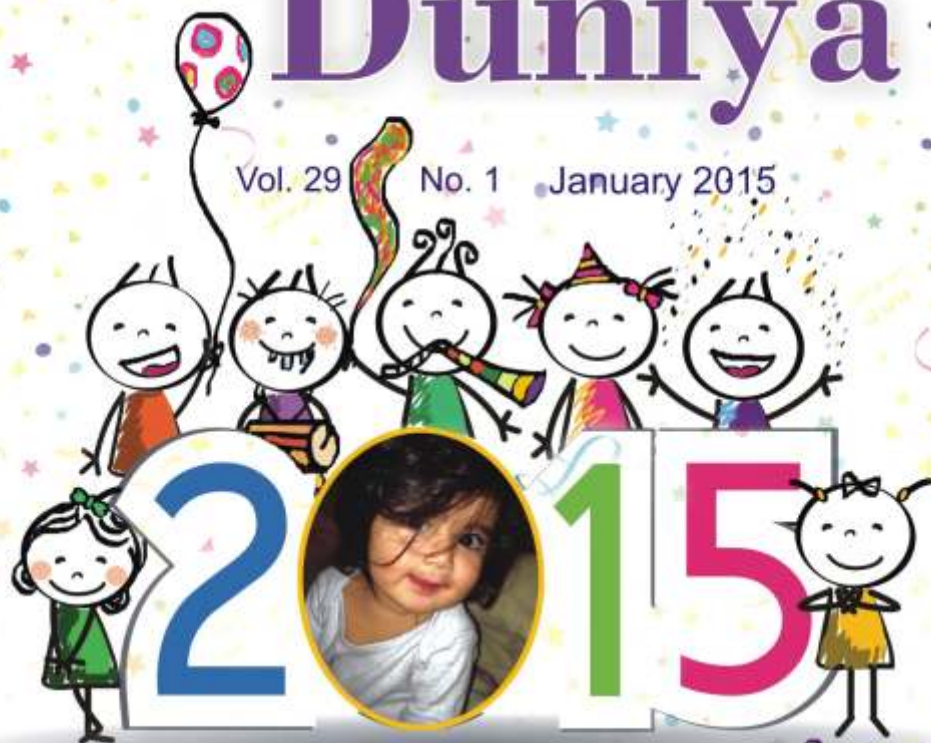


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# Hansti

# Duniya

Vol. 29 No. 1 January 2015



Happy New Year






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VOL. 29

No. 1

**HANSTI DUNIYA**

(A Monthly for Children's Mental Development)

Published in English, Hindi, Punjabi and Marathi

January

2015

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**Vimlesh Ahuja**

Editor

(Honorary)

**Rajat Kapoor**

Associate Editor

(Honorary)

Ph.:011-47660224

-225

Fax:01127608215

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COUNTRY	ANNUAL	3 YEARS	6 YEARS	10 YEARS	LM(20 YEARS)
INDIA/NEPAL	Rs. 100	Rs. 250		Rs. 600	Rs. 1000
UK	£ 12	—	£ 60	£ 100	£ 150
EUROPE	€ 15	—	€ 75	€ 125	€ 200
USA	\$ 20	—	\$ 100	\$ 150	\$ 250
CANADA/AUSTRALIA	\$ 25	—	\$ 125	\$ 200	\$ 300
OTHER COUNTRIES	Equivalent to U.S. Dollars as mentioned above				

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

C.L. Gulati—Member Incharge Patrika

Issued by Radheshyam Publisher & Printer for and on the behalf of  
Sant Nirankari Mandal, Delhi-09, Editor (Honorary) Vimlesh Ahuja  
printed by Hardev Printers, Sant Nirankari Colony, Delhi-110009



Editorial

# GOOD WISHES FROM HEART

The onset of New Year testifies that each moment, day and month of the previous year is over.

These are now a part of the past.

We have been celebrating New Year ever since we can recollect our memory. Every year, we do our best to follow an inspiring thought or a resolution.

This year also would arrive at its fixed time, and we will convey best wishes to our friends and relatives. However, the nature keeps on offering air, water, light, etc. – the fundamental needs. Without them, it is not possible to think of our survival even for a moment.

Do we really convey sincere wishes of well being and gaiety to all? This is, indeed, a matter to be pondered about. Had our wishes for well being and happiness been sincere for our family members, friends and relatives, they would have by now become happy and satisfied. It, therefore, gives rise to a query – whether our wishes were actually sincere or half-cooked. We live with them throughout the year, yet our behaviour and approach towards them are as indifferent as we wish them in the beginning of every year.

Let us behave with others as we wish ourselves to be behaved. Let us first sow in ourselves the seed of purity, cleanliness, modesty which, when fully ripened, will bless us with blissful fruits. With this sincere feeling, let this New Year indeed be auspicious and indeed propositions for all.

—Vimlesh Ahuja  
Hansti Duniya

## THOUGHTS TO PONDER

- » You are not a physical being but a spiritual being having physical experience. —Teilhard-French Philosopher
- » It will be more appreciable if we walk with values. If we wish to highlight the values, we have to uphold them as demonstrated by the spiritually enlightened saints.  
—Satguru Baba Hardev Singh.
- » Arise, Awake and rest not till the goal is achieved.  
—Swami Vivekananda
- » “O” man, awake the sun has risen. It is not night you are sleeping. One who sleeps, loses and one who is awake gains.
- » “O” man, why are you slumbering carelessly with the eyes of the mind closed, Arise, awake and accomplish the task for which you came into the world.  
—Holy Avtar Bani.
- » Lo, the light has come, but man preferred darkness to light because their deeds were evil. —Bible.
- » The True Master manifests in world for entire humanity  
—Avtar Bani.
- » Nothing can obstruct holy work of a saint. A simple prayer can remove all obstacles —Avtar Bani.
- » Forgetfulness of God invite all sufferings—Adi Granth.
- » If you seek happiness, here as well as hereafter, listen to my words and imprint them deeply in your heart. It is an easy and pleasure road. Only devotion to Rama according to Puranas and Vedas leads to knowledge for a blissful life.  
—Ram Charit Manas.



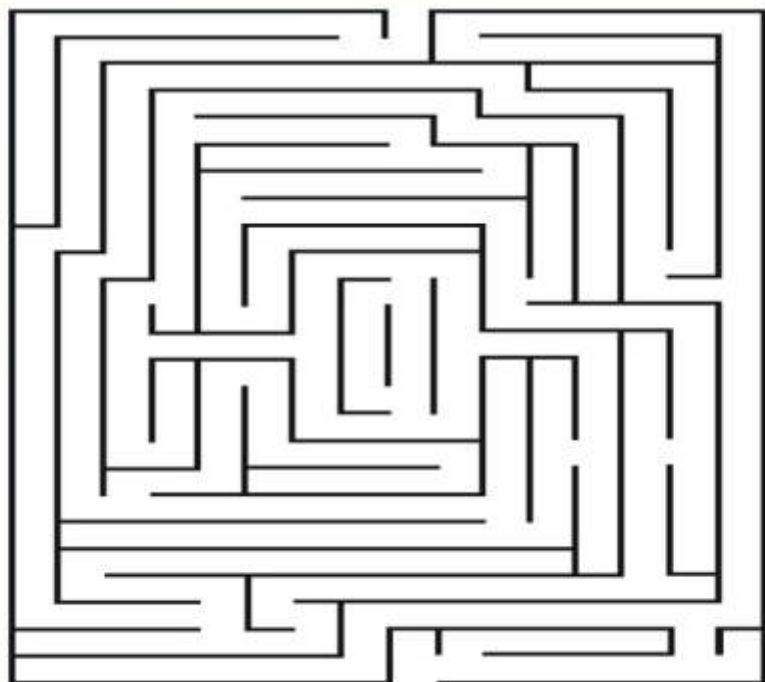
## Ik Tu Hi Nirankar - 101

NIRANKAR JO PARTAKH DASSE OH SATGUR KEHLANDA EY;  
SATGUR PA KE NAM DI BEDI BHAVJAL PAR LAGANDA EY.  
SATGUR APNE SIKHAN DI KHUD AP HIFAZAT KARDA EY;  
SATGUR APNE SIKHAN UTTE MEHR INAYAT KARDA EY.  
SATGUR APNE SIKHAN DE DIL SHEESHE WANGOON SAF KARE;  
SATGUR APNE SIKHAN DE KUL BHALE BURE NOON MAF KARE.  
SATGUR APNE SIKHAN DE SARE HI BANDHAN TOD DAE;  
SATGUR APNE SIKHAN DE MAN VISHIAN VALLON MOD DAE  
SATGURU NOON SIKH PIARE KULL DUNIA DE JEEAN TON;  
SATGURU NOON SIKH PIARE APNE PUTTAR DHIAN TON.  
SATGUR APNE SIKHAN NOON HI DIN IMAN SAMJHDA EY;  
KAHE AVTAR GURU SIKH TAIN APNI JAAN SAMJHDA EY.

## Gist : Thou Formless One

- The one who reveals the Formless is the True Master;
- The True Master makes one board the vessel of divine name and cross the ocean of materialism.
- The True Master himself protects his disciples;
- The True Master bestows grace and benevolence upon his disciples.
- The True Master cleanses the hearts of his disciples as a mirror;
- The True Master forgives his disciples' faults and failings.
- The True Master liberates his disciples of all the bondages;
- The True Master diverts the minds of his disciples from all Kinds of vices.
- The True Master loves his disciples more than all other people of the world;
- The True Master loves his disciples more than his own sons and daughters.
- The True Master takes only his disciples as his trust and faith;
- Avtar says, the True master takes his disciples as his own life and breath.

## Dinesh Rai



If the way found in half minute, you are Genius.

If the way found in one minute, you are Talented.

If the way found in more than a minute, you need to improve.

## Thoughts

- » Never be ashamed to admit you were wrong. You are only saying that you are wiser today than you were yesterday. —Unknown
- » Often it not the mountains ahead that wear you out , it is the little pebble in your shoe. —Mohammad Ali
- » Education is not what a man knows, but what a man is.

Story: Mahendra Singh Shekhawat 'Utsahi'



**L**ong time back, there had been a great warrior and kind king by the name of Jimutwahan. He was the son of Shaaliwahan, who had introduced the old 'shak samwat' calendar system.

Jimutwahan was kind and religious right from his childhood. Once, he went to one of his forests. While strolling, he heard a voice of someone sobbing. Approaching the place, he found that the mother of Shankhchoorna snake. On enquiring for the reason for her weeping, she said that her only son, Shankhchoorna, was about to become the food of eagle.

Hearing this, Jimutwahan said, "Mother, need not worry and weep. Now I am here with you as the king. King's true religion (duty) is to protect and help everyone. Today, I will go before the eagle in place of your son". Having said that, Jimutwahan went to the eating spot and laid himself.

At the scheduled time, the eagle came and pinched its peak at Jimutwahan. It realized that someone else was lying in place of the snake. It asked immediately, "Who are you? Why are you lying here? Where is my food?"



Jimutwahan said, “Hay King Eagle, I am Jimutwahan, the king. Today I am your food as I have replaced Shankhchoorna. Please accept me as your pray”. Hearing this, the eagle was deeply impressed. He thought that in spite of being a king, he had come to offer himself in order to save others’ lives. And looking at itself, the eagle felt ashamed as it had come just to take the life of others. Looking at king’s act, the eagle found itself to be far inferior than the king. The eagle was filled with repentance. It set the king free and offered grant of a boon.

Jimutwahan said, “O King Eagle, please grant life to all those snakes that you have eaten so far, and promise me not



to touch them in future.”

The eagle happily granted the boon to the king, made all the dead snakes alive and promised not to kill any snake in future.

Later, the mothers of all snakes thanked the king, and advised their snake children to protect king’s fields.

Even today, the snakes kill rats in the field in order to protect crops.

This way, the king Jimutwahan performed his religion (duty) and protected the race of snakes. Even today, he is gratefully remembered.

— Kishore Daniel, Delhi  
**Know your animals:**  
**KANGAROO**



**T**he most curious animals in the world come from Australia, but none is more interesting than the Kangaroo. This athletic animal has such powerful hind legs that he leaps from place to place instead of walking or running. A male Kangaroo can jump as far as thirty feet with ease, and his shoulders are so well developed that with a pair of boxing gloves on he can stand up to a good professional boxer.

Baby Kangaroos have homes of their own immediately after they are born, for they live inside a pouch on the lower underpart of their mothers' bodies. Here they can stay safely until they are ready and able to leap about by themselves. If you look carefully at a Kangaroo in the zoo you may notice the babies playing 'hide and seek' as they put their little heads out of the pouch and then timidly withdraw them in again.

There are many different kinds of Kangaroos, but the best known are either grey or tawny-red in color. All of them are peaceful animals and browse among the grass on the Australian plains. They quickly become alert if attacked and are so swift in escape that they rarely need to defend themselves. But Kangaroos have sharp claws to fight with in case they are cornered.

—Raj Kumar Jain



The festival of Republic Day  
Protects the rights of all,  
Democracy is our watchword  
Of which we all are proud.

Let flowers blossom among thorns  
And turn this earth into heavens,  
By embracing one and all  
Enjoy festival's celebrations.

The lovely Tricolour flag  
Fluttering in the blue sky,  
Gives the message of Peace, Victory  
For progress it ever stands by.

Let's make merry together  
And enjoy its celebration,  
To make our nation strong  
Let's make no discrimination.





Parachi (Ustan chowk) Rakesh (Bathinda) Avni (Mandla MP) Bunni (Panchkula)



Naksha (Sardarnagar) Archisha (Joshi) Sudhna (Kali Jagdishpur) Kartaya (Bhopal) Sriansh (Navea Patti)



Rchit (Pandeypur) Prince (Delhi) Nikhil (Shikohabad) Aakash (Gwalior) Bhumiika (Nasik Road)



Sneh (Kathua) Anshika (Gaya) Paras (Raipur) Sudeep (Chandigarh) Radhika (Kota)



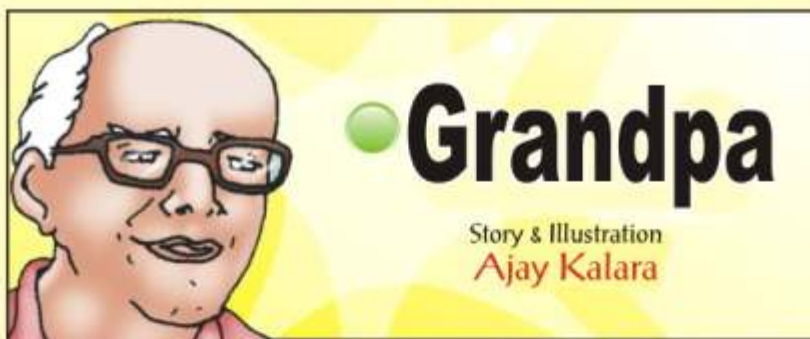
Simran (Bhiwani) Vansh (Dosanjh Kalan) Vident Murya (Thane) Mehak (Shikohabad) Vijay (Kali Jagdishpur)

♦ 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

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Address.....  
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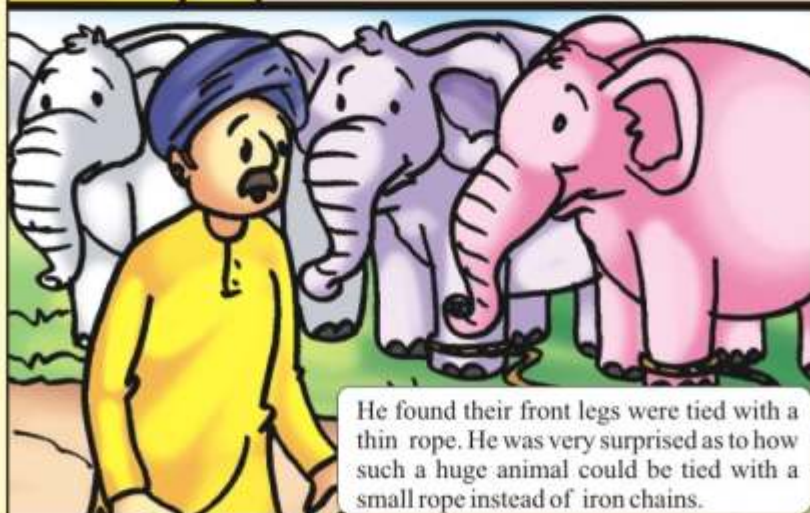
# ● Grandpa

Story & Illustration

Ajay Kalara



Once, a man was going to his house. Suddenly he saw a few elephants standing in a corner, tied in a rope.



He found their front legs were tied with a thin rope. He was very surprised as to how such a huge animal could be tied with a small rope instead of iron chains.





The man got confused. He was sure that the elephants could easily break open the bound any time. But was unable to find a reason.



After a considerable thought, he could not arrive at a convincing reason.



Suddenly, he saw their master and immediately ran to him with curiosity.



He asked the master as to why the elephants were not trying to run away.



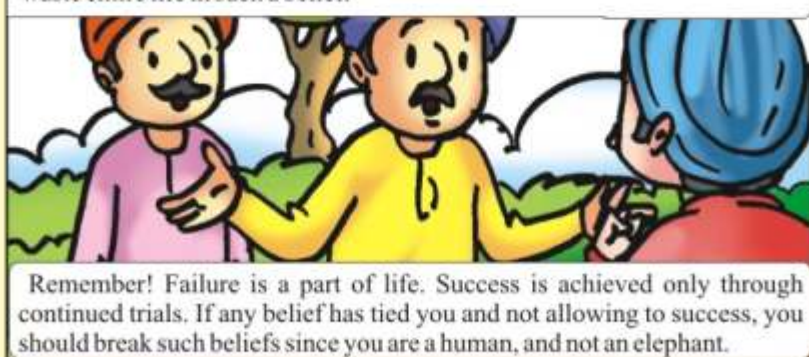
The master told that those elephants were tied with strong ropes in their childhood.

Being too young, they could not break the bound after much trial. Having failed, they started believing that the ropes were too strong to break.





Since then, the man started telling people that after initial failures, many of us start believing - like elephants - that we will not be able to succeed, and waste entire life in such a belief.



By: Ashwani Kumar 'Jatan' Allahabad

# HELP ME GURU HARDEV

Guru hardev guru hardev,  
Please help me guru hardev.

My exam is so near,  
Then I am so fear,

Time is moving like a wave,  
Guru hardev guru hardev,

Please help me guru hardev.  
I will learn the lesson all,

But forget in exam hall,  
Please change my this behave,  
Guru hardev guru hardev,

Please help me guru hardev.  
You give me some knowledge more,

My face bright in college door,  
I face the exam like a brave,

Guru hardev guru hardev,  
Please help me guru hardev.



## GURU OBEISANCE

The members of 'Hansti Duniya' family performed their Obeisance to H.H. Satguru Baba Hardev Singh Ji Maharaj in the form of their presentations during the International Sant Samagam.



## Prince Reborns As a King

Prince, a son of a poor farmer in a small village Haldaheri of Distt. Kurukeshetra (Haryana) had fallen into a 60 feet deep borewell on the evening of July, 2006. He slipped into the hole while plying with other kids near his home. The hole had been created a month earlier by a contractor drilling for water. The hole had been covered by two sandbags.

Having fallen, Prince spent the next 49 hours including his fourth birthday on a three-feet shaft inside the dark damp hole. Although he did weep occasionally, Prince displayed a rare poise and courage. The safe rescue of five-year old Prince proved to be the perfect birthday gift for the child.

When Prince rode out of the black hole in a crane the applause was something as if he had won the World Cup. The four year old's home coming signaled the end of a human drama that had kept the nation engrossed and turned him into India's most heart tugging kid.

The pain as well as hope in the eyes of the parents of Prince was evident throughout the rescue operation. Mr. Ram Chander said that he was overjoyed to clasp his son in his arms, "I am grateful for the effort which was put in by everybody to rescue my son," he said. A special team of Bombay Fire Service personnel was flown in from Mumbai to assist in the rescue operation.

Tears welled up in his mother's eyes when she saw that her child was safe and sound. There was jubilation as soon as Prince came out safely. The Army coordinated rescue operation was a thumping success. Rescuers had worked

January 2015

round-the-clock to establish contact with the child through a tunnel dug from an adjoining well. The moment the child was brought out through the well, there was jubilation among the rescuers, officials and local residents.

All frustrations and heart-aches were forgotten when Prince was brought out of the hole wrapped in a piece of cloth. It was a happy ending.

In a unique display of solidarity, the nation was united in prayers for Prince's safety. Scenes of emotional breakdown were witnessed after TV channels started beaming. Special prayers and heavens were performed across the nation.

The Haryana Chief Minister informed the Prime Minister, who was in constant touch with him. He also announced a grant of Rs. two lakh to the family of Prince and Rs. 51,000/- each to all those who went in the tunnel to rescue the child. It involved everyone from local villagers to firemen, from the district administration to the army. Amar Nath, an executive assistant sub-inspector in the Shahbad-Markanda police station was one of the few guys who was involved in the digging work from start till the end. "It was the call of my conscience. I wanted the kid to survive. Nath has a history of helping people.

When Prince Kumar Kashyap accidentally slid into a dark hole, few would have fathomed that the four year old's harrowing plight would become the turning point in the village's fortunes, Village folk hailed Prince as "Vikas Purush" (man of development).

Ignored for decades, Haldaheri was regarded as one of the most backward villages of Kurukshetra District. Water was scarce, lanes muddy, drains open, shops few. Everything changed since Prince slid down the hole. Chief Minister announced a grant of Rs. 20 lakhs for the village' uplift.



Thanks to the little Prince, Haldaheri has now been adopted by the high and mighty. Developmental activities are fast and furious. Prince Kumar Kashyap has got much luck to the Haryana Village he belongs to.

Prince's personal fortunes too, have soared. Zee T.V. announced to fund his education. Prince rides a blue bike gifted by actor Salman Khan's father, Salim, and celebrated a belated birthday on the sets of a Bollywood film in Mumbai, where he received at least Rs.7 lakhs as gifts. He is acknowledged as a king in the village.

Many educational institutions have offered him scholarships. And the army has sent him a certificate of recognition, "We want him to join the army." "It's a good thing that Kurukshetra, the mythic land of kings, got back a Prince reborn as a king. *There is a clear moral in Prince's tale of triumph—the need to open eyes and to close the holes so that the children do not feel neglected in the society at large. When the Prince grows up and fails to get his due, he might resort to slip into a hole again!*

---



GUEST ON DND : A fully grown Indian rock python was spotted along the DND flyover on Wednesday. Toll operators found the lift-long, 4-year-old reptile at 4.30pm on the Noida side and a Wildlife SOS team took almost half an hour to rescue it. The python was not injured

Courtesy T.I.O.

January 2015



# I have seen God

Song — H.S. Nirman

I have seen God, yes, seen God;  
And shall never die.  
I am happy, very happy;  
You ask how and why.

Neither through any worship, nor through any search;  
Rather these efforts had left me in the lurch.  
Did not pay anything, yet God did I buy.  
I am happy, very happy...

With the grace of Nirankari, my Satgur of the day  
I entered the kingdom of heaven by the way—  
In a twinkling of an eye, he gave me third eye  
I am happy, very happy ...

Story: Radheylal 'Navachakra'

## ONE'S OWN QUALITIES



A small girl silently entered the kitchen. There were several jars containing different items. In a hurry, she mistakenly placed a handful of salt in her mouth thinking it to be sugar. Next moment, she came out spitting.

Taking this opportunity, the sugar said sarcastically "Brother Salt, I and you look alike, but such is your taste that even a small child didn't like it. She simply started spitting out the moment she kept you in her mouth. Whereas, look at me. Whosoever keeps me in mouth, gets happy with my sweetness.

The salt didn't mind sugar's comments, and said coolly, "Dear Sister, I am right at places where I am required. So are you. The poor child kept me in her mouth by mistake and had to spit me out. "No, No, I am fit at every place", said the sugar proudly.

"That is your mistake, dear".

"No, it is true."





“Then, do one thing to realize the truth”, said the salt politely.

“What?”

“You come in my place and I take your place. Let us see what happens then.”

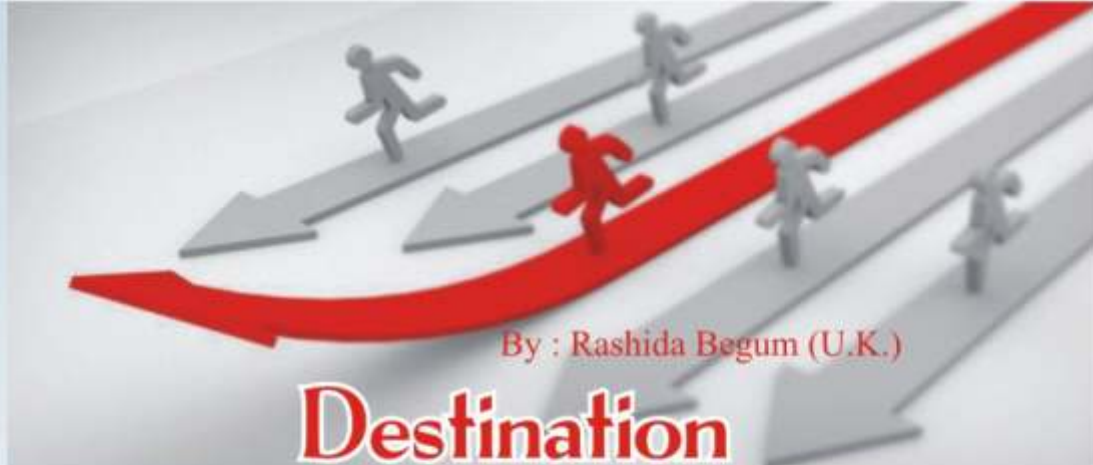
“OK, fine”, agreed sugar.

Both of them exchanged their places.

When the cook started preparing food, he sprinkled salt in the pulse and the dish as usual; but actually it was sugar which had exchanged its place with salt. The moment each family member put the first bite in their mouth, they all had to spit that out. Then to change their taste, they took a piece of the dish in their mouth. The result was the same. Everybody spilled that out also.

The owner of the house roared at the cook “What did you have in your mind today while cooking. You have put sugar in the dishes in place of salt. The entire food has gone waste”.

“I am sorry for my mistake, Master”, said the servant accepting his mistake.



By : Rashida Begum (U.K.)

## Destination

**T**he weight of your EGO (I-ness) is like an Iron on your consciousness which is drowning you to the depth of the darkness ocean bed; it doesn't matter how good, beautiful or fine the iron object you make, it will drown you to the floor.

Be like a wood so you can float on the surface' of the ocean and travel far to your happy destination.

Let your heavy iron of I-ness go arid, make friends with your heart and mind, Together they will float like a wood and get you to your destination.

Perfect Master Nirankari BABA ji is the true God knowledge of the Ocean, surrender and float on the ocean of knowledge.

That is your true destination.



All got up without having a single bite.

The salt said "Sister Sugar, what do you say now! You have seen and heard every one. That little child also didn't like you. Now, do you accept your misconception?"

"Yes, dear", sugar realized its mistake.

"Please remember, every item has its own qualities which determine its identity. One gets admired only when used at its appropriate place and not everywhere".

"Agree". Sugar had to accept salt's contention.



By: Mrs. Sanyukta Chaudhary, Lecturer

## Let Us Learn From Ants

### **Ants never Quit :** 1st Part Philosophy

1. If they are headed somewhere and you try to stop them, they will not stop.
2. They'll climb over. They'll climb under. They'll climb around.
3. They keep looking for another way.

**It means :** Never quit looking for a way to get where you're supposed to go.

### **Ants think about winter all summer :** 2nd Part Philosophy

1. You can't be so naive as to think summer will last forever,
2. So ants are gathering their winter food in the middle of summer.
3. You've got to think about rocks as you enjoy the sand and sun.

**It means :** It is important to be realistic. Think Ahead.

### **Ants think about summer all winter :** 3rd Part Philosophy

1. During the Winter ants remind themselves that this won't last long. We'll soon be out of here.
2. At the first warm day, the ants are out.
3. If it turns cold again, they'll drive back down, but then they come out again the first warm day.

**It means:** Stay Positive at all times.

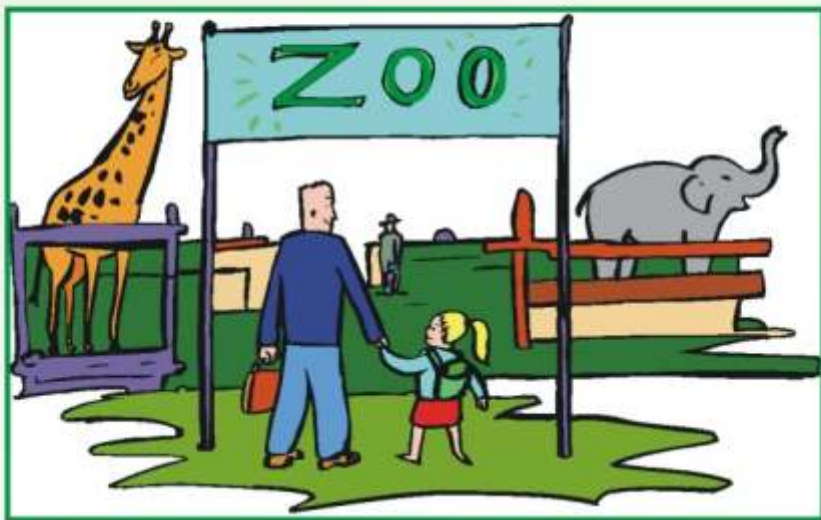
### **All that you Possibly can do :** 4th Part Philosophy

1. How much will an ant gather during the summer to prepare for the winter?
2. It will do all that it possibly can. It means:- Do all you can—and more!

#### **In a Nut Shell:**

- |                   |                    |
|-------------------|--------------------|
| 1. Never Give up. | 2. Look Ahead,     |
| 3. Stay positive. | 4. Do all you can. |





Once upon a time there was a Zoo. It was a very popular zoo and every day hundreds of people queued up to pay their money and pass through the turnstiles to see the animals.

There were many different animals to see; lions and tigers, penguins and elephants, raccoons, frilled lizards, pelicans, hyenas and wallabies - in fact, the same animals that are in zoos all over the world. There was a reptile house and a large aquarium and a wonderful bird house.

The animals were well looked after by their keepers. The head keeper was called Mr. Wellbeloved and he was just like his name suggests he was. The animals liked him enormously. He had lots of assistant keepers and assistant assistant keepers.

The animals were fed two times a day. People flocked to where the penguins lived, and laughed and applauded as the funny black and white birds expertly caught all the fish thrown at them.

The chimpanzees were popular, too, at feeding time. They sat round a table and had cups and saucers, just like real people - only their table manners were disgraceful. In fact they behaved



like lots of children would like to but are not allowed to.

There were large notices all around saying 'Please do not feed the animals', but occasionally the animals helped themselves to a

bun. The animals' cages were cleaned regularly.

The animals enjoyed watching the humans watching them. One day the hyenas were laughing at a lady laughing at them. She laughed so hard that she swallowed her false teeth. This made the hyenas laugh even harder.

The animals all loved having their photographs taken. Whenever any of them saw a camera being produced, they would stop whatever they were doing and smile and pose for the people taking the photographs. The chimpanzees were especially good at this and there were always crowds of people around their cages, snapping happily.

Occasionally, some of the humans were unkind to the animals. There was a little boy once who kept on making faces at all of them. He was standing in front of the elephants one day watching them taking a drink. Suddenly one of them sneezed and the boy was drenched. The hyenas laughed and laughed until they thought they were going to fall over, and the chimpanzees wished that they'd had a camera to take a snapshot of it.

At night, when the zoo was closed and the keeper, the assistant keepers and their assistants had gone home to enjoy



their free time, the animals would slip out of their pens and cages and enclosures and gather together to tell stories.

And sometimes, when the zoo was closed for the day they would

By: The Animal Story Book



# Improve your Grammar

—Vikas Arora (Rewari)

Choose the right option

- Light \_\_\_\_\_ in a straight line.  
a) TRAVELS                      b) FLOWS
- A letter or a syllable placed after a word to form a new word is called a \_\_\_\_\_.  
a) SUFFIX                      b) PREFIX
- Tibet is \_\_\_\_\_ by mountains on three sides.  
a) FLANKED                      b) HIDDEN
- The Managing Director \_\_\_\_\_ many favours on his brother-in-law.  
a) IMPOSED                      b) BESTOWED
- Proverb: \_\_\_\_\_ news travel fast.  
a) GOOD                      b) BAD
- Collective \_\_\_\_\_ are needed to root out the dowry system.  
a) EFFORTS                      b) FUNDS
- Suman pulled a long \_\_\_\_\_ when she was told that she could not go to the cinema.  
a) HAND                      b) FACE
- What is the antonym of FORGIVE?  
a) BLAME                      b) PUNISH

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.



— Ankur Arora

## *Five tips to overcome Procrastination*

1. Select one task you have been putting off. Break it down to small pieces.
2. Create a time line for each. Perform one step within the time limit. Make the task look small and easy in your mind.
3. Ignore everything else that needs to be done. Concentrate on the task you are doing.
4. Make a start and then do not get sidetracked from the schedule. If you stick to the program, you may be surprised at how quickly you get things done.
5. Motivate yourself. Give yourself a reward when the task is completed.

In order to memorise these tips, remember the acronym STING that stands for:

S - Select one task.

T - Time yourself.

I - Ignore everything else.

N - No breaks.

G - Give yourself a reward.

### *New Year Resolutions*

- » Life is precious, so the time. While sharing New Year's greeting with each other, let us resolve to live every moment an ideal life by keeping the following points in mind;
- » Never to waste time in fruitless conversations;
- » If some one feels hurt because of us, you say sorry and be friends again;
- » Respect the elders and love the youngers for maintaining good relations;
- » To maintain discipline and be time-conscious; and To have a living faith in God and Guru in our day-to-day life.



## **Lal Bahadur Shastri**

**Lal** Bahadur Shastri About this sound listen., 2 October 1904 – 11 January 1966) was the Second Prime Minister of the Republic of India and a leader of the Indian National Congress party.

Shastri joined the Indian independence movement in the 1920s. Deeply impressed and influenced by Mahatma Gandhi, he became a loyal follower, first of Gandhi, and then of Jawaharlal Nehru. Following independence in 1947, he joined the latter's government and became one of Prime Minister Nehru's principal lieutenants, first as Railways Minister (1951–56), and then in a variety of other functions, including Home Minister. Shastri was chosen as Nehru's successor owing to his adherence to Nehruvian socialism after Nehru's daughter Indira Gandhi turned down Congress President K. Kamaraj's offer of premiership.

He led the country during the Indo-Pakistan War of 1965. His slogan of "Jai Jawan Jai Kisan" ("Hail the soldier, Hail the farmer") became very popular during the war and is remembered even today.



## **Lala Lajpat Rai**

**Lala** Lajpat Rai About this sound pronunciation, (28 January 1865 – 17 November 1928) was an Indian Punjabi author and politician who is chiefly remembered as a leader in the Indian fight for independence from the British Raj. He was popularly known as Punjab Kesari meaning The Lion of Punjab also known as "Sher-E- Punjab" in Punjabi. He sustained serious injuries by the police when leading a non-violent protest against the Simon Commission and died less than three weeks later. His death anniversary (17 November).



— Pulkit Bhardwaj, Chandigarh

## Riddles

- |   |  |
|---|--|
| (1) We twinkle at night,<br>We give you light,<br>We are not cars,<br>You call us.....                        | (5) What comes down<br>but never goes up?  |
| (2) Very very high, up in<br>the sky<br>From far away, I<br>shine in the day<br>It is fun, My name<br>is..... | (6) I am an odd<br>number. If you take<br>out one letter, I<br>will become even? |
| (3) A blue carpet which<br>cannot be folded.  | (7) Two objects go<br>side by side but<br>unluckily, can<br>never meet.          |
| (4) Two neighbours who<br>can never see each<br>other.  | (8) Ch in start and<br>end, you are in<br>between, what is<br>it?                |
|   | (9) Your uncle's sister<br>is not your aunt.<br>Who is she?                      |
|   | (10) How will you<br>make impossible,<br>possible?                               |

### Answer

1- Star 2-Sun 3- Sky 4- Eyes 5-Rain 6-Seven 7-Railway  
Track 8- Church 9- Your mother 10-By removing 'im'

They are never alone that are accompanied with noble  
thoughts.

—Sir Philip Sidney



## H.D. Answer



—Pinki (Faizabad)

Q : What about worshipping God for wealth?

A : To worship God for sake of wealth is to worship wealth not God.

—Rahul (Azamgarh)

Q : How to redeem the suffering mankind?

A : The only thing that will redeem mankind is peaceful co-existence.

—Jotish (Dehradun)

Q : Why God gives us problems?

A : God gives us problems to humble us not to trumble us.

—Ashok Nirankari (USA)

Q : Is it not man's privilege to be independent?

A : If we take man's privilege to be independent, it is equally his duty to be interdependent.

—Rinku (Scotland)

Q : What differentiates comedy from tragedy?

A : In comedy, eternity is a moment; in tragedy, every moment is eternity.

—Tanishq, Shandilya, Delhi

Q : How are theists and atheists treated by God?

A : Short of actual knowledge of God, both are the same.  
The God-realised are superior to both and earn His blessings.



# Improve your Grammar

Answers:

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

Q.No.	Explanation
-------	-------------

- |    |   |
|----|---|
| 1- | Travels gives a sense of path. Flows also gives this sense, but light is not a fluid.   |
| 2- | PREFIX is a word, letter or number placed before a word that partly indicates its meaning.  |
| 3- | The side of anything large can be referred to as its flank. If something is flanked by things, it has those things on its sides.  |
| 4- | Sanctions are imposed and favours are bestowed.   |
| 5- | Bad news means news about 'bad' things like accidents, death, illness etc. People tend to tell this type of news quickly. But 'good' news (passing an exam etc.) travels very slowly. |
| 6- | When can the dowry system be rooted out? Only when everyone strives for it together. In other words, 'collective efforts'.  |
| 7- | If you pull a face, you show a feeling such as dislike or disgust by putting exaggerated expression on your face.   |
| 8- | The antonym of FORGIVE is PUNISH, not BLAME.  |

## UN declares June 21 as World Yoga Day



**UNITED NATIONS** :Less than three months after Prime Minister Narendra Modi proposed the idea, the UN General Assembly adopted an India-led resolution declaring June 21 as "International Day of Yoga", recognizing that "yoga provides a holistic approach to health and well-being."

The resolution on "International Day of Yoga" was introduced by India's Ambassador to UN Asoke Mukerji and had 175 nations joining as co-sponsors, the highest number ever for any General Assembly resolution. It is also for the first time that such an initiative has been proposed and implemented by any country in the UN body in less than 90 days.

Through the resolution, adopted under the agenda of "Global Health and Foreign Policy," the 193 member General Assembly decided to proclaim June 21 every year as "International Day of Yoga". It recognizes that yoga "provides a holistic approach to health and well-being" and that wider the dissemination of information about benefits of practicing yoga would be beneficial for the health of the world population.

In introducing the resolution, Mukerji quoted Modi's UNGA address in which he had asked world leaders to adopt an international yoga day, saying that by changing lifestyle







Khushi Daryani (Malviya Nagar, New Delhi)

## Love and humility

Yellow stands for pleasant, cheerful emotions  
Which can't be bought for millions  
The dawn breaks with the sun's light  
And colours the world with its yellow light  
The flowers waiting to get bright  
Till every thing comes in clear sight  
The moon turns around with the black night  
As if the sun and the moon have some fight  
I sometimes wonder the nature's might  
With seven colours merging together as white  
Our life seems like the colourful kite  
With love and humility, it gains its height.

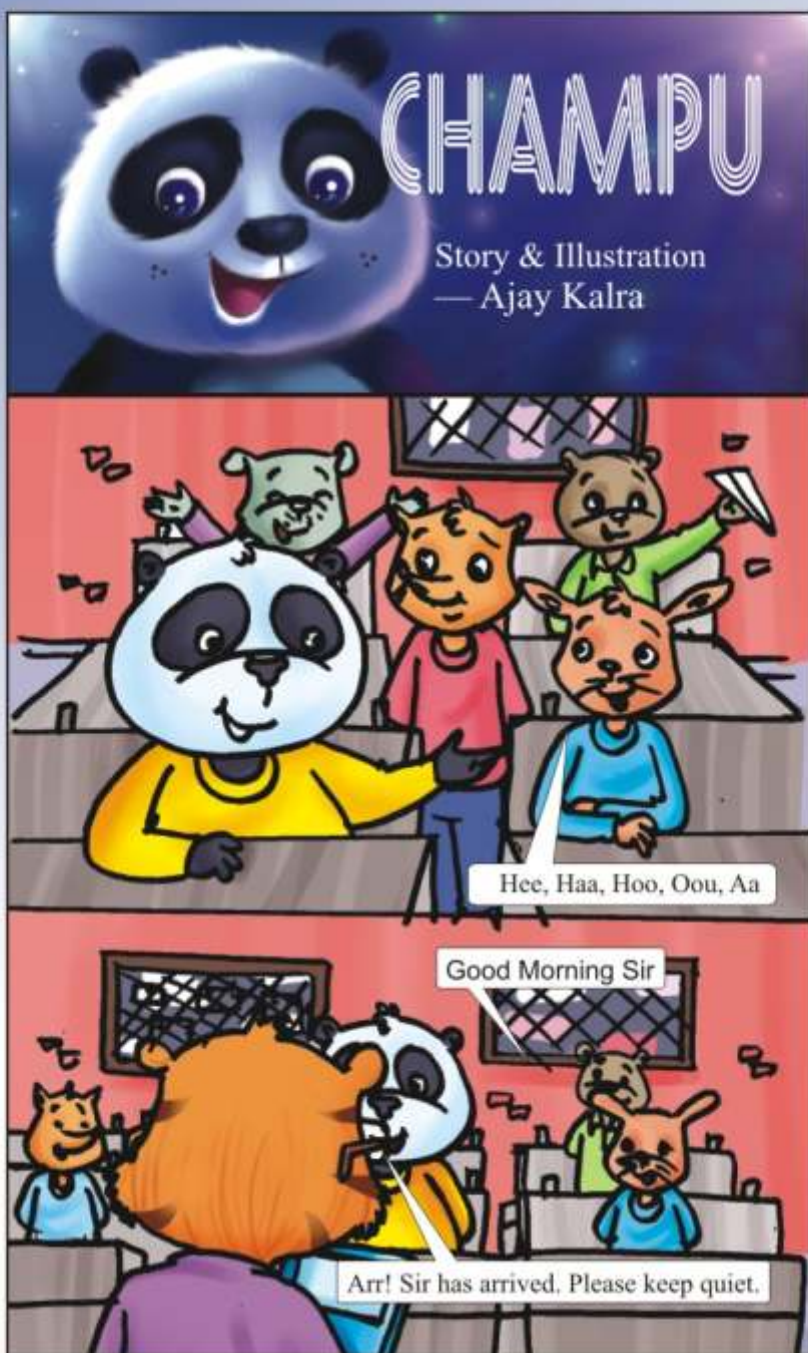


and creating consciousness, it can help us deal with climate change.

### PM hails UN decision

PM Narendra Modi expressed joy over the UN General Assembly adopting an India-led resolution declaring June 21 as 'International Day of Yoga' and thanked all 177 nations of the global body. " Elated! Have no words to describe my joy on the @UN declaring 21st June as "International Day of Yoga. Fully welcome the decision. "Modi tweeted.













# Fatty Issue

## **Mona**

If you indulge, you will bulge... is what we need to share with our kids today. Going by the increasing rate of childhood obesity in urban India, it's time to act. Not for nothing do they make hoopla about nipping the problem in the bud! This Anti-obesity Day, we gather information for parents to sit back and take notice on how they can determine, act or prevent obesity in their kids.

## **Alarm bells**

Sunday is a busy day for dietician Pallavi Jassal from Chandigarh. This particular day of the week, her clients are young ones, the youngest being a girl aged six. Directly or indirectly it's the parents who are responsible for weight gain in their wards. "If it's not genes, it's the lifestyle that's the culprit for childhood obesity," says Pallavi. It's either the increased number or the size of brown cells that leads to fatness. "Two kids of the same age might be eating similar meals, but there is possibility that one is heavier than the others and for this one can hold the genes accountable," she adds.

Weighty matter

\* Set aside an hour a day for physical activity.

\* Absolutely no TV in the kids' bedrooms.

\* Limit the time on screens — television or computers.

\* Prefer home-cooked food.

## **Eat right**

The biggest problem is unawareness on the part of parents. "A popular health drink is 70 per cent sugar, making it more harmful than nutritious. "Sugar and sodium are being reported to be the biggest causes of obesity in the young ones." Also, our fixation with how many rotis the kid eats need to be checked. "Roti is all carbohydrates, dal, a rich source of protein, or





veggies, filled with nutrients, should also be preferred over rotis," she insists.

### **Check out**

Chubby kids get preference over skinny ones but if not checked in

time, the constant weight gain can make a kid prone to health disorders. In case you want to know the formula (roughly) - it is weight in kilograms divided by the height in square meters. If the figure falls anywhere between 20-25, the kid is certainly overweight and inching towards obesity. Or you can check the ratio on the child's vaccination card where the normal ratio proportions are given.

### **Move outdoors**

If by chance your child falls on the wrong side of the scale, calculate if you need to consult a doctor or start taking remedial steps. Says nutritionist Aditi Sharma, "A balanced diet includes vegetables, pulses, fruits, nuts and dairy; non-vegetarians can go for chicken and meat prepared in a healthy manner. Children need to go beyond television. Vigorous activity in the open, at least 60 minutes a day, is essential for pre-teens."

### **Lead well**

Practice what you preach. If you sit back munching wafers on the couch while catching with your favorite shows on a weekend, kids will most likely follow suit. Lead kids with physical activity at least thrice a week. "Snack on sprouts," vouches Puja Gupta, diet and wellness consultant from Panchkula. "Add fruits, homemade sauces and nuts to make sprouts smart and win favor with children."

[mona@tribunmail.com](mailto:mona@tribunmail.com)

## SMSES of the month



- »» Never test good people because they are like diamonds. When you hit them, they will not break, but they will only slip away from your life. — Sarita Rai, Dehradun
- »» The people who hide their feeling usually care the most. — Ankita Rai, Delhi
- »» May be God wants us to meet a few wrong people before meeting the right one, so that when we finally meet that person we will be grateful. — Sudha, Azamgarh
- »» Sometimes, the eyes tell a story better than the tongue. — Avneesh Gulati, Chandigarh
- »» Silence and Smile are two powerful tools. Smile is the way to solve many problems and silence is the way to avoid many problems. — Prveen, Delhi
- »» Smile more than you cry, give more than you take and love more than you hate. — Raunak, Mumbai
- »» An important matter loses importance, if it is irrelevant. — Sagar, Wazirabad
- »» For the fighter the fight itself is a victory for he takes delight in it alone. — Kunal, Ropar
- »» If you wish to reach the highest, begin at the lowest. — Lokender, Bikaner
- »» The best way to remember your wife's birthday is to remember it once. — Vijyant Gulati, Chandigarh

# CROSSWORD



— Vikas Arora (Rewari)



## Left to Right ▶

1. Past of OBLIGE.
5. Idiom: Tit for \_\_\_\_\_.
6. Abbreviation of Liters Per Hour.
7. The substance that is left when something has been burnt.
8. The word that comes first in the dictionary: USE, URN, WED.
9. A Master's degree in Business Administration.
10. A wide-mouthed cylindrical container made of glass or pottery.
12. Abbreviation of National Boxing Association.
13. The main language spoken in Spain.

## Up Down ▼

1. One having a rounded and slightly elongated outline or shape like that of an egg.
2. Out of these countries, which country lies in the Europe continent: ARGENTINA, LITHUANIA, NEWZELAND ?
3. Name of an award winning Indian book written in Bengali language: LIHAAJTGN.
4. Find the odd one out: DISH, DEER, HARE, LION.
9. Plural of Map.
11. Antonym of Poor.



## Winners of November Issue

Ist	Anita Garg Bartan Bhandar Epip Road, Jharmajru Baddi Distt. Solon (H.P.)	Age: 14
IInd	Misha G. Khemani Radhe Krishna, Opp. Mughul Monarch, Plot No. 435/436, Gandhi Road, Ulhas. C.S (MAH.)	Age 12
IIIrd	Jotish GMS. Road, Engg. Enclave Lane-10, Phase-3 H.No.122 Dehradun	Age 13

---

### Consolation Entries

Vilohor Ahuja (Lakhi Colony, Barnala), Shubham (Kolchi, Kerela), Sarthak Manickpur (Vasai, (W), Sadhik Kapoor, (Jammu), Kavish Vivaan (Pratap Public School) Amandeep Singh, (RCF, Kapurhala), Shirsti Singh (Allahabad) Simran Chittoria, (Jipmer Campus), Navita (Shivalik Nagar, Solan), Krishna Yadav, (Bhageswari, Bhiwani, Hry.) Paras, (Brahmpuri, Ambala), Nitika (Indra vikas colony, Delhi) Avni (Nirankar colony), Ruchi (Alwar, Rajasthan), Somaneyu (Dheerpur), Aavya (Manimajara)

### Competition for January

On page 46, a beautiful picture is given; colour it and send it to us latest by January 20, 2015. The best three will be awarded suitable prizes.

The result will appear in February 2015 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.....

Address .....

.....

# LAUGHING TIME

By . Sakshi Gulati, Chandigarh



A miser's house caught fire and it continued burning for hours till everything was reduced to ashes. There was no response from the Fire Brigade as the miser gave only missed calls to the Fire Station!

A doctor tells his (heavy weight) wife, "Remain in the Flat for sometime, I am trying to sell at the shop some bottles of the patented slimming lotion.

Patient : Shall I survive this risky operation?

Doctor : Yes, I am very sure about that.

Patient : How can you claim to be so sure?

Doctor : Out of ten patients nine die in this operation, and yesterday my ninth patient died.

Teacher : Sam what is the outside of a tree called?

Sam : I do not know.

Teacher : Bark, Sam-Bark.

Sam : Bow-Wow-Bow!

Father : Ravi, why are you making a hole through your text book?

Ravi : Because teacher asked me to go through the book.

Mother (to the teacher) : Is my son outstanding in the class?

Teacher : Of course, he always stands outside the class.

Peter : Swimming is an excellent exercise, it keeps you slim, smart and in a good figure.

Max : Then why are the ducks short and fat?



Boss : You got your hair cut during office time?

Employee : It grew during office time.

Boss : Not all that hair.

Employee : I did not get it all cut.

Rita : My father always whistles as he works.

Geeta : He must be a happy-man.

Rita : No, he is in traffic police.

Customer : But, if you are selling these watches below cost, where does your profit come from?

Shopkeeper : We make profit out of repairing them.

Karuiia : How should I convey to my father that I have failed again?

Taruna : You just send a telegram "Result declared, past year's performance repeated."

Teacher : Why haven't you gone to study your Geography—Arhan?

Aman : I heard my father say that the world is changing every day so I thought I'll wait till it settles down.

Anuj : That's funny, my shaving brush is very stiff this morning.

Ramnik : But it was nice and soft when I painted the wall with it yesterday.

Gobind : How often do you shave?

Gullu : About thirty times a day.

Gobind : Are you crazy?

Gullu : No, I am a barber.

Mohit : What is a committee?

Ramari : It is a group of men who individually can do nothing but as a group decide that nothing can be done.

— Navi Karishma (New Delhi)

## Ten benefits of Almonds



1. Almonds reduce the risk of heart attack. They protect artery walls from damage.
2. Almonds have a favourable effect on blood cholesterol levels.
3. The phosphorus present in almonds builds strong bones and teeth.
4. Almonds provide healthy fats and thus, aid in weight loss. The mono-unsaturated fat contained in almonds satisfies appetite and prevents overeating.
5. Almonds lower the rise in blood sugar and insulin after meals.
6. Almonds are also good for our brain. They contain two vital brain nutrients, riboflavin and L-carnitine that increase brain activity.
7. According to Ayurveda, almonds nourish the nervous system and help increase longevity.
8. Almonds contains Vitamin E, a powerful antioxidant, which eliminates several damaging free radicals in the body.
9. Almonds being rich in fibre, help prevent constipation.
10. The potassium present in almonds helps to regulate blood pressure.



## Have Your Say

Ten things God won't ask. Ten points mentioned in the small article is very useful for every reader. Readers can change their lives into happiness by reading the unique article Life is Adjustment. Author has given very nice example. Riddle Picture is very entertaining for the young readers. The stories "A Friend Indeed" is very heart touching story. Little children will learn so much by reading this beautiful story. "The Genie" story gives a very good lesson to children to keep the mind sufficiently occupied on positive and productive track which is the need of present time.

—Desh Raj, Jogindernagar.

It is so good that Hansti Duniya has published article on Jesus Christ. Children are very happy to read a poem "Christmas"

It is so nice that Hansti Duniya is also giving general knowledge on Animals also. Come, Let Us Run to Stop is very educative editorial. We must avoid this rat race is great idea. "Petty Matter is very nice story. "If you wish to keep fit, stick not to the quilt" is very encouraging line for young children. Grnadpa story in illustrations is very interesting.

—S.C.Bhatia, Mandi

### Sms of the month

- \* If you want to feel rich, just count all the things you have that money cannot buy.
- \* Life is too short. Love all and forgive all.
- \* Spend time with every person around you, your families, friends, loved-ones, acquainted. Make them feel special. —Gurdev, Pandoh

### Crossword Solution

1	O	B	L	I	G	E	D
V			I		I		I
A			5	T	A	T	S
6	L	P	H		7	A	S
			8	U	R	N	
9	M	B	A		10	J	11
A			12	N	B	A	I
P			I		L		C
13	S	P	A	N	I	S	H



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