

READERS' CLUB

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BULLETIN



CHINAR BOOK FESTIVAL



चिनार पुस्तक महोत्सव

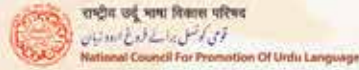
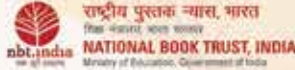
18 - 26 JULY 2026

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11:00 AM - 8:00 PM

ATTRACTIONS

Children's Corner | Literary Sessions | Cultural Performances
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कृपया भुगतान नेशनल बुक ट्रस्ट, इंडिया के नाम भेजें।

यह बुलेटिन राष्ट्रीय बाल साहित्य केंद्र से जुड़े पाठक मंचों को निःशुल्क वितरित की जाती है।

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From the Editor's Desk

Dear Readers,

Sunny days, playful adventures, and a basket full of creativity—welcome to the May-June issue of the Readers' Club Bulletin! As summer spreads its warmth and schools pause for holidays, we are excited to bring you an issue packed with fun, imagination, and discovery.

In our Readers' Club Bulletin, young readers dive into delightful stories and poems celebrating the season of mangoes, cheerful summer memories, vibrant world of books with a special report on the Doon Book Festival (4-12 April) and fascinating glimpses into different states of India through our Know Your State section. Puzzle lovers will enjoy exciting brain teasers and activities designed to spark curiosity and learning.

Every page of this bulletin is a little summer adventure—filled with learning, laughter, and inspiration. So, grab your favourite mango drink, settle into a cosy corner, and enjoy this colourful journey with us.

Happy Reading!

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Endless Dream

In slumber's realm, where dreams unfold,
Endless possibilities for young and old.
A vast canvas of imagination's light,
Where hopes and wishes take flight.

In dreams, we find our heart's desire,
A world of wonder that lifts us higher.
No bonds, no limits—just endless space,
Where dreams and magic interlace.

And in that realm, so pure, so bright,
We become the stars that light the night.

Khusboo Khatun

Class-7

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मौसी

From Young Writers

मेरी मौसी बड़ी सयानी,
सुनाती हैं दिलचस्प कहानी।

कहती हैं, "क्या होता अगर
ना होता राजा, ना होती रानी?"

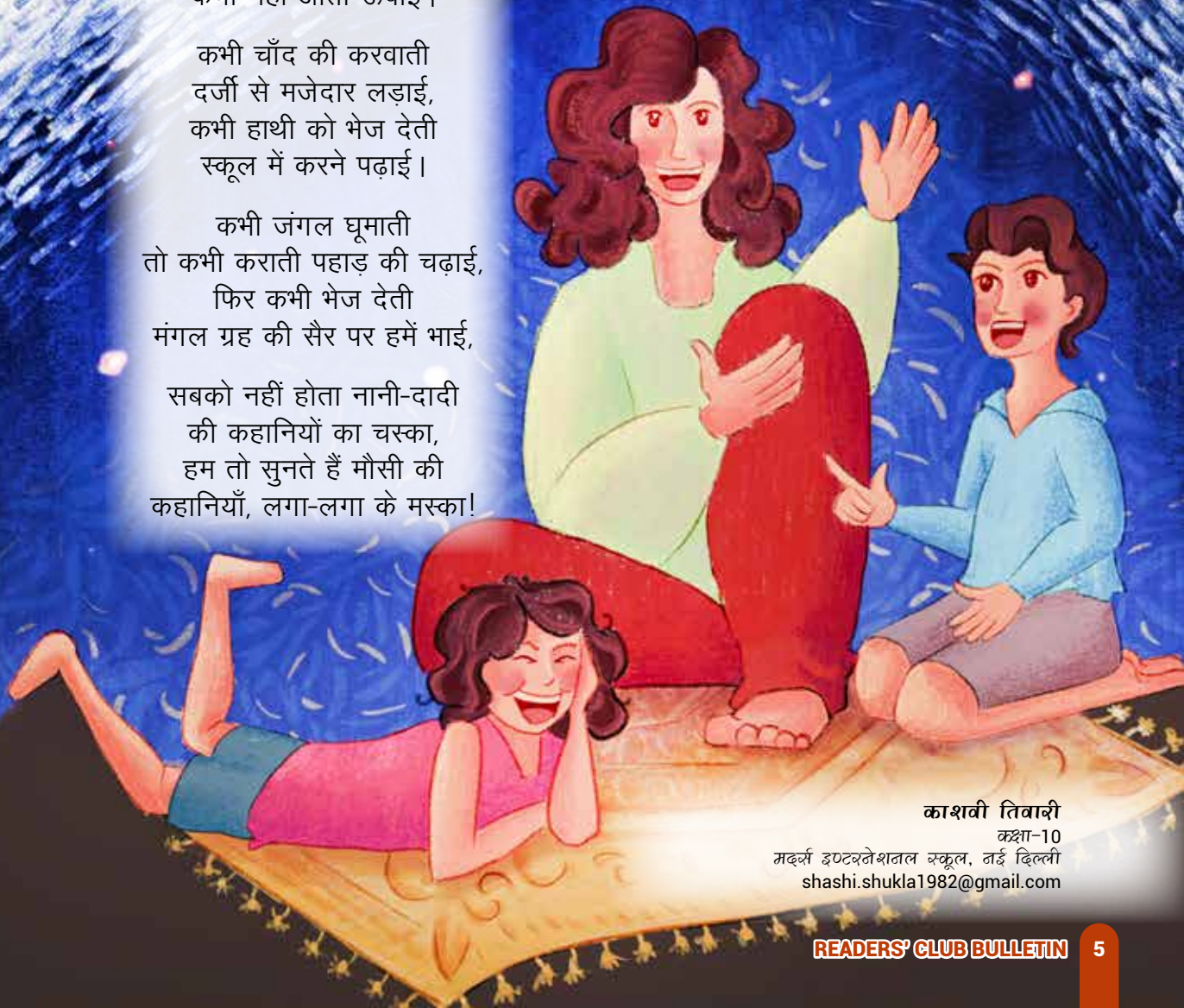
सोचो जरा, कैसी होती
फिर वो प्यारी-सी कहानी!

उनकी कहानी के किरदारों की
हम करते रहते हैं बढाई,
सुनते-सुनते, हँसते-हँसते
कभी नहीं आती ऊबाई।

कभी चाँद की करवाती
दर्जी से मजेदार लड़ाई,
कभी हाथी को भेज देती
स्कूल में करने पढ़ाई।

कभी जंगल घूमाती
तो कभी कराती पहाड़ की चढ़ाई,
फिर कभी भेज देती
मंगल ग्रह की सैर पर हमें भाई,

सबको नहीं होता नानी-दादी
की कहानियों का चस्का,
हम तो सुनते हैं मौसी की
कहानियाँ, लगा-लगा के मस्का!



काशवी तिवारी

कक्षा-10

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The Fantasy Book

Once upon a time, a joyful family lived in a beautiful place called Dream City. The family had four members—loving parents and their twin daughters, Jia and Mia. The sisters were curious, playful, and always ready for a new adventure.

One cozy evening, while playing hide-and-seek inside their house, the twins discovered something unusual. Behind the old curtain of the store room, they found a small hidden door. With wide eyes and excited hearts, they opened it—and stepped into a secret library! The room was lined with tall shelves, dusty books, however a soft golden glow

lingered, as if it was hiding countless magical stories.

As they looked around, one book caught their attention. It looked very different from the others—old yet shiny, and bright. On its cover, it read: “**Your Wish.**”

Curious, Jia carefully picked it up from the shelf and opened the book. To their surprise, all the pages were blank. Only one line was written in the centre of the first page: “**Mention the place you want to visit.**”

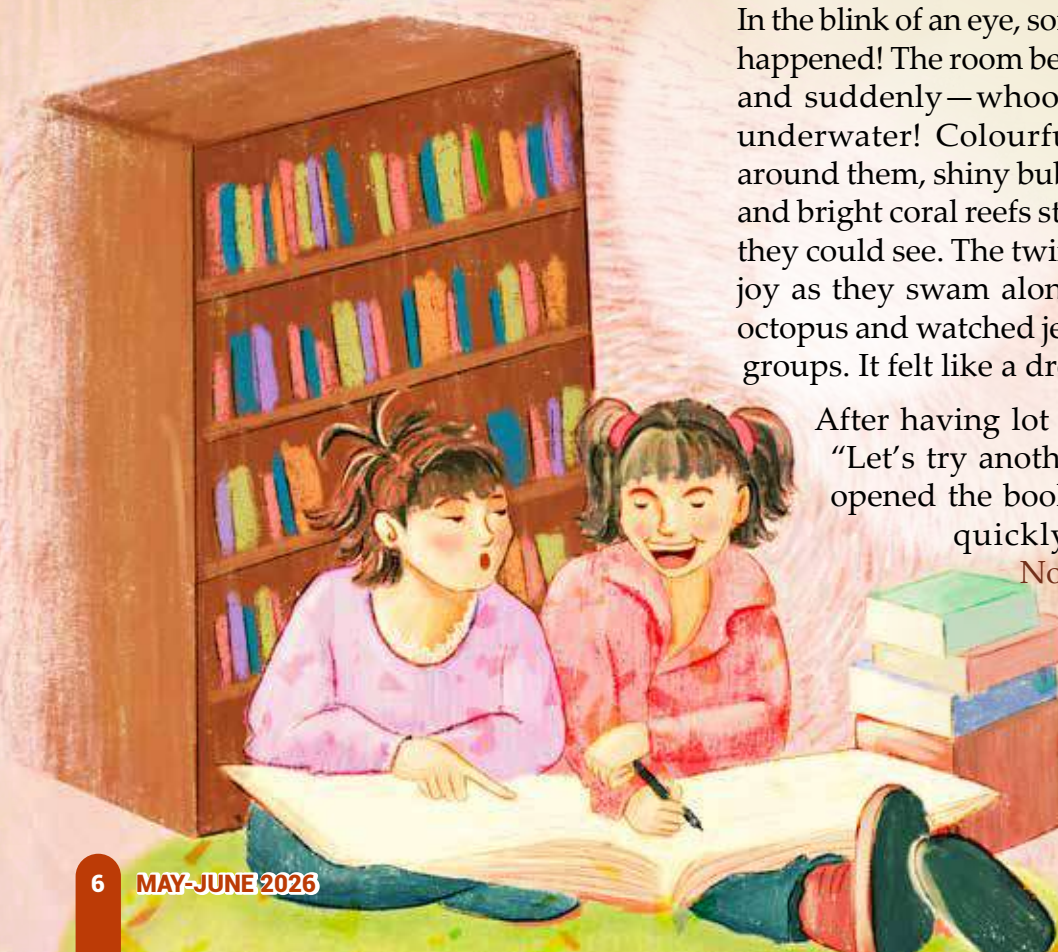
Mia giggled, “This can’t be real... but what if it is?” Jia smiled, “Let’s try!”

Excitedly, they wrote: “**The Marine World.**”

In the blink of an eye, something magical happened! The room began to shimmer, and suddenly—whoosh!—they were underwater! Colourful fishes swam around them, shiny bubbles floated up, and bright coral reefs stretched as far as they could see. The twins laughed with joy as they swam along with friendly octopus and watched jelly fish dance in groups. It felt like a dream come true!

After having lot of fun, Jia said, “Let’s try another place!” They opened the book yet again and quickly wrote, “**The North Pole.**”

Whoosh again! Now they were standing on a ground made of large block of ice.



Snowflakes gently fell from the sky. At a distance, they saw a cheerful toy factory. As they walked closer and entered the factory they spotted busy little elves making toys and wrapping gifts. And right in the centre, was Santa Claus himself, smiling warmly!

"Ho Ho Ho! Welcome!" Santa waved. The twins clapped with excitement. They helped the elves in their work, played in the snow, and even saw a friendly polar bear strolling nearby.

Just as they were about to write the name of another magical place, everything around them began to fade...

Jia and Mia suddenly opened their eyes. They were back in their cozy beds, looking at each other in surprise.

"Was it... a dream?" Mia whispered.

Jia smiled softly, "Maybe... or maybe the magic is still waiting for us."

And from that day on, the twins were convinced that books are magical gateways that drive our imagination to discover and experience different worlds.

Shivali Swami

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A Mysterious Letter

As the doorbell rang, I rushed to the door—just like I had done many times that day. It felt like the bell had made a new home in our house!

The first time, our security guard, Thakur Uncle, had come to collect the monthly society maintenance charges. The second time, it was the scrap dealer, calling out for old newspapers and bottles. The third

time, it was the vegetable seller, holding a basket full of fresh red tomatoes.

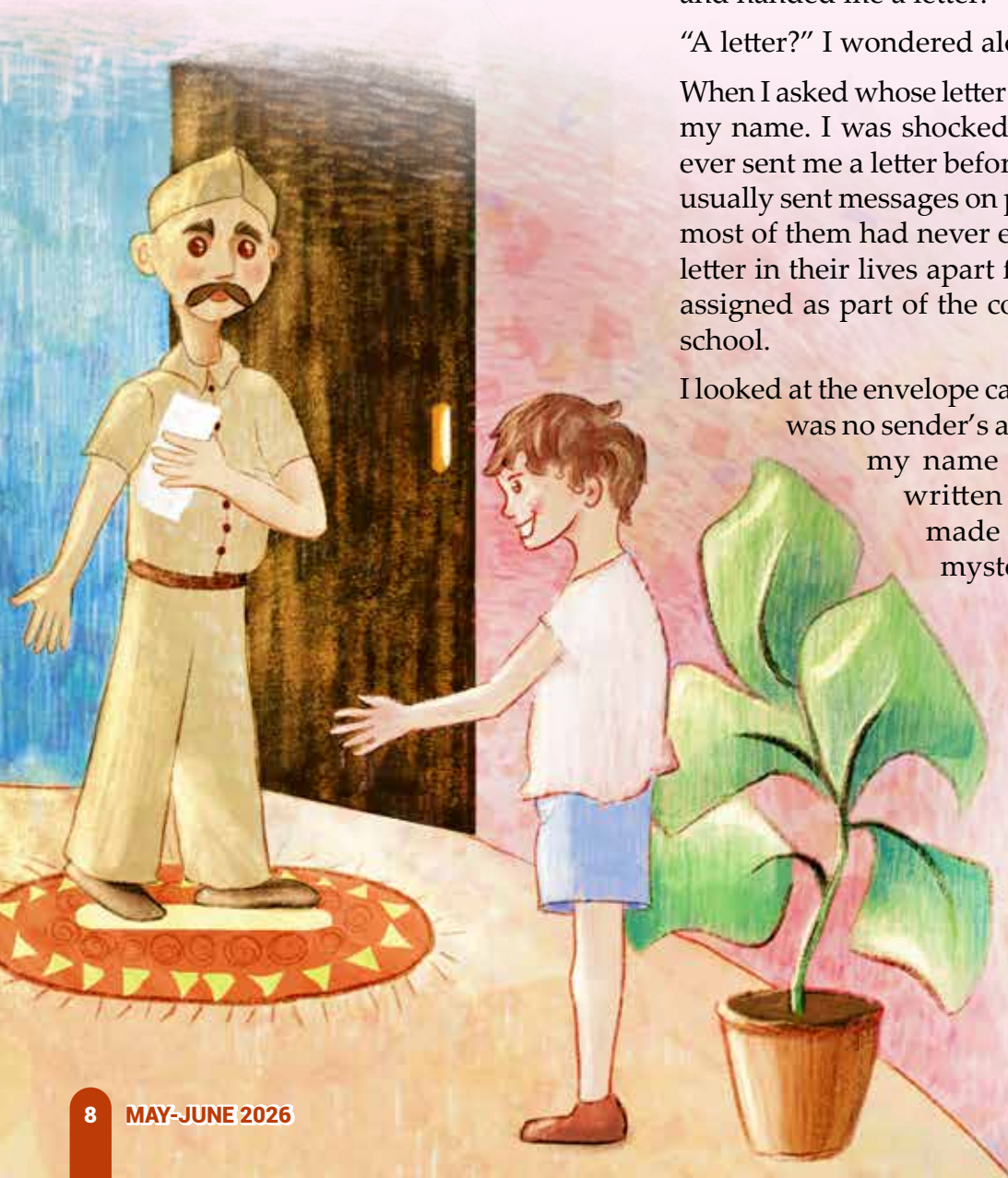
By that time, I had become the ‘official door opener’ of the day!

Then, for what felt like the eighth time, the bell rang again. I trotted towards the door, a little less excited but still curious. This time, it was the postman. He smiled and handed me a letter.

“A letter?” I wondered aloud.

When I asked whose letter it was, he said my name. I was shocked. No one had ever sent me a letter before! My friends usually sent messages on phone. In fact, most of them had never even written a letter in their lives apart from the ones assigned as part of the course work at school.

I looked at the envelope carefully. There was no sender’s address—only my name and address written neatly. That made it even more mysterious!



Before I could ask anything else, the postman had already left. "Strange," I thought under my breath.

I quickly opened the letter. Inside, there was only one line written: "There is a treasure hidden in your house, look under the banyan tree in your garden!"

"Who would believe this? Am I being tricked?", I laughed.

But after a few moments, my curiosity grew. "What if something is really there?" I contemplated.

Without wasting time, I ran to the backyard and started digging under the big banyan tree. I dug and dug, all the while getting covered in mud, but found nothing at all.

Feeling tired, I went back inside. To my surprise, my family looked even more excited than they do when India wins a major cricket match!

"Did you find the treasure?" my sister asked eagerly holding the letter.

Before I could reply, she jumped and said, "Yay! We are going to become rich I will buy lots of chocolates, toys and new dresses!"

My parents also looked hopeful. I slowly shook my head in disappointment and said, "No..."

All their excitement disappeared in a second.

I went to my room, cleaned up, and sat down to read. Just then,

my phone buzzed. It was a message from my best friend.

Curious, I opened it—and almost jumped out of my chair!

It read, "Check the letter I sent you. Happy April Fool's Day!"

I quickly looked at the calendar hanging on the wall in front of me—1st April.

"Oh no!" I laughed, shaking my head. "That was a good one!", I exclaimed.

Even though I felt a little silly, I couldn't stop smiling. After all, it had been quite an adventure!

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प्रकृति की सुंदरता

हरी-भरी वादियाँ, सुंदर ये नज़ारे,
झर-झर बहते झरने, मन को लगते प्यारे।

चहकते परिंदे, लहराती हवाएँ,
धरती की गोद में जीवन मुस्कुराए।

फूलों की खुशबू, नदियों की कल-कल,
हरियाली से महके ये दुनिया पल-पल।

आओ मिलकर इसे सुरक्षित बनाएँ,
प्रकृति के रंगों को मिलकर बचाएँ।

अनन्या यादव

कक्षा-5

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पन्नों के पीछे का राज!

खोलो पन्ना, बदलो दुनिया, टूटेगा अज्ञान,
शब्दों की इस उंगली को थाम, छू लो आसमान!
आओ-आओ कदम बढ़ाओ,
सोच को अपनी पंख लगाओ।

यहाँ छुपा है पंचतंत्र का ज्ञान,
बीरबल की बुद्धि और अकबर की शान!
कविताएँ यहाँ दिल को छू जातीं,
कहानियाँ नया एक फर्ज सिखातीं।

उपन्यासों की यहाँ मची है धूम,
प्रेमचंद के शब्दों में जाओ तुम घूम!
शेक्सपियर के पात्रों की कलाकारी,
टैगोर की सोच है सब पर भारी!

ज्ञान और विज्ञान का अनोखा स्वाद,
इतिहास के किस्से हो जाएँगे याद।
कोई हँसाए, कोई सोच जगाए,
घर बैठे ही पूरी दुनिया घुमाए।

सजी यहाँ किताबों की जादुई कतार,
हर पन्ने पर है शब्दों की फुहार।
कथा-कहानी, किरदारों की बहार,
खोलो जल्दी रचनाओं का संसार!

विराज

कक्षा-10

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The Happy-Hued Lens



Lots of things can make us snappy,
But many more can make us happy!
Hearing birds so sweetly sing,
And the cheerful school bell ring.
Playing in the fields, running about,
Hearing classmates laugh and shout.

When hot summers bring some pain,
Monsoon comes with cooling rain,
Bringing memories, washing away strain,
Drinking tea and feeling free—
Moments we cherish again and again.

Then comes autumn, calm and warm,
Time to wear our sweaters on.
Watching leaves gently fall,
Hearing winds and trees call—
More fun than any grand mall.

Winter makes the mornings cold,
Waking up early feels so bold!
Hot chocolate warms us with glee,
Lighting lamps with family.
And for Christmas, gifts we bring,
All these joys make our hearts sing.

Soon after winter, spring arrives,
In February, new life thrives.
Flowers bloom—oh, what a sight!
Filling hearts with pure delight.
Splashing friends on festive days,
With balloons and joyful plays.

Everything can make us happy,
It's all in how we choose to see,
The world is bright and beautiful—
Full of joy, wild and free!

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शिक्षक

जीवन में जो राह दिखाएं,
सपनों को मंजिल तक पहुंचाएं।

माता-पिता से पहले आते,
जीवन में सदा ही आदर पाते।

सबको मान-प्रतिष्ठा देते,
कर्तव्यनिष्ठा का पाठ पढ़ाते।

कड़ी मेहनत और दृढ़ निश्चय सिखाते,
मन को हमारे सजग बनाते।

हमारे पथ प्रदर्शक बन जाते,
सही गलत का फर्क बताते।

कभी हैं शांत, कभी धारे धीर,
कभी हैं हँसमुख, कभी गंभीर।

मन में सोचे यह हर बच्चा,
काश मैं बन पाऊँ उन जैसा अच्छा।



आशीष
कक्षा-10

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A Valley of Creative Imagination: Children's Corner @Doon Book Festival 2026

Surrounded by a picturesque landscape offering diverse terrains—from bright plains and magnificent hills to tranquil valley—the Children's Corner at the Doon Book Festival (4–12 April 2026), organised by National Book Trust, India in Dehradun, attracted around 10,000 students from more than 55 schools; turning the nine magical days into a brilliant world of books, stories, imagination, and boundless creativity.

The colourful pavilion featured local festivities and the rich traditions of the hills of Uttarakhand, such as “Phool Dei,” (the spring festival symbolising prosperity) on the backdrop of vibrant turquoise hues along with patterns of “Aipan Art,” the region's traditional folk art, which further captivated young and curious minds.

The Children's Corner also featured several creative activity zones, including





“Aipan Art,” known for its distinct crimson red base adorned with intricate patterns and symbols reflecting the rooted culture of the hill region. Other engaging activity hubs included the colouring zone “Colour Me,” the creative art corner “Art & Craft,” and the fun-learning & reading nook “Rashtriya e-Pustakalaya.” Throughout the Book Festival, these zones remained alive with colourful smiles and energetic participation as young learners explored, discovered, and crafted various art forms while engaging with alternative modes of reading.

Young explorers immersed themselves in fun-learning adventures, blending imagination and creativity with real-world lessons on sustainability, environmental protection, and cultural preservation. Storytelling spectacles,

hands-on creative workshops, sessions on environment, nature, and innovation, along with special sessions for educators and parents under the “Training the Trainers” Programme aimed at transforming learning through creative and innovative approaches. Altogether, Children’s Corner bursted into a kaleidoscope of joyful stories, nature-rooted art, cultural richness, and pure wonder.

Young ears perked up for enchanting tales that transported them to cloud nine. These included stories on sustainability, folk tales from the Korean Peninsula,





chronicles of bees, trees along with a friendly tiger, and the poetic wisdom of Sant Kabir. Using props, music, voice modulation, and drama, these sessions sparked laughter, songs, excitement, and imagination.



Creativity flowed through several other sessions centred on art, craft, and writing, such as, "Clay Modelling," "Puppet Making," "Zine Making," "Illustration on Phool Dei," and "Creative Writing." Additionally, workshops on "Clowning," "Body & Dance Movement," "Theatre &

Acting," and "Magic of Voice-Over" added to the immersive experience.

Sessions by "Rashtriya e-Pustakalaya," the digital library platform, an initiative of the Ministry of Education offering free access to more than 7,000 e-books in 23 languages, remained dynamic. Activities ranged from "Poster-Making on Digital India" and "Mascot Drawing" to "Question to Creation," "Stories that Inspire Change," and "Stories Spark: Think, Create and Share," where students created artworks, stories, narratives, and performances on the spot. Students also transformed into innovators and eco-advocates through workshops such as "Bird Nest Making," "Quiz on River Ganga Ecosystem," "Pictionary on Uttarakhand Wildlife," and "From Waste to Wow-Plastic Recycling."

Furthermore, a series of enriching sessions under the "Training the Trainers" Programme equipped





educators, teachers, and parents with engaging pedagogical approaches to foster creative learning experiences in classrooms and beyond. These included "Theatre in Education," "Puppet in Communication," "Teacher to Facilitator," and "Art-Integrated Learning."

Moreover, special highlights at the Children's Corner included visits by numerous distinguished guests and dignitaries. Prominent among them were the Hon'ble Chief Minister of Uttarakhand, Shri Pushkar Singh Dhami; the Hon'ble former Minister of Education of India, Shri Ramesh Pokhariyal 'Nishank'; Group Captain Shubhanshu Shukla, AC, Astronaut and Fighter Pilot, IAF; and Hindi Film Director Imtiaz Ali. They interacted with students, inspiring and encouraging them to read and learn more. They also distributed books to students.

As the nine days of festivities drew to a close, the Children's Corner marked its grand finale with the "Phool Dei Creative Workshop," where young artists channelized the spirit of Uttarakhand's colourful spring harvest festival—honouring flowers, prosperity, and the rhythms of the hills—through a lively drawing competition. Dressed in traditional attire, a few students showered petals across the venue, beautifully blending local culture with the Festival's tapestry of stories and books.

With this, the celebrations at the Children's Corner concluded with splashes of loud cheers, laughter and vibrant colours; a reminder that when children gather around books, stories, art, and craft, it is nothing short of magical.



Veenu and her Furry Friends

FROM AUTHORS

Every morning, little Veenu would rush to the window of her room on the first floor. On a tree branch near the balcony rested a tiny nest where a pair of little birds lived. Their sweet chirping filled the morning air, and listening to their melodious songs had become Veenu's favourite part of the day.

"Good morning, little birds!" she would giggle as the sparrows hopped around, sang sweetly, and flew in and out of their nest.

But one summer morning, there was complete silence.

Veenu waited near the window for a long time, but the sparrows did not

return. Hours later, when they finally came back, they looked tired and restless. They fluttered around nervously instead of singing.

"Dadi," Veenu asked worriedly, "why do the birds look so upset?"

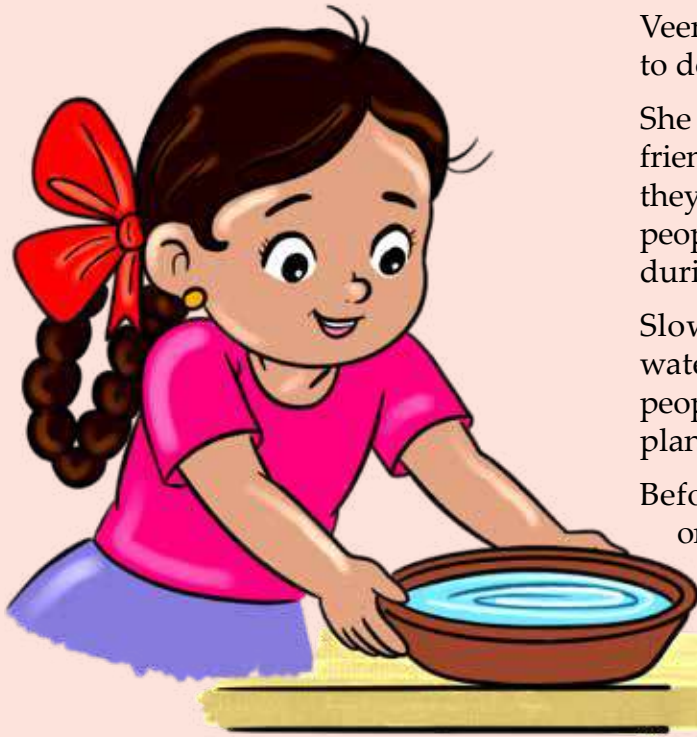
Grandmother sighed softly.

"They must be searching for water, beta."

"Searching for water?" Veenu asked in surprise.

"Yes," Dadi nodded. "Long ago, we had many baolis in different cities of India—beautiful stepwells filled with water. The rivers were cleaner, there were more trees, soft mud paths, grassy fields, and open verandas in homes. It rained more often too. Rainwater





Veenu was so happy that she decided to do something bigger.

She formed a “Green Club” with her friends in the neighbourhood. Together, they went from house to house telling people how birds and animals struggled during the hot summer months.

Slowly, more homes began keeping water bowls and seeds outside. Some people even planted trees and flowering plants on their balconies.

Before long, the neighbourhood was once again filled with fluttering wings and cheerful songs.

And every morning, as Veenu listened to the birds singing outside her window, she smiled proudly.

collected in puddles where birds and animals could drink and bathe.”

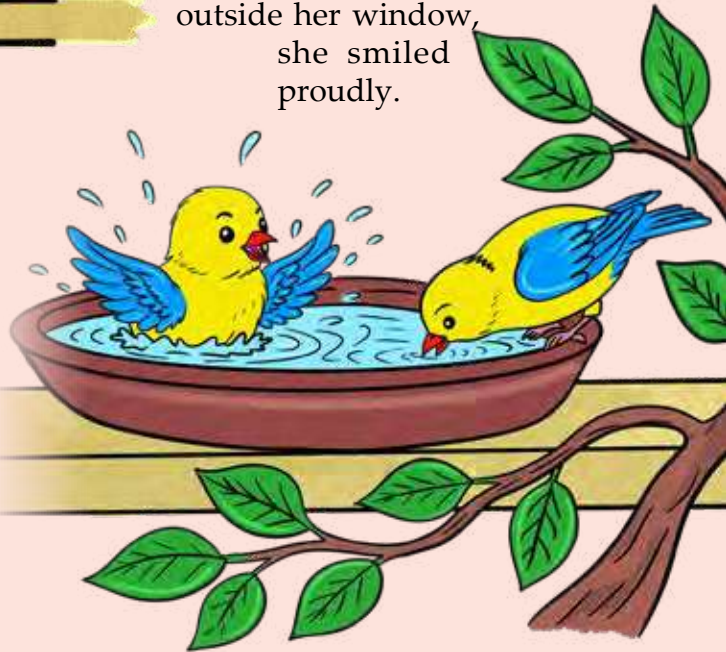
She looked out at the busy city outside.

“But now everything is covered with cement. Tall buildings, glass houses, concrete roads... there is very little space left for nature.”

Veenu looked at the thirsty birds near the nest and felt sad.

The very next day, she and Dadi placed three small earthen bowls filled with water around their house—one near the balcony, one in the courtyard, and one on the terrace. They also scattered some seeds nearby.

Soon, sparrows, pigeons, squirrels, and mynas began visiting every day. The sweet chirping returned to Veenu’s window once again.



After all, a little compassion can go a long way.

Simran Kalsi
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प्रयास से बदलाव तक

गौरी के नानाजी को फूल-पौधे लगाने का बहुत शौक था। उन्होंने अपने घर की छत पर तरह-तरह के रंग-बिरंगे पौधे लगाए हुए थे। उनकी छत एक सुंदर फूलों की बगिया से कम नहीं लगती थी। गौरी उन पौधों को देखकर बहुत खुश होती। वह रोज नानाजी के साथ मिलकर पौधों को पानी देती और उनकी देखभाल करती।

नानाजी के घर से थोड़ी ही दूरी पर एक मंदिर था। मंदिर का परिसर बहुत बड़ा था और देखने में मैदान जैसा लगता था। मंदिर के सामने कुछ दूरी पर एक नदी बहती थी। शाम के समय वहाँ का दृश्य बहुत सुहावना

लगता, लेकिन अफसोस वहाँ का वातावरण अच्छा नहीं था।

कुछ लोग मंदिर में सफाई करके कूड़ा बाहर एक कोने में इकट्ठा कर देते थे जिस कारण वहाँ गंदगी हो गई थी। मंदिर के एक कोने में पूजा में इस्तेमाल किए गए फूल-पत्तों व अन्य सामग्री का ढेर लगा हुआ था, जिस कारण वहाँ बदबू आती थी और मक्खी-मच्छर मँडराते रहते थे। इसके चलते लोग वहाँ जाने से कतराते थे।

एक दिन गौरी अपने नानाजी के साथ मंदिर गई। शांत वातावरण और पक्षियों की चहचहाहट उसे बहुत अच्छी लगी, लेकिन गंदगी और अव्यवस्था देखकर उसे दुःख भी हुआ। तभी उसके मन में एक विचार आया।

“नानाजी, अगर हम यहाँ फूल-पौधे और पेड़ लगा दें, तो यह जगह कितनी सुंदर हो जाएगी!” गौरी ने उत्साह से कहा।

नानाजी मुस्कुराए, “अरे वाह! यह तो बहुत अच्छा विचार है, गौरी!”

मंदिर के पुजारी जी और नाना जी के मित्र रामधनी जी और दिलीप बाबू भी इस योजना को सुनकर खुश हुए। दिलीप बाबू बोले, “अगर यहाँ साफ-सफाई और हरियाली हो जाए, तो मैं बच्चों को यहाँ बैठाकर पढ़ा भी सकता हूँ।”

अगले ही दिन सब मिलकर काम में जुट गए। रामधनी जी एक माली को ले आए और नाना जी नर्सरी से कई फूलों के पौधे और छायादार पेड़ लाए। सभी ने मिलकर मंदिर परिसर की सफाई की किसी ने झाड़ू लगाया, किसी ने मिट्टी खोदी और किसी ने पौधे लगाए। गौरी और बाकी बच्चे बड़े उत्साह से पौधों में प्रतिदिन पानी डालते रहे।

धीरे-धीरे मंदिर के आस-पास का माहौल बदलने लगा। वहाँ हरा-भरा बगीचा बन गया और वातावरण साफ व सुंदर हो गया। यह देखकर लोगों ने वहाँ कूड़ा डालना भी बन्द कर दिया। अब रोज बच्चे वहाँ आने लगे। गौरी अपनी सहेलियों के साथ आती और दिलीप बाबू के पास बैठकर पढ़ाई करती। बच्चे ध्यान से उनकी बातें सुनते और बहुत खुश रहते।

मंदिर का बदला हुआ रूप देखकर सब खुश

हुए। अब वहाँ साफ-सफाई और शांति थी। बुजुर्ग टहलने आने लगे, लोग पूरे उत्साह से पूजा करने आने लगे, और बच्चे खेलने व सीखने लगे।

यह सब देखकर गौरी मुस्कुराई—उसे समझ आ गया था कि मिलकर किया गया छोटा-सा प्रयास भी बड़ा बदलाव ला सकता है।

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साँप की छतरी

"अरे कुशल, देख! आम के पेड़ पर साँप की छतरी!"

रोहन घबराकर बोला, "हम उधर नहीं जाएँगे, मुझे डर लगता है!"

कुशल हँसते हुए बोला, "अरे डरपोक! वहाँ कोई साँप नहीं है, वो तो सिर्फ 'साँप की छतरी' है।"

यह कहकर कुशल ने रोहन का हाथ पकड़ा और उसे पेड़ के पास ले गया। लेकिन रोहन ने जल्दी से अपना हाथ छुड़ाया और दूर जाकर खड़ा हो गया।

"कुशल, साँप इतनी छोटी-सी छतरी के नीचे कैसे बैठेगा?" रोहन ने डरते हुए पूछा।

कुशल मुस्कुराया, "चलो, इसी छतरी से ही पूछ लेते हैं!"

कुशल ने मजाक में कहा, "अरे छतरी, रोहन को बताओ, तुम्हारे नीचे साँप कैसे रहता है?"

तभी जैसे कोई मीठी-सी आवाज सुनाई दी—“दोस्तों, मुझे बच्चे ‘साँप की छतरी’ कहते हैं, लेकिन मेरे नीचे कोई साँप नहीं रहता। यह तो बस बच्चों की अटखेलियाँ हैं।”

कुशल और रोहन यह सुनकर दंग रह गए। दोनों छतरी की तरफ बड़ी-बड़ी आँखों से देखने लगे, मानो सुन्न पड़ गए हों।

छतरी फिर बोली, “मैं असल में बरसात के दिनों में सड़ी-गली लकड़ी या गीली मिट्टी पर उगती हूँ। आपने मुझे और कहाँ देखा है? जरा सोचो... पेड़ों की टूटी टहनियों और पत्तों के ढेर के पास।”

“ओह हाँ!” रोहन बोला, “मैंने सच में देखा है।”

छतरी मुस्कुराई, “मेरे कई रंग और आकार होते हैं। मुझे हिंदी में छत्रक, खुम्ब या खुम्भी भी कहते हैं। कुछ जगहों पर मुझे ढिंगरी, फुटु, भुछत्र और पिहिरी भी कहा जाता है।”

“वाह!” दोनों दोस्त एक साथ बोले।

छतरी ने आगे बताया, “विज्ञान की भाषा में मुझे ‘कवक’ (फंगस) कहते हैं। मैं पौधा नहीं हूँ, इसलिए मेरे पास जड़, पत्तियाँ या फूल नहीं होते। मैं अपना भोजन सड़ी-गली चीजों से प्राप्त करती हूँ।”

कुशल ने उत्साहित होकर पूछा, “तो क्या तुम किसी और काम भी आती हो?”

छतरी हँस पड़ी, “हाँ! तुम्हारे पिज्जा पर जो मशरूम सजा होता है, वह मेरे ही परिवार का हिस्सा है। उसे उगाया भी जाता है और वह सेहत के लिए अच्छा होता है। उसमें प्रोटीन, फाइबर और कई विटामिन होते हैं।”

रोहन का डर अब थोड़ा कम हो रहा था।

छतरी ने प्यार से कहा, “लेकिन याद रखना, मेरी कुछ प्रजातियाँ विषैली भी होती हैं, इसलिए बिना जानकारी के मुझे छूना या खाना सही नहीं है।”

रोहन मुस्कुराया और बोला, “अब मैं तुमसे बिल्कुल नहीं डरूँगा! तुम तो बहुत मजेदार और समझदार हो, दिखने में भी और खाने में भी।” यह सुन सब खिलखिलाकर हँस पड़े।

छतरी हँसते हुए बोली, “देखा! डरना नहीं, सीखना चाहिए!”

अब रोहन के मन से डर पूरी तरह गायब हो चुका था।



आम का मौसम

देखो आया प्यारा-दुलारा, आम का मौसम,
मीठी-मीठी रस की धारा, आम का मौसम ।।

लाल, पीले, हरे हैं कुछ, कुछ हैं सिंदूरी,
महक उठा है बाग सारा, आम का मौसम ।।

आम के पेड़ों में पहले आई थी बौर,
अब तो आया प्यारा-प्यारा, आम का मौसम ।।

लीचियाँ, शहतूत आए, आ गए हैं जामुन और बेर,
सबसे प्यारा फिर भी हमारा, आम का मौसम ।।

गर्मियाँ जो आई हैं, तोहफे में संग लाई हैं,
कुल्फी-फालूदा संग न्यारा, आम का मौसम ।।

छुपम-छुपाई, पकड़म-पकड़ाई, चोर-पुलिस सिपाही ।
खेल-कूद और हंसी से भरा, प्यारा आम का मौसम ।।

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Little Bravehearts: Mamta Dalai

In Kendrapara, Odisha, the April days were very hot. Six-year-old Mamta Dalai lived there with her parents and her elder sister, Asanti.

One morning, the sisters went to the village pond for a bath. The water was cool and refreshing. They laughed and splashed as they swam. But they did not see the danger nearby. A crocodile moved silently through the water. Suddenly, it grabbed Asanti's leg in its powerful jaws.

Asanti screamed. Mamta turned and froze for a moment. She was scared—but she knew she had to act immediately. "I must save her," she thought.

Mamta held Asanti's arm and pulled with all her strength. The crocodile did not let go. Then Mamta spotted a floating branch. Holding her sister tightly, she picked it up and struck the crocodile on its nose.

Once.

Twice.

Again and again.

At last, the crocodile loosened its grip and slipped away.

Mamta quickly pulled Asanti to safety. "Help! Crocodile!" she shouted. Villagers rushed to the pond and took Asanti to the hospital. Soon, everyone heard about Mamta's bravery.

People asked, "Were you not afraid?" Her father smiled and said, "My daughter's love was stronger than her fear."



Her mother said, "I am proud of you, Mamta." Asanti whispered, "Thank you." Mamta smiled, her heart full of love.

On 26 January 2018, Mamta received the National Bravery Award. She was the youngest child to be honoured that year. And from that day on, she was known as a true little braveheart.

Have you recently helped someone?
Share with us.



अंतर्राष्ट्रीय योग दिवस: एक मजेदार और सेहतमंद सफर!

क्या आपने कभी किसी बिल्ली को सुबह उठकर अपनी पीठ को ऊपर की तरफ खींचते हुए देखा है? या किसी मेंढक को एक लंबी छलांग लगाने से पहले बिल्कुल शांत बैठे हुए? जरा सोचो, अगर आपका शरीर भी उतना ही लचीला और फुर्तीला हो जाए, तो कितना मज़ा आएगा!

आज हम एक ऐसे ही मजेदार सफर पर निकलने वाले हैं, जिसे हम 'योग' कहते हैं। हर साल 21 जून को पूरी दुनिया में अंतर्राष्ट्रीय योग दिवस मनाया जाता है। यह दिन किसी त्योहार से कम नहीं है, क्योंकि यह हमें सिखाता है कि कैसे हम खेल-खेल में अपने शरीर को

मज़बूत और दिमाग को सुपर-शार्प बना सकते हैं। हर वर्ष योग दिवस की एक थीम होती है। इस वर्ष अंतर्राष्ट्रीय योग दिवस 2026 की थीम **"Yoga for Healthy Ageing"** अर्थात् **"स्वस्थ आयु के लिए योग"** है।

योग केवल शरीर को स्वस्थ रखने का तरीका नहीं है, बल्कि यह मन

को शांत, भावनाओं को संतुलित और जीवन को खुशहाल बनाने में भी मदद करता है। योग हमें अपने अंदर और आसपास के लोगों के साथ प्रेम, शांति और संतुलन बनाए रखना सिखाता है। योग का अर्थ है: अपने शरीर, अपनी सांसों और अपने मन को एक साथ जोड़ना।

योग क्यों है बच्चों के लिए सुपरपावर?

जैसे सुपरमैन के पास उड़ने की ताकत है और स्पाइडरमैन के पास जाले फेंकने की, वैसे ही योग करने वाले बच्चों के पास भी कुछ खास शक्तियाँ आ जाती हैं:

- **लचीलापन:** योग करने से आपका शरीर रबर की तरह लचीला हो जाता है।
- **फोकस और एकाग्रता:** योग करने से आप एक जगह ध्यान लगाना सीख जाते हैं।
- **तनाव से छुट्टी:** योग तनाव और चिंता को दूर करने में मदद करता है।



- **मजबूत इम्यून सिस्टम:** योग आपके अंदर 'बीमारी से लड़ने की क्षमता को बढ़ाता है।'

प्रकृति से सीखें योग: मजेदार आसन

हजारों साल पहले, जब भारत के ऋषियों ने योग की शुरुआत की थी, तब उन्होंने जंगलों में जानवरों, पक्षियों और पेड़ों का गहन अध्ययन किया। उन्होंने देखा कि जानवर कभी बीमार नहीं पड़ते और पेड़ हमेशा सीधे और मजबूत खड़े रहते हैं। इसलिए उन्होंने उनके जैसे ही आसन बनाए। आइए, हम भी कुछ आसन आजमाते हैं:

1. **वृक्षासन (Tree Pose):** सीधे खड़े हो जाएँ। फिर धीरे से अपने एक पैर को उठाएं और उसे दूसरे पैर के घुटने के पास टिका लें। दोनों हाथों को ऊपर ले जाकर आपस में जोड़ लें। अपने सामने किसी एक जगह/वस्तु पर ध्यान लगाएं और बिना हिले-डुले 20 से 30 सेकंड तक एक मजबूत पेड़ की तरह खड़े रहने की कोशिश करें। धीरे से वापस आएँ और दूसरे पैर को घुटने के पास टिकाकर इस आसन को दोहराएं। एक बात का पूरा ध्यान रखना है: चाहे कितनी भी तेज हवा हो, पर पेड़ को गिरना नहीं है!



2. **भुजंगासन (Cobra Pose):** पेट के बल लेट जाएँ और अपने दोनों पैरों को आपस में जोड़ कर माथे को जमीन पर टिकाएं। अपने दोनों हाथों को शरीर के पास लाएं और धीरे-धीरे सांस अंदर लेते हुए शरीर के ऊपरी हिस्से को नाभि तक ऊपर उठाएं। इस स्थिति में 20 से 30 सेकंड तक बने रहने की कोशिश करें। धीरे से वापस नीचे आएँ और पुनः प्रयास करें। यह आसन आपकी पीठ को मजबूत बनाता है।



3. **उष्ट्रासन (Camel Pose):** जमीन पर घुटनों को मोड़कर पैरों पर आराम से बैठ जाएँ। फिर धीरे से अपने घुटनों के बल खड़े हो कर घुटनों व पंजों के बीच थोड़ी सी दूरी बना लें। अपने हाथ कमर पर रखें और अब सांस लेते हुए धीरे-धीरे पीछे की ओर झुकें। अपने हाथों से पैरों की एड़ियों को पकड़ने की कोशिश करें। पैरों से नाभि तक शरीर को सीधा रखते हुए सिर को हल्का सा पीछे की तरफ झुका लें। इस स्थिति में 10 से 20 सेकंड तक बने रहने की कोशिश करें। धीरे से वापस सीधे हो जाएँ और विश्राम करें।



एक रोचक गतिविधि: "योग एनिमल फैशन शो"
अपने दोस्तों या परिवार के साथ यह मजेदार खेल खेलिए!

1. एक-एक करके किसी जानवर का नाम चुनिए।
2. अब उस जानवर की तरह योग पोज़ बनाइए।
3. साथ में उसकी आवाज़ और चाल की नकल भी कीजिए।

उदाहरण:

- साँप बनकर भुजंगासन
- तितली बनकर तितली आसन
- शेर बनकर सिंहासन
- मेंढक बनकर मंडूकासन
- बिल्ली बनकर मार्जरी आसन

आपके दोस्त अंदाजा लगाएंगे कि आप कौन-सा जानवर बने हैं।

जो सबसे मजेदार योग पोज़ बनाएगा और पहचान पाएगा, वो बनेगा: "योग जंगल का सुपरस्टार!"

Laughing Together

'Laughing Together', published by the National Book Trust India, under its dedicated series ACCU, is a special collection of stories, riddles, and proverbs from the Asian-Pacific countries.

This book reassures that even though we live in different places, storytelling is a bridge that connects us all.

The following excerpt is from a humorous tale from Sri Lanka where a man got named after a sweet because of his habit of eating it too much.

Kevun is a national sweet of Singhala people of Sri Lanka. It is made with jaggery and flour and is fried in oil.

There was once a man who ate kevun at all times of the day and the people called him "Kevun Appu". In brother Gunda's tea shop there was always a plate of freshly made kevun in the glass cupboard. Brother Gunda's wife made them. This was the only tea-shop in the whole village. That was why they did a brisk business. Brother Gunda himself brewed the tea in a bowl. He would add milk and sugar to it and stir it with a spoon noisily. Then he poured it from one bowl to another until it was frothy. Delicious tea he made.

Kevun Appu always had a scarf slung over his shoulder. It was a common practice with villagers to throw a scarf over the shoulder with the keys tied to the end. Kevun Appu did not have a bunch of keys so he had only the scarf.

Since the day people began calling him Kevun Appu, he had been very



embarrassed. Nevertheless, he did not stop eating the sweet, soft kevun as many times a day as he wished. And when he ate them, he always covered his mouth with a corner of the scarf. Thus the scarf had become very necessary for his eating kevun.

One day Kevun Appu walked into the tea-shop. He sat down on the bench and asked for kevun. Then he felt about his shoulders for the scarf. But it was not there. He could not eat the kevun without it. He looked about him ...

Some little children were playing marbles by the gravel road. Kevun Appu walked up to them.

"You pinched my scarf when I walked this way, a while ago, didn't you?" he asked them.

They looked at him and their faces brightened with smiles. "Return my scarf to me, or else I will ..." he threatened

them. The children whispered something to one another. Then they laughed. Picked up their marbles and ran away laughing.

Kevun Appu was helpless. He stood and wondered. "Who could have taken my scarf?" he asked himself. "This is a great joke. I will get the culprit," he muttered as he made his way back to the tea-shop. He climbed the three steps and began to bawl.

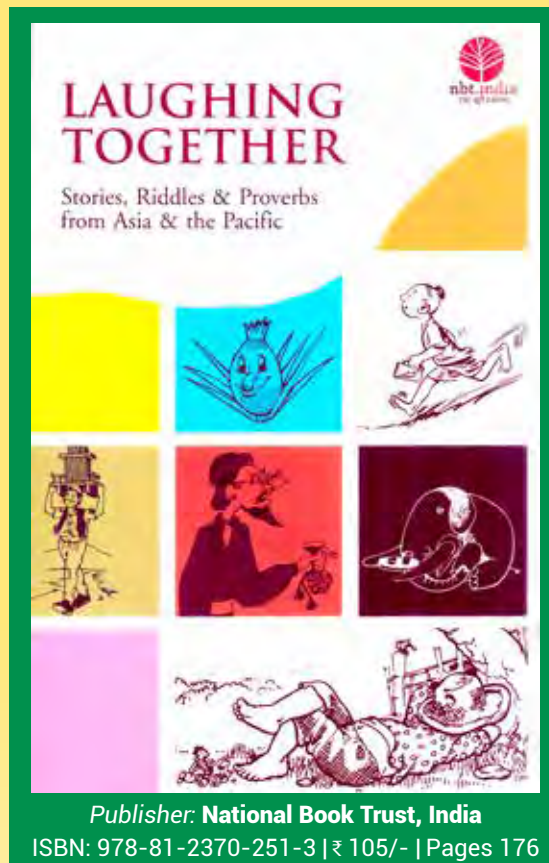
"This is no laughing matter. Do you hear me?" My scarf will have to be given back ..."

Brother Gunda's wife brought in another plate of steaming hot kevan and placed it in the glass cupboard. The men on the bench helped themselves to it.

"Have a kevan, brother, everything will be fine." said Brother Gunda. Kevun Appu's anger knew no bounds.

"Oh! How terrible this is ... Why don't you give back my scarf?" He was nearly in tears.

"I will go mad!" he said holding his head in both hands. Then his mouth opened like an "O" and his eyes looked heavenwards, for there was the scarf, neatly tied around his head!



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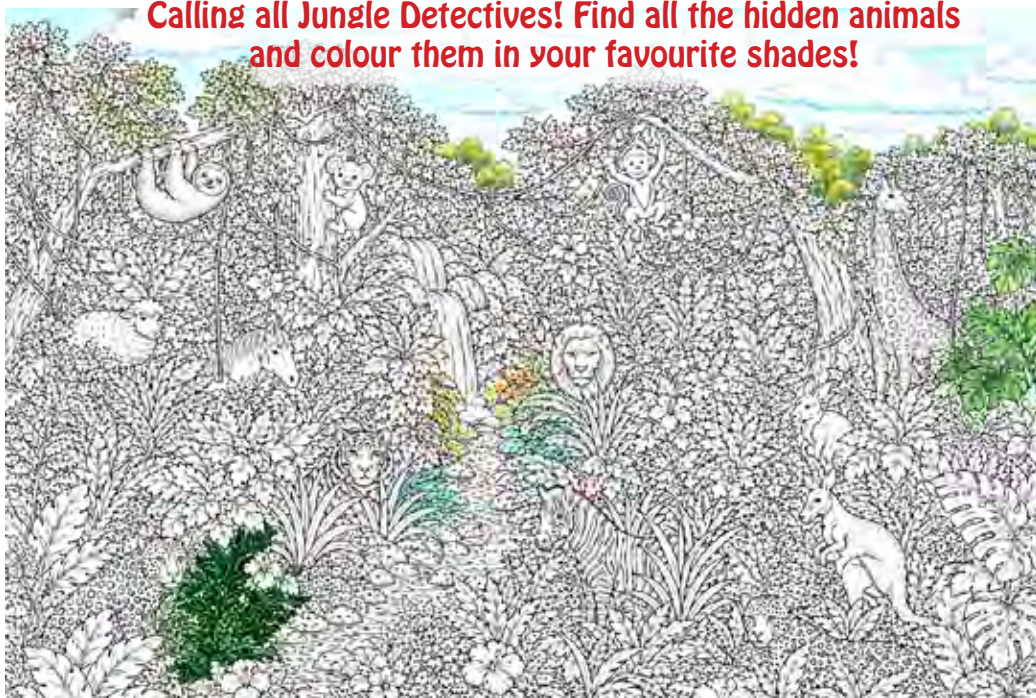
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Word Search

Can you find all the Animals?

K	R	D	O	A	L	I	O	N	B	E	A	R	H
E	A	O	K	L	R	L	E	O	P	A	R	D	A
G	B	G	A	O	M	G	I	R	A	F	F	E	T
S	B	A	N	L	O	S	O	T	E	E	E	N	E
H	I	O	G	A	N	I	Q	A	R	B	E	Z	E
E	T	E	A	F	K	E	R	U	G	F	O	M	H
E	S	F	R	F	E	L	G	O	I	G	B	S	C
P	H	O	O	U	Y	R	A	T	P	R	E	L	O
S	R	C	O	B	O	T	O	T	E	A	R	M	Y
L	S	T	A	M	R	O	S	E	S	T	N	E	E
O	E	I	B	M	L	H	O	R	S	E	K	D	L
T	F	G	D	E	E	R	E	D	A	N	F	O	A
H	R	E	A	G	E	L	R	M	O	C	I	I	D
Z	A	R	D	E	O	A	E	D	K	O	A	L	A

Calling all Jungle Detectives! Find all the hidden animals and colour them in your favourite shades!





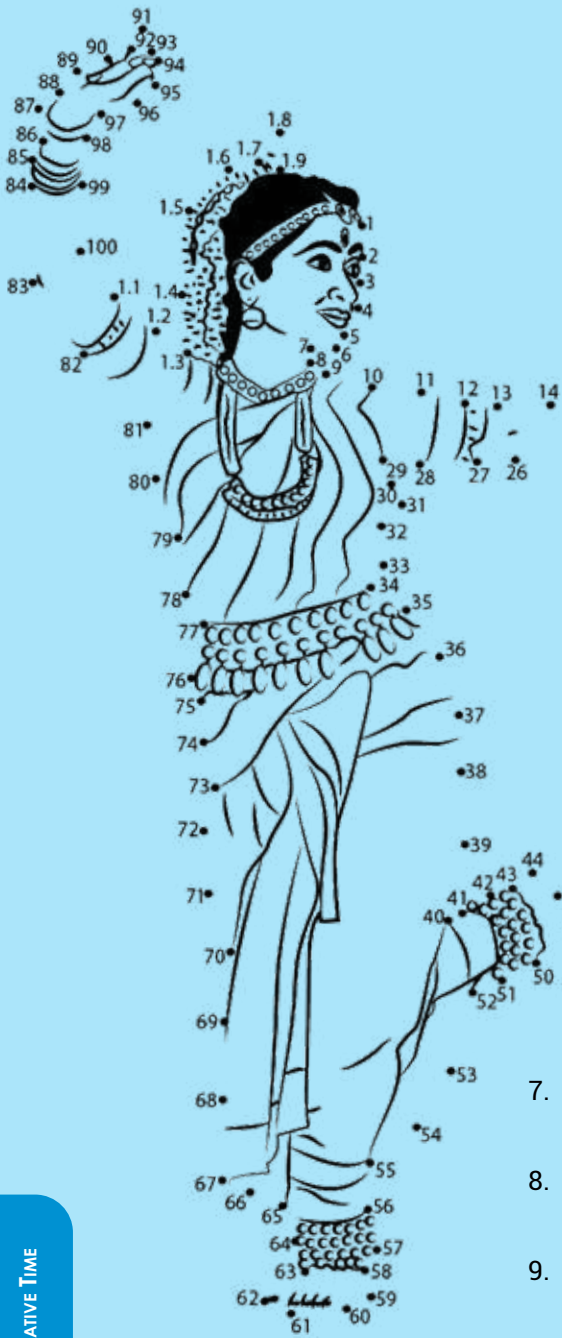
Gratitude Tree

Have you ever felt so happy that you wanted to do a little happy dance? That feeling is called Gratitude! It's like a warm hug for your heart. Being grateful just means saying a big, giant **"THANK YOU!"** to the world for the awesome things in your life. It can be for your wonderful mom, cute baby brother or something teeny-tiny like finding a really cool-shaped rock.

See the **Gratitude Tree** below. It's looking a little bare, and it needs **YOU** to help it grow! Grab your pens and colours, think of something that makes you smile, fill the leaves! Write a word or draw a tiny doodle on each leaf to show what you are thankful for.



Know Your State TAMIL NADU

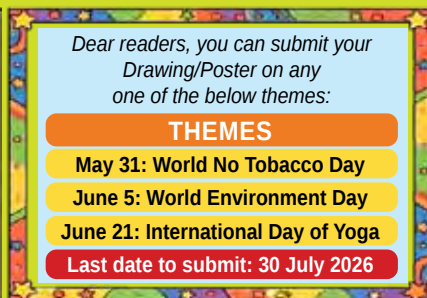


Fill in the blanks:

1. The Capital of Tamil Nadu is C__nn__i.
2. __a__i__ is the official language of Tamil Nadu.
3. Anaimalai Wildlife Sanctuary is situated in C__im__at__r__.
4. D__dd__b__tta is the highest peak of Tamil Nadu.
5. W__st__r__ G__at__ hill range lies on the western boundary of Tamil Nadu.
6. __an__ak__m__r__ is the southernmost tip of the Indian mainland in Tamil Nadu.
7. Classical dance originated in Tamil Nadu is called B__a__a__na__ya__.
8. The classical music tradition of Tamil Nadu is called __arn__tic.
9. M__h__b__l__p__r__m is a UNESCO World Heritage site that features rock-cut temples and the Shore Temple.
10. The state fruit of Tamil Nadu is J__c__f__u__t.

Answers – 1) Chennai, 2) Tamil, 3) Coimbatore, 4) Doddabetta, 5) Western Ghats, 6) Kanyakumari, 7) Bharatnatyam, 8) Carnatic, 9) Mahabalipuram 10) Jackfruit

Vidya aur Gyan ki Batein



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