

East Delhi's First Magazine on Art & Culture



# KalaShristi

Art & Culture Magazine

February-March, 2006

Issue VI

Rs.30

## Ellora

*Enshrines the wisdom,  
philosophy, mythology  
and the artistic ethos of  
early medieval India*

Must See  
Page no.

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Slow Learning—not a Handicap

Kalakriti's colourful Excursion

The Cap Over the Earth

Tulips





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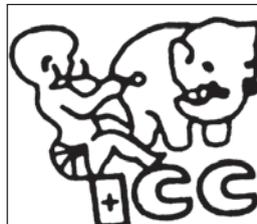
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## Slow Learning – not a Handicap



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## Observe for Fun- Observe to Learn.

Observation is a very important aspect in our lives, but are we not lacking in practicing it in our daily lives. Every body is running around hurriedly racing with the time!! Relax and sit for a while and observe the world around us, just look at the leaves of the plants, the blooming flowers, the little buds, the chirping of birds and so on.... The shapes around, how many things are created by these shapes. Have we ever thought about it? If the elders develop the habit of observing the nature, the children are sure to follow.

The habit of observing, being with the nature develops concentration while it also relaxes the mind. This is a creative way of improving upon academics for the children. Observing the nature can be developed as an interesting hobby.

Dear Readers-An interesting column has been incorporated by the name of *'World Around Us'* in the magazine, to make one realize what wonderful things are around us, subjects related to science, geography, discovery, inventions, wild life, people and their costumes etc. to name a few will be covered one by one. Hope every body enjoys this column and please do write to us with valued suggestions and comments for further improvement of the magazine.

*Prashanto*

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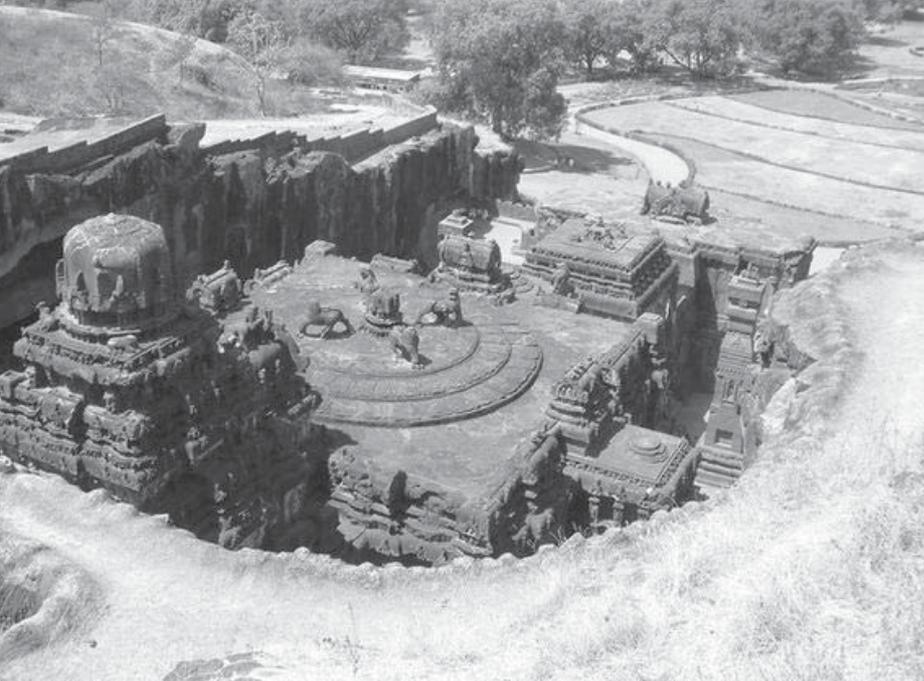
# Ellora

*Enshrines the wisdom, philosophy, mythology and the artistic ethos of early medieval India*

About 30 km from Aurangabad in Maharashtra, one may witness the mesmerizing architectural splendour of the cave temples in the background of religious tranquility. Constructed between the fifth and eighth centuries A.D, Ellora enshrines the wisdom, philosophy, mythology and the artistic ethos of early medieval India. One may wonder how it all is accomplished by hammer and chisel held in hands.

There are some 34 caves, 16 of them are Hindu, 13 Buddhist and five of Jain faith. However, build on a single stone, the Kailasa temple is one of the glorious achievements. Transcending the earlier concept of a cave temple hollowed out of rock, the whole splendid structure of Kailasa is an enormous monolithic rock carving in architectural form. The scale at which the work was undertaken is enormous. 300 ft. by 175 ft. rectangular enclosure 200 ft long, 100 ft wide, and 100 ft high shrine at its apex, the monument from top to bottom is studded with iconographical sculptures with Vedic and Puranic connotations. It entailed removing of 200,000 tonnes of rock and took 100 years to be completed. Three trenches were cut down into the rock and beginning from the top of the cliff, work progressed down the base. Massive

rocks had to be left intact to fashion the inner sanctuary, the porch, the two free standing pillars, the life sized elephant in the courtyard, lesser shines and cloisters. The main shrine was placed on a high podium which was carved in a continuous frieze of lions and elephants. The deep relief of Shaivite themes and incidents from the Puranas profusely ornament Kailasa to appear like almost free standing sculptures.



*Kailasa—Mesmerizing sculpturous and architectural splendour.*

## Kailasa Temple - the largest monolithic structure in the world

The other Buddhist caves as well as the first few Hindu caves are fairly unremarkable and do not prepare you for the magnificence of Kailasa Temple or Cave 16. Believed to have been started by the Rashtrakuta king, Krishna I.

Its excavation must rank as an architectural wonder. Two great trenches some 90 meters long were dug into the hillside. They were connected at the deepest point by another trench 53 metres across. The temple was meant to appear as though rising from a vast courtyard at ground level.

The great block of residual rock, rising 30 metres, was then carved into the three- storeyed *vimana*, the main *mandapa*, two giant *dhwajasthambas* or pillars, and four sub- shrines. Beginning at the top, the mass of rock was hewn into shape, and as each layer was shaped, the carves began ornamenting the structure. Each layer was thus hewn and decorated completely before moving downward, thus eliminating the need for any scaffolding.

The temple is dedicated to Shiva and named for his mountain home in the Himalayas, the snow- peak Kailasa. The main shrine and the Nandi *mandapa* are built on a plinth, over 7.8 metres high, with its entire vertical surface carved with mythical animals and gargoyles.

## The Main temple

Two storeys of corridors have been carved into the mountain, ringing the temple on three sides. These corridors are studded with small alcoves, all containing a wealth of sculpted figures telling the tales of the great Hindu epics, the *Mahabharata* and the *Ramayana*. Among the narrative friezes is the descent of river Ganga, and one of Ravana shaking Mount Kailasa. The architectural style and intricate sculpture is similar to

Virupaksha Temple at Pattadakal that had been completed a decade before.

## The Chota Kailasa

A further 2 kms along the rock-face are the Jain caves, the most recent of the lot, having been excavated between AD 800-1100. Of these the **Chhota Kailasa (Cave 30)** and the **Indrasabha (Cave 32)** are the most noteworthy. Chhota Kailasa is a miniaturised version of the stupendous Hindu Kailasa Temple.

However, the masterpiece of the Jain caves is the two-storeyed **Indrasabha** temple. The doorway opens onto a courtyard containing a small shrine, but the temple itself is a large edifice attained by a high flight of steps and flanked by a huge '**Dhwajsthamba**' '**Kirtisthamba**' and a statue of an elephant. The three-sides of the central quadrangle are carved over to produce a two-storeyed façade

containing a series of shrines to the many Jain *tirthankaras* or saints. What staggers one at Ellora is the realisation that all that beauty one beholds was fashioned by human hand, more than a millenium ago 🌸

## GETTING THERE:

Aurangabad is the nearest base for reaching these caves. From here Ellora is just 29 kms and Ajanta 99 kms. The nearest Airport is also that of Aurangabad. Aurangabad also provides the nearest railhead with trains connecting the place from all over the country. The Ajanta-Ellora caves are well connected by road. Both private and state transport buses are available for these caves.

## CLIMATE:

Though the caves can be visited through the year, the best months to come here is between October and March. The climate here is moderate with summers being hot and winters cool.



# Slow Learning – not a Handicap



**Manjeet Kaur**  
Teacher, Special Education Cell-  
Bharatiya Vidya Bhawan

Many great men were  
Slow or Weak Students



uman being can be classified into four  
categories:

Bright, Average, Slow and Retarded.

Who is slow Learner? Slow learner is regarded as these pupils who are unable to cope with the schoolwork, normal for their age group.

The general Intelligent Quotient (IQ) is between 75-90. IQ of 100 is considered as an average.

### Reasons of becoming a Slow Learner:

- Due to injury of central nervous system at the time of birth or thereafter.
- Due to defect in brains chemical metabolism.
- Psychological factors.
- Hard neurological signs.
- Hard of hearing.
- Slow development of left hemisphere of the brain.
- Adverse biological factors.
- Poor academic family atmosphere.
- Economically backward families.
- Over opportunistic for experience by the child.
- Defective vision.

### Characteristics of Slow Learner:

- A Slow Learner child is normal in appearance.
- Slow Learner often has short attention span and poor memories.
- They may not mix freely with other children.
- They are slow in reading and arithmetic but not in other activities.
- They often have difficulty understanding things in verbal form, though their spelling can be quiet good.
- They feel difficulty in study skills such as note taking and listening.



A play presented by few Slow Learners.

- They cannot be focused on a single topic and easily get distracted by details that are not essential.
- They are not curious in life and live in fantasy.
- They also lack confidence.

### Teaching Techniques:

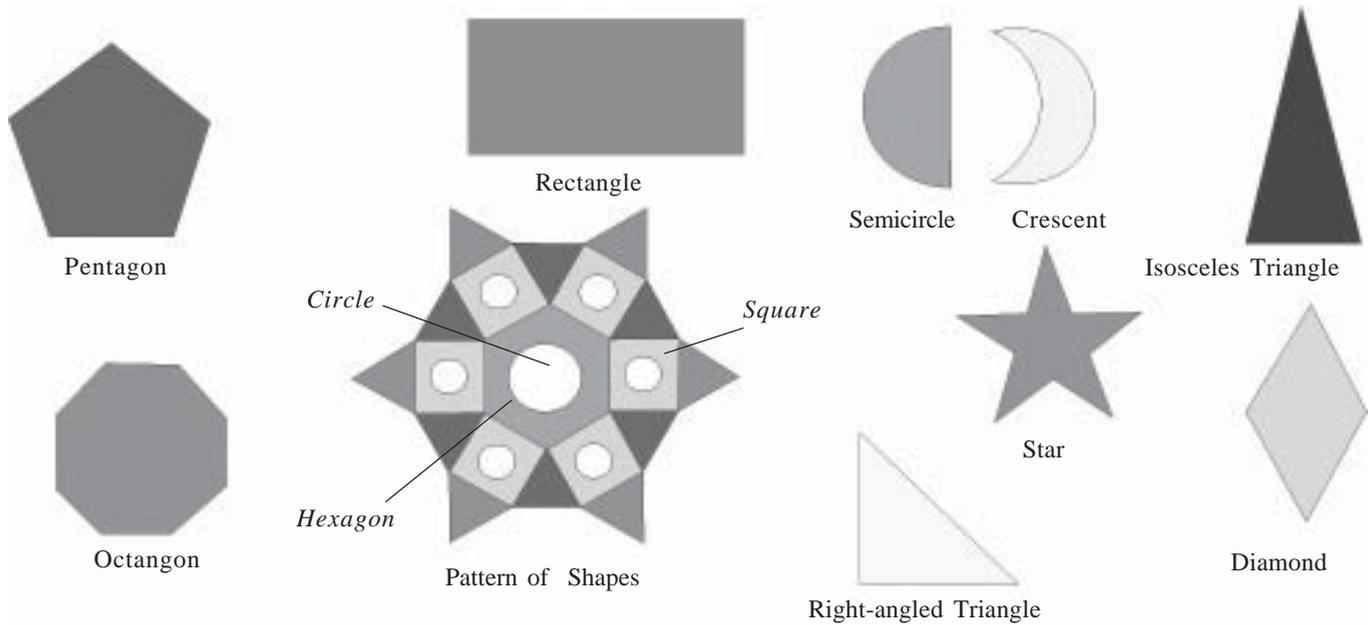
- Make lessons short and limit the working time.
- Design short activities.
- Emphasize strengths, use lots of praise and reinforcement frequently.
- Make lessons according to their interest need and experience.
- Use audio/visual materials to make lessons interesting.
- Add variety to the academic routines like educational games, puzzles, dramatization, art, music etc.
- Slow Learners need repetition with lots of practice along with activities.
- Specify meaningful, concrete activities rather than abstract.
- Identify his / her interests and devote your time to work with them.
- Encourage oral expression instead of written expression.
- Reduce distractions by providing a quiet private place to work.
- Provide feedback so that he / she knows when he had responded correctly.
- More a child thinks and experiences more growth in his intelligence takes place 🌱

# World Around Us

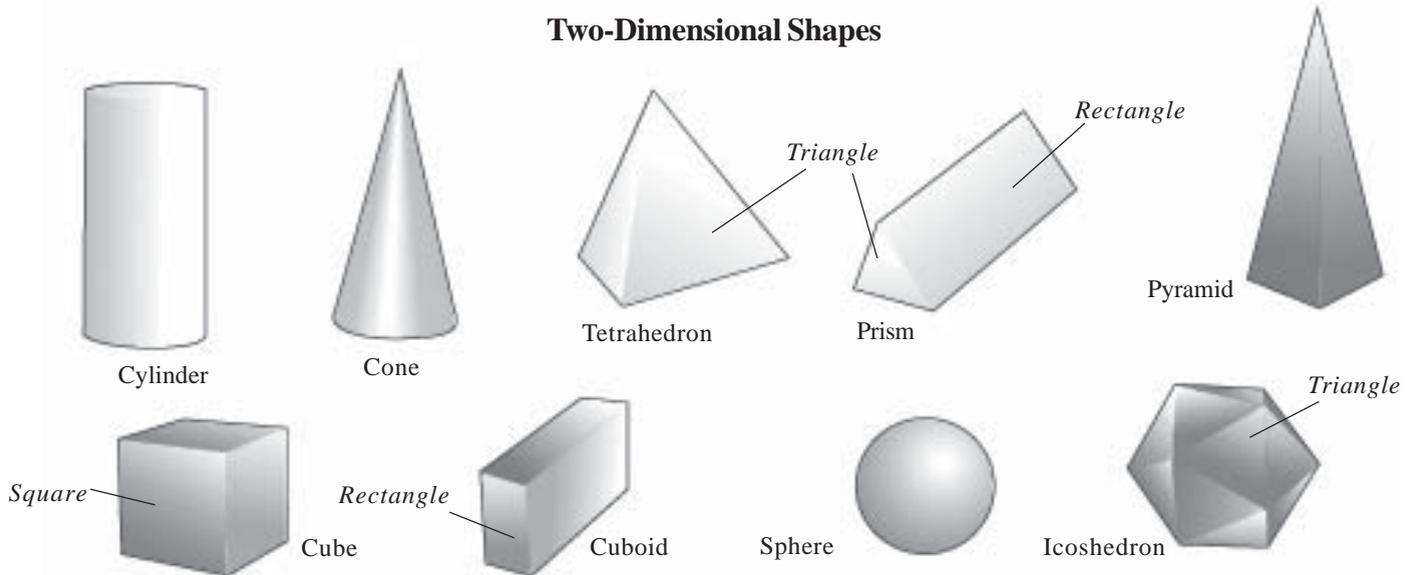
An interesting column has been incorporated by the name of 'World Around Us' in the magazine, subjects related to science, geography, discovery, inventions, wild life, people and their costumes etc. to name a few will be covered one by one. Hope every body enjoys this column and please do write to us with valued suggestions and comments for further improvement of the magazine.

Lets start with the **SHAPES**. Everything has a shape, some shapes are two-dimensional, because they have width and height, but no depth. Some shapes are three-dimensional, because they have width, height and depth.

## Two-Dimensional Shapes



## Two-Dimensional Shapes





पराग कुमार मांदले

# नन्हीं आँखों के बड़े सपनों को करें प्रोत्साहित

## कि

सी नये लेखक की एक पुस्तक प्रकाशित हुई। स्वाभाविक था, घर में उस पुस्तक की कई प्रतियाँ आयीं। मिलने-जुलने वाले लोग भी इस बीच आते तो पुस्तक की चर्चा अवश्य होती। लेखक के दो बच्चे थे। एक आठ साल का और दूसरा पाँच साल का। छोटे बेटे का अभी-अभी अक्षरों से परिचय हुआ ही था। एक-एक अक्षर पहचानकर वह छोटे-छोटे शब्दों को पढ़ने और उसी तरह से लिखने का प्रयास करने लगा था।

एक रात जब लेखक अगले दिन किसी पत्रिका में प्रकाशन के लिए कोई जरूरी लेख लिख रहा था कि उसका छोटा बेटा उनके कमरे में आया। लेखक ने प्रश्नवाचक निगाहों से उसकी ओर देखा। उसने भोलेपन से कहा, पापा मुझे कहानी लिखनी है। पापा ने बिना उसकी ओर देखे कहा, प्लीज बेटा, इस समय मैं बहुत जरूरी काम कर रहा हूँ। तुम मुझसे बाद में बात करना। बेटे का चेहरा अचानक बुझ गया। लेखक की पत्नी दिन भर की व्यस्तताओं से थकी-हारी अभी-अभी लेटी ही थी। वह तुरंत उठकर बैठ गयी। पुत्र को अपने पास बैठाते हुए उसने पूछा, अरे वाह! कौन-सी कहानी लिखनी है मेरे बेटे को? बेटे के चेहरे पर उत्साह लौटा, आम और इमली की कहानी माँ। अच्छा एक बात बताओ, मैं कहानी लिखूंगा तो क्या वह कहीं छप भी जाएगी?

उसके भोले-से प्रश्न पर माँ मुस्करा दी। उसने तुरंत उठकर उसे एक डायरी और पेंसिल दी। बेटे ने अगले आधे घंटे में उस डायरी में कहानी के नाम पर माँ से यह पूछ-पूछ कर कि यह और वह अक्षर कैसे लिखते हैं, तीन-चार पंक्तियाँ लिखीं और फिर थककर वहीं सो गया।

इसमें संदेह नहीं कि लेखक जो काम कर रहा था वह जरूरी था, मगर उसकी लापरवाही के चलते एक बहुत बड़ी दुर्घटना होने जा रही थी जो उसकी पत्नी की सतर्कता के चलते टल गयी। यदि उसकी पत्नी सतर्क न होती तो एक भावी रचनाकार की सृजनशीलता की भ्रूण हत्या हो जाती। मनुष्य बड़ा होकर जो बनता है, उसका बीजारोपण बचपन में ही उसकी मनोभूमि में हो जाता है। यदि उसे अनुकूल वातावरण मिले, सही दिशा मिले और सबसे बढ़कर पर्याप्त प्रोत्साहन मिले तो उसके भीतर के सृजनकार को

एक नन्हें से बीज से एक विशाल वृक्ष के रूप में परिणित होने से कोई नहीं रोक सकता।

आम माता-पिता के साथ सबसे बड़ी मुश्किल यह होती है कि वे यह कभी जान ही नहीं पाते हैं कि उनके बच्चों के भीतर सृजन के वे कौन-कौन से गुण हैं जिन्हें विकसित और प्रोत्साहित किए जाने की आवश्यकता है। इसके उलट अधिकांश मामलों में वे सृजन के प्रारंभिक चरण में ही अपनी गलत धारणाओं-मान्यताओं की वजह से बच्चों को हतोत्साहित करने का प्रयास करते रहते हैं।

कागज पर आड़ी-तिरछी रेखाएँ खिंचने वाले के भीतर शायद किसी कवि या कथाकार के बीज मौजूद हों, दीवारों को तरह-तरह की आकृतियों से रंग देने वाले के भीतर शायद कोई बड़ा चित्रकार छुपा बैठा हो। मगर हम बजाए उसे पहचानकर विकसित होने का अवसर देने के, यह कहकर कि क्यों कागज़ या दीवार गंदी कर रहे हो, उस कलाकार को अपने शुरुवाती दौर में ही कुचलने का अपराध कर बैठते हैं। बहुत कम लोग ऐसे होते हैं जो इसके बावजूद अपने भीतर के कलाकार को बचा लेने में सफल होते हैं।

बात सिर्फ कला की ही नहीं है। घर में आते ही किसी खिलौने को खोलकर उसके भीतर के पुर्जों को देखने को आतुर बच्चा कल का इंजीनियर हो सकता है। मगर हमारा ध्यान कभी इस ओर नहीं जाता। हम केवल इस बात पर क्रोध करते हैं कि किसी कीमती खिलौने को बच्चे ने बिगाड़ दिया है। मगर थोड़ा-सा प्रोत्साहन मिले तो शायद यह छोटा-सा बिगाड़ उसके जीवन को सँवार सकता है।

बच्चों की कल्पनाओं को, संभावनाओं को अनुकूल वातावरण मिल जाए तो वे सफलता की ऐसी उड़ान भर सकते हैं जिसका प्रशिक्षण किसी स्कूल, किसी कॉलेज या किसी अकादमी में नहीं मिलता। 🌱

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# Madhubani

# M

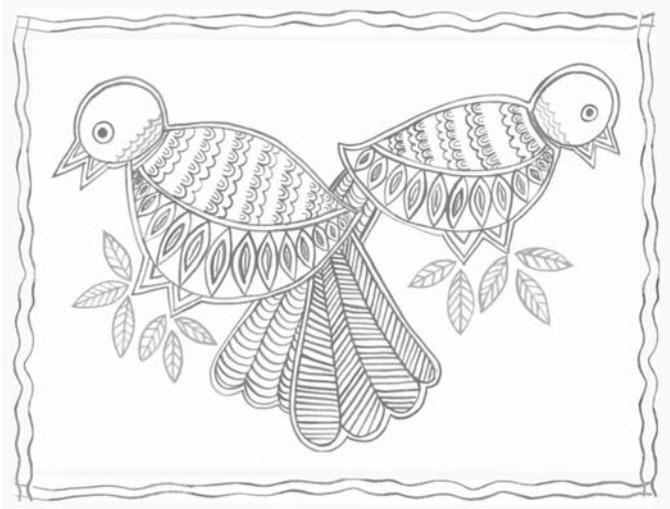
adhubani is a small village in Bihar. The folk art is known as Madhubani Art. Madhubani paintings have very intricate designs. Elements of the paintings are very simple. It is very interesting to draw these paintings. Some of the points to follow while drawing are:

1. There is always a border to the painting on all the four sides.
2. Every element has double lines.
3. There are not many anatomical details in the figures.
4. The colours used in the paintings are very bright and Pure colours are used. Some times the paintings are also done in single colour.

Earlier earth colours were used to paint. These colours were extracted from flowers, coal, spices and leaves etc. The earth colours never fade! They are permanent. The process of extraction of these colours is very lengthy and the colours can not be stored for a long time, so these days ready made poster colours or fevicryl colours are used to paint. Poster colours give a matt finish while the fevicryl colours have a shine to them.

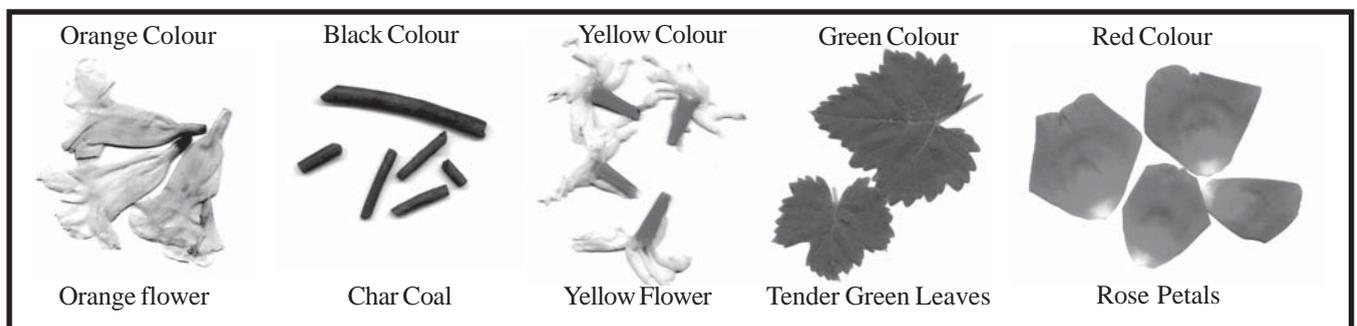


**Kirti B. Sarkar**  
Artist  
Kalakriti School of Art & Culture



Follow these steps to draw the paintings given below. Things needed fevicryl or poster colour, brushes, water and a hand made paper.

1. Draw the broders on all the four sides of the painting. Keep equal distance from the edge of the paper.
2. Draw the birds now.
3. Remember to put double outlines to every element.
4. Draw the border & the birds with black colour.
5. Now start using the colours were ever needed 





# Oral Hygiene

**Dr. (Mrs.) Saminder Talwar**  
BDS, MIDA

For overall well-being of the body the first step starts towards having a good oral hygiene. We have been endowed with 2 sets of teeth i.e. milk teeth and permanent teeth.

The formation of teeth starts in mother's womb, so care must be taken by the mother to ensure healthy teeth of her child. She should take adequate calcium supplements and proper diet.

The first milk tooth erupts at the age of six months and all milk teeth are present by the age 1-1/2 years. The first permanent tooth erupts at the age of 6 years.

**For maintaining good oral hygiene one should follow certain guidance, which are as follow:**

1. One should take good nutritive diet full of fiber, carbohydrates and protein.
2. One should consume refined carbohydrate like Colas, Chips, and Chocolates etc. in limited and small quantities.
3. One should not be empty stomach for longer hours and should not skip breakfast.

4. Brushing twice and brushing right is the most important.
5. Rinsing after every meal is also very important.
6. Six monthly dental check-up is also mandatory to ensure an overall well being of oral cavity.

## Structure of a tooth



**The tooth consists of three layers:**

1. The outer most layer is the enamel which is visible to the naked eye. It has no sensation. It's the hardest substance even harder than bone.
2. The Second most layer is Dentin. In it are present nerve endings, which are responsible for sensation in the teeth.
3. The inner most layer is pulp. It has nerve, blood and vessels.

**Common diseases of the oral cavity are:**

1. Pyorrhoea or Gum disease-It is the disease, which commonly affects the gum surrounding the teeth. To prevent this disease one should undertake s
2. Caries or Cavities-It is decay of the teeth of which if proper care is not taken many progress to further complication heading to destruction of the whole tooth resulting which can lead to removal of the tooth.

## Kalakriti's colourful Excursion 2006

An excursion full of colours, fun and frolic is always welcome. Like every year this year too Kalakriti School of Art & Culture (KSAC) organized an excursion on March 12, 2006. Kalakritians were taken to Suraj Kund this time. The scenic beauty inspired one and all to do the out door study (nature study). Suraj Kund was chosen to provide an all-together different atmosphere to work in. The different kinds of huts, folk paintings, beautiful gates, historic murals gave a feel of village. The students who have never visited the villages could get the feel of how it would be like living in the village.



*The scenic beauty inspired every kalakritians to do the out door study (nature study) with the natural colours.*

The age group of students was from 3+ to 40+. Children and elders were equally inspired by the ambience of the place.

Everybody worked using the natural colours of flowers and leaves under the supervision of Kirti and Prashanto K. Sarkar (Artist and Ex-student of College of Art). This was entirely a different experience when everybody is used to working with readily available colours in the market. The possibility of using colours from the nature was welcome change. The flowers and leaves used to colour the paintings were not plucked but were picked up from different places. These colours are permanent and never fade. Everybody made beautiful vibrant paintings, which they all treasured.

The students of different performing arts presented a cultural program, followed by lunch and h o l i celebrations with natural colours and chandan.



## Prize winning entries

# Tulips



“Tulips” a section of KalaShristi magazine, specially designed for the children who want to share their creative talents with us. We would appreciate their initiatives and encourage them by publishing the same in the magazine. Kindly send your entries with name, age, class, address, contact numbers in capital letters in a separate sheet.

Send your entries along with your photograph and get attractive prizes.

Prizes sponsored by: Dr. Priti Lal MD, New Jercy, USA.



**Abhay Sarkar**  
Class: V  
Age: 10+ years,  
130 Chitra Vihar,  
Delhi-110092



**Shivom Kohli**  
Class: III  
Age: 9 years  
B-201, Mayur Dhwaj Apartments,  
I.P. Extension, Delhi-92



**Karanjeet Lamba**  
Class: III  
Age: 9 years  
142, Maitri Apartments,  
I.P. Extension, Delhi-92



**Dhruv Mandale**  
Class: I  
Age: 5+ years  
F-109, Pandav Nagar,  
Samaspur Road,  
Delhi-110091

# The Cap Over the Earth

“It’s extremely warm for March,” commented Rajiv Uncle, wiping the sweat off his forehead. “Yes, it’s never been so warm during this time of the year” agreed Grandfather. “Maybe, its all this global warming that everyone is warning us about”. “I’m quite sure it is,” said Rajiv uncle, who had just come back from a conference in the US on Energy conservation. “What’s global warming?” asked Easha. “Does it mean that the globe is becoming hot?” “It means...” Rajiv uncle began to explain, when Mudit interrupted, “I knew something like this would happen. Easha didi put the heater on in full blast this winter and the globe must have become too hot” “Stupid, its not the globe on our table Uncle means” said Easha. “They mean the Earth” “How can the Earth become hot? It would require a giant heater to make it hot.” said Mudit, puzzled. “Kids, its like this,” explained Rajiv Uncle, “The Sun is the giant heater that keeps the Earth warm. But if its direct rays would fall on the Earth we would all be burnt. So, Nature has created a layer up above in the sky to filter the harmful rays of the Sun and allow only some part of it to reach us. “It’s called the Ozone layer, isn’t it?” said Easha, excitedly. “I’m just learning about the layers of the atmosphere.” “You don’t have to show off. I know you got very bad marks in the last test in geography” retorted Mudit, who didn’t like being called stupid by this elder sister. “Shut up..” Easha, shouted angrily, when grandpa intervened. He didn’t want a full-fledged fight on his hands. “Ok, let’s listen to Rajiv Uncle. He might help Easha get better marks in her exams on the topic and you can learn about it also, Mudit” “Normally the gases in the atmosphere maintain a certain level of warmth in the Earth. Other natural elements like the oceans and the ice cap in the Arctic and Antarctica also help to maintain the balance of temperature in the atmosphere” Rajiv Uncle continued his explanation. “What has happened to make it so warm suddenly” asked Easha. “We have been sending all kinds of harmful gases into the atmosphere like carbon monoxide from our factories and cars, burning forests, etc. All these making the earth so warm that even the ice shelves in the Artic are melting” said Rajiv Uncle. “Ice shelf? What’s that? asked Easha. “They are really huge blocks of ice in the artic and Antarctica” said Rajiv Uncle. “They are melting” asked Mudit.”Will they float and reach the Yamuna River?” He was trying to picture a huge, huge block of ice floating down the Yamuna. “Silly, how can they reach

the Yamuna. It’s so far away. The ice will melt into water by the time its reaches here” said Easha. “Well, if its really that huge it may melt into smaller pieces by the time it reaches here. Grandpa, let’s go to the Yamuna now. If there are any pieces I will pick them up and suck them” insisted Mudit, excited. “You are really crazy” Easha was beginning, when Rajiv Uncle said, “No Mudit. It’s not that bad yet. Right now, the giant blocks are only cracking up and melting slowly. It will take decades for them to melt into such small pieces for you suck” “What’s the use. By the time I will have become an old man like you and grandpa” said Mudit, disappointed. “What will happen when the ice shelf starts melting” asked Easha. “Ice reflects the sun’s rays and forms a protective cooling layer above the earth but once it melts into water, the sun’s rays are absorbed by the water, and more water melts, the earth absorbs more sunlight and gets hotter. Its a vicious circle” said Rajiv Uncle. “Does that mean that the sea level will rise?” asked Grandpa. “That would be bad for the cities and villages near the oceans, which will probably drown.” “Not right now” assured Rajiv Uncle. “But in the long run, yes. A lot of coastaltown and villages will go below the sea. But the immediate effect is on the ecosystems that exist under the ice shelf.” “What’s an ecosystem?” asked Easha. “They are the animals, fish and plants that exist only in those particular climatic conditions. They are all affected by the melting of the ice cap. The artic & Antarctic ice caps are also the biggest reservoir of fresh water in the earth” explained Rajiv uncle. “Is there a cap made of ice also in the Arctic” asked Mudit? “No” laughed Rajiv uncle, “Its called a cap because it covers the Earth’s Poles” “If he ice cap melts, will it affect availability of water also” asked Grandpa. “Yes, because all that fresh water will go into the oceans and become salt water.” “How can we stop this from happening?” asked Easha, worried. “For a beginning, you can tell your Dad to use a car that burns less gas while running faster. You could learn not to use air conditioners and room heaters unless absolutely necessary.” said Rajiv Uncle. “I don’t know about the AC” said Mudit doubtedly, who had been planning to get his Dad to fix it the next day itself, “but I’ll certainly tell Dad to buy that big car that is shown in the advertisement which consumes less gas”.

Shyamala Mani Iyer

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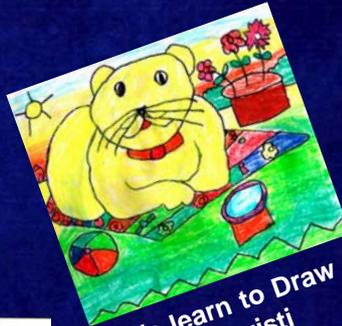
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