**Are we the Children of One God?**

SHIKHA

Few days ago, I read this story which I am going to share here… This story tells us how two villages found a solution to their disagreement.

Bina and Adil came from neighboring villages. They went to the same school which lay on a patch of land between the two villages. The school was an unpretentious, single-storied, brick building. It boasted of no great furniture. There was a small wooden table with a chair for the teacher. The children sat on mats on the floor and used low wooden stools to write on. It was simply called 'Paathshaala'.

Things went smoothly, until the Headman of Adil's village, who was a rich merchant, decided to renovate the school. He was prepared to spend money lavishly, provided the school was named after him. The Headman of Bina's village objected to this. "The school," he said, "belongs as much to us as to them. We shall not allow them to have sole control over it."

The vil­lagers agreed. A fight started brewing over this petty issue. It got worse and worse until the adults and even the children from Adil's village refused to have anything to do with people from Bina's village. The villagers prevent­ed the children from talking to each other.

Bina and Adil were terribly upset. Mr. Pillai, their history teacher, noticed their dilemma and called them to his room one day. On entering his room, Bina burst into tears. "Why are people behaving like this? Are they sick?"

"Yes," answered Mr. Pillai. "They are. But there is a medicine to cure them of their sickness. And you children can help me in curing them."

The two children were prepared to do anything to bring back peace and harmony to their villages.

Next day, at the assembly, Mr. Pillai addressed the students. He said, "You are all children of one God. You are the flowers in his garden. His gar­den will look ugly if you turn your face away from each other. Next month, on Children's Day, let us stage a play—Unity in Diversity".

Many children gave their names to Mr. Pillai. In fact, everyone wanted to participate in the play. Mr. Pillai saw to it that every child had a part to play—if not directly in the play, they were involved in making costumes or setting up the stage.

The play was based on the Freedom Struggle where men, women and chil­dren, irrespective of their religion or caste, joined hands to drive away the British from their motherland. The children got so involved in the play that they forgot all their differences and worked very hard to make the play a grand success. All the parents from both villages were invited to witness the play.

The play was staged in the central courtyard of the school. Benches were joined gather to make a temporary stage. The school was decorated with coloured paper and wild flowers. The villagers thronged the school but made a conscious effort to sit with people from their own village.

The play began. Many village elders shed copious tears as scenes from the past flashed before their eyes. They were reminded of the communal -lots and the death of innocent women and children. At the end of the play, the Headmaster of the school thanked the children and addressed the villagers. He said that the children had taught all of them a lesson. They should resolve their differences. After all, what's in a name? The village elders too agreed and decided to live peacefully ever after.

http://www.preservearticles.com/201105267143/children-of-one-god.html

**What's the ultimate way to defy depression, disease and early death? Exercise**

As a new report reveals the mental health benefits of just an hour’s physical activity a week, it seems there is nothing a workout can’t cure. Here is why we should all sit less and move more

by [Sarah Boseley](https://www.theguardian.com/profile/sarahboseley)

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# Are you sitting comfortably? Bad idea. Stand up and walk around the house. Leave your desk and jog down the office stairs. Even better – jog up the stairs. If it’s lunchtime, go and join a yoga class or head for the shops on foot. What’s to lose? You are going to feel better and live longer.

# Getting off your backside and moving about, preferably a bit vigorously some of the time, will stave off heart disease, strokes, cancer and diabetes. It can keep your blood pressure steady and helps you sleep. You may not shed pounds, but it will help keep your weight stable. It can overcome anxiety and boost self-esteem. Older people who are active are less likely to have a hip fracture or a fall.

If exercise was a pill, it would be the biggest blockbuster in the history of medicine.

We weren’t built to sit in front of a computer, a TV screen and a steering wheel. We were designed to be moving around.

It is a huge undertaking to change our culture to make us more active, even though it will make us all healthier and happier. These initiatives are not drops in the ocean, says Dr Justin Varney, the adult health and physical activity lead at Public Health England. He prefers to think of them as a bunch of pebbles. “You throw them into a pond so that the ripples become a wave and the waves change the shoreline.”

They get it right in Amsterdam and in Copenhagen, of course, where everybody seems to be born on two wheels, and apparently also in Finland. “There is a strong exercise culture, perhaps rooted in cross-country skiing and outdoor exploration,” says Cavill. “They do Nordic walking in the summer. Legally and policy-wise, they have pushed it for years. Someone told me the Finns are very obedient. If the government tells them to exercise, they exercise.”

The British are not usually characterised that way. But if we all understood that happiness and health is just a light jog away, maybe we would vote with our feet.

**Now you see me**

**by Muhammad Ali**

Now you see me, now you don't.

George thinks he will, but I know he won't