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# HANSTI DUNIYA

Vol. 27 • No. 5 • May 2013





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<b>VOL. 27</b> <b>No. 5</b>	<b>HANSTI DUNIYA</b> (A Monthly for Children's Mental Development) Published in English, Hindi, Punjabi and Marathi	<b>May</b> <b>2013</b>
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<b>Regular Columns</b>	<b>Stories</b>
Editorial 2	The Kind hearted Pilgrim Vimlesh Ahuja 6
Know Your Scriptures 3	Limpu's Laziness S.C. Sharma 18
Thoughts to Ponder 4	When No One Would... Manav Gulati 22
Happy Birthday 10	Lord Krishna and the ... Rajan Sachdeva 28
H.D. Answers 17	<b>Poems</b>
Colour it 43	It Matters Not Mr. John Clayton 9
Laughing Time 44	<b>Articles</b>
<b>Photo Features</b>	Why is the colour of ... C.S. Toor 16
Grandpa 12	Anil Kawrani Drink Water and ... 31
Kitty 33	Muskmelon
Photo Feature 37, 39	<b>AND</b>
<b>Vinay Joshi</b> (Honorary) Editor	Cross Word Vikas Arora 5
<b>Rajat Kapoor</b> Associate Editor (Honorary)	What keep us alive Rajan Sachdeva 7
Ph.: 011-47660200	Why the sea water is ... Bunt Kumar 8
Fax: 011-27608215	Maze Himanshu 20
47660300	Improve your grammar Vikas Arora 21
	Maze 25
	May Day A.J. Toor 26
	Riddles Pulkit Bhardwaj... 27
	Rising Star Gurdev Singh 40
	SMSes of the month 41
	Have Your Say 48

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Website : <http://www.nirankari.org>  
E-mail : [patrika@nirankari.org](mailto:patrika@nirankari.org)

Photo Typesetting & Printed by  
Shri Avtar Printing Press  
Sant Nirankari Colony, Delhi-9

Issued by C.L. Gulati Publisher & Printer for and on the behalf of  
Sant Nirankari Mandal, Delhi-09, printed by Hardev Printers, Sant  
Nirankari Colony, Delhi-110009



*Editorial*

## **Historic Run For Oneness By S.N.C.F.**

**A**s a part of the ongoing State-level Nirankari Sant Samagam and to celebrate the World Health Day on April 7, 2013, the Sant Nirankari Charitable Foundation organized in Navlakhi Ground Vadodara, 'Run for Oneness' in which 25,000 followers of the Mission and other people participated.

Addressing the participants, Satguru Baba ji said that the Mission has been involving the youth in one or the other noble cause for the welfare of humanity, particularly since the first Nirankari International Samagam held in Birmingham (UK) in August, 2012. Today also they are participating in the Run for Oneness of mankind and peaceful co-existence which are the need of the day. Winning the race is not that important as the participation itself. The glory and satisfaction of participation remain forever. We should, therefore, run for a cause and not for applause. We win applause when our cause is noble and for the good of all.

The Mayor of Baroda Dr. Jyotiben Pandya complimented the Mission for giving a spiritual touch to human values. She said that on World Health Day, the Mission is not only promoting physical health and mental well being but is also praised the Mission for giving something unique to society.

According to a front-page report in the Times of India, April 8, the message of Run for Oneness in Vadodra simultaneously vibrated, as if by divine coincidence in Godhra. There a mosque in the Muslim dominated area of Polan Bazar which is considered the ground zero of the 2002 riots, built a unique bridge across the communal divide by opening the doors to people mostly Hindus and

Know your scriptures

## SAMPURAN AVTAR BANI

### Ik Tuhi Nirankar 77

SAMA GIA PHIR HATH NAHIN AONA ANT SAMEN PACHHTAYENGA;  
DHARM RAI NE JAM JAN GHALLE ROYENGA KURLAYENGA.

SANGI SATHI JINNE TERE KAMM KISE NE AONA NAHIN;  
SAKE SAAK SAMBANDHIAN CHON VI AKE KISE BACHONA NAHIN.

AKHAR NOON KAMM GURU NE AONAI GORE CHITTE CHAMM NAHIN;  
AVTAR DE SIKH TON LEKHA MANGE DHARM RAI DA DAM NAHIN.

## GIST : THOU FORMLESS ONE

O' man, the time once lost cannot be regained and you will repent in the end;

You will weep and cry on facing the Angel of Death.

None of your friends and companions will be of any avail;

None of near and dear ones will come to your rescue.

Only True Master will stand by you in the end and not your beautiful physical form;

Avtar says, the Lord of Death cannot take an account of deeds from a devotee of the True Master.



Christians and served them refreshment and cold drinks to give them respite from the scorching heat of the sun. Sayeed Meetha, Maulvi of the mosque welcomed them saying, 'Humanity is the most important religion. Nothing is more sacred than helping others. It was a touching gesture from the mosque.'

In this promising background, it is becoming of all of us to translate the spirit of oneness at our work place and in our day-to-day life. This will bring spiritual revolution spelling out heaven on earth before long.

— C.L. Gulati

Compiled by : Master Hardik Khinda, Sanskriti School, Delhi

## THOUGHTS TO PONDER

● After we are born, it takes us up to two years to learn to speak! But it takes a LIFETIME to learn when and what NOT to speak.

— Nirankari Baba

● Holding on to anger is like grasping a hot coal with the intent of throwing it at someone else; you are the one who gets burned.

— Buddha

● Anger is an acid that can do more harm to the vessel in which it is stored than to anything on which it is poured.

—Mark Twain

● Bitterness is like cancer. It eats upon the host. But anger is like fire. It burns it all clean.

— Maya Angelou

● For every minute you remain angry, you lose sixty seconds of peace of mind.

— Ralph Waldo Emerson

● Anger and intolerance are the enemies of correct understanding.

— Mahatma Gandhi

● A man in anger is no better than a mad person.

—Nirankari Baba

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By : Vikas Arora, Rewari

1		2		3		4
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	■		■		■	
6	7		8			
■		■		■	■	
9					10	
■		■		■		■
11						

**Left to Right →**

1. The main language spoken in Maharashtra.
5. Name of a vegetable.
6. The capital of the U.S. state Georgia.
9. An Indian state whose capital is Agartala.
11. Plural of Thread.

**Up - Down ↓**

1. A famous city of Saudi Arabia where Hazrat Mohammad was born: CCMEA.
2. A synonym of REVOLT.
3. Find the odd one out: VIXEN, ZEBRA, MOUSE, TRAIN.
4. The art of Japanese flower arrangement is known as \_\_\_\_\_.
7. The word that comes last in the dictionary: TORCH, TOPIC, TOOTH.
8. An \_\_\_\_\_ a day keeps the doctor away.
10. The colour of human blood.

**For Answers Turn to page - 30**



— Vimlesh Ahuja, Delhi

## The Kind hearted Pilgrim

In Udipi there is a famous temple of Lord Krishna which thousands of pilgrims visit.

Once long ago some devotees from Shimoga started on a pilgrimage to Udipi. One of the pilgrims, whose name was Gopala Adiga, saw an old woman walking along with other pilgrims on the way. She was carrying a rotten cabbage in her hands.

Adiga asked the old woman, “Oh mother! What makes you carry that rotten cabbage? It is not fit to be cooked and eaten.”

With tears in her eyes, the old woman replied, “What can I do, son? I have three daughters at home, who are starving for the last three days. I shall boil this cabbage and prepare some soup out of it for them. I am very poor and my life is a burden for me. But I have to feed my children somehow.”

Adiga's heart melted. He said to her, “I am going on a pilgrimage to Udipi and have some money with me. I shall give that to you. You had better buy some good things for your daughters to eat.”

The old woman was very pleased with his generosity. She took the money and went away.

Adiga cut short his pilgrimage and returned home. He had no more money to go to udipi. That night. Lord



Krishna appeared to Adiga in a dream. He told his devotee Adiga, "I had appeared as the old woman before you, when you were on your way to Udipi. The other pilgrims whom I had met, did not even bother to look at me. Only you were kind enough to listen to the sad story of my poverty. You gave me all your money. You could not finish your pilgrimage. But you need not go to a holy place to seek my blessings. You can have them wherever you are, if you are sincere in your charity and devotion. You can find God anywhere in the world. It is only the ignorant who think that they must go to a particular holy place. I am very pleased with your devotion, kind-heartedness and charity. My blessings would always be with you."

## What keeps us alive

—Rajan Sachdeva, USA

Last night my mom and I were sitting in the living room, talking about life... In-between, we talked about the idea of life and death.

I said to her: ' Mom, never let me live in a vegetative state, totally dependent on machines and liquids from a bottle. If you see me in that state I want you to disconnect all the contraptions that are keeping me alive'.

My mom asked "Are you sure?"

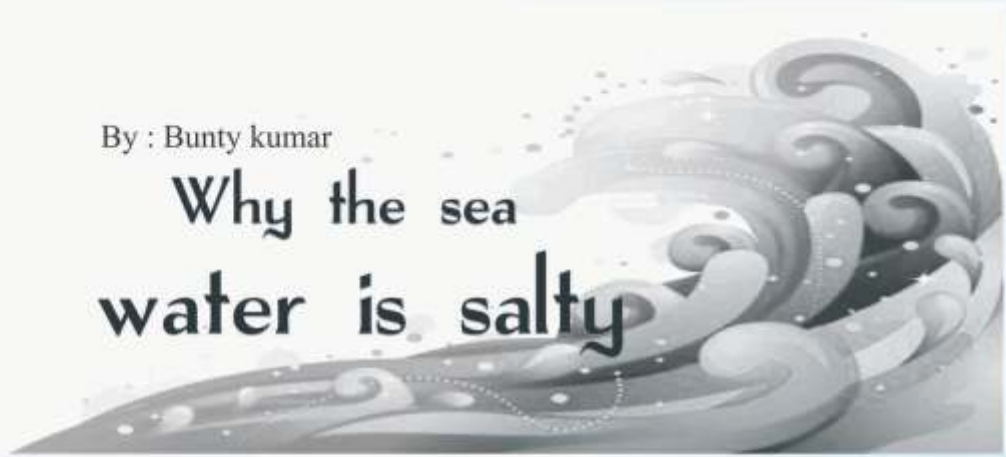
I said "Yes Mom! I'd much rather die than being hooked on machines and bottles.

Then my mom got up from the sofa with this real look of admiration towards me...and proceeded to disconnect the TV, the Cable, the Dish, the DVD, the Computer, the Cell Phone, the I pod, and the Xbox, and then went to the fridge and threw away all my bottles of coke and beer !!

...I ALMOST DIED!!! and said to Mom, "Keep me in your care and prayer always."

By : Bunty kumar

## Why the sea water is salty



**T**here lived two brothers. The elder was strong and always ordered the younger brother. When their father died, he took away the house and the buffalo and everything there was and told the younger one to leave.

The lad kicked the millstone and it began to grind and salt poured from under it. The heap of salt grew bigger and bigger. "How does it switch off, I wonder?" He tried twisting it and the millstone stopped. Since then the younger brother did not want anything.

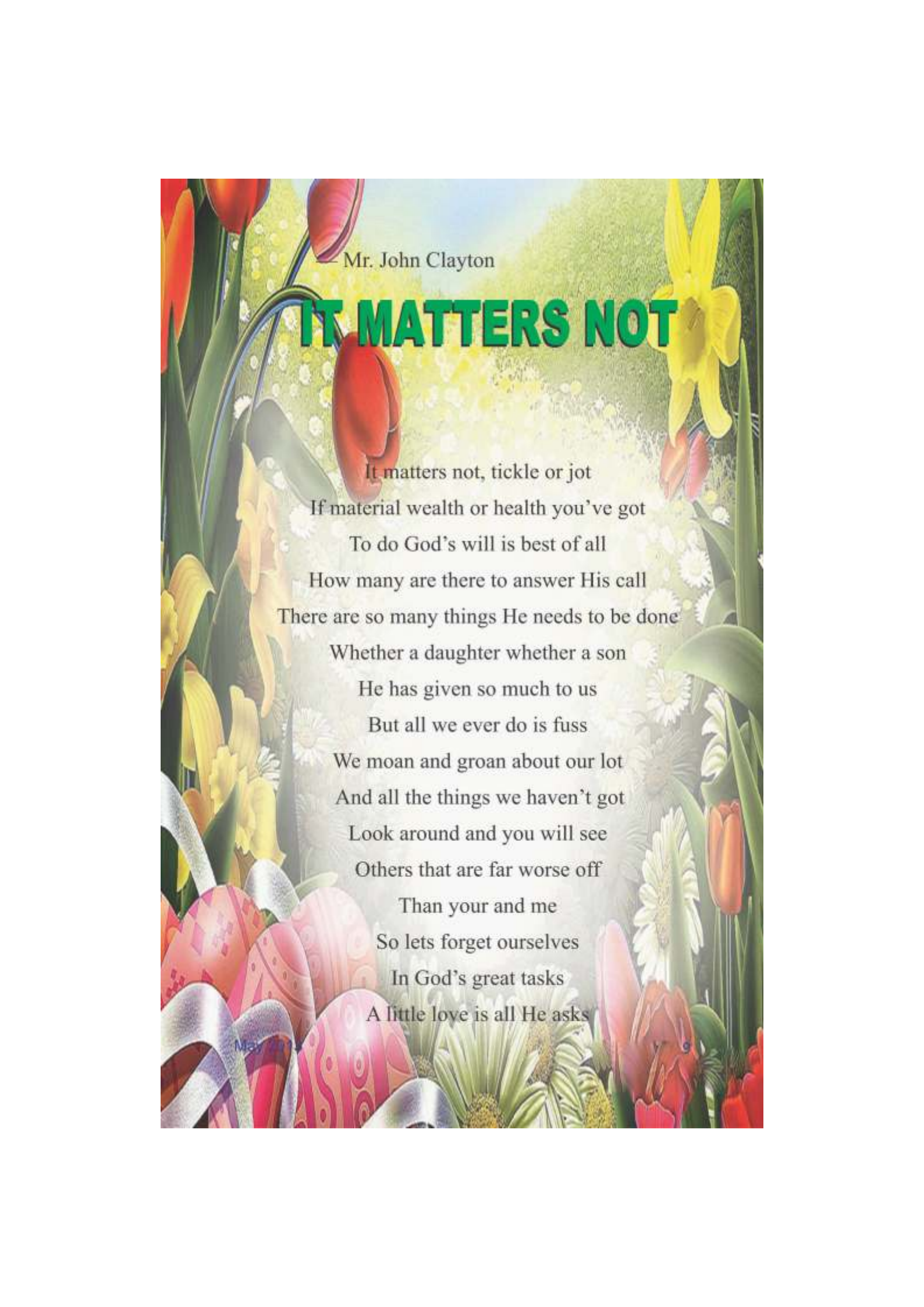
When the lad had eaten all the food he had, he went to his brother for help. But the man wouldn't give him anything. The hungry youngster went to the sea to fish, but he wasn't lucky. Back he went to his brother's house. On the road he saw a millstone, "It may come in handy."

The big brother envied the younger one's luck. "Lend me your millstone," he begged and the younger brother did not dare refuse him.

The rich man brought the millstone home and kicked it. The stone began to grind.

It ground faster and faster. The mound of salt was rising all the time. It reached the roof. It was about to burst the house walls.

The big brother grabbed the millstone and pushed it out. The millstone rolled away and fell in the sea. It must be still there at the bottom grinding away. That is why the sea water is salty. 💧

A vibrant garden scene with tulips, daisies, and Easter eggs. The background is a soft-focus field of yellow daisies and green grass. In the foreground, there are several tulips in shades of red, orange, and yellow. At the bottom, there are several Easter eggs with various patterns and colors, including pink, red, and white with silver ribbons.

— Mr. John Clayton

# IT MATTERS NOT

It matters not, tickle or jot  
If material wealth or health you've got  
To do God's will is best of all  
How many are there to answer His call  
There are so many things He needs to be done  
Whether a daughter whether a son  
He has given so much to us  
But all we ever do is fuss  
We moan and groan about our lot  
And all the things we haven't got  
Look around and you will see  
Others that are far worse off  
Than your and me  
So let's forget ourselves  
In God's great tasks  
A little love is all He asks



Avanti (Bhiwandi)		Harsh (Bhusawal)		
Avanti (Bhiwandi)	Ansh (Kanpur)	Prachi (Shehdal)	Sehejta (Barnala)	Bhawesh (Shrirampur)
Saarthak (Sarhind Mandi)	Arpit (Satna)	Mayank (Delhi)	Rithima (Haldwani)	Ankit (Jaipur)
Ananya (Panipat)	Sukhbir (Tungpai)	Harjeet (tapa)	Gurjshan(Dakala)	Luv (Madhopur)
Shobhit ((Kolhapur)	Krish (Kolhapur)	Kuldevpreet(Moga)	Dalshan(Dhule)	Shivam (Delhi)
Keshav (Barnala)	Chetanya (Jalandhar)	Suchi (Patiala)	Kirti(Pinjor)	Taranjeet(Dhochi)



Raman(Kalibari)



Aditya (Ludhiana)



Roshan (Sarhind)



Mrigakshi(Kalka)



Mannat (Giddaraha)



Vedanti (Ghondrapur)



Prapti (Delhi)



Ankit (Nadiyar)



Nirlep (Virar)



Manya (Jind)



Manya (Jind)



Vanshika (Gurgaon)



Deepanshu (Palwal)



Gaurav (Meerut)



Samarth (Kathua)



Deeksha (Samanda)



Garima (Patiala)



Roshni (Kajra)



Anant (Bhartana)



Ankur (Keshav)



Keshav (Thane)



Samrth (Kopragown)



Niharika (U.K.)



Binita (Dikchu)



Bindu (Jorhaat)

❖ Under this column, photographs 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  
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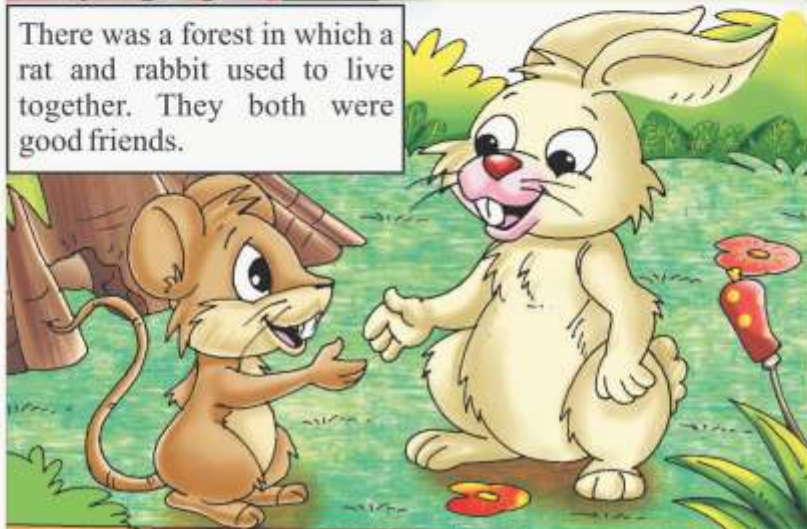
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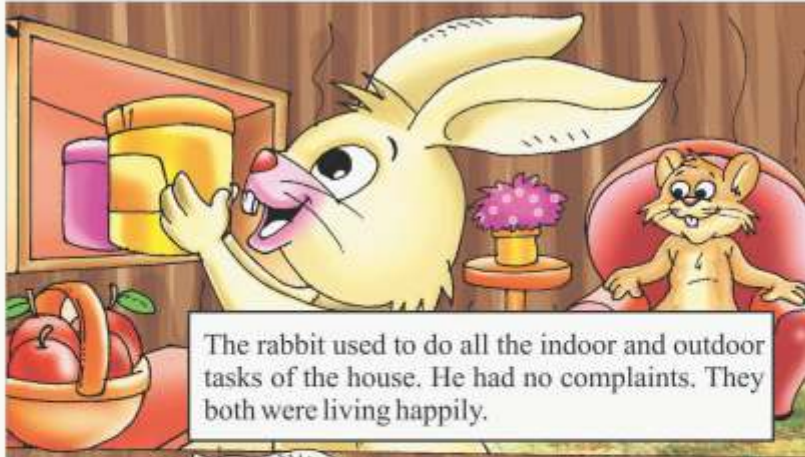
# GRANDPA

Story & Illustration  
Ajay Kalara

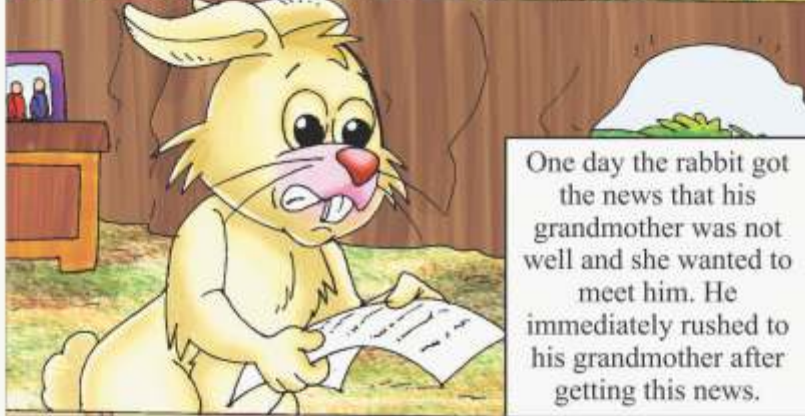
There was a forest in which a rat and rabbit used to live together. They both were good friends.



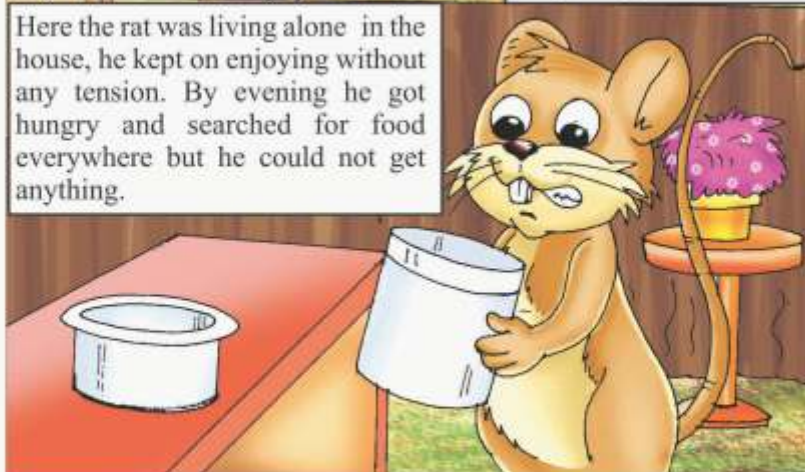
The Rabbit was very fast and intelligent. However, the rat was exactly the opposite.



The rabbit used to do all the indoor and outdoor tasks of the house. He had no complaints. They both were living happily.



One day the rabbit got the news that his grandmother was not well and she wanted to meet him. He immediately rushed to his grandmother after getting this news.



Here the rat was living alone in the house, he kept on enjoying without any tension. By evening he got hungry and searched for food everywhere but he could not get anything.

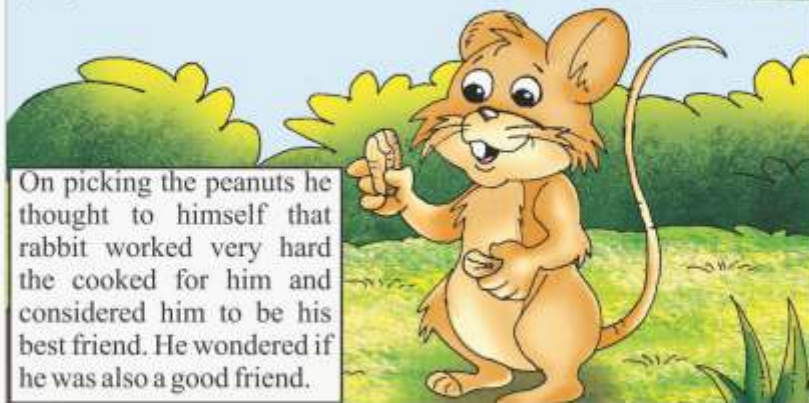


Now the mouse had to leave the house. On the way he fell into a pit. He kept on shouting but no one either heard him or came to his rescue. He tried to get out of the trap. It was only after some time that he was able to do so.

It got dark while he kept looking for food but he did not get any.



Now the tired rabbit was hungry. As soon as it was morning he saw some peanuts in front of him and became happy.



On picking the peanuts he thought to himself that rabbit worked very hard the cooked for him and considered him to be his best friend. He wondered if he was also a good friend.

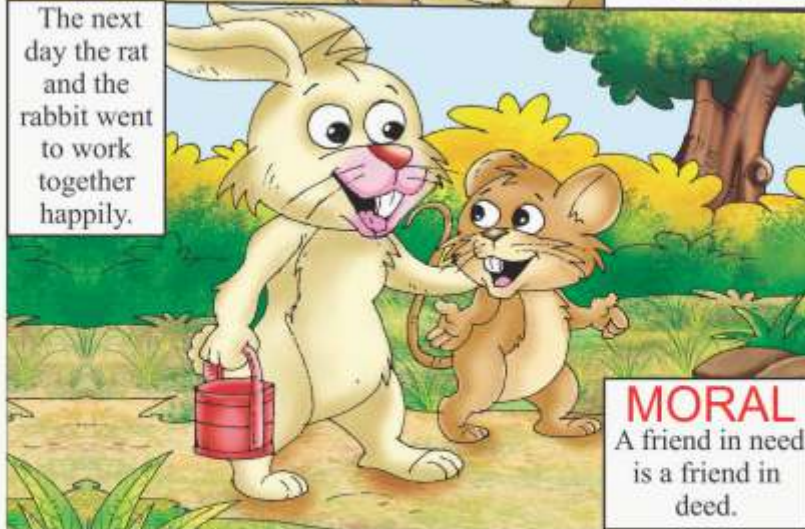




A few days later when the rabbit returned he found the house neat and clean and the rat cooking food.



While working the rat saw the rabbit and was very happy to see him return. He hugged him saying that he was his best friend.



The next day the rat and the rabbit went to work together happily.

**MORAL**  
A friend in need is a friend in deed.



## WHY IS THE COLOUR OF LEAVES GREEN?

**T**he new leaves of any plant appear pink but after some time they turn green. Do you know why?

We know that the colour of any substance depends upon its property of absorption and reflection of the different colours of light. The leaves of the plant appear coloured due to the presence of some specific substances in them. For example, the presence of chlorophyll makes them appear green while the presence of carotene make them yellow. When many substances are present in one leaf, shows the colour of the mixture.

Newborn leaves of some plants contain a red substance called anthocyanin, which gives the pink or red colour to the tender leaves. With the passage of time, chlorophyll and carotene are formed in the leaves, which turn them green.

When the sunlight (mixture of seven colours) falls on green leaves, they reflect the green colour and absorb the rest. This reflected green colour reaches our eyes and gives the green appearance to the leaves.

Plants synthesise their food with the help of chlorophyll in the presence of the sunlight. This process is called 'photosynthesis'. Plants without chlorophyll like fungi, cannot make their own food. They depend on other living beings. Such plants are called parasites. In this way, we see that chlorophyll is a very important substance for plants.

— AJ. Toor

## **H. D. Answers**

— Ramesh Rai, Delhi

Q. What is it that money cannot buy?

A. Many things. Character is one of them.

— Nirmala Devi, Ludhiana

Q. Does a man proud of his riches ever learn a lesson?

A. Yes, when richness betrays him. Pride hath a fall.

— Kuldeep Kaur, Amritsar

Q. Who invented the pen?

A. L. Waterman of America invented it in 1884. However it was patented by Dr. White.

— Preeti, Delhi

Q. When in trouble, what should be done?

A. Remain undisturbed, think, and act.

— Sudiksha, Indore

Q. Why do some people laugh at others?

A. Because they have a notion that they are wise while the others are ignorant.

— Manpreet, Lucknow

Q. What do people lack most nowadays?

A. Character.

— Rajat Kapoor, Delhi

Q. Why does God give us problems?

A. God gives us problems to humble us and not to trouble us.

Story by S.C. Sharma



## LIMPU'S LAZINESS

In Shantivan, all the animals lived happily because they lived together. The growing ones were very disciplined. The elderly ones loved the young ones. The kids also obeyed and respected their elders. Bholu Bear, was the main force behind the healthy atmosphere of Shantivan. He believed that the present is the basis of the future. To establish this fact he made a plan. To start with, he took up the initiative of educating the young generation. He taught them to be hard-working, sincere and devoted. As a result, all the youngsters became very hardworking.

However, there was one, Limpu the Lamb who was very lazy, took no interest and did no work. He would spend his days roaming around aimlessly or sitting idle at home. His father also made him understand several times that it is only by dint of hard work that one can progress in life, but to no avail.

Bholu was also worried about Limpu. He came to his father. Limpu's father also wanted to meet Bholu to seek his advice. So, he was very happy that Bholu had come on his own.

"Hello, Bholu! How are you?" Limpu's father greeted him, "I too wanted to meet you. It's so nice of you to have come on your own," he said.

Then they both discussed about finding a solution to the matter. At last, Bholu told him a plan.

Accordingly one day, Limpu's father said, "My dear son, you have grown up now. You should not sit idle and must start doing some work."

"I am interested in farming. So you give me a piece of land," Limpu replied.

His father gave him a small portion of land. When Limpu saw the site, he wondered, "How can I make this land fertile enough for farming? Who will plough it? I'll have to work very hard. I can't do this."

While Limpu was lost in such thoughts. Illu the elephant reached there. Seeing Limpu worried, he asked the reason of his worry. Limpu told him that he was not capable of doing much work.

Then Illu said. "If you don't want to work in your field, you can assign this job to me. I will employ my labour here and they will make this land worth cultivating. But for this, you will have to give me one-fourth of the total crop grown in the land.

Limpu was very pleased. He at once agreed to Illu's proposal. Soon Illu's labour came there and started work. They tilled the land and made, it worth sowing the seeds.

The next day Limpu went to the field to sow seeds. But he still wondered, "How can I sow seeds in such a big plot all alone? I can't do it."

Illu came to him once again, and said, "You give me the job of sowing seeds, but, in return, I will take half of your crop."

Limpu's happiness knew no bounds. He allowed me to sow the seeds in his field. Illu's labourers finished the task within a day.

Alter a few days it was the time to water the crop and pull out the weeds. Limpu assigned this job too to Illu. This time Illu asked him to give three-fourth of the crop to him.

In due course the crop began to flourish. Now it was time to reap the crop. But Limpu began to think, "How shall I do this work under the sun. I should ask Illu to do this job for me."

As usual, Illu said, "You need not worry. I'll do this job. But you will get only 10% of the total crop of this field."

The lazy Limpu agreed to this at once.

Illu's men worked hard in hot summer days and harvested



the entire crop. Then they got it threshed using a threshing machine.

Heaps of grain were taken out. But Illu gave only a small portion of it to Limpu. When Limpu protested, Illu said, "We have done the entire work in your field. So, we

own the larger share. How can you object when you have not worked at all?"

Illu carried the sacks of grain to his house. Then Bholu Bear came to him and said, "Had you worked hard, all the grain would have been yours. You would have earned thousands of rupees after selling it in the market."

Now Limpu realised his fault. Greatly encouraged by Bholu's words, Limpu said, "I am now determined to work hard, you will never find me lazy again."

Limpu's father was happy to hear this. He also thanked Bholu Bear for his valuable advice."



Lead the biker to the prize



# Improve your Grammar

—Vikas Arora (Rewari)

*Choose the right option –*

- John asked Mary for twenty \_\_\_\_\_.  
A) CENTS      B) SCENTS
- Neither the teacher nor the students \_\_\_\_\_ to be blamed.  
A) IS      B) ARE
- They \_\_\_\_\_ some noise outside.  
A) HEAR      B) LISTEN
- What is the singular of Scissors?  
A) SCISSOR      B) SCISSORS
- I cannot \_\_\_\_\_ it to you right now; tomorrow we will discuss about it.  
A) EXPECT      B) EXPLAIN
- Find a collective noun in the following sentence: The committee has submitted its report.  
A) COMMITTEE      B) HAS
- After a recent mild paralytic attack, his movements are \_\_\_\_\_ restricted; otherwise he is still very active.  
A) ENTIRELY      B) SLIGHTLY
- Present: Know, Past: \_\_\_\_\_, Past Participle: Known  
A) KNEW      B) KNOWN

Answer	1	2	3	4	5	6	7	8
Sheet								

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.

— Manav Gulati —



## When No One Would Listen

God saved his people from the Assyrians. But they soon forgot and disobeyed His laws. They worshiped other gods. The rich grew richer and the poor poorer. God's people told lies and cheated—until God could not bear it any longer.

He decided to give them one last chance, He would send Jeremiah with a message, Jeremiah wasn't very old and he was dreadfully shy.

'There's no need to be frightened', God said. 'I will tell you exactly what to say. And I will take care of you.'

After that, whenever God gave him some thing to say Jeremiah just had to say it, He didn't want to. He was still shy. But the words came tumbling out. He could not hold



them back.

Jeremiah told the people how God hated the wicked things they did. He told them how wrong they were to worship foreign gods. And he begged them to come back to God before it was too late.

At first the people just put their hands on their ears and refused to listen. Then they grew angry.

‘God says, if you do not listen to Him, if you do not return to Him and mend your ways, he will destroy Jerusalem!’ said Jeremiah.

When they heard this, the people became very angry.

“Traitor! Traitor!” they shouted.

Jeremiah was very afraid. But he went on telling people what God said. He was sent to prison, but even that did not stop him.

God told Jeremiah that the king of Babylon and his army could capture Jerusalem and break down its walls. He would take God’s people away to distant lands. But God would bring them back when they had learnt their lesson.

One day when Jeremiah tried to leave Jerusalem to visit his family, he was arrested.

‘Deserter!’ they said. You’re leaving us to join the Babylonians.’ And Jeremiah was locked up. But he still kept talking.

God will give this city to the king of Babylon. If you stay here you will starve to death or be killed. Surrender now, and save your lives.

Jeremiah was thrown into a deep well and left there. There was no water in it, but he was up to his knees in mud. He would have starved to death if Ebedmelech

hadn't begged for his release. They hauled him out of the well, just in time.

The day came when all God had said would happen came true. It was the worst day of Jeremiah's life. If only people had listened!

King Nebuchadnezzar of Babylon marched into the country with a great army. They surrounded the city. For over a year no one could go in or out. The food ran out and the people were starving. Then the Babylonians battered down the city wall. They destroyed the king's palace and took him prisoner. They destroyed God's temple. The proud city of Jerusalem was in ruins, and the people of God were taken away to distant lands.

Now at last they were glad to listen. Don't be afraid, Jeremiah said. 'God says, "I will come and save you. I will bring my people home again."' And that's a promise.



## Improve your Grammar

### Answers:

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

### Q.No.

### Explanation

1. 'Cent' is one-hundredth of a dollar and 'Scent' means perfume.
2. When the subjects connected by 'NEITHER....NOR' differ in number and person, the verb agrees with the nearest subject.
3. HEAR means to receive or become aware of a sound using your ears. So, you don't have to make an effort in order to just hear something. LISTEN means to give attention to someone or something in order to hear them. So, you make an effort in order to hear something properly.
4. Needs no explanation.
5. The clue lies in the preposition TO. You expect something FROM someone. But you explain it TO someone. That is, you give details about it TO someone so that he can understand it properly.
6. Needs no explanation.
7. Note that the paralytic attack was mild. It gives us the clue that its effect would be slight. This is further supported by the second part of the sentence: '.....otherwise he is still very active' means there is some (slight) trouble but not much.
8. Needs no explanation.



## May Day

May 1st often called May Day has been known as such since the Middle ages. It is a celebration of spring. A day of political protests and a day for organised labour. In many countries it is a national holiday and is also known as Labour Day.

On May 1, 1886 unions across the US went on strike demanding that the standard work day be shortened to eight hours. The protests were not immediately successful, but they proved effective as eventually an eight hour work day did become the norm. Labour leaders chose May Day as a day for demonstrations, parades, marches and speeches. The day is observed as a state holiday in the Soviet Union and other Communist countries.

An English tradition associated with the May Day is the maypole. Some towns had permanent maypoles that would stay up all year, others put up a new one each May. In any event, the pole would be hung up with greenery and ribbon and would be painted and decorated. It served as central point for festivities. The day was also a time for dancing around the maypole. Other later traditions include making garlands for children and the crowning of 'May Queen'.

May Day is a commemration of the Haymarket martyrs who were arrested in Illinois, Chicago. This occurred on May 4, but was the culmination of the labour unrest that began on May 1.

— Amarjit

By: Master Pulkit Bhardwaj, Chandigarh

## RIDDLES

- Q. 1 What has a bark, but no bite?
- Q. 2 What is it which is of the size of an elephant but has no weight?
- Q. 3 What occurs once in every minute, twice in a moment and yet never in thousand years?
- Q.4 Before the mother was in this world, the son could be found sitting on the roof.
- Q.5 What can you serve, but never eat?
- Q.6 It looks like a little prince and wears many layers of clothes. Guess what is it?
- Q.7 It's shape is round and in many colours, It is an ornament which every female loves to wear be it mother or sister. Guess what is it?
- Q.8 Give a word in which all the 5 vowels are present.
- Q.9 Imagine you are in a room, with no doors, windows or anything, how would you get out?
- Q.10 Which table has no legs but we feel it?
- Q.11 Which Union Territory is known for cherry?
- Q. 12 What kind of bulbs need water?

(Solution on page-32)



## **Lord Krishna and the Monster**

Once upon a time, Bhagvaan Krishna and his older brother Baldev, along with their friend Saatyaki, were lost while travelling through a forest. It was getting dark, so they decided to spend the night under a tree. The forest was dense, full of wild animals and other dangers, so it was decided that each person would take turns staying awake to keep guard, while the other two slept. First, it was Saatyaki's turn. In the middle of the night, a monster came down the tree and challenged Saatyaki to a fight. Saatyaki became angry and accepted the challenge. Each time the monster roared at him, Saatyaki shouted back. Each time Saatyaki shouted, the monster became bigger. In just a few minutes, the monster grew to ten times his original size, causing Saatyaki to fall on the ground. As soon as Saatyaki fell to the ground, the monster disappeared. Saatyaki woke up Baldev as it was his turn to keep guard, and without telling him about the monster, Saatyaki went to sleep.

A little while later, the monster appeared in front of Daau Baldev too and challenged him to a fight. Baldev also became very angry and started fighting with the monster. But just like before, every time Baldev attacked or shouted back, the monster doubled in size. Soon Baldev grew tired and eventually fell to the ground.

Now it was Shri Krisna's turn to stay awake and guard the other two. Daau Baldev did not mention anything about the incident to Shri Krishna, and went to sleep.

Soon, the monster appeared and challenged Lord Krishna to a fight. Lord Krishna looked at the monster and smiled. The monster repeatedly shouted, however Shri Krishna stayed calm and simply kept smiling. Each time the monster roared, Lord Krishna smiled and the monster decreased to half his size until it became the size of an ant. At which point, Lord Krishna picked up the monster, placed him in his handkerchief, and tied a knot.

In the morning, Saatyaki and Baldev Daau told Lord Krishna about the monster, and what had happened to them. Bhagvaan Krishna smiled, took out the monster, which was now the size of an ant and said – 'Here is that monster, and it is called Anger. The more you fight anger with anger, it doubles and conquers you. But if you face anger calmly, with a smile, it reduces, and soon disappears.'

Anger can be conquered, not with anger, but by controlling our reaction to it.

Poem By.: Manmohan Singh, Oxford UK

## FAITH

Where there is  
Life there is hope

Where there is  
Hope there is trust

Where there is  
trust there is love

Where there is  
love there is faith

Where there is  
Faith there is Nirankar.

### Cross Word Solution

1	M	A	R	A	T	H	I
	E		E		R		K
5	C	A	B	B	A	G	E
	C		E		I		B
6	A	7	T	L	8	A	N
		O		P			N
9	T	R	I	P	U	R	A
		C		L		E	
11	T	H	R	E	A	D	S

— Rishi, R.K. Puram

### ACROSS

- The other name of GOD particle.
- Theme of the recent U.K. Samagam.
- The divine presence of Baba Ji, Pujya mata Ji.
- What does Baba Ji regard as the "Crown."
- What is it which is recited after the satsang is over.

### DOWN

- What is it that is recited before the start of Satsang.
- The one which is omnipresent.
- The one who knows everything.





## **DRINK WATER AND STAY HEALTHY**



— Anil Kawrani, Delhi



It is popular in Japan today to drink water immediately after waking up every morning. Furthermore, scientific tests have proven its value. We publish below a description of use of water for our readers. For old and serious diseases as well as modern illnesses the water treatment had been found successful by a Japanese medical society as a 100% cure for the following diseases:

Headache, body ache, heart system, arthritis, fast heart beat, epilepsy, excess fatness, bronchitis asthma, TB, meningitis, kidney and urine diseases, vomiting, gastritis, diarrhoea, piles, diabetes, constipation, all eye diseases, womb cancer, menstrual disorders, ear nose and throat diseases.

### **METHOD OF TREATMENT**

1. As you wake up in the morning before brushing teeth, drink 4 x 160ml glasses of water
2. Brush and clean the mouth but do not eat or drink anything for 45 minute
- 3.. After 45 minutes you may eat and drink as normal.
4. After 15 minutes of breakfast, lunch and dinner do not eat or drink anything for 2 hours
5. Those who are old or sick and are unable to drink 4 glasses of water at the beginning may commence by taking

little water and gradually increase it to 4 glasses per day.

6. The above method of treatment will cure diseases of the sick and others can enjoy a healthy life.

The following list gives the number of days of treatment required to cure/control/ reduce main diseases:

1. High Blood Pressure (30 days) 2. Gastric (10 days) 3. Diabetes (30 days) 4. Constipation (10 days) 5. Cancer (180 days) 6. TB (90 days) 7. Arthritis patients should follow the above treatment only for 3 days in the 1st week, and from 2nd week onwards – daily..

This makes sense .. The Chinese and Japanese drink hot tea with their meals not cold water. Maybe it is time we adopt their drinking habit while eating!!! Nothing to lose, everything to gain...

For those who like to drink cold water, this article is applicable to you.

It is nice to have a cup of cold drink after a meal. However, the cold water will solidify the oily stuff that you have just consumed. It will slow down the digestion.

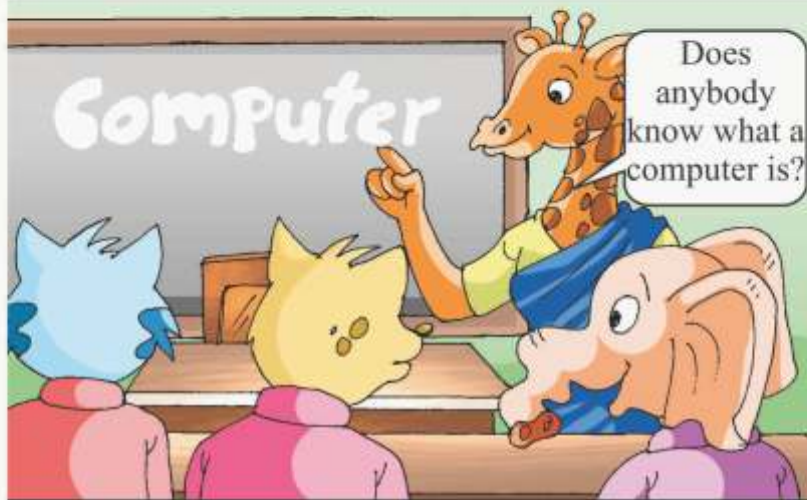
Please be a true friend and send this article to all your friends you care about.

### Answers to riddles.

1. Tree
2. Shadow of elephant
3. The letter M
4. Fire, smoke
5. A tennis ball
6. Onion
7. Bangles
8. Education
9. Stop imagining
10. Comfortable
11. Pondicherry
12. Onion bulbs

### Answers to puzzle on page 30



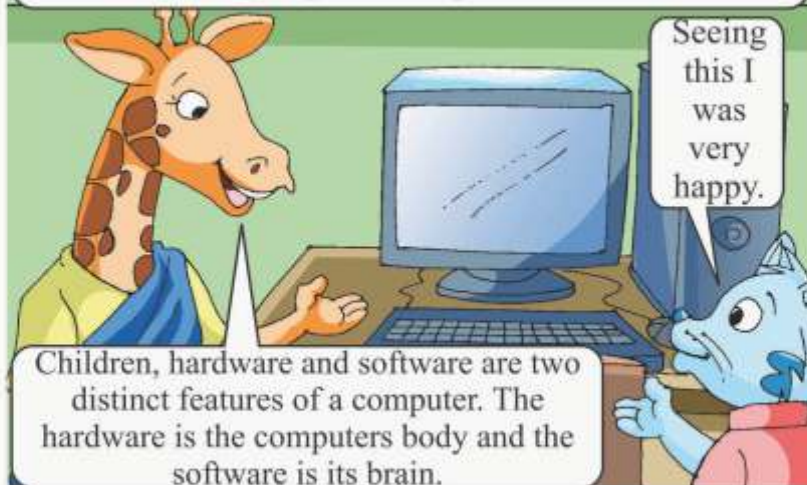




Children, the computer is a device which works as per the directions given by the user.



Madam, yesterday I went to the railway station for booking a train ticket. I saw that they booked it in a few minutes with the help of a computer.

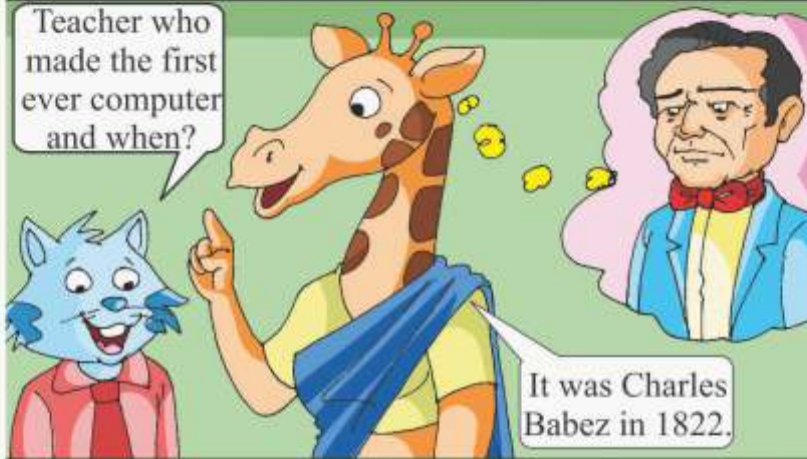


Children, hardware and software are two distinct features of a computer. The hardware is the computers body and the software is its brain.

Seeing this I was very happy.



Children, in today's age different types of computers like digital computers, main frame computers, micro computers, laptops and others are available in the market.



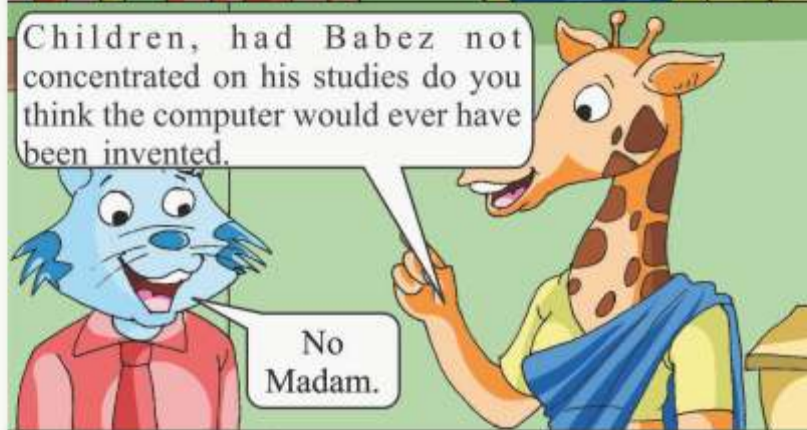
Teacher who made the first ever computer and when?

It was Charles Babbage in 1822.



Teacher who was Charles Babbage?

He was a great scientist.





**PHOTO  
FEATURE**



Where is my birthday cake ?  
— Chaitanya (Wardha)

Laughter is good for health.



I am  
talking to my  
best friend.  
- Anees  
Udhwani  
(Katni)



Let me take rest  
after a long walk.



This teddy bear is my best friend. Your teddy bear is very cute.



PHOTO  
FEATURE



My flowers are very beautiful.

I am coming to meet you.  
— Ayush Tharani



We love each other.  
— Sanna (Nagpur)

I want to become an astronaut.  
— Samneet (Saidpur)



I brought these flowers  
from Kashmir. — Vanshika  
(Indra Vikas, Delhi)

And I brought this pot from  
Kashmir. - Mansi  
(Indra Vikas, Delhi)





PHOTO  
FEATURE



Samarpita, Panchkula

May God bless all.  
— Sumiran (Jalna)



Yes Sumiran, let us pray to God.  
— Yash (Paratwara)



Look at my lovely hat.



I want to become a singer.  
— Ujjwal (Kolaba)



I am a courageous girl.  
— Suhani (Kolhapur)



We go to congregation regularly.  
— Sandeep, Meghna (Panvel)



Meet Ms. Neha Arora D/o Sh. Dharamveer Arora. She has won various scholarships right from her early school days. She has a degree in Engineering and in a B. Tech in Biotechnology from Amity University (2005-09). She has a one year work experience with A.K. Biotech Pvt. Ltd. (2009-10), and is presently pursuing M. Tech in Biotechnology with a specialization in Genetic Engineering from Gautam Buddha University, Greater Noida (2011-2013) she has secured 84% till the third semester. In January 2013 she was awarded sponsorship by United Kingdom Government to the CCP4 study weekend at the University of Nottingham, (U.K). She was the only Indian girl there. She has a research publication to her credit in the International Journal of the Biochemical department and is hopeful of getting a job in the field of life sciences and biotechnology after her final project in June 2013.

She is an avid reader of the English edition of Nirankari Magazines and has been regular in attending Sangats since childhood.

Hansti Duniya wishes her success in all walks of life.

— Gurdev Singh



## SMSes of the month



A bell is no bell till you ring it and a song is not a song till you sing it, a decision is no decision till it is implemented.

— Himanshu, Delhi



Sweetness in our speech, talent in our brain, cleanliness in our heart, peace in our mind, with strength to endure, will make your life pure.

— Rahul Rai, Azamgarh



Past is an experience, present is an experiment. Future is the expectation. Man learns from the past, performs experiments in the present and waits for the result in the future.

— Richa, Dehradun



Thoughts have the determination of a mirror which never loses its ability to reflect in spite of it being broken into pieces.

— Pawan Rai, Karuvec



Control your diet, everything will be alright. A glutton who eats to fill his stomach, digs his grave. A happy man eats, talks and sleeps to the minimum.

— Rani, Sarganha



Aag ko hoti nahin apne paraye ki khabar, Baat yeh bhool gaye aag lagane wale.

— Avneesh Gulati, Chandigarh

## Winners of March Issue

Ist :	Ekta Sarvankar N-11/131, Ras Bahar Colony Sipri Bazar, Jhansi (U.P.)	14 Years
Iiind :	Aastha M. Ramchandani Vikrant Complex Co-op Housing Society Ltd., Flat No.-3 Bldg. No. 2A, G.F., Pimpri, Pune (Mah)	12 Years
IIIrd :	Aakriti Arora 5/107, Nirankari Colony Delhi- 110009	12 years

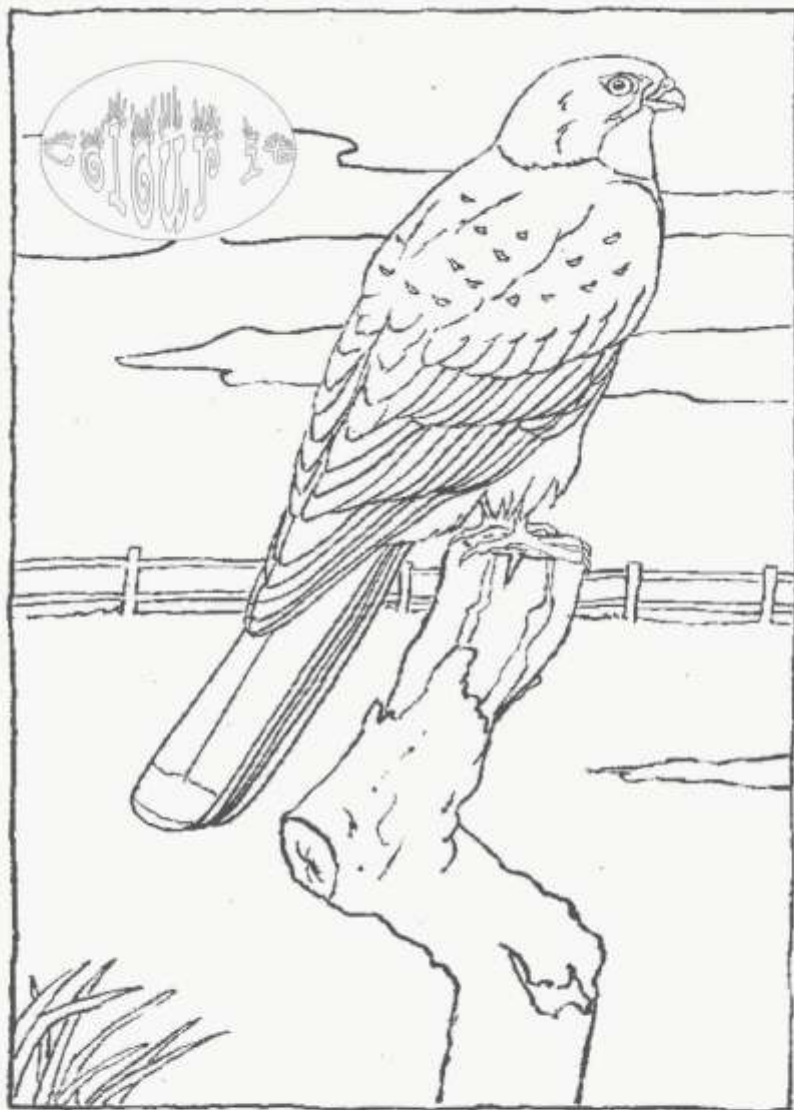
## Consolation Entries

Khushboo (Shivalik Nagar, Solan), Ridhima Kharbanda (Rajendra Nagar, Guntur), Amandeep Singh (Kapurthala), Agrima (Faridabad), Yash Dattatray chavan (Yeola, Nasik), Navdisha Arora (Ganaur Mandi), Sanjana Pandhi (Amritsar), Mohit Mehta (Bhiwani), Kanishka Delia (Model Town, Ambala City), Twinkle Jain, (Faridkot), Ankita (Dwarka, Delhi) Karuna Chutani (Jyoti Park, Gurgaon), Manya Kapoor (Gurgaon)

## Competition for May

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

The result will appear in July 2013 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.



Name ..... Age .....

Full Address .....

.....



Compiled by : Sakshi Gulati, Chandigarh

## Laughing Time

Beggar's son (to his father)— Suppose we get a car what will we do?

Beggar— Both will sit in it and go begging.

— ❖ —  
Sohan (to beggar)—It's a shame on you, to beg. Come with me I shall pay you Rs.5/- daily.

Beggar: Just Rs.5/- you come and sit with me, I shall give you Rs. 50/- daily.

— ❖ —  
Ticket Checker (to a passenger): Why are you travelling without a ticket?

Passenger : When I proceeded to buy the ticket I saw a billboard which read : "Railway is your own property ." So, I didn't buy it.

— ❖ —  
Teacher (to a student) : Do you know that birds have an exceptionally good eye-sight?

Student : Yes, I do.

Teacher : How?

Student: I haven't ever seen any bird wearing spectacles.

— ❖ —  
Mother : "Why are your marks so low ?"

Ankur : They are the highest among failures.

— ❖ —  
Judge : "Well, we have thirty witnesses who saw you steal the automobile?"

Prisoners: "May be, but I can give you sixty witnesses who did not see me steal it?"

Santa Ki Shaadi Ke Liye Ladki Ke Baap Ne Santa se Poochha.

Baap: "Akal Badi Ya Bhains?" Santa ne bohat der sochha aur phir jawab diya.

Santa: "Tumne kya mujhe paagal samjha hai? Date of birth to batayi hi nahi"



Guest : "This wall is so thin that you can almost see through it."

Host : That's a window you are looking at.



Lawyer : Well, if you want my honest opinion".

Client : "No, I want your professional advice."



Ramesh was arrested and brought before the Judge.

"Who brought you in?" asked the judge,

"Two policemen, Sir."

"Drunk, I assume?"

"Both of them, Your Honour, both of them."



Patients (at a mental hospital) : "We like you better than the last doctor."

New Doctor (flattered) : "How is that?"

Patient : "You seem more like one of us."



I got just eight hours of sleep last night.

I am really exhausted



Santa ne apni car ke neeche kutte ko lete dekha. Usne patthar mara aur bola, "Bahar nikal, bada aaya car engineer"



Gopal : Can you tell me where Moscow is grandma.

Grandmother : No! So many times I have told you to take care of your things.



Muskmelon is one of the most popular fruits in tropical countries and it is available in numerous varieties. The two main types of the fruit are those with smooth skin and those with netted skin. The health benefits of muskmelon are many, as it has high nutritional value. The fruit contains Vitamin A, B, C and minerals like magnesium, sodium and potassium. It has zero cholesterol and is safe for blood cholesterol patients.

Muskmelon tastes well and can satisfy your dessert needs. It can be a great substitute for high calorie snacks and can aid in losing weight healthily. Since it is rich in potassium, it can help control blood pressure and can prevent the risk of strokes. Potassium in the fruit can also reduce the problem of developing kidney stones.

Muskmelon has a great amount of dietary fiber (1.3gram in 1 cup of muskmelon) and thus it can provide great relief for those who suffer from the problem of constipation. The health benefits of muskmelon are recognized by many physicians all over the world. They



believe the fruit can prevent age-related bone loss.

Muskmelon is a good source of vitamin C, which is an anti-oxidant. This helps prevent heart diseases and even cancer. It has beta-carotene too. Researches reveal the fact that the combination of beta-carotene and vitamin C can prevent many chronic conditions.

There are yet some other health benefits offered by muskmelon. Regular consumption of muskmelon juice can help to treat lack of appetite, acidity, ulcer and urinary tract infections. It can largely reduce the heat in the body and therefore prevent heat related disorders. It can relieve tiredness. It has effective laxative properties and so can help curing insomnia.

If you are a dieter, then muskmelon is an excellent fruit for you. It has a significant amount of fiber and provides you the feeling of fullness quickly. It tastes good and can make a good combination for fruit salads and custards. Hence, a quick weight loss program ought to include muskmelon.

In addition to health benefits, muskmelon takes care of your skin too. It contains Vitamin A, which is useful in maintaining healthy skin. The fruit provides a pretty fair amount of folic acid, which is especially important for pregnant women. It helps to create healthy foetuses and even prevent cervical cancer and osteoporosis. Though it offers special benefits to women, men can also get greatly benefit from it. Folic acid in the fruit acts as a mild antidepressant.



## Have Your Say

I just read the beautiful editorial” Holi Message, Love and Laugh” in the March issue of Hansti Duniya. It is full of energy and, with a wonderful message. It is said, “Kind hearts are the music of the world.” Kind regards.

—Sukhbir Shah, Toronto-Canada

When I was young, I used to hate reading books. But once when I was too bored and lazy to do anything, my mummy gave me a copy Hansti Duniya. Since that day I have adopted the wonderful hobby of reading this magazine regularly.

— Nitika, Vaishali

“Hansti Duniya” is full of useful knowledge for readers. Editorial ‘COMPASSION, A WATCHWARD OF LIFE’, Story “Do you build bridges or fences” articles “Remembering Lord Gurbachan” and ‘Mother Teresa’ really very revealing.

—Meena, (Hyderabad)

Hansti Duniya is a unique children magazine. It will be appreciated if you please print some article of Talented Indian singers special ‘TANSEN’ in the forthcoming issue of Hansti Duniya. Thanks.

—Niharika, Bilaspur

### Thanks with Request

Thanks for the added appreciation of Hansti Duniya issue after issue. It is heartily requested that every reader may persuade at least one new subscriber each at the earliest.

—C.L. Gulati, Member I/c Magazines

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Posted at IMBC/1 Prescribed Dates 10th. & 11th.  
Dates of Publication : 7th. & 8th. Same Month