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HANSTI DUNIYA

Vol. 27 • No. 6 • JUNE 2013





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EDITORIAL

SPIRITUAL GROWTH OF FAMILY

Recently, an editorial note of a national daily, purposefully mentioned that a retired 85 year old Chief Justice and his wife had to approach the Punjab and Haryana High Court for relief from their own son and daughter-in-law who have made their life a 'living hell'. The aged couple want their son to move out of their house in Chandigarh, to another house they have provided for him. This is not an isolated instance faced by many a family, especially in urban areas.

There are, of course certain laws, such as Maintenance and Welfare of Parents and Senior Citizens Act, 2007 to protect the elderly. But when it comes to day-to-day living, laws and justice system are often at a loss to address the problems. This can well be imagined from the case under reference in which the complainant has been at the top of the legal system himself.

The most reliable and delicate filial ties between parents and children seem to be drying up fast. The children use parents as stepping stones to their successful careers and then dump them to die in utter isolation and frustration. The emerging crack-up in family life is disappointing as it seriously hampers the growth of healthy civil society around us. We must help our children in nurturing human values like love, respect, kindness and compassion.

The ideal solution lies in raising families in such a manner that they have bonds that will see all members through thick and thin. If one invests time and love in people that constitute our family and friends, life will be more secure than what the laws and State can secure. In our hunt for material growth we have essentially to promote spiritual growth of family.

- C.L. Gulati

Harshi Duniya

SAMPURAN AVTAR BANI

Ik Tuhi Nirankar 78

BIN VEKHE MAN MANNANDA NAHIN EY BIN MAN MANNE PIAR NAHIN;
PIAR BINA NAHIN BHAGTI TE BIN BHAGTI BEDA PAR NAHIN.

GURU DIKHAVE GURU MANAVE GURU HI PIAR SIKHANDA EY;
BIN GURU BHAGTI MOOL NA HOVE JO KARDA PACHHTANDA EY.

SATGUR PASON BANDA JO ABINASHI DI PEHCHAN KARE;
AVTAR GURU DI NAZAR SWALLI CHHIN ANDAR KALIAN KARE.

GIST : THOU FORMLESS ONE

Unless the mind visualizes God, it is not convinced, and there can be no love unless the mind is convinced;

Without love devotion is not possible and without devotion it is not possible to transcend.

Only True Master reveals God, convinces the mind and teaches how to love truly;

Without the True Master, devotion is impossible and whosoever tries, repents.

The person who perceives the Eternal one through the grace of the True Master;

Avtar says, the True Master in his benevolence redeems such a seeker in a moment.

Compiled by : Hardik Khinda, Sanskriti School, Delhi

THOUGHTS TO PONDER

- Best Publicity. The practical life of the devotees is the principal vehicle of publicity to inspire and attract others.
—Nirankari Baba
- Adversity reveals genius, prosperity conceals it.
— Horace
- Greatness lies not in never falling, but in rising every time we fall.
— Oliver Goldsmith
- Once we “Realize” God’s Presence, we receive the “Real-Eyes” to see the Formless God.
— Anon
- The shame is never in having failed- the shame is only in not having tried.
—Andrew Matthews
- Even beneath the heaviest winter snow, lies a potential spring waiting to bloom.
— Mahesh Bhatt
(On Sanjay Dutt's entry in the brutal world of jail)
- If we were born knowing everything, what would we do with all this time on earth.
— Anon
- Adversity makes a man humble and steadfast.
— Nwaz Sharif, P.M. Pakistan

— Rajesh Kumar Arora, Parmanand Colony, Delhi



TANSEN

A GREAT MUSICIAN

You must have heard the name of Tansen – the greatest musician our country has produced.

A singer called Mukandan Misra and his wife lived in Behat near Gwalior. Tansen was their only child. It is said that he was very naughty. Often, he ran away to play in the forest, and soon learnt to imitate perfectly the calls of birds and animals.

A famous singer named Swami Haridas was once travelling through the forest with his disciples. Tired, the group settled down to rest in a shady grove. Tansen saw them. ‘Strangers in the forest!’ he said to himself. ‘It will be fun to frighten them’. He hid behind a tree and roared like a tiger. The little group of travellers scattered in fear but Swami Haridas called them together. “Don’t be afraid,” he said. “Tigers are not always dangerous. Let us look for this one.”

Suddenly, one of his men saw a small boy hiding behind a tree. “There are no tigers here, master,” he said. “Only this naughty boy.”

Swami Haridas did not punish him. He went to Tansen’s father and said, “Your son is very naughty. He is also very talented. I think I can make him a good singer.”

Tansen was ten years old when he went away with Swami Haridas. He lived with him for eleven years, learned music, and became a great singer. Mukandan



Misra's dying wish was that Tansen should visit Mohammad Ghaus of Gwalior.

Mohammad Ghaus was a holy man. While living in Gwalior with Mohammed Ghaus, Tansen was often taken to the court of Rani Mrignaini, who was a great musician herself. There he met and married one of the ladies of the court. Her name was Hussaini.

Hussaini also became Swami Haridas's disciple. Tansen and Hussaini had five children who were all very musical. Tansen had, by this time, become very famous. Sometimes he sang before Emperor Akbar, who was so impressed by him that he insisted Tansen should join his court.

Tansen went to Akbar's court in 1556, and soon became a great favourite of the Emperor. Akbar would call upon Tansen to sing at any time during the day or night. Quite often he would just walk into Tansen's house to hear him practice. He also gave him many presents. Some of the courtiers became jealous of Tansen. "We shall never be able to rest till Tansen is ruined," they declared. One of the courtiers, Shaukat Mian, had a bright idea.

"Let us make him sing Raga Deepak," he said.

"How will that help us?" asked another man.

"If Raga Deepak is properly sung, it makes the air so hot that the singer is burnt to ashes. Tansen is a very good singer. If he sings Raga Deepak, he will die, and we will get rid of him."

Shaukat Mian went to Akbar and said, "We don't think Tansen is a great singer. Let us test him. Tell him to sing Raga Deepak. Only the greatest singers can sing it properly."

"Of course he can sing it. Tansen can sing anything."

Akbar said. Tansen was afraid but could not disobey the king. "Very well, my lord," he said, "but give me time to prepare myself" Tansen went home. He had never been more downcast and unhappy. "I can sing the Raga," he told his wife, "but the heat it gives off will not only set the lamps alight, it will also burn me to ashes"

Then he had an idea. "If someone sings Raga Megh at the same time, and sings it properly, it will bring rain. Perhaps our daughter, Saraswati, and her friend, Rupvati, could do it," he said.

He taught the two girls to sing Raga Megh. They practised night and day for two weeks. Tansen told them, "You must wait till the lamps start burning, and then you start singing."

On the declared day the whole town assembled to hear Tansen sing Raga Deepak. When he began to sing, the air became warm. Soon people in the audience were bathed in perspiration.

The leaves on the trees dried up and fell to the ground. As the music continued, birds fell dead because of the heat and the water in the rivers began to boil. People cried out in terror as flames shot up out of nowhere and lighted the lamps.

At once Saraswati and Rupvati began to sing Raga Megh. The sky clouded over and the rain came down. Tansen was saved. He was very ill after this, and Akbar was sorry that he had caused him so much suffering. He punished Tansen's enemies. When Tansen got well, the entire city rejoiced. Tansen remained Akbar's court singer till 1585 when he died. He composed several new ragas.

Tansen's tomb is in Gwalior. It is a place of pilgrimage for musicians



— C.S. Toor, Chandigarh

Why are some fruits sweet while others are sour?

Some fruits like watermelon, guavas, grapes, apples, mangoes etc. are sweet in taste while lemon, orange, raw mango, etc. are sour. Each fruit has a distinct taste which differs in some way from the taste of any other fruit. The question arises: why does every fruit have a characteristic taste?

In fact, the taste of any fruit depends on the compounds present in it. In general a fruit contains fructose (sugar), certain acids, vitamins, starch, proteins and cellulose. All these materials are in a mixed state inside the fruit and are found in different proportions in different fruits. Fruits having more of fructose content taste sweeter, while those having more acids taste sour. The oranges is a fruit which has almost equal quantities of fructose and acids and as such tastes both sweet and sour.

In general, raw fruits contain more acids but on ripening, the quantity of acid in them decreases and the amount of sugar increases. That is why raw mangoes are sour, but ripe ones are sweet. Raw bananas contain more of starch, but it gets converted into fructose when the fruit ripens. During the process of ripening, chemical changes take place inside the fruit by which the quantity of sugar increases thus adding to the sweetness of the fruit.

You will notice a difference of taste even in two fruits of the same kind. Two apples or two mangoes do not always taste alike—

There is definitely some difference in their taste. This is so because there are many varieties of the same fruit and also the variations in the quality of soil, climate, growing technique, manure, water etc. change the proportion of the compounds inside the fruit resulting in the difference, water etc. change the proportion of the compounds inside the fruit resulting in the difference of taste. Sour fruits like lemons, do not taste sweet even after they are ripe, because of the presence of excessive amounts of acids.

June 2013





Sonali (Delhi) Pinsi (Ahemadabad) Saam Raina (Jammu)



Dilshan (Hasanpur) Khushbu (Kathua) Lovely (Nandurbar) Alok (Mhoba) Khushi (Ludhiana)



Swati (Bhiwani) Parv (Delhi) Samridhi (Hoshiarpur) Rahul (Umbergaon) Tamanna (Bhiwani)



Aaditya (Ghatkopar) Aaryan (Rajpura) Mudhita (Pimpri) Niharika (Chandigarh) Kunal (Rajpura)



Vashnav (Mumbai) Hardik (Gorakhpur) Hardik (Fatehabad) Pulkit (Delhi) Himanshu (Sirsa)



Vivan (Delhi) Ashwin (Delhi) Aayush (Katni) Takshe (Moga) Arnab (Ambala)



Hiral (Pune)



Vaibhav (Rayla)



Keshav (Kota)



Ashish (Chainpura)



Arnav (Kolhapur)



Vanshika (Panipat)



Veer (Kolhapur)



Sadhik (Delhi)



Ashmita (Sonipat)



Dhanpreet (Jatana)



Ruhaniyat (Kashipur)



Piyush (Delhi)



Simar (M. Dabvali)



Khush (Raipur)



Harshit (Kakrala)



Anisha (Ullhasnagar)



Hunny (Majatri)



Aavani (Jalana)



Yashika (Riwa)



Tanya (Aanapur)



Vivek (Naini)



Kashish (Raipur)



Mehak (Raipur)



Ayush (Delhi)



Simran (Ahemadabad)


❖ 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
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 Kalara

"Come children, I'll narrate to you an interesting story today."

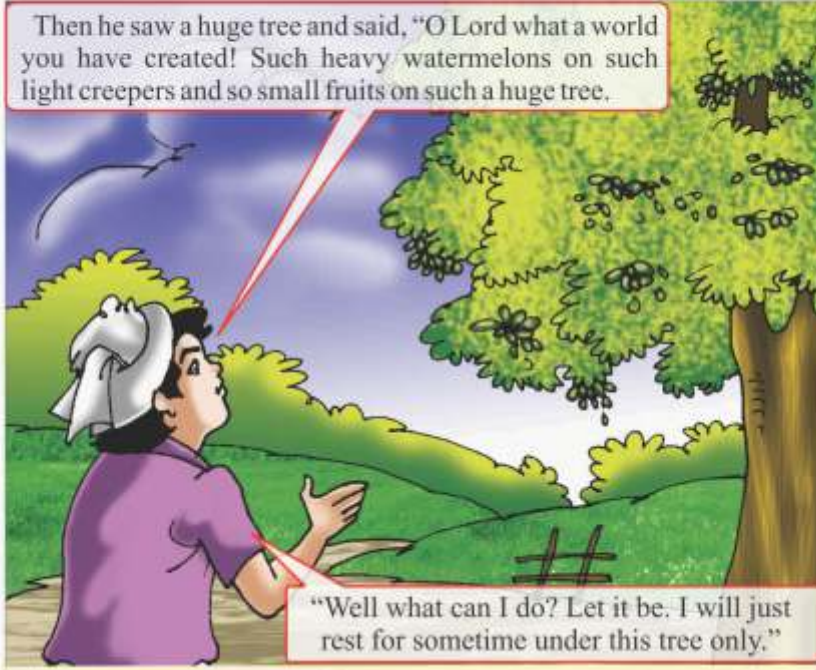




Once a shepherd saw watermelons and said, "O good Lord! What a beautiful world you have created. Such heavy watermelons hanging on such a light creeper."



Then he saw a huge tree and said, "O Lord what a world you have created! Such heavy watermelons on such light creepers and so small fruits on such a huge tree."



"Well what can I do? Let it be. I will just rest for sometime under this tree only."

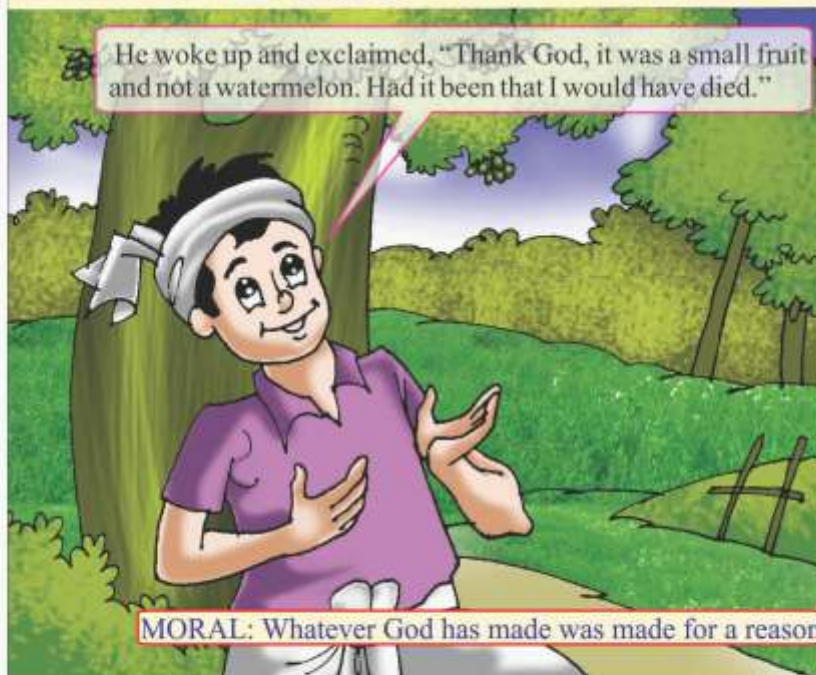


Khar..., Khar...

Khar



Then a small fruit fell on his head.



He woke up and exclaimed, "Thank God, it was a small fruit and not a watermelon. Had it been that I would have died."

MORAL: Whatever God has made was made for a reason.

H.D. NEWS

Many cultural and spiritual programmes were celebrated in the last few days in which many children of Hansti Duniya family also participated.



H. D. Answers

—Ajay Kumar, Mumbai

Q. What is the most important in life?

A. Knowledge of Self.

—Vandana Rai, Bilaspur

Q. How can we define time?

A. It is that which goes on, forever, cannot be caught and needs to be kept pace with.

—Dharmveer, USA

Q. When the husband is said to be God for his wife, then why does wife go to the temple?

A. To pray for her husband.

—Richa, Dehradun

Q. When does one realise the Truth?

A. When one has the strong urge and seeking for it.

—Ramawadh Yadav, Azamgarh

Q. What are 'This World' and 'The Other World'?

A. 'This World' represents the Present and 'The other World', the Future.

—Laxmi, Uttamnagar

Q. What sewa can youth do for the Mission?

A. Attending regular congregations and promoting Nirankari Magazines is the best sewa for youths.

—Avneesh Gulati, Chandigarh

Q. What does one feel on getting sewa of the Mission?

A. It is a great divine blessing provided it is not mistaken for any status.



World Environment Day is an annual event aimed at being the biggest and the most widely celebrated global day for positive environmental action. It is celebrated on 05 June every year to raise global awareness of the need to take positive action. The theme for this years World Environment Day (WED) is Think, Eat, Save. It is an anti food loss and food waste campaign. It is a day that stimulates awareness of the environment and enhances political and public attention. The day stresses the need for all of us to prevent further global warming and disastrous climate.

WED was initiated in 1972 and has since become the vehicle through which global environmental awareness aims to inspire a recognition that only a change in attitude of individuals and communities can lead to genuine environmental improvement.

At the international level, each year a different country is chosen. It is Mongolia this year and it has been chosen for its efforts to shift towards a green economy and for promoting economic awareness among youth. It is facing enormous challenges including growing pressure on food security and water supplies. In the last 70 years, the mean temperature in Mongolia has shown an increase of 2% thus indicating that it is among the most vulnerable nations in the world to global warming.

Environmentalists, thinkers and writers have so much to say about environment.

Ralph Waldo Emerson quotes – When a man says to me, "I have the intensest love of nature, at once I know that he has none.

Earnest Jones is of the view – "The control man has secured over nature, has for outrun his control over himself."

Another thinker believes in the benefits of a symbiotic relationship "Take care of the earth, and it will take care of you." We have to be those activists who do not say the river, soil or environment is dirty — we have to be those who clean it up.

In making a comparison with birds, Robert Lynd says — "There is nothing in which birds differ more from many than the way in which they can build their nest and yet leave a landscape as it was before."

Another thought which needs to be pondered over is "There is so much pollution in the air now that if it were not for our lungs, there would be no place to put it all."

The Sant Nirankari Missions contribution and role in preserving the Environment is noteworthy. His Holiness Baba Hardev Singh Ji's birthday is celebrated keeping this in mind. The various activities observed on February 23, every year include cleanliness campaigns, neighbourhood clean up, garbage pick up and tree plantation. Exhibitions, concerts, quizzes, art-craft and painting competitions are organized for children and youth. The tree plantation is done in colonies and suburbs so that their growth and maintenance can be monitored.

Let us all strive to create for ourselves a better environment to live in.

— A.J.T., Chandigarh ■



Poem : Kunal Bhardwaj

Wild Animals

If ever you should go by chance,
To jungles in the east;
And if there towards you, you see advance
A large and tawny beast,
Which roars at you as you're dyin'
You'll know it is the Asian Lion.....

Or if some time when roaming around,
A noble wild beast greets you,
With black stripes on a yellow ground,
Just notice if he eats you.
This simple rule may help you learn
And the Bengal tiger you will discern.

If when you're walking round your yard
You meet a creature there,
Who hugs you very, very hard,
Be sure it is a Bear.
If you have any doubts, I guess
He'll give you just one more caress.

The true chameleon is small,
A lizard sort of thing;
He hasn't any ears at all,
And not a single wing.
If there is nothing on the tree,
Then this is the chameleon for you to see.

– Vikas Arora (Rewari)

DOWN

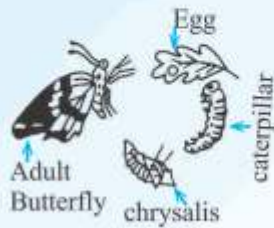
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Left to Right →

1. A place where a collection of books are kept for reading.
5. Which one is a chemical element: Amazon, Thorium, Pound, Lavender?
6. Antonym of ADMIRE.
10. Plural of SHELF.
11. Noun of ARRIVE.

Up - Down ↓

1. Proverb: _____ the past bury the dead.
2. Name of a colour starting with 'B' and ending with 'N'.
3. Similar to each other.
4. Out of these countries, which country lies in the Asia continent: GHANA, YEMEN, KENYA?
7. She had a cup in one hand and a glass in the _____.
8. The famous India Gate lies in New _____.
9. A devotee of Lord Krishna : EERAM.



Benefit of Struggle

By— Simran

A man found a cocoon of a butterfly. One day a small opening appeared. He sat and watched the butterfly for several hours as it struggled to force its body through that little hole. Then it seemed to stop making any progress. It appeared as if it had gotten as far as it could, and it could go no further.

So the man decided to help the butterfly. He took a pair of scissors and snipped off the remaining bit of the cocoon.

The butterfly then emerged easily, But it had a swollen body and small, shrivelled wings.

The man continued to watch the butterfly because he expected that, at any moment, the wings would enlarge and expand to be able to support the body, which would contract in time.

Neither happened! In fact, the butterfly spent the rest of its life crawling around with a swollen body and shrivelled wings. It never was able to fly.

What man, in his kindness and haste, did not understand was that the restricting cocoon and the struggle required for the butterfly to get through the tiny opening were God's way of forcing fluid from the body of the butterfly into its wings so that it would be ready for flight once it achieved its freedom from the cocoon

Sometimes struggles are exactly what we need in our lives. If God allowed us to go through our lives without any obstacles, it would cripple us.

Ruhaniyat : Serving Humanity

You must not lose faith in humanity. Humanity is an ocean; if a few drops of the ocean are dirty, the ocean does not become dirty.



— Mahatama Gandhi

Mahapurushas are always

Thankful to God

A father bring a toy for his child. The child gets so engrossed with the toy that he ignores even his father. In the same manner, man has become engrossed in the gifts that the Almighty has showered upon him. As a result man has been coming and going in the cycle of birth and death and is extremely unhappy. Mahapurushas are always thankful to God and consider Him to be more significant than his gifts.

Just like a painter can make thousands of paintings but all those paintings even if put together, cannot create one painter. All these gifts are the creations of the Almighty. Let me value the same, that I may never consider them to be more important than God. This is what a saint always prays for.

Satguru Baba Hardev Singh Ji

Book : Gurdev Hardev, Part-2



June 2013

TEACHING ENGLISH IN HINDI

— C.L. Gulati, Secretary S.N.C.F., Delhi-9

A rural High School in Haryana carried a name in the whole of the state for excellent results in the subject of English. A South Indian, Haryana cadre, IAS officer working as DPI, fondly paid a short visit to the School and wanted to meet and greet the English Teacher.

Reaching the School, the DPI met the Principal. He took him along and started taking a round in the corridors of the school. Finding no teacher in class VIII he slipped in that room. Just to test their proficiency in English, the DPI asked the students, "What is the plural of Sheep?" Almost all of them raised their hands to answer the question. The DPI asked a back-bencher for the reply. He quickly said, **Sheep-ee-sai.** Not able to understand, DPI asked another student, who said, **Theek-ee-sai.** Confused, the DPI asked the third student who said **Neeun-ee-sai.** Feeling non-plussed at the replies received from the students, the DPI turned to the Principal who was quick to submit, "Sir, Aur-ke-sai?" It made the DPI helpless to say anything further on this point and he moved out of the classroom disappointed.

Suddenly, it struck the DPI to ask the Principal about the English Teacher. He was informed that Mr. Sant Parkash, the English Teacher was taking an English period in Class VII upstairs. The DPI moved upstairs. When he reached in front of class VII, he heard a loud voice and got the impression that the teacher was teaching Hindi. Mr. Sant Prakash the teacher asked the Class to repeat, "Gadha, gadhe ke peechhe gadha, gadhe ke peechhe main or mere peechhe sara desh." The students repeated loudly what the teacher said.



Astonished, the DPI stepped in the classroom saying, “Mr. Sant Parkash, what is going on? Are you teaching English or Hindi?” He replied politely, “Sir, it is the English period and that is what I am teaching.”

“But you have been talking odd words in Hindi without uttering even a single word in English?” said the DPI.

“Sir, these students are weak in spellings and I was concentrating them on correct spellings of the word assassination. (ASS-ASS-I-NATION), explained the teacher. The DPI was overjoyed with the concentration with which the teacher taught his class.

Encouraged by the concentrated teaching style of the English teacher, DPI shared with him his earlier experience of class VIII regarding the plural of the word ‘sheep’. The Teacher explained the meaning of the Haryanvi dialect of all the three students and convinced the DPI, about their correctness.

Ignited with the wonder of concentration, the DPI recalled the scientific principle. When we hold a magnifying glass and allow the sun rays to focus on it the lens converges the heat rays to a point on the paper below as a result of which a fire is lit up.

In much the same manner, focusing works with our thoughts. We can well imagine the power that can be gained when we concentrate on the Almighty. Let us make an effort and then rejoice in this perennial bliss.



— Raj Arora (Nirankari Colony, Delhi)

Do you know ?

OLDEST APPOINTED PRIME MINISTER:

The oldest age at first appointment has been 81, in the case of Morarji Ranchhodji Desai of India in March 1977.

OLDEST OCEAN:

The Pacific Ocean is the oldest ocean in the world. The oldest rocks on its floor are around 200 million years old.

OLDEST LAKE:

Lake Baikal, Siberia, Russia, is between 20 and 25 million years old. It was formed as a result of a tectonic rift in the Earth's crust. It holds more water than all of North America's Great Lakes combined. Moreover, it is host to a wealth of biodiversity, including the world's only freshwater seal.

MOST OFFICIAL OLYMPIC MASCOTS:

In November 2005, the Beijing Organizing Committee for the Games of the XXIX Olympics, introduced their five official mascots for the 2008 Games - the highest number since the competition began. These five are cartoon depictions of a carp (Beibei), a panda (Jingjing), the Olympic flame (Huanhuan), a Tibetan antelope (Yingying) and a swallow (Nini), which symbolize the sea, forest, fire, earth and air respectively.

CROSSWORD SOLUTION										
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		E		H		R				
11	A	R	R	I	V	A	L			



— Raj Arora (Nirankari Colony, Delhi)

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CROSSWORD SOLUTION

1	L	I	B	R	A	R	Y
	E		R		L		E
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6	C	O	N	D	E	M	N
		T		E		E	
10	S	H	E	L	V	E	S
		E		H		R	
11	A	R	R	I	V	A	L

- iii) This ant can charm and delight you.....
- iv) This ant is far away in time and space
- v) This ant is an officer in the army.....
- vi) This ant is something that is left over.....
- vii) This ant is brave, heroic-polite and charming to women.....
- viii) This ant is not enough.....
- ix) This ant prevents unpleasant body odours.....
- x) This ant is joyful after a victory.....

Answers to set-A and Set-B in July issue

— Ruchi, Alwar

IMPROVE YOUR LANGUAGE

Homophones are two or more words having the same pronunciation. Provide homophones for the following. The first has been done as an example :—

1. Fair Fare
2. Buy
3. One
4. Which
5. Two
6. No
7. Here
8. See
9. There
10. Hare
11. Nun

Answers : 2. By 3. Won 4. Witch 5. To 6. Know 7. Hear 8. Sea 9. Their 10. Hair 11. None.

Woman IAS quits job for her Mom

Ahmedabad: Gauri Trivedi, 52, is no ordinary daughter. She is the first woman from Gujarat to become an IAS officer and was appointed to the Karnataka cadre in 1986. Feisty Gauri gave her best at works for 20 years, holding a number of key positions, including revenue commissioner.

In 2006, she got a call that her mother, Geetaben, had fallen and broken her hip joint, leaving her bedridden. Her father, senior cardiac surgeon Dr. S A Trivedi, was already bedridden due to a hip fracture. Gauri's love for her mother preceded all professional ambition. She resigned and returned to Ahmedabad.

"People often ask me if it was difficult to give up my career. But for me, the call to be with my mother was so strong that quitting was easy," says Gauri, who stays with her parents in Usmanpura.

Gauri was a star babu in Karnataka with locals often



launching protests if she was transferred. Currently, she is mentoring Gujarat's youth for the civil services at the Sardar Patel Institute of Public Administration (SPIPA). She took the assignment when the then Karnataka CM B. S. Yedyurappa on a visit to Gujarat told Narendra Modi about Gauri's achievements.

"The Karnataka government offered me a separate home for my parents and all the help needed. But I knew that no domestic help can replace my love. Just like my mother had been there for me, I wanted to hold her hand when her feet became wobbly", Gauri adds.

Her care shone through about four years ago when her mother was given a standing ovation for being the oldest Indian woman to complete the 'Parikrama of Kailash' at 82 years after the hip surgery. "While she walked through some parts, I carried her at times," says the loving daughter.

Gauri is the third of the four Trivedi children. Her three brothers live in the US and Singapore. "My mother never discriminated against me for being a girl child amongst three sons. She gave me equal opportunities and became the wind beneath my wings when I wished to become an IAS officer."

(Courtesy TOI.)

Spiritual Flight

We are all travellers who come into this world with a Round-Trip ticket! **Heaven:** If we travel as per the rules of Spiritual Airlines, we are awarded a connecting flight which goes straight to God and we reach our destination! **Hell:** If we break the rules, we get a connecting plane in which we start a new journey all over again. Most of us think it is cool to break the rule!



— Nishtha Anand, Ludhiana

Self Help, God's Help

Self help is a pillar to success as it is a great human quality. Every person should believe in it. Spoon feeding can not make a man successful in the long run. A person with self help is full of courage and determination and does not depend on others. He may suffer in life but will never lose patience. Difficulties do not frighten him. Hardships can not stop him/her from going ahead. So his/her life is full of adventures and challenges. Such a human being accepts challenges in life. There are many people who believe in luck and do not have self-confidence. They are always shaky and undecided. They remain active and wait for success through luck. They think that their fate is responsible for their rise or fall. They forget the truth of the saying, "God helps those who help themselves".

Know the Value of Fruits

Apples

Protects your heart Prevents constipation Blocks diarrhea Improves lung capacity Cushions joints

Apricots

Combats cancer Controls blood pressure Saves your eyesight Shields against Alzheimer's Slows aging process

Bananas

Protects your heart Quiets a cough Strengthens bones Controls blood pressure Blocks diarrhea

Beans

Prevents constipation Helps hemorrhoids Lowers cholesterol Combats cancer Stabilizes blood sugar

Cabbage

Combats cancer Prevents constipation Promotes weight loss Protects your heart Helps hemorrhoids

Carrots

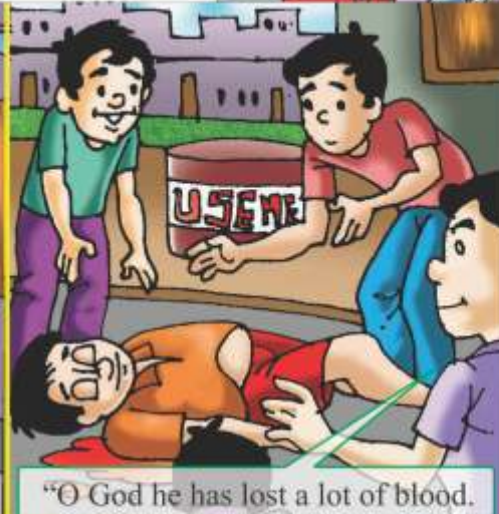
Saves eyesight Protects your heart Prevents constipation Combats cancer Promotes weight loss

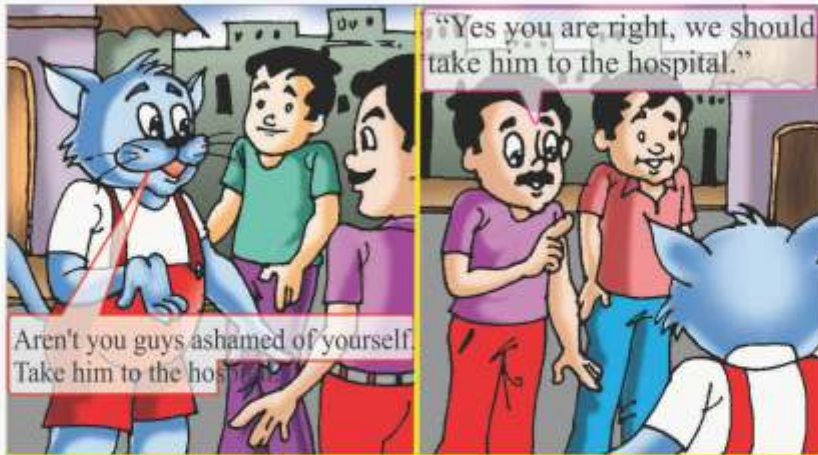
Cauliflower

Protects against Prostate cancer Combats Breast cancer Strengthens bones Banishes bruises Guards against heart disease

Kitty

Story & Illustration
Ajay Kalara







"What do you mean we can't do anything, will you be able to take the burden if something happened to him? You should be ashamed of yourself."

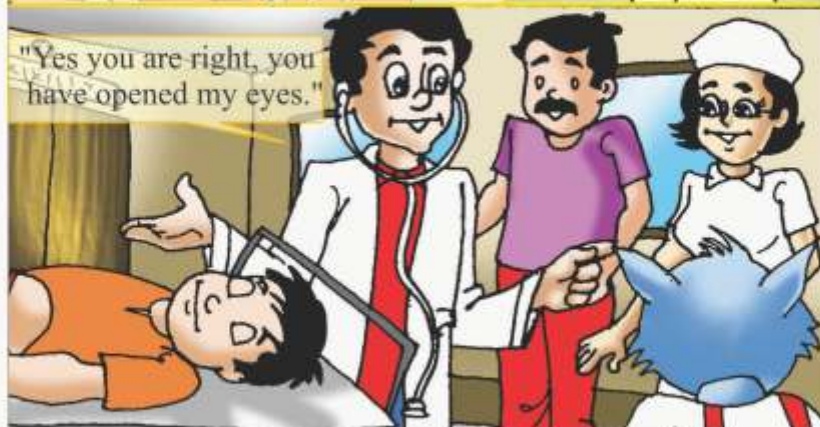






Photo Feature



Look at my lovely cap.
– Ashmit (Gandhi Nagar)

Wow! you look amazing.



I love getting my snaps clicked. – Roshni (Sasaram)

Come and play with me.
– Drishti (Akot)



We are learning how to walk.
– Jojo, Jui (Kota)



I am happy with my lovely teddy bear. – Anubhav (Burnpur)

Photo Feature



I am wearing my favourite red dress. – Lovely (Nandurbar)



I have worn this tribal dress. – Roshni (Delhi)



Drink more water in the Summer season. – Shagun (Sardahedi)



Children are always a blessing from God. – Santusht (Delhi)



Let us play with this ball. – Anis (Dombivali)



Sorry dear, I want to relax now. – Taniya (Delhi)

— Niharika

A House A Home

What is the difference
between a house and home?

What is a house?

It's brick and stone
and wood that's hard.
Some windows of glass
and perhaps a yard
It's eaves and chimneys
and tile floors
and stucco and roof
and lots of doors.

What is a home?

It's loving and family
and doing for others.
It's brothers and sisters
and fathers and mothers
It's unselfish acts
and kindly sharing
and showing your loved ones
you're always caring.

June 2013





Rising Star

Miss Sapna Rai (D/o Shri Vinod Rai) resident of Plot No 100, Nirankari colony, Delhi is an intelligent student. She belongs to very simple family. During her school studies at Sant Nirankari Sr. Sec. (Girls) School she always got first position in her class from 1st to 4th and from 8th to 12th class.

She was awarded merit scholarship by Sant Nirankari Mandal (education department) in 5th class (2006) 8th class (2009) 9th, 10th and 11th class in 2010, 2011 and 2012 respectively. She stands first in 12th class in her section securing A1 grade in all the subject except English in which she got B1 grade in the examination held in March 2013. She was awarded Certificate for getting first position in IX and X class on the occasion of Golden Jubilee Function held on 14th January 2011 at S. N. Sr. Sec. (Girls) School, Nirankari Colony Delhi.

Apart from excellent academic performance, when she was a student of class I she took part in Avantika International Talent Search Painting competition 2002 and was awarded Satish Gujral Certificate.

She also participated in 6th Delhi State Level Freedom fighter Ram Charan Agarwal Memorial Painting Competition held on 4.12.2010 at Rajeev Bhawan, New Delhi, got 1st position and was awarded Merit Certificate.

She was awarded the title of "Amul Vidya Shree" for outstanding academic performance at the Central Board Sec. Examination held in March 2011 by Amul Sagar Gujrat Cooperative Milk Federation Ltd, Anand, on 23.9.2011 by the MD Sh. R.S. Sodhi.

She attends Bal Sangats and reads Nirankari literature regularly. Hansti Duniya wishes her all success in her future life.

SMSes of the month



"No body in this world can help you in the ways God rushes to your help. Hence surrender yourself to Him and pray for His help.

— Kanchan, Leda (H.P.)



The welfare of a nation depends on the teaching that mothers impart to their children.

— Anmol, Delhi



When you hate another , you are hating the Lord,
When you hate the Lord, you are hating yourself."

— Gurpreet, Manali



All experience of pleasures and pain have their origin in the thoughts of man.

— Aman, Pandoh



Give up desires and see for yourself how much love and bliss you get.

— Lovely, Pathankot



When we are in ANGER, we are just one letter short of DANGER.

— Avneesh Gulati, Chandigarh



As close as you are to God, so close is God to you."

— Rajni, Nasik



Your thoughts play a vital role in shaping your life.

— Kuldeep, Vaishali

Winners of April Issue

Ist :	Deepawali Kapoor H.No. 307/2, Popli Gali, Patti Distt. Tarn Taaran (Pb.)	11 Years
IInd :	Amandeep Singh H.No.-20, Type V, RCF Kapurthala, (Pb.)	11 Years
IIIrd :	Dinky 48 -L Guru Harkrishan Nagar Jalandhar (Pb.)	9 years

Consolation Entries

Arjun Ahuja (Wazirabad, Delhi), Kumari Ankita (Mahadev Colony, Sonbhadra), Ashtha (Vikrant Complex, Pune), Krishna Yadav (Old Cariappa Road,56APO), Vibhor Ahuja (Lakhi Colony, Barnala), Navdisha (K.D. Nagar, Sonipat), Navita (Nirankari Kitchen, Solan), Ankita Rai (Karvee, Azamgarh), Anjali (Nirankari Colony, Delhi), Navdisha (Yograj Colony, Delhi)

Competition for June

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

The result will appear in August 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.

Colour it



Name Age

Full Address



— Pulkit Bhardwaj, Chandigarh

Laughing Time

"Since he lost his money, half his friends don't know him any more."

"And the other half?"

"They don't know yet that he has lost any money."



A customer complained about the pastry.

"I have been making pastries before you were born," replied the annoyed baker.

"May be so," said the customer, "but why sell it now?"



Banta owned a factory. He issued orders that only married men would be employed.

Friend : Why this?

Banta : Because married men are more obedient.



Car Salesman : "We have a car, that can climb any hill."

Client : "That doesn't surprise me. The one I bought here last year was so ambitious that it tried to climb a tree."



Teacher : Who is a doctor?

Student : A doctor is a person who kills our ills with pills (tablets) and kills us with his bills.



A servant to his mistress: "Mem Saheb! I am leaving your job as I have a better offer from a mental asylum."

"But you have no experience of working in a mental asylum."

"So what? I've served in your house!"



Employer : Do you think you know enough to be useful in

this office?

A jobless boy: Yes, I know enough, I left my last place because the boss said I know too much.



Silence in the court! Cried the judge. The next man who shouts will be sent out.

Hurrah! Cried the prisoner.



Client : To be very frank, you are too young to conduct my case.

lawyer : But, Sir, you may rest assured, by the time the case makes some progress. I'll be quite old.



Editor : Isn't it the same manuscript I rejected last time?

Author: Yes.

Editor : Then why have you brought it again?

Author: Because since then you have obtained three years experience.



Father : Son, you have scored very low marks in History. What is the reason?

Son : Absent, Daddy.

Father: What absent? I dropped you on my scooter that day.

Son : Not me, Daddy. The student sitting next to me was absent.



Shiva : Why did you print your wedding invitation so big?

Ram :In case there is shortage of plates, we can use the cards.



Teacher : What would happen if there was no Sun?

Student : Our electricity bill would go up.

Story : Priya & Sanjay Tandon, Chandigarh

Greedy Pig



Once upon a time all the organs in the body of a boy discussed that each of them did some work or the other to get food, but the stomach alone consumed it all. In that sense, the stomach was the lone beneficiary. The hands said, "We make the portions of the food and put them into the mouth, but they just go into the stomach."

The legs muttered, "If we didn't take you to the place where the food was, you wouldn't be able to pick it up anyways!"

The teeth complained, "We do all the cutting and grinding but nothing stays with us."

The tongue sighed, "I just get to taste it for a few seconds, then the food rolls away from me."

The brain said importantly "Surely if I did not inspire all of you to do this, nothing would get done, I do the maximum work, but I get nothing!" The legs said, "The stomach is such a lazy-bone!" The mouth said, "Yes, and it is a greedy pig too, that's why it's so fat too."

So, they all decided to teach a lesson to the 'greedy and lazy stomach' They decided that they would starve it.

The legs said, "Come what may we shall not go to the dinning room, we shall not go near food."

The hands said, "Even if you do, we shall not pick up the food and put it into the mouth."

The mouth said defiantly, "Even if mother, tries to force feed me, I shall close my lips tight. I shall refuse to eat." The teeth made a grinding noise and exclaimed, "And we shall refuse to grind the food, we shall not chew it." The tongue moved swiftly saying, "Well if mother forces you to have milk, I shall refuse to swallow it, I shall spit it out."

Well, all of them ganged up against the poor stomach and the boy went hungry all day. Next morning mother tried to coax him to eat some delicious chocolate cake. His mouth watered but he was obstinate. An innocent thought crossed his mind. He cut the cake into pieces and placed them on his legs, cheeks, arms, head and hands, saying, "That is for your nourishment." But that could not give energy to the starving body. After sometime the ants started smelling the rich chocolate and started gathering around.

Soon, the boy was too exhausted to even stand up. He was almost fainting. His mother then took him to task. She explained to him that the stomach churns the food into a paste and passes it to the small intestine. It was here that the goodness of the food was absorbed by the blood. The blood supplied this energy to ALL the organs of the body to nourish them, providing energy for growth and strength.

The boy agreed to eat finally and fed his starving tummy. Soon he was able to get his strength back and it was time again for a game of cricket.

Children, you should not think about the rights and duties of others; think only of what you are supposed to do. Do your duties happily, before you think of your rights. You are a small piece in God's Jig-saw-puzzle. You cannot understand His master plan, but you can surely do the work assigned to you! For that is what makes Him happy!



Have Your Say

It is really appreciable that 'Hansti Duniya' is highlighting the achievements of the young generation under the title "Rising Star". It encourages the other children to work hard and show their talent.'When No One Would Listen','Limpu's Laziness' and 'Lord Krishna and the Monster' are very captivating stories.

—Anmol Billa, Delhi

Hansti Duniya gives me very good knowledge through its regular features "Cross word" 'SMSes of the month' and 'Laughing Time'.We are very thankful to Hansti Duniya staff who provide us very useful information every month.

—Kunal Khurana, Bikaner (Raj.)

The standard of Hansti Duniya is improving day by day.In May 2013 issue the Editorial 'Historic Run for Oneness' is very inspiring for the readers. Other articles such as 'Why the sea water is salty','It Matters Not(poem),'Why is the colour of leaves green'? are quite interesting. It is suggested that a brief history of Sant Nirankari Mission may also be printed in the Hansti Duniya in instalments for the knowledge of new generation.

—Kanchan Gupta, Vill. Leda (HP)

Sometimes, you find yourself in the middle of no where, and sometimes in the middle of now here; you find yourself.

— Preet Sahi

Dhan Nirankar Ji

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