

HANSI DUNIYA

₹10/-

Vol. 29

No. 4

April 2015





JAI RAM DASS

NIRANKARI

SONS
JEWELLERS PVT. LTD



RAMESH NARANG

GOVT. APPROVED VALUER



Ramesh Narang : 9811036767

Avneesh Narang : 9818317744



27217175, 27437475, 27443939

Shop No. 39, G.T.B. Nagar, Edward Line,
Kingsway camp, Delhi-9

E-mail: nirankarisonsjewellers@gmail.com



VOL - 29**No. - 4****Page- 52****HANSTI DUNIYA****April****(A Monthly for Children's Mental Development)****Published in English, Hindi, Punjabi and Marathi****2015****Regular Columns**

| | |
|----------------------|----|
| Editorial | 4 |
| Thoughts to Ponder | 5 |
| Know Your Scriptures | 6 |
| Happy Birthday | 12 |
| H.D. News | 17 |
| H.D. Answers | 20 |
| Colour it | 46 |
| Laughing Time | 47 |

Photo Features

| | |
|---------------|----|
| Grandpa | 13 |
| Photo Feature | 26 |
| Kitty | 36 |

Vimlesh Ahuja

Editor

(Honorary)

Rajat Kapoor

Associate Editor

(Honorary)

Ph.:011-47660224

-225

Fax:01127608215

Stories

| | |
|---------------------------|--------------------|
| Ankit Stood First.. | Dinesh Rai 8 |
| The Lesson | Farrukh Hussain 22 |
| Helping a Thief | Kamal Jain 25 |
| Jambu-Shambu, the Friends | Rajkumar Jain 40 |

Poems

| | |
|----------------------------|------------------------|
| Golden Words Try to Follow | Ashok Saini 10 |
| Cuckoo | Babu Dinesh Chamola 11 |
| All is Yours | Ankur Chadha 21 |
| And You Calling Me Colored | 31 |

Articles

| | |
|------------------------------------|--------------------|
| Benefits of Walnuts | Swati Khurana 29 |
| Baba Gurbachan Singh | C.L. Gulati 33 |
| The Lost Hamster | Sarita 35 |
| Serve and Save your Parents | C.L. Gulati 49 |
| Peace Not Pieces, Lets work for it | Yagyata Mahajan 50 |

And

| | |
|---|-------------------|
| Find the way | Archana Garg 7 |
| Hand of God | website humour 18 |
| Blind at 13, his vision leads him to top of IT firm | 19 |
| Riddles | Sakshi Gulati 28 |
| Improve Your Grammar | Vikas Arora 30 |
| SMSes of the Month | 43 |
| Cross Word | Vikas Arora 44 |
| Have You Say | 50 |

| 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 : editorial@nirankari.org**Member Incharge Magazines — C. L. Gulati**

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



FIRST OF ALL

We all engage ourselves in carrying out various activities. It is just not possible to lead an inactive life.

Also, there is always a hidden purpose behind every activity. Activities fulfilling the purpose give satisfaction. There are several activities, however, which hardly give any pleasure or satisfaction. However, in order to remain active and mobile, one must engage oneself in one activity or the other.

Two friends were discussing. One was telling proudly that he took his parents to pilgrims to please them. The other one said, "I took my parents to the hills and it gave me immense pleasure".

Dear friends, there is one important point to be noted from the above discussion. Both the friends had a common purpose - to derive pleasure from the activities performed by them. But, there is a big difference in the quality of pleasure in the two activities. The first friend held the view that pleasure lies in pleasing others. The other friend derived pleasure while performing the activity itself.

It is noticed that when a pleasure is taken while performing an activity, the pleasure is maintained even after its completion. Contrary to this, if an activity is performed to please others, it could, on many occasions, turn out to be a sort of burden. Such activities are performed unwillingly or under compulsion. Also, it is not always possible to please others. No doubt, our activity should please others, but if we include our own pleasure in that activity, the result of such an activity will be a matter of pleasure and blessing for all.

Thus, each activity should be performed with a sense of pleasure, be it studying, cooking, eating or helping someone. Each activity will prove a blessing. And once we are able to feel and recognize the bliss, we will keep it with us, forever.

—Vimlesh Ahuja

Hansti Duniya

THOUGHTS TO PONDER



Compiled by : Haardik Khinda, Sanskriti School, Delhi

- » Good health is the most important for leading a fulfilling life. —Amitabh Bachan
- » When the frustration of my helplessness seemed the greatest, I discovered God's grace was more than sufficient. —Charles Calah Colton
- » Courage is what it takes to stand up and speak. Courage is also what it takes to sit down and listen. —Winston Churchill
- » Even if you are going to lower me into the grave and I feel something wrong, I will get up. —Lee Kuan Yew (Former P.M. Singapore)
- » Let us forget bitterness of the past and strive to foster mutual understanding and harmonious relations. —Nirankari Baba
- » The difference between the impossible and the possible lies in a person's determination. —Tommy Lasords
- » The best way to find yourself is to lose yourself in the service of others. —M.K.Gandhi
- » We cannot always prepare a future for the youth, but we can prepare youth for the future. —Nirankari Baba
- » A ship in the harbor is safe, but that's not what ships are built for. —William Shedd

Ik Tu Hi Nirankar - 104

GHAR DE MALAK BAJHON HUNDA JEEKAN SUNNA DERA EY;
GUR DISSE TAN SIKH LAYEE CHANAN NA DISSE TAN NHERA EY.
JION PIASE NOON PANI BAJHON GALL KOI HOR SUKHANDI NAHIN;
JION BIRHA DE MARE TAIN GAL KISE DI BHANDI NAHIN.
JION PHULLAN TE VEKH BAHARAN BAND KALI MUSKANDI EY;
JION SUHAGAN VEKH PATI NOON DIL DIL VICH HARSHANDI EY.
KALE BADAL VEKH AKASHIN MOR JION PAILAN PANDA EY;
AVTAR TIVEN SIKH VEKH GURU NOON PHULLIA NAHIN SAMANDA EY.

Gist : Thou Formless One

Just as a house without its master looks deserted;
Likewise, for a disciple it is all light when he sees the True
Master; and all dark without him.
Just as a thirsty does not want to hear about anything except
water;
Just as a forlorn person does not think of anyone except his
beloved;
Just as a bud smiles on seeing the flowers bloom;
Just as a wife feels delighted on seeing her husband;
Just as a peacock dances at the sight of dark clouds in the
sky;
Avtar says, likewise, the disciple feels overjoyed on seeing
the True Master.

—Archana Garg, Vasant Kunj, Delhi

Find the way



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

» If we go in for communal and caste reservation, we swamp the bright and able and remain second or third rate. —Jawaharlal Nehru

» By all means marry. If you get a good wife, you will become happy, and if you get a bad one, you will become philosopher. —Socrates

» You can win a greedy by offering money, a proud person by pretending your devotion. You can win a foolish by agreeing with him and you can win a scholar by Truth and only Truth. —Chanakya

Ankit Stood First...

Amar, Aneesh and Ankit were students of the same class. They were fast friends. Amar was the son of a rich father and had many other rich qualities too. He had such a beautiful handwriting that the words he wrote looked like pearls. He always stood first – be it sports competitions or Board exams. Aneesh used to follow him at the second position. Ankit, however, stayed a little behind of both at the third position.

The Board exams (class XII) had approached. Each one of them prepared together. One day, Amar found a pack of cigarettes from the pocket of his father. He took out a cigarette, lighted it and took a few puffs. He liked its taste. Soon he found himself in the habit of smoking. He would, every now and then, buy cigarettes and smoke by hiding himself behind the school. Slowly, he fell in the company of those boys who sported consuming ‘gutkha’ and tobacco products. In order to conceal this weakness, Amar started staying away from his friends, viz. Aneesh and Ankit. However, one day both the friends found out that their dear friend had fallen into the habit of intoxication. They didn’t like this habit of Amar and started accompanying him all the time. A few days later, Aneesh also started smoking and soon he also got into the trap of smoking and other tobacco products. Looking at their pitiable state, Ankit left their company.



In the XII Board exams, Amar stood first as usual throughout the school; Aneesh was at the second, followed by Ankit at the third position. Later on, they decided to go in for 'pilot' course and started working hard to become pilot. But, quite often, both Amar and Aneesh would tease him at some point or the other. This created further distance between Ankit and both of them. Amar and Aneesh went together to appear in pilot's exam while Ankit went alone. The result placed Amar at the top position, Aneesh at the second while Ankit remained at third position.

A few days later, the Selection Committee called them for interview and declared them as successful. Now, they were sent for medical test. In the medical test, the doctors

found Ankit as medically fit, while both Amar and Aneesh were found medically unfit. All the dreams of both bright boys were washed away.

Aneesh vowed instantly that from then onwards he would no longer indulge in intoxication. However, Amar continued. In a few days, he experienced pain in his chest. Doctor told him that he suffered from cancer. After a few months, Amar passed away. Poor boy Amar! He failed in his life's test, after having remained successful at the top throughout in school exams and sports competitions. Aneesh recovered, but after a prolonged treatment by which time he became over aged for any competition. And Ankit, who remained at third position during school exams and sports events, finally was successful at the first position,

Golden Words Try to Follow

There are four sorts of men.

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

—He is a fool, shun him.

He who knows not and knows he knows not.

—He is simple, Teach him.

He who knows and knows not that he knows.

—He is asleep, wake him.

He who knows and knows, that he knows.

—He is a wise follow him.

—Ashok Saini



— Babu—Dinesh Chamola

Cuckoo

Lovely spring, lovely bird.
Have you seen or have you heard?
Cuckoo darling charming bird,
Full of music, full of words.
In the morning up she came
singing love songs, playing game.
She is fond of spring green.
Pleasing every high or mean.
When she sings melodious songs
I forget world of foes and wrongs.
Had I got my wings to fly
I too fly in the sky;
I am less with songs and wings
I can enjoy worldly things.
Cuckoo darling! come and sing
Carry me on thy golden wings.

Happy Birthday



Chahat (Rajim)



Darshan (Dhoolau)



Sarthak (Kanpur)



Kanishk (Fagwarha)



Nithya (Guwhati)



Neelansha (Chandigarh)



Kartik (Vardha)



Preeti (Amalner)



Lojashri (Kota)



Kunal (Delhi)



Nadeeshpreet (Boornajra)



Sudeepa (Kanpur)



Krishna (Faridabad)



Shreeyansh (Dahanuwa)



Jayne (Rajim)



Mayank (Patna)



Preeti (Delhi)



Jasmeet (Aboher)



Nidhi (Ichalkaranji)



Aneesha (Obra)



Angel (Guwhati)



Priya (Rajim)



Sonal (Nagpur)

♦ 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 at least two months before.

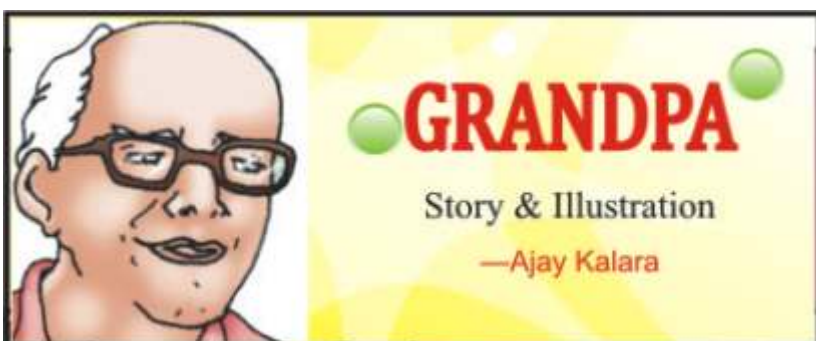
Editor, **Hansti Duniya**
Magazine Section
Sant Nirankari Mandal
Sant Nirankari Colony, Delhi-9

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

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

Address.....

Hansti Duniya



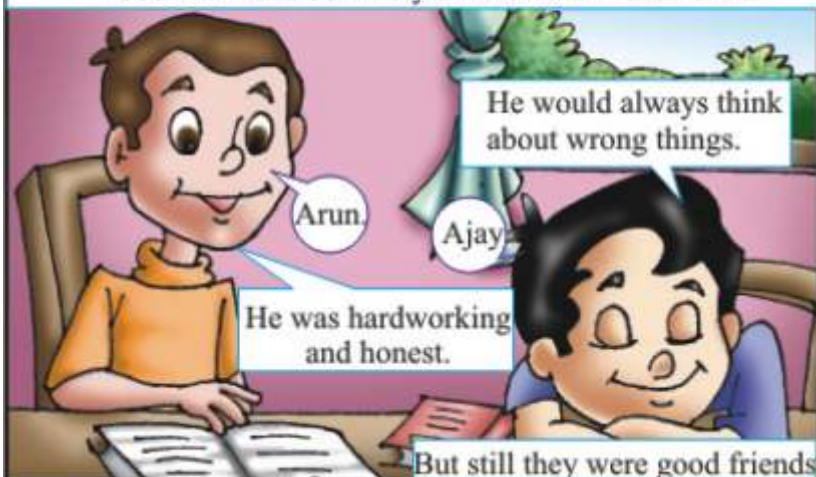
Children! Today, I will narrate
you story of two kids.



They were very close to each
other and were very happy.



God had made both very different from each other.



Arun.

He would always think
about wrong things.

Ajay

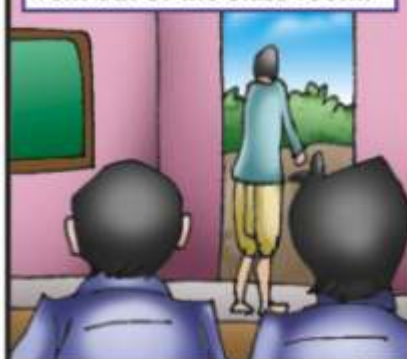
He was hardworking
and honest.

But still they were good friends

One day, they were sitting and studying in school.



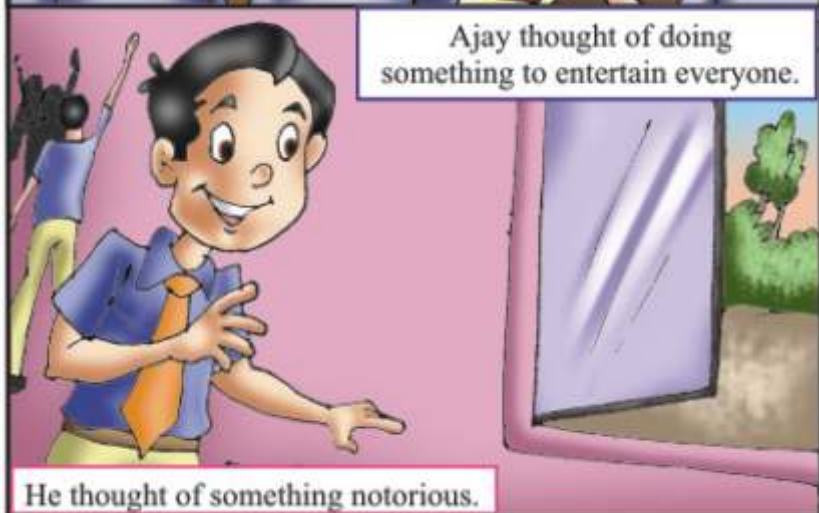
Meanwhile, the teacher just went out of the class room.



The moment teacher went out, students started misbehaving.



Ajay thought of doing something to entertain everyone.



He thought of something notorious.

Ajay pushed Arun And he slammed window mirror.

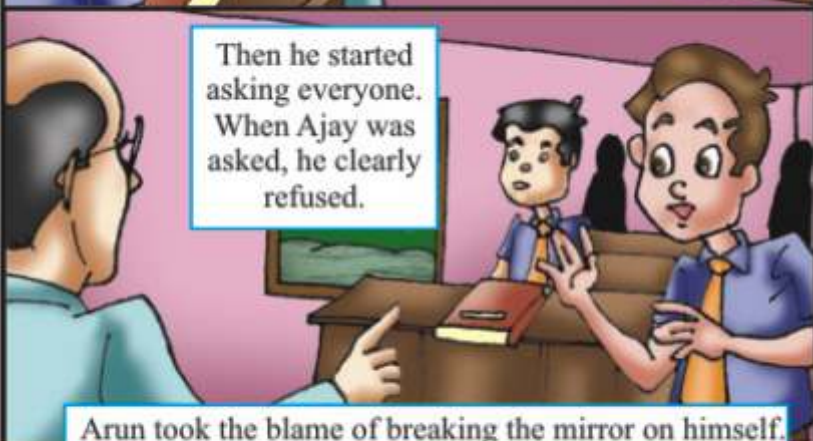
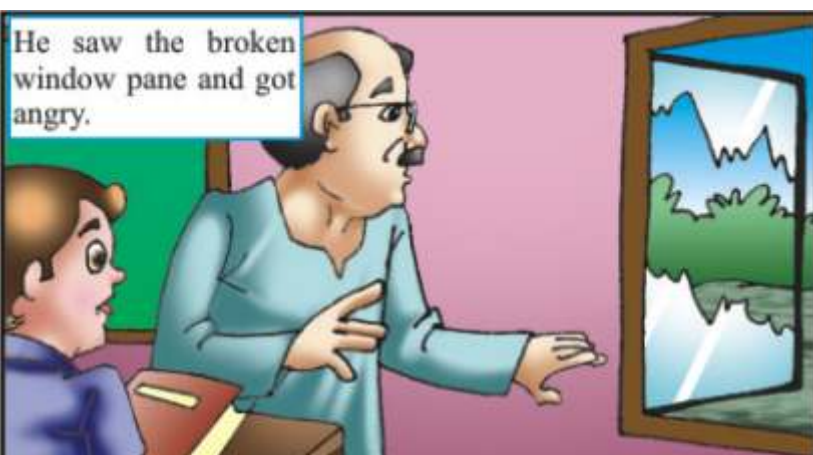


Seeing this, entire class became silent.



Everyone sat on their seats as teacher entered





Ajay asked Arun for forgiveness and promised to lead a life based on honesty.

13-yr-old PIO launches Company In US

H.D. News



Santa Clara (U.S.A.): In Silicon Valley, it's never too early to become an entrepreneur. Just ask Indian-origin 13-year-old Shubham Banerjee. The California eighth-grader has launched a company to develop low-cost machines to print braille, the tactile writing system for the visually impaired. Tech giant Intel Corp recently invested in his startup, Braigo Labs.

Shubham built a braille printer with a Lego robotics kit as a school science fair project last year after he asked his parents a simple question: How do blind people read? "Google it," they told him. Shubham then did some online research and was shocked to learn that braille printers, also called embossers, cost at least US \$2,000—too expensive for most blind readers—especially in developing countries. "I just thought that price should not be there. I know that there is a simpler way to do this," said Shubham, who demonstrated how his printer works at the kitchen table where he spent many late nights building it with a Lego Mindstorms EV3 kit.

Shubham wants to develop a desktop braille printer that costs around US \$350 and weighs just a few pounds, compared with current models that can weigh more than nine kilograms.

The machine could be used to print braille reading materials on paper, using raised dots instead of ink, from a personal computer or electronic device.

"My end goal would probably be having most of the blind people... using my printer," said Shubham, who lives just minutes away from Intel headquarters. He started Braigo Labs last summer with an initial US \$35,000 investment from his dad as the name and innovation won him awards and support.

Source: Times of India,

Hand of God

Floods came and the water around a priest's house was rising steadily. The priest was standing on the porch, watching water rising all around him, when a man in a boat came along and called him, "Get in the boat and I'll get you out of here. The priest replied, "No thanks, God will save me." The water was starting to pour in. So, he went up to the second floor. As he looked out, another man in a boat came along, and he called him, "Get in the boat and I'll get you out of here." Again, the priest replied, "No thanks. God will save me."

The water kept rising. So, the priest got out onto the roof.

A helicopter flew over, and the pilot called down to him, "I'll drop you a rope, grab onto it, and I'll get you out of here."

Again the priest replied, "No thanks. God will save me."

The water rose and soon covered the whole house. The priest fell and drowned.

When he arrived in heaven, he saw God, and - asked him, "Why didn't you save me from that terrible flood? Did I not show you my faith?"

In a loving but irritated tone, God replied; "What more would you have wanted me do? I sent people in two boats and a helicopter?"

Website humour

Hansti Duniya

Blind at 13, his vision leads him to top of IT firm

"I don't like recalling my adversity, but if you insist I will...," Charudutta Jadhav told the audience at the First National Consultation on Skilling the Disabled on a Saturday.

His gave an inspiring narration — he had lost sight when he was 13. Today he heads innovations at TCS, one of India's leading IT service providing firms. Jadhav is the only 100 per cent visually impaired professional in the country to have made it to the top in the software industry.

Ask him how his dream became a reality, he says: "With constant hope in the feeling... yes I can."

Jadhav is currently the third senior-most executive in the TCS hierarchy in Mumbai. About his vision loss, he said: "I still remember that day. I was in a class and suddenly black spots appeared before my eyes. Then darkness followed. Doctors said I had suffered retinal detachment which normally begins with signs of fever. But in my case, it was like someone had switched off the lights in my life."

Within two years of the tragedy, Jadhav's father lost his job in the infamous cotton strike of Mumbai in 1982 and the family was driven to penury. "At times, there was no food at home. I continued attending school and learnt by hearing my lessons. Later, I picked up a part-time job as an office assistant for Rs. 225 a month to support my family. Those were very hard days," says the software expert with four registered patents in his name for IT solutions today.

Some of these innovations include interaction designs for the disabled which Jadhav developed as Global Head for TCS' Accessibility Centre of Excellence. He now plans to work on optical character and speech recognisers in Indian languages. "We need to think about IT solutions for the disabled who can speak and understand only Indian languages," says Jadhav,



HD ANSWERS

Q. What evokes anger?

A. Non-achievement of lust and greed.

Q. How to do away with the inferiority complex?

A. By realizing

Q. Why has God created this universe?

A. To see his own expanded form, it is said.

Q. What is oneness?

A. To know ONE God as one and then to be one with the our.

Q. Till what time should one keep mum?

A. Until it is absolutely necessary to speak.

Q. What is the ultimate goal of life?

A. To know one's own self.

→ who did his BA from Mumbai University; then took two diplomas (one each in software programming and engineering) and finally MA in Computer Applications from IGNOU.

"In the 1990s, it was unthinkable for visually disabled to study, let alone do software engineering. I am told I was the first blind man to get the diploma. It was about the same time I picked up chess which honed my logical abilities," he says, urging his disabled friends to acquire skills and never let anguish get the better of them."

Jadhav says it's equally important for the disabled to reject sympathy. "That's the only way to enhance your self worth. At TCS, I never seek additional support even when my firm is willing to offer. When you demand equality with the sighted, you get it," said the man who has been representing India in the World. Blind Chess Championships. (Courtesy TOI.)



All is Yours

—Ankur Chadha, Birmigham (U.K.)

The fragrant rose that you so delicately designed,
The solar system that you so cleverly aligned,
All is Yours yet I think all is mine

The skill is yours yet you give me the credit
I boast, show off and play
Little do I know that I am always in debit

You have gifted me this saans
I know that you are this...ehsaas
Your silence is Hardev's speech
Who introduced me to your reach

I base my life on what I see
My house, my job, my friends
But do I know what I can really be?

You came to this Earth in a beautiful form
To tell me that you have NO form
And that you were never even born

You gave me this congregation
To continue our relation
Which has led me to this elation!

Hardev, your door mat is my prayer mat

The Lesson

Rohit and his friends were on their bicycles and were speeding up. On the way, there was a spot full of mud. At a corner, a squirrel, Soni, was enjoying sunbath sitting below a tree. Rohit and friends speedily crossed through the spot and the mud spilled over Soni and she was completely covered with mud. She cried fiercely looking at herself. She was somehow convinced that Rohit and friends are most likely going to hurt themselves on their way.

Everybody knew that Rohit and his team were a naughty lot. They would harass almost everyone, which is why people did not like them, particularly Rohit who was the leader. Rohit's parents did their best to convince him to give up naughty habits, but Rohit did not pay any heed.

Rohit's school was in Harit Nagar. Because of the long distance, the children plied to school with their bicycles. In between, there was a railway crossing and the children were required to be careful while passing through the crossing.



Many a times, Rohit would venture to pass the crossing through a corner even while the railings were down to give way to a train scheduled to cross at that time every day. Sometimes, Shyam uncle, the guard, forgot to put the railings down though he was watchful about the train.

However, Rohit and friends were not bothered. Without looking at sides of railway track, they would often cross it and, at times, without caring about the barrier. There was a constant possibility of a fatal incident. Because of this, Shyam Uncle would often rebuke them and even made a complaint in their school. All these warnings made no dent on them.

Recently, they started another game. They would place stones at different points on railway track. They would take a lot of joy when the passing train would crush the stones into small pieces or powder.

One day they were enjoying this game when Ramesh, their classmate, arrived there. "What is this that you are doing? This way, the train can skid. You better remove all these stones", Ramesh said to Rohit and his friends. But no one cared. They saw an approaching train. Rohit and friends got to a side and Ramesh stood at a distant place.

The moment the train crossed, a stone somehow swung a little high and struck Rohit's face. Next moment, Rohit was bleeding profusely. Seeing Rohit in such a condition, all the friends ran away. Ramesh took him immediately to a doctor who applied ointments and bandaged his wound. It was Rohit's good luck that the stone was comparatively smaller otherwise his eye could have been damaged.



After the incident, Rohit remained at home for a few days during which his friends posed as innocents.

But shortly, they started doing the same things again.

One day, Rohit and his friends reached the railway crossing. The gate was closed and a train was approaching them. Rohit and his friends had no concern and started crossing the track. All the friends passed through the crossing. Rohit's pant, somehow, got stuck in bicycle's chain and he fell on the track. He found himself unable to stand and the train had reached nearer. He clearly saw his death too close and started crumbling. In a state of great shock, his eyes got closed.

Somebody got hold of and pulled him along with the bicycle. The train passed through in a shriek speed. On opening his eyes, Rohit found Shyam uncle pulling his pants out of the chain; and went unconscious.

When he reopened his eyes, he found himself in his house. His mom, dad and friends were around. All were pleased to see Rohit gaining his senses. He took a vow that he would refrain from such naughty acts and would never cross the railway crossing, if closed.

After the incident, Rohit was a completely changed boy. He learnt the lesson of his life.

Helping a Thief

There was a man who was considered as the richest in the town. However, he did not make any kind of donation or helped anyone in spite of having so much of wealth in his hands. Many people suggested him to do so, but the rich man did not seriously ponder about it.

One night, a thief broke into his house and carefully collected all the valuables of the house and put them in a big bundle. Putting the heavy bundle on his head, the thief lost his balance and the bundle fell on the floor, creating a loud sound in the night's loneliness. The rich man got up at the heavy sound. He went up to the thief and started helping him to lift the heavy bundle. Looking at the shivering thief, the rich man said, "Don't worry. You can take all these materials with pleasure. You are just like me, collecting wealth all the time but giving nothing away to any needy person. Therefore, this wealth has become unnecessarily a heavy load on my head. Had you cared to collect lesser, you could have easily lifted the bundle. Anyway, you may take away all the articles collected by you.

The thief was stunned to hear this. He said repentantly, "Sir, please excuse me for my fault and take back all these items".

The rich man said, "You can be pardoned only on one condition. Take some money from the bundle and start some profession. This way, a part of my gathered money will be put to a good use and your life will also improve." The thief followed his advice.

From then on, the rich person started helping every needy person.



I am amazed seeing what all speak. You must be little disciplined.
—Simran (Chelai Bazaar)



That is what I am saying. Small children must not be so naughty.
—Himanshi (Kota)



We both spend our time studying. In exams we have to get good marks.
—Ananya and Kanisha (Delhi)

We both love to play cricket. One day we will play for our country.

—Ashish
and
Prateek
(Kota)



I am still playing with toys. When I grow old I will also play for my country. —**Suhani (Goa)**



It's a good idea. If one works hard.
Anything is possible.
—Hina and Hansika (Ajmer)

Riddles



—Sakshi Gulati, Chandigarh

Q. Which is faster, hot or cold?

A. Hot, you can easily catch cold.

Q. What question can you never answer "Yes" to?

A. Are you asleep/ dead?

Q. What has teeth but cannot eat?

A. A comb

Q. What kind of dog never bites?

A. A hot dog

Q. What wears a cap but has no head?

A. A bottle

Q. Why is six afraid of seven?

A. Because seven eight (ate) nine.

Q. What country is popular on Thanksgiving Day?

A. Turkey

Q. It is black, but you say it is clean. It is white, but you say it is dirty. What is it?

A. Blackboard

Q. Which table doesn't have legs?

A. Vegetable

Q. What's never used until it's broken?

A. Egg

Q. What is the smallest room in the word?

A. Mushroom,

Q. Why did I throw the butter out of the window?

A. Because I wanted to see the butterfly.

Q. What starts with E, ends with E and only has one letter?

A. An envelope



—Swati Khurana (Gurgaon)

Benefits of walnuts

Walnuts are high in protein, vitamin B6, vitamin E, manganese, magnesium, phosphorus and iron. They contain fatty acids that help to regulate blood pressure. They also prevent diabetes and fight cancer. Thus, eating walnuts in proper proportion keep us fit and healthy.

Walnuts are the right food to consider if you are into a weight management programme. They contain antioxidants that boost immunity and help to control weight. Walnuts are rich in fibre. So, they are a great way to keep our digestive system functioning right. Walnuts are a rich source of unsaturated fatty acids that give them their stress fighting properties. If daily stress is taking a toll on your health, it's time to eat walnuts, as they help fight stress effectively. The nuts also improve sleep as they contain hormone melatonin that induces sleep and helps regulate sleep. This makes walnuts a great evening or bedtime snack for improving sleep. Walnuts also contain Vitamin B7 that reduces hair fall and improves hair growth. Moreover, they contain a number of antioxidants and omega-3 fatty acids which make them really effective in preventing heart diseases. Omega-3 fatty acids also help in combating bad cholesterol and encourage the production of good cholesterol making walnuts a great snack to keep your heart in good health.

Walnuts prevent your skin from wrinkles and signs of ageing. Eating a handful of walnuts just thrice a week is the key to a longer life, a study has found. Tips for adding walnuts to your Diet: Lightly toasted walnuts make an excellent addition to a number of dishes. Toss them in salads or add them to yogurt, salad, sandwich or ice cream.

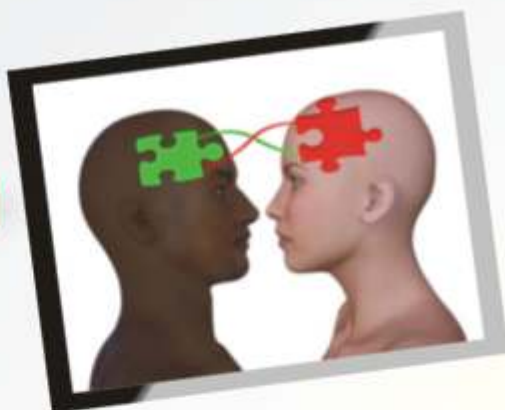


Choose the right option

- | | | | | | | | | |
|--------------|---|---|---|---|---|---|---|---|
| Answer Sheet | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| | | | | | | | | |

Hansti Duniya

And You Calling Me Colored



When I born, I black.
When I grow up, I black.
When I go in sun, I black.

When I scared, I black.
When I sick, I black.
And when I die, I still black.
And you white fellow,
When you born, you pink.
When you grow up, you white.
When you go in sun, you red.

When you cold, you blue.
When you scared, you yellow.
When you sick, you green
And when you die, you gray...
And you calling me colored??
Here blows the wind of change!
Combining humanity with divinity

This poem written by an African Kid was nominated by U.N. as the best poem of 2006, highlighting the needed change in the mindset of men. This has been confirmed by the historic welcome of Barak Obama as President of America. It may not be possible for Obama to change the color of his skin, but with his mindset he is for changing the fabric of society at large. To fulfil the big hope of the Brave New World. It is very relevant to recall the clarion call of Nirankari Babaji, "Look more in the mind than mirror suggesting spiritual awakening to discover that we are all members of one global family and should love one another without any bias of colour caste and creed.

Carried from Hansti Duniya November 2008

Baba Gurbachan Singh Ji

CRUSADER OF SOCIO-SPIRITUAL REFORMS

— C.L. Gulati, Secretary and Incharge Magazines



Satguru Baba Gurbachan Singh Ji Maharaj lived and laid down his life for human unity through spiritual awakening. An apostle of God's glory, a

Messiah of human unity, true social reformer and a multifaceted genius would be remembered, down the ages, for his landmark socio-spiritual reforms. Some of them initiated during the historic Mussoorie Conference, 1973, which are still very relevant, are worth sharing for benefit of all, particularly the budding youth.

1. Importance of Sangat

We should always bear in mind that our importance or superiority is not bestowed by anyone else than the Mahapurshas and the Sangat, and the Sangat will like only those who treat them with love and pleasant behavior.

2. Superstitions

There is no need to indulge in superstitions. We must get rid of them ourselves and rid others also. In case somebody falls unconscious or gets an attack of hysteria etc., we have only to pray to the Almighty for his health. We should persuade him to attend the congregation, and

do the Simran. This is the right treatment for him. Saints do not believe in magic or enchantment, etc.

3. Extravagance

Every penny of the Mission belongs to devotees and must, therefore, be spent only for some development work. Mahapurushas should firmly believe that the funds collected by them will be spent for mission only. If such funds are spent on some other things, we have to improve ourselves and set the things right.

4. Marriages

It is a very important subject and something that the country needs. Our marriage ceremonies should be simple. Several people have suggested that we must put strict restrictions of one kind or the other. I would, however, like to suggest that only such restrictions as the saints may be able to follow, and I can see the same being implemented. All marriages should be conducted according to Nirankari ceremony and they should be performed in the day time.

5. Caste Bondages

Here is another subject also associated with marriages; and this is what we need in our country today. We find the consideration of caste—high or low, more prevalent in our country than elsewhere. A person belonging to one community does not tolerate the one belonging to another community. A follower of one religion does not tolerate the follower of another religion. The same is the case with wearing outer symbols. Some people do not like to have marriage relations with such superstitious people. Besides, we must give up various

customs associated with marriage. We must move forward and adopt inter-caste marriages.

Of course, saints must enquire about the educational and other qualifications of the boy, his income, etc. but not his Gotra, his community, whether he comes from the family of a farmer or a carpenter, etc.

6. Prohibition

All the saints should pledge that they shall not use any intoxicant (wine, opium, drugs like hemp and heroin—even bidis and cigarettes, etc.) for ever. They serve as impediments in the way of our service to humanity. This does not mean that we have changed our view point on diet or there is any change in our basic principles ... So, all Mahapurshas should absolutely avoid the use of intoxicants from today as a measure of social reforms.

7. Invitation to Writers

With the expansion of the Mission it seems we need more publicity through written word. I would, therefore, take this opportunity to invite all our writers to devote their pen to this objective. Undoubtedly, they will have to devote their time and energy towards this. If you yourself cannot write, you can persuade others to do so.

We can draw inspiration from life and work of Baba Gurbachan Singh Ji and make our life worthy and worthwhile. He dedicated his whole being to spread the message of Truth in the whole world. We would be paying true homage to him if we imbibe and live upto his teachings and take his message to every door step.

The lost Hamster



Hamster was handsome in his brown and white coat. He was little, round and belonged to a boy called Stewart

Every day when Stewart returned from school, he would take Hamster out of his cage and they would play games. One day Stewart had a lot of homework, and he forgot to put hamster back in his cage. Poor Hamster! He didn't know what to do. He couldn't remember the way back!,

He thought, will ask Goldfish,' He scampered up the sideboard to Goldfish and said in a tiny voice, "Goldfish, I'm lost. Can you tell me the way to my cage?" Goldfish just opened and closed his mouth and stared.

'It's no use,' said Hamster, 'he never speaks,' so he scurried off to Budgie and said in a worried squeak, 'Budgie, I'm lost! Can you tell me the way to my cage?'

'Hello,' said Budgie, 'hello, hello.'

'Oh brother,' said Hamster, 'that's all Budgie ever says.'

So Hamster found himself by a soft green woolly jumper. This will make a warm nest,' thought Hamster and he gnawed and gnawed until he had a lovely pile of soft green wool. He made himself a nest and fell asleep.

Next morning, Stewart found Hamster asleep in a green woolly nest, and a large hole in his new green jumper!



Kitty

Story & Illustration
Ajay Kalara



Tan tantan

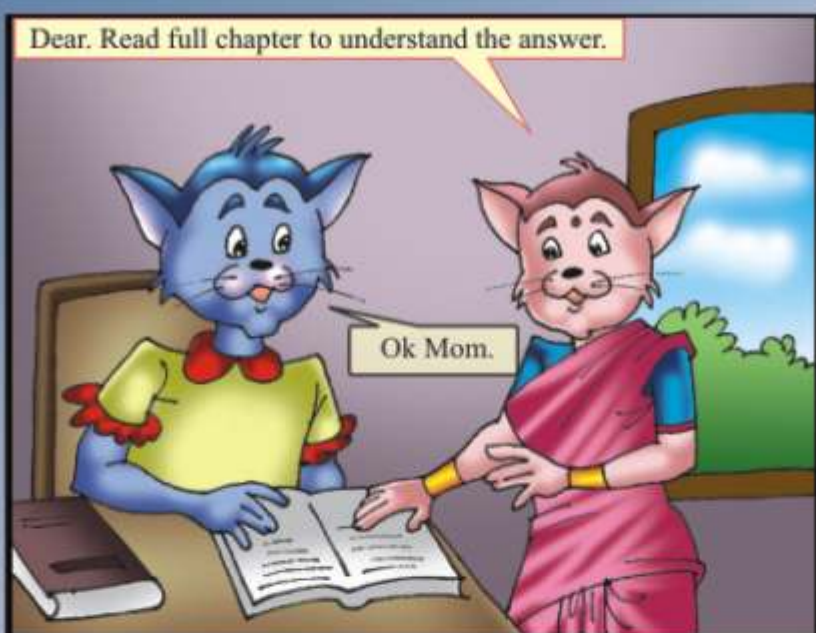


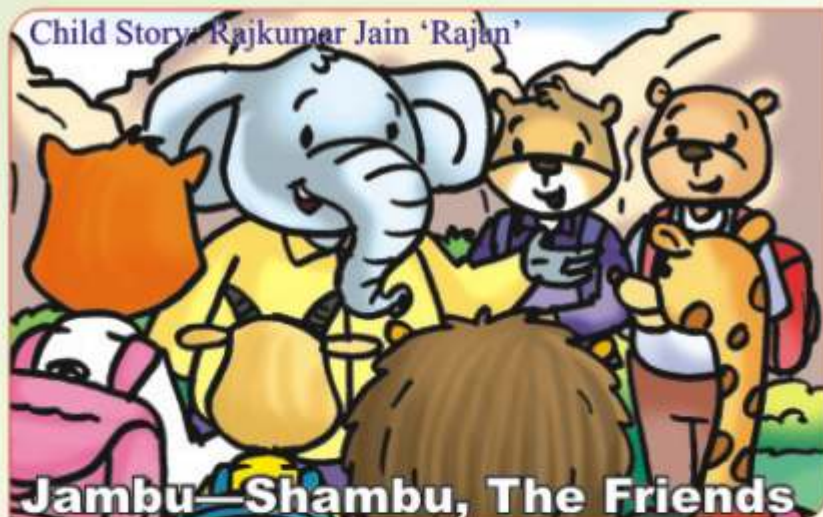
Hi Mom. I am feeling very hungry

Kitty you wash your hands meanwhile I cook food.









Jambu—Shambhu, The Friends

It was the talk of each department and each teacher of the school – how come Jambu and Shambhu, the bears had suddenly become friends. Because of constant fight and opposition among these two, everybody in the school was disturbed. Then, how come they became friends?

The school at Champak Forest was quite famous even at far off places. Jambu and Shambhu were students of this school together with other animals. Jambu was a good student. But Shambhu would always make fun of Jambu. Because of this there were quarrels between them almost daily.

No student would either take a side of either of both or indulge himself in their quarrels. If anyone did so, he would get punishments for it from both.

One day, it was announced that 15 students of each of the four neighbouring schools, including that of Champak Forest School, would be sent for trekking tour. The Elephant Dada would select the candidates for the tour who will be provided five days training.

Both Jambu and Shambhu were selected for the tour. The trekking team left after five days. The huge high hills of Madhuban were selected for the tour. There were sixty students in all including Motoo the elephant, Jhamku the lion, Kali the goat, Munmun the lamb, Chirmi the fox, Peekul the deer, Jhabru the bear. All of them were enjoying.

The elephant Dada, as a coach, gave important tips for trekking and safety.

Shambhu bear always looked for chances to make fun of Jambu. However, in the presence of students from other schools, he held himself from doing so.

On the final day of trekking, the students had to reach the highest peak. All the students started climbing, though the weather was not so good.

Soon, the weather became bad. There were cold and snowy winds. All students started coming down. Suddenly, a big rock stone started rolling down. Seeing this, all the students got frightened. The stone clashed with the rope held by Shambhu for climbing down. With the strike of stone, the rope broke and Shambhu fell in the nearby trench.

In such a situation, no one was able to gather strength to take the risk to pull Shambhu up. Motoo the elephant, Lambu the giraffe, Munmun the lamb, Sonu the fox, Peekul the deer etc., tried to step into the trench but turned back with fear.

Jambu the bear, nodded in satisfaction that his arch rival fell into the trench. But, the advice of her mother rang like bell in his ears, "My son, whenever you find someone in trouble, think of action that you would have taken had the victim been your relative or your own self."



Jambu gathered his courage and started towards trench. After going a little down, he found that Shambhu was unconscious and wounded. He took out a rope from his bag and tied Shambhu with his own back tightly.

The friends standing up threw a strong rope after having it tied with a strong tree. Jambu carefully started up with Shambhu on his back. After a good struggle, he came out safely. Shambhu was immediately taken and admitted to a hospital of famous doctor Pussi the cat. After two days, Shambhu gathered his senses and found Jambu standing before him together with other animals. Jambu had not gone to his house. He looked after Shambhu throughout the period of Shambhu's treatment in hospital.

Knowing the entire story, tears flowed from Shambhu's eyes. He apologized Jambu for his earlier behavior and befriended him. Jambu got a double gift of the New Year, i.e., friendship with Shambhu and an award for bravery from the school.

SMSES of the month



- ★ Success is not the key to Happiness, Happiness is the key to Success. —H.S.Batra
- ★ If you love what you do, you will be successful. —Chander Prakash.
- ★ If you do good, people will accuse you of selfish ulterior motives. Do good any way. —S.C.Bhatia
- ★ If you are successful you win false friends and true enemies. Succeed anyway. —Mamta Dev
- ★ People are unreasonable, illogical and self-centered. Love them any way —Pooja.
- ★ There is nothing as nice as a cheerful greeting. — Sumanyu
- ★ Call people by name, every one is pleased when you remember their name. —D.R. Dogra
- ★ Be friendly and helpful and other will respond in like manner. —Yog Raj Thakur
- ★ Be willing to give service. What counts most in life is what we do for others. —Jagmohan Juneja
- ★ A great thing about life is that it always gives you so many chances, and the best part is it never asks you why you failed the last time. —Nitika Thakur

CROSSWORD



— Vikas Arora (Rewari)



Left to Right ▶

1. A record or statement of financial expenditure: COUNTAC
5. Synonym of Quarrel.
9. The Cellular Jail, a colonial prison is situated in the _____ and Nicobar Islands.
13. A device that optically scans printed text and converts it to a digital image is known as _____.

Up Down ▼

1. Find the odd one out: FISH, ACID, DEER, HARE.
2. Plural of Cow.
3. The national language of Pakistan.
4. Sahara is the largest desert in the world. (TRUE / FALSE)
6. A place that provides food and lodging for travellers.
7. Abbreviation of Primary Assembly Area.
8. A beverage made by infusing dried crushed leaves in hot water.
9. The great mountain range of Europe.
10. Capital of Qatar.
11. The natural satellite of the earth.
12. At a short distance.

Winners of February Issue

| | | |
|---------|--|--------------|
| Ist : | Kitika Dogra N-11/131, Ras Bahar Colony Sipri Bahor, Jhansi | Age 12 Years |
| IInd : | Beena Kumari H.No. S-27/57 A-3R Navalpur Purviansh Navalpur Bashin, Vransi (U.P.) | Age 13 Years |
| IIIRD : | Amandeep Singh H.No. 20, Type V RCF Distt. Kapurthala (Punjab) | Age 13 Years |

Consolation Entries

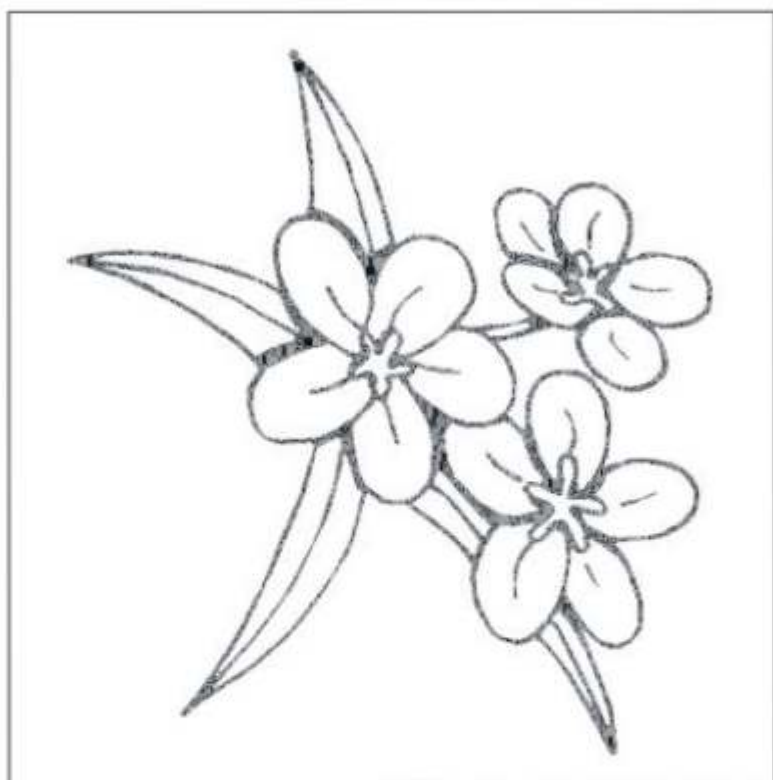
Chetan Sahu (Laxman Nagar, Raipur), Ankita Rai (Sant Nagar, Delhi), S.Simran Chittoria (Jipmer campus, Pondicherry), Susriti Singh (Nurpur, Khushinagar), Sadhik Kapoor, Jammu, Kavish Vivaan, Pratap Public School, Amandeep Singh, RCF, Kapurhala, Shobhit Walia, SBS Nagar, Ludhiana, Jipmer Campus, Ponicheery, Navita (Shivalik Nagar, Solan), Krishna Yadav, (Bhageswari, Bhiwani, Hry.)

Competition for April

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

The result will appear in **June 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.

Colour it



NameAge.....

Address

.....

LAUGHING TIME



By . Nishtha Kawrani,

Teacher: Who invented engine ?

Student: What?

Teacher: Correct! James Watt.

Susheel : Why are languages called mother tongues?

Student : Because fathers never get a chance to speak.

Vinita : What is a skeleton ?

Shudha : A skeleton is a person who starts dieting but forgets to stop it.

Dad : Why do you sleep in exam ?

Son : Dad, you yourself told me that if something is difficult, don't waste time. Do something else. So, I slept.

Mother : Have you put the gas off?

Shuda : Don't worry mom, I had close the door from outside.

Vinita : When is your birthday ?

Muskan : On 21st December.

Vinita : Which year?

Muskan : Every year.

Teacher : Where is Taj Mahal?

Student : I don't know.

Teacher : Stand on your bench.

Student : Would I will be able to see it, then?

Teacher : Name a thing which you don't like.

Sidhant : I don't like schools.

Ravi : Do you know, what is the translation of Dahi?

Gopal: The milk that is loose in the night turns tight in the morning.



Answers:

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

Improve your Grammar

Q.No.

Explanation

1. The word 'CANNOT' shows that LACKS is the right choice.
2. If you put UP WITH someone or something, you tolerate them, even though you find them unpleasant.
3. The latter part of the sentence ('can disappear at any moment') suggests that the ties are very weak and the word 'TENUOUS' means very weak.
4. If he is being mean to his servant, it means his treatment is unkind. Being unkind is a negative quality. The word NOTORIOUS means ill-famed.
5. This proverb means that people who are calm and quiet on the outside often have a strong and deep personality.
6. When powerful lights beam on your eyes, you can't see things at all for a few seconds. You are totally blinded during that period.
7. The plural of Tailor is Tailors, not Tailor.
8. We are talking of a relationship between saving and income. Out of the two choices, the word 'RATIO' stands for relationship.

SERVE AND SAVE YOUR PARENTS

— C.L.Gulati, Secretary & Incharge Magazines

Parents have bounden duty to bring up their children as best as they can. They are saved from wrong tracks and not only moulded, but also unfolded spiritually for their growth as law-abiding promising citizens.

For children, paradise lies in the feet of their parents. They are expected to do a good turn to the parents by loving and serving them like God.

Ram Kapoor renowned T.V. Actor has been a chain smoker for a long time. At the instance of his eight year old daughter he has given up smoking, *"After 20 years of smoking, I quit overnight without cutting down. From 40 cigarettes to zero, only because my daughter said to me, 'Dad, you want to die. You want to leave me,' 'Baat hi Wahan Khatam ho gayi"*

It is a bold hint for every child to impress upon the parents addicted to smoking, alcohol, drugs or any other vice to give up the dreaded habits in the interest of their own health and the family.



Once a child was weeping. When his father asked for the reason, the child said sobbingly, *"Papa App Sharab Nahi Chhod Sakte ?"* With tears in his eyes, father embraced the child. The affected parents would do well to pay heed to the emotional request of their children before they perforce have to seek the blessings of Satguru Babaji.



Have Your Say

The editorial "First of All" is really very lesson giving article. The Editor has clearly given directions to the readers "We just do not tend to look in a direction which we ought to and just look at those objects which we should avoid looking at. We should not form negative opinion about others, we should place ourselves in their situation". Selection of thoughts in the "Thoughts to Ponder" printed in the regular column are very unique and useful for a peaceful life. Poems 'Flower the Great', 'Gift' and 'In the Light of your life' are very nice poetry.

The story & illustration written in "Grandpa" are very interesting. Reading the article "How to become good citizen" encourages to become nice human being. "Punishment for Cheating" and "Holi Milan" are very entertaining stories and also give good lesson. Full form of Hansti Duniya has been presented very beautifully. —Archana, Jammu

Peace Not Pieces, Lets work for it

Peace is a way of life, not a place you can strive to reach. Peace is found in love, of self, love for others. Peace is found in equality, in the thorough knowledge that we all are part of great intelligence, a high source of power. Peace is a word used to define equality, oneness and non-violence.

Today our world needs peace to survive. So His Holiness Baba Hardav Singh Ji Maharaj is teaching us how to be in Peace not Pieces.

We should continuously work for it.

—Yagyata Mahajan,
Western Green, Delhi

Cross Word Solution

| | | | | | | | |
|----|---|---|---|---|---|---|---|
| 1 | A | C | C | O | U | N | T |
| | C | | O | | R | | R |
| | I | | W | | D | | U |
| 5 | D | I | S | P | U | T | E |
| | | N | | A | | E | |
| 9 | A | N | D | A | M | A | N |
| | L | | O | | O | | E |
| | P | | H | | O | | A |
| 13 | S | C | A | N | N | E | R |

Dhan Nirankar Ji

V.P. Batra
+91-9810070757

Guru Kripa Advertising Pvt. Ltd.

***Outdoor Advertising Wallpaintings
All Over India***



Pankaj Arcade-II, Plot no. 5, 2nd floor, Sec II
Pocket IV, Dwarka, New Delhi-110075
Ph: 011-42770442, 011-42770443
Fax 011-28084747, 42770444 Mob.: 9810070757
email: info@gurukripaadvertising.com
www.gurukripaadvertising.com

Registered with the
Registrar of Newspaper
For India Under Number 47383/88

Delhi Postal Regd. No. DL-(N)-01/0186/2015-17
Licence No. U (DN)-21/2015-17
Licenced to post without Pre-payment



**TUHI
NIRANKAR**



NIRANKARI JEWELS **REGD.**
A UNIT OF NIRANKARI JEWELS PVT. LTD.

GOVT. APPROVED VALUERS

78-84, Edward Line, Kingsway, Delhi-110009

TELE : (Showroom)

27227172, 27138079, 27244267, 42870440, 42870441, 47058133

E-mail : nirankari_jewels@hotmail.com

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