



HANSTI DUNIYA

NOVEMBER 2013

Vol. 27 No. 11





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Life once lived cannot be lived again. We should do our best to make it purposeful. Health is wealth. Exercise and right food keep us physically fit. Food is the fuel of life. It is the source that our body requires. Studies have found a correlation between the Western style of fast food and early death. The adverse effect of fast food on health is visibly known all over the world.

While the West is waking up to the ill effects of junk food, it is gaining popularity among Indians who are happily biting into food made of fats, oils, flour and starch. What is worse is that a large percentage of children are also taking to unhealthy food habits, a fact that poses a grave risk to health. According to WHO, diets containing large amounts of fats, sugar or salt cause diseases like diabetes, heart problem cancer and even depression. Like food for body, spirituality feeds the soul.

The most important thing that a father can do for his children is to respect their mother. In turn, mother loves her children to please her husband. This love does not mean merely kissing and hugging, but in cultivating spiritual values and healthy food habits in children to secure their holistic health. Since food habits take shape in childhood, banning junk food in schools can make a difference. The Ministry of Health is taking necessary steps in the matter.

Our battle against fast food has to be whole-hearted. Awareness campaigns can sensitize people and discourage them from junk foods. In fine, while checking advertisements of MNCs on fast food, it must be remembered that bad food habits begin at home and change can also begin there.

Regular congregation and simple nutritive diet,

Make a man healthy, wealthy and bright. — C.L. Gulati



SAMPURAN AVTAR BANI

Ik Tu Hi Nirankar - 84

MAYA DE JO LOBHI NE KARMAN DHARMAN VICH PANDE NE;
MAYA DE JO LOBHI NE LOKAN NOON NAM RATANDE NE.
MAYA DE JO LOBHI NE PATHRAN NOON SEES JHUKANDE NE;
MAYA DE JO LOBHI NE BUTTAN NOON BHOG LAGANDE NE.
MAYA DE JO LOBHI NE TIRATH ASHNAN KARANDE NE;
MAYA DE JO LABHI NE HAJ KABE NOON VADIANDE NE.
JO JANE MAYA DA SWAMI US DI MAYA DASI EY;
KAHE AVTAR CHARAN GUR PARSE CHHIN VICH KATDI PHASI EY.

Gist : Thou Formless One

Those who are crazy for Mammon, entangle one in rites and rituals;

Those who are crazy for Mammon, make people merely chant the name of God again and again.

Those who are crazy for Mammon, bow before the idols;

Those who are crazy for Mammon, offer food to the idols.

Those who are crazy for Mammon, advise bathing at places of pilgrimage;

Those who are crazy for Mammon, glorify the pilgrimages to holy places like Mecca, etc.

The one who knows the Supreme Lord, Mammon becomes his slave;

Avtar says, the one who bows at the holy feet of the True Master, is liberated from the clutches of death in an instant.

— Rajan Sachdeva) U.S.A.

'Reality of the Religion'

Just like the reality of a person is not the body but the 'Atma" or inner consciousness, similarly the reality of the religion is its real essence, the Gyana, not the rituals or its outer look.

In the beginning, the rituals must have been started for some reason. They still might play some role to help us concentrate, but usually we get so caught up in the rituals that we forget the real meaning or the essence of the religion, the Gyana. When we meet someone, at first we may look at their outer appearance, but developing any kind of relationship with them depends on their true nature. Once we know someone really well and love them for their qualities, do we still care about their outlook? Do we want to continue to be with them because of their qualities, or because of their clothes and outer-look? Similarly, do we want to be at a spiritual place because of its essence or its fancy rituals? In some way, some rituals might be necessary to keep the sanctity of the place and to keep our mind focused on the goal in large gatherings. But we must remember that the rituals are secondary, just to help us in some way. We should not forget the real essence, the Gyana.

Golden Words

—There are four sorts of men

1) He who knows not and knows not that he knows not.

—He is a fool, shun him.

2) He who knows not and knows he knows not.

— He is simple, teach him.

3) He who knows and knows not that he knows.

— He is asleep, awaken him.

4) He who knows and knows that he knows.

— He is wise, follow him.

—*Ashok Saini*



THOUGHTS TO PONDER

Compiled by :
Hardik Khinda, Sanskriti School, Delhi

- + It is a divine law that God can be realised by the grace of True Maser.
— Nirankari Baba
- + Hatred does not cease by hatred, but only by love; this is the eternal rule.
— Buddha
- + A man's best friends are his ten fingers.
— Robert Collyer
- + Forgive thyself little, and others much.
— Leighton
- + Hope is life and life is hope.
— Adele Shreve
- + Nothing is more disgraceful than insincerity.
— Cicero
- + Never play with the feelings of others because you may win the game but the risk is that you will surely lose the person for life time.
— Shakespeare
- + How can one love someone without knowing him?
— Nirankari Baba

CROSSWORD

— Vikas Arora (Rewari)

1		2		3		
						4
5						
6	7		8		9	
10						
11						

Left to Right ▶

1. Singular of CARPETS.
5. An infectious disease spread by mosquitoes.
6. Out of these countries, which country lies in the Europe continent: SURINAM, YUGANDA, AUSTRIA, BAHRAIN?
10. Feminine: Milkmaid, Masculine: _____.
11. A word that has the same meaning as another word.

Up-Down ▼

1. A punctuation mark to indicate a slight pause or break between parts of a sentence.
2. Plural of RULE.
3. A synonym of MISTAKE.
4. The Bharat Ratna award was given to _____ Mangeshkar in 2001
7. The word that comes last in the dictionary: UNION, UNITY, UNCLE.
8. The capital city of an Asian country whose currency is Yen.
9. A European country whose capital is Rome.

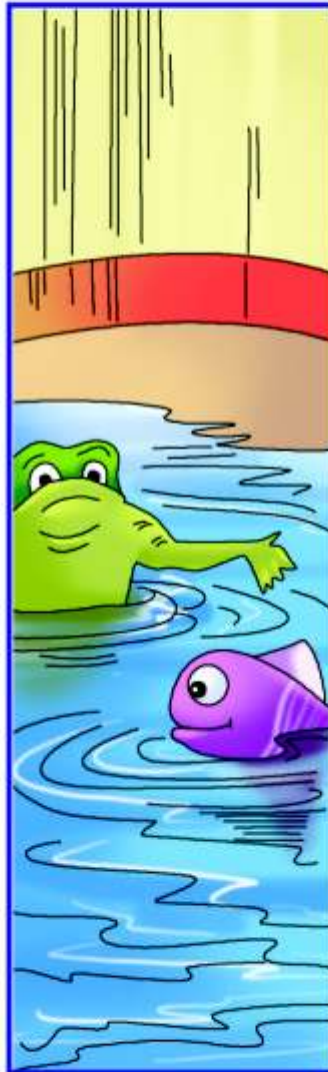
Contributed by : Sukriti Ahuja

A Frog of the well knows not the Ocean

Once a frog lived in a well. It's name was "Taabu". He had been living there for a long time. Actually he was born, and brought up there in the same well. He had never come out of that well. Hence his home, playground was the well alone.

There was another frog. It's name was "Tad". Tad had been living in the ocean. Once it was passing by the same well. Accidentally it too fell into the well. Taabu the frog of the well was pleased to see another frog in his well. Taabu asked Tad all about his whereabouts, then Tad said that he lived in the sea. Taabu inquired from him about the size of the sea. Tad said, "the sea is very big"

Taabu opened his hands and stretched his legs and asked." Is your sea of this size? "Tad said, "It is bigger than your imagination."



The frog of the well then jumped from one wall of the well to the other wall and asked—"Is it as big as this jump?"

The frog of the sea said,—"Dear Taabu you cannot compare the sea with your jump or size of the well. Taabu affirmed strongly:" I am dead sure that there can never be anything bigger than my well" and rebuked Tad. It is really a fact that the frog of a well can never see the reality of the vast oceans. Such is the position of narrow minded people. They can assimilate nothing from the vast world of knowledge. .

KNOWLEDGE BANK

- Every drop of blood goes around the body more than a thousand times a day.
- In the months of December and January Antarctica has 24 days of daylight.
- The first Olympic Games lasted just 5 days.
- Pancakes are probably the oldest prepared food.
- A yak has the tail of a horse, the hair of a goat, the skeleton of a lion, the head of a cow and the grunt of a pig.
- The African elephant has huge ears which help it to control its body temperature.
- Color television was introduced in 1952.
- Our left lung is smaller than our right lung to make room for our heart.

Poem : Dinesh Darpan

The Lamp

A lamp emits such a light
That makes the paths bright
Dispelling the darkness around
Lamp illumines every sight
Those, who go off the path the
lamp shows the right path
To fulfil its aim, the lamp
Serves the world
with all its might.



Tiny Lamp

Lit are the tiny lamps
Lighting up all the camps
White -washed beautifully
Houses look too nice truly
Crackers of many kind
At shops do we find
Variety of food prepared
With the guests is too shared
At Diwali, shunning anger
All do hug one another.

November 2013

9





Jay (Rajkot)

**HAPPY
BIRTHDAY**



Megha Shobhit (Amritsar)



Supriya (Terkiyar)



Kajal (Faridabad)



Krish (Rajnangaav)



Aseem (Almora)



Nitesh (Bhatapara)



Namandeep (Karnal)



Tanishk (Delhi)



Samarjit (Mumbai)



Armaan (Garhshankar)



Dhruven (Virar)



Sampreet (Sangdesiya)



Peeyush (Raipur)



Avrit (Saharanpur)



Vinay (Mumbai)



Shashank (Dhanawala)



Divyanshi (Kanpur)



Anvesha (Rasmakheda)



Sadik (Faridabad)



Badrighar (M.P.S)



Karan Singh (Bheem)



Akanksha (Delhi)



Khushiyaamin (Mumbai)



Anmol (Bilga)



Manav (Delhi)



Anmol (Saharanpur)



Roshni (Ludhiana)



Ridhima (Delhi)



Anmol (Delhi)



Haven (Phagwara)



Taresh (Kathua)



Shubhmeet (Delhi)



Bhavika (Mumbai)



Mamata (Bhucho Mandi)



Nandita (Manali)



Mansi (Devariya)



Sehaj (Karal)



Nav (Nakodar)



Sumit (Delhi)



Ashwin (Delhi)



Navdeesh (Chandigarh)



Rakshit (Sonipat)



Tushar (Narendra Nagar)



Saanvi (Delhi)



Yachika (Phagwara)



Laveena



Vandita (Ludhiana)



Rashi (Ajmer)



Sudeepa (Zeerakpur)



Sparsh (Almorha)



Ashmita (Delhi)

❖ Under this column, Photograph of Children up to the age of 10 years only are entertained. Please send passport size photographs only, Which should reach us atleast two months before.

Editor, **Hansti Duniya**
Magazine Section
Sant Nirankari Mandal
Sant Nirankari Colony, Delhi-9

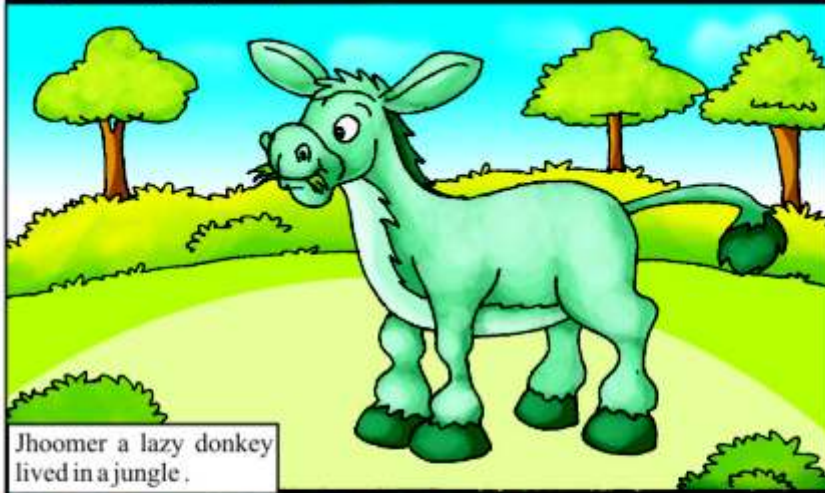
HAPPY BIRTHDAY
The above coupon must be affixed on the back side of the photograph

Name..... Date of Birth.....Year.....
Address.....
.....

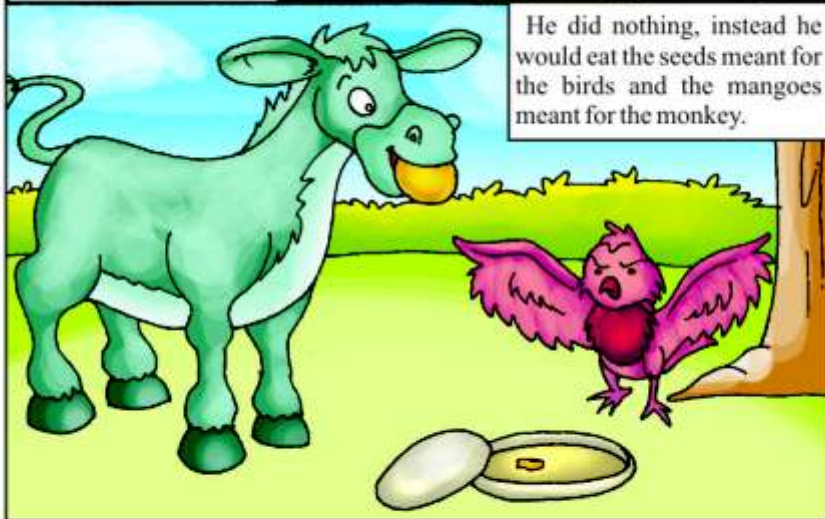


GRANDPA

Story & Illustration
Ajay Kalra



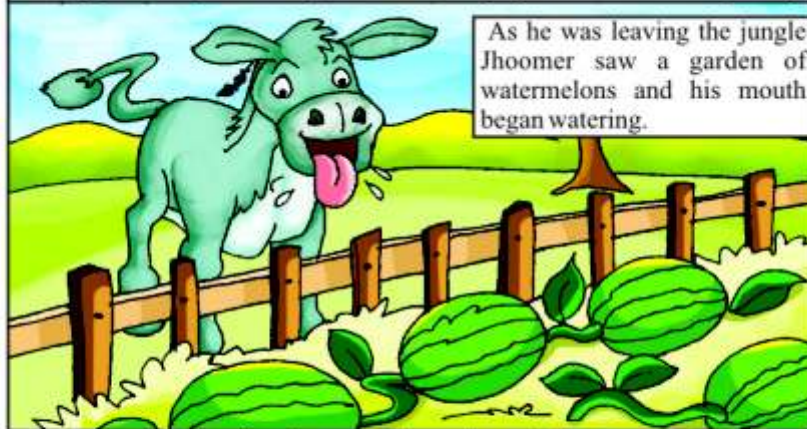
Jhoomer a lazy donkey
lived in a jungle .



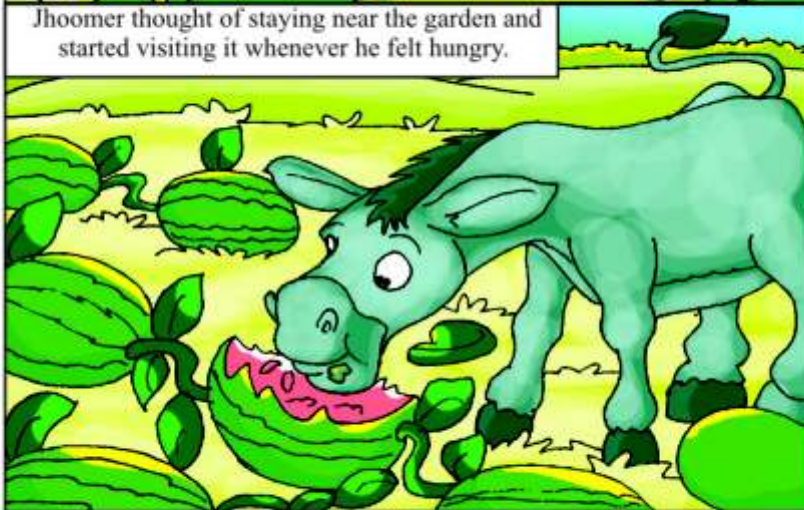
He did nothing, instead he
would eat the seeds meant for
the birds and the mangoes
meant for the monkey.



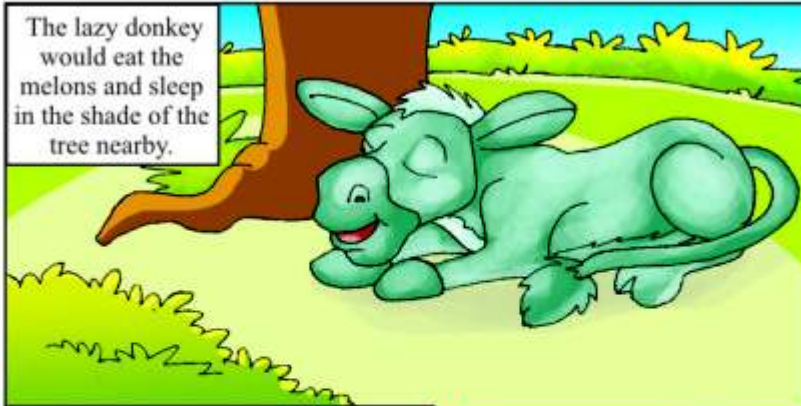
On being scolded by the monkey, Jhoomer left the jungle and went to a nearby village.



As he was leaving the jungle Jhoomer saw a garden of watermelons and his mouth began watering.



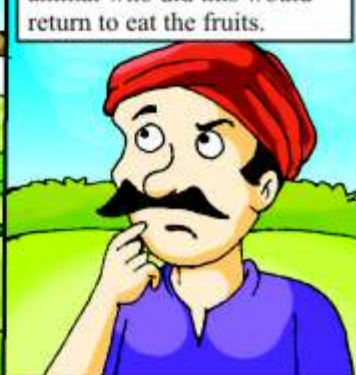
Jhoomer thought of staying near the garden and started visiting it whenever he felt hungry.



After a few days when the owner of the garden returned he was taken aback.



He knew and thought that the animal who did this would return to eat the fruits.

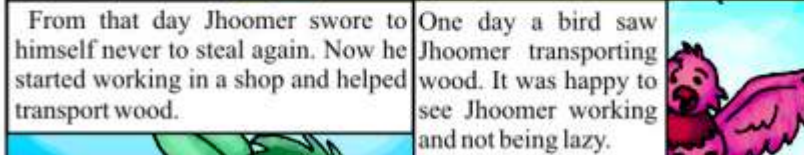


So he covered himself as a scarecrow and waited for the animal.





At the same time Jhoomer reached there and the master started beating him with a stick.



From that day Jhoomer swore to himself never to steal again. Now he started working in a shop and helped transport wood.

One day a bird saw Jhoomer transporting wood. It was happy to see Jhoomer working and not being lazy.



The monkey asked Jhoomer to come back to the jungle saying that all his friends would be happy to see him there.



Moral.: Do not be greedy and lazy, it will lead you nowhere.

Enjoy!

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More fun and info than so far,
'Hansti Duniya' for smiles and joy,
GK for all to enjoy!!!

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kids Nirankari
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New Features

Hansti Duniya **Wacky and True**

Improve your Grammar

—Vikas Arora (Rewari)

1. By passing such a bill, the ministers have killed _____ birds with one stone.
A) TWO B) THREE
2. His _____ income does not allow him to buy a T.V.
A) HIGH B) MEAGRE
3. Masculine: Host, Feminine: _____
A) HOSTESS B) HOSTRESS
4. He went to Shimla during the summer _____.
A) VACATION B) VOCATION
5. When we change direct speech into indirect speech, NEXT WEEK becomes THE FOLLOWING WEEK and TONIGHT becomes _____.
A) LAST NIGHT B) THAT NIGHT
6. Capital letters are used to begin a sentence.
A) TRUE B) FALSE
7. The music was the actor's _____ to enter.
A) QUEUE B) CUE
8. A person who rides horses in races is known as _____.
A) GEOLOGIST B) JOCKEY

Answer Sheet	1	2	3	4	5	6	7	8

Judge your position from the table given below:

All correct – Excellent Grammar

5 – 7 correct – Average Grammar

Below 5 correct – Go through the Grammar book everyday.

— Vipin Gupta (Chandigarh)

Benefits of Garlic



Garlic is used for both medicinal and culinary purposes. Garlic has various anti-oxidant properties that strengthen the heart. It helps our body to regulate body sugar levels and fight against allergies. It also helps to regulate the blood pressure of body. Garlic is also known as one of the best anti-cancer foods. It is an invaluable home medicine for asthma, coughs, ear infections, sinus and common cold. It is also considered as a natural antibiotic that is effective against toxic bacteria, viruses and fungus.

The presence of antioxidants in garlic has a very positive effect on the immune system. Hence, garlic protects the body against all types of bacterial and viral attacks.

Riddles

- 1-What is it that touches one and binds two?
- 2-What can you make that can't be seen?
- 3-What can you break without touching it?
- 4-What has neck but no head?
- 5-Which driver cannot drive a car?
- 6-What has face but no mouth?
- 7-Which city refers to a rubber like quality?
- 8-What starts with T, ends with T and is full of T?

*1-Wedding Ring, 2-Noise 3-Promise 4-Bottle
5-Screw-driver 6-Clock 7-Elasticity 8-Teapot*

Answers

BIG WORLD

Story by: Kishore Daniel

One day after school Chip set out to see the world. He followed his feet to the end of the street and came to a meadow.

"Hello," said Chip to a rabbit in the meadow. "Which way do I go to see the world?"

This meadow is world enough for me," said the rabbit. "Follow your nose if you want to see more."

In the meadow Chip picked a blade of grass to chew on. He picked some sweet clover for his mother.

Then he followed his nose till he came to a farm.

"Hello," said Chip to a goose in the farmyard. "Which way do I go to see the world?"

"This farm is world enough for me," said the goose, shaking its feathers." Follow the wind if you want to see





more."

Chip wet his finger and held it up to see which way the wind was blowing. He picked up a white goose feather and put it in his pocket.

Then he followed the wind. He followed it till he came to a brook.

"Hello," chip said to a fish in the brook. "Which way do I go to see the world?"

"This brook is world enough for me," said the fish, leaping from the water. "Follow the brook if you want to see more."

Chip took off his shoes and his socks. He waded into the brook. He picked up some pebbles and put them in his pocket.

He followed the brook till he came to the woods.

"Hello," said Chip to a squirrel. "Which way do I go to see the world?"

"These woods are world enough for me," said the

squirrel, dropping a nut. "Follow the trees if you want to see more."

Chip picked up the nut and put it in his pocket. Then he followed the trees till he came to a road.

A nest full of baby birds was by the side of the road.

"Hello," said Chip to the mother bird. "Which way do I go to see the world?"

"This nest is world enough for me," said the mother bird. "But follow the Sun if you want to see more."

Chip picked a red berry from the bush and put it in his pocket. Then he followed the Sun down the road.

The Sun was getting lower and lower and lower in the Sky. And Chip was getting hungrier and hungrier. The world seemed like a very big place indeed.

Then the Sun began to sink behind the hills. Chips hurried. He followed the Sinking Sun till he came to a street.

Down the street came the smell of fried chicken. Chip followed the smell to his own house.

"Hello," said Chip's mother.

"Where have you been? It is almost dark."

"I have been out to see the world," said chip, "it is a very big place."

Chip put his hand in his pocket. "I found many things in this big world," said Chip. "I have clover from the meadow, and a feather from a goose, and some pebbles from the brook. I have a nut from the woods and a red berry from a bush, They are all for you!"

"Wow! What beautiful gifts!" said Chip's mother. Then she said, "you must be very hungry after your trip."

And, of course, Chip was very hungry after such a long trip. Mother gave Chips its food and then it went to sleep. ●

Pollution

— Shikha, Delhi



Twinkle Twinkle little star,
I don't know where you are.

All the smoke up in the sky,
Makes me hide and makes me cry.

There is darkness all around,
As you are pollution bound.

When you are visible at night,
Then it is a lovely sight.

Pollution is causing fear,
But you are clear.

Why is man causing pollution?
Has he forgotten green revolution?



Article

By. Mrs. Malcolm Singh

A Smile

A smile costs nothing, but gives much. It enriches those who receive, without making poorer those who give. It takes but a moment, but the memory of it sometimes lasts forever. None is so rich or mighty that he can get along without it, and none is so poor that he can be made rich by it.

A smile creates happiness in the home, fosters good will in business and is the countersign of friendship. It brings rest to the weary, cheers to the discouraged, sunshine to the sad and it is nature's best antidote for trouble. Yet it cannot be bought, begged, borrowed or stolen for it is some thing that is of no value to anyone until given away.

Some people are too tired to give you a smile. Give them one of yours, as none needs a smile so much as he who has no more to give. So Smile please.

A smile is a curve that sets everything straight. ■

Improve your Grammar

Answers:—

1	2	3	4	5	6	7	8
A	B	A	A	B	A	B	B

Q.No.

Explanation

1. 'KILLING TWO BIRDS WITH ONE STONE' means achieving two desirable effects with one process or action.
2. We require a word which denotes "comparative smallness" – smallness in relation to its not being enough for the cost of a T.V. So, meagre is the correct answer.
3. The feminine of Host is Hostess, not Hostress.
4. VACATION means holidays and VOCATION means profession.
5. When direct speech is changed into indirect speech, TONIGHT becomes THAT NIGHT.
6. It is true that the capital letters are used to begin a sentence.
7. 'Cue' means hint, guiding suggestion or actor's signal. 'Queue' is a line of people awaiting their turn.
8. Geologist is a person who studies rocks and soil.

Story : by Rohtas (Panipat)

An Interview

Zaheer was a poor but brilliant boy. His father died while Zaheer was in VIIIth standard. He just passed his matriculation. Due to the poor economic conditions, Zaheer was not able to continue his studies further. He was in search of a job. He had also applied for one in the newly built hospital, the interview for which was scheduled for Sunday next.

The day approached. The scheduled time for the interview was from 10 a.m. to 12 a.m.

Several candidates gathered outside the hospital. Doctor Neeraj called them in one by one and asked them many questions.

By 12 O'clock, all the interviews were over. Everyone waited to hear the name of the selected candidate.

Just then, Zaheer came there, panting. Doctor Neeraj said, "You have come so late. All interviews are over."

"I know, Doctor. A patient is with me. He is sitting





outside. Please admit him in your hospital. Then I shall go away."

"Oh, you have not come here for the job but have brought a patient?" asked Dr. Neeraj.

"No, sir. I wanted to come for the job too. But on way to hospital, I saw a man lying unconscious. I got late in bringing him here." "I could not bring him here alone. The others who were coming for the interview refused to help me. Their excuse was that they had to go for the interview and they would get late if they helped me.

"After much searching, I was able to get water which I sprinkled on the man's face. When the man regained consciousness, I kept on rubbing his head and legs. Only after that was he able to stand up. I have brought him here with great difficulty. That is why I am late."

"What is your name? Have you ever worked in some other hospital?" asked the doctor.

"I am Zaheer. It is for the first time that I got a chance to give an interview. I have no experience in this kind of job," replied Zaheer.

"It does not matter. I select you for the post," said Dr. Neeraj. He looked at the other candidates and said, "Now, you can all go.

All the candidates felt dissatisfied and restless. They said in unison, "This is unjust. This boy neither reached in

time nor has any work experience. Even then, he is being offered this job!

"On the other hand, we all reached in good time, gave good interviews and have also got work experience. And we are asked to go away!"

"Yes, yes. It is unfair. You must select one of us to the post," said one of them angrily.

"I don't want them to fight among themselves, so, I am going, sir. But please admit this man and treat him". Saying this, Zaheer started to leave.

"Just a minute," said Dr. Neeraj. "I will not admit the man. But you will have to stay back to assist me because now you are my new assistant."

Then Dr. Neeraj remarked to the others, "You should be ashamed of your behaviour. An injured man was lying on your path. Instead of bringing him to the hospital, you thought it better to appear for the interview. What is the use of any such experience which does not help others in need? How can you work in the hospital?"

"And as far as Zaheer's work experience is concerned, at least he has enough concern to serve the patients wholeheartedly. I will myself teach him the rest of his duties."

On hearing this, all the candidates went away with disappointed looks. Dr. Neeraj accompanied Zaheer inside to attend to the patient. ■

Cross Word Solution						
1	C	A	2	R	3	E
	O		U		R	4
5						
	M	A	L	A	R	I
	M		E	O		T
6						
	A	7	U	S	8	9
		N		O		T
10						
	M	I	L	K	M	A
		T		Y		L
11						
	S	Y	N	O	N	Y

HD Answers

—Dev Raj Dev (Jammu)

Q.: How to realise God?

Ans: God can be realised only through a contemporary True Master (Satguru).

— Ekta (Wadsa)

Q. : How to inspire tender minds of children for Satsang?

A: By organising special Satsang programmes for them.

— Priya Nirankari (Chandigarh)

Q. : How to strengthen self-confidence?

Ans: Through good conduct and by leading a disciplined life.

— Dimple (Amravati)

Q. : How to do away with our evil thoughts?

Ans: By associating yourself with pious and saintly people and by attending Satsang regularly.

— Ram Shankar Gupta (Bilaspur)

Q. : What is the divine form of God?

Ans: Formless.

— Ramesh, Geetu Khaneja (Kalanour)

Q. : How to increase our faith in Nirankar?

Ans: By being regular in Sewa, Simran and Satsang.

Contributed by : Subhash Dawar

The Three Things

Three things to love are
Honesty, Purity and Truth.

Three things to admire are
Intellect, Beauty and Charm.

Three things to cultivate are
Cheerfulness, Sympathy and Contentment.

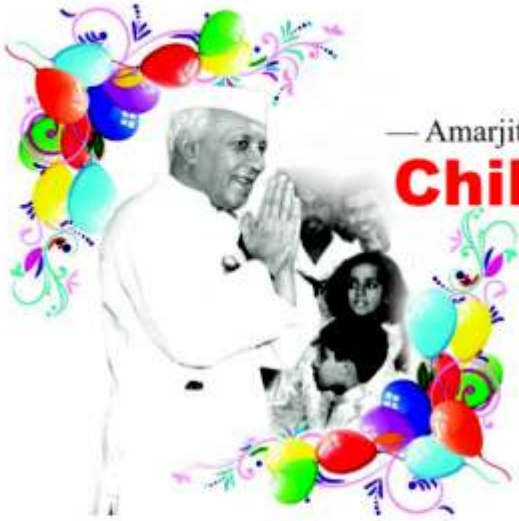
Three things to respect are
Old age, Religion and Law.

Three things to value are
Time, Health and Money.

Three things to govern are
Tongue, Temper and Action.

Three things to avoid are
Idleness, Falsehood and Abuse.

Three things to seek are
Peace, Blessedness and Brotherhood.



— Amarjit , Chandigarh

Children's Day

November 14 is celebrated as Children's Day. It marks the birthday of Pandit Jawahar Lal Nehru – the first Prime Minister of independent India. He was very fond of children and was fondly called Chacha Nehru as

in you he saw a bright future of India. To celebrate this occasion the staff of **Hansti Duniya wishes its young readers a very Happy Children's Day.** This is your day and we would like to dedicate a few lines to all of you.

Children—You are the festival of **DIWALI**. The lights that brighten the darkness of our nights are visible in the sparkle of your eyes.

You are the festival of **HOLI**. Your many sided personality is a kaleidoscope of colors enlivening drab lives with the colors of rainbow.

You are the festival of **DASSEHRA**. The power of your innocence is so invincible and strong that it helps to overcome the looming powers of evil.

You are the festival of **CHRISTMAS** spreading the spirit of love, tolerance, sharing and bringing peace on earth and goodwill to all.

Dear Children it is indeed a lucky coincidence that on **Nov 14** , **Rev Babaji and Mataji also celebrate their wedding anniversary.** We all wish them **Many Happy Return the day.** Babaji sees the future of the mission in you. The responsibility of carrying it forward globally rests on your shoulders. You have to live within the parameters of the mission and be a source of inspiration to friends and peers.

- Vikas Arora

Seven tips to cure acidity



1. Reduce daily intake of coffee and tea.
Opt for herbal tea instead, if necessary.
2. Have a glass of warm water every day early in the morning.
3. Include jaggery, yogurt, lemon, coconut water, banana and cucumber in your daily diet.
4. Sucking a piece of clove is another effective remedy.
5. Have your last meal at least two to three hours before sleeping.
6. Keeping long intervals between meals is a cause for acidity. So, have small but regular meals.
7. Ginger aids in digestion. Add it to your recipes. Cut a piece of ginger and chew it with little bit salt. This is good for immediate relief from gas and acidity.

Poem : Jagdish Singh

Doubt



Doubt if produced
in one's mind

It will show
Its every kind

Harmful to you
And harmful to me


Harmful to friends
And to the enemy

So let it not enter,
in a healthy brain.

It is unpleasant,
And gives us pain.

This is my message
to every one.

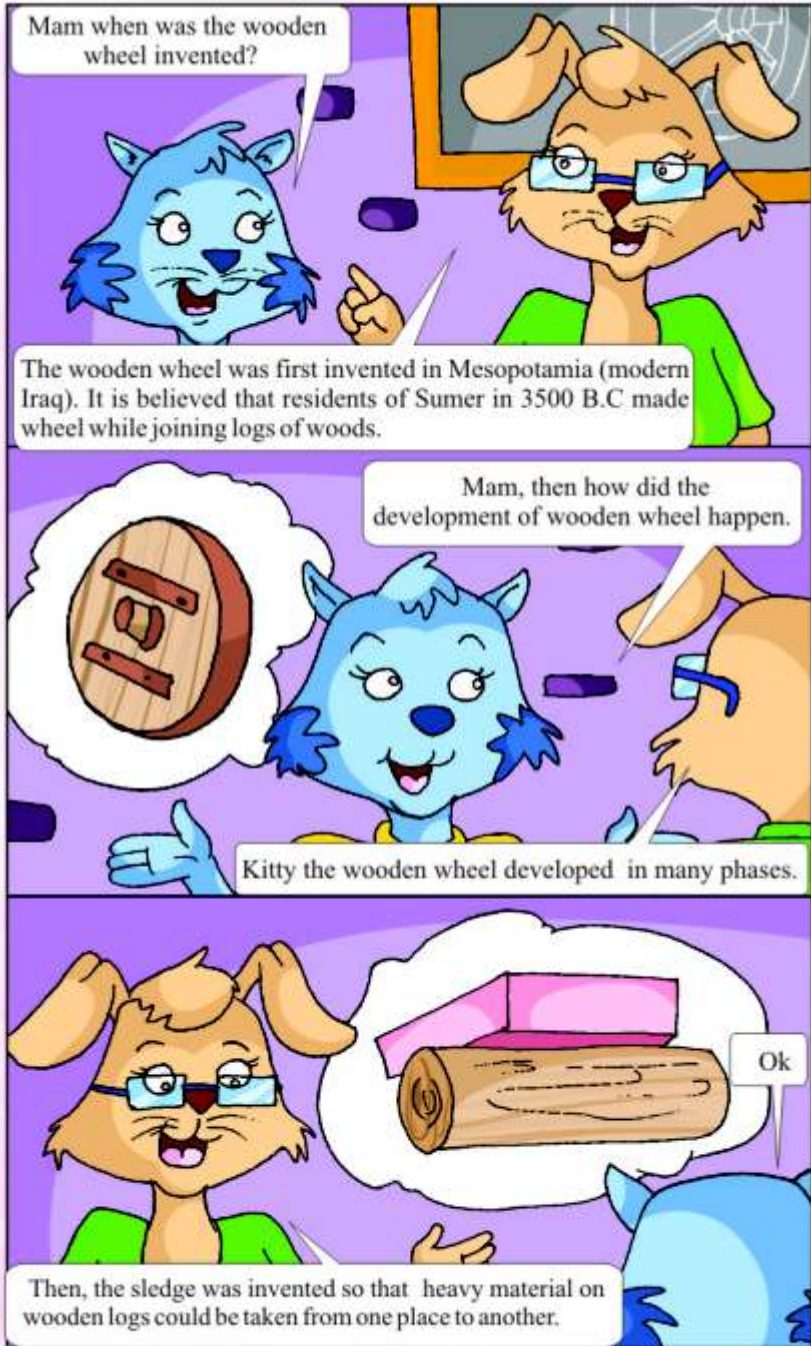
Quite serious
not a fun.



Kitty

Story & Illustration :
Ajay Kalra





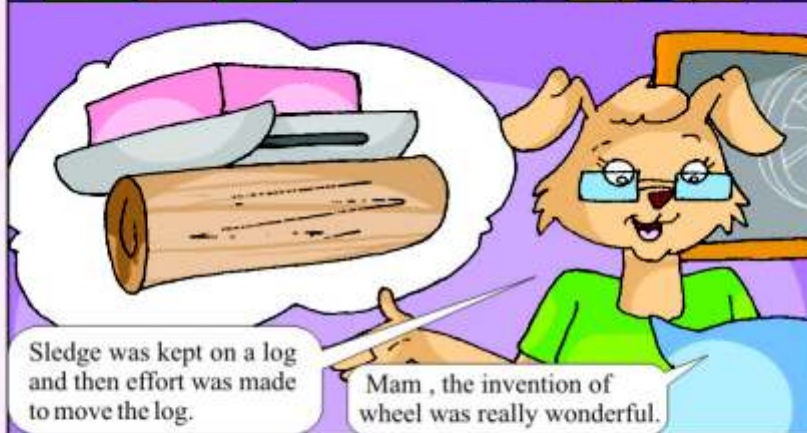




Photo Feature



The theme of 66th Annual Nirankari Sant Samagam is 'Human Values'.
-Ishana (Rohini, Delhi)



How to inculcate human values ? - Anish Bhardwaj (Veer)



Take responsibility for your actions.
- Astha Adwani (Wardha)



Show proper respect to everyone.



Forgive people and move forward. - Angel (Delhi)

November 2013

Be sympathetic towards others.
- Navneet (Delhi)



Photo Feature



Always have a positive outlook in life. - Lakshita (Delhi)

Say what you mean and mean what you say. - Ananya Singh



Help those in need. - Sneha, Aneesh (Manwa)



Be honest with yourself. - Shrey, Surekha, Namrata (Raipur)



Stop blaming others. - Niharika (Delhi)



Accept people just the way they are. — Manan (Delhi)



Hansti Duniya

Photo Feature



Give what you want to receive. - Mehak (Indore)



Smile and make others smile too.
— Dikshita, Sudiksha (Surat)



Have patience
in life.
— Dikshita
(Jam Nagar)



Learn to love other people.



Give lots of compliments.
— Surekha
(Raipur)



Do not lie or gossip.



Vanshika (Jammu)

Try to be more punctual and responsible.

Focus on the good more than you focus on the bad. - Suhani (Kuwait)



Keep your promises.
- Samdish (Delhi)

**Photo
Fe
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ure**



Be disciplined in your thoughts and actions.
- Nandita (Delhi)



Be kind to everyone.

Bless me to be a better human being.



SMSes of the month



● Do not mix bad words with your bad mood. You will have opportunities to change a mood but you will never get the opportunities to replace the words you spoke.

— Dharm Veer, USA

● My daily prayer to God is not to change the people around me, but to change me, so that I can be a better person for those who are around me.

— Ashok Nirankari, America

● Special people are not needed to be talked daily... sometimes their memories are worth more to feel their closeness.

— Ruchi, Alwar

● Forget the things that make you sad, remember the things that make you glad. Forget the trouble that passed away and remember the blessing that comes each day so always think positive.

— Gold, Mandi, H.P

● No one can go back and change a bad beginning, but one can start anything anytime to create a successful ending.

— Lokinder, Bikaner

● Difficulties in life do not come to destroy you, but to help you to realize your hidden potentials.

— Tannu, Karsog

● Love is life, and if you miss love, you miss life.

— Anmol, America

● Give a thousand chances to your enemy to become your friend ... but give no chance to your friend to become your enemy.

— Nitika, Ghaziabad



TREE OF LIFE

Don't judge a life by one difficult season.

There was a man who had four sons. He wanted his sons to learn not to judge things too quickly. So he sent them each in turn, on a quest, to go and look at a pear tree that was a distance away. The first son went in the winter, the second in the spring, the third in summer, and the youngest son in the half winter. When they had come back, he called them together to know what they had seen. The first son said that the tree was ugly, bent and twisted. The second contradicted the first saying that it was covered with green buds and was full of promise. The third son disagreed and said it was laden with blossoms that smelled so sweet and looked so beautiful, it was the most graceful thing he had ever seen.

The last son did not agree with any of them and said that it was ripe and drooping with fruit, full of life and fulfillment. The man then explained to his sons that they were all right, because they had each seen a different season in the life of the tree.

He told them that you cannot judge a tree, or a person, by only one season and one interaction. Who they are, the pleasure, joy, and love that come from that life can only be measured at the end, when all the seasons are up. If you give up when it's winter, you will miss the promise of your spring, the beauty of your summer and fulfillment of your fall. Don't let the pain of one destroy the joy of all the rest.

Winners of September Issue

Ist	Misha G. Khemani Radhe, Krishna, Plot No. 435/436, 2nd floor, Opp Moghul Monarch Gandhi Road, Ulhasnagar (Mah.)	11Yrs
IInd	Komalpreet Kaur H.No. 465, Street. No. 2 Anand Nagar, MOGA (Pb.)	15Yrs
IIIRD	Manya Kapoor House No. 1824/Sector -4 Gurgaon (Haryana) 122001	6 Yrs

Consolation Entries

Archit Dhiman (Katcha Tank, Nahan), Navdisha Arora (K.D.Nagar, Ganaur Mandi), Tanya (Ghana, Anapur, Allahabad), Drishti Mittal (Sardarnagar, Moga), Sunisht Chauhan (Govindpura Manimajra, Chandigarh), Ridhima Kharbanda (Rajendra Nagar, Guntur).

Competition for November

On page 44, a beautiful picture is given; colour it and send it to us latest by December 15, 2013. The best three will be awarded suitable prizes.

The result will appear in January 2014 issue. Full name and address should be mentioned clearly at the prescribed place. Children up to the age of 15 years only will be eligible to participate. The decision of the Editor Hansti Duniya will be final.

Colour it



Name

Address

.....

LAUGHING TIME

— Sakshi Gulati, Chandigarh

Parveen : Why are you crying?

Bharat: My buffalo is lost.

Parveen: Don't worry, you will find it.

Bharat : No sir, it has gone home.

Parveen: Then why do you cry?

Bharat: Because I don't know the way to my home. The buffalo only knows it _____

Policeman: Where were you when the labourer was kidnapped?

Watchman: I was on duty.

Policeman: Then why did you not try to save him or get help?

Watchman: Sir, my duty is to keep watch on the building and not on the men of the building. _____

Father : Ravi, how did you do in your exam?

Ravi : Only one sum is wrong.

Father : It is OK. How about the others?

Ravi : I did not try the others. _____

Teacher: What is the distance between Bombay and Delhi?

Rina: Sir, it is the same as between Delhi and Bombay. _____

Teacher: Rita, describe the spinal column.

Rita: Teacher, my head rests on one end of it and I sit on the other end. _____

Father: I have ten apples. If I give six apples to your elder brother, what will you get?

Child: I will get angry. _____

Judge: What is your age?

Prisoner: Thirty years.

Judge: Five years ago, you told your age thirty.

Prisoner: Sir, I was imprisoned for changing the statement. Therefore, I do not change my statement, now.

Noel: I go to school every morning at 9 o' clock.

Walt: On the dot.

Noel: No, on the bus!

Advertising Manager: You advertised in our paper for a night watchman, any results?

Shopkeeper: Rather! The shop was robbed last night.

Judge: Did you commit the robbery alone?

Burglar: Yes your honour. The trouble about having a partner in an affair like this is that you can never be sure whether he is honest or not.

Judge : How can you plead not guilty when four people have seen you stealing?

Thief: I can produce thousands who haven't.

From the Sunday astrology column, under Taurus—
"Astrologers may do well, their predictions may come true."

Friend : You don't look so good, old man. What's wrong?

Rajan : I got domestic trouble.

Friend : But, you always said your wife was a pearl.

Rajan : Yeah, She is. It's the mother-of-pearl that's the problem.

Uncle : How are you getting on at school?

Mac : Jolly fine, uncle; centre forward position in football and right back in lessons.

John : My neighbour always whistles as he works.

Tom: He must be a happy fellow.

John : No, he is traffic police man.

Patient : Doctor, how can I ever pay for your kindness.

Doctor : By cheque or cash.

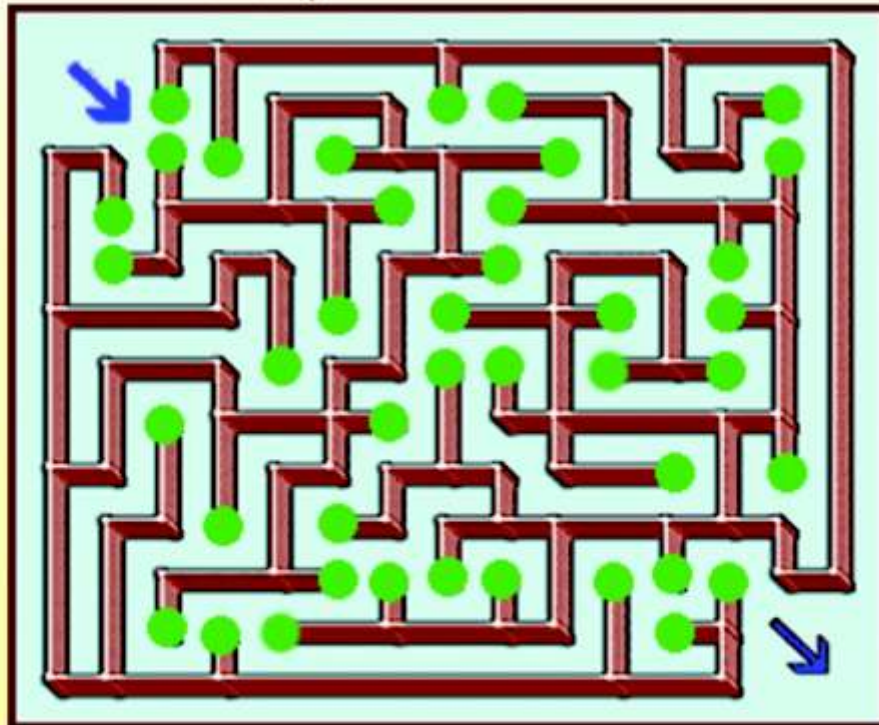
Divine Beauty

Flies sit at times on the sweetmeats kept exposed for sale in the shop of a confectioner, but no sooner does a sweeper pass by with a basket full of filth, then the flies leave the sweetmeats and sit upon the filth basket. But the honey bee always drinks honey from the flowers.

The worldly men are like flies. At times, they get momentary taste of divine sweetness but their natural tendency for filth soon brings them back to the dunghill of the world. The good man, on the other hand, is always absorbed in the divine beauty.

— Sri Ramakrishna

Find the way





Have Your Say

Firstly, I wonder why Hansti Duniya (English) is known as "Children Magazine". Maybe it is because people assume that only kids enjoy it but I am sure many of its readers disagree with me. Actually, Hansti Duniya is enjoyed by people of all ages provided the person enjoys reading. My entire family is crazy about Hansti Duniya. We have been reading Hansti Duniya for years. My younger brother especially is a total freak. He spends all his spare time reading its new and old issues.

I received the September issue well on time. Your editorial 'Tribute to the teachers' is great. Other than my favourite regular columns like Laughing time and Crossword, I like the informative article on 'Spain'. It is well written in a concise manner. As I have visited Spain last year with my friends, this article revived all my memories.

— **Rajesh Wadkar, Satara**

Your editorial about 66th Sant Nirankari samagam is really useful for the young generation. So many readers will inspire the different people to subscribe for Nirankari Magazines. "You will miss a lot if you miss the samagam" is very touching to heart.

Stories "the Kind-Hearted Pilgrim", 'Love and Logic' "Wood Cutter" are very interesting and give a good lesson/moral to the readers. Health: Benefit of Apple is very useful. Children will avoid sweets and eat fruits which will improve their health. Please start a regular feature about fruits in the magazine "Peace in world" is worth reading message.

— **Urmila Bali, Gohar, H.P.**

Dhan Nirankar Ji

V.P. Batra
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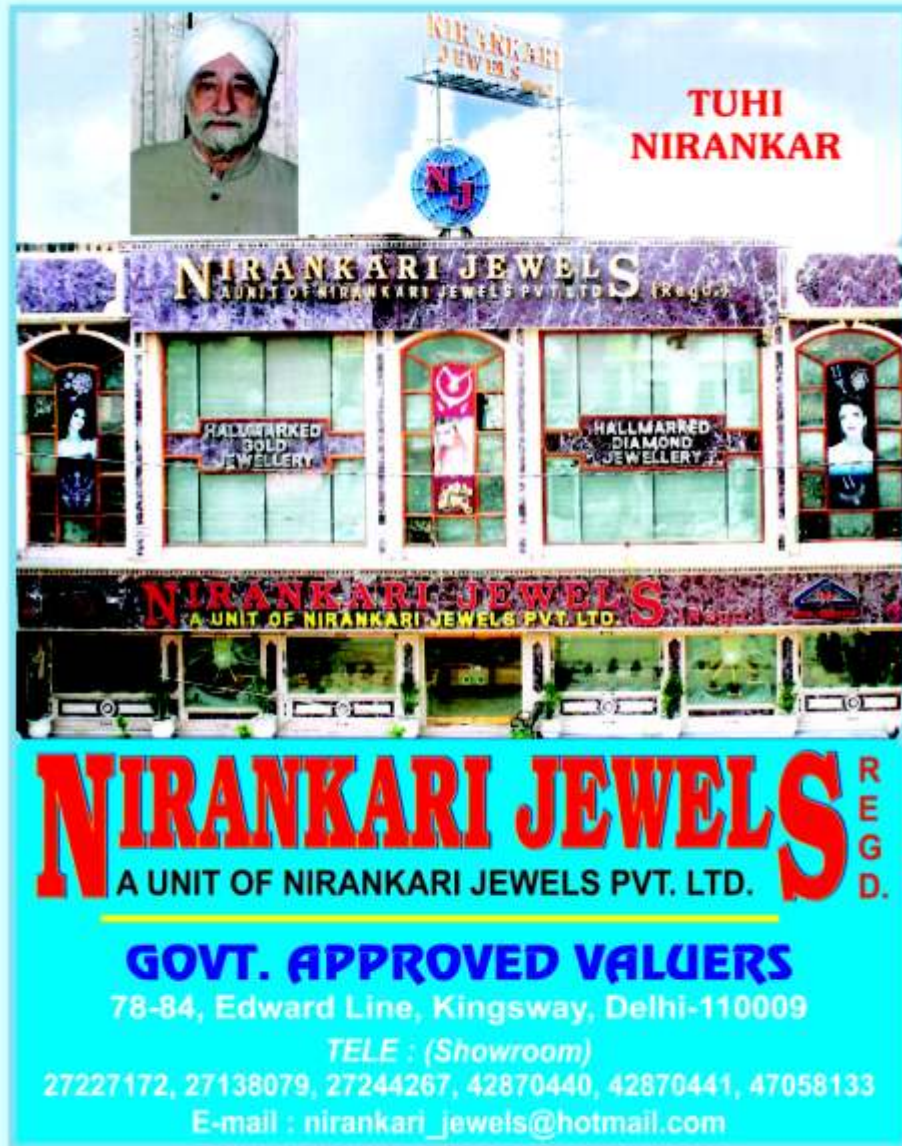
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