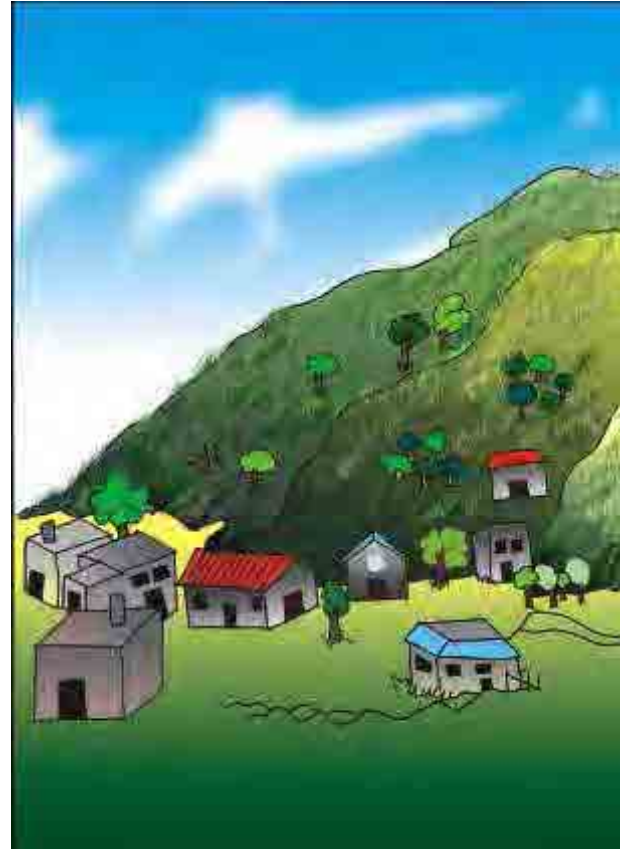




لینڈسلائیڈ کئی قسم کی ہو سکتی ہے۔  
اونچائی سے مٹی کے تودوں اور پتھروں کا نیچے گرنا



اور بعد میں



پہلے

# لینڈ سلیپ



پہلے



اور بعد میں



ایک صورت یہ بھی ہوتی ہے کہ لینڈ سلائیڈ کی مٹی پتھر اور درخت بہتی ندی کے راستے میں گر کر بند بنا دیتے ہیں۔ اور پانی اکٹھا ہوتے ہوتے جھیل کی شکل اختیار کر جاتا ہے پھر یہ پانی اپنے دباؤ سے اچانک بند کو توڑ کر سیلاب کی صورت میں بہہ جاتا ہے



ہاں۔ لینڈ سلائیڈ آنے سے پہلے کچھ علامات نظر آتی ہیں۔

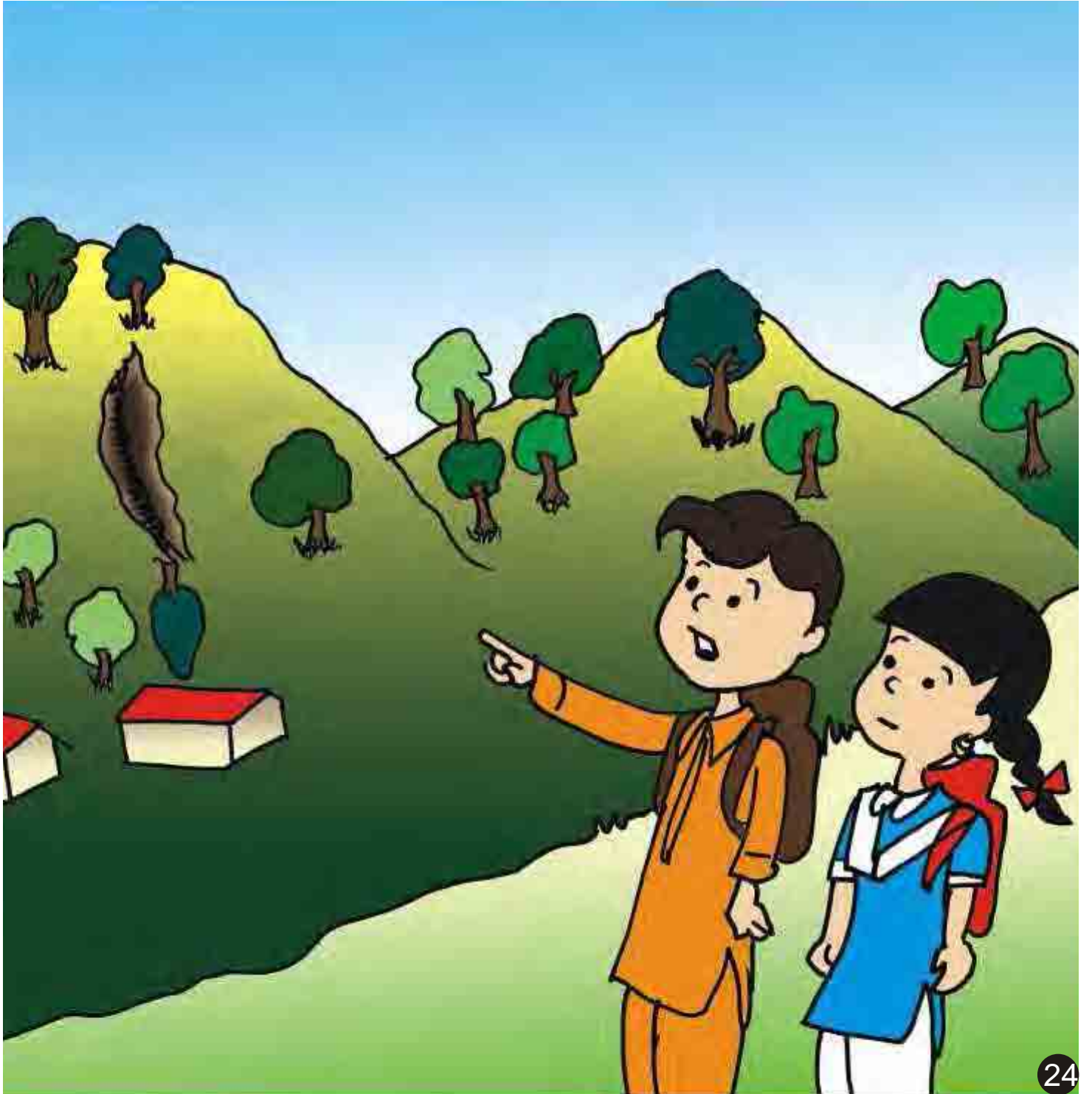
تو کیا ایسے خطروں کا پہلے سے پتا چل سکتا ہے؟





مجھے بھی پہاڑ میں ایک دراڑ نظر آئی تھی

یہ بھی لینڈ سلائیڈ کے خطرے کی ایک نشانی ہے۔





خطرے کی ایک اور نشانی یہ ہے کہ زمین سے گڑگڑاہٹ کی آواز آتی ہے۔ یہ آواز آنے کی وجہ وہ پتھر، مٹی اور درخت وغیرہ ہوتے ہیں جو پہاڑ میں دراڑ پڑنے کے بعد اونچائی سے نیچے کی طرف لڑھکنے لگتے ہیں۔ گرتے ٹکراتے ان کی آواز زوردار ہوتی جاتی ہے۔



پہاڑوں پر سے کنکروں اور پتھروں کا لڑھکنا



چشمے میں پانی تیزی سے بڑھنا شروع ہو جائے



چشمے کا بہاؤ اچانک بند ہو جائے



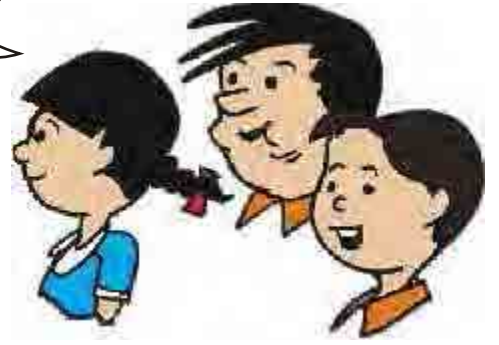


## مزید نشانیاں

کچھ کڑا سیلاب جس میں پتے اور ٹہنیاں بھی بہ رہی ہوں۔  
بارش ہو رہی ہو مگر دریا میں پانی کی سطح کم ہو جائے



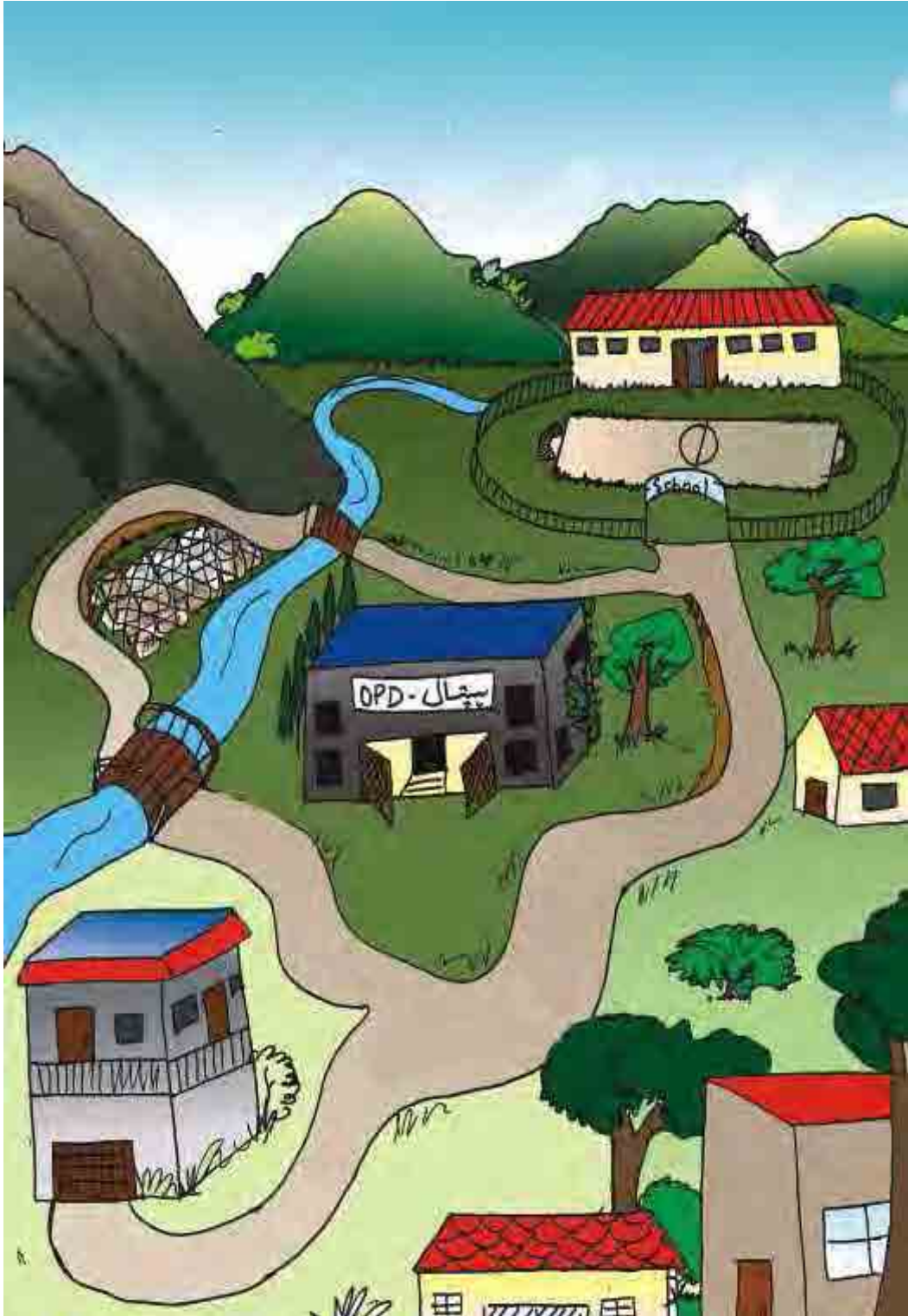
جونشایاں آپ نے بتائی ہیں  
اگر کبھی نظر آئیں تو کیا کرنا چاہئے؟



پریشان نہ ہوں۔ اپنے حواس قائم رکھیں۔ والدین یا اُستاد جو بھی نزدیک موجود ہوں  
اُن کو اطلاع کریں۔ اُن کی دی ہوئی ہدایات پر عمل کریں۔







سکول سے باہر محفوظ جگہ کی طرف جاتے ہوئے



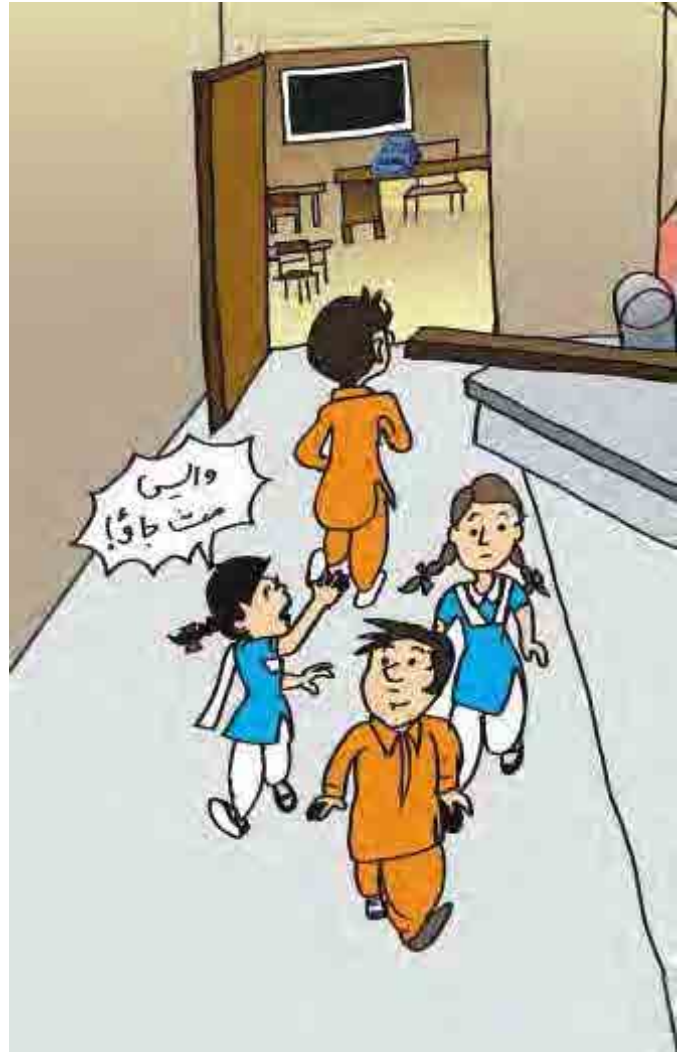
ہدایات کو توجہ سے سنیں



بھگدڑ نہ مچائیں



ایک دوسرے کو دھکane دیں

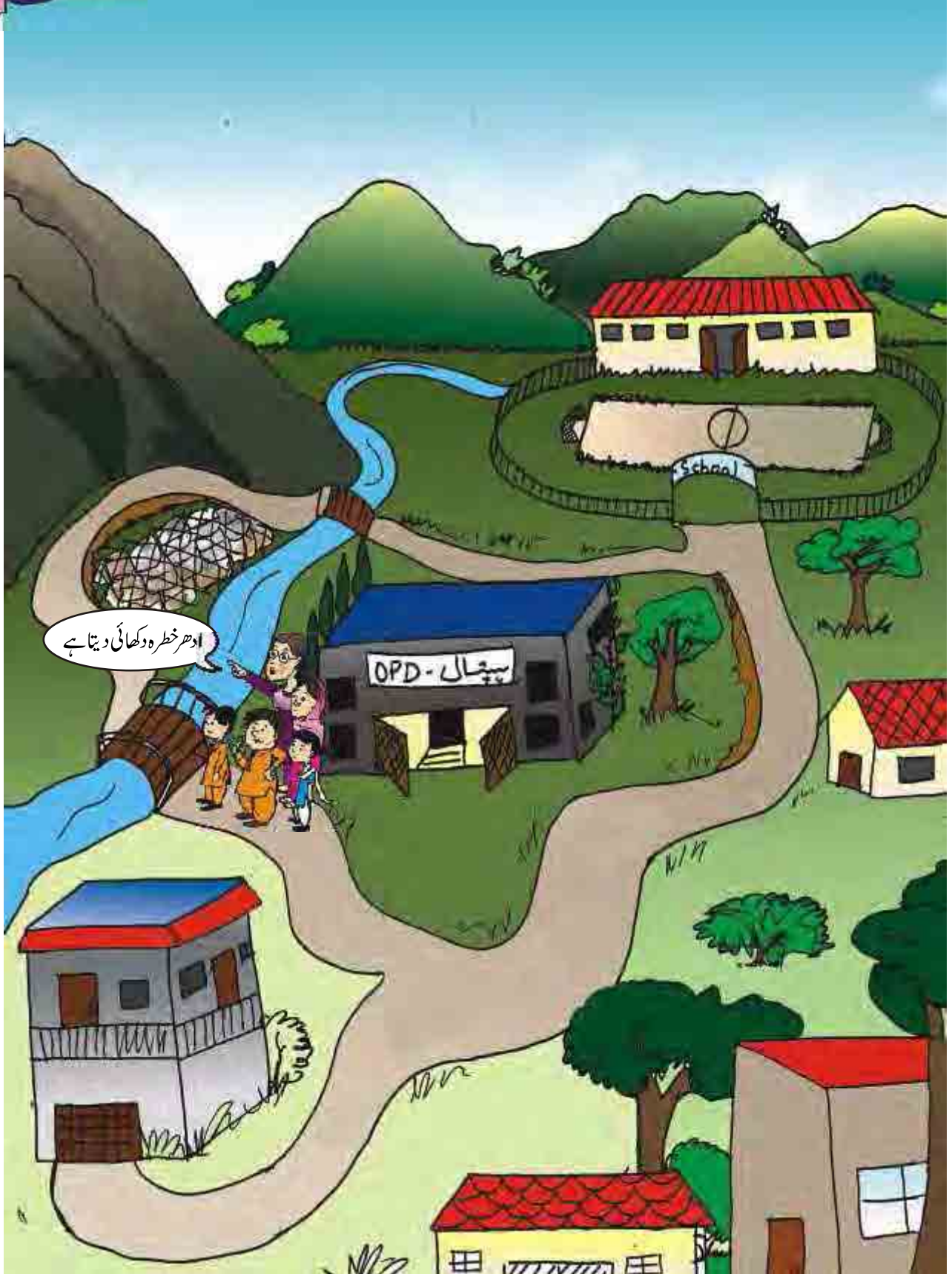


کسی صورت بھی واپس نہ پلٹیں

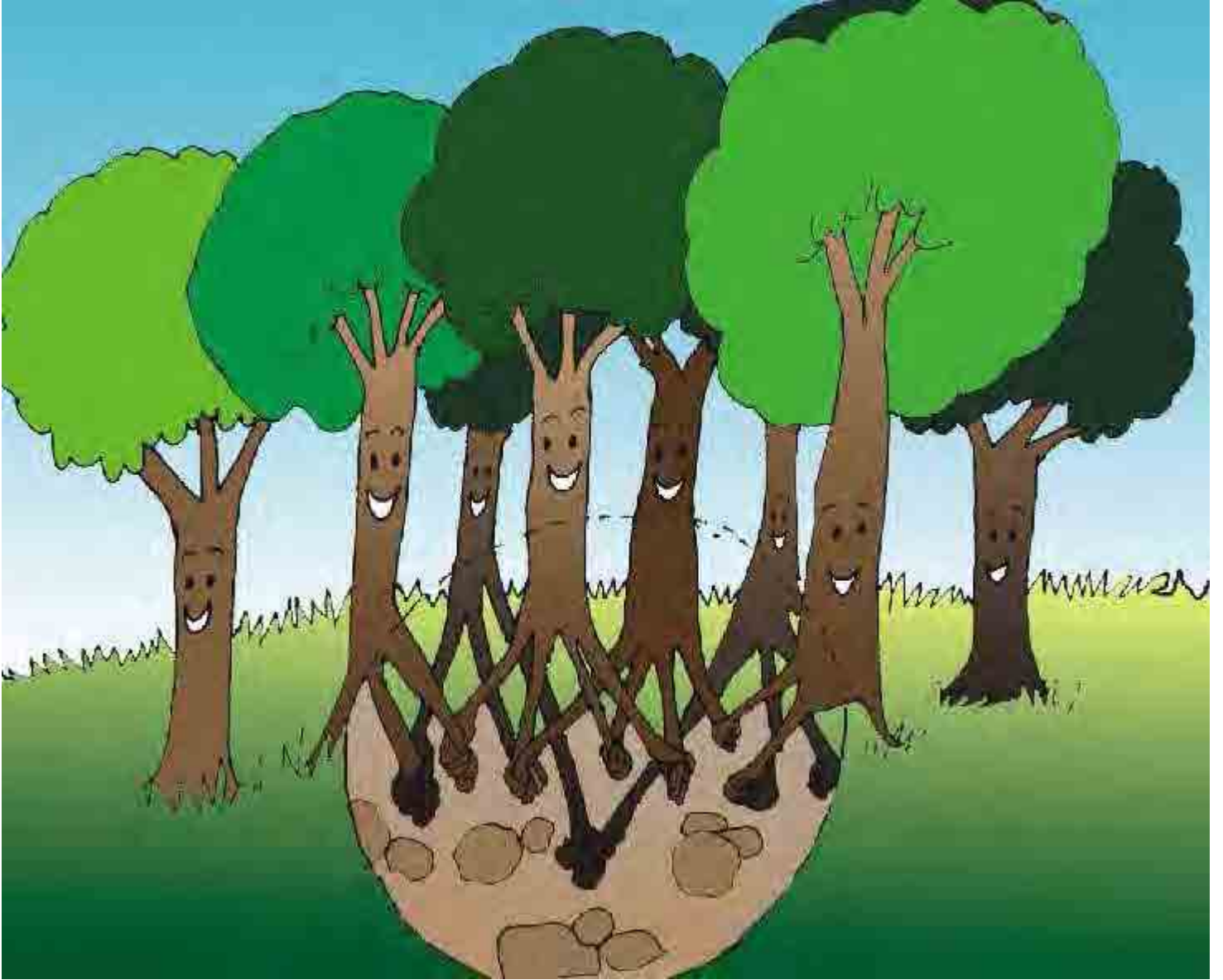




چلیں باہر جا کر دیکھتے ہیں کہ گھروں اور سکول  
کے ارد گرد کون سی جگہیں خطرے سے محفوظ ہیں



کیا لینڈ سلائیڈ کو روکا جاسکتا ہے؟



لینڈ سلائیڈ کو روکنا تو بہت مشکل ہے لیکن درخت اور سبزہ اُگا کر کسی حد تک اس عمل کو کم کیا جاسکتا ہے





بچو! آپ کے ساتھ جو باتیں  
ہوئیں آپ کو کیسی لگیں؟

میڈم صبا! آپ نے بہت اچھی باتیں بتائیں۔ آپ کا شکریہ  
آپ پہلے تو ہمارے سکول میں نہیں تھیں اس سے پہلے آپ کہاں تھیں؟

اللہ آپ کو سلامت اور خوش رکھے میں ایک اُستانی ہوں میں تعلیم حاصل کرنے کے لئے  
جاپان گئی تھی۔ وہاں کو بے شہر کی ہیوگو یونیورسٹی میں پڑھتی تھی وہاں 1995 میں ایسا ہی ایک  
شدید زلزلہ آیا تھا۔ بہت لوگ مارے گئے۔ بہت تباہی ہوئی اور مالی نقصان ہوا۔ میں بھی اس  
آفت سے دوچار ہوئی۔ جاپانی رضا کاروں نے میری بہت مدد کی۔

میں نے دیکھا کہ جاپانیوں نے حفاظتی اقدامات کی تیاری کر رکھی تھی، میں نے اُن  
سے بہت کچھ سیکھا۔ پاکستان واپس آ کر اسلام آباد کے ایک سکول میں پڑھانا شروع  
کر دیا۔

جب یہاں 8 اکتوبر کا زلزلہ آیا تو میں رضار کار کے طور پر آپ کے سکول میں آگئی  
تاکہ اپنے تجربے کو استعمال کر کے زلزلہ زدگان کی خدمت کر سکوں۔



## والدین کے لیے عملی پیغامات

- ۱- اس کتاب کو توجہ سے پڑھیں اور اپنے بچوں کو بھی پڑھائیں۔
- ۲- حفاظتی کٹ تیار رکھیں اور بچوں کو اس کی ضرورت اور اہمیت سے آگاہ کریں۔
- ۳- کبھی کبھار بچوں کو باہر لے جا کر محفوظ جگہوں کی نشاندہی کریں اور وہاں تک پہنچنے کے راستے کا تعین کریں۔
- ۴- بچوں کو مشق کروائیں کہ جب خطرے سے بچنے کے لیے گھر چھوڑ کر جانا پڑے تو کس طرح نظم و ضبط کے ساتھ محفوظ جگہ کی طرف جائیں۔
- ۵- بچوں کے ساتھ قدرتی آفات کے متعلق بات چیت کے دوران ان سے سوال و جواب بھی کریں۔ یہ بھی ذکر کریں کہ ہنگامی صورت میں سب نے کہاں پر جمع ہونا ہے۔





جاپان انٹرنیشنل کوآپریشن ایجنسی اور گورنمنٹ آف آزاد جموں و کشمیر



## A-5: English Translation of Learning Material



## Translation

### **Preface**

History of mankind is witness to the fact that humanity has faced many natural disasters. One can't ward off these natural disasters. Earthquake is also a natural disaster. Thousands of precious human lives were wasted during the Earthquake of 8<sup>th</sup> October 2005. If one ponders over the situation the reality will manifest itself upon him that devastation and destruction of such immense proportion is not because of the Earthquake itself but due to the lack of care and negligence in the construction and making of the infra-structures. Further-more the people didn't have any prior knowledge and experience to deal with such circumstances.

The present situation and as a precautionary measure for any future threat, "JICA Study Team" has started to construct an Earthquake proof Girls High School Building in the capital of Muzaffarabad and in this connection has decided to prepare such a Teaching Course for the students of elementary level which will eliminate the bad effects of the Earthquake from the children and will try to produce a new spirit among them, further they will be introduced to many useful information and precautionary measures relating to the Earthquake.

This teaching material has been created keeping in view the mental level and psychological standard of the children. It is comprised of two booklets. For the Title page and the pictures inside we have had the pleasure for the assistance of the first lady cartoonist of Pakistan Mrs. Nigar Nazar for which we are thankful to her.

During its preparation and review, extreme practical assistance and guidance of "the Department of Education Muzaffarabad" and the Experts of "Geological Survey of Pakistan" was gained. For its effectual impartment as a teaching material, teachers will be also trained. This teaching material is also not only beneficial for teachers and parents along with the children but its effectiveness depends upon their full support.

This is the first ever effort to prepare a teaching material of this kind for the young children in Azad Kashmir.

To make it better, it has been requested from the teachers and parents to must inform the "JICA Study Team" of their point of views so that more wanted changes should be brought about in the material in the light of useful point of views.

In the end, I thank all those dignitaries and acquaintances who assisted us in the levels of completion of these books. Also many thanks and praises to JICA whose financial support and technical assistance made it possible to complete this great work.

## **Title Page**

### **Natural Disasters and Survival Techniques for Class 1st, 2nd and 3rd**

#### **Learning Material on disaster management education**

#### **Contents Page**

1. Natural Disasters
2. Earthquake Safety Measures
3. Kinds of Land-slides and its indicators
4. Practical messages for parents

#### **Page 1**

**Teacher:** Assalam-o-Alaikum.

**Students:** Wa-alaikum-Assalam.

**Teacher:** Do you know what happened on October 8 2005?

**Student:** Madam Saba! The earthquake struck.

**Teacher:** What happened due to the striking of earthquake?

**Student:** Many disasters occurred.

---

#### **Page 2**

**Teacher:** Devastation on a large scale occurred due to the earthquake of 8 October 2005. One hundred thousand houses collapsed and thousands of people died. School buildings collapsed. Many children and teachers were also martyred.

Let us pray for the souls of those who passed away on that day.

---

#### **Page 3**

*Condolences such as “Fatiha Khwani” and prayers for the departed.*

---

#### **Page 4**



**Thanks to all the friends who helped us in such hard times.**

---

**Page 5**

We have to live and move ahead.

---

**Page 6**

**Teacher:** Are there any other natural disasters other than earthquake?

**Student:** Yes

**Teacher:** Could you name any other disaster?

**Student:** Yes: dust storm, heavy rain, land slide and heavy snow fall.

**Teacher:** Very well! There are other disasters as well such as sea storm and Tsunami.

---

**Page 7, 8**

***Mud flow, Flood, Ignition of fire in the Jungles, Snow storm, Tsunami, Dust storm, Cyclone, Thunder and Lightening.***

---

**Page 9**

**Kinds of Natural Disasters.**

**Teacher:** Earthquake is a very big natural disaster.

**Student:** But how do earthquake occur?

**Teacher:** Because earth is active and whenever its plates move they cause earthquakes.

**Student:** Earth is active!

**Teacher:** Yes, the emission of lava from a volcano shows that earth is active.

---

**Page 10**

**Student:** Most of the earthquakes are caused due to the movements of these plates.

**Teacher:** When the plates break the earth jolts tremendously. This is called earthquake.

---

**Page 11**

**Students:** All right! The point is clear.

**Student:** But how does one know, when will the earthquake strike?

**Teacher:** It's a very good question. It is not possible to predict the earthquakes, but we should be ready when it does happen and if you are out-doors; you should get away from falling objects.

---



**Page 12**

**Student:** And if some one is in the school or house?

**Teacher:** If you are in-doors, huddle under some table and must save your head.

---

**Page 13**

**Teacher:** While evacuating the school for a safe place, listen to the instructions carefully.

---

**Page 14**

**Teacher:** Do not push each other.

---

**Page 15**

**Teacher:** Don't create stampede.

---

**Page 16**

**Teacher:** Do not turn back under any circumstances.

---

**Page 17**

**Teacher:** After reaching at any safe place, try to contact your family members.  
Keep a small note book in which the addresses and telephone numbers of close relatives and friends must be noted down.

---

**Page 18**

**Teacher:** Do you know that we are still facing the up coming disasters.  
**Student:** What are other types of disasters?  
**Teacher:** I am talking about the land-slides.  
**Student:** What is a land-slide?  
**Teacher:** Land-slides could be of many types. Rolling down of mud and stones from height.

---

**Page 19**

**Landslip**

**Teacher:** Failure of land after cracking or failure of a sliding land due to erosion.

---

**Page 20**

**Mud flow from height becomes flood.**

**Student:** Oh! Then land-slide is also very dangerous.  
**Student:** So, can such hazards be predicted?  
**Teacher:** Don't worry, when the land starts sliding many signs appear.

---

**Page 21**

**Student:** I also saw a crack in the hill side.

**Teacher:** This is also a sign.

---

**Page 22**

Rolling of stones from height or hills.

---

**Page 23**

Muddy water in streams and “Nallahs”.

---

**Page 24**

**Teacher:** Although it rains but the level of water in the streams decreases.

---

**Page 25**

**Teacher:** The flow of stream water suddenly increases.

---

**Page 26**

**Teacher:** The flow of stream water suddenly stops.

---

**Page 27**

**Teacher:** Rumbling sound from the ground.

---

**Page 28**

---



**Student:** How can we protect ourselves form landslide?

**Teacher:** Go to an open and safe place.

---

**Page 29**

**Student:** What kind of places are safe?

**Teacher:** A place which is open and is away from hazardous area.

---

**Page 30**

**PRACTICAL MESSAGES FOR PARENTS**

- 1- Keep the survival kit ready.
- 2- Talk to the children about where and by which way to go for safety?
- 3- Write down address and telephone number in the diary of every child.

Bag, Blanket, Tent, Knife, A bottle of water, Dry food, Money, Matches, Rope, Candle, Pencil, Radio, Towel, Tissue paper, First aid box, Necessary clothing items and Necessary medicines.

---

## **Title Page**

### **Natural disasters and survival techniques For Class 4<sup>th</sup> and 5<sup>th</sup>.**

#### ***Learning material on disaster management education***

#### **Contents Page**

1. Damages of earthquake.
  2. Earthquake and other natural disasters.
  3. Rationale of Earthquake.
  4. Safety measures (inside a house)
  5. Safety measures (out side a house or a school).
  6. Land-slides and its indicators.
  7. Services of volunteer lady teacher
- 

#### **Page 1**

**Teacher:** Assalam-o-Alaikum!

**Students:** Wa-alaikum-Assalam!

**Teacher:** Do you know what happened on October 8?

**Student:** Madam Saba! The Earthquake struck.

**Teacher:** What happened due to the earthquake?

**Student:** Many disasters occurred.

The earthquake that struck on 8<sup>th</sup> October 2005 at 8:50 AM was so devastating that it killed over 73,000 people and over 100,000 were injured. The earthquake struck not only Pakistan and Azad Jammu Kashmir but some neighbouring countries as well. The People from all over the world helped and supported the affected ones without any bias of nationality.

---

#### **Page 2**

Countless schools, hospitals and houses collapsed. Water Reservoirs were also destroyed. Power supply shut down. Roads and bridges were destroyed. Life was terribly disturbed.

---

Entire villages were buried under the ground. Hundreds of thousands of people had to spend many nights without shelters.

---

### **Page 3**

**1<sup>st</sup> Child** --- It was this day when my entire family perished.

**2<sup>nd</sup> Child**--- Many members of my family also died (on this day)

**3<sup>rd</sup> Child**--- What is left now?

**Teacher:** But we are still alive. Let us pray for those who passed away.

---

### **Page 4**

The near and dear ones of all of us died (on that day). Let us pray for the souls of those who departed from us on that day.

---

### **Page 5**

We also pray to God that May He give us patience, strength and fortitude, so that we can take charge of our lives and make them better.

---

### **Page 6**

**Teacher:** We also express our thanks to those organization and individuals who came from within the country and from foreign countries, to help our people. It is due to their generous and sincere assistance that today we don not feel alone.

---

### **Page 7**

We have to move forward with a combined spirit. We have to encourage one another. God helps those who help themselves. To achieve prosperity we have to pick up the courage to face the hardships.

---



**Page 8**

**Student:** What is an earthquake?

**Teacher:** Earthquake is a natural disaster. There are some other natural disasters, which can also strike.

**Student:** What is a natural disaster?

**Teacher:** Natural disaster is a kind of sudden occurrence, which causes a lot of destruction and devastation; results in many deaths and heavy material damage.

---

**Page 9**

**Teacher:** Can you name any other natural disaster?

**Student:** Avalanches, floods and land-slides.

**Teacher:** Storm, Cyclone, Snow Storm, Tsunami are also some kinds of natural disasters.

---

**Page 10, 11**

**Kinds of Natural Disasters**

*Mud flow, Flood, Ignition of fire in forests, Snow storm, Tsunami, Dust Storm, Cyclones, Thunder and Lightning.*

---

**Page 12**

**Student:** What was the cause of the earthquake of Oct. 8 2005?

**Student:** What is the meaning of movement in Earth?

**Teacher:** This is a very important question –If you see, you will notice that many things are happening inside our earth always, which means that there remains a movement inside our earth.

**Teacher:** The shape of the earth is like an egg. It has three layers, Crust, Mantel and Core. Core is extremely hot molten matter which is called lava. When this lava erupts out of the earth it spreads movements in some part of the earth.

---

**Page 13**

**“Layers of Earth”**

**Crust, Mantel and Core.**

---

**Page 14**

**Student:** But how did the earthquake of October 8, 2005 strike?

**Teacher:** The earthquake of October 8, 2005 struck due to the movements of Earth’s plates.

**Students:** How?

**Teacher:** The earth’s outer surface is not any single shell but it is divided in to many parts. These parts are called plate. These parts or plates move in different directions. When these plates graze or crash against each other, a plate may be bent or stretched. Huge amount of energy is stored inside the earth due to this process. Some parts of the plate break down due to the emission of this energy and the earth starts shaking. This is called earthquake.

---

**Page 15 & 16**

**Grades of the Magnitude of an Earthquake.**

**M 0, M 1-2, M3, M4, M5, M6, M7, M8 / 8 +**

---

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**Page 17**

**Student:** Now I have understood what causes the earthquake. But how does one know when the earthquake is going to hit?

**Teacher:** This also is a very good question. But it is almost impossible to predict an earthquake. So we have to be prepared all the time.

**Student:** What do we do if the earthquake does strike?

**Teacher:** If you are outside, stay away from the places of danger and things that might fall, such as a wall, electric poles, bill-boards etc.

---

**Page 18**

**Student:** What to do inside a school or a house?

**Teacher:** When the earthquakes strike, protect yourself from falling objects, to avoid injuries especially save your head. Do not panic. Get away from furniture, walls, cupboards, shelves, and huddle under a table.

---



**Page 19**

**Teacher:** There are certain precautions which should always be born in mind. These will help in keeping the damage to the minimum when the earthquake does occur. Secure the furniture and shelves in such a way that do not tumble down due to the tremors. Drawers at height must be closed tightly so that the contents do not spill out with the tremor. Always keep a small note book in which addresses and contact numbers of close relatives and friends are noted down.

---

**Page 20**

**Additional Safety Measures**

**Teacher:** Tell your parents to make a survival Kit ready all the time. Determine the safe places and the best path to reach there with the help of your parents.

**Names of Necessary items**

Bag, Blanket, Tent, Knife, Towel, Dry food, Money, Matches, Rope, Candle, Pencil, Radio, Bottle of Water, Tissue paper, Necessary Clothing items, First aid Box, Necessary Medicines.

---

**Page 21**

**Teacher:** Do you know that we are still facing certain hazards subsequent to the last earthquake?

**Student:** Will there be nothing left to eat?

**Student:** What type of hazards?

**Teacher:** I am talking about land-slides.

**Student:** How does land slide?

**Land slides can happen in different ways:**

Rolling down of mud and stones from height.

**Before**

**and After**

---

**Page 22**

***Landslip***

**Earlier**

**and Later**

---

**Page 23**

In another situation, the mud, stones and trees, which roll down as a result of landslide fall into a stream and thus block the flow of water. The water keeps on accumulating and turns the whole area into a large lake.

**Earlier**

**and Later**

**Student:** Can such hazards be predicted?

**Teacher:** Yes, many signs appear before the occurrence of a land-slide.

---

**Page 24**

**Student:** I also saw a crack in the hillside.

**Teacher:** This is also a sign of a land-slide danger.

---

**Page 25**

Another sign of danger is the rumbling sound from the ground. The cause of this sound is the stones, mud and trees etc that start rolling down from above due to the cracking of hill side. While rolling down and hitting with one another with great speed their noise becomes louder too.

**Rolling down of pebbles and stones from a hillside.**

---

**Page 26**

The flow of spring water suddenly increases.

The flow of spring water suddenly stops all together.

---

**Page 27**

**More Signs**

---

Mud flow carrying broken trees and branches.

Even while it is raining the water level in the river falls.

---

**Page 28**

**Student:** If we ever see the signs you have told us, what should we do?

**Teacher:** Don't panic. Stay calm. Inform the parents or the teacher whoever may be available. Follow their instructions.

---

**Page 29**

**Student:** And then where to go for safety?

**Teacher:** Towards an open and safe place.

The place should be open and away from dangerous area.

**Student:** Which place will be safer?

---

**Page 30**

While evacuating school for a safe place outside.

Listen to the instructions carefully.

Don't rush.

Do not push each other.

Do not go back.

---

**Page 31**

**Teacher:** Let us go outside and see the places safe from the dangers of earthquake surrounding houses and schools.

(In the picture the teacher is pointing towards the place of danger)

---

**Page 32**

Can land-slides be stopped?

---

It is very difficult to stop landslides altogether but these can be reduced by growing vegetation and trees.

---

**Page 33**

**Teacher:** I shared information with you how did you feel?

**Student:** Madam Saba! You have told us and taught us many good things. We thank you. You were not in our school earlier. Where were you before coming here?

**Teacher:** May God keep you safe and happy? I am a lady teacher. I had gone to Japan to receive education. I was studying there in Kobe University. A terrible earthquake struck there in 1955. Many people were killed. There were much devastation and material damages. I also suffered. But the Japanese rescue workers helped me a lot. They had taken protective measures. I learnt a lot from them. After I returned to Pakistan I started teaching in Islamabad. When the terrible earthquake of October 8, 2005 Struck, I came to your school as a volunteer so that I could make use of my experience to help and serve the earthquake affected people.

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**Page 34**

1. Please study this book carefully and let your children also read it.
  2. Make the survival Kit ready and inform your children of its need and importance.
  3. From time to time take your children out side and point out to them safe places and find ways to reach there.
  4. Conduct drill for the children to demonstrate how to evacuate the school calmly and with discipline, at the time of an emergency.
  5. During the talk to the children about the natural disasters. Answer their questions. Also discuss where the family should assemble in case of emergency.
- -----

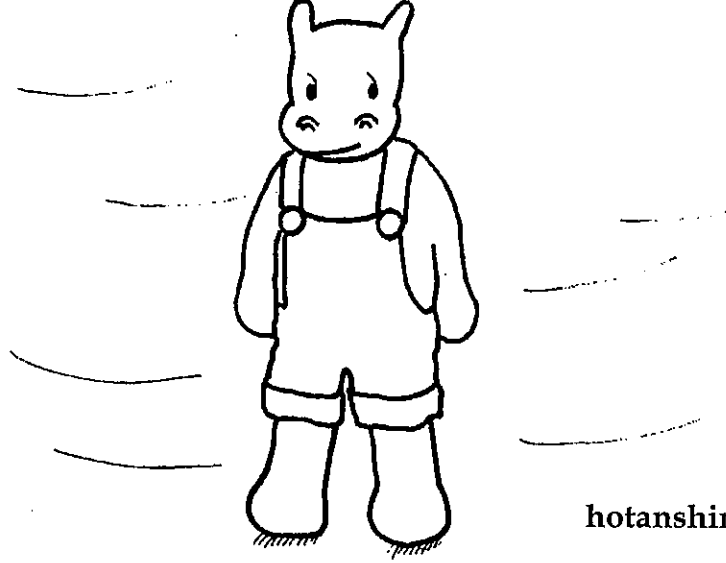




A-6: Picture-Story Show “Hippo’s Feelings” by Dr.  
Yoshiki TOMINAGA

# ”ہیپو“ کے احساسات

## Hippo's Feelings



”ہیپو“ کے احساسات

مصنف: یوشیکی تومی ناگا

ای میل: hotanshin@hotmail.com

1

# ”ہیپو“ کے احساسات

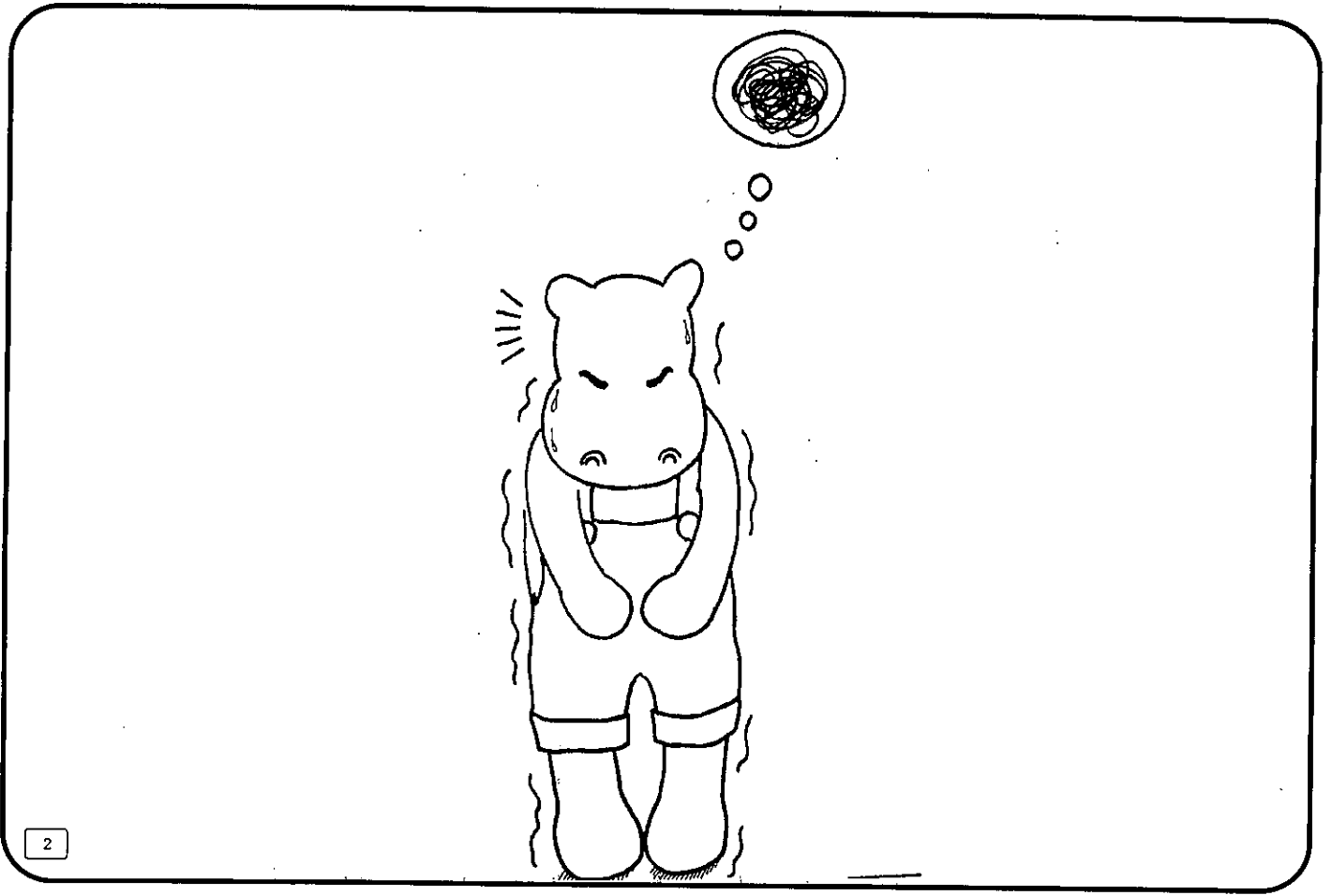
## Hippo's Feelings

”ہیپو“ کے احساسات

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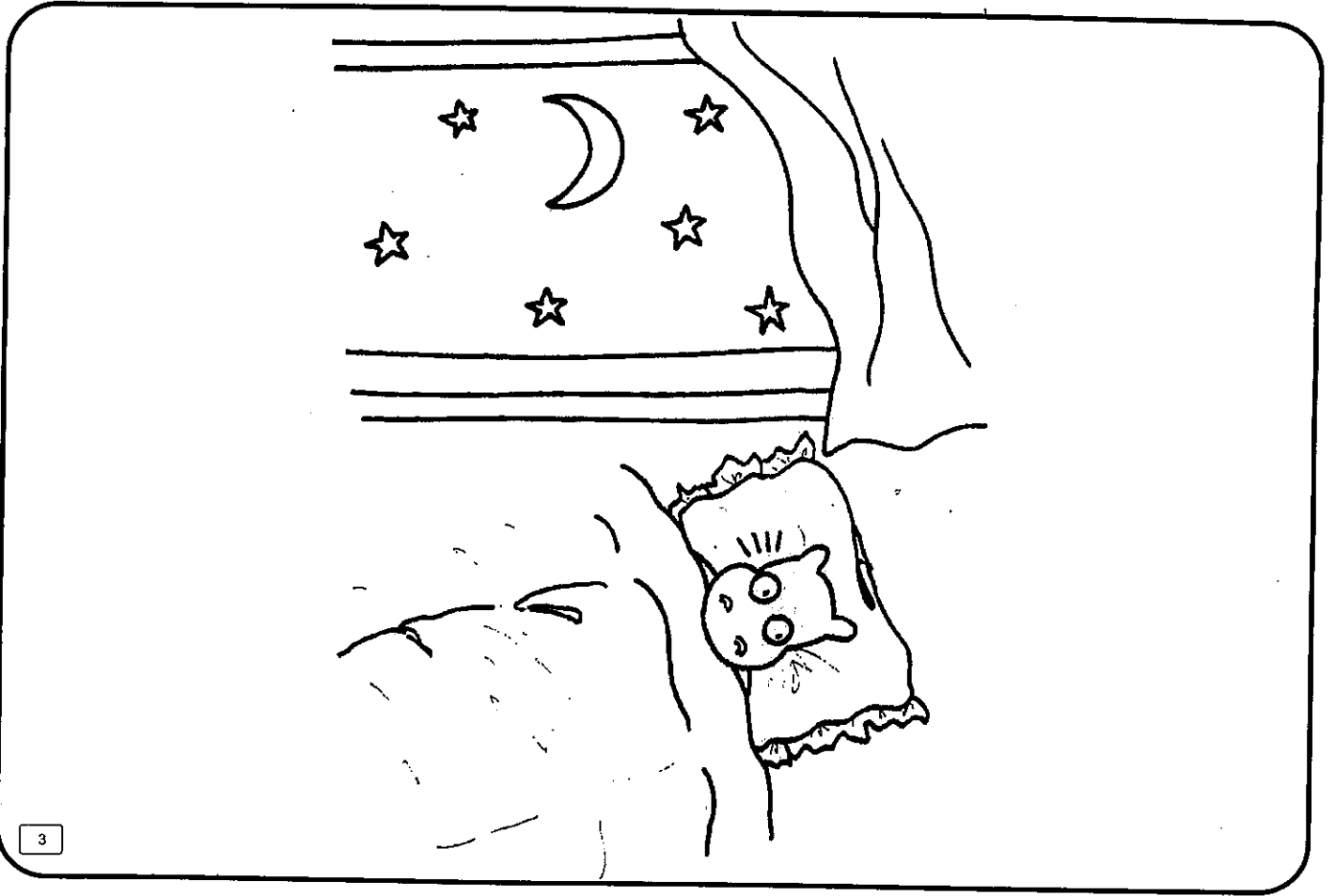
1



A year has pass since the  
Earthquake hit our Country.  
Even now it feels as if the  
Earthquake can hit us at any  
moment.

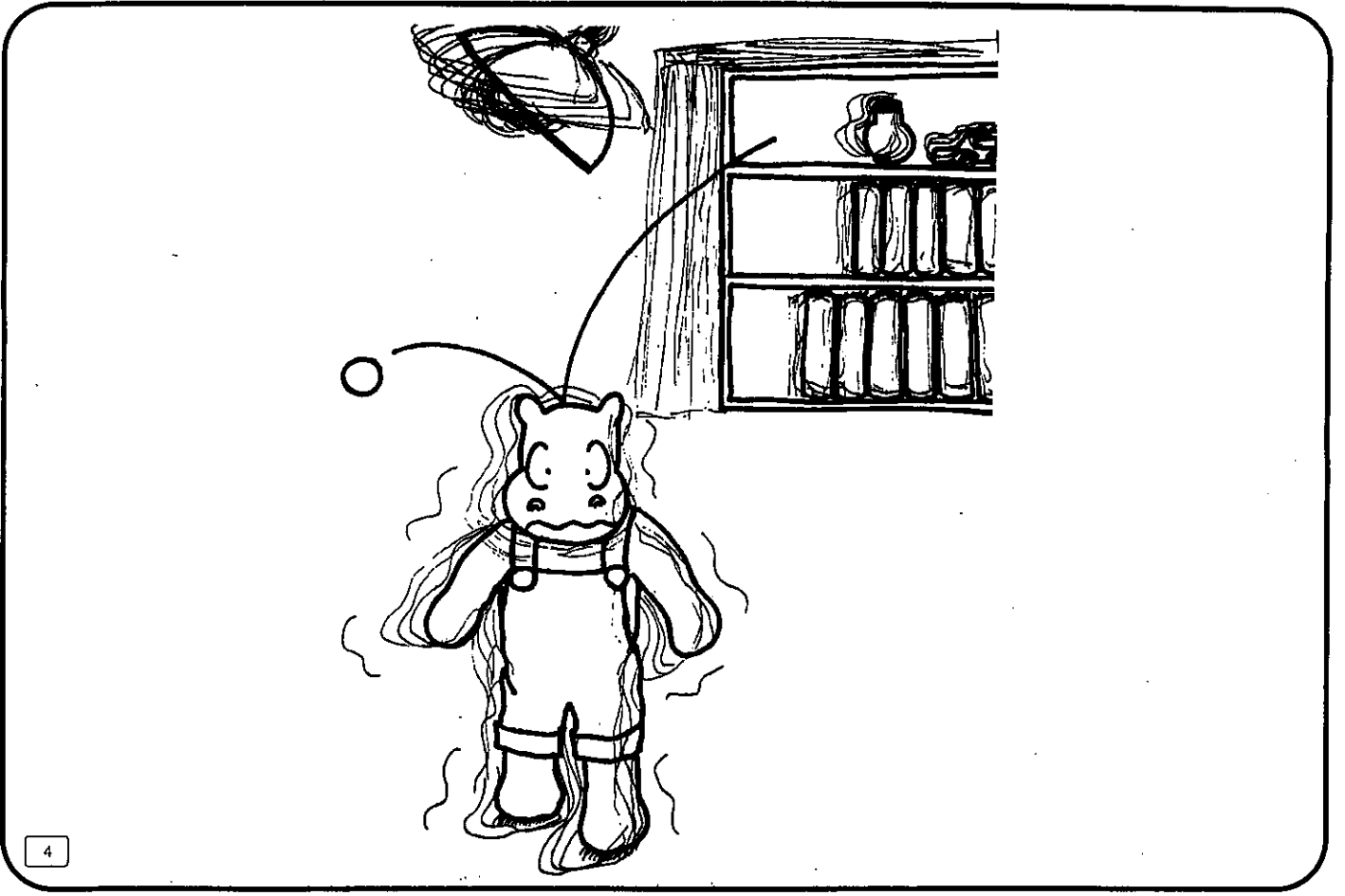
ایک سال گزر گیا ہے، مگر ابھی بھی اس  
طرح لگتا ہے کہ کسی وقت بھی زلزلہ آسکتا ہے۔





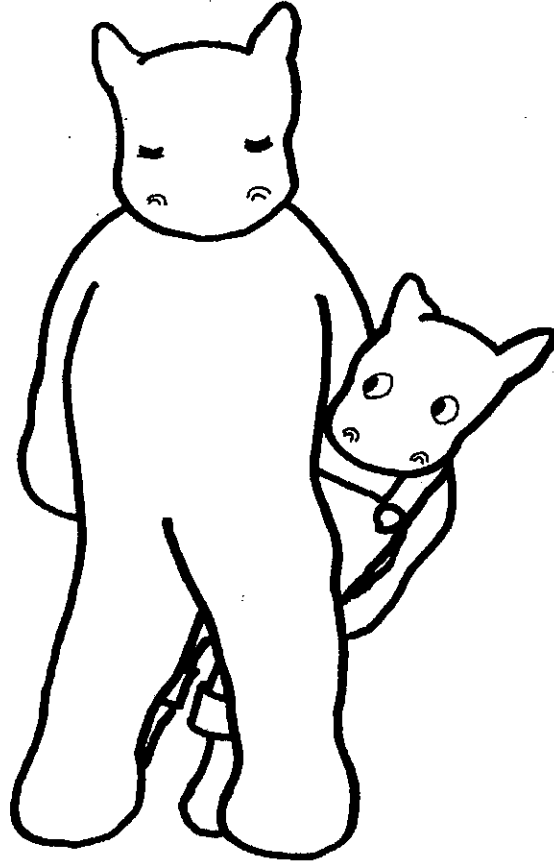
I can't sleep well in the night and even if I fall asleep, bad dreams awake me.

رات کو مجھے نیند صحیح طرح نہیں آتی ہے۔  
اگر نیند آتی بھی ہے تو ڈراؤنے خواب کی  
وجہ سے نیند سے اٹھ جاتا ہوں۔



I am even scared by very dim  
voices which reminds me of the  
Earthquake.

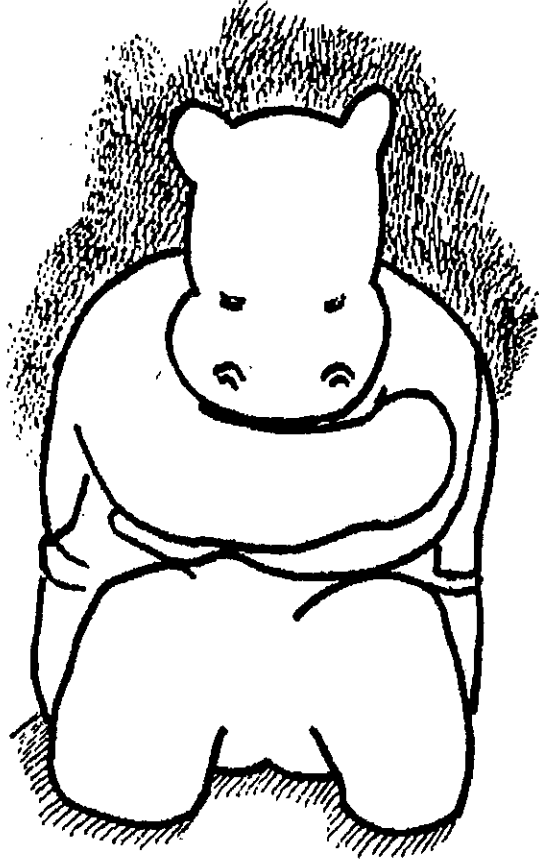
کسی چھوٹی سی آواز سے بھی ڈر جاتا ہوں  
اور زلزلے کی یاد آجاتی ہے۔



5

I don't want to be left all alone. میں اکیلا نہیں ہونا چاہتا۔

5



6

My heart doesn't wish to be  
intrested in meeting or seeing  
some body and in studies

میرا کسی سے بھی ملنے کو دل نہیں  
کرتا اور پڑھائی میں بھی جی نہیں لگتا۔

6





7

One day I saw a dream and in that dream I was told by a gigantic tree that you have been through many hardships due to which your body and mind have suffered alot, but this is a natural process. To overcome these short comings always remember 3 basic things.

- 1- Rest
- 2- Always remember that you are not all alone.
- 3- Tell to others whatever you think or feel.

ایک دن میں نے ایک خواب دیکھا، خواب کے اندر ایک بڑے درخت نے بتایا کہ آپ بہت مشکلات سے گزرے جس کی وجہ سے آپ کے ذہن اور آپ کے جسم پر اثر ہوا۔ لیکن یہ ایک قدرتی عمل ہے۔ ان پریشانیوں کو ختم کرنے کے لئے تین اہم چیزیں یاد رکھیں۔

- ۱۔ اپنے آپ کو آرام دیں۔
- ۲۔ یاد رکھیں آپ اکیلے نہیں ہیں۔
- ۳۔ جو آپ سوچ رہے ہیں وہ دوسروں کو بتائیں۔

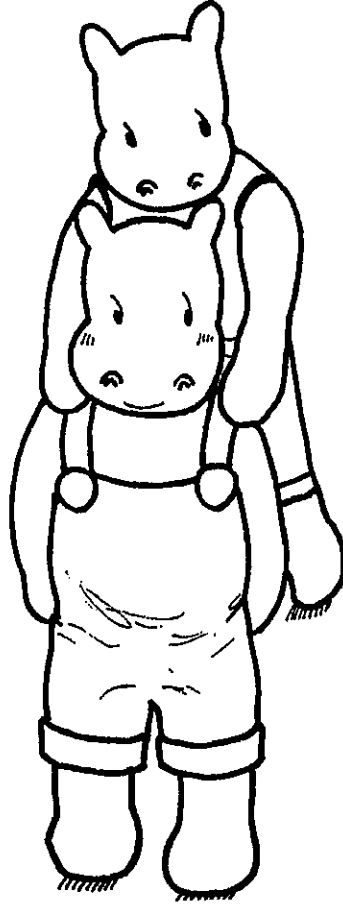
7



one day my teacher told me that An Earthquake of such proportions hits once every 300 years. That is why don't be worried but it is necessary that you should acquire knowledge about Earthquakes and other Natural disasters so that you can serve others in such circumstances and help to construct a stronger country for the next generation. My teacher also told me that in order to sleep better; how to rest your body and mind,"Take a deep breath through your nostrils so that fresh air fills your lungs then exhale that air through your mouth. After that; stretch your shoulders up ward and bring them to the level of your ears then take your shoulders back downward slowly". I got satisfaction by repeating this action.

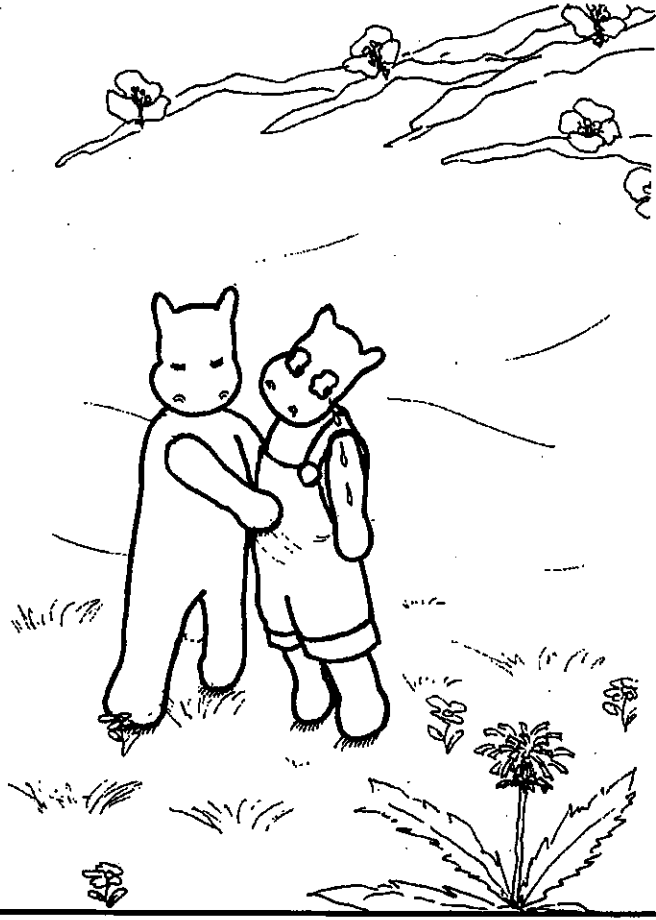
This is rest

ایک دن میرے استاد نے بتایا کہ اس طرح کا زلزلہ 3 سو سال میں ایک مرتبہ آتا ہے۔ اس لئے پریشان نہیں ہوں لیکن یہ ضروری ہے کہ آپ زلزلے یا قدرتی آفات کے بارے میں معلومات حاصل کریں تاکہ اس طرح کے حالات میں آپ اپنی اور دوسروں کی مدد کر سکیں اور آئندہ کے لئے ایک مضبوط ملک بنا سکیں۔ میرے استاد نے یہ بھی بتایا کہ اچھی طرح سونے کے لئے کس طرح اپنے جسم اور دماغ کو آرام دینا ہے۔ "ناک سے ایک لمبا سانس لیں تاکہ تازہ ہوا آپ کے پیپھردوں میں جمع ہو جائے اور پھر ہوا کو آہستہ آہستہ اپنے منہ سے نکالیں۔ اس کے بعد اپنے دونوں کندھوں کو اوپر کی طرف کھینچتے ہوئے اپنے کانوں تک لائیں پھر انہیں آہستہ آہستہ واپس نیچے لے آئیں۔" یہ عمل دہرانے سے مجھے سکون ملا۔ یہی آرام ہے۔



By putting your hands on one another's shoulders creates a sense of bond and mutual relationship.

ایک دوسرے کے کندھوں پر ہاتھ رکھنے سے اپنائیت کا احساس ہو گا۔ آپ کو سکون ملے گا اور آپ کو اکیلے ہونے کا احساس نہیں ہوگا۔



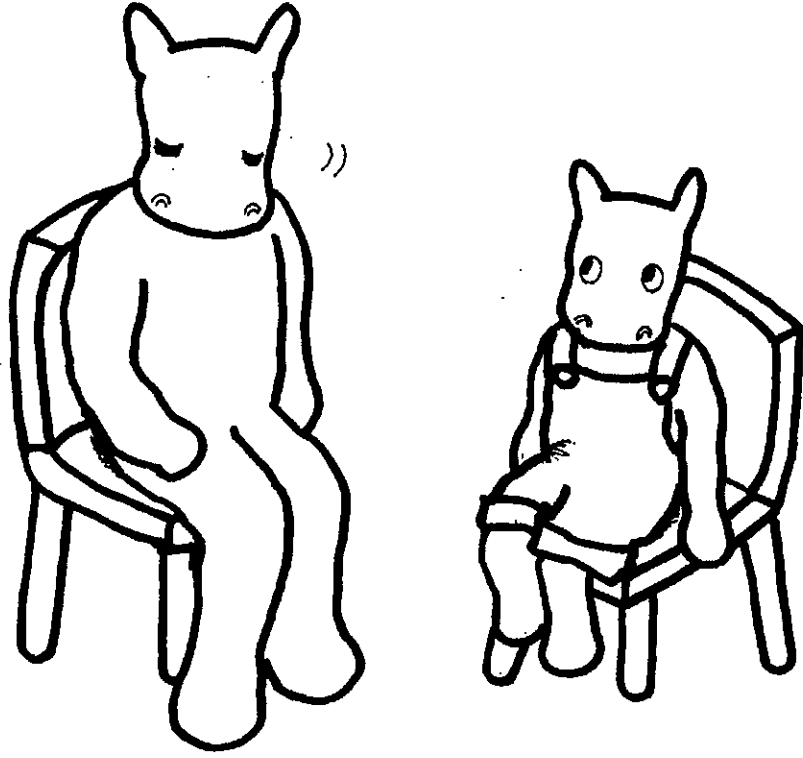
10

If you remember any old thought or if you feel any sorrow or worry and you wish to weep over it then you should not hesitate to weep. To express your emotions you can draw any picture or you can write down your emotions on the paper. This is called expression of emotion.

اگر آپ کو کوئی پرانی یاد آتی ہے یا کوئی غم محسوس ہوتا ہے اور آپ کا رونے کا دل کرتا ہے تو دل کھول کر روئیں اور اپنے خیالات کے اظہار کے لئے کوئی تصویر بنا سکتے ہیں یا اپنے احساسات کو کاغذ پر لکھ سکتے ہیں۔ اسے احساسات کا اظہار کہتے ہیں۔

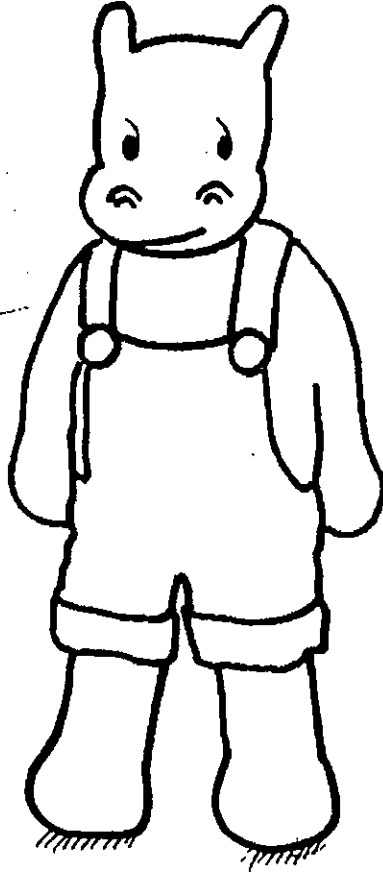
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**Tell your friends, teacher and your family members about the thoughts happening in your mind by doing so you will get satisfaction and you will feel good.**

اپنے خیالات کے بارے میں اپنے دوستوں، اُستاد یا گھروالوں کو بتائیں اس طرح کرنے سے آپ کو سکون ملے گا۔ اور آپ کو اچھا احساس بھی ہوگا۔



By all this act, Hippo felt that he was cured and became stronger than ever before.

اس سارے عمل سے ”ہیپو“ نے محسوس کیا کہ وہ ٹھیک ہو گیا اور پہلے سے زیادہ مضبوط بن گیا۔

