



Who Stole Bhaiya's Smile?

Bhaiya doesn't feel like playing these days. Could it be because of his new monster friend Dukduk, who is always hanging around him? No one in the family takes Bhaiya seriously. But Chiru knows there's more than what meets the eye. A story about the lingering effects of depression.





**PRATHAM
BOOKS**

A Book in Every Child's Hand



Chiru and Bhaiya used to play all the time. They'd explore caves under the staircase and fight the aliens on the mango tree in the backyard.



Bhaiya always made Chiru laugh. "Mangasura is from Mars and she is here to destroy your house! Ha-ha!" Bhaiya roared. "Aaaah! I will trap and gobble up Mangasura. Bahahahahaha!" Chiru said.



But it's been a long time since Chiru and Bhaiya have played together. Bhaiya doesn't like playing with anyone these days!

"Why don't you feel like playing?" Chiru yells at Bhaiya.

"I don't want to," Bhaiya says. "I am stuck with this big monster on my back."



Chiru names the monster Dukduk. "Dukduk must be mean and grumpy," Chiru thinks. "It feels like he's swallowed up Bhaiya's smile." Dukduk always seems to be with Bhaiya. "Tell your monster to go away! I don't like him," Chiru says.



Sometimes, Dukduk grows bigger than a truck. Bhaiya gets angry about everything on those days. He even chews his food angrily!



Mama thinks she knows how to make Bhaiya feel better. "You should go out for a walk. The fresh air will do you good," Mama says.



On other days Dukduk seems to be holding on to Bhaiya. He doesn't even let Bhaiya get out of bed.



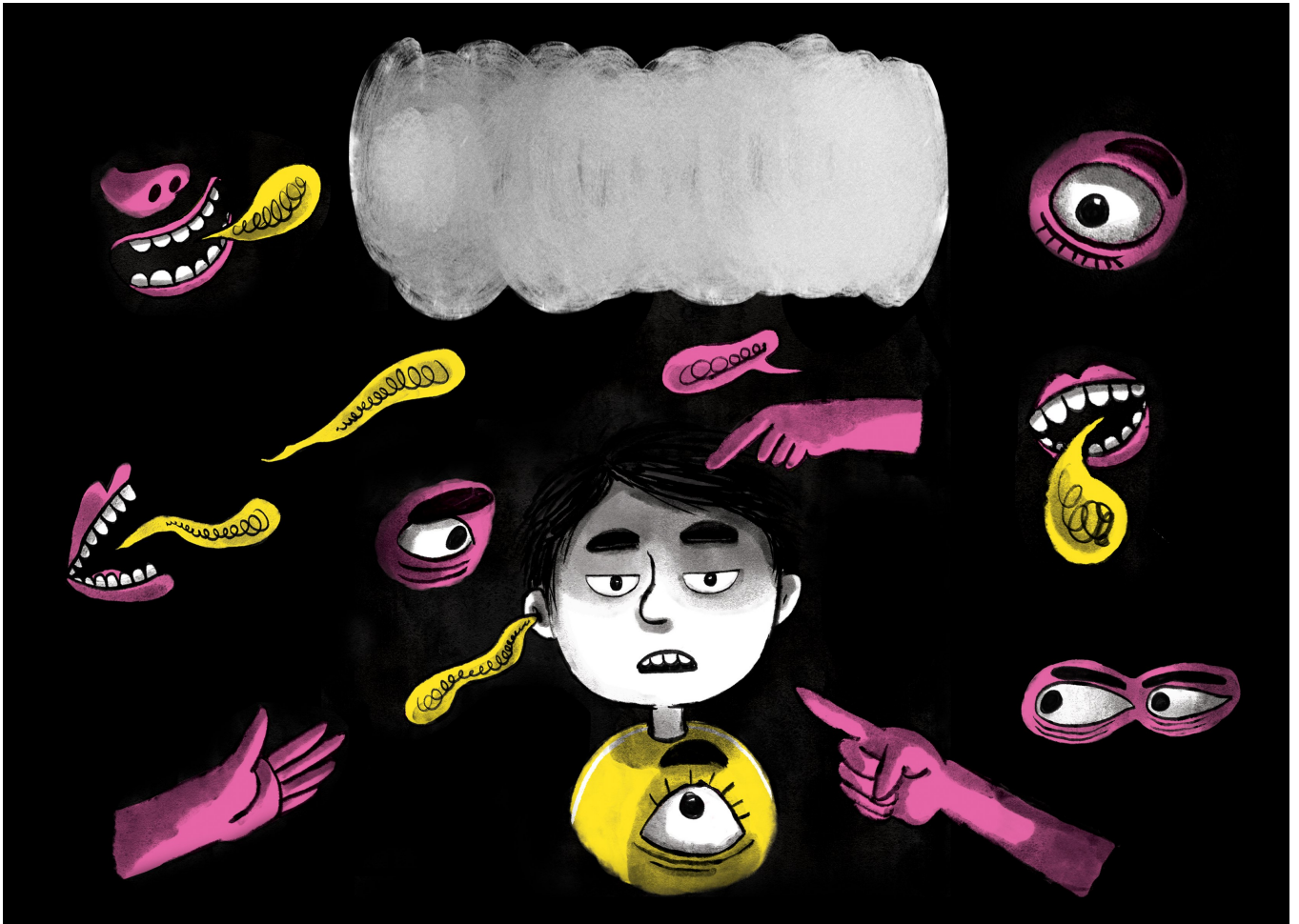
Papa keeps asking Bhaiya about his mood and telling him how to fix it. "What's wrong, why aren't you eating your food?" Papa says. "Eat well and your problem will go away."



There are days when Dukduk is small and floats around like a kite. Then Bhaiya gets out of bed and plays with Chiru. But he gets tired very fast.



Nani and Nana tell Bhaiya what is wrong with him. “Arre, you kids and your problems. In my day, we were tougher!” Nani says. “You are just too distracted,” Nana says.



“It’s all in your head. You just have to put your mind to it and you will snap out of it,” everyone says. “I will try,” Bhaiya says. “It isn’t that easy.”



Chiru tries distracting Bhaiya. "Look at this new book, Bhaiya! Aren't the pictures pretty?" Chiru says. "They are okay, Chiru." Bhaiya says.



“Bhaiya, have you seen the new train set?” Chiru squeals. “Hmm, nice,” Bhaiya says. “Mangasura is here! Run, Bhaiya,” Chiru yells. “Not now, Chiru. I don’t want to play,” Bhaiya says.



“Dukduk is making him sad and angry,” Chiru thinks. She throws a pillow at Dukduk. “Take that, you horrible thing! Get away from Bhaiya. Give back his smile.”



It is Bhaiya's birthday today. Chiru has baked a cake. "Thank you, Chiru," Bhaiya smiles. Chiru frowns. Bhaiya's smile is very different these days.



Chiru sits next to Bhaiya. “Is your new friend making you unhappy?” Bhaiya nods.



“I feel like being happy, but it’s hard work on most days,” Bhaiya explains. “How long do you think your friend will stay?” Chiru asks. “I don’t know,” says Bhaiya.



"It's okay," Chiru says. "We can play whenever you feel like." Bhaiya smiles his old smile. Dukduk becomes smaller.



Now Bhaiya is even getting help from Doctor Aunty.



Dukduk is still there. On some rare days, he is big. Chiru waits for them to pass. Mostly, Dukduk is small, and on those days Bhaiya likes to play.



Dukduk = Depression

When you break your arm or have a cough, you take medicine to feel better. The brain, like any other organ, can get hurt and may need help to heal. Sometimes we feel sad. We cry, we sulk and we get angry, but the mood passes and we feel better. It is normal to feel sad.

Some of us have a sadness that stays for a long time. The brain helps us think, act and feel. When we are sad all the time, it changes our behaviour. We don't feel like doing anything. It makes us feel unwanted. It may feel like a big monster is sitting on you. It even feels like the monster will never go away. This monster is called depression. When you see someone who is sad for no reason, talk to them. Tell them that you may not understand how it feels, but you can see it is hard and you would like to help. If you feel that way, tell your family and friends. It also helps to talk to someone like a psychologist or psychiatrist.





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