of a nearby tree. Next morning, Chamku brought a frog along and, in no time, the snake attacked and gulped it.

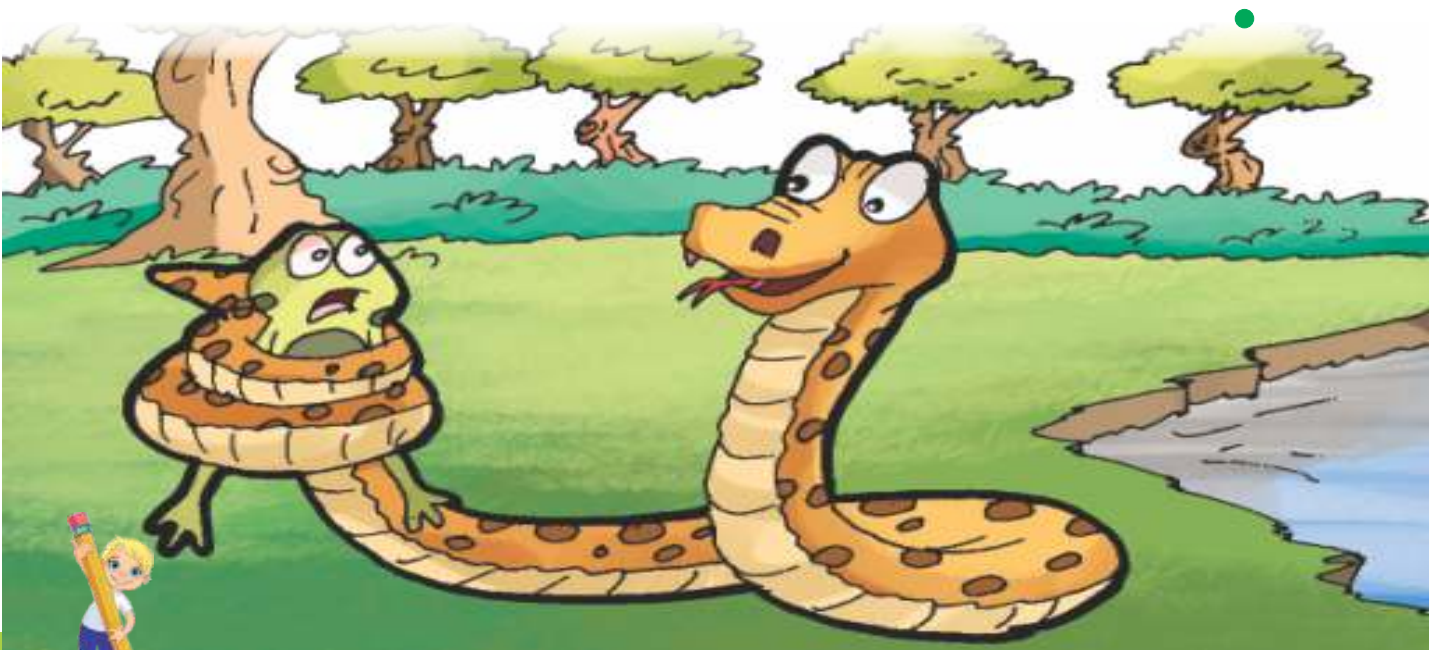
Next day, Chamku came with another frog and, in the same manner, the snake killed and ate it. One by one, Chamku made almost half of the pond's frogs a prey to the snake. Finally, all the frogs were finished, so also their chief at the end.

When all the frogs had finished, the snake ate up the son of Chamku too. Chamku was very sad at the death of his son, but couldn't do anything. Finally, it was the turn of Chamku himself. He said "I brought so many frogs for you. Now you wish to eat me up too! This is quite unfair of you".

"I am too hungry right now, and cannot but eat you to satisfy my hunger", the snake said.

Chamku found himself helpless and trapped in his own nest. He couldn't do anything else. Finally, the snake gulped him too.

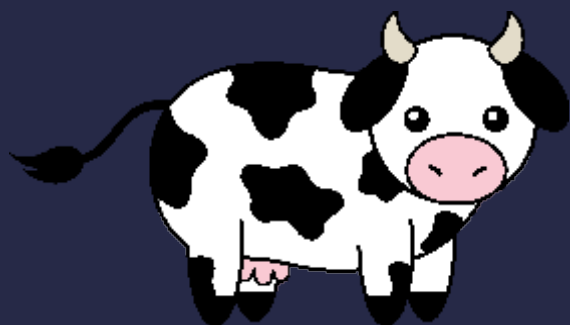
The lesson of the story is that one who cheats one's own fellows, gets himself cheated also. Chamku had to lose his own life finally, after playing with the lives of his folks and family.



Contributed by : Isha Sharma

CURES

From Cows



Antibodies purified from the first milk or colostrums of cows are now being used to treat babies with stomach upset. The preparation called lacto globadin is given to bottle fed babies to prevent and cure gastro intestinal infections. Breast fed babies receive protective antibodies from their mother. Newly born babies do not begin to make their own antibodies until they are about six month old.

—Anil Kumar

Catching a Thief

Once there was a farmer who had a small farm. He grew corn on his farm every year. It was just sufficient for his family.

It was the month of April and the wheat harvest was ready. The farmer was very happy to look at it. He went home and made a plan to reap it the next day.

The next morning, the farmer reached the farm along with his son. He was surprised to see his farm empty. Somebody had reaped his harvest at night. The farmer felt very sad and returned home.

The helpless farmer went to the capital and sought permission to see the king. Reaching the court, he told the king to punish the thief and to get him his crop back.

The king thought over the matter coolly and then sent his soldiers to bring all the farmers of the village before him. When they had come, the king said,





"Here are some magic sticks of equal length. I give each of you a stick. Bring them back tomorrow. If there is a thief in the house of anyone of you, his stick will grow longer than others by two centimetres."

The farmers went away. The farmer who had reaped the harvest of the farmer said to himself, "I am guilty of theft and my stick will increase by two centimetres. So, I must cut a piece of two centimetres off my stick. In this way, I'll not be caught." So, he cut off his stick and shortened it.

The next day, the farmers came to the court. Their sticks were compared and one of them was found to be the shorter. Thus, the thief was caught. He was ordered to return the stolen harvest as also he was jailed.

Moral : A guilty conscience needs no accuser

Confidence Booster

- ★ A sharp tongue can cut my own throat.
- ★ If I want my dreams to come true, I mustn't oversleep.
- ★ Of all the things I wear, my expression is the most important.
- ★ The best vitamin for making friends..... B1.
- ★ The happiness of my life depends on the quality of my thoughts.
- ★ The heaviest thing I can carry is a grudge.
- ★ One thing I can give and still keep... is my word.
- ★ If I lack the courage to start, I have already finished.
- ★ One thing I can't recycle is wasted time. Ideas won't work unless "I" do.



—Jagtar Chaman, Anoopgarh

Riddles

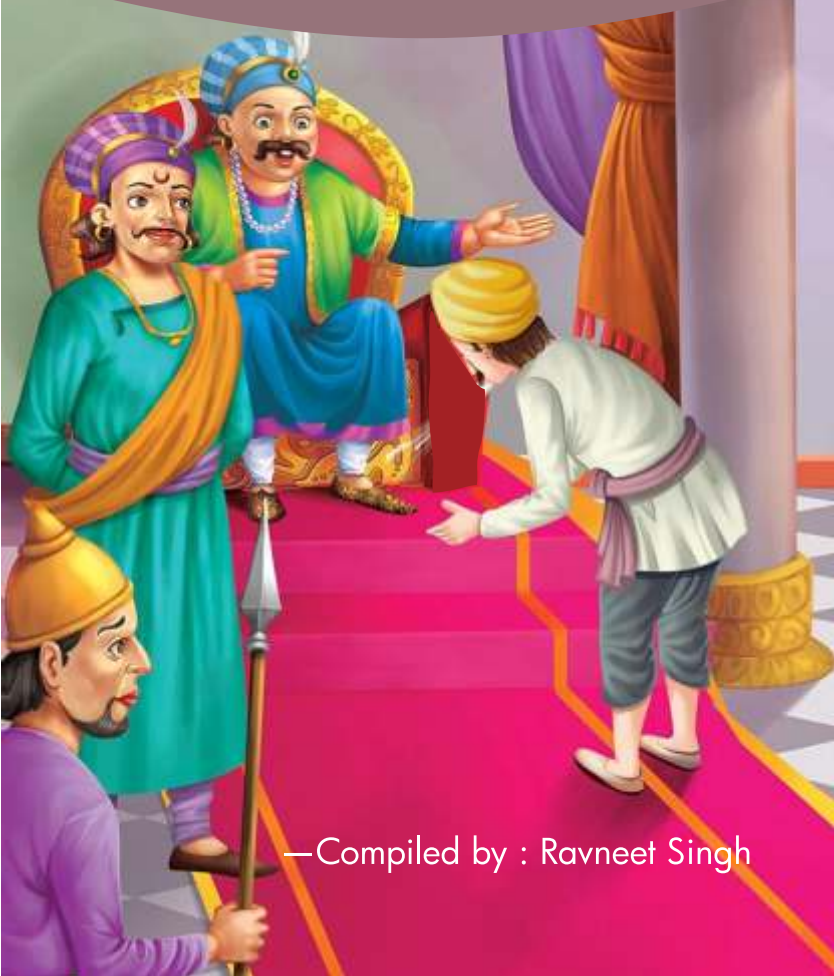
- Q.1 What is so fragile that when you say its name you break it?
- Q.2 I have a tail, and I have a head, but I have no body. I am NOT a snake. What am I?
- Q.3 It falls, but does not break, and it breaks but does not fall?
- Q. 4 What goes up and down the stairs without moving?
- Q.5 What can you catch but not throw?
- Q.6 What sounds better the more you beat it?
- Q.7 What is the study of birds called?



Answers.
1. Silence 2. A coin 3. Night falls and day breaks
4. A rug. 5. A cold 6. Drum 7. Ornithology



Wonderful Stone



—Compiled by : Ravneet Singh

One day, one of the ambassadors at the court of Akbar asked him, "Great king, in our country there are many great alchemists who have a special stone that can turn an ordinary metal into gold. It is

also used to differentiate between gold and brass. Do you have something similar in your kingdom?"

"Yes," said the emperor. "I have a gem that can do something even better. It can not only distinguish between gold and brass, it can also distinguish between all the good and the bad things."

"Such a thing should really be a miracle," said the ambassador. "Can you show it to me?"

"Yes," said Akbar and called Birbal. "Here is my touchstone, he can distinguish between good and bad things."

"Oh, we have also heard about him. You are really lucky to have Birbal," said the ambassador.

Moral : A person is known by his action. ●



National Emblem

The National Emblem Of India, Which is replica of the capitol of the Asoka Pillar at Sarnath, Formed of three (In the original there are four), lions mounted on an abacus with 'Dharma Chakra' careved in center, a bull on the right and a horse on the left and the outline of the 'Dharma Chakra' on the extreme right and left.

The words 'Sayameva Jayate' taken form 'Mundaka Upnishad' meaning 'Truth alone triumphs are inscribed in Devnagari right at the bottom.



National Flag

National Flag. On July 22, 1947, the Constituent Assembly of India adopted Tri-Colour with the Ashoka Chakra in the center as India 's national flag. The national flag of India consists of three equal horizontal bands— saffron, white and dark green—with Ashok's wheel (having 24 spokes) in dark blue colour in the center of the white band; all strips being equal in width. No other cloth to be used for National flag except hand-spun and hand woven Khadi' The flag is rectangular in shape, the ratio of the length to breadth being 3:2 the emblem of the flag is an exact reproduction of the wheel on the Capitol of the Ashoka Pillar at Sarnath. Saffron colour stands for bravery , the white stands for truth-peace and the green colour signifies growth and prosperity . It is called 'Tri-colour .

(Google World)

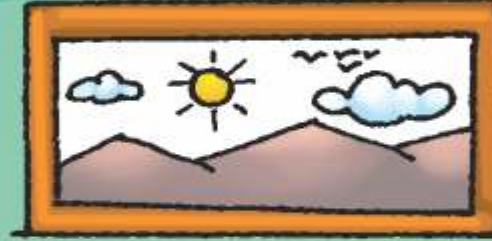


Grandpa

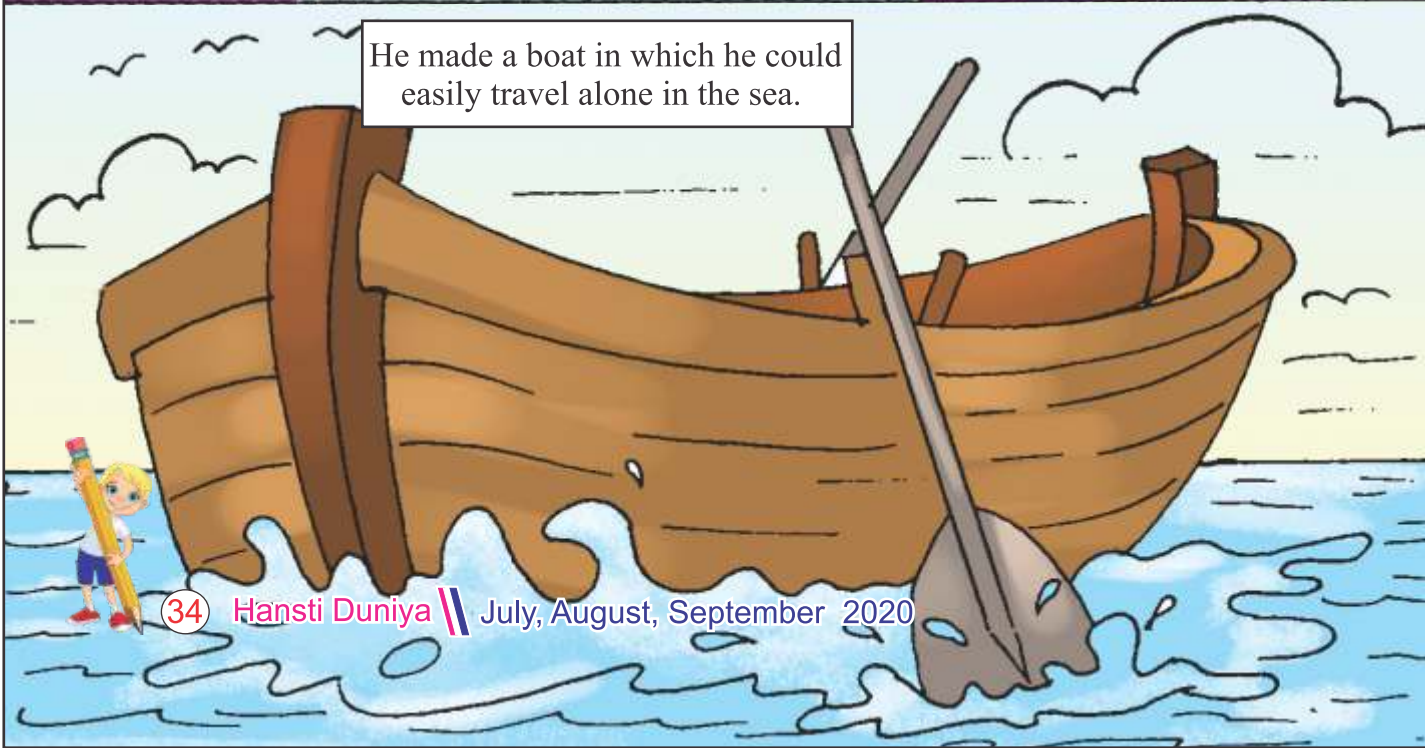
Story & Illustration

—Ajay Kalara

Long time back there was
a very rich man



He made a boat in which he could
easily travel alone in the sea.



Then one day he went toward the ocean along with his boat .

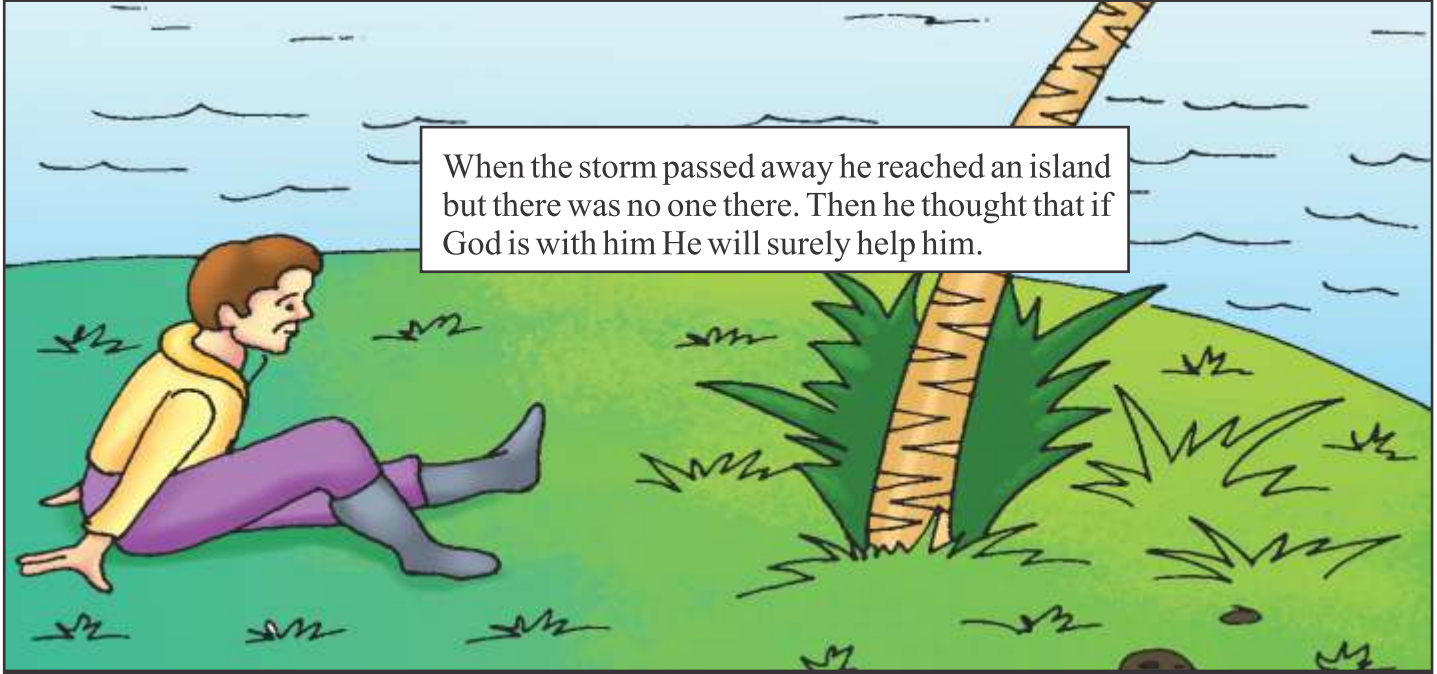


As soon as he entered the sea suddenly there was a a huge storm that struck the sea shore and his boat totally shattered into pieces .

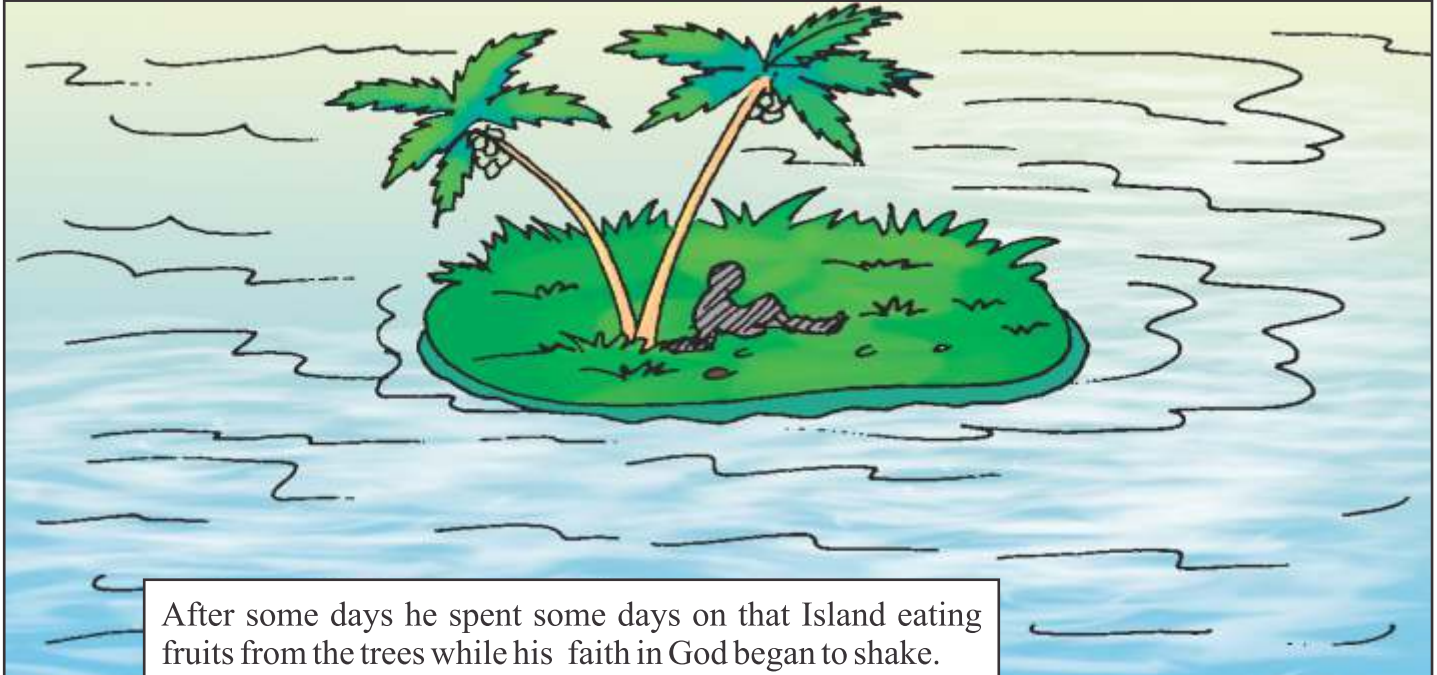


He could bring himself across the sea shore with the help of a life jacket.

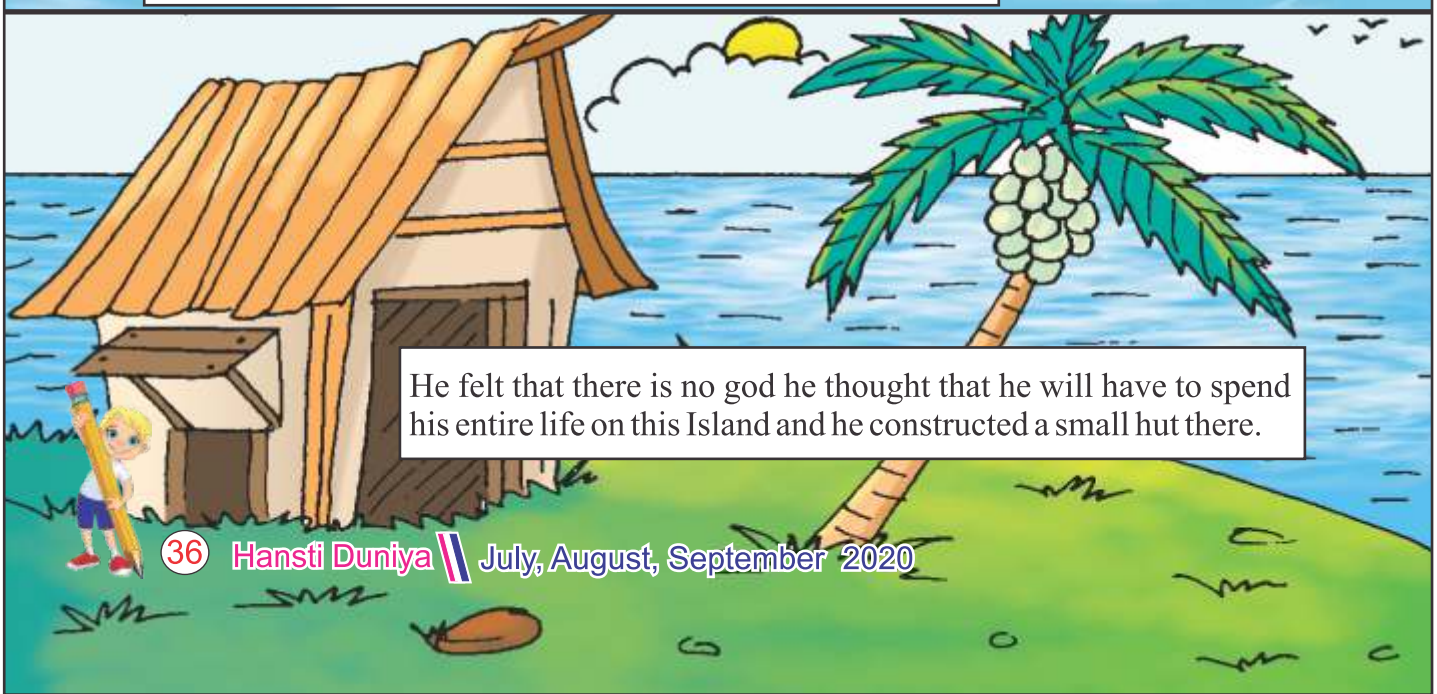




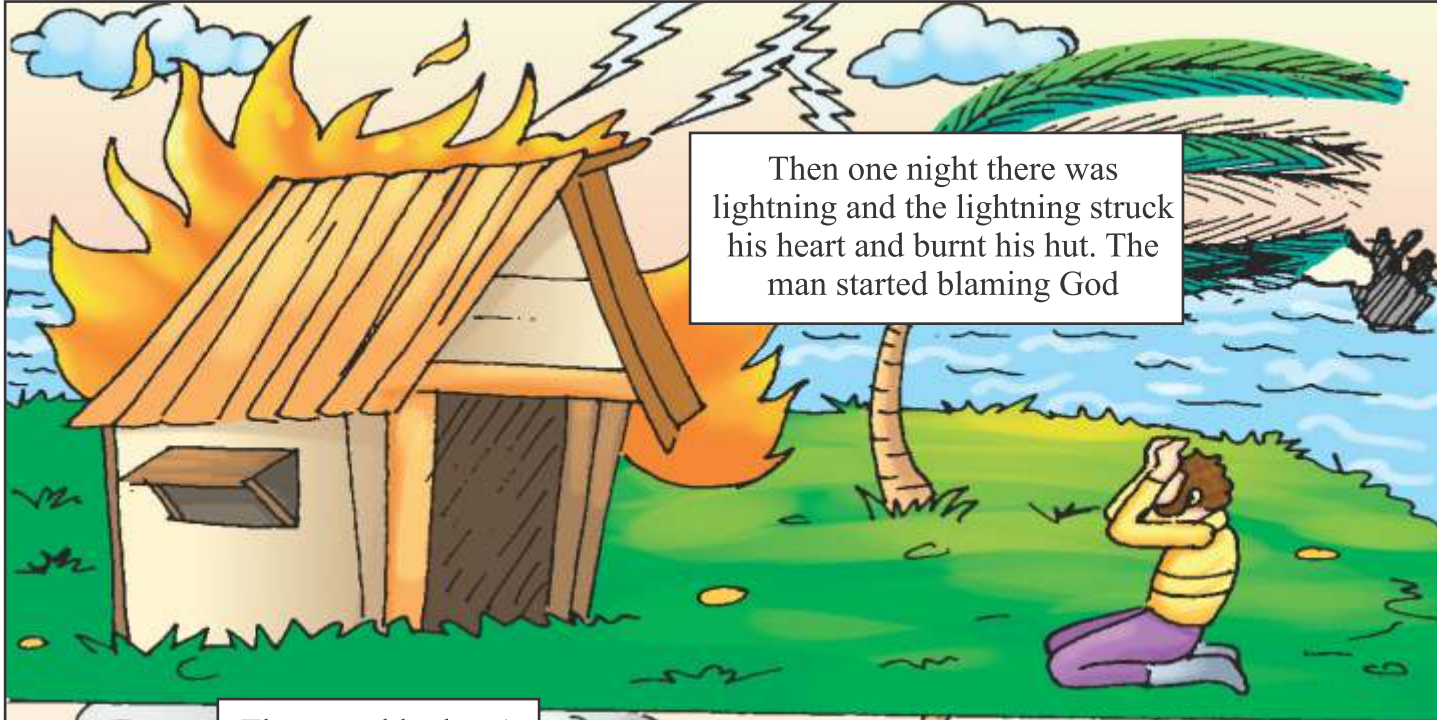
When the storm passed away he reached an island but there was no one there. Then he thought that if God is with him He will surely help him.



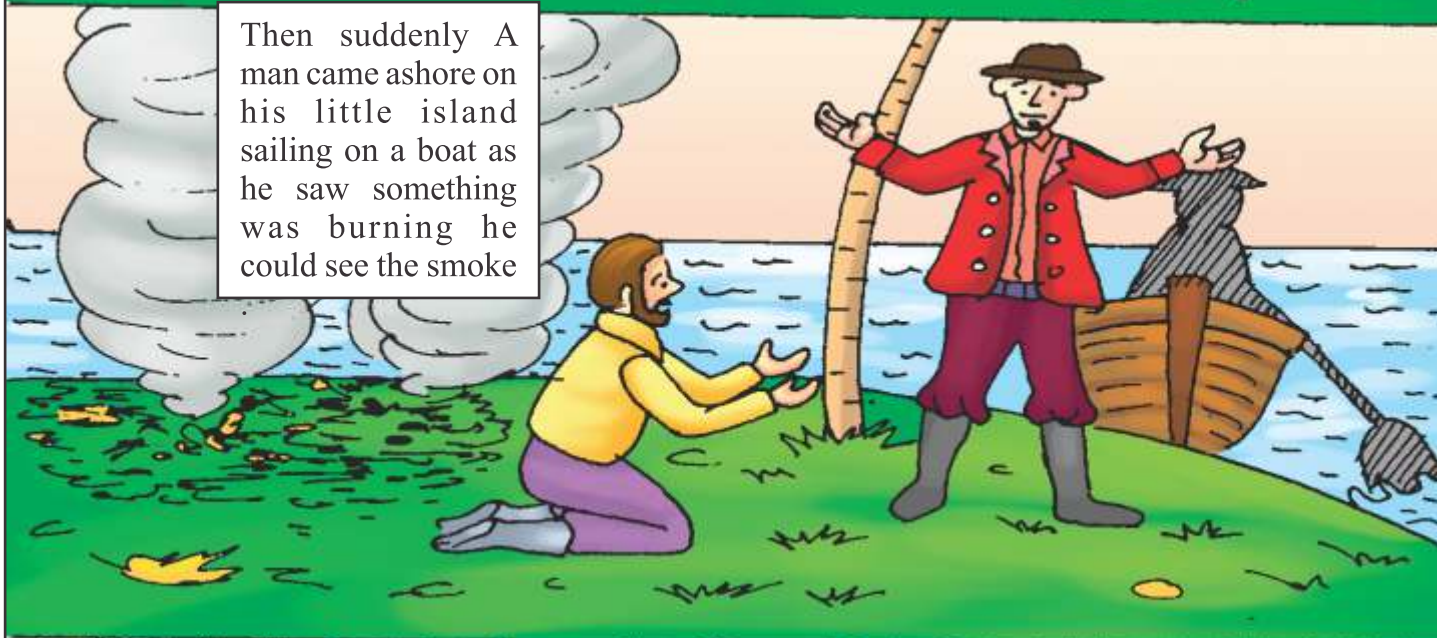
After some days he spent some days on that Island eating fruits from the trees while his faith in God began to shake.



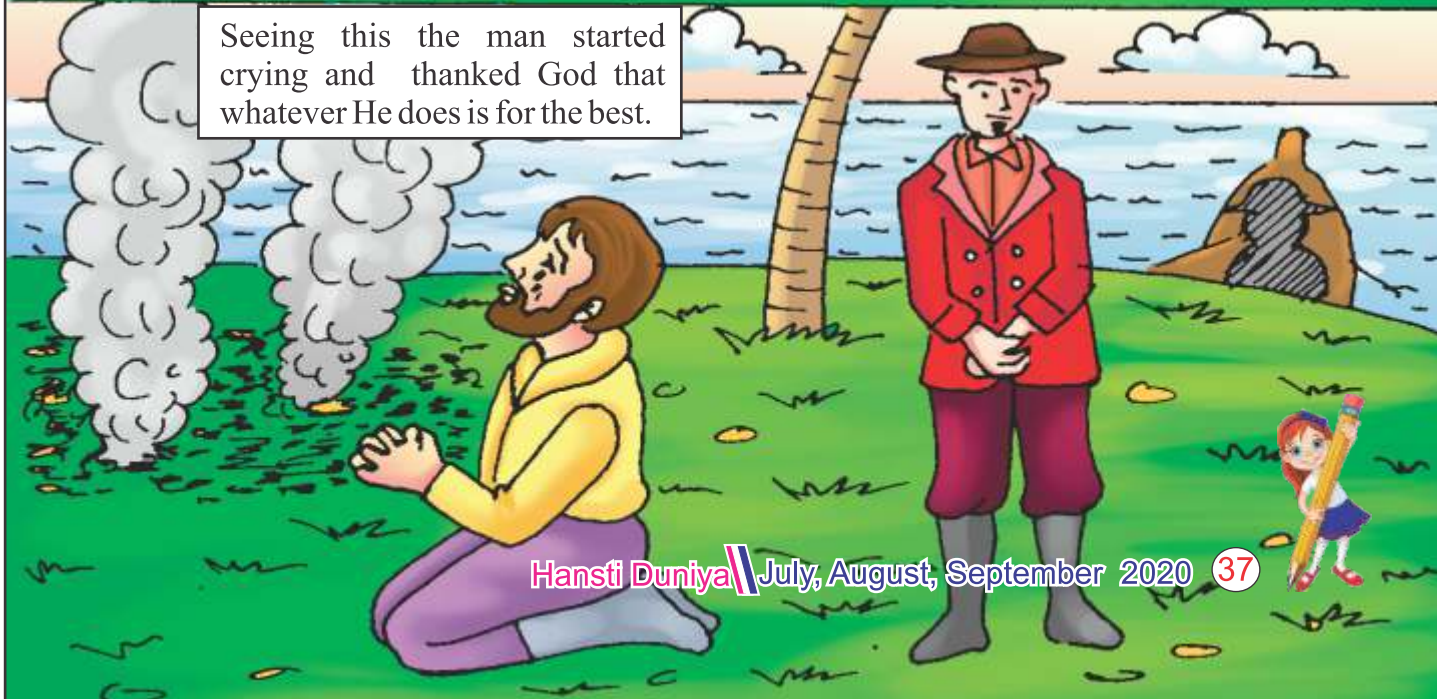
He felt that there is no god he thought that he will have to spend his entire life on this Island and he constructed a small hut there.



Then one night there was lightning and the lightning struck his heart and burnt his hut. The man started blaming God



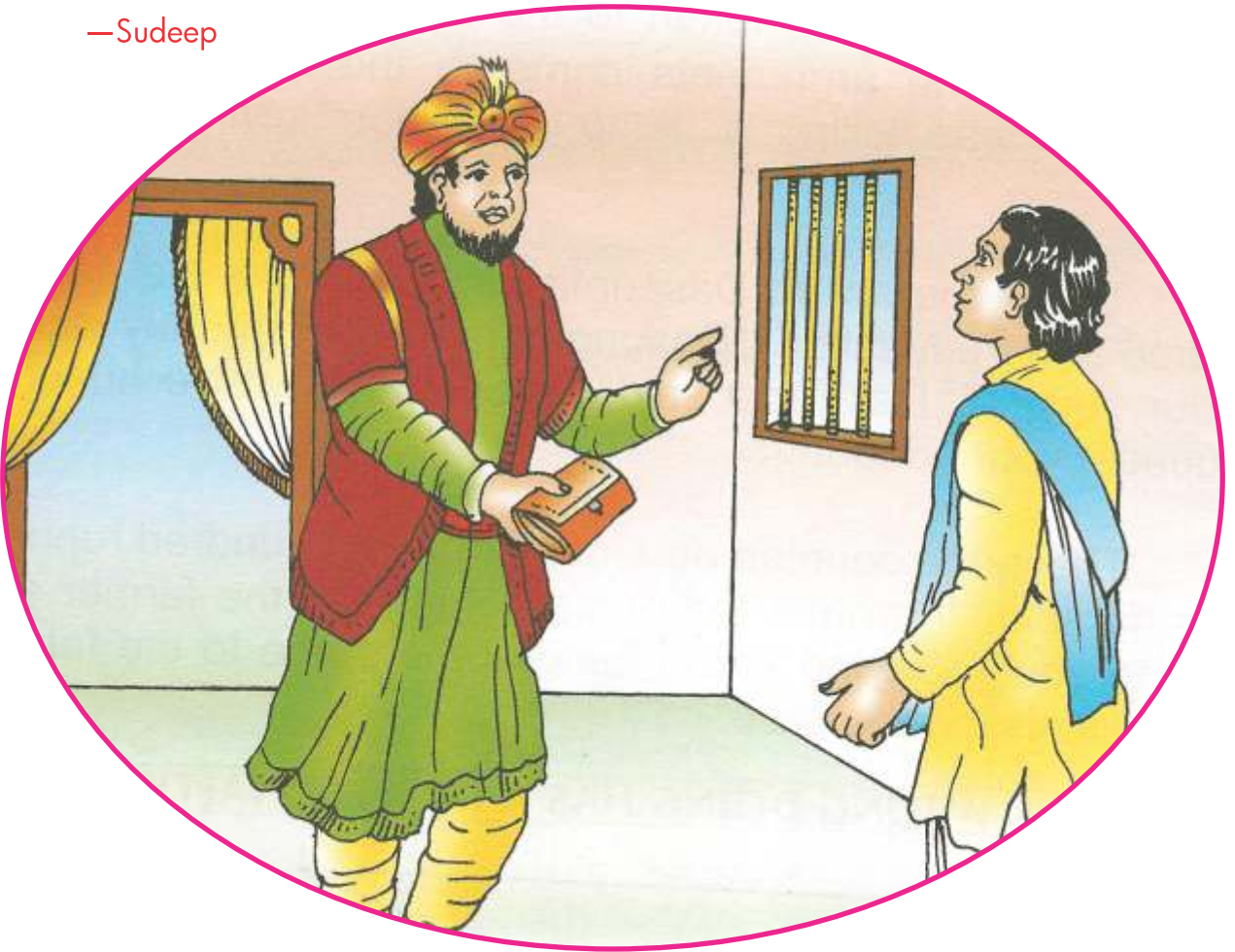
Then suddenly A man came ashore on his little island sailing on a boat as he saw something was burning he could see the smoke



Seeing this the man started crying and thanked God that whatever He does is for the best.



—Sudeep



DISHONESTY

Dasgupta, a rich landlord, had been for a purchase he lost his purse. A poor farmer, Shivprasad, found this purse. Not knowing whose purse it was, he kept the purse safe with him.

Dasgupta found that his purse was missing. He gave an announcement, that whoever returned the purse would get a handsome reward.

Shivprasad took the purse to Dasgupta. Dasgupta got the purse. He counted the money and found all the ten hundreds he had in the purse was there.



But, Dasgupta said, "You cheap farmer! you have taken some money from my purse".

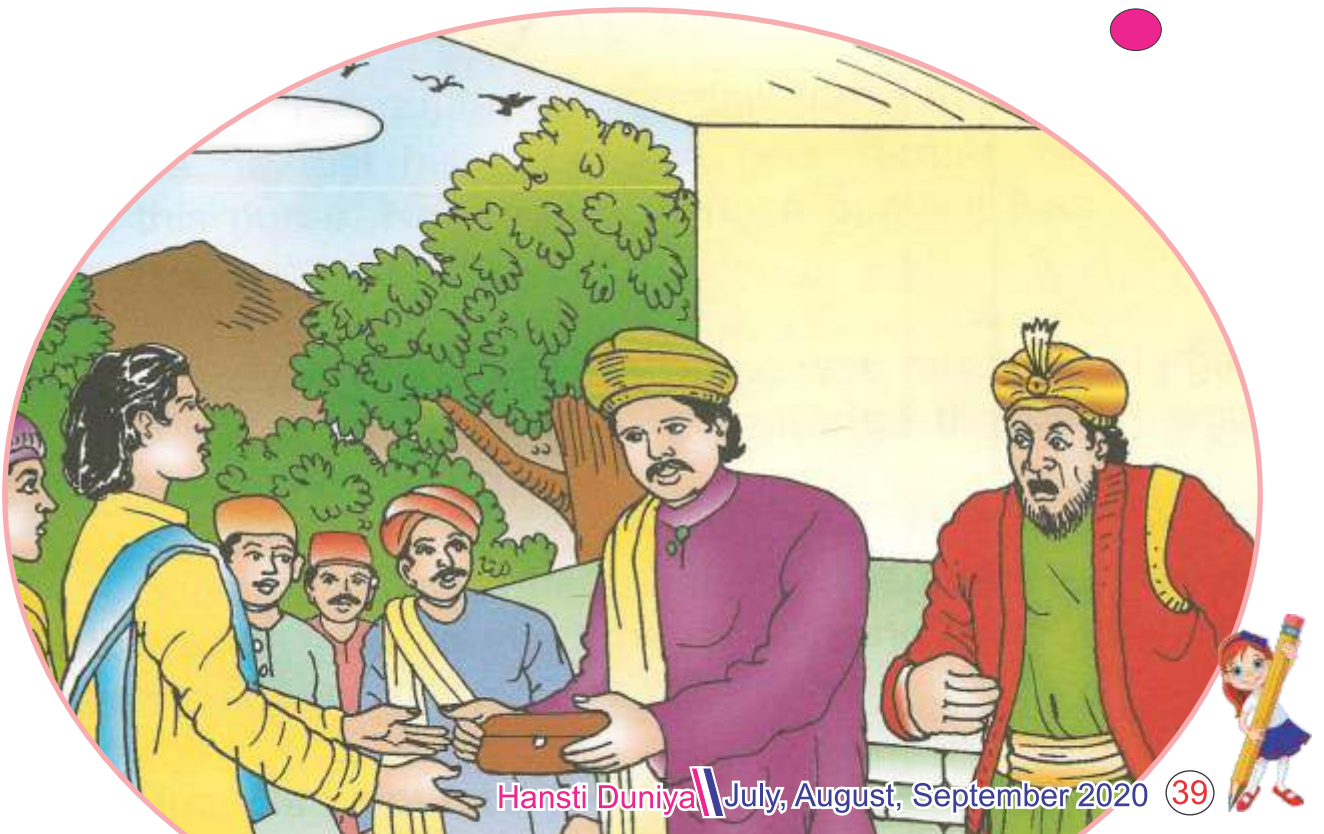
Shivprasad was astonished. He said, "Sorry Sir! But I did not take even a single rupee".

The matter was taken to the court. The judge after listening to the arguments came to the conclusion that Dasgupta was telling a lie to save from giving the due reward.

The judge asked Dasgupta for his purse. He got the purse and then asked, "Dasgupta, how much money was in your purse?". Dasgupta said, "There were twelve hundred rupees, your honour".

The judge counted and found only ten hundred rupees. So he said, "Perhaps the purse belongs to the farmer and not to you". Saying so he handed the purse to the farmer and dismissed the case.

Moral : A wrong doing has a heavy peavy penalty.



Laughing Time



A woman phoned her dentist when she received a huge bill. I'm shocked! She complained. "This is three times what you normally charge."

"Yes, I know," said the dentist. "But you yelled so loud, you scared away two other patients."

Beggar : Please give me one rupee.

Seth : You look very young, why don't you do some work?

Beggar : I am asking for a rupee, not your advice.

Son : Dad, the rose-plant we have grown has not so far taken roots.

Father : How do you know?

Son : I daily check it.

Teacher : Rakesh, I think you were chatting in the class.

Rakesh : Sir, you are wrong.

Teacher : Why?

Rakesh : Because I never talk while I am asleep, sir.

A man was complaining to a railroad engineer: "What's the use of having a train schedule if the trains are always late." The railroad engineer replied: "How would we know they were late, if we didn't have a schedule?"

—Jyoti, Jalandhar

A teacher is talking to a student.

Teacher: Did your father help you with your homework?

Student: No, he did it all by himself.

In a crowded bus, one man noticed that another man had his eyes closed. "What's the matter? Are you sick?" "No, I'm okay. It's just that I hate to see an old lady standing."

Ques. : What do you call people who don't believe in going to Gym?

Ans. :

GymNASTIK

—Rohit, Delhi





Vasudev: I have become a big man.

Dhawan: But I do not find any change in you. What makes you big?

Vasudev: Big men do not listen to others.

Dhawan: But that also is not true in your case. You welcome everybody.

Vasudev: That is true. But I cannot listen them because I have become hard of hearing.

Dhawan: With laughter - that is a strange way of becoming big.

Teacher : What is nearer — Russia or Moon?

Student : Moon sir, was the quick answer.

Teacher : How?

Student : We can see moon from our own place but we cannot see Russia, Sir.

Father : Son, if you have fifty Rupees note in your first pocket and a hundred in the second, what will you think?

Son : I wish, the tailor master had stitched more pockets.

Father : Son, you have scored very low marks in History. What is the reason?

Son : Absent, Daddy.

Father : What absent? I dropped you on my scooter that day.

Son : Not me, Daddy. The student sitting next to me was absent.

— Dilip Singh, Meerut



—Gauri Shankar

Trust Yourself

A farmer had a cow and a horse. Both of them would graze together in the forest. The farmer had a neighbour who was a washer man. Washer man had a donkey and a goat. He would also take them for grazing in the same jungle. All the animals became friends since they would graze together. They would come together for grazing and then would leave together in the evening.

A rabbit also lived in the same jungle. When the rabbit saw friendship between these animals, he thought, it would be fantastic if he could also be friends with them. If I am friends with such big animals, no dog would create nuisance for me.

The rabbit started visiting them again and again. He would jump, hop and graze in their company. Slowly he became close friends with four of them. Now rabbit became very joyful. He was no more scared of the dogs.

One day a dog came to that forest and ran after the rabbit. He rushed to the cow and said, "Holy Cow, this dog is very cruel. He has come to kill me. Kill him with your horns."

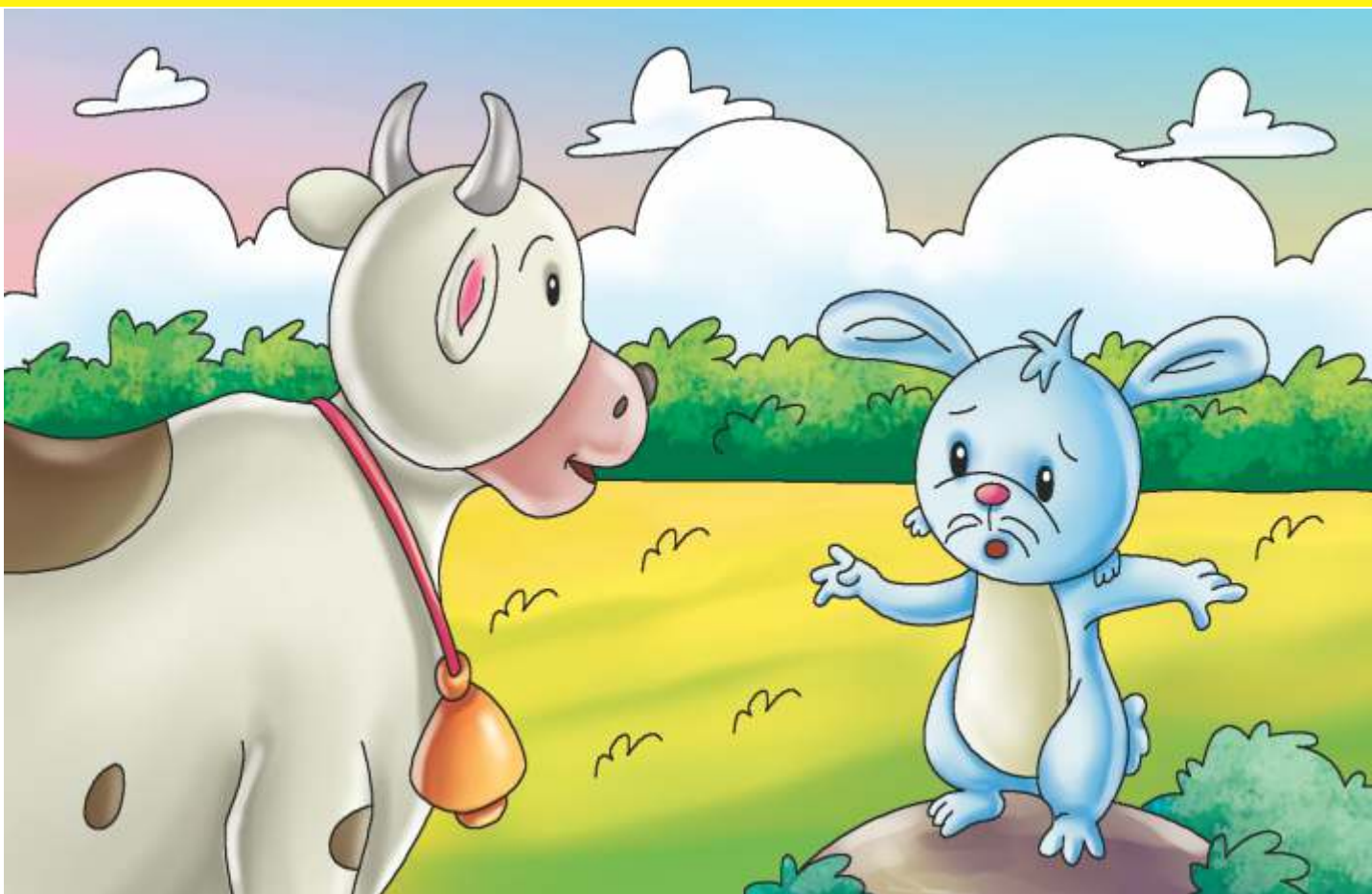
Cow said, "Dear rabbit! You have come late. I am getting late for home. My calf would be hungry and would be calling for me. I am in a hurry to go home. You should ask help from the horse."

Rabbit ran and went to the horse and said- "Dear horse! I am your friend. We both graze together here. Today this cruel dog is after my life. Please take me far by riding me on your back."

Horse said "You are right, but I don't know how to sit. I even sleep while standing. How will you climb my back these days my hoofs have grown so I can't run and neither can I hit my legs on the ground."

Feeling sad from here, rabbit reached for the donkey. He spoke to the





donkey –“Friend donkey, please kick the dog with your legs so that my life can be saved.”

The donkey said "I have to return home timely with cow and horse. Both of them are leaving. If I don't leave with them now, my master will come here running with a stick and beat me up badly to bruises. I can't stay anymore."

In the end the rabbit went to the goat. As soon she saw the rabbit, she said "Dear rabbit! Don't come towards me. A dog is chasing you. I am very scared of him."

Now the rabbit thought- "I must trust my own wit, will and talent."

Frustrated from everywhere rabbit ran from there. Running he hid behind the bushes. Dog searched a lot but couldn't find the rabbit anywhere.



The Real Servant

There was a king, having three sons. As he was getting old, he wanted to hand over the kingdom to the ablest son. He called them and said, "the one who succeeds in my test, would get the kingdom". The king gave them a period of five years to prove themselves better than others. All the three sons left the palace.

The first one thought about earning a huge amount of money, which would make his father happy.

The second had another idea. He went ahead with forming a strong and huge army to become the most powerful person. His father would be really happy looking at his might and power.

The third one considered intelligence and good behavior to be far greater than money and power. So, he settled down in another kingdom with the aim of serving people. He spent half of his hard earned money in the service of poor and deprived people. He was ever prepared to help anyone. The entire kingdom became aware about his honest and kind nature. The king of that state came to know about it. He asked his secret service to enquire about his real identity. The fifth year was about to end. The second son attacked his elder brother and snatched latter's entire wealth, and returned to his father. Also, came the third son, but in a poor looking condition. The king started comparing their qualities.

In the meantime, he received news about arrival of neighboring state's king. As a guest of the state, he was given befitting welcome. On enquiring the purpose of

his visit, the neighbouring king proposed the marriage of his daughter with the third son of the king. The king was surprised as the third son had just returned to the state and that too in a poor condition. He might not be the appropriate partner for his daughter.





The neighbouring king replied, "He has been living in my state for the last five years. He is respected all over the state. I need a person of his qualities as my son-in-law. After the marriage, I wish to hand over the entire administration of my kingdom to him". The father said, "Please stay back for another couple of days as my guest. I myself am going to hand over my kingdom to him as he proved to be the best one according to my comparison standards".

Next day, it was announced in the Court that he who applies force and acquires money through misuse of power and exploitation of people, cannot safeguard his people and keep them happy and satisfied.

Similarly, he who applies his power to torture his subjects, nothing can be expected of him for the safety and prosperity of his people. However, he who enjoys serving the people in every situation even at the cost of his comforts, qualifies him to be the best, as selfless service is the real religion in the world.

The king handed over the entire kingdom to his youngest son, and solemnized his marriage with the daughter of the neighbouring king.



— Sahil Rai, California, U.S.A.

What Children Owe to Parents



Since parents have conferred life
on their children,
they have the most solemn
obligation to educate
their offsprings.

Hence parents must be
acknowledged
as the first and foremost educators
of their children.

Their role as educators
is so decisive that
scarcely anything can compensate
for their failure in it.

For it rests on parents
to create a family atmosphere
so animated with love
and reverence for

God and men
that a well rounded
personal and social development
will be fostered among
the children.



— Uma Singh

TORTOISE

THE COOL AND LONG-AGED

It is no exaggeration that the tortoise is known as a propitious species. It is normally a cool and calm water animal, having a long age. We can find them living in ponds of villages. Also, the young tortoises are found playing in decorative aquariums of big bungalows.

There are about 225 varieties of this species all over, out of which 55 varieties are found in our country.

The outer body of tortoise is covered with a thick and hard skin which protects it from any attack or injury. Its inner portion is similar to any normal creature, but still hard enough for its safety and protection. It has four legs, each having five nails, and the footings covered with nets. Many of these keep their faces and feet out of the cover, while others keep every part inside it. All this depends on their varieties.

The heaviest variety is the sea tortoise, as it is 8 ft. long and 75 kg in weight. The female tortoise takes extreme care of its eggs and babies. It will dig a hole in mud and place its eggs therein and cover it with sand or soil for their safety. It produces one to thirty eggs at one time, normally in the night time. The eggs are hatched between 60 and 120 days.

The tortoise is normally considered a wash man of rivers. It effectively helps remove water pollution. It is both vegetarian as well as non-vegetarian, depending on varieties they belong to.



Thoughts to Ponder

- Difference of opinions, can be resolved amicably through understanding.
— Baba Gurbachan Singh
- Anger is never without a reason, but seldom a good one.
— Benjamin Franklin
- If you can dream it, you can do it.
- Weat Dinly
- There are three gates to self-destruction: lust, anger and greed.
— Bhagwat Gita 16:21
- He is the most powerful one who has in himself his own power.
— Seneca
- All reforms, except a moral one, will prove unavailing (useless).
— Thomas Carlyle
- Pinch yourself and know how others feel.
— Japanese Proverb
- We live in an age where only unnecessary things are our necessities.
— Oscar Wilde
- All are afflicted with 'maladies' except the True Master.
— Adi Granth
- Humble because of knowledge; mighty by sacrifice.
— Kipling
- It is a divine law that God can be realised by the grace of True Maser.
— Nirankari Baba
- Hatred does not cease by hatred, but only by love; this is the eternal rule.
— Buddha
- A man's best friends are his ten fingers.
— Robert Collyer
- Forgive thyself little, and others much.
— Leighton
- Hope is life and life is hope.
— Adele Shreve
- Nothing is more disgraceful than insincerity.
— Cicero
- Never play with the feelings of others because you may win the game but the risk is that you will surely lose the person for life time.
— Shakespeare



—Sita Ram Gupta

The Zenith



Once an ukaab (eagle) was flying and a spider stuck to its feet and also reached the mountain top. There it separated itself from the bird's feet and spoke, " see how high I am on the mountain"

Just then wind started blowing at a high speed, Ukaab kept sitting there unmoved but the spider was blown away with the wind and landed straight on the ground.

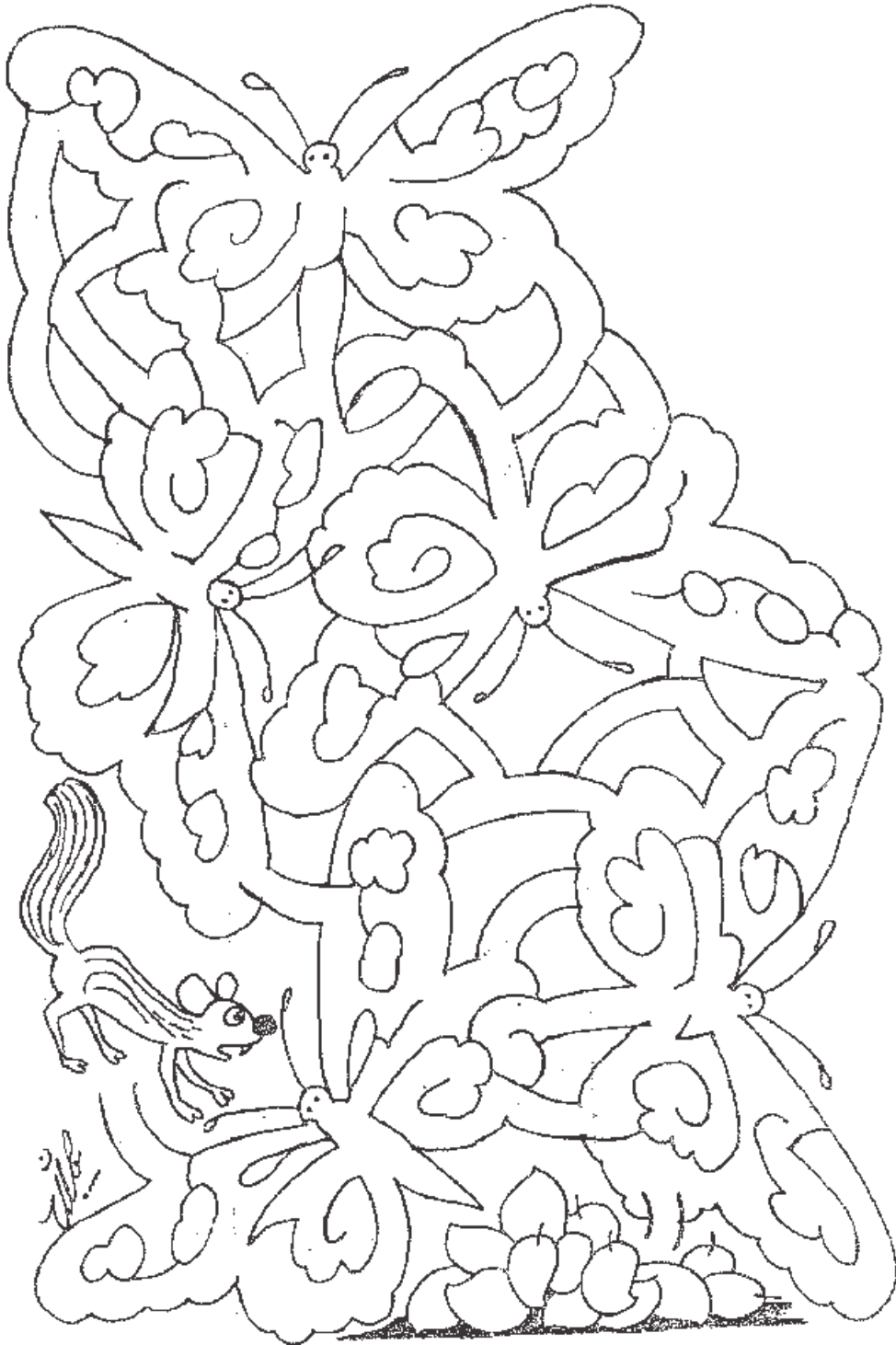
So people who reach heights without their own hard work come up back to the ground where they were just like the spider. It's easy to reach heights but it's difficult to sustain oneself.' Only those people stay on the heights who reach there with their hard work and potential.



Let Us Try

■ Chand Mohammad Ghosi

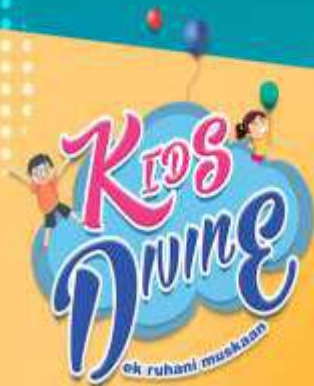
Show the path to squirrel





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