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No. 9

September 2015



# Hansti Duniya

**THE BIGGEST STUPIDITY**

Know Your Scriptures \* Everyone Is Right \* Glory of God \* Mount Everest \* Apple  
H.D. Answers \* Changing Our Vision \* Riddles \* Cross Word \* Teachers's Day



## Hansti Duniya

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**Vimlesh Ahuja**

Editor ( Honorary )

**Rajat Kapoor**

Associate Editor ( Honorary )

Email: [editorial@nirankari.org](mailto:editorial@nirankari.org)

Ph.: 011-47660200

Fax: 011-27608215

Website: <http://www.nirankari.org>  
[kids.nirankari.org](http://kids.nirankari.org)

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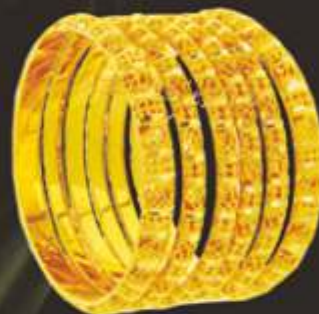
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## A FAIR GUIDANCE

Vivek was a clever and naughty boy. Once he was playing in the street near home. A boy approached Vivek's mother to complain that Vivek had slapped him without any reason, and ran away. The boy returned to his home after complaining. The moment Vivek reached home, his mother slapped him and without giving any reason went inside. Vivek, perplexed and sad, was unable to find a reason for mother's slap.

On Vivek's query, his mother explained that the boy whom he had slapped that morning would also have undergone the same pain.

Next day, Vivek caught a butterfly. It was struggling but was unable to do anything. Looking at this, his father advised him not to do so. But he wouldn't agree. In the night, his father tightened Vivek's legs during his sleep. Finding his legs tightened, he started crying in the morning and enquired as to why his legs were tightened. Opening the legs, the father replied, "You caught the butterfly yesterday without any reason, she would also have undergone the same ordeal since it also wanted to be free. In order to make you realize it, your legs were tightened."

Vivek was given his lesson from both his parents. But he was still angry. He left for school, keeping his anger inside him.

In school, the teacher was telling a story that he met a lady on his way to the school.



When asked, the lady told her name as 'intelligence' and said that she lives in the brains. Later, he came across a man who introduced himself as 'anger' and said that he too lived in the brains. "But, intelligence lives there?" "Oh, yes! Intelligence lives there, but she runs away when I enter the brains."

Pondering over the narration of his teacher and advices of his parents, Vivek realized his mistake and his intelligence inspired him not to repeat it.

Dear Friends! Our first teachers are our parents. They fulfil their responsibility by giving fair guidance to their children in order to make them civilized. When fair guidance is given at home, it creates a fair atmosphere in the society. Rest of the task is fulfilled by teachers in the school by providing them good education.

In the month of September, 'teacher's day' is celebrated, though each day and moment is the time to learn. Our teachers, parents, brothers, friends or, in other words, the entire society, are our teachers. In addition, the nature also teaches us every moment. What is, therefore, needed is an attitude to learn.

- Vimlesh Ahuja



An illustration of a crow and a pigeon perched on a thick, brown tree branch. The crow is on the left, facing right, with its beak open as if speaking. The pigeon is on the right, facing left, also with its beak open. Between them are two small, round, silver bowls filled with a yellow substance, likely food. The background shows a large tree trunk with a hollow and some green foliage at the top.

## THE BIGGEST STUPIDITY

Somewhere on a banyan tree, there lived four birds – a pigeon, a crow, a heron and a parrot – together. They were good friends and did all their jobs together. The days were passing by pleasantly.

However, whenever any fault occurred in any of the allotted jobs, the entire blame would be passed on to the pigeon. The pigeon was simple and honest by nature. He would accept the blame even if there was no fault of his – just in order to avoid any misunderstanding in the friendship.

One day, the food was being cooked. The heron put less of salt in it. When it was noticed that the salt was not enough in the dish of dal (pulse), the heron immediately gave an explanation, "What could I do? The pigeon did not bring the





salt in time. Whatever little I had with me, I put in it".

The pigeon did not react and kept silent. The salt was already there, lying packed in a corner. Because of his lethargic nature, the heron did not feel like opening the packet and putting salt in dal. The pigeon did not give an explanation to anyone, thinking it might offend his heron friend, leading to a break in friendship. He, therefore, thought it proper to remain quiet.

On another occasion, the crow slipped a container of oil due to his carelessness. Immediately, he admonished the pigeon, "How do you keep the container so loose? The entire oil has split." The pigeon could have responded by saying, "The container was kept at right place. You should do your work attentively. Haste is a demon's task." But, he kept quiet in order to maintain friendship, though he got hurt many times on such lame excuses.

Similarly, once a parrot bought a fruit from market. It was found rotten. The parrot cleverly passed the blame on to the pigeon saying, "I was paid money too late by pigeon. It got dark by the time I reached market. Taking advantage of this, the seller gave me a rusty fruit".



Actually, it was not so. The pigeon gave money to parrot much in time. It was parrot who started late for the market. He knew that whatever excuse he would give will just be accepted by the pigeon. So, he passed on the blame on to the pigeon. Quietly, the pigeon accepted this blame too so that friendship and love remained protected.

So, the things were going on satisfactorily and years passed away like this.

After a few days, the pigeon had to move out for about two weeks to attend some urgent business. When he returned, he did not see any of his friends. He got worried and started looking for them. Meeting the heron, he came to know that because of inner conflicts, they separated from each other in anger. The friendship was broken.

The pigeon persuaded all to assemble at one place, and said, "We have only one flaw causing the break in our friendship".

"And, what is that flaw?" asked everyone.

We do not wish to accept our mistakes. We try to pass the bucks on to the other. This is not a good habit. Because of this crack in our friendship, the sorrows for all of us have increased. We are sadder than before. Remember, there is far more pleasure in living together rather than leading a singular life".

"You said it right", all accepted collectively.

"We can again live together, if we wish to. But, on one condition. Whenever there is a mistake, it will be accepted rather than the blame being passed on to another. This way, we will not be little. Rather, we will display our maturity. It will leave a good impact on our friendship which can keep on strengthening. Everyone will lead a happy life. The mistake can be committed by anyone. We can improve upon our mistake just by accepting it first. Is that not?" the pigeon said to all enquiringly.

"Sure!" all said together.

"Do you know? Not accepting our mistake is no wisdom; rather it is the biggest stupidity. And it is because of this stupidity, we got deserted from each other and lost our peace and happiness; and the life became hell-like", the pigeon summed up.

"We are not going to commit such a stupidity again. We will live together". Amen!





# Know your scriptures!!!

## Ik Tu Hi Nirankar 109

IK ZUBAN HAI MOONH VICH MERE GUNAN DA IHDE ANT NAHIN;  
NA JAMIA NA KEETA HOYA IS JAISA BHAGWANT NAHIN.  
LAFANI DI SIFAT KARE JO FANI DI KI HIMMAT EY?  
SAGAR SAHVEN BOOND NIMANI BOL SAKE KI TAQAT EY?  
SABH DATAN DA DATA HO KE AP NA KHANDA PEENDA EY;  
IH NA VASS KAAL DE AVE IH AZLAN TON JEENDA EY.  
SANT HARI DE ESE IK NOON PAL PAL PAE DHIANDE NE;  
PAK TE KOMAL GUR CHARANAN TE PAL PAL SEES JHUKANDE NE.  
AISE GUR DE DARSHAN KAR KE TOON HI TOON HI KEHNDE RAHO;  
KAHE AVTAR GURU NOON PUJO CHARANAN UTTE DHEHNDE RAHO.

## Thou Formless One 109

I have only one mouth, whereas the qualities of the Formless to be  
praised are countless;  
God is neither born, nor created by anyone and none is like Him.  
How can a mortal describe the glory of the immortal?  
How can a tiny drop have the strength to speak before the vast Ocean?  
Though God is the Supreme benefactor, yet, He himself does not eat or  
drink anything;  
He is eternal, beyond time, ever existent since the beginning.  
The devotee saints of God remember this One, every moment;  
They bow their heads every moment at the holy feet of the True Master.  
After meeting such a True Master, keep on remembering God by  
saying, "Tuhi-Tuhi"  
(Thou Formless One);  
Avtar says, worship the True Master and keep bowing at his feet.

Glory  
of God

God gives me air to breath,  
His knowledge is important for each

# Our World

God is a mighty wizard, O Children  
He creates the world of hope and Dreams  
Yet he remains behind the screen  
And sends His love through Moon-beams



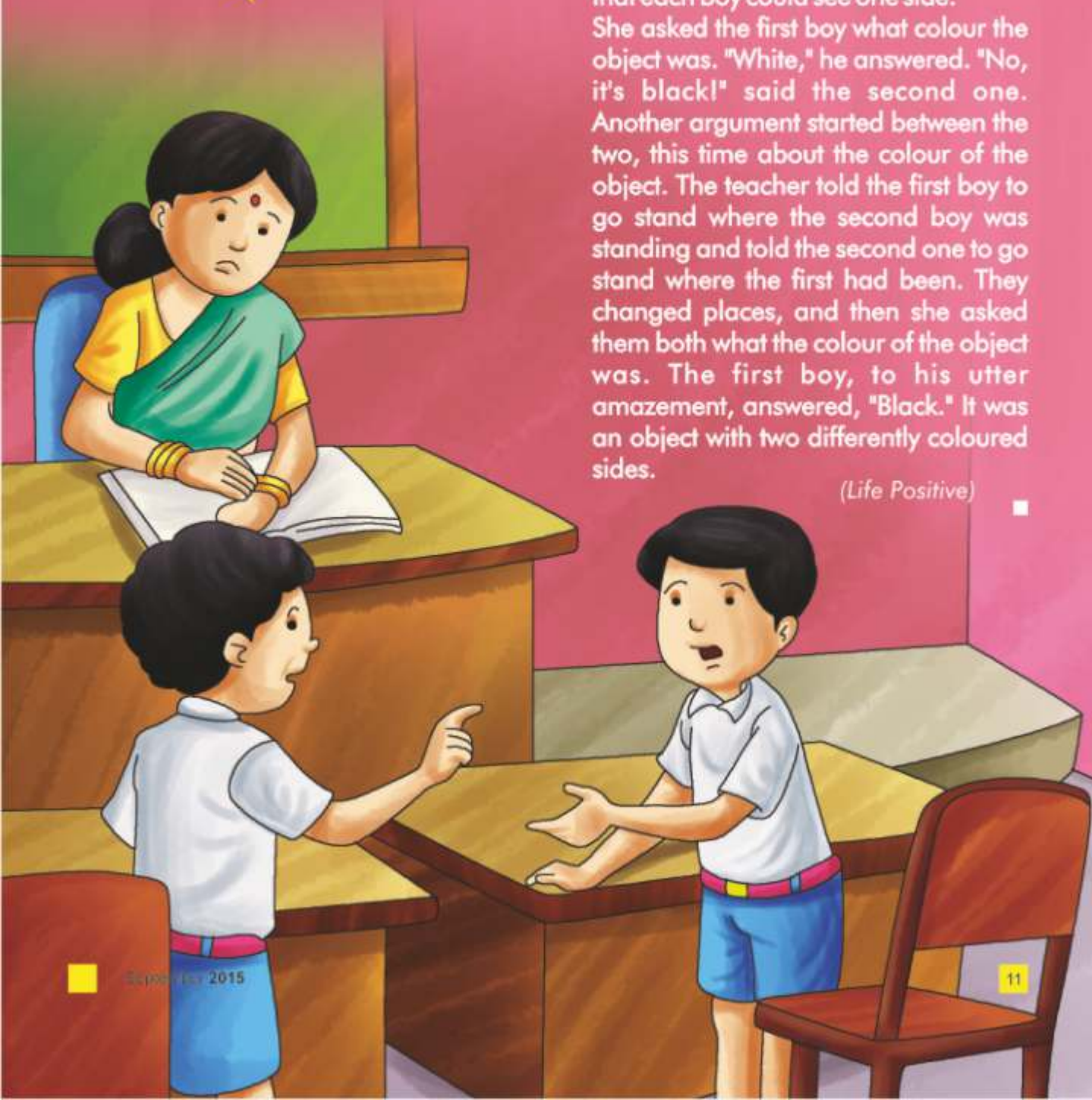


# Everyone is RIGHT

Once, two elementary school boys got into a fight. "I am right," said the first boy. "No, I am right," said the second. The teacher decided to teach them an important lesson. She asked them both to come up to the front of the class and placed the first boy on one side of her desk and the second on the other side. She held up a large disc in the air so that each boy could see one side.

She asked the first boy what colour the object was. "White," he answered. "No, it's black!" said the second one. Another argument started between the two, this time about the colour of the object. The teacher told the first boy to go stand where the second boy was standing and told the second one to go stand where the first had been. They changed places, and then she asked them both what the colour of the object was. The first boy, to his utter amazement, answered, "Black." It was an object with two differently coloured sides.

*(Life Positive)*





# GRANDPA

Drawings and Written by Ajay Kalara

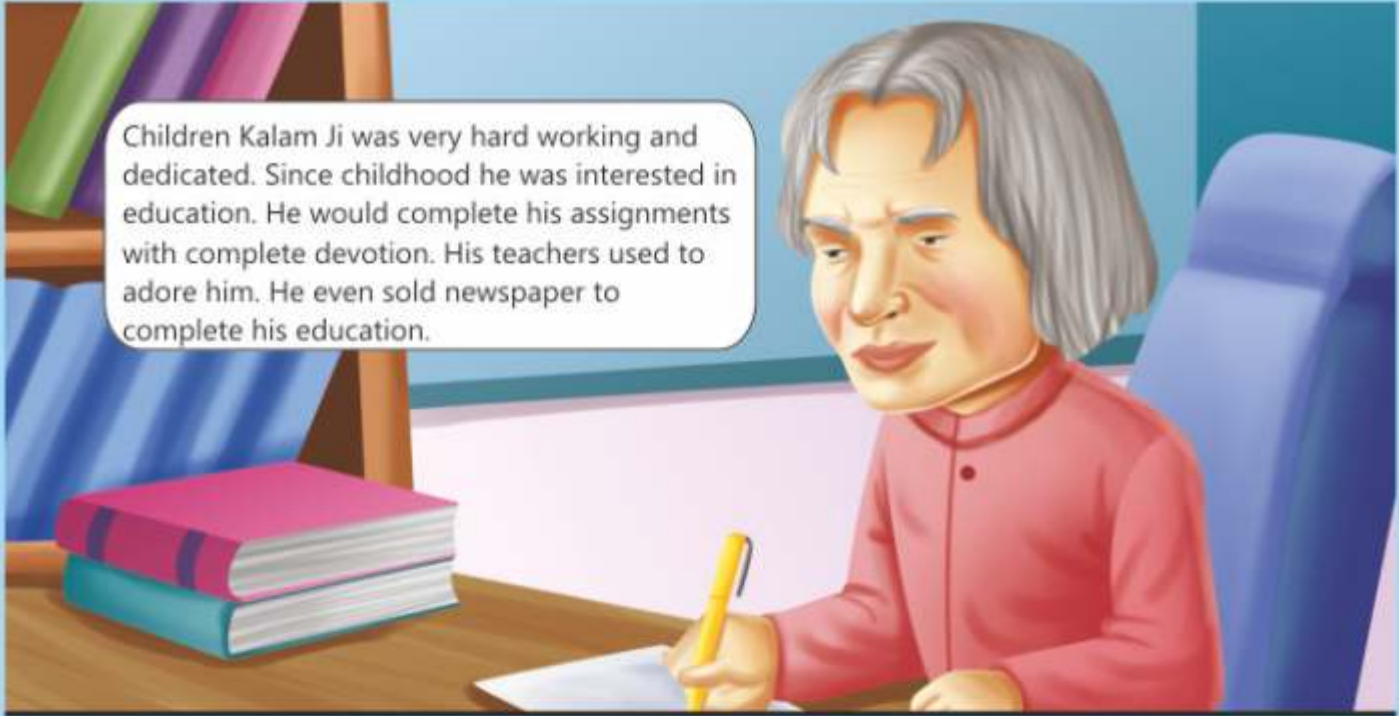
Grandpa who was A.P.J. Abdul Kalam? We saw on TV that he has passed away.

Children A.P.J. Abdul Kalam was the 11th President of our country and a great scientist. Also, he was called as the missile man and President of people.


Grandpa, so where and when was our missile man born.

Children his birth took place in middle class Muslim family in Rameshwaram in Tamil Nadu on 15 October, 1931.




A cartoon illustration of Dr. Kalam with grey hair, wearing a red kurta, sitting at a wooden desk. He is holding a yellow pen and writing on a piece of paper. On the desk, there are two books, one pink and one blue. In the background, there is a bookshelf with several books.

Children Kalam Ji was very hard working and dedicated. Since childhood he was interested in education. He would complete his assignments with complete devotion. His teachers used to adore him. He even sold newspaper to complete his education.

A cartoon illustration of Dr. Kalam with grey hair, wearing a red kurta, saluting with his right hand. In the background, the Indian national flag (Tiranga) is flying on a flagpole against a blue sky with some green foliage.

Dr. Kalam was disciplined in his life. It's said that he would always carry a childlike smile whatever may be the situation. He would never get shaken in adversity.

A cartoon illustration of Dr. Kalam with grey hair, wearing a red kurta, standing at a wooden podium with a microphone. He is gesturing with his right hand while speaking. In front of him, two children, a boy with brown hair and glasses wearing a purple shirt, and a girl with black hair wearing a red shirt, are listening attentively.

Kalam Ji was a teacher. His teachings inspire everyone to progress in life. He used to say- that if one wishes to shine like sun , then one must learn to burn like the sun itself.



Children Kalamji was very famous amongst youth and kids. In the story of a hindi Film which released in 2011, a child changes his name to Kalam. His life was extremely inspiring .

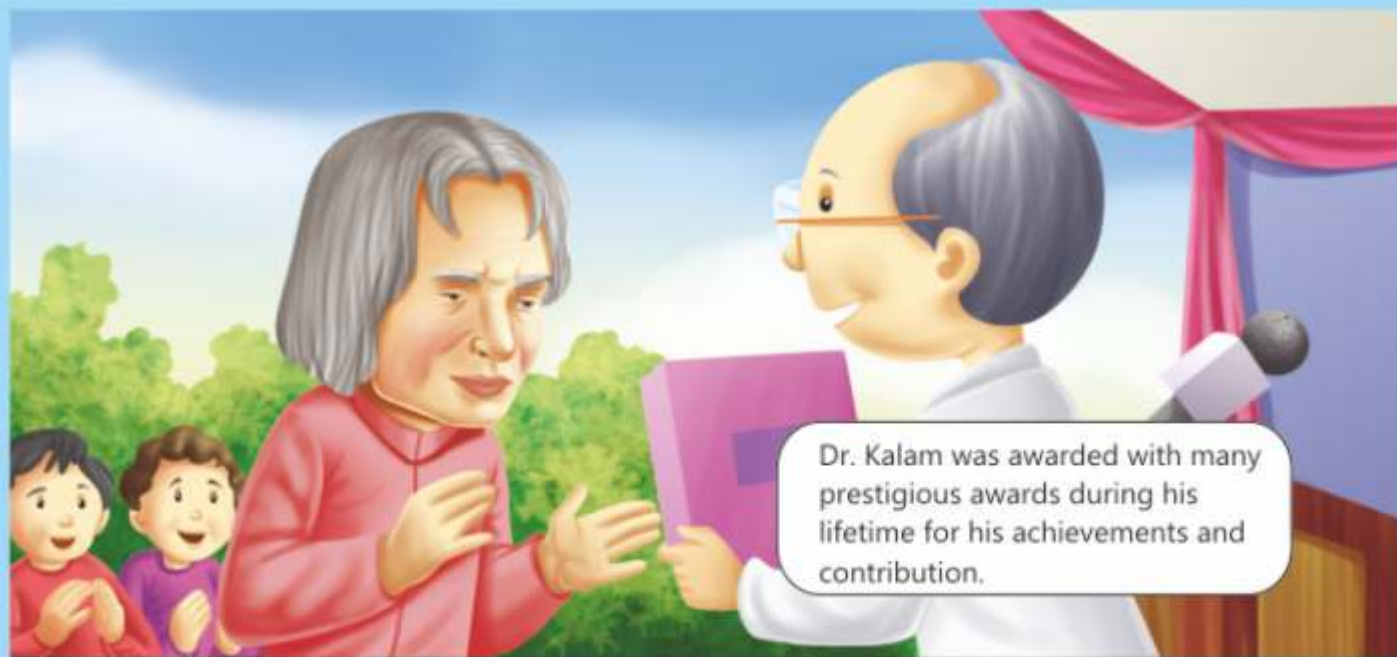


Kalamji had keen interest in writing. He wrote many books and poems. His first book 'wings of fire' is like a guideline for youth of this country.



Kalam Ji said- Dreams are not what you see in sleep, its the thing which doesn't let you sleep.







## Changing our VISION

There was a very wealthy man who was bothered by severe eye pain. He consulted many physicians. He consumed many medicines and underwent hundreds of injections. But the ache persisted with more vigour than before.

At last, the wealthy man met a monk who was supposed to be an expert in treating such patients. The monk understood his problem and said that for some time, he should concentrate only on green colours and not to let his eyes fall on any other colours. It was a strange prescription, but he was desperate and decided to try it.

The man got together a group of painters and purchased barrels of green paint and directed that every object be painted green just as the monk had directed. When the monk came to visit him after a few days, the wealthy man's servants ran with buckets of green paint and poured it on him since he was in red dress, lest their master see any other colour and his eye ache would come back.

Seeing this, the monk laughed and said "If only you had purchased a pair of green spectacles, worth just a few rupees, you could have saved all this trouble".

Let us change our vision and the world will appear accordingly. It is foolish to shape the world, let us shape ourselves first.

His Holiness Baba Hardev Singh Ji also says, "Jaisi Drishti, Vaisi Srishti". In other words, the world will appear as we see it.



# Thoughts to Ponder

Compiled by: Haardik Khinda, Sanskriti School, Delhi

- While sublimating our worldly life, we have also to redeem our soul.  
— Nirankari Baba Ji
- Sixty years ago I knew everything; now I know nothing, education is a progressive discovery of our own ignorance.  
- Will Durant
- Do not confuse motion with progress. A rocking horse keeps moving but does not make any progress.  
— Alfred A. Montaper
- Rudeness is weak man's imitation of strength.  
— Eric Hotter
- The kings of the earth in their earthly capitals are not as happy as are the lords of the cities of their own bodies and master of their own minds.  
— Yoga Vashisht
- Never be ashamed to admit you were wrong. You are only saying that you are wiser today than you were yesterday.  
— Dave Gilpiss
- Try to become a success; but do not forget to become a man of value.  
— Albert Einstein
- When you win, say nothing; when you lose say less.  
— Paul Brown
- Bad deeds never yield good, good deeds never yield bad. Neerri 'seeds never yield mangoes. Mango seeds never yield neem.'  
— Eternal Truth
- The strongest of all warriors are these two- Time and Patience.  
— Leo Tolestay

# Who Most POISONOUS?

Veersingh was the king of Veernagar. He was a benevolent and justice oriented person. No one had any cause of concern in his kingdom. His chief adviser, Sampatsingh, had grown old. Therefore, he was not that active as he used to be. One day, Sampatsingh pleaded before the king, "My Lord, I am old now. I am unable to discharge my duties as before. You may wish to select a new young and able adviser".

Reacting to Sampatsingh, the King Veersingh said, "No, No. We cannot think of another adviser as long as you are there".

Sampatsingh replied, "Sir, I will teach the new adviser amply with my experience". The king liked his idea. Soon, he announced about selection of a new adviser.

A number of young people came from far and wide and assembled at king's palace. "How would you like to test them?" Veersingh asked.

Sampatsingh replied, "Sir, I would ask them such a question which could be replied to only by an intelligent, honest and learned one person."

On the given day, all young ones appeared in King's Court. Sampatsingh welcomed all and said, "I will ask you all only one question; whosoever is able to give a correct reply, he would be selected as king's adviser."

Only one question! All were happy to hear this. It would be quite easy to reply one question, everyone thought.

Sampatsingh said, "Learned guests! Please tell what is the sharpest tongued and most poisonous? With its bite, the man simply screams out". All the young people started thinking. One said, "a wasp has the sharpest tongue. Its bite makes a man scream immediately." Sampatsingh kept quiet on this reply.







The second one said, "To my mind, it is the bee".

The third said, "No! It is scorpion".

The fourth one exclaimed, "Sir, the snake-bitten person has no clue whatsoever to escape. Therefore, the snake is the sharpest tongued. This way, each young one continued to reply as per his wisdom, but not to the satisfaction of Sampatsingh.

Only one young man was left. His dress looked simple; his face glowed with self-confidence. Sampatsingh, staring at him, said, "You have not replied so far. What do you have to say about it?" The young man replied, "I feel that the most poisonous is not one, rather they are two of them. First one being the 'critic', and the other being, the 'flatterer'. The King looked at him

enquiringly. Others also stared at him. "How come they are poisonous? Please explain."

The youth said, "Sir, the critic is filled with poison of jealousy. He would bite with his sharp criticism from behind and make the other person dazzled." In response to this reply, Sampatsingh said, "Absolutely correct."

The young man said again, "The other poisonous person is the flatterer who mixes a sort of sweet poison in his tongue that makes a person egoistic; to be flawless, even if he might have many weaknesses. The language of flatterer destroys one's intelligence from its very root. There are many quotations like the criticism and flattery have destroyed many people completely. Everyone seemed agreeable to young man's reply.

Sampatsingh told the Kind, "Sir, here is your new and intelligent adviser."





# LEOPARD

The leopard is known for his fawn-yellow hide with its large clusters of dark spots, but some kinds are born black and are called black panthers. There is even a Himalayan snow leopard with soft white skin. All of these graceful cats family-group come from either Asia or Africa where they eat any animals. They are quick enough to pounce upon. Only the African buffalo or antelope can stand up to them and sometimes win.

There is no animal swifter in attack than the leopard. He can leap a distance of fifteen feet before a man can blink his eyes. Even in Zoos, the keepers

are frequently clawed as they pass leopard cages unless they take great care. Some leopards have ripped visitor's scarves or umbrellas away from them with sudden, unexpected slashes.

They are constantly trapped and killed for their valuable hides and because they prey on livestock. Leopard usually hunts in pairs, especially in wooded and rocky districts where they can climb trees for refuge. They attack men less than lions or tigers do.

Leopards grow to be about four feet in size with very long tails. Baby Leopards will remain tame for a while, but they must always be petted from the side for safety.



# mount everest

Mount Everest is the highest mountain on the earth. It is located on the border of Nepal and China. Mount Everest was formed about 60 million years ago when India moved northward and bumped into Asia. In 1856, the mountain was named after George Everest, a retired surveyor general.

Mount Everest is the ultimate symbol of human endeavour where many mountaineers have gone to fulfil their dreams, resulting in triumph and tragedy. Sir Edmund Hillary (New Zealand) and Tenzing Norgay (Nepal) became the first adventurers to reach the summit in 1953. Since then, more than 1000 men and women have reached the summit.

Mount Everest is shaped like a three-sided pyramid. Lack of oxygen, powerful winds and extremely cold temperature do not allow the development of any plant or animal life there. The mountain has many names. In Nepal, the mountain is known as Sagarmatha, meaning 'Forehead of the sky' and in Tibet, it is called 'Chomolangma' or 'Mother of the universe.'

Some other facts related to Mount Everest:

1. In 1975, Junko Tabei, a Japanese mountain-climber became the first woman of the world to reach Mount Everest.
2. In 1984, Bachendri Pal became the first Indian woman to reach Mount Everest.
3. Santosh Yadav, an Indian mountaineer, is the first woman in the world to climb Mount Everest twice. She first climbed the peak in May, 1992 and then did it again in May, 1993.
4. Reinhold Messner (Italy) and Peter Habeler (Austria) made the first successful ascent of Mt Everest without supplemental oxygen in 1978.

## H.D. Answers

—Riya, Mumbai

**Q. What is the sweetest and the most bitter thing?**

A. Tongue

**Q. Who is a real humanitarian?**

A. One who is a human.

—Ramesh, Delhi

**Q. Who is the happiest?**

A. One who is contented .

—Rajesh, Dehradun

**Q. When does a man realise his mistakes in life?**

A. When he is confronted with the results of these mistakes.

**Q. What is that which once lost can never be regained?**

A. Time.

**Q. What is most dear to you?**

A. Selfless, soft-spoken and unegoist children.

—Avneesh Gulati, Chandigarh

**Q. What is Truth? How can one know it?**

A. That which changes not, is Truth. It can be realised only through a true master.

**Q. How can one find a true friend?**

A. By being himself a true friend.

—Archana Garg, Delhi

**Q. Why doesn't a man remain ever happy?**

A. Due to lack of equanimity.

**Q. What should we do to achieve our gold in life?**

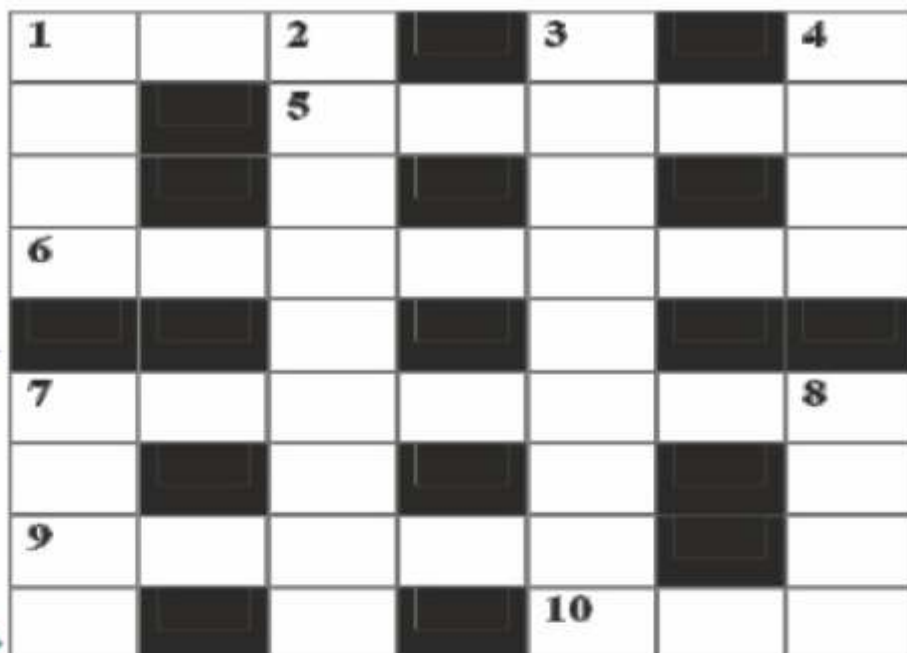
A. Put in your heart and soul in your work.

Q: Question    A: Answer



– Vikas Arora  
(Rewari)

**S  
O  
R  
C**  
**D  
R  
O  
W**



Left to Right →

1. Shreya and Pawan \_\_\_\_\_ fruits. (EAT/EATS).
5. To make minor changes to a text.
6. A native of China is known as \_\_\_\_\_.
7. A period of 100 years is called a \_\_\_\_\_.
9. Khan \_\_\_\_\_ Ghaffar Khan became the first non-Indian to receive the Bharat Ratna award in 1987.
10. Find the odd one out: ASH, COW, DOG, HEN.

Up - Down ↓

1. The word that comes last in the dictionary: EPIC, EARN, EAST, EMIT.
2. An Indian state whose capital is Chennai.
3. Out of VENEZUELA and NEWZELAND, which country is located in South America Continent?
4. A synonym of Lazy.
7. N'Djamena is the capital of this African country. (CHAD/ IRAN)
8. Dada Saheb Phalke award was given to film director \_\_\_\_\_ Chopra in 2002.

See Correct answers at another page



# Kitty

Drawings and Written by  
Ajay Kalra

Today is my birthday and no one has congratulated me. My mother remembers my birthday every year but this year I don't know how she forgot.



Hello Kitty

Hi Minti



What happened Kitty, why are you so sad.

No Minty, all is well.

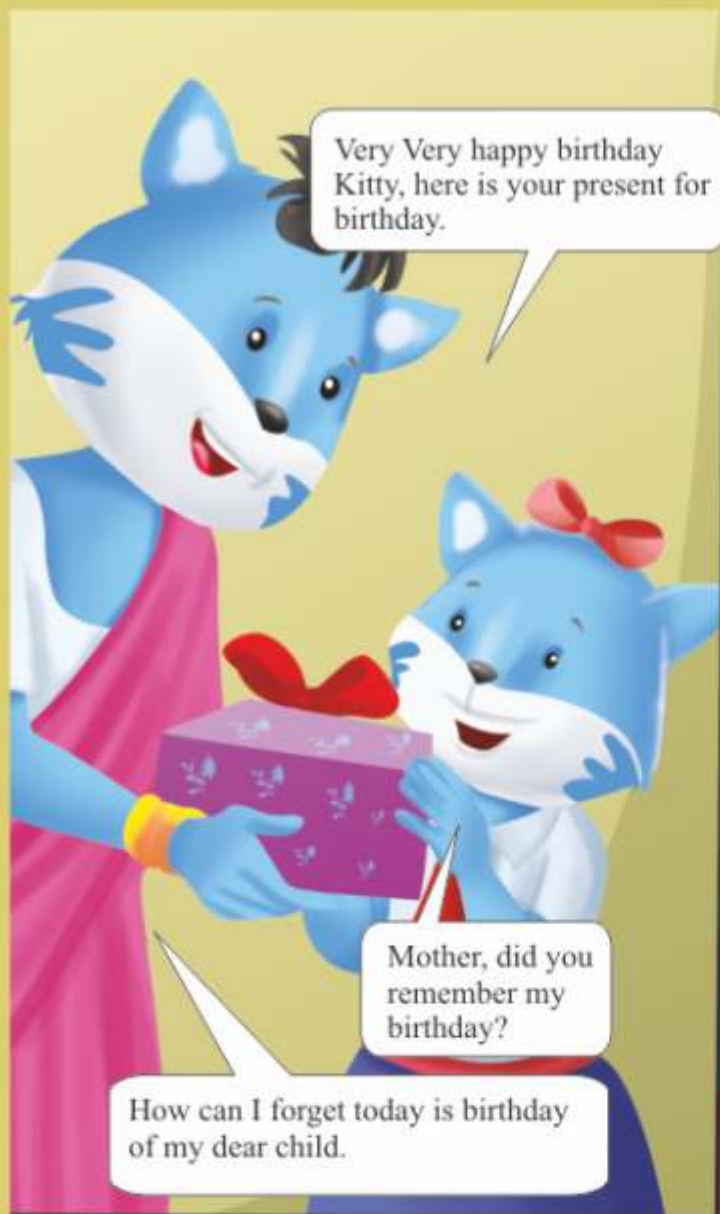












## When to Know that **Enough is ENOUGH**

While visiting some temples in Bali, each person was handed a sash to wrap around the waist. This was explained as a symbolic gesture of 'containing the appetites' while one prayed; a beautiful reminder to ask only for what is really needed, not more.

I also recall a wise theologian, leading a group through the Lord's Prayer, saying that the line "Give us this day our daily bread..." should be seen as a guide to ask for what was 'just enough' in the faith that it would repeatedly and constantly be given. It should also act as a reminder to us to avoid a 'stockpiling mentality', where we might wish to end up with a lot more than others, perhaps leaving others with less or with nothing at all.

The novelist Kurt Vonnegut wrote a lovely poem, honouring the writer Joseph Heller. This is how it goes:

Joseph Heller, an important and funny writer (now dead)  
and I were at a party given by a billionaire  
on Shelter Island.

I said, "Joe, how does it make you feel to know that our host only yesterday may have made more money than your novel 'Catch-22' has earned in its entire history?"







And Joe said, "I've got something he can never have."  
And I said, "What on earth could that be, Joe?"  
And Joe said, "The knowledge that I've got enough."  
Not bad! Rest in peace!

When we speak of 'enough' many people connect this idea with deprivation. Contentment, a way of understanding 'enoughness,' is not about depriving oneself, but about being happy with what one has. As this Mullah Nasruddin tale teaches:

Nasruddin's neighbour one day lamented, "I'm really having trouble fitting my family into our small house. My wife, three children, my mother-in-law and I, all share the same cottage. Mullah, you are a wise man. Do you have any advice for me?" "Of course," replied Nasruddin. "Do you have any chickens in your yard?" The man replied, "Yes. Ten." Mullah ordered: "Put them in the house." "But," the man protested, "our house is already so cramped." Nasruddin urged: "Just try it."

Desperate to find a solution the man followed Nasruddin's advice, but the next day said: "Mullah, with the chickens in the house, things are even worse now." "Don't worry," replied Nasruddin, "Now take that donkey of yours into the house. The man resisted, but Nasruddin convinced him to do it. The next day, the man, more distressed than ever grumbled, "This is terrible! Between my family, the chickens and that donkey, there is barely any room to move!" "Hmmm," went Nasruddin, "any other animals in your yard?" The man hesitated, "Well... we do have a goat." Mullah smiled: "Perfect! Take the goat in your house too."

The man once again raised a fuss and seemed anything but eager to follow this advice, but Nasruddin, once again convinced him it was for the best.

The next day, the man burst out, "My family is really upset now. Everyone is at my throat complaining about the lack of space. Your plan is making us miserable." Nasruddin nodded, "It's time to take all of the animals back outside."

So the man followed and did as he was told, and the next day, dropped by Nasruddin and declared, "Mullah - you are wise indeed. Your plan has worked like a charm. Our house feels so spacious that none of us can help but feel pleased; no one complains anymore."

Courtesy (T.O.I.)



## Laughing Time



**Neetu** : Would you like to play with our new dog?

**Ritu** : He looks very fierce. Does he bite?

**Neetu** : That's what I want to find out.

**Mother** : Why so low marks?

**Son** : These are the highest among failures.



A man got arrested and was brought before the judge.

"Who brought you in?" asked the judge

"Two Policemen, Sir."

"Drunk, I assume?"

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



**Patient** : How much do you charge for pulling a tooth?

**Doctor** : Fifty Rupees.

**Patient** : Fifty rupees for only a few seconds' work?

**Doctor** : Well, I'll do it very slowly.

**Servant** : Sir, you are a doctor, why don't you care for yourself?

**Doctor** : Because I charge a very high fee.

**Lady** : (At the phone) Will you call my husband, please?

**Operator** : Number, please.

**Lady** : (Angrily) How many husbands do you think, I have?

**Banta** : You were going to the doctor, what happened?

**Santa** : I will go tomorrow because I am not feeling well today.







**Teacher :** What would you like to be when you grow up, Dinesh?

**Dinesh :** I'd like to be a teacher, sir.

**Teacher :** Why would you like to be a teacher?

**Dinesh :** Because I wouldn't have to do any more learning, I'd know everything by then.

**Visitor :** Why do you sing when you really don't have a good voice? Little

**Girl :** Oh, I hate to do that. But Mommy makes me to do so when she wants the visitors to leave.

**Husband :** (Crying) Do you think, I am a dog?

**Wife :** No, but for God's sake, stop barking.

One madam to the other : If I climb Mt. Everest, what will you give me?  
The other replied : A push.

**Beggar :** Please give me one rupee, for God's sake.

**Man :** You should feel ashamed of begging on the road.

**Beggar :** Do you mean I should sit in an office to do this?



### CROSSWORD SOLUTION

1	E	A	2	I	3	V	4	I
P			5	A	M	E	N	D
I			M		N			L
6	C	H	I	N	E	S	E	
			L		Z			
7	C	E	N	T	U	R	8	Y
H			A		E			A
9	A	B	D	U	L			S
D			U		10	A	S	H



# Teacher's Day

Teacher's Day is a very special occasion for everyone especially for the teachers and students. It is celebrated by the students every year on 5th of September to honour their teachers. 5th of September has been declared as the Teachers Day in India. Our earlier President, Dr. Sarvapalli Radhakrishnan was born on 5th of September so Teacher's Day in India is being celebrated on his birthday because of his love and affection towards teaching profession. He was a great believer of education and highly famous as the scholar, diplomat, teacher and President of India.

Teacher's day is a great occasion for celebrating and enjoying the relationship between teachers and students. Now a days, it is celebrated with the big enthusiasm and joy in schools, colleges, universities and other educational institutions by both students and teachers. Teachers are given lots of wishes about long life from their students. In the

modern time the celebration strategy of the teacher's day has been standard. Students become so happy at this day and plan for the way of wishing their favourite teachers. Some students wish their favourite teachers by giving them gifts, greeting cards, pen, diaries, etc. Some students wish their teachers by sending them audio messages, emails, video messages, written messages, through online chat, social media websites like 'facebook', twitter, etc. Someone just say "Happy Teacher's Day" orally to wish.

We should realize the necessity and value of our teachers in our lives and celebrate Teachers' Day every year to pay them homage for great job. Teachers are more than our parents who mould our mind towards success. They become happy and get their success in life only if their dedicated students go ahead and spread teachers name all over the world through his activities. We should follow all good lessons in our life taught by our teachers.

(Google world)



# Riddles



1 You are locked in a car and have a hammer. How do you get out?

2 A monkey, a squirrel, and a bird are racing to the top of a coconut tree. Who will get the banana first, the monkey, the squirrel, or the bird?

3 What is at the beginning of the end, the start of eternity, at the end of time and space, was in the middle of yesterday but is nowhere in tomorrow?

4 What's made of wood but can't be sawed?

5 What is so delicate that even mentioning it breaks it?

6 We hurt without moving. We poison without touching. We bear the truth and the lies. We are not to be judged by our size. What are we?

7 I take what you receive and surrender it all by waving my flag. What am I?

8 I smash but I never hurt you. Give me your unwanted items and I will eat them and take them so you can get more. Some people might not like me while others may but I still come around on certain days. What am I?

9 It breaks away from its pack. It creates holes in its victims. It can travel for miles and then disappear. It is part of a dying breed. What is it?

10 You use a knife to slice my head and weep beside me when I am dead. What am I?

11 When you stand up he sleeps When you sleep he stands Who is it?

12 What has one horn and gives milk?

13 Imagine you are swimming in the ocean and a bunch of hungry sharks surround you. How do you get out alive?

14 Why is a room full of married people like an empty one?

15 What tastes better than it smells?

16 I have a neck but no head, 2 arms but no hands, I go with you to school, I go with you to work. What Am I?

17 Although I am still, in families, I run. I continue to live on in a living one. As one continues to draw breath, I will not rust. However, when one stops drawing breath, I will become mere dust. What am I?

18 I am made throughout the world, I am a masterpiece. And to your ears, I am but a humble feast. I am but a traveller, depicted through paper as a start, I can even be made through the work of your heart. What am I?

19 What goes in the water black and comes out red?

20 What two things can you never eat for breakfast?

Answers at another page



# Apple

## Get whiter, healthier teeth

An apple won't replace your toothbrush, but biting and chewing an apple stimulates the production of saliva in your mouth, reducing tooth decay by lowering the levels of bacteria.

## Avoid Alzheimer's

A new study performed on mice shows that drinking apple juice could keep Alzheimer's away and fight the effects of aging on the brain. Mice in the study that were fed an apple-enhanced diet showed higher levels of the neurotransmitter acetylcholine and did better in maze tests than those on a regular diet.

## Protect against Parkinson's

Research has shown that people who eat fruits and other high-fibre foods gain a certain amount of protection against Parkinson's, a disease characterized by a breakdown of the brain's dopamine-producing nerve cells. Scientists have linked this to the free radical-fighting power of the antioxidants contained therein.



### **Curb all sorts of cancers**

Scientists from the American Association for Cancer Research, among others, agree that the consumption of flavones-rich apples could help reduce your risk of developing pancreatic cancer by up to 23 per cent. Researchers at Cornell University have identified several compounds—triterpenoids—in apple peel that have potent anti-growth activities against cancer cells in the liver, colon and breast. Their earlier research found that extracts from whole apples can reduce the number and size of mammary tumours in rats. Meanwhile, the National Cancer Institute in the U.S. has recommended a high fibre intake to reduce the risk of colorectal cancer.

### **Decrease your risk of diabetes**

Women who eat at least one apple a day are 28 percent less likely to develop type 2 diabetes than those who don't eat apples. Apples are loaded with soluble fibre, the key to blunting blood sugar swings.

### **Reduce cholesterol**

The soluble fibre found in apples binds with fats in the intestine, which translates into lower cholesterol levels and a healthier you.

### **Get a healthier heart**

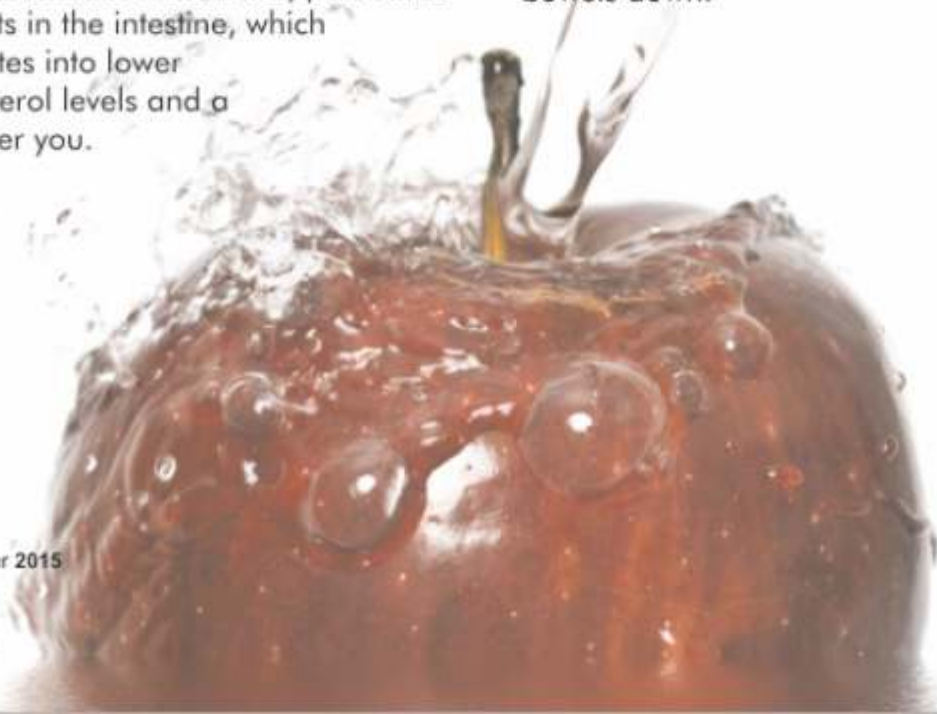
An extensive body of research has linked high soluble fibre intake with a slower build up of cholesterol-rich plaque in your arteries. The phenol compound found in apple skins also prevents the cholesterol that gets into your system from solidifying on your artery walls. When plaque builds inside your arteries, it reduces blood flow to your heart, leading to coronary artery disease.

### **Prevent gallstones**

Gallstones form when there's too much cholesterol in your bile for it to remain as a liquid, so it solidifies. They are particularly prevalent in the obese. To prevent gallstones, doctors recommend a diet high in fibre to help you control your weight and cholesterol levels.

### **Beat diarrhoea and constipation**

Whether you can't go to the bathroom or you just can't stop, fibre found in apples can help. Fibre can either pull water out of your colon to keep things moving along when you're backed up, or absorb excess water from your stool to slow your bowels down.





### **Neutralize irritable bowel syndrome**

Irritable bowel syndrome is characterized by constipation, diarrhoea, and abdominal pain and bloating. To control these symptoms doctors recommend staying away from dairy and fatty foods while including a high intake of fibre in your diet.

### **Avert haemorrhoids**

Haemorrhoids are a swollen vein in the anal canal and while not life threatening, these veins can be very painful. They are caused by too much pressure in the pelvic and rectal areas. Part and parcel with controlling constipation, fibre can prevent you from straining too much when going to the bathroom and thereby help alleviate haemorrhoids.

### **Control your weight**

Many health problems are associated with being overweight, among them heart disease, stroke, high blood pressure, type 2 diabetes and sleep apnea. To manage your weight and improve your overall health, doctors recommend a diet rich in fibre. Foods

high in fibre will fill you up without costing you too many calories.

### **Detoxify your liver**

We're constantly consuming toxins, whether it is from drinks or food, and your liver is responsible for clearing these toxins out of your body. Many doctors are sceptical of fad detox diets, saying they have the potential to do more harm than good. Luckily, one of the best—and easiest—things you can eat to help detoxify your liver is fruits—like apples.

### **Boost your immune system**

Red apples contain an antioxidant called quercetin. Recent studies have found that quercetin can help boost and fortify your immune system, especially when you're stressed out.

### **Prevent cataracts**

Though past studies have been divided on the issue, recent long-term studies suggest that people who have a diet rich in fruits that contain antioxidants—like apples—are 10 to 15 per cent less likely to develop cataracts.



— Dr. Ashok K. Chitkara,  
Chancellor  
Chitkara University



## **Nuggets for an Ideal Family**

- 1- Family is precious to all. It is that nucleus without which no one can survive with enough vigour and charm. Family is a support system which fuels us with emotional, mental, social and financial strength.
- 2- The Family that eats together stays together. There is never a feeling of any loss. It is all gain. It is a daily dose of growth.
- 3- With these nuggets in mind, there will be much less demand of Old Age Homes.
- 4- Joint family is a happy family. But it does not mean essentially living under the same roof. Members living at distant places can still remain united and emotionally attached, constantly watching the mutual interest in pain and pleasure.
- 5- As the family goes, so goes the nation and so goes the world in which we love.
- 6- Bite your tongue before talking ill of any member of the family.
- 7- Family is eternity, family is divine. It is the utter joy, the ultimate bliss.
- 8- The best thing that parents can do for their children is to love and respect each other.
- 9- The love of a family is life's greatest blessing
- 10- Enjoy life and be thankful to God.



## **Good Things**

Poem : Mahender Singh

*Listen O thou Children dear  
Never take to arrogance  
After wake up at dawn  
Pay thy parents obeisance*

*Never should you talk in vain  
Thy elders must you pay respect  
To tread on the path of truth  
Should you make thy target*

*Never shun thy work in life  
In behaving be polite  
Let no evil affect thou ever  
Do only what is right*

## **Riddles Answers**

- 1: Unlock the car 2: None of them, because you can't get a banana from a coconut tree 3: The letter E 4: Sawdust.  
5: Silence. 6: Words 7: A mailbox.  
8: A garbage truck. 9: An Iceberg  
10: An onion. 11: Your Shoes  
12- Milk Van 13: Stop imagining.  
14: Because there is not a single (unmarried) person in it.  
15: A tongue. 16: A Shirt 17: Blood.  
18: Music 19: A lobster.  
20: Lunch and dinner

# Happy Birthday



Simran (Saipau)



Geet (Jabalpur)



Pritika (Badhodra)



Akriti, Prakriti (Kathua)



Sandeep (Badhodra)



Khushpreet (Rampurboof)



Shivam (Maladh)



Vibhor (Kanpur)



Ratika (Chandigarh)



Vishvpreet (Paragpur)



Leena (Bhusawal)



Hunoor (Jareepatka)



Mahi (Nantong)



Simran (Panchupur)



Neev (Kanpur)



Bhawika (Umri)



Khaneev (Surat)



Rajdeep (Mandi Bariwala)



Astha (Goraul)



Muskaan (Goraul)



Hemit (Raiyana)



Abhishek (Delhi)



Mehak (Karnal)



Deepanshu (Hodal)



Himanshu (Allahbad)



Anuj (Chandigarh)



Alisha (Mohali)



Khushboo (Raipur)

❖ 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.....  
.....



# SMS

## of The Month

When a bird is alive, it eats ants. When the bird is dead, ants eat the bird. Time and circumstances can change at any time. Always be humble.

—Vidisha, Delhi

Do not devalue or hurt anyone in life. You may be very powerful today but remember, time is more powerful than you. One tree makes millions of match sticks. But when the time comes one match stick is needed to burn millions of trees. So always be good and do good.

—Yog Raj Thakur, Mandi

Although tongue weighs very less, yet very few people are able to hold it

—S.C Bhatia, Ambala

Beautiful pictures are developed with negatives in darkness. If any time you see darkness in your life, it means, God is developing a beautiful future for you.

—Namrata, Delhi

When words (lafz) are both true and kind, they can change our world.

—Nitika, Bhojpur

If you leave everything in God's hands, you will soon see God's hand in everything.

—M.R.Sen

Once you feel you are avoided by someone, never disturb them again.



A 'desire' changes nothing. A 'decision' changes something. But a determination changes everything.

—Harjeet Nisad

Being with no one is better than being with the wrong one, sometimes those who fly solo have the strongest wings.

In life surrounded yourself with those who light your path.

Anyone who make super happy has the power to make you super sad.

Silence is the best answer to all stupid questions and Smile is the best reaction in all critical situation.

—Mamta, Vaishali

Always pray to have eyes that see the best in people, a heart that forgives the worst, mind that forgets the bad and a soul that never loses faith in God.

—O.P., Sharma

## Winners of July Issue

### First:

**Sushant Subhash kambale**

Age: 15

Vill. : ASU, Tal. Phaltan

Distt. : SATARA

### Second:

**Subhanshu Shaw**

Age : 11 Years

S.P. Mukherjee Road

Titagarh, KOLKATA

### Third:

**Khushi**

Age : 12 Years

Bramh Agastyamuni

RUDRAPRAYAG

### Consolation Entries

**Rani Kumari**

(Ghegha, Chanpatia), Priya Rana  
(Ammapuni, Agastyamuni),

**Anushka Delia**

(Virat Nagar, Ambala City),  
Vaibhav Adwani  
(Brij Vihar, Jaipur),

**Misha G. Khemani**

(Radhe Krishana, Ulhas Nagar),

**Yash Dattatray Chavan**

Ganesh Nagar, Yeola, Nashik),

**Arpit**

(Jhulelal Society, Ajmer),  
Daksh Shailesh Chander (Sambhuram),

**Sukarn**

(Visakhapatnam),

**Vibhor Ahuja**

(Lakhi Colony, Barnala),

**Amandeep Singh**

(R. C.F., Kapurthala),

**Shreya Arya**

(Sector 17, Faridabad),

**Mohit Sharma**

(Rishikul Vidyapreth, Sonapat), Vandita

**Chitkara**

(Niranakari Colony, Delhi),

**Lavanya Khindri**

(Shastri Nagar, Amritsar).

## Competition for September 2015

On page 41, a beautiful picture is given; colour it and send it to us latest by October 20, 2015.

The result will appear in November 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.



## Color It



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

Address.....

.....

.....

## Narendra Modi

---



Narendra Modi, the Prime Minister of India, has been the Chief Minister of Gujarat for four consecutive terms. Currently, he is the Member of Parliament from Varanasi. He is the first Prime Minister of India who was born in 'Independent India'. Ever since he assumed office in May 2014, he has embarked on a journey of all-round development of India. Born on **17th September, 1950 in a small town Vadnagar in Gujarat, he grew up in a poor family.** His father's name was Damodardas Moolchand and his mother's name is Heeraben. As a child, he helped his father by selling tea at the local railway station. Though an average student in school, he spent hours in library and was famous as a strong debater.

As a young boy during the Indo-Pak war in 1965, he voluntarily offered his services to the soldiers at the railway stations. He also served the affected people during the 1967 Gujarat floods. After completing his Higher Secondary education in Vadnagar, Modi graduated from Delhi University with a degree in Political Science and completed his Master's work at Gujarat University in 1983.

In 1987, Narendra Modi joined Bharatiya Janta Party (BJP) and in 1988, he was elected Organising Secretary of the party's Gujarat unit, marking his entrance into electoral politics. In June, 2013, Modi was selected to head the BJP's 2014 election campaign to the Lok Sabha. Under his leadership, the party won 282 of the 534 Lok Sabha seats. **On 2nd October 2014, Mahatma Gandhi's Birth Anniversary, he launched a mass movement named 'Swachh Bharat Mission' for cleanliness across the nation.** Modi announced 'Make in India' programme in his first Independence Day speech as the Prime Minister on 15 August, 2014 at the Red Fort. The initiative is targeted at Indian economy's crucial sectors, including automobiles, chemicals, railways, tourism and textiles. Narendra Modi became the first Indian Prime Minister to embark on a bilateral visit to Australia after a long period of 28 years, to Fiji after 31 years and Seychelles after 34 years. Due to Narendra Modi's efforts, a total of 177 nations across the world came together and passed the resolution to declare 21st June as the 'International Day of Yoga at the UN'.





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