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Radhi darsan

A reflection of Radhi Kayastha

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राष्ट्री दर्शन

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Kids Corner

Interesting facts about

**The Earth Is Not Round**

No, no – I'm not a member of the Flat Earth Society. The Earth is a sphere, but due to its gravitational forces it is not a perfect circle. In fact, there is a bulge around the equator because of this. The Earth's Polar radius is 3,949.99 miles, while its Equatorial radius is 3,963.34 miles. That's right: the Earth has love handles.

The Name "Earth" Comes From Anglo-Saxons

Every other planet in our solar system is named after a Greek or Roman God, except our planet. The word Earth comes from the Anglo-Saxon word Erda, which means "ground" or "soil" and is thought to be 1,000 years old. Ironically, the planet is covered by 71% water-- the only planet we know of in the entire universe to have this precious fluid in liquid form.

There Are Not 24 Hours In a Day

People often claim there aren't enough hours in the day and they're right – not even 24. That's right, the actual time it takes the planet to rotate on its axis is 23 hours 56 minutes and 4 seconds. This is what's called a sidereal day. The solar day, the time it takes for the sun to return to the same spot on the meridian, varies as much as 16 minutes throughout the year, due to the position in its orbit. (Don't ask us to explain how we figure out what time it is, we'll leave that to the nerds in the comments section.)

Earth Is The Only Planet With Plate Tectonics

Scientists believe the Earth is made up of 7 major plates of "crust," which move in different directions up to 4 inches per year. When they crash into each other, the theory goes, mountains are born; where they pull apart we have valleys. On the scary side these also cause earthquakes and volcanoes. The good news is that all this activity allows for carbon -- essential to our very existence -- to be recycled and replenished, allowing life as we know it to continue.

Earth Had a Twin Planet Called Theia

Scientists now believe that we were once not alone in our orbit around the Sun – we had a "twin" planet we call Theia, which was the size of Mars and was 60 degrees either in front or behind our Big Blue Ball. One afternoon, about 4.533 billion years ago, Theia crashed into the Earth; most of the planet was absorbed, but a large chunk blew off and combined with materials from our planet to create the Moon. Why do we think

this? It's because our Moon is unusually large for a planet of our size and has metallic isotopes similar to those on Earth.

The Mysterious Moon's (Almost) Perfect Orbit

Speaking of the Moon (and that is its official name) one thing is for sure: It is NOT made of cheese. Aside from that, there are some things we don't know. For example, the lunar centre is 6,000 feet closer to the Earth, which should cause its orbit to be more wobbly / erratic, yet it is almost perfectly circular. The Moon is covered in a dust that strangely smells like gunpowder, even though they are completely different materials. Also, while there is no "dark side" of the moon, the Earth's gravitational force has caused the Moon to slow down so it rotates just once during a 24-hour period (referred to as "synchronous rotation") - that's why only one side faces us. In addition, it's quite an incredible coincidence that the Sun happens to be both 400 times bigger than the Moon and also 400 times farther away from Earth, making them appear the same size in the sky.

The Oceans are over 90% Unexplored

So, we've (allegedly) been to the Moon and to Mars, but guess what? We have barely begun to visit the depth of our vast oceans. In fact, less than 10% of the deep blue seas have been explored. The ocean contains 97% of our water and 99% of the living area. While we have identified 212,906 marine species, there are possibly 25 million more that we DON'T know about. Suddenly, the Loch Ness Monster doesn't seem so far-fetched.

Coldest Temperature: -128.6 F

While the coldest place on Earth is Antarctica (-100 degrees F) the coldest spot was recorded on July 21, 1983 at Vostok Station in Russia, where sensors recorded -128.6 degrees F. (That's a cold summer!) Hottest spot recorded? On Sept. 13, 1922 El Azizia, Libya registered 136 degrees F.

Highest Point on Earth Is Not Mount Everest

True, it's one of the most famous mountains in the world, and at 29,035 ft. above sea level it's pretty darn tall. However, considering we now know that the Earth is not round (see #1), anyone or anything along the equator is slightly closer to the stars. This means that although Mount Chimborazo in Ecuador is just 20,564 ft. above sea level, because it is on this "bump" it is technically further away from the Earth's center (i.e. "higher") than Everest by 1.5 miles

Know Your



- Barbie's full name is Barbara Millicent Barbie (1965), Doctor Barbie (1988), Roberts. and Nascar Barbie (1998).
- Barbie is a fashion doll manufactured by the Barbie doll has five sisters, Skipper, American toy-company Mattel, Inc. and introduced in 1964, Tutti, a twin launched in March 1959 introduced in 1966, Stacie in 1992, Kelly
- The first Barbie doll wore a black and white zebra striped swimsuit. and in 1995 and Krissy in 1999.



- Barbie doll's boyfriend, Ken doll made his debut two years after Barbie in 1961 and in 2001 marks his 40th anniversary.
- Barbie doll has had over 43 pets including 21 dogs, 14 horses, 3 ponies, 6 cats, a parrot, a chimpanzee, a panda, a lion cub, a giraffe and a zebra.
- The Barbie doll is currently marketed in more than 150 nations around the world.
- Every second, three Barbie dolls are sold somewhere in the world.
- Barbie doll has represented 45 different nationalities.

- The first Barbie dolls were manufactured in Japan, with their clothes hand-stitched by Japanese home workers.
- The first Barbie doll sold for \$3.00.
- Around 350,000 Barbie dolls were sold during the first year of production.
- A modern Barbie doll has a body made from ABS (Acrylonitrile butadiene styrene) plastic, while the head is made from soft PVC (Polyvinyl chloride).
- Barbie doll has had more than 80 careers — everything from a rock star to a paleontologist to a presidential candidate. Barbie's careers are designed to show that women can take on a variety of roles in life, and the doll has been sold with a wide range of titles including Miss Astronaut



Health Tips

High BP

120/80 -- Normal
 130/85 -- Normal (Control)
 140/90 -- High
 150/95 -- V.High

Low BP

120/80 -- Normal
 110/75 -- Normal (Control)
 100/70 -- Low
 90/65 -- V.Low

Suger

Glucose (F) -- 70 --- 100
 (12 hrs Fasting)
 Glucose (PP) -- 70 --- 140
 (2 hrs after eating)
 Glucose (R) -- 70 --- 140
 (After 2 hrs)

Haemoglobin

Male -- 13 --- 17
 Female -- 11 --- 15
 RBC Count -- 4.50 -- 5.50
 (million)

Pulse

72 per minute (standard)
 60 --- 80 p.m. (Normal)
 40 -- 180 p.m.(abnormal)

Temperature

98.4 F (Normal)
 99.0 F Above (Fever)

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AGENDA FOR MAHA ADHIVESHAN TO BE HELD ON 12.06.2016 at New Delhi

हम कौन थे, क्या हो गए, और क्या होंगे अभी,
आओ आज मिलकर विचारे, ये समस्याएँ सभी !!

हम कौन थे

Back ground of R.K. History to be discussed.

क्या हो गए

Let us consider our journey from 1925, when 1st Adhiveshan was started by our predecessor. From 1925 to 2015 i.e. after a
journey of 90 Year what is our gain and loss (क्या खोया क्या पाया) in terms social, culture etc.

और क्या होंगे अभी

In the present scenario, there is big generation gap, identity crisis. How to deal with this gap and what can be done at this
stage, so that we can contribute something for the future generation.

आओ आज मिलकर विचार करे ये समस्याएँ सभी

To deal with above issue let us think, discuss and make a footprint so that coming generations are closely bounded with the
system both socially and culturally.

These are certain point, which we intend to discuss in the forthcoming "Maha adhiveshan".

Members are requested to contribute some time to prepare pin point agenda elaborating above facts in detail so that we can
circulate it among other chapter for their input suggestion and be ready for participation.

Jaideo Kumar Sinha
President , ABRKS

व्रत-त्योहार

अशोक षष्ठी व्रत



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v^1t|E|Ef n1u|f|1w|f...1u|w{1w^1v|n1%0|v|{1uv^E|S|W|tu1#|E|1w^L1#|1R1w^L1w<L1}>t|{1<|L1w_wgL1wE|E|1}|t1Syu1x|L1#|tR
1...|t1v|f1{|w|}n1v|n1zw...1t|L1f1v|}f18|uE|13|3Sy{1wE^1v&1uE|s\$nw%0|{1%8||tu1bE{1uE1wE|L1v|13|3Sy{1z|f#|u|f1_Lwg1v&1uE|
s\$nw%0|{1%8||tu1uE1E|S\$NwE|L1z|W|v1|L1w^L1z|f1%0|fL1}|t11||wt1R
1
%8||tu1wb{1=}|u|v^E|S|f|E|1w_wgL1wE...1}, |s\$ntf1~SE|P|R1O|v1E|8|7E|8|1=\$n uW|1%0|1%8||tu13|3Sy{1vx|vL1_|w^k1z|fE|1R1
7, }f@{11
vu|^1^s1DAEQCCn18|wJ...^<n1<^<|r, n1xw(L|?)|1

अंगचौरा

b|<^1

1

z{|11u{y1uPnuc...PnVxy^|n1s11b|<^11#11=|E|Pn1_d
v|@v1u1...111t|...1_dzy_@1v|Pn1tx...1b<, |E|Pn_dR1

{|sL|7{|sL|1t^y1z|E|8|11v^11uPn|E|E11u{y1E|Eud
(Ex\$1xg|L11u1R^}7^}1v1g|}\$1u11{k11V|{y11E|Eud
}|@|Pn}|1_d<@1%ty{1u11%}, |1v|Pn11v...|E|Pn1_d
v|@v1u1...111t|...1_dzy_@1v|Pn1tx...1b<, |E|Pn_dR1

ux\$ux\$1u|L|E11uS|Pn1u11fxuPn1E|<E11%~f|tud
%ok7%ok11u11g\$|7g\$|111b\$uy7b\$uy111uPn1g|tud
s11E|y11uPn1E|k1<|_11{11vx, |11u11vx, |E|Pn1_d
v|@v1u1...111t|...1_dzy_@1v|Pn1tx...1b<, |E|Pn_dR1

%|v|Pn1u11S|{y7S|{y11z{111v# {111u11v|t.y11b{E|d
v|Pn7<@11@{...y7%of{|111z{111wt^|111<|{E|d11<{E|d
<|d.L.d.y11uW^L.d.y11{xy11{y...%|11%|L11%P|E|Pn1_d
v|@v1u1...111t|...1_dzy_@1v|Pn1tx...1b<, |E|Pn_dR1

{|uy11{||Pn1s11{y...11uPn1#S11^d%o%uy11%}, |1E|d
#|1%}, y1uPn1f|E|Pn1#L1_d...Pn1%|1^41uPn1#, |dE|d
#|{^7#|{^11u11uy11}|f|d1s|1^y1v|Pn1}|fx|E|Pn1_d
v|@v1u1...111t|...1_dzy_@1v|Pn1tx...1b<, |E|Pn_dR1

7^|1%ov{fE1

Q|E1|u1}|d|u1|u{yt1z}...u|1|u1|f|wL...|1=, |1%ok<u|7wxfE|y1u1uW, 1x@1

<#E1

1

L\$...|1vd|u|fx|1^xy|z{1t|@|y1}|1ZL|{1xd
ux...1xd}|{1u1wt^|1L1w#fE|y1ttu|{1xd

1

#|^...|1x\$S^1wE^|1Y|{y1v}|yt...1v1xd, |1
z{1vE|1ud|1uK1, |18|1\$}1...|1|fE|{1xd

1

, |1Y|y1<#E1ux1{x1xdw#^u1vx1}|1Lx1}|^|1
E{1...u1s^1u|k|k|1z{1}|f^|1ttu|{1xd

1

%oz^y7%oz^y1z|g|E|y1z{1@|^1{|^|1E|}...|1
fLz1fLz1z{1, x|1...d|1zx{E|{1xd

1

vx7%ok|1Y|y1%<{1vd|P|{1}|w^u|E|1u|v1z{1
v|1L1t|E|y1xdwu1|1|E|1^|8...|1...L|{1xd

1

t|x1b|E|u{1t|E|...1xdv|1L1|{1}...1
ux1wE|L1#|1vd|1v|Du|1S|tu|{1}|1ZL|{1xd

1

{|x1}|1%~#|^1W|1vd#t1...E|u1t|...1%|1W|y1
%ot1fE|1xdvd...|1ou|w}|E;1=u7}|y1|E<.|{1xdR1

7%|8|y3|1w}|fx|1ou|w}|E;1

Q|E1|u1uy1zu|w|...1uq...1ofz1{x1ud#1}|1}|Y|{|<1

अकेही भारतीय राठी कायादथा इंग्रगथार
वेडीही

होली मिलन

Sunday 20th March, 2016
Mel-Milap11:00 am Onwards
Khan-pan12:30 pm onwards

RSVP: Mr. Ajit Kumar Das – 9350 214 515
Venue: JVTs Garden, Plot No C-77A, Chhatrapur Extn
Near Tivoli Garden/Nanda Hospital (Connectivity from Metro)

Let us meet this Sunday...!

Holi

20th March'16

Mel-Milap
11:00 am onwards
Khan-Pan
12:30 pm onwards

अकेही भारतीय राठी कायादथा इंग्रगथार