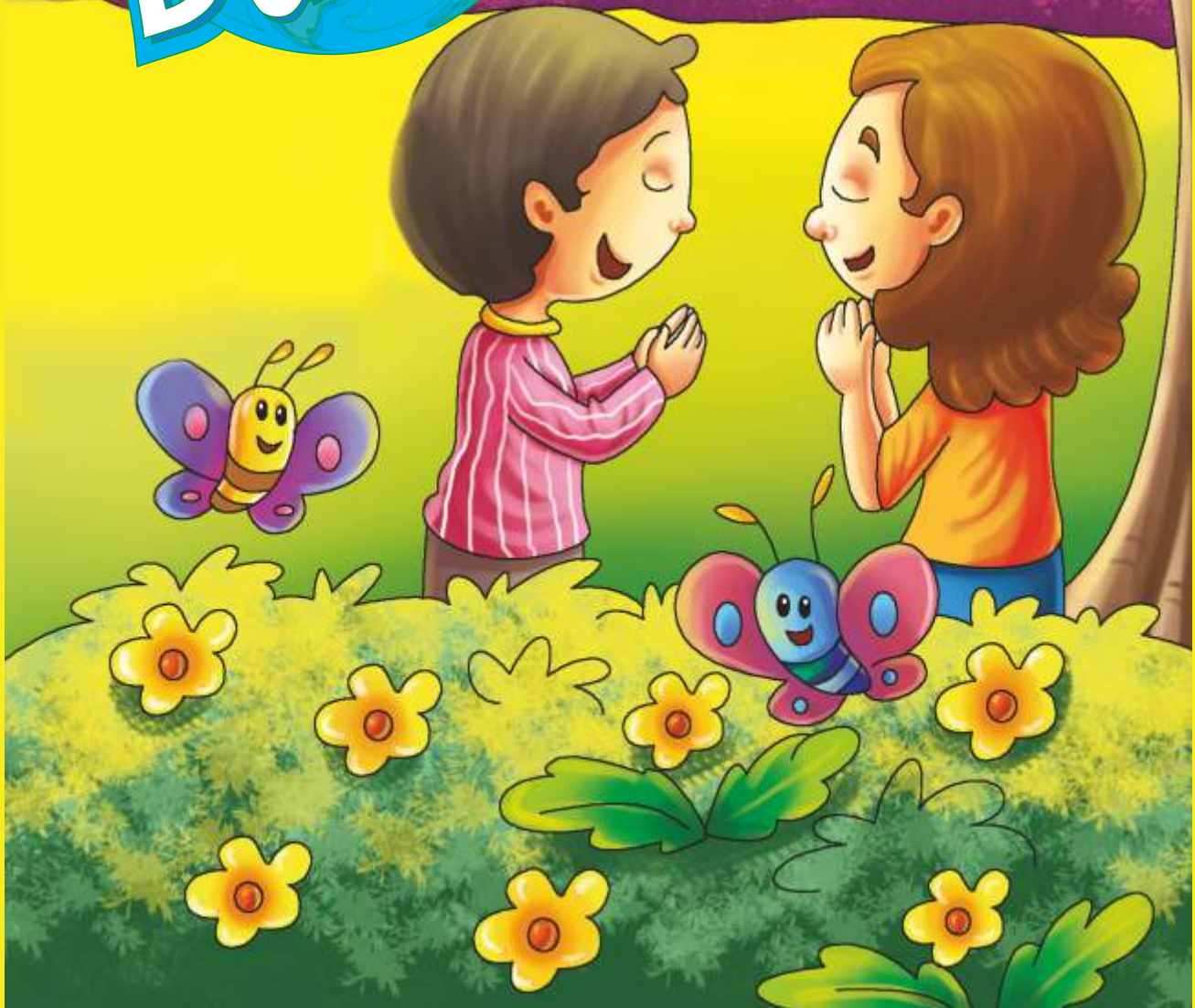


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# Hansti Duniya





16



## Hansti Duniya

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## Regular Columns

- 4 Editorial
- 9 Know Your Scriptures
- 17 Improve Your Grammar
- 19 Thoughts To Ponder
- 21 Crossword
- 22 H.D. Answers
- 36 Sms Of The Month
- 37 Happy Birthday
- 38 Laughing Time
- 41 Colour It

## Photo Features

- 12 Kitty
- 28 Grandpa

7



34



6

### Articles

- 7 **Identify God...**  
Parveen
- 8 **Namaskar**  
Sanjay & Priya Tandon
- 20 **Kidneys**  
Sanjay Badhan
- 32 **Eyes Are Precious**  
Archana Saugani
- 35 **Fill your life ....**  
Ashok Chitkara
- 42 **Homoeopathy**  
Prof. (Dr.) Vijay Kumar

### Stories

- 5 **The Cleverness of Chunmun**  
Rajkumar Jain 'Rajan'
- 23 **Atheist**  
Chand Mohamd Ghosi
- 25 **Trust Yourself**  
Gauri Shankar
- 27 **The Zenith**  
Sita Ram Gupta
- 34 **Seeker of Knowledge**  
Kamal Saugani

### Poems - etc

- 10 **The Gift of Friendship**  
Avinash Gujje
- 11 **Riddles**  
Sakshi Gulati
- 16 **Tree**  
Sunishth Chawla
- 18 **Maze**  
Bablu Kumar
- 33 **Books**  
Rajat Kapoor

## Love and affection of grandparents

The concept of joint family is slowly but steadily being replaced by independent living. The living room with family members enjoying evening tea with snacks, watching serial on T.V., sharing values and fun together is becoming a thing of the past, The children living in a joint family, witness the role grandparents play in their lives. They feel that the benefits of the joint family system surely outweigh its drawbacks, if any.

There is a strong and natural bond of affection between grandparents and grandchildren. Grand-parents are the best friends a child can have. With their vast range of experience in life, grandparents are an invaluable source of education for the young generation. By participating in the upbringing of children at home, they shape future citizens of the country into responsible and disciplined members of society. Grandparents, themselves truthful, punctual, disciplined, can inculcate these positive values in their grandchildren as well. More than diet, exercise, genes of location, a family-oriented lifestyle ensures a healthy life.

Children can always rely on their doting grandparents to lend them a patient ear and guide them gently. Such understanding children are sure to grow up into considerate and caring adults because of a culture fostered by his joint family. As a note of caution, it is important, that elders in the family respect the autonomy of their married children and not impose diktats that may impede the relationship. Dictatorship and mentorship are two separate things and should never be mixed.

Old Age Homes are coming up fast. One fails to understand the mentality of the people who deprive their children of the love and affection of grandparents.

Staying close or compulsarily away, the spirit of togetherness in a family should remain alive, forever!

—C.L. Gulati

Story : Rajkumar Jain 'Rajan'



## The Cleverness of Chunmun

Hasmukh kangaroo lived in the most beautiful house in Atlanta. There was green grass the kangaroo had two little ones. A small bird Chunmun, a butterfly 'Rangeeli' and a moth named 'Manmauji' also lived in the garden.

These three were good friends. Chunmun had built a small nest in a small corner of Hasamukh's house and sunlight would enter the room from that corner. After the evening the three friends would meet on that corner and chat endlessly. This way the life of these friends was being spent happily.

One day from somewhere a wild spider managed to come from that

window. It spun a that window. Now the moth got thinking, from where to go out, on one side there was a web of the spider and on the other ,the wire mesh. It was impossible to go out from the mesh and crossing net of the spider would endanger his life. The spider was waiting for the time ' Manmauji' would be caught in the web.

Just then Manmauji saw 'Rangeeli' the butterfly fluttering its wings enjoying over the flowers. Manmauji called her and apprised her of his problem. Rangeeli sympathized with her but showed her helpless and said that she could not break the web and

if she attempted she would herself get caught there.

Seeing Manmauji sad, Rangeeli consoled him and said, "don't worry, I will just find Chunmun the bird"

She is clever , surely she will find a way out of this problem.

Rangeeli set out to find Chunmun. It didn't take much time for her to find the bird. Rangeeli told her about Manmauji's problem and the atrocity of the spider. Chunmun then thought of something and said, "Come let's take a look and then we will find solution."

Chunmun and Rangeeli flew and entered the room. Kangaroo Hasmukh and his kids had gone somewhere outside then. Chunmun thought that even if the web is torn apart once, the spider shall remake it, so a permanent solution must be found.

She saw , that there was an important paper lying on the table which belonged to Hasmukh. Chunmun picked that paper and threw it over the web. The paper got stuck there. Just the Hasmukh came and started looking for that paper. Manmauji went and hid inside the hole of the window.

Hasmukh just then saw the paper in the web which was spun over there. He picked the paper from there and started muttering there is so much dirt around the house. There are small spider webs all around." He took a broom from the room. As he brought the broom, he swept away the web and threw the spider out.

This way Chunmun's intelligence solved Manmauji's problem. The three friends then lived happily ever after.





# Identify God you Worship

— Parveen, Chandigarh

**I**t was a summer evening in late seventies when a Nirankari Sant Samagam was held in Nehru Park, Sector 22, Chandigarh in the august presence of His Holiness Baba Gurbachan Singh Ji Maharaj. The venue was packed to the capacity and the busy vehicular traffic came to a grinding halt with people glued to the discourse of Baba Ji.

With the help of a very simple and subtle example, Baba Ji explained that whenever some member of our family loses appetite, we all feel concerned about his health and take him to various persons and places to get his ailment cured. After the appetite is restored, we are more concerned to provide him food to satiate his appetite. He brought out that loss of appetite and subsequently, the non-availability of food, both add equally to sickness. Applying this example

to spiritual health, Baba Ji said that those, who have no yearning (appetite) for God, are sick and those who do have yearning for God, but have not actually realized Him, are equally sick. Without seeing and knowing God face to face, loving and worshipping God is incomplete and in vain. He stressed that one must identify God before worshipping Him.

To further bring home the point, Baba Ji narrated an incident where a person suffering from skin problem approached a Vaid (Ayurvedic doctor) for treatment. He was advised to apply butter on the affected portion of his skin. The patient, instead, applied milk on his skin and faced severe reaction. As against expected softness, the skin became rather hard and a cause of great pain and inconvenience. With this

distressing experience, the patient rushed to the Vaid. On an inquiry by the latter as to how much butter was applied, the former replied that he used milk because every drop of milk contained butter. "That is why you are suffering," quipped the Vaid.

Decoding the example, Baba Ji said that man claims that God is there in every particle of the universe. Such a person may bear the agony like the patient using milk instead of butter. As it is essential to churn milk to get butter, we have to identify God viz-a-viz His imagined presence in every particle of the universe. Once the Fatherhood of God is identified, the concept of universal brotherhood follows spontaneously. This is the basics of living together. Man has not attained this rudimentary understanding of the most elementary concept of life, not because saints have not told him from time to time, but because he refuses to listen. The great truth is that all human beings are one and the greatest tragedy is that they do not know this, Baba Ji added.

Baba Ji said that the whole human race is one, intrinsically, organically and spiritually. We are all one, though apparently different in physical appearances. This difference is not division. Because we see that we are different, we imagine that we are divided and tearing ourselves apart. Once God is identified, we discover our oneness.

In the absence of identification of God, one cannot claim to be a theist in the real sense of the term. Merely believing in God and performing rituals do not make one spiritual. One's failure to see God face to face also does not lend credence to atheism. God is at hand and He has to be identified during the life-span to lead a purposeful life and enjoy perennial bliss.

## Namaskar

— Sanjay and Priya Tandon, Chandigarh



Namaskar—The traditional Indian way of greeting wherein we join our hands to give honour and respect. Let us pause for a moment, reflect and ponder upon it's meaning.

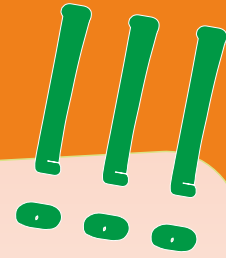
Namaskar is made up of 2 words Namah and Sakar. While uttering these 2 words we join our hands together thus controlling all the sense organs. We then bow to the embodiment of divinity to whom we are addressing the greeting and pay obeisance to the God immanent in that person.

Wise men and prophets reiterate the statement that each one of us has God residing within us. The soul or atma is a miniscule part of the Supreme soul-Paramatma. We need to look at every one around us as an embodiment of divinity which is present in men like fragrance in a flower, fire in wood and oil in sesame-not visible but latent.

So, each time we use the word Namaskar we must make sure we remember it's significance and actually perform Namah+Sakar which is a synonym of Dhan Nirankar.



# KNOW your scriptures



## SAMPURAN AVTAR BANI

### Ik Tu Hi Nirankar 115

---

IS DUNIA TON AKHAR VELE DAULAT SANG NA JAEGI;  
JIS DUNIA NAL PREETAN PAIAN AKHAR KAMM NA AEGI.  
KUTAMB KABILA HAI JAN BEEVI JAN BETA JAN SATHI EY;  
KION BANANA EYN MALAK AIVEN IK NA TERA NATI EY.  
RAJ HAKOOMAT VI EY JEKAR DHAN DAULAT VI BHARA EY;  
SARE AISH MILAN JE TAINOON TAN VI NA CHHUTKARA EY.  
HATHI EY JAN GHODA EY JAN MOTOR DI SAWARI EY;  
JHOOTHO JHOOTH BANI SABH MAYA JHOOTHO JHOOTH USARI EY.  
JO MOORAKH IS BAKHSHISH WALE DATE TAIN BHULAEGA;  
KAHE AVTAR OH NAM TON VANJHA AKHAR NOON PACHHTAEGA.

### Thou Formless One 115

---

O' man, the wealth will not go with you as you depart from the world in the end;

The material world which you love would be of no avail in the end.

The family, the wife, the son and the companions;

Why do you take them as yours? None of them is your real relation.

Even if you are a ruler and have plenty of wealth;

Even if you have all the luxuries of life, you will not attain deliverance.

You may ride an elephant, a horse or drive a motor car;

All these are a mere mirage, the entire structure is a falsehood.

The unwise, who will forget the benevolent God;

Avtar says, devoid of divine knowledge, such a person will have to repent in the end.

Poem by : H. S. Rice

# The Gift of Friendship

FRIENDSHIP is a PRICELESS GIFT  
that cannot be bought or sold.

But its value is far greater  
than a mountain made of gold  
For gold is cold and lifeless,  
it can neither see nor hear.

And in the time of trouble  
it is powerless to cheer

It has no ears to listen.  
no heart to understand.

It cannot bring you comfort  
or reach out a helping hand  
So when you ask God for a GIFT.

be thankful if he sends  
Not diamonds, pearls or riches,  
but the love of true friends.

# RIDDLES

— Sakshi Gulati, Chandigarh



- (1) I have no bed to sleep or no palace to live. I don't have a single coin even then I am known as a king?
- (2) What is the best month for a parade?
- (3) What is always coming but never arrives?
- (4) What starts with T, ends with T and is full of T?
- (5) What two keys cannot open any door?
- (6) What is as big as an elephant, but weighs nothing at all?
- (7) What is the best cure for dandruff?
- (8) What belongs to you, but mostly used by others?
- (9) What goes up and down a hill but never moves?
- (10) Patches over patches, but no stitches?
- (11) If we say MUMMY they come together and go apart when we say 'DADDY'?
- (12) What room has no floor, ceiling, windows or doors?
- (13) What is it that is always before you, but you cannot see?

## ANSWERS

- 1 - Lion 2 - March 3 - Tomorrow 4 - Tea - Pots - Donkey and Monkey
- 5 - The shadow of an elephant 6 - Road
- 7 - Baldness 8 - Your name 9 - Road
- 10 - Cabbage 11 - Lips 12 - Mushroom 13 - Future

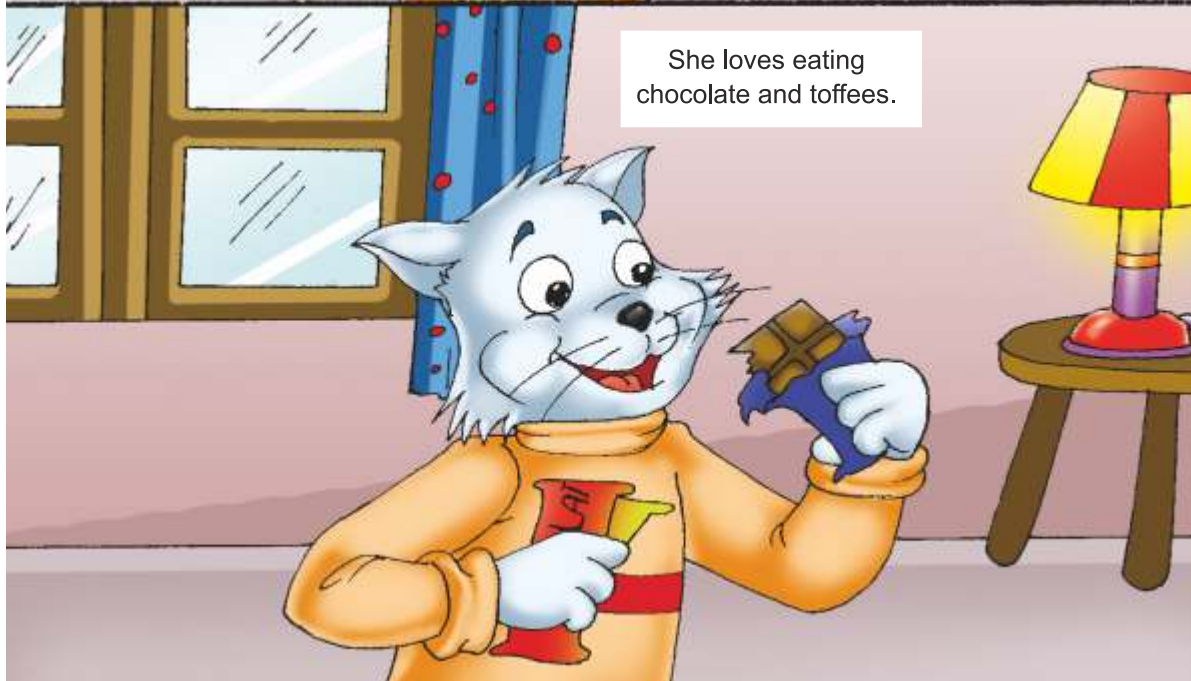


# Kitty

Story & Illustration  
Ajay Kalara



Kitty is a stubborn  
and naughty girl.



She loves eating  
chocolate and toffees.



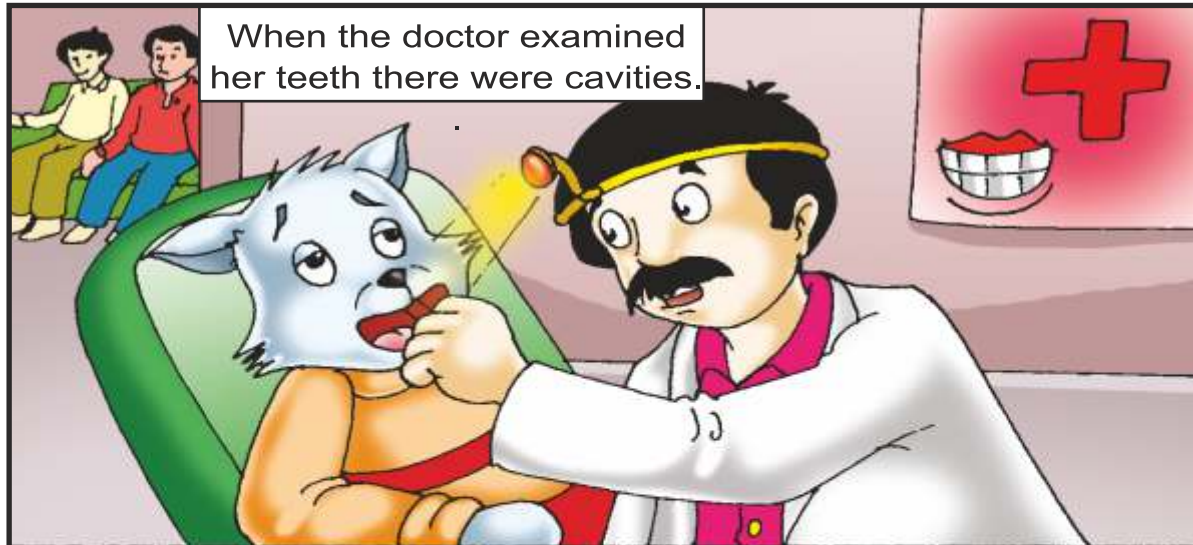
Kitty's mom always explained to her that excess sweet is bad.

But due to her sweet tooth , she would never stop that habit.

She would not eat fruits, green vegetables, milk and vegetables.

One day all of a sudden her tooth began aching.

Kitty was taken to dentist at once.

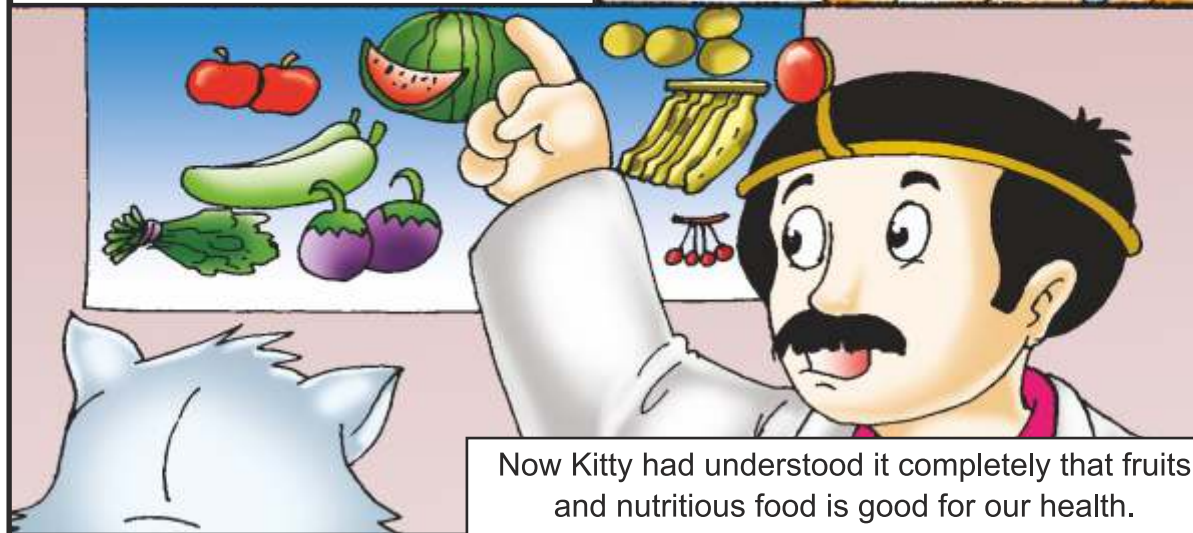


When the doctor examined her teeth there were cavities.

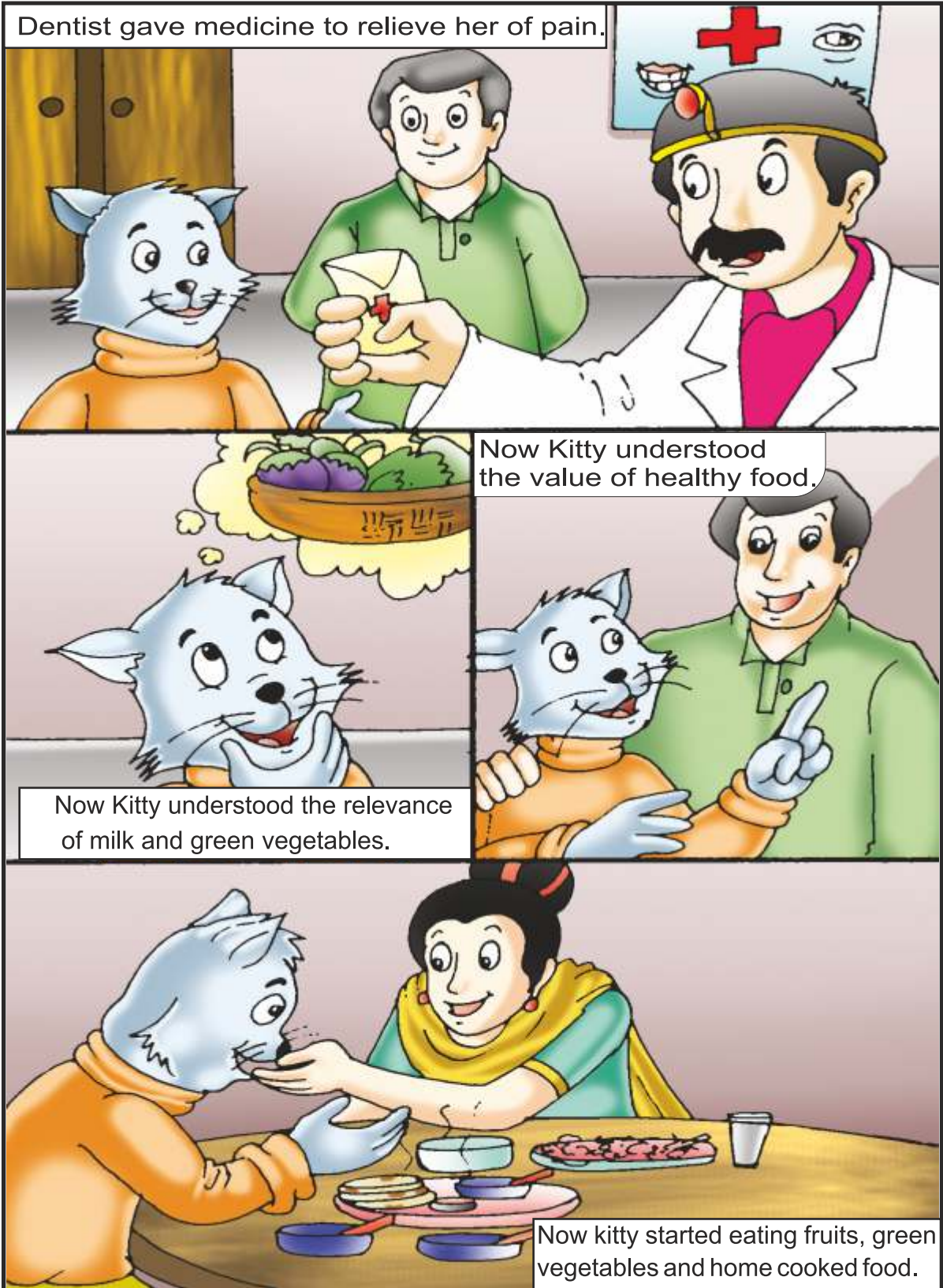


If she would continue to eat toffees and chocolates this way , she might have to do away with her teeth totally.

Kitty was asked by the doctor not to eat excess of toffee , chocolate and sweets.



Now Kitty had understood it completely that fruits and nutritious food is good for our health.



Dentist gave medicine to relieve her of pain.

Now Kitty understood the value of healthy food.

Now Kitty understood the relevance of milk and green vegetables.

Now kitty started eating fruits, green vegetables and home cooked food.

Poem : Sunishth Chawla, U.S.A.

# Tree

How useful  
are the trees,

Providing shade,  
fruit to men;

Superb is greenery  
and Oxygen.

Make living on earth  
Like heaven.

Without trees,  
There never be

Healthy environment;  
Pollution free.

Trees serve us  
In every aspect.  
Without expecting  
Reward or respect.



**Pollution whether outside or inside is dangerous for mankind.**  
— Nirankari Baba



—Vikas Arora (Rewari)

# Improve your Grammar



Choose the right option –

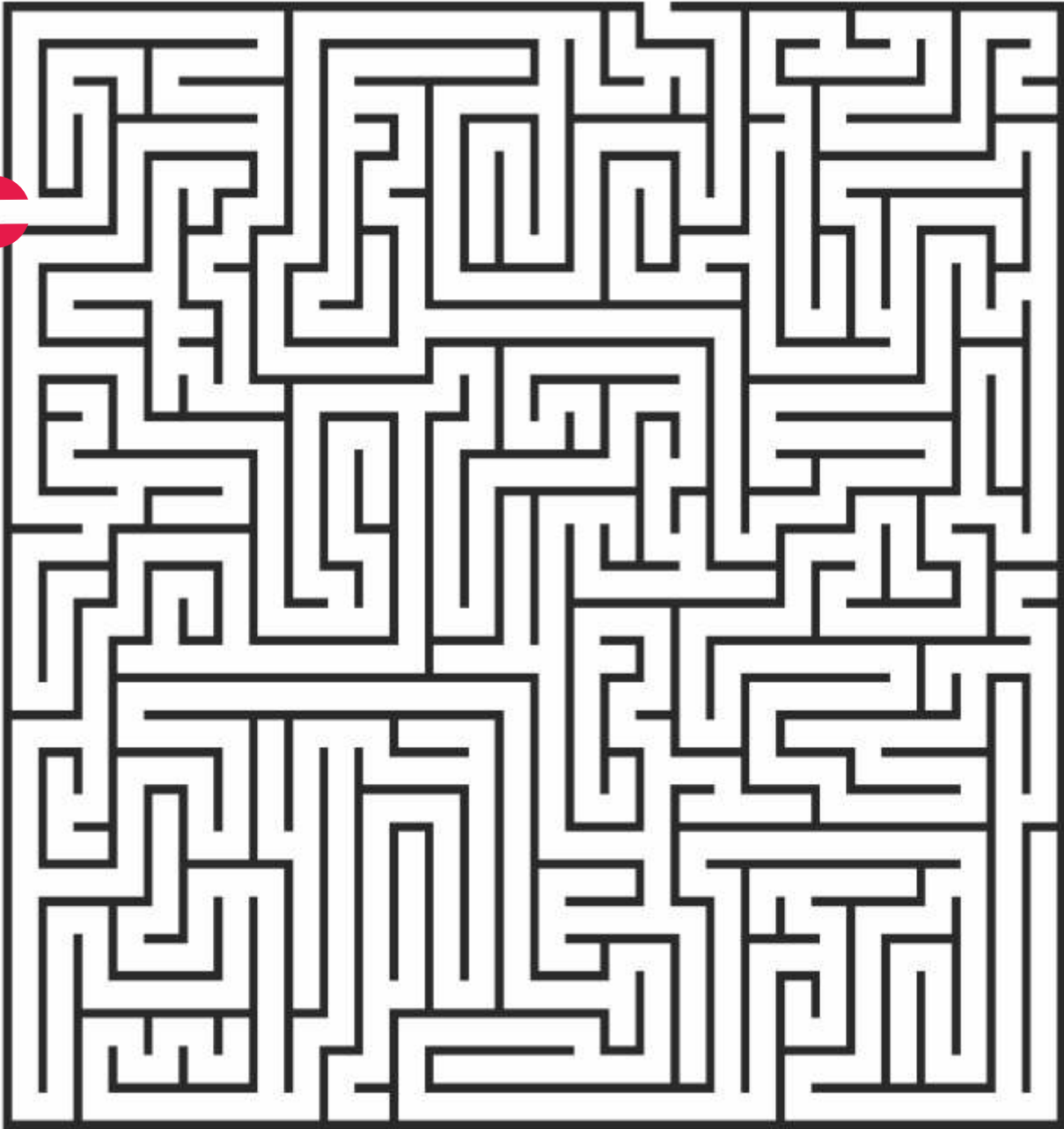
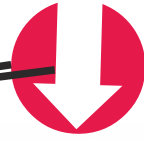
1. Nobody \_\_\_\_\_ missing the class.  
a) ARE    b) IS
2. What is the plural of Index?  
a) INDICES                                        b) INDIX
3. We went to the Diwali \_\_\_\_\_.  
a) FARE     b) FAIR
4. Saransh is \_\_\_\_\_ of our class.  
a) THE GANDHIJI                                b) GANDHIJI
5. It is not easy to \_\_\_\_\_ children nowadays.  
a) BRING UP                                        b) BRING ABOUT
6. Which one of the two is a synonym of REMEDY?  
a) TREATMENT                                     b) IMPARTIAL
7. The battalion operating from the mountain was able to tie  
\_\_\_\_\_ two enemy divisions.  
a) UP    b) DOWN
8. I heard the \_\_\_\_\_ of thunder.  
a) RIPPLE    b) RUMBLE

Answer Sheet	1	2	3	4	5	6	7	8

See Answers on other page

Judge your position from the table given below:  
All correct –                      Excellent Grammar  
5 – 7 correct –                   Average Grammar  
Below 5 correct – Go through the  
Grammar book everyday.

Find the way



Find the way in half minute, you are Genius.  
Find the way in one minute, you are Talented.  
Find the way in more that minute, you need to improve.

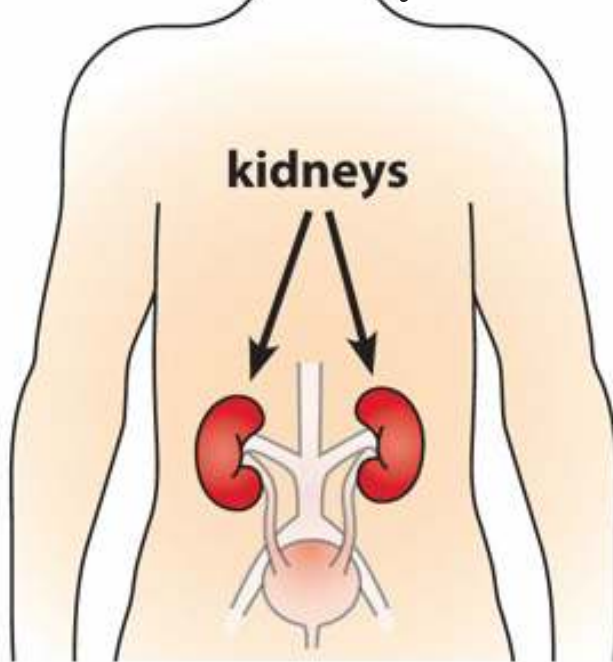
Compiled by : Hardik Khinda, Delhi

# Thoughts to Ponder

- Loving is living; if you cease to love, you cease to live.
- We do not stop playing because we grow old. We grow old because we stop playing.  
— George Bernard
- Age is an issue of mind over matter. If you do not mind, it does not matter.  
— Mark Twain
- Whosoever seeks to set one religion against the other, seeks to destroy all religions.  
— Frank Roosevelt
- Gold Medals are not really made of gold. They are made of sweat, determination and a hard to find alloy called guts.  
— Dan Gable
- By the time a man realises that may be his father was right, he usually has a son who thinks he is wrong.  
— Charles Wordsworth
- Those who work for appreciation and fame, usually end up quarrelling and fighting with each other.  
— Nirmal Joshi
- It is not how much we have, but how much we enjoy with whatever we have. That gives happiness.  
— Giani Joginder Singh
- A humble person gets honour and regards everywhere.  
— Nirankari Baba
- "There are decades when nothing happens, and there are weeks when decades happen."  
— Vladimir I. Lenin

— Sanjay Badhan  
(R.K. Puram, N. Delhi)

## 8 ways to keep your **Kidneys** healthy



1. **Drink lots of water every day:** Water keeps you hydrated and helps the kidneys to remove toxins from your body. So, drink at least 8-10 glasses of water every day.
2. **Reduce the intake of salt:** Salt increases the amount of sodium in diet. It not only increases blood pressure but also triggers the formation of kidney stones. So, reduce intake of salt.
3. **Drink healthy beverages.** Fresh juices in your daily diet is another way of drinking more fluids and keeping your kidneys healthy.
4. **Don't resist the urge to urinate:** Filtration of blood is a key function that your kidneys perform. When the process of filtration is done, extra amount of wastes and water is stored in the urinary bladder that needs to be excreted. So, if you start ignoring the urge to go to the washroom, the urinary bladder stretches more than its capacity. This affects the filtration process of the kidney.
5. **Avoid self medication:** Increased dosage of medicines that you are not aware of can increase the toxin load on your kidneys. So, always follow dosage recommendations given by doctor and do not take over-the-counter pills.

6. Exercise daily: Exercising and eating healthy can surely help you to lose extra weight and enhance kidney health.
7. Say NO to alcohol and smoking: The intake of alcohol disturbs the electrolyte balance of the body and hormonal control that influences the kidney function. Smoking slows the flow of blood to the kidneys. When less blood reaches the kidneys, it impairs their ability to function properly. So, say NO to both alcohol and smoking.
8. Manage diabetes, high blood pressure and heart disease: In most of the cases, kidney disease is a secondary illness that results from a primary condition such as diabetes, heart disease or high blood pressure. Therefore, controlling sugar levels, cholesterol and blood pressure is essential to keep kidney disease at bay.

– Vikas Arora (Rewari)

## CROSSWORD

1	2			3	4	
			5			
6						7
8						
9	10				11	
12				13		

### Left to Right ⇨

1. Half of number of months in one year.?
3. Masculine: \_\_\_\_\_, Feminine: Vixen.
6. Rabindra Nath Tagore is also known as \_\_\_\_\_.
8. The native of Russia is known as \_\_\_\_.
9. The full form of MHA is Ministry of Home \_\_\_\_\_.
12. A long and distinct period of history hidden in HYDERABAD.
13. Proverb: It takes \_\_\_\_ to make a quarrel.

### Up - Down ⇩

2. Abbreviation of Intensive Care Unit.
4. The first natural number.
5. Day after Monday.
6. Find the odd one out: BLACK, BROWN, WHITE, GARBA.
7. A planet between Mercury and Earth.
10. I am looking \_\_\_\_\_ my keys.
11. A synonym of Uncooked.

# H. D. Answers

—Lakshita , Delhi

Q. What is your advice to children, playing Video games?

A. Excessively playing Video games can generate a greater risk of obesity, aggressive and violent behaviour.

Q. Can man really change his destiny?

A. In fact he himself shapes his destiny.

—Vinod Chugh

Q. What should we pray for to God?

Ans. For the welfare of all.

Q. What is it that money cannot buy?

A. Character.

—Hargun Jaswani (Mandla)

Q. What is greater than love?

A. Sacrifice

—Narpal Singh, Mohali

Q. What is the status of the Mission in voluntary blood donation movement?

A. It is rated No.1 both in quality and quantity.

—Prateek, Gandhi Vihar, Delhi

Q. How many centres of the Mission are there outside India?

A. There are about 250 centres of the Mission spread over in 51 countries.

—Manasi Sharma, Delhi

Q. What is trust?

A. Trust is like electricity. You cannot see it, but you can see the light.

Q: Question    A: Answer



Story : Chand Mohamd Ghosi

## Atheist

Mangilal was an honest and hardworking person. Every morning after reaching the shop he would enter his place of worship.

He would fold his hands and say, "Oh Lord I am thankful to you. Because of your grace and blessings my business is growing."

And it was true, all day his shop would be filled with customers. All that he had in the shop would be sold.

With the blessings of Goddess Lakshmi, Mangilal became rich. He built for himself a luxurious house. He

married a girl from a renowned family. After some time he was blessed with, a son and a daughter.

After some years whilst getting busy with his luxurious life and busy occupational life, he did not get time to enter the temple. Instead of thanking God, he started saying to himself "What's the need to thank God every day?"

"Actually I worked hard, that is the reason I got rich, and Lord did not bless me with anything special. In the end, Who is Lord after all?" He asked his servant to remove all related material from the room and, Mangilal became an atheist.

Rich Mangilal had already got famous owing to his riches and



because of this he was invited by some of social workers. Speakers gave their views and recommendations on different issues. Mangilal Ji, "You are a rich man, whom do you credit your success to? Is this all a result of God's grace on you?" Asked the chairperson.

Mangilal stood up and spoke "God's grace? My success is a result of my own hard work, God does not exist. In reality, If He does exist, I challenge him to destroy whatever I have created within 5 minutes."

Silence befell in the congregation. They became speechless and stared at one another. Minutes passed but Mangilal was unharmed.

And then Mangilal spoke again, "Ha ha ha . Yes, I was right, God doesn't exist. Otherwise, by now I would have been no more"

Hearing all this an old man from the congregation stood up and spoke, "Respected member, do you have children?"

In reply Mangilal spoke, "Yes, I have one son and a daughter."

Old man said, "OK mister, if they give a gun in your hand and say, "please shoot at them, will you do the same?"

"Never!" I love them a lot. Why would I myself shoot at my beloved children" Mangilal answered the old man.

The old man replied "Now you must have understood as to why God didn't hurt you when you asked him to do it, after all you are also be a child of God."

"Oh! How could I act like such a big fool?" After this incident, Mangilal got ashamed in front of everyone and repented.



# Trust Yourself

—Gauri Shankar

A farmer had a cow and a horse. Both of them would graze together in the forest. The farmer had a neighbour who was a washer man. Washer man had a donkey and a goat. He would also take them for grazing in the same jungle. All the animals became friends since they would graze together. They would come together for grazing and then would leave together in the evening.

A rabbit also lived in the same jungle. When the rabbit saw friendship between these animals, he thought, it would be fantastic if he could also be friends with them. If I am friend with such big animals, no dog would create nuisance for me.

The rabbit started visiting them again and again. He would jump, hop and graze in their company. Slowly he became close friends with four of them. Now rabbit became very joyful. He was no more scared of the dogs.



One day a dog came to that forest and ran after the rabbit. He rushed to the cow and said, "Holy Cow, this dog is very cruel. He has come to kill me. Kill him with your horns."

Cow said, "Dear rabbit! You have come late. I am getting late for home. My calf would be hungry and would be calling for me. I am in a hurry to go home. You should ask help from the horse."

Rabbit ran and went to the horse and said- "Dear horse! I am your friend. We both graze together here. Today this cruel dog is after my life. Please take me far away by on your back."

Horse said "You are right, but I don't know how to sit. I even sleep while standing. How will you climb my back these days my hoofs have grown so I can't run and neither can I hit my legs on the ground."

Feeling sad, rabbit reached the donkey. He spoke to the donkey –"Friend donkey, please kick the dog with your legs so that my life can be saved."

The donkey said "I have to return home timely with cow and horse. Both

of them are leaving. If I don't leave with them now, my master will come here running with a stick and beat me up badly to bruises. I can't stay anymore."

In the end the rabbit went to the goat. As soon she saw the rabbit, she said "Dear rabbit! Don't come towards me. A dog is chasing you. I am very scared of him."

Now the rabbit thought- "I must trust my own wit, will and talent."

Frustrated from everywhere rabbit ran from there. Running he hid behind the bushes. Dog searched a lot but couldn't find the rabbit anywhere.

## CROSSWORD SOLUTION

1 S	2 I	X		3 F	4 O	X
	C		5 T		N	
6 G	U	R	U	D	E	7 V
A			E			E
8 R	U	S	S	I	A	N
B			D			U
9 A	10 F	F	A	I	11 R	S
	O		Y		A	
12 E	R	A		13 T	W	O

## Improve your Grammar

### Answers:

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

Q.No.	Explanation
1.	The Indefinite pronoun <b>NOBODY</b> takes a singular verb.
2.	The plural of <b>Index</b> is <b>INDICES</b> , not <b>INDIX</b> .
3.	<b>Fare</b> is the money paid for a journey on public transport.
4.	When proper noun is used as a common noun, 'The' is used before it. Here, <b>Saransh</b> has the same qualities that <b>Gandhiji</b> is known for, so, <b>THE GANDHIJI</b> is used.
5.	The phrasal verb <b>BRING UP</b> means to raise a child and <b>BRING ABOUT</b> means to make something happen.
6.	<b>IMPARTIAL</b> means not partial or biased.
7.	If you tie down someone, you restrict his freedom in some way.
8.	A <b>Rumble</b> is a deep, heavy, continuous sound and <b>Ripple</b> is a gentle rising and falling sound.

—Sita Ram Gupta

## The Zenith

Once an ukaab (eagle) was flying and a spider stuck to its feet and also reached the mountain top. There it separated itself from the bird's feet and spoke, "see how high I am on the mountain"

Just then wind started blowing at a high speed, Ukaab kept sitting there unmoved but the spider was blown away with the wind and landed straight on the ground.

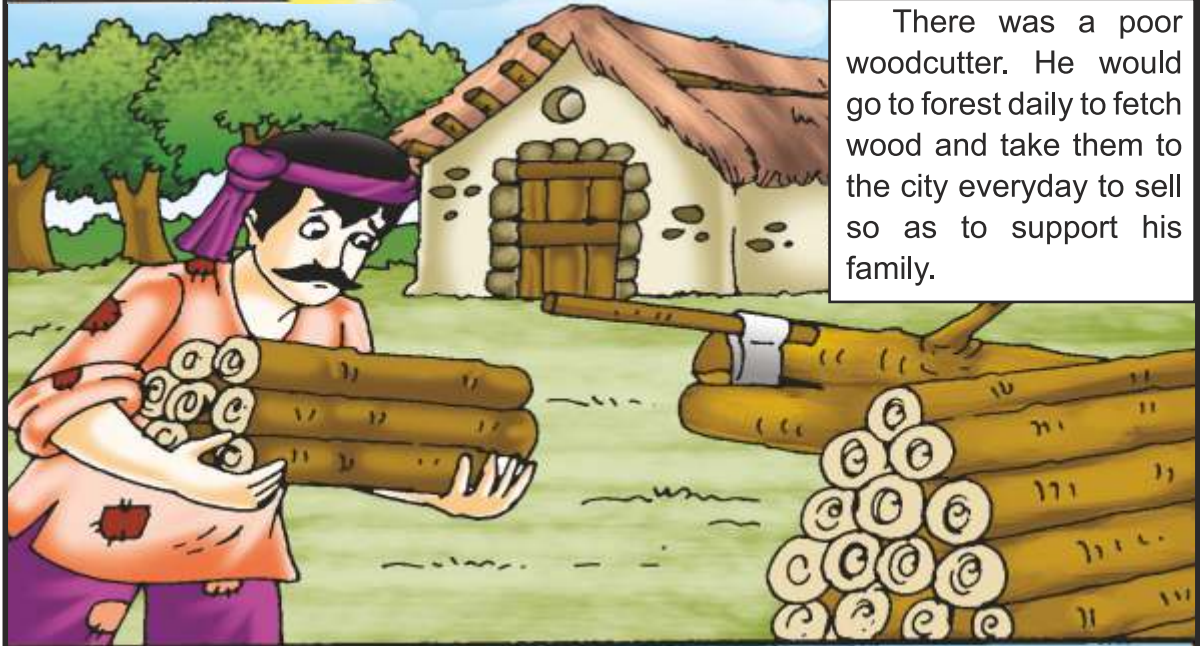
So people who reach heights without their own hard work come up back to the ground where they were just like the spider. It's easy to reach heights but it's difficult to sustain oneself.' Only those people stay on the heights who reach there with their hard work and potential.



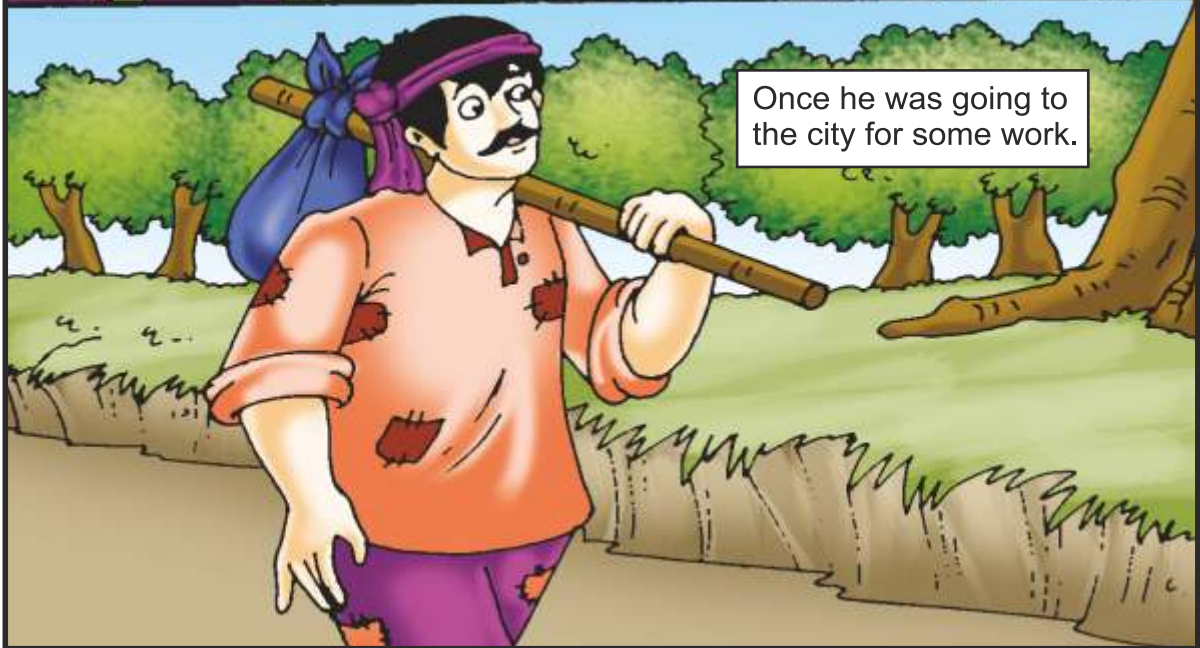


# GRANDPA

Story & Illustration  
—Ajay kalara



There was a poor woodcutter. He would go to forest daily to fetch wood and take them to the city everyday to sell so as to support his family.



Once he was going to the city for some work.



In the city , the woodcutter saw sweet shop and stopped there.

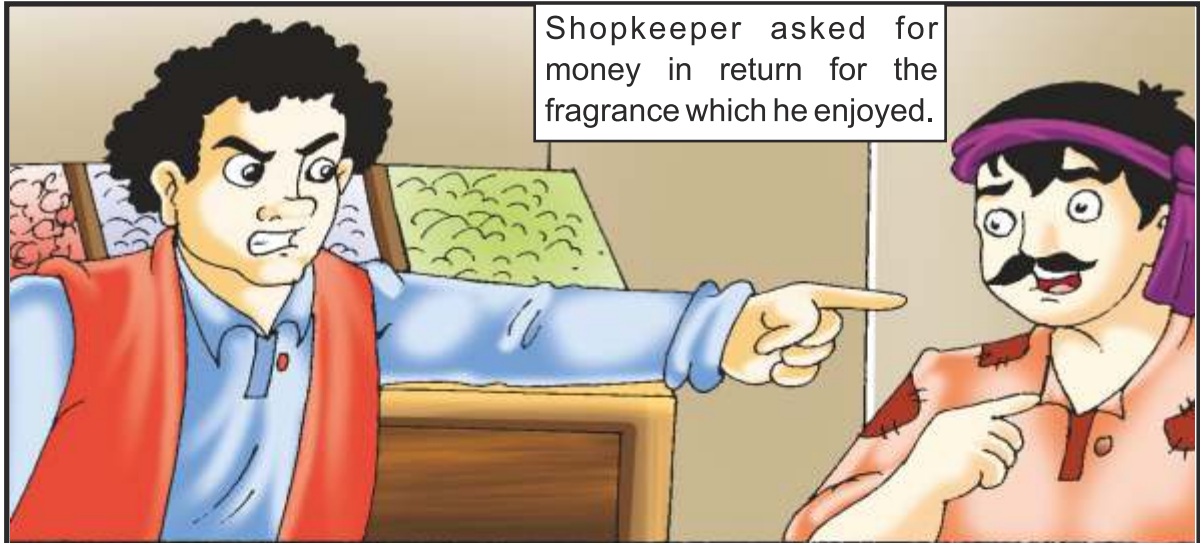


The woodcutter did not have money to buy sweets. That is why he started enjoying the fragrance of sweets.

As soon as the woodcutter turned to move ahead, he heard a sound from behind.



'Stop' shouted the shopkeeper.



Shopkeeper asked for money in return for the fragrance which he enjoyed.



Woodman got amazed at this claim of the shopkeeper.



The woodcutter took out some coins from inside his pocket.

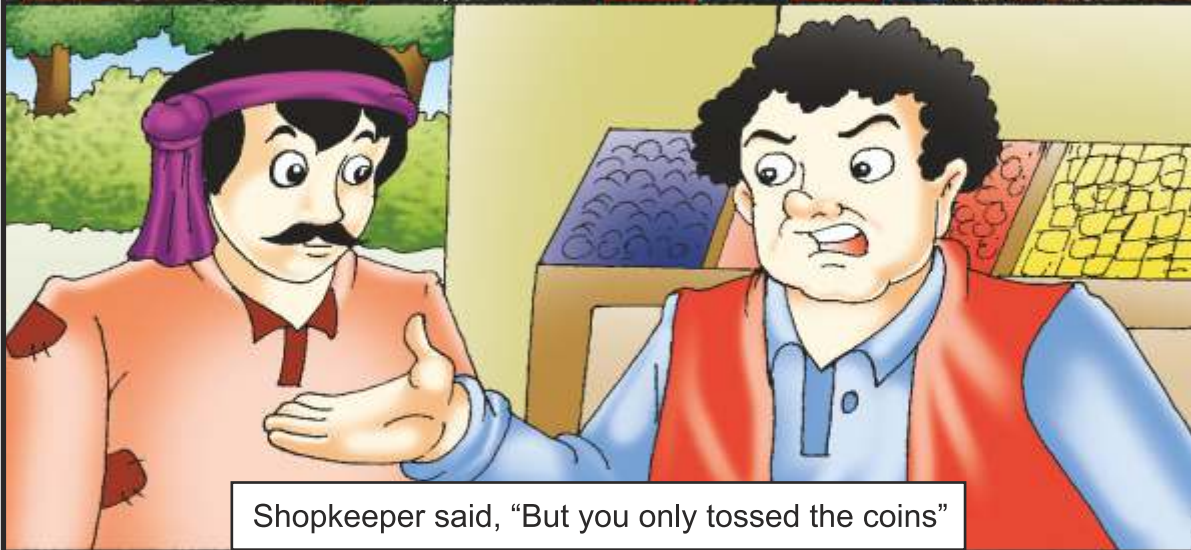
Then he tossed them in the air in front of the shopkeeper.



And he kept the coins back in his pocket.



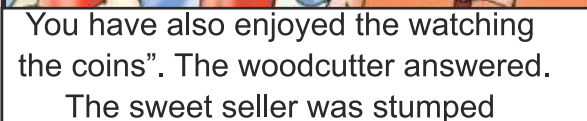
Woodcutter said "I have paid the debt of the fragrance I had enjoyed"



Shopkeeper said, "But you only tossed the coins"



"Similar to the way I enjoyed the fragrance of your sweets.



You have also enjoyed the watching the coins". The woodcutter answered. The sweet seller was stumped



The Woodcutter laughed and went his way.



— Archana Saugani

## EYES ARE PRECIOUS

The most beautiful things in life can be witnessed by us through our eyes. This is true, that our eyes are very precious, but our tears are also very significant. Now they must also be saved, since their absence leads to a state of 'dryness' in the eyes.

According to doctors and scientists of America, increasing pollution has made our eyes its victim. Other than pollution, computer, air conditioner and other things are also adding to the problem of dryness of eyes, the problem of eyes dryness is increasing by the day.

Due to pollution people experience inflammation of eyes, irritation, itchiness etc. Many people experience this problem more while returning from office in the evening and getting stuck in traffic jams.

Increasing age and, excessive use of medicines also leads to the symptom of 'dryness'. Some people have this symptom of dry eyes since birth.

Some people feel that an external speck of dust has entered their eyes and is disturbing them. Some experience itchiness and inflammation while some can't bear light. Some experience heaviness of eyelids while others feel pain in their eyes. These are all symptoms of dryness in eyes.

Sometimes a person does not have sufficient tears in his eyes or sometimes they are equal to none. The phenomenon of eyes not getting soaked in itself is called 'dryness'. In fact a layer of tears is immediately



formed as soon as one blinks. This protects the eyes from dust and keeps them lubricated.

Dryness can be aggravated by pollen and grains and is also caused by deficiency of vitamin A. In the absence of timely medical help a wound can result in the eyes which can deteriorate to an ulcer harming the retina (the screen in eye) . It may result in blindness.

Those who watch too much T.V or work on computers also complain of dryness of eyes; because frequently blinking of eyes decreases in front of T.V or computer screen. The minimum frequency required is once in 20 seconds.

A particular lens is used to examine the later of tears. Another technique is adding a drop of colored liquid in the eye. This can also check the quantity of tears in the eyes. Yet in another method of checking dryness in the eyes, a special kind of paper is placed under the pupil of the eyes.

Doctor must be consulted as soon as symptoms of dryness are observed. Artificial tears can be used to relieve burning of the eyes due to deficiency of natural tears. These keep the eyes wet. ●

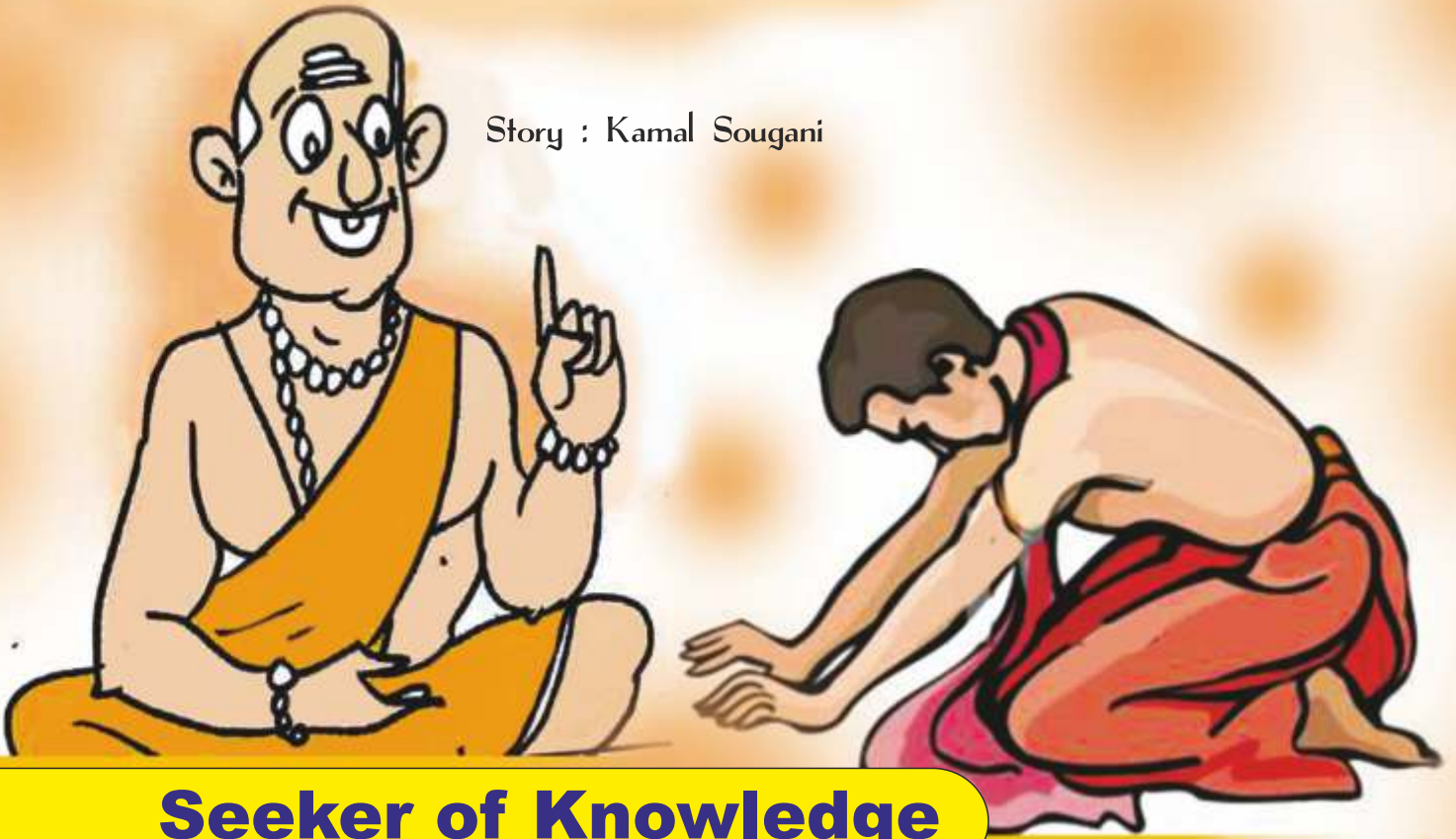
Poem: Rajat Kapoor,  
S.J. Enclave, Delhi

## Books



We spend our time  
doing different things,  
But some tasks  
might seem boring;  
As some like reading  
and for others  
It leads to snoring,  
But books are a treasure  
and we should  
read them with pleasure,  
The pages might be a lot  
you may feel the pressure,  
But the knowledge they give  
we can never measure. ●

Story : Kamal Sougani



## Seeker of Knowledge

One day a devotee of True Master came to him and prayed, “My lord, kindly bless me with God’s knowledge. With this knowledge. I want to make my life a success.”

His master just listened to him, smilingly. That devotee didn’t get the meaning of this smile. He looked surprisingly at his master. A few days passed. The devotee continued coming regularly to his master and prayed humbly on his feet for God’s knowledge. The master again just smiled but said nothing. That devotee was getting all the more anxious at the master’s smiles.

Likewise, a few more days passed. But the devotee did not get disappointed.

One day the devotee again came to his master with the same eagerness. Then the master took him to a river and ordered him to dive into it. According to the master’s order the devotee went down into the river. Soon he started drowning but the master didn’t give him a chance to come out.

In the absence of fresh air the devotee was breathing hard, struggling to come out. At last the master slightly loosened hand and the devotee came out from the water, panting. His master asked profoundly, “When you were inside the water, what did you like to do over there?” The devotee replied surprisedly, “I was anxious for fresh air, so that I could take breath.”



# Fill Your Life with Love

—Dr Ashok K Chitkara

I don't know anyone who doesn't want a life filled with love. In order for this to happen, the effort must start within us. Rather than waiting for other people to provide the love we desire, we must be a vision and a source of love. We must tap into our own loving-kindness in order to set an example for others to follow suit.

It has been said that “the shortest distance between two points is an intention.” This is certainly true with regard to a life filled with love. The starting point or foundation of a life filled with love is the desire and commitment to be a source of love. Our attitude, choices, acts of kindness, and willingness to be the first to reach out will take us toward this goal.

The next time you find yourself frustrated at the lack of love in your own life or at the lack of love in the world, try



The devotee asked his master with great hesitation, My lord why are you questioning me?

What's the relation of these questions with my eagerness for God-knowledge?

The master answered him with moulded question, “Are you feeling this

an experiment. Forget about the world and other people for a few minutes. Instead, look into your own heart. Can you become a source of greater love? Can you think loving thoughts for yourself and others? Can you extend these loving thoughts outward towards the rest of the world—even to people whom you feel don't deserve it?

By opening your heart to the possibility of greater love and by making yourself a source of love (rather than getting love) as a top priority, you will be taking an important step in getting the love you desire. You'll also discover something truly remarkable.

**The more love you give, the more you will receive.**

As you put more emphasis on being a loving person, which is something you can control—and less emphasis on receiving love, which is something you can't control—you'll find that you have plenty of love in your life.

Soon you'll discover one of the greatest secrets in the world: Love is its own reward !!

anxiety at your heart? If not, then you are far away from God's knowledge. You are just like an atheist. There is no difference between you two. An atheist is more honest than you. Until you have deep eagerness for God's knowledge you cannot attain it. God's knowledge needs undivided and delicate attention.



# SMS

## of The Month

- Time is gold. But, the difference is, you can't buy time with gold.  
— Sakshi Gulati, Chandigarh
- In a pair of walking legs, the foot forward has no pride and the foot behind has no shame. They know for sure that their position will change. Always be humble.  
— Raunka (Mumbai)
- Trusting in God would not make the mountain smaller, but will make climbing easier. Don't ask for lighter load, but for a stronger back.  
— Ashok, U.S.A
- Easily achieved things do not stay longer. But, things which can stay for long are not easily achieved.
- Life can never be perfect, but you can always see it in a perfect way.  
— S.C. Bhatia, Ambala
- Learn from yesterday, Live for today and Hope for tomorrow.  
— Jagdeep, Hoshiarpur



- Well wisher are like beautiful street lamps. They can't make our distance shorter but they can lighten our paths and make the journey easier.  
— Nisha Malhotra.
- People see God every day, they just don't recognise him.  
— Pooja Singh
- There is no heaven and hell. It is you who have to decide where you are going to reside.  
— Sunil Nagpal
- A relationship with God is the most important relationship. You can embrace it every day.  
— Vanita Atawania

# Happy Birthday



Riya (Thane)



Suhani (Delhi)



Shreya (Frd.)



Aditya (Malad)



Jayant (Gobindaani)



Rishika (Kainaur)



Arnav (Kandiwali)



Jenisha (Verawal)



Sushil (Ahmednagar)



Kunal (Delhi)



Navya (Bhilwara)



Ashwin (Kashipur)



Pratham (Delhi)



Sikadveer (Patra)



Sumit (Thane)



Anubhavi (Rambagh)



Priasha (Kotakpura)



Raghvendra (Bhilwadha)



Sagar (R.S.Pura)



Riya (Khalilabad)



Shobhita (Badhmer)



Ashish (Shivnee)



Neelansha (Chandigarh)



Yachika (Sawai Madhopur)



Simran Kaur (Tapa)



Preeti (Amalner)

❖ 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.....

.....

Compiled by :  
Gaurav Gupta, Ludhiana

# Laughing Time



Santa : Waiter, it's been half an hour since I ordered the turtle soup.

Waiter: Yes, sir, but you know how slow turtles are.

John : My neighbour always whistles as he works.

Tom : He must be a happy fellow.

John : No, he is traffic policeman.

Doctor (To a lawyer): Your profession is very bad. A slight mistake on your part can make a man hang five feet above the ground.

Patient : Doctor, how can I ever pay for your kindness?

Doctor : By cheque or cash

Lawyer: And your profession is rather worse. The slightest mistake on your part can make a person get buried five feet under the ground

Teacher : When was Rome built?

Student : At night, Sir.

Teacher : Who told you that?

Student : You told it sir, you said that Rome was not built in a day.

Anil : Who tied this knot in your handkerchief?

Judge : Did you commit the robbery alone?

Sunil : My wife, she wanted me to post a letter without fail.

Burglar: Yes your honour. The trouble about having a partner in an affair like this is that you can never be sure whether he is honest or not.

Anil : So did you post the letter or not?

Sunil : No, she forgot to give it to me.

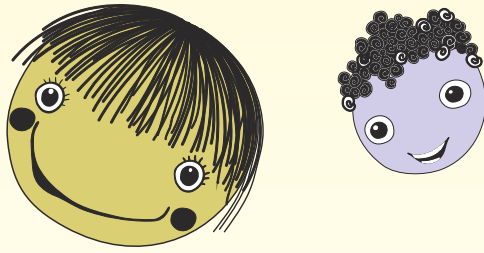
Four person were standing under one umbrella. But none got wet.  
—How!! was the umbrella very huge?  
There was No! rain actually.

Patient : The whole body aches wherever I touch.

Doctor : I suggest X-ray of whole body.

X-ray Report : Fracture in finger





Gurdeep, “Do you remember God before going to sleep?” asked Devinder.

—No! But my mother does remember, saying—'Thank God, the devil has gone to sleep.'

Once, a man applied for loan from a bank for the marriage of his daughter. The bank Manager said—Sorry sir, Bank does not give loans for marriages. Loan is given only when you have to buy something, like Scooter, Car or a house, etc.

O.K. Sir! Then do write on my application form that I have to buy a bridegroom, the man replied.

A boy to doctor- sir, every night rats play football in my tummy?

Doctor : (finds a tablet, syrup and gives him) here, take this and you will feel ok.

Boy : Can I take this tomorrow?

Doctor : Why?

Boy : Today is the final match.

Teacher to student-What is the difference between an apple and an orange?

Student- An orange is of orange colour but apple is not of apple colour

Teacher: There are two sentences A and B which are as follows:

(A) A chair was occupied by Ramu.

(B) Ramu ate ice cream.

Jimmy, which one is the active voice and why?

Jimmy: (B) because Ramu is active in eating ice cream.

Customer: Are you sure that milk is pure?

Milkman: Yes sir, every drop of water added to it had been filtered.

Teacher: If there are five flies on a table and you kill one, how many would remain?

Student: One, the dead one.

Baldman (to barber): Why did you charge me double? You should charge me less as I don't have much hair.

Barber: I am not charging you for cutting your hair.

I am charging you for having to search for it.

An old lady was leading a donkey. A naughty boy quipped:- I salute you, O donkey's mother.

Old woman: “May you live long, my dear son!



## Winners of February Issue

### **First :**

**Priya Rana**

Age:14

Vill: Amra Puri, Post : Agastyamuni  
Distt. Rudraprayag (U.K.H.)

### **Second :**

**Mehak Gumber**

Age 14

Sant Nirankari Bhawan;  
Sri Ganganagar (Rajasthan)

### **Third:**

**Nitika**

Age 8

H.No. 13/5 Vaishali,  
Distt. Ghaziabad (U.P.)

### **Consolation Entries**

**Shreeya Arya**

Faridabad (Haryana)

**Pratham Kumar**

Mukherjee Nagar, Delhi-9

**Ridhima Kharbanda**

Guntur (AP)

**Abhay Nanda**

Pathankot(Punjab)

**Aseem Pratap Singh**

Amroha(UP)

**Aaravnehr**

Pamposh Enclave,(Delhi)

**Roshanpreet Kaur**

Sector-20-A, (Chandigarh)

**Abhishek Singh Bartwal**

Village Shrigad P.O. Jakhmala

Distt Chamoli U.K

**Mahek Jaipal Gurubaxani**

Room No-505 Sindhi Colony

Nanak Bhusawal-(Mah.)

**Prateek**

Gandhi Vihar , Delhi.

**Srijama Kamadari**

Vill-Sourgarh

Post-Silli Agustmuni

Distt Rudraprayag-U.K

**Vandita Chitkara,**

Nirankari Colony, Delhi-9

## **“Colour it” for April Issue**

On page 41, a beautiful picture is given; colour it and send it to us latest by **May 15, 2016**. Office address: **HANSTI DUNIYA**, Nirankari Complex, Near Nirankari Sarover, Nirankari Colony. Delhi - 110009

The result will appear in **June** 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.



# Colour it

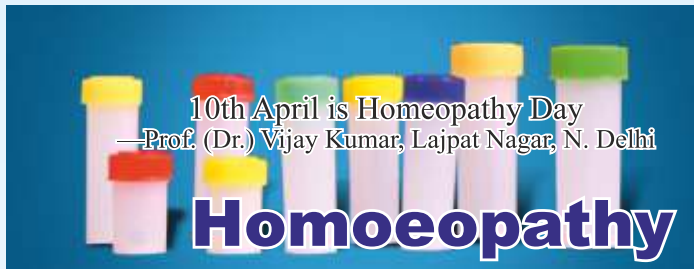


Name .....Age.....

Address .....

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Homoeopathy was discovered by a German Physician Dr. Christian Samuel Hahnemann in 1796. While translating a book, he discovered that the Cinchona tree bark, a remedy for malaria, when taken by a healthy person actually produced symptoms of the disease. He experimented on himself and thereby concluded that substances which produced disorders in a healthy person could be used as medicine to treat a patient suffering from a similar disorder. Based on these observations, he formulated the 'Principle of Similarity (Similia)': 'Similia similibus curentur' (Let like be cured by like). Homeopathy is based on this very principle.

Homeopathy studies the patients in terms of symptoms and individualization of treatment. Each patient differs on the basis of body type, nature, likes and dislikes. As their symptoms are not same, medicines prescribed to each patient are also different. The Allopathic approach uses strong chemical drugs that suppress the symptoms of diseases. On the other hand, Homeopathy removes the root cause of the diseases and gives permanent relief.

The Homeopathic treatment is speedy and cost effective as compared to other conventional medicines. Homeopathic treatment is useful for both physical and mental ailments. The homeopathic medicines are non-addictive and have no harmful side effects. Even babies can use them without any danger. Homeopathic remedies do not have unwanted side effects if they are taken alongside other medication.

Homeopathic medicines are useful in treating liver, kidney, heart and lung

disorders. Homeopathy also has effective remedies for orthopaedic ailments including bone or joint pains.

Homoeopathy is highly useful in the treatment of allergy, high blood pressure, typhoid, tumours, ulcers, hepatitis A, migraine, dengue and jaundice. It also cures hyperacidity, constipation and other gastric disorders. It is helpful in the treatment of poor immunity, thyroid problems and sleeplessness. The remedies for breathing and respiratory disorders, including asthma and sinus are also available in Homeopathy.

Homoeopathy is especially useful in treating various skin diseases, including acne, eczema, warts, psoriasis and skin pigmentation. It also cures lifestyle related disorders, such as stroke and hair fall. Surgical procedures can be avoided if homeopathic medicines are used as soon as symptoms appear. Homeopathic remedies have been used for curing kidney stones, tonsils, adenoids, piles and prostate, etc.

Behavioral disorders have been effectively cured by Homeopathy. Stress, anger, aggressiveness, sadness, helplessness, negativity, fear, phobias or anxiety are symptoms if left untreated for a long time can interfere in one's daily life further leading to depression or other mental disorders. All these behavioral patterns can be cured over a period of time with regular homeopathic medicine. Even unusual habits like thumb sucking or nail biting have remedial measures in Homeopathy.

Homeopathy is also capable of controlling epidemics. It was an effective preventive being used in the recent outbreak of Dengue and Chikungunya. homeopathic medicines also increase the overall immunity level of a person against viruses and bacteria. As a whole, Homeopathy is not only an effective but a safe treatment also. ●



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2	DTP	4 Months
3	WEB DESIGNING	2 Months
4	ADVANCE EXCEL	3 Months
5	BASIC IT	4 Months

- Note :** 1. The course fee is for the whole course and includes course material, assessment charges and registration fee. No Hidden Cost involved.  
2. All the courses are assessed and certified by **NIIT FOUNDATION**.

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painting, poetry  
& story



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