



ational Book Lovers Day is a heartfelt tribute to those who find joy, comfort, and adventure within the pages of a good book. It's a day to unplug from screens and dive into stories that spark imagination, broaden perspectives, and nurture lifelong learning. Whether it's fiction or nonfiction, poetry or prose, books hold the power to transport us to distant lands or bring clarity to our own lives. Today, readers everywhere celebrate their literary companions and the timeless magic of reading, one chapter, one page, one word at a time.

#MEGHADOOT

A Journey of Love, Longing, and Beauty

Exploring Kalidasa's Meghadoot!



**M**eghadoot (The Cloud Messenger) is one of the most celebrated lyrical poems in classical Sanskrit literature, composed by the great poet Kalidasa. The poem tells the poignant story of a Yaksha, a celestial being, who has been exiled by his master and separated from his beloved wife. Filled with deep longing, the Yaksha implores a passing cloud to carry a message of love and yearning to his distant spouse. Through exquisite imagery and emotional depth, Kalidasa explores themes of separation, devotion, and the beauty of nature.

**The Opening Verse: Setting the Emotional Tone**  
The poem begins with a touching invocation to the cloud:

कञ्चिद् कान्ताविरहगतितनवधिपुन  
दुर्दुर्गे  
वातात्यं परमं मां विनामिहि तेषां  
नु सौम्यरक्षणम् ॥

This verse translates roughly as, "A certain cloud, sent as a messenger by a husband separated from his beloved, the son of the ocean (the cloud), kindly recognize in me the utmost affection and gentle qualities of those lovers." Here, the Yaksha acknowledges the cloud's majestic origin from the ocean and requests it to understand and convey the deep love that binds him and his wife despite their separation. This opening line sets a tender and hopeful mood, framing the cloud as a compassionate and trustworthy carrier of love.

**The Joyful Reunion: The Yaksha Embraces the Cloud**  
Later in the poem, Kalidasa vividly describes the Yaksha's joyful reunion with the cloud. The verse reads:

सहस्रतः शतशतं सपुत्रकृतं च  
करामिवाह  
हृष्टः साक्षात्कृतं प्रीत्या मेघचरं यया  
सखेन्द्रयः ॥

This translates to the Yaksha embracing the cloud with immense happiness, as if

reunited with a dear friend after a long time apart. His joy is multiplied thousands and hundreds of times over. The warmth and affection with which the cloud is welcomed emphasize its role as a beloved companion and trusted messenger. This emotional reunion underscores the theme of connection and loyalty in the face of adversity.

**The Cloud's Gentle Majesty: A Vivid Description**  
Kalidasa further adorns the poem with a rich and sensory description of the cloud's appearance:

अजितं मधुमार्गिणीं सधुरं सधुवनं  
सधुरागिधं सधुर्धुं सधुजिह्वं सधुदन्तम्।  
सधुरं सधुविभुं सधुनीलं सधुकेटुभम्  
सधुलोचनसुधुसुधुं सधुरं सधुकात्मानम् ॥

The Yaksha marvels at the cloud, describing it with honey-related imagery to emphasize its sweetness, purity, and nurturing nature. Words like 'soft-speaking,' 'honey-faced,' and 'bee-like' paint a picture of a gentle, life-giving presence that brings rain and sustenance. The cloud's colour is depicted as deep honey-blue with touches of yellow and black, evoking natural beauty and vitality. The repeated use of 'madhu' (honey/sweetness) symbolizes not only the cloud's physical grace but also its essential role in nourishing the earth, much like the cloud's gentle mission to nourish the Yaksha's emotional longing by delivering his message.

Kalidasa's Meghaduta remains a masterpiece of lyrical poetry that beautifully intertwines human emotions with the grandeur of nature. Through the heartfelt verses describing the Yaksha's love, his joyful meeting with the cloud, and the cloud's gentle majesty, the poem captures the universal themes of love, separation, hope, and renewal. The cloud becomes more than just a messenger; it is a symbol of connection, compassion, and life itself.

Untold Raksha Bandhan Stories



● Verna Mohon

**R**aksha Bandhan is more than just a festival; it's a heartfelt celebration of the unbreakable bond between siblings, marked by the simple yet powerful act of tying a rakhi. This tradition, rooted in love, protection, and togetherness, has

been cherished for centuries and carries deep significance in Indian culture. But what truly brings the spirit of Raksha Bandhan alive are the timeless Raksha Bandhan stories passed down through generations. These tales not only add magic to the festival but also help us understand its depth, values, and rich history. Dive into our collection of 10 fascinating stories for Rakhi 2025 and rediscover the festival like never before.

Stories Associated With Rakhi

THE VARIOUS LESSER-KNOWN RAKSHA BANDHAN STORIES THAT YOU SHOULD KNOW ARE HERE.

1. Indrani Tying A Rakhi To Her Husband Indra

**I**n Hindu mythology, it's believed that the first rakhi was tied to a husband and not a brother. Indra's wife, Sachi, consulted Lord Krishna during a war between the gods and demons. He gave her a holy cotton bracelet to tie around Lord Indra's wrist to protect him from all evil. The story proves the power of the holy thread and that the festival is not exclusive to a brother-sister bond. This is one of the inspiring Rakhi stories from Indian mythology that highlights the deeper significance and protective power of Raksha Bandhan beyond traditional relationships.



2. Yamuna Tying A Rakhi To Her Brother Yama

**Y**amuna, Yama's sister, was sad when her brother didn't visit her for around 12 years. On a gentle reminder by Ganga, when Yama decided to visit his sister, she was so happy that she prepared a grand meal for him and tied a rakhi on his

wrist. Yama, moved by his sister's love, blessed her with immortality. This narrative is a shining example of emotional Raksha Bandhan stories, reflecting the enduring love and care that define sibling relationships.



#RAKHI

3. Lord Krishna Promising To Protect Draupadi



**A**ccording to the Mahabharata, one time when Lord Krishna was flying a kite, he cut his finger. Seeing this, Draupadi immediately tore a piece of cloth from her saree and tied it around his finger. Touched by her action, he promised to protect her. As we all know, he came through with that promise when her husbands lost in a gamble in King Dhritrashtra's court. Through their actions, the Krishna and Draupadi Rakhi story's meaning reveals how true devotion and protection define the festival of Raksha Bandhan.

5. The Birth Of Santoshi Ma



**A**mong the fascinating Indian festival stories for Raksha Bandhan is the tale of Mansa tying a rakhi to her brother Ganesha. Witnessing this, Ganesha's sons, Shubh and Labh, wished to celebrate the festival too and requested a sister. Granting their wish, Lord Ganesha created a daughter from fire. Thus, Santoshi Ma was born, enriching the tradition of Raksha Bandhan.

4. Goddess Laxmi Tying The Sacred Thread To Lord Bali

**A**ccording to Vishnu Purana, Bali, a devotee of Lord Vishnu, asked him for protection. Lord Vishnu accepted his request and stayed with him in disguise as a doorman. Back home, Goddess Laxmi, his wife, missed him and went to Bali in disguise as a woman seeking shelter. When Bali opened his doors to her, she returned the favour by tying a coloured cotton thread on his wrist for his protection.

When Bali asked her what she wanted as a gift in return, Laxmi asked to grant leave to her husband, who now revealed his identity. As Laxmi was now his sister, and he had made the promise to grant her wish, he agreed. This is one of the prominent mythological stories behind Raksha Bandhan, reflecting the deep-rooted promise of love and lifelong protection between brothers and sisters.



6. Lord Krishna Advises King Yudhishtira To Tie A Rakhi

**B**efore the war of Kurukshetra, King Yudhishtira was worried about his brothers, the Pandavas. He sought Lord Krishna's advice on how to protect all his brothers from the impending doom. Lord Krishna advised him to perform a ceremony, where on the full moon day of the month Shravana, a priest will tie a rakhi around his right wrist for protection. This ritual, rooted in ancient tradition, is just one among many untold Rakhi legends that highlight the festival's deep cultural significance.



7. Roxana Saved Her Husband's Life By Sending A Rakhi



**A**mong the real Raksha Bandhan stories in history, one stands out from the battle of Hydaspes. Roxana, Alexander's wife, sent a rakhi to Porus, requesting him not to harm Alexander. On the battlefield,

seeing the rakhi on his wrist, Porus honoured her plea and refrained from attacking Alexander. Though Porus lost, he earned Alexander's respect, who appointed him governor and granted him more land.

8. Queen Karnavati Sent A Rakhi To Emperor Humayun



**W**hen Rani Karnavati of Chittor was ruling her kingdom, it was attacked by Bahadur Shah of Gujarat. The Queen was looking for support from other kingdoms. She sent a rakhi and requested protection from Humayun, who himself was in the middle of a battle. On receiving the letter, Humayun left everything and went to Mewar. Sadly, he arrived too late, and the

Rajput family was defeated. According to the custom, Rani Karnavati performed Jauhar to save her dignity. But true to his promise, Humayun later defeated Bahadur Shah Zafar and restored the kingdom to her eldest son, Vikramjeet. This tale remains one of the most emotional Raksha Bandhan stories, highlighting the deep bond and sense of duty that the festival represents.

9. Maharani Jindan Sought Refuge In Nepal

**O**ne of the inspiring Raksha Bandhan stories with a moral is about Maharani Jindan, wife of Maharaja Ranjit Singh. When the Sikh Empire fell to the British in 1849, she sent a rakhi to Jung Bahadur, the ruler of Nepal, seeking protection. Honoring the sacred bond, Jung Bahadur gave her refuge and safeguarded her. This story teaches that the spirit of Raksha Bandhan goes beyond blood relations, highlighting the values of trust, compassion, and fulfilling promises.



10. Rabindranath Tagore Started The Rakhi Mahotsav In Bengal

**T**he Raksha Bandhan history is deeply connected with the Partition of Bengal in 1905. During the partition, Rabindranath Tagore started Rakhi Mahotsav to strengthen the bond between Hindus and Muslims of Bengal. He encouraged them to support each other and protest against the Britishers together. Continuing that tradition, the people of West Bengal tie a rakhi to their neighbours and close friends. It is a symbol of love, mutual respect, and brotherhood.

It is difficult to pinpoint exactly when the tradition of Raksha Bandhan started, but we can be sure of one thing, it is about the strong bond between people observing the ceremony. Rakhi can be celebrated



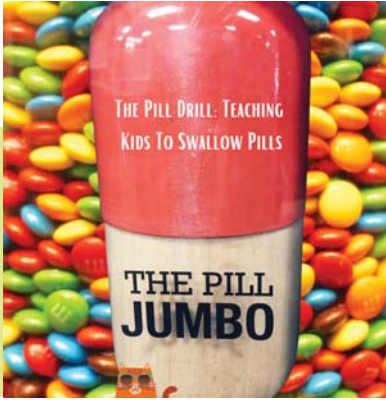
among siblings, partners, or even neighbours. Although nowadays, we primarily celebrate it as the bond between siblings and their promise to protect and support each other.

rajeshsharma1049@gmail.com

#MEDICINE

Teach Kids How To Swallow Pills

For a child, the thought of swallowing a pill can seem like a big challenge, and the pill may look huge to them.



**P**ill swallowing can be a difficult skill for kids to learn and parents often struggle on how to help them, but Jennifer Butcher has some pointers. "For a child, the thought of swallowing a pill can seem like a big challenge, and the pill may look huge to them," says Butcher, a pediatric psychologist at the University of Michigan.

"However, parents can remind their child that they swallow bites of food that are much bigger than their pills. Their esophagus (food tube) is also wider than their pills and stretchy to let it slide right down." The trick, according to

Butcher? "It's getting the pill into the right spot to slide down, like a water slide rider." She says there are three common mistakes parents make when teaching their kids to take pills.

Forcing them to practice at high pressure times, like when the child has to take a pill in order to get well, allowing their emotions into the situation (which in turn affects the child's stress levels).

Starting their child practicing with something too large that they can't do, leading to them losing confidence. Butcher also says parents of children with development delays or feeding

and/or swallowing issues should seek a professional's help. "They need more help, more time, or different strategies to learn how to do this," she says. "Their parents should talk with their providers to see if there is a child life specialist, speech pathologist, occupational therapist, or pediatric psychologist available to help with this."

This applies to all parents, though, struggling on the pill-swallowing front. "The same is true for any family who tries on their own and fails. More support is always available!" Here, Butcher offers seven easy steps for parents and kids embarking down the pill-swallowing road.

1. PRACTICE FOR ONLY 5 MINUTES AT A TIME

**P**ractice should only be a few minutes at a time, with the goal at the end of each session to have your child feeling more confident each time.

"You don't want to make this something that feels like work to them," says Butcher. She recommends starting and practicing at low pressure times, not

when you're in a hurry or trying to squeeze it in. Another tip? Try starting to practice while your child is still on liquid medications. Moving to pills may be easier in the long run (more portable, no refrigeration needed), but at this point, your family can still practice together in a stress-free way.

2. PLAN TO GIVE SMALL REWARD, FOR PRACTICING

**B**utcher recommends families give their child stickers as a reward for their hard work for learning to swallow pills. "Parents should show

confidence that their child can do it and learn it. It just takes practice, and remind your child that they can move as slowly as they need."

3. HAVE THEM SIT UP STRAIGHT IN A CHAIR AND TAKE A SIP OF WATER

**"W**e usually recommend starting with sprinkles," says Butcher. Place one tiny sprinkle on the middle of their tongue and then take a drink of water to

wash it down. "If they're able to do that, you can move onto slightly larger candy. If they aren't able to do that, you stick with that size until they're successful," Butcher says.

5. ONCE SUCCESSFUL, TRY A SLIGHTLY BIGGER CANDY

**I**f they've mastered swallowing the tiny sprinkle, you can either move onto a larger sprinkle or a mini M&M,

depending what they're ready for. "Have them practice until they're able to swallow that size a few times."



6. ONCE SUCCESSFUL, MOVE KIDS UP TO THE SIZE OF THE PILL THEY NEED TO TAKE

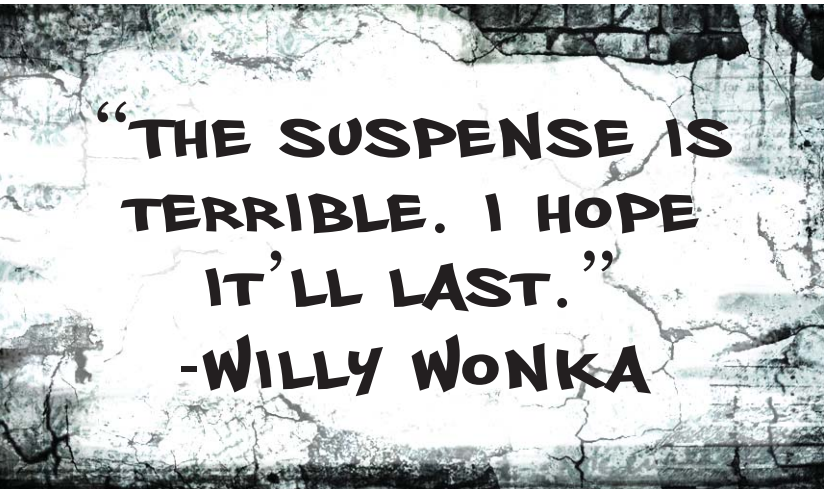
**T**hey should gradually move up sizes; no big size leaps, Butcher says. Have them do that a couple more times, says Butcher, as you want them to end feeling good about their skills.

7. IF THEY AREN'T ABLE TO SWALLOW THE NEXT SIZE UP, DON'T FORCE IT

**I**f your child is panicking or not feeling comfortable swallowing the larger candies, remember that this is normal. "Don't force it," Butcher explains. "Instead, have them move back to the last size they were successful at." Starting small and ending on a positive note is critical, she says.

"The idea is that they go back and practice again the next day starting with the size that they were successful with the day before and working up further. So, each time that they practice, they end at a bigger size until they achieve the size of their pill."

THE WALL



BABY BLUES



By Rick Kirkman & Jerry Scott

ZITS



By Jerry Scott & Jim Borgman

