

#HUMANITY

A Delivery To Remember

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This ordinary guy did something so unexpected, the whole neighbourhood's talking.

Just another day in Delhi...or so it seemed.

It was a humid Tuesday afternoon in Delhi. Horns were blaring, WhatsApp notifications buzzing, and life was going on as usual.

But for Arun Mishra, a 26-year-old delivery rider from Lajpat Nagar, it was anything but ordinary.

He had just picked up a standard dinner order, two butter naans, dal makhani, and a cold coffee, from a restaurant in South Extension. What happened next would put his name in headlines and his face in the hearts of thousands.

A Routine Delivery with a Twist.

"I was just following my GPS," Arun said later. "Then, I saw something strange near the building gate where I was supposed to deliver."

There was a woman, elderly, barefoot, and visibly disoriented, standing in the middle of the road. She looked lost. Vehicles swerved around her, some honking, others yelling. But nobody stopped. Except Arun.

"Daadi, Are you okay?"

Without hesitation, Arun parked his bike on the side of the road and ran towards her.

"I called her 'daadi' out of instinct," Arun recalled. "She looked like someone's grandmother, someone who needed help."

The woman, later identified as Shanta Devi, 82, had left her flat in confusion. Her family wasn't home, and she had early-stage dementia. She had wandered out, unable to find her way back.

"She didn't know where she lived," Arun said. "But I couldn't just leave her there."

He didn't just help- He took charge.

What Arun did next was something few would expect from a man on the clock.

He took out his phone, called the number of the person who had ordered the food (who happened to be in the same apartment block), and said:

"Sir, your food will be a little late. I found someone who really needs help."

Then, with the elderly woman gently holding his arm,

he walked with her up and down the street, asking security guards, paanwalas, and local vendors if anyone recognized her.

It took him 35 minutes to finally find the building watchman who knew where she lived.

The moment that changed everything.

When Arun helped Shanta Devi into the lift and walked her to her flat, her granddaughter had just returned from the market. What she saw left her speechless.

"This young man had tears in his eyes while holding my daadi's hand," said Ritika Bansal, the granddaughter. "He looked more concerned than most relatives would."

Ritika offered him a tip, fog, even a glass of water. He politely declined all three.

"I have another delivery to make, ma'am," Arun said, smiling.

The post that went viral

Ritika was so moved that she took to Instagram and wrote a heartfelt post:

"To the guy who cared more than most would... thank you. You didn't just deliver food. You delivered faith back into humanity."

The post was shared over 80,000 times within 48 hours. Even the official page reposted it with the caption:

"Heroes don't always wear capes. Sometimes, they wear orange jackets and ride in traffic."

Reactions poured in

Social media exploded with praise.

"India needs more Aruns!"

"My mom cried reading this story!"

"This guy deserves a medal, not just a 5-star rating."

Within a week, Arun was invited to local FM station to talk about his experience. "I didn't do anything special," he said on-air. "I just did what felt right."

A Surprise Reward

A few days later surprised Arun with a new phone, a performance bonus, and a certificate of appreciation. But what truly touched him was a handwritten letter from Shanta Devi's family:

"To Arun, you're no longer just our delivery guy. You're part of our family now."

"Every time I put on my helmet, I know someone's waiting. Not just for food, but maybe, for kindness too," he said.



Another cool thing about these caterpillars was that their fifth instars was a metamorphosis in itself. In their early days, they looked like moving pieces of bird poop. On the fourth shed of their skin, however, they looked like little fake baby snakes, complete with fake eyes. According to the internet, they imitate snakes when threatened by unfurling their 'forked tongue' antennae. I've never actually seen it happen because I never ended up threatening them. I don't regret it though, thanks to YouTube.

The Moving Pieces Of Poop

PART:2

● Myra Sethi

We did find another species to raise, though. Once upon a time in my friend's backyard, there lived a lemon tree. Around that lemon tree lived a couple of Lime Swallowtail butterflies. One winter day, a trio of kids noticed yellow eggs and brown caterpillars on that tree and decided upon their lives that they were going to raise a new species of butterfly for little to no good reason. I was one of the kids in that trio.

These new caterpillars were fundamentally similar to take care of. Feed, clean poop, repeat. There were some differences though, these guys ate much faster than our Plain Tigers. I had to give them a huge pile of leaves (around fifty leaves for five caterpillars) before I fell asleep, and they still somehow were done and waiting for more by morning.

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So anyway, this was an awesome new experience. The first Lime butterfly in our team emerged at my friend's place. She just came to my house, and only two minutes later did I notice a black-and-light yellow butterfly on her shoulder. We both freaked out over her all day before releasing her in the wild (Again, I don't remember a single one of my friends' butterflies' names).

I had a Christmas carnival in school the next day, and my first Lime butterfly emerged that morning. So, I decided to take him along for the carnival. I don't remember what exactly happened, but he escaped as soon as the fog had lifted. I didn't worry about him surviving, since the school was full of flowers, but he probably never found a mate because the school had no citric fruit tree of any kind



#BUTTERFLIES



either. Poor guy. My next celebrity butterfly, from my second lot of Limes, was Miffy. Of course, we released him like we released every other butterfly, but we always seemed to find him again. It's not like he was following us, but like he wanted to stick around the same place. So, we brought him back inside our house in the evenings, played with him, fed him some fruit juice, and left him at night (or morning, if it was too cold). Since we spotted more butterflies of his kind, some of which were ours, I decided to mark Miffy with a red sketch pen dot each on the outside of his wings.

On his third emersion day, 2nd January 2016, I took him to my (older-than-me) cousin's birthday party. Let's just say he didn't like it. He freaked out in the new place and tried to escape. We couldn't let him do that, because we were in a horrible suburban neighbourhood where he absolutely would not survive. So, we shut all the windows and doors while Miffy was sulking on top of a fan. When he came back to Earth two hours later, we gave him a slice of tomato and a piece of Papaya to cheer him up. Then, we put him in his box before things went wrong

and reached home before releasing him again.

He was clearly unhappy because he didn't come back until the next morning.

So, we continued playing with Miffy. Until now, my butterfly habits were unnoticed by my neighbours. But now, since Miffy was everywhere with us (even though, he was usually sitting in a corner while we were playing), we all got quite some public attention. I wish I remembered the details, I truly do. But on the fifth morning of his emersion, he was nowhere to be found. Maybe, he was tired of us, maybe, he found a mate, maybe, he lost his way or



Significance of World Rivers Day

World Rivers Day, observed on the fourth Sunday of September, celebrates the vital role rivers play in sustaining life, culture, and ecosystems across the globe. Marked on September 28th, the day raises awareness about protecting waterways from pollution, overuse, and climate change impacts. Rivers are lifelines for drinking water, agriculture, biodiversity, and livelihoods, making their conservation crucial for future generations. Communities worldwide organize clean-up drives, educational campaigns, and cultural events to highlight their importance. World Rivers Day serves as a reminder that safeguarding rivers is not just an environmental duty but also a social and economic necessity.



twice, but they just never seemed to make it to adulthood. The first attempt was especially disastrous, because condensation is fatal to caterpillars, and that's exactly what happened in a climate situation I knew nothing about.

I live in Jaipur now, and now I have a Milkweed in my garden, which I grew by myself. I still see eggs and caterpillars on it, but I let them be there. I did raise a few butterflies here too (five, to be precise), of which my favourite I called Hotel. I even managed to record one of them (Glucose) emerging out of his chrysalis and sent it to my school group. I got some temporary attention for that.

Do butterflies have personalities? I'm not entirely sure, to be honest. Some of them were more outgoing or shyer than others, and that was evident even in their childhood (Larvahood). They had a

clear searching action which was like running while their heads went side to side. Then, they also had a clear surrendering action where they would lie on their side and curl up if another caterpillar was bullying them. Then, we also had the snake mechanism of the late Lime caterpillar. I would guess that they simply have simpler personalities that can be easily understood if we only tried hard enough. Either way, they were pretty cool to work with.

What did raising butterflies teach me? For one, these were the first pets that I had to raise completely all by myself. Sure, their food was free and plenty, their boxes easier to clean and they never drank water, but there was still a sense of responsibility for the fact that someone would die if I forgot to bring them food in time. This sure wasn't the case with any of my other pets, which was a tough realisation I made at the time of writing this paragraph.

I don't raise any butterflies, for now, just keep track of the eggs on the Milkweed I grew. In the wild, the caterpillars wander a lot, which means that I only see them in their initial stages before they go poof. If I find a new species of butterfly to raise, however, I will bring it home and I will go through this adventure again. That's for sure.

Concluded.

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#REMEDIES

Sting Relief

Natural Remedies for Insect Bites and Stings: Gentle Relief from Nature's Cabinet

Whether you're hiking through the woods, enjoying a backyard barbecue, or simply relaxing on your porch, insects can quickly turn a peaceful day into an itchy nightmare. While most insect bites and stings are harmless, they often bring along redness, swelling, itching, or irritation. Instead of immediately reaching for chemical-laden creams or antihistamines, many people are turning to natural remedies for relief, gentle, effective, and often already in your kitchen or garden.

Here's a look at some of the most common insect bites and stings, along with natural, home-based remedies to soothe the discomfort.

Mosquito Bites - Baking Soda Paste

Mosquitoes are notorious for leaving behind itchy, raised welts. A simple and effective remedy is a paste made from baking soda and water. Baking soda helps neutralize the skin's pH and reduces inflammation. Just mix one teaspoon of baking soda with a few drops of water, apply the paste to the bite, and leave it on for 10-15 minutes before rinsing.



Bee Stings - Papaya Pulp

If you've been stung by a bee (after removing the stinger carefully), applying fresh papaya pulp can help. Papaya contains an enzyme called papain, which breaks down the proteins that cause pain and swelling in a sting. It also helps reduce inflammation and itchiness. Apply a small amount to the sting site and leave it on for 15-20 minutes.

Ant Bites - Oatmeal Paste



Ant bites, especially from fire ants, can be intensely itchy and painful. Oatmeal is a time-tested remedy for itchy skin conditions. Make a thick paste using ground oatmeal and water, then apply it to the affected area. Oatmeal has natural anti-inflammatory and soothing properties that help calm irritation and reduce redness.

Horsefly Bites - Cold Compress

Horseflies can leave behind large, painful welts that may bruise or swell. The best first-line remedy is a cold compress, which constricts blood vessels and reduces swelling and pain. Simply wrap ice in a clean cloth and apply it to the bite for 10-minute intervals.

Wasp Stings - Vinegar

Unlike bee stings, which are acidic, wasp stings are alkaline. To neutralize the venom, use apple cider vinegar or white vinegar. Soak a cotton ball in vinegar and apply it directly to the sting for 5-10 minutes. This helps relieve pain, reduce swelling, and prevent further irritation.



Spider Bites - Aloe Vera Gel

While most spider bites are not dangerous, they can cause mild pain, redness, or swelling. Fresh aloe vera gel is a natural healer, known for its cooling, anti-inflammatory, and antibacterial properties. Apply directly to the bite and repeat a few times a day for best results.

Flea Bites - Raw Honey

Flea bites are small, itchy red bumps, often found in clusters. Raw honey is not only soothing but also a natural antibacterial and wound healer. Dab a small amount onto the bites to reduce itching and lower the risk of secondary infection from scratching.

Tick Bites - Lavender Essential Oil

After safely removing a tick (using tweezers without twisting), clean the area and apply lavender essential oil diluted in a carrier oil like coconut or olive oil. Lavender has antiseptic and anti-inflammatory properties that help soothe the skin and may reduce the risk of infection or irritation.

Lice Bites - Diluted Neem Oil

While lice primarily affect the scalp, their bites can cause irritation and itching. Neem oil, a traditional remedy in Indian medicine, contains natural insecticidal compounds. Dilute neem oil with a carrier oil and massage into the scalp to soothe itching and help eliminate lice. Leave it on for at least 30 minutes before washing.

Bedbug Bites - Chamomile



Bedbug bites can lead to red, itchy welts, usually in a line or cluster. A compress or topical treatment made from chamomile tea or chamomile extract can help reduce inflammation and calm irritated skin. Chamomile is known for its anti-inflammatory and calming effects.

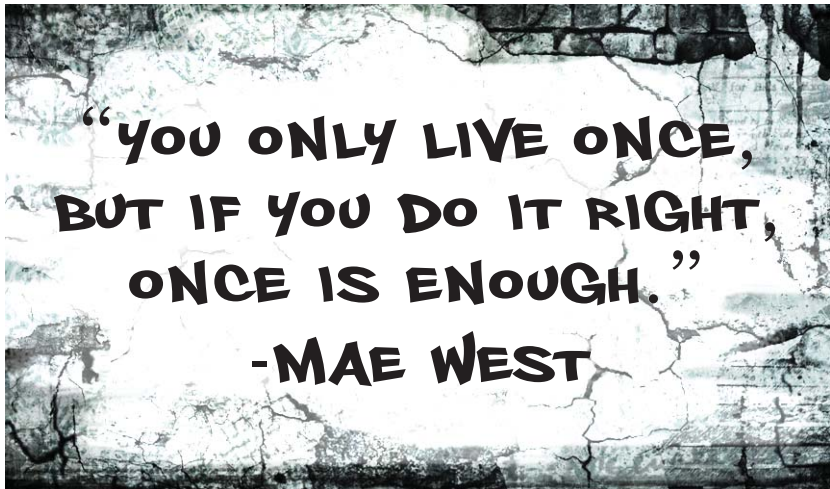
No-See-Um Bites - Witch Hazel

No-see-ums (tiny biting midges) leave behind incredibly itchy bites that may linger for days. Witch hazel, a natural astringent, is excellent for reducing itching and swelling. Apply it directly using a cotton ball or soft cloth to relieve irritation and disinfect the bite.

While these natural remedies are generally safe and effective for mild insect bites and stings, it's important to monitor your symptoms. If you experience severe allergic reactions, such as difficulty breathing, swelling of the face or throat, dizziness, or chest tightness, seek emergency medical attention immediately.

Nature can sometimes irritate, but it also provides powerful solutions. With these natural remedies, you can treat insect bites and stings gently and effectively, reducing discomfort without relying solely on synthetic products.

THE WALL

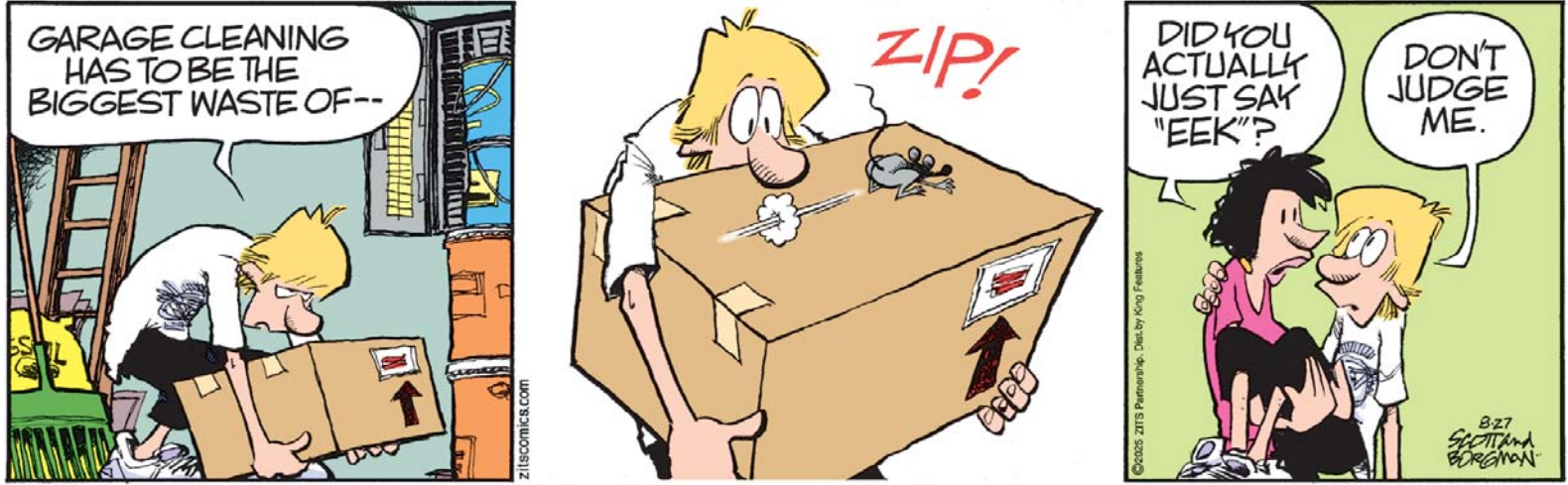


BABY BLUES



By Rick Kirkman & Jerry Scott

ZITS



By Jerry Scott & Jim Borgman