

Inside Pages

Monthly News	1
Vedic Concept of Moksha	1
Healthy Tips	2
Healthy Platter	2
Imp. of Tomato	2
Poem	3
Art Attack	3
Keep Laughing	3
Quotes	4
From the desk of Editor	4

Vedic Concept of Moksha

Q: What is Mukti or Moksha? What kind of freedom?

A: Mukti means Freedom. The freedom that all souls desire for. In other words, freedom from sorrow and miseries.

Q: What happens after this freedom?

A: After this freedom, the soul experiences ultimate bliss and lives under inspiration of Ishwar. This is the most satisfying and enjoyable state one can have. Also note that contrary to what many wrongly believe in, Mukti is not state similar to sleep or Sushupti. It is the OPPOSITE of sleep – a state of highest possible level of consciousness.



Vatsalya VTC Times

News of the Month

- Students of Balwari Section took part in cultural programme organized by WOW India Organization on 11th August 2012 at Poorva Sanskritik Kendra, Laxmi Nagar. People appreciated them a lot and it was a great experience for them also.
- Students of Computer Section performed a Play on topic "Maa mujhe bhi Padnae do" in an award function organized by WOW India Organization on 11th August 2012 at Poorva Sanskritik Kendra, Laxmi Nagar. People appreciated them a lot and it was a great experience for them also.
- Celebrated 65th Independence Day, on this occasion Kite-Making Competition were held. And Many cultural program is performed by college students like Play, Dance, Patriotic Song and Poem by our little ones's.



Importance of Tomato

Tomatoes are rich in moisture, vitamins and minerals, and phytonutrients. They are an excellent source of vitamins C, B6 and K, betacarotene, biotin, niacin, potassium, phosphorous, calcium, iron, zinc and selenium, as well as of many organic acids such as citric and malic acids which are responsible for the characteristic tomato flavor.

Tomato seeds and skin are good sources of fiber, while the red flesh contains a powerful anti-oxidant³/₄the carotenoid pigment lycopene, which provides the fruit's red color.

Health Benefits

Anemia: The combined action of iron and vitamin C found in tomatoes promotes the synthesis of hemoglobin and the formation of new red cells, thereby helping to prevent or treat different types of anemia.

Bone and teeth health: Tomato juice is an excellent source of vitamin C, calcium and phosphorous, all nicely packaged for maintaining the structural integrity of bones and teeth.



Healthy Tips

For Rainy Season

- ★ Avoid sleeping in day time.
- ★ Do not indulge in extreme physical exertion.
- ★ Do not get exposed to sun frequently.
- ★ Always carry something to protect yourself from the downpour. A raincoat or an umbrella will do.
- ★ If you get drenched by the heavy rain, dry yourself as soon as possible or you can take a shower first and then dry yourself before taking a sip of that coffee.
- ★ Always keep the surroundings dry and clean, neat and tidy. Do not allow water to get accumulated around you.
- ★ Keep your body warm as viruses attack immediately when body temperature goes down.
- ★ Do not enter air conditioned room with wet hair and wet cloths.
- ★ Dry your feet with soft dry cloth whenever they are wet.
- ★ Wash vegetables with clean water and steam them well to kill germs.
- ★ Avoid eating uncooked foods and salads. Because the possibility to get caught by germs increases.



Healthy Platter

Mango and Banana Yoghurt Gelato

Ingredients:

- ★ 2 cup chopped banana
- ★ 3 cup chopped Mango
- ★ 1 cup natural yoghurt

Preparation:

- ★ Freeze banana and mango in sealed container for 1-2 hours or until they are firm or frozen.
- ★ In the blender, add frozen banana, mango and yogurt. Blend well until smooth.
- ★ Serve immediately or freeze further in an airtight container for 1-2 hours to get the richer texture.



Poem

Believe in urself

Believe in yourself and you
can achieve,
Things you never thought
possible.

Believe in yourself and you
can discover,
New talents hidden inside you.

Believe in yourself and you
can reach,
New high that you thought
immeasurable.

Believe in yourself and you
can elucidate,
The problem that defy every
solution.

Believe in yourself and you
can tackle,
The hardest of all situations.
Believe in yourself and you
can make,
The complicated things seem
simple.

Believe in yourself and you
can enjoy,
The beauty of the nature's
creation.

Believe in yourself and you
can learn,
Skill of gaining knowledge
from experience.

Believe in yourself and you
can discern,
New depths in your life.
Believe in yourself and you
can perform,
Way beyond your
expectations.

Believe in your aim and work
towards it,
With elation, determination
and dedication.

Believe in yourself and you'll
feel blessed,
As you are the god's special
creation.

Art Attack

MAGIC MILK PAINTING CRAFT

Supplies

- ★ Milk (I used homogenized, but you can experiment with any kind)
- ★ Liquid food color
- ★ Plate or shallow bowl
- ★ Toothpick



Instructions

- ★ Pour some milk on a plate or shallow bowl.
- ★ Squirt a few drops of several colors of food coloring in the milk.
- ★ Using a toothpick, swirl the colors together. Experiment doing different motions with while mixing the colors to see what results you get.
- ★ Rinse the plate and repeat!! Be sure to take a picture first so your little ones can enjoy their creations forever.



Keep Laughing



Sardar had twins. He named them **Tin and Martin.**

Again had **twins** and named them **Peter and Repeater.**

Again **twins** and named them **Max and Climax.**

Again **the same.** Disgusted Sardar named them **Tired & Retired.**



Baap- beta chhod de ye **Facebook,** ye **Facebook** tuje **roti nahi dene wali.**

KamiNa Beta- haa papa ye **Facebook** muje **roti nahi denewali,** par **roti banane wali degi.**

Quotes

“Don't walk behind me; I may not lead. Don't walk in front of me; I may not follow. Just walk beside me and be my friend.”

“There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle.”

“Don't cry because it's over, smile because it happened.”

“A room without books is like a body without a soul.”

“I like nonsense, it wakes up the brain cells. Fantasy is a necessary ingredient in living.”

“You don't have a soul. You are a soul. You have a body.”

“If you judge people, you have no time to love them.”

From the desk of Editor

Seven Things Extroverts Should Know About Introverts & Vice Versa

7 SEVEN THINGS EXTROVERTS SHOULD KNOW ABOUT THEIR INTROVERTED FRIENDS:

- 1) We don't need alone time because we don't like you. We need alone time because we need alone time. Don't take it personally.
- 2) We aren't judging anyone when we sit quietly. We're just sitting quietly, probably enjoying watching extroverts in action.
- 3) If we say we're having fun, we're having fun, even though it might not look that way to you.
- 4) If we leave early, it's not because we're party poopers. We're just pooped. Socializing takes a lot out of us.
- 5) If you want to hear what we have to say, give us time to say it. We don't fight to be heard over other people. We just clam up.
- 6) We're not lonely, we're choosy. And we're loyal to friends who don't try to make us over into extroverts.
- 7) Anything but the telephone.

7 SEVEN THINGS INTROVERTS SHOULD KNOW ABOUT THEIR EXTROVERTED FRIENDS:

- 1) Extroverts don't understand introversion unless someone explains it.
- 2) Extroverts who try to get you to loosen up usually aren't doing it to annoy you. They mean well.
- 3) Extroverts produce a lot of words but quantity does not preclude quality. There's often plenty of good stuff in there for those with the patience to listen.
- 4) Extroverts can teach us plenty about glad-handing and small talking. These are useful skills, whether or not you enjoy them.
- 5) Extroverts can't read your mind and they're not big on catching hints. Say what you want.
- 6) At parties, think of extroverted friends as a glider tow plane. They pull you in and get you started, but eventually you have to sail on your own.
- 7) Extroverts come in all different styles, just like introverts. Keep a lookout for extroverts with a quiet side, who make dandy friends.