



Hansti Duniya

● Vol. 30 ● Issue no. 5 ● May 2016 ● Pages 52
 (A Monthly for Children's Mental Development)
 Published in English, Hindi, Punjabi and Marathi

C.L. Gulati

Member Incharge Magazine

Printer & Publisher Radhey Shyam,
 on behalf of Sant Nirankari Mandal (Regd.)
 Delhi-110009, printed at M.P. Printers,
 B-220, Phase-II, Noida (U.P.) Pin - 201305
 and published at

Sant Nirankari Satsang Bhawan,
 Sant Nirankari Colony, Delhi-110009.

Harjeet Nishad

Chief Editor

Vimlesh Ahuja

Editor (Honorary)

Rajat Kapoor

Associate Editor (Honorary)

Email: editorial@nirankari.org

Ph.: 011-47660200

Fax: 011-27608215

Website: <http://www.nirankari.org>
kids.nirankari.org

Subscription Value

	India/ Nepal	UK	Europe	USA	Canada Australia
Annual	Rs.150	£15	€ 20	\$25	\$30
5 Years	Rs.700	£70	€ 95	\$120	\$140

Other Countries

Equivalent to U.S. Dollars as mentioned above.

16



48



49



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
- 40 Laughing Time
- 42 Happy Birthday
- 44 Colour It
- 50 Have Your say

Photo Features

- 12 Grandpa
- 28 Kitty



Articles

- 5 **Attitude of Gratitude.**
Niveta Chawla
- 10 **Forgiveness**
Neeta Chandani
- 20 **Honesty Still Counts**
Sanjay Tandon
- 25 **Gopal Krishna Gokhale**
Dimple Bawa
- 33 **It's Time for Preparation**
Avinash Gujje
- 45 **Beat the Heat**
Sunil Nagpal
- 46 **How the World was Made**
Joy Mathew

Stories

- 7 **Meditation**
Priya Tandon
- 23 **The Wisdom of Village Headman**
Narayan Kabra
- 32 **Preacher's Teaching**
Fenam Sogani
- 37 **Poor Boy Kalenthis**
Ramkumar Aatrey
- 48 **The King and the Saint**
H.R. Srivastav

Poems - etc

- 11 **Riddles**
Sakshi Gulati
- 16 **Why do I call you a friend**
Honey
- 18 **Maze**
Ankita Rai
- 24 **Call to Humanity**
Prem Sagar
- 27 **Seven Mistakes**
Sachin Shinde
- 35 **The Flame of Truth**
Kulvinder Nagha
- 49 **Take the time**
Santosh Madhukar



Two friends were talking amongst themselves. The topic of discussion was as to how can we raise the status of man. Each was trying to prove himself more intelligent than the other through arguments. There were signs of heated discussion along with soft words. I was listening to them with keen interest. Although both were talking on good points but both were trying to outdo each other with their attitude of ignorance towards others views. Most importantly the topic of discussion was elevation of 'self' while their entire focus was to show each other down.

The point to be considered is this, "Is a mere discussion about elevation enough to elevate oneself and can that bring about a change in one personality."

We all are aware that it is not enough . If we know that it won't be

possible this way so then why haven't we been able to elevate ourselves till now. The reason is that we all know how to discuss and put our views forth and above others views, however we don't care even to listen to what others have to say , understanding them is out of question.

If we try to see the viewpoint of others as per their perception and circumstances, this way the other person will also understand us. We shall understand something. Then the process of understanding one another will start. This effort will bring people close to one another.

We must take the first step in this direction, understand the viewpoint of the other properly and then answer his question. If my viewpoint is correct then I can see everything clearly and his view can't hurt me. If I am myself positive, only then can I pass on positivity to others. If my thoughts and mental state are positive and happy only then can I transfer the same to others. That is why I must myself make an effort everyday to elevate myself and this effort will itself attract others like fragrance of a flower. The receptor shall further try to elevate his level as we have done. For raising our stature we need not to show down others.

—Vimlesh Ahuja





Attitude of Gratitude

In this era of hatred, selfishness and jealousy, we often lose ourselves in the glitters of the world. We being born and brought up in this Nirankari mission, are truly blessed to have such guiding teachers to show us the path of truth, gratitude and divine knowledge.

Hopefully in our lifetime, we'll get to see the making of the paradise we all hope to live one day. But it has to first start with us learning to love each other, accepting difficulties in grace and being thankful for all that the mighty God has blessed us with.

We consider our little problems so huge that it often becomes a burden which we carry all the time day. Once we surrender our health, wealth and soul to this Nirankar, we can overcome all the problems of life. Bestow your trust upon him and life becomes much simpler. We must always be grateful for everything we have got. Here is an easy example that explains this:

One day a very wealthy father took his son to a very humble farm home. The father wanted the son to see and appreciate everything they have. The

son was never near poverty. On the next day after spending the night and returning to their beautiful mansion, the father wanted to hear his son's reaction towards the educative trip.

Father: So son what do you think about the trip. Did you see how poor people live?

Son: Yes father. I have learnt a lot.

Father: What son?

Son: I have learnt that they have four dogs and we only have one. I have learnt that we have a small garden and they have an entire forest. I have learnt that we have a small stream on our back yard and they have a full river that has no end. I have learnt that our back yard goes to the end of our property and they have an entire horizon. I have learned that we have lamps on our back yard to keep us from the dark and they have the stars.

Continuing his reply, son and said, "Thank you father for showing me how poor we really are.

See the enigma, to sometimes don't realise how blessed we are. We are so engrossed in this never ending rat race that we don't even stop for a moment to realise the true purpose of life. We forget to thank the heavenly father for the blessings he has showered upon us, instead we are filled with complaints for this or that thing we don't have.

There was beautiful illustration explained by a saint in one of the congregations. It's a situation that relates to each one of us. A boy goes to a priest one day and expresses his problems to him. He says that his life is not worth living. The priest smiled and replied "Don't worry my child, God is with you". The boy very innocently replied "I know that he's with me, but I'm not with him!

This is the main problem, even though God is with us in every step of our life, we fail to surrender ourselves at his holy feet. We worry about the materialistic things in life may it be a businessman worried about his finances or a child about his toys.

Surrender to this formless lord and have faith in Him, and everything will be fine, nothing will happen without his consent. Happiness will surround us as our cup will be full with his choicest blessings. Life is too short for worries, just be happy in the present, enjoy the sweet memories of the past and wait for the beautiful future.

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

— Nirankari Baba

Story : Priya Tandon, Chandigarh

Meditation

There was a hermit who lived in the forest a little away from a village. He had a small hut made of mud with a thatched roof. The villagers would some times visit him and he would tell them about the purpose and value of human birth. "We should concentrate on the Lord's design of sending us on this earth and try to learn to concentrate on the eternal truths of life and death," he would say. He would tell them that the mind needs to learn to concentrate, that is the first step towards God-realization. The villagers would ask him to teach them meditation, but he would insist that they would have to spend more time with him than just a couple of minutes, if they wished to learn meditation.

Tatia was mischievous teenager who had endeared himself to the hermit by his naughty yet loving ways. The boy would dance around the hermit and sing village songs for him. The hermit would ask him to sit still and repeat the Gayatri Mantra after him, but the boy would keep on fidgeting. He would giggle or scratch his nose just when he had been told to sit still.

One day, the hermit told the villagers about Jyoti meditation i.e. meditation on light. He told them that it was one of the simplest ways to meditate. Some of the



villagers learnt how to do it too. Tatia tried too, but his mind wavered & wandered. During one meditation session, Tatia was busy looking at the ant that was climbing on to the sleeve of his father; he noticed the bald patch on the head of the man sitting in front of him. He also opened his eyes to make a note of the facial expressions of all those in the meditation class and giggled at their serious faces. The hermit saw it all. When the group was about to disperse, the hermit asked Tatia to come alone the next day.

The next day, the hermit was waiting under the Banyan tree for Tatia. There was a lamp lying next to him along with some cotton, oil and a matchbox. It was a little windy. The hermit said, "Tatia, do you really want to learn meditation?" "Yes" said the boy somewhat meekly. He was sure the hermit would punish him for his antics yesterday. "Alright, make a wick out of this cotton wool. Twist it well

between your fingers and make it tight. That's right. Good. Now put it into this little brass lamp and spread out its cotton base well. Now pour in the oil." Tatia followed instructions. "Now light the lamp with a matchstick." Tatia struck the match, but the wind blew it out before he could so much as touch the matchstick to the wick. He tried again with another matchstick. The wind was strong. He tried a third time; he managed to bring the match to the wick, but it went out again. Again and again Tatia lit a matchstick, but failed to light the lamp. Strangely the wind became stronger, almost as if it was determined to defy. The hermit said, "I'll try and shelter the match as you light it. Perhaps we can do it together." The hermit cupped his palms on either side of the match stick and the boy was able to light the wick. But as soon as the hermit moved his hands away, the lamp went out. There were only a couple of match sticks left in the box. Tatia looked confused and nervous. The hermit smiled knowingly and said, "Let's go into the hut, it's impossible to light the lamp in the wind."

So they went inside the hut. Tatia was able to light the lamp with the first matchstick he had struck. The hermit smiled and said, "Likewise, the mind too has to be sheltered from the cobweb of thoughts and desires. The mind has to be withdrawn from worldly thoughts if it wants to learn how to meditate."

The boy said, "Can we go out now?" The hermit shook his head and said, "The

flame is too gentle and weak; if we go out again the wind shall blow it out. Similarly a person may learn something about God, but if he exposes his knowledge to the world before it is strong enough it shall be erased by the tensions, idiosyncrasies, whims and fancies, jealousies, desires etc. of the world.

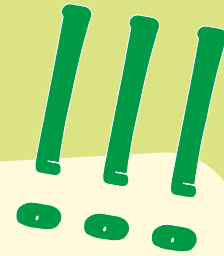
Tatia said, "Does that mean that I can never take this lamp outside?" The hermit picked up a log, rolled a strip of cloth over one end and dipped it in oil. He proceeded to set fire to that end of the log by holding it over the little brass lamp. When the fire was burning strongly the hermit said, "Now Tatia, if we take this flame to the woods and the wind catches the flame, it shall be strong enough to set the whole jungle ablaze"

Likewise, to learn how to contemplate on God, or for that matter to learn anything new, one has to shut out all other thoughts and concentrate on learning. This learning may be self-taught or teacher-taught. But the complete attention and energy has to be devoted to the cause. Once the thing is learnt, it can be practiced even in the midst of the din of life. Not only that, it can be taught to others too.

Moral :-

"When the light of the spirit is aflame, the Light of Knowledge appears and dispels the darkness of ignorance."

KNOW your scriptures



SAMPURAN AVTAR BANI

Ik Tu Hi Nirankar 116

SACHE SADHU SANT HARI DE IKO GALL FARMANDE NE;
DANE VI JE CHHADDAN BHAGTI SAU SAU GOTE KHANDE NE.
YARO RAB DI BHAGTI KAR LAO BHAGTI DA PHAL PAOGE;
SAF HOVEGA DIL DA SHISHA MAN NOON PAK BANAOGGE.
PAK TE KOMAL CHARAAN DA JE MAN VICH PREM VASAOGGE;
MAIL DHULEGI JANAM JANAM DI NIJ GHAR VASA PAOGE.
AP VI KAR PEHCHAN HARI DI HORAN NOON VI NAM JAPA;
BHULL GAYEE EY DUNIA SARI IS DUNIA NOON RAHE PA.
NAM HAI ASLI SACHI DAULAT ESE DA VIOHAR KARO;
KAHE AVTAR TUSIN HAR VELE TOON HI TOON HI NIRANKAR KARO.

Thou Formless One 116

The true saints and devotees of God proclaim only one thing;

That, even the wisest will drown, if they forsake devotion to God.

O' my friends, you should render devotion to God and you will be rewarded for it;

This will cleanse the mirror of your heart and your mind will become pure.

If you enshrine the love of the holy feet of the True Master in your mind;

All the dirt and the dross of the past will get removed and you will dwell, in the eternal abode.

You should realize God yourself and also help others to remember the divine name;

The whole world has lost the way, show them the true path.

The divine name is the real and true wealth and you should deal and dispense the same;

Avtar says, you should remember God with devotion all the time and say "Tuhi-Tuhi-Nirankar" (Thou Formless One).

Forgiveness



—Neeta Chandani (Jaipur)

The word "forgive" means to pardon. When we do wrong to someone, we seek his or her forgiveness in order to restore the relationship. Forgiveness is an act of love, mercy and grace.

Sometimes we don't feel like forgiving those who have wronged us. It is easier to act our way into feeling than to feel our way into acting. By forgiving others, we free ourselves spiritually and emotionally. Forgiveness is an act of our own personal will in obedience and submission to the will of Nirankar, trusting Nirankar to bring emotional healing.

People who have experienced hurt or loss need time to sort things out. God's timing is always the right time for each of

us. The act of forgiving others is between us and God. The only time we need to forgive a person face-to-face is at the moment we are asked by that person to forgive him for the hurt they have caused.

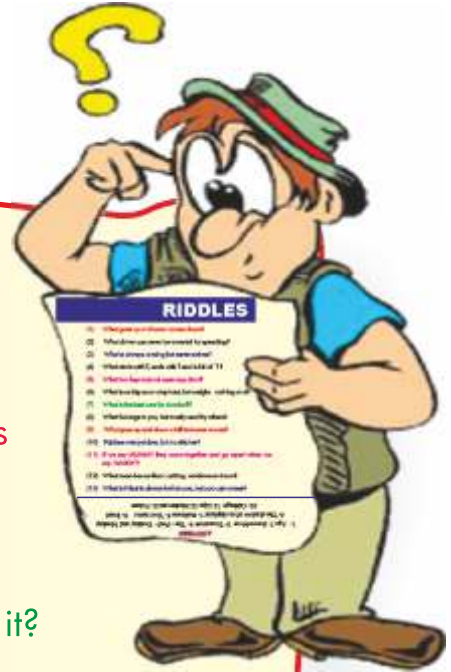
Forgiveness is a matter of body, mind and spirit. It cannot be done if there is anger left over. When we forgive, our whole body lets go with a sigh of relief. This increases our relaxation, lowers our stress and enhances our resistance. Forgiveness allows us to return to the kind person we really are. Forgiveness transforms anger and bitterness into understanding, compassion and loving kindness.

Forgiveness is not reconciliation. Forgiveness is a powerful healer. It soothes and quiets emotions like depression, worry, shame, and guilt or fault.

Just think and ponder that on doing so many mistakes if Satguru forgives us, then why can't we forgive others?

RIDDLES

— Sakshi Gulati, Chandigarh



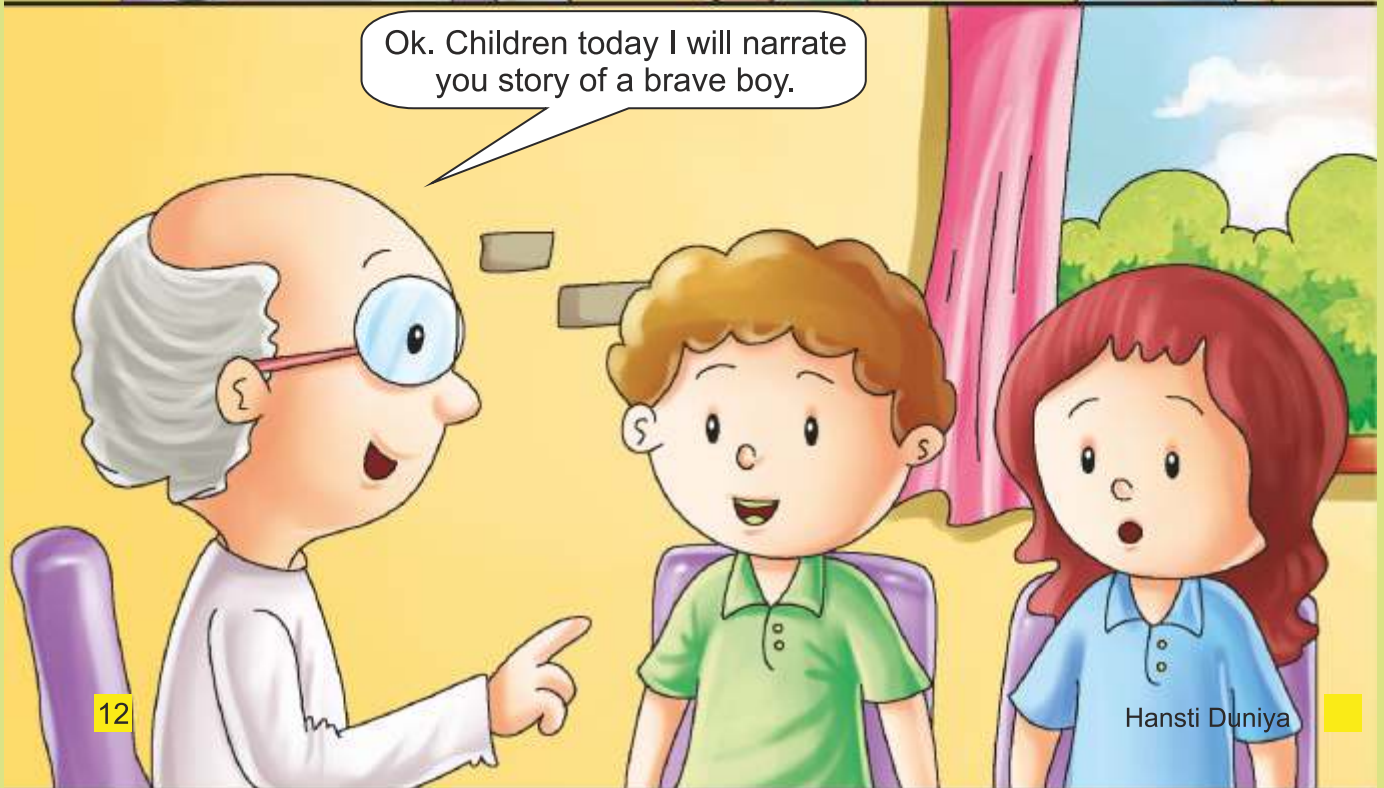
- Q. 1 What sits quietly in the corner, but flies in the world?
- Q. 2 What hasn't done anything wrong, but is always beaten?
- Q. 3 It has no legs, but comes and goes. It has no tongue, but speaks well. What is it?
- Q. 4 Black seeds sown in a white field; there grows wisdom. What is it?
- Q. 5 What goes up without wings or ladders?
- Q. 6 A lady with a single eye.
- Q. 7 A white man with black hat.
- Q. 8 What does a shark like to eat with peanut butter?
- Q. 9 What do cats for breakfast?
- Q. 10 Why cant a leopard hide?
- Q. 11 What do you give a dog with a fever?
- Q. 12 What do you get when you cross a cat with a lemon?
- Q. 13 Why did Captain Cook sail to Australia?
- Q. 14 Where would you find Hadrian's Wall?

Answers
1. Stamp 2. Drum, 3. Letter 4. Book 5. Smoke 6. Needle 7. A matchstick
8. Jellyfish 9. Mice Crispies 10. Because he's always spotted!
11. Mustard, its the best thing for a hot dog. 12. A sour puss.
13. It was too far to swim. 14. At the bottom of his garden.



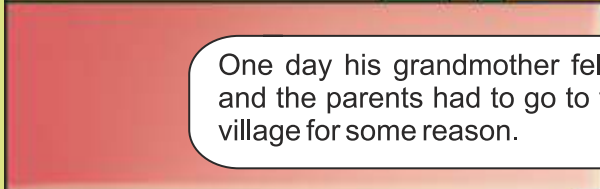
Grandpa

Story & Illustration
Ajay Kalara





The name of this brave boy was Veer. Extremely fearless and brave . Neither was he scared of darkness like other children nor was he scared of anything else.



One day his grandmother fell ill and the parents had to go to the village for some reason.



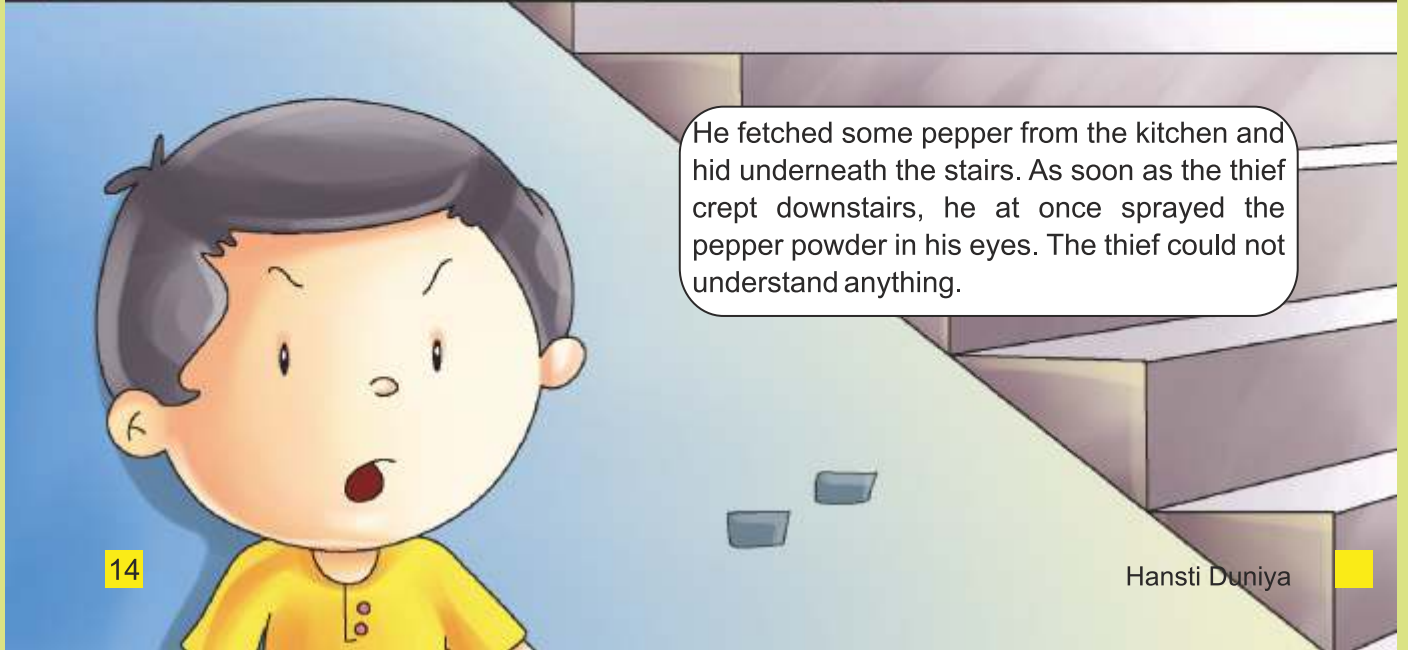
His annual exam was nearby so he could not go with them. So his parents had to leave him back home as there was no other option.



At night when Veer was sleeping he felt as if someone is there on the rooftop and It won't be difficult for any thief to enter his house through the roof.



He thought of a plan and made himself ready to face any situation.



He fetched some pepper from the kitchen and hid underneath the stairs. As soon as the thief crept downstairs, he at once sprayed the pepper powder in his eyes. The thief could not understand anything.



Wow, so clever and brave was Veer.

The thief fell on the floor with the pain and meanwhile Veer called up the police.



Moreover he locked up the thief inside the door so that he may not try to escape.



Wow, grandpa it means that if we also act with bravery, we can also be awarded for the brave act that we do.

Off course, children.



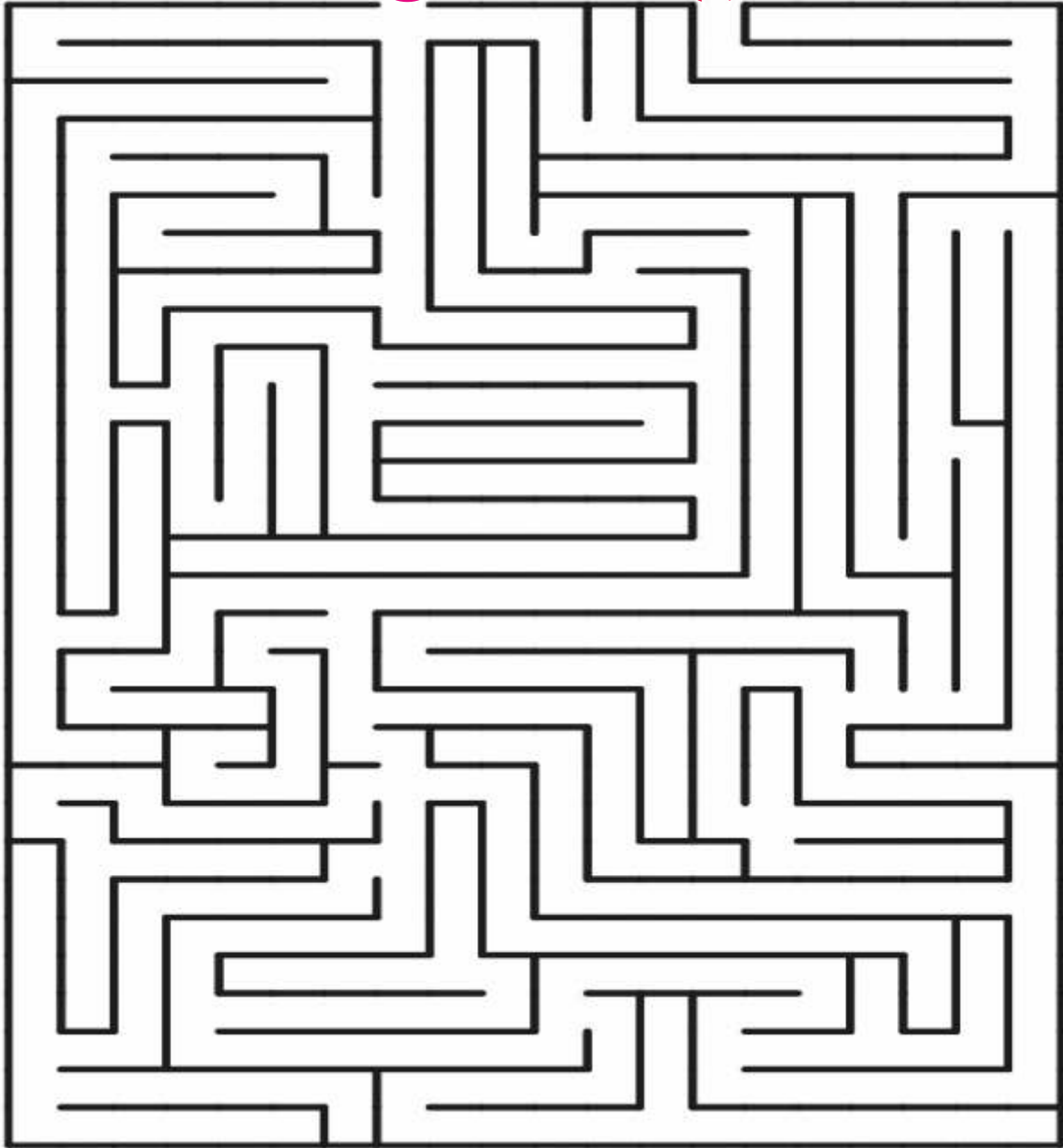
Poem : Honey

Why do I call you A FRIEND

Because you are always there for me
Because I see something around you
Because you actually hear what I say
Because you bring out the best in me
Because you accept me for who I am
Because I fear not to tell you it like it is
Because you make me smile
Because you are down to earth
Because you make me feel loved
Because you stand by me.

—Ankita Rai

Find the way



Find the way in half minute, you are Genius.

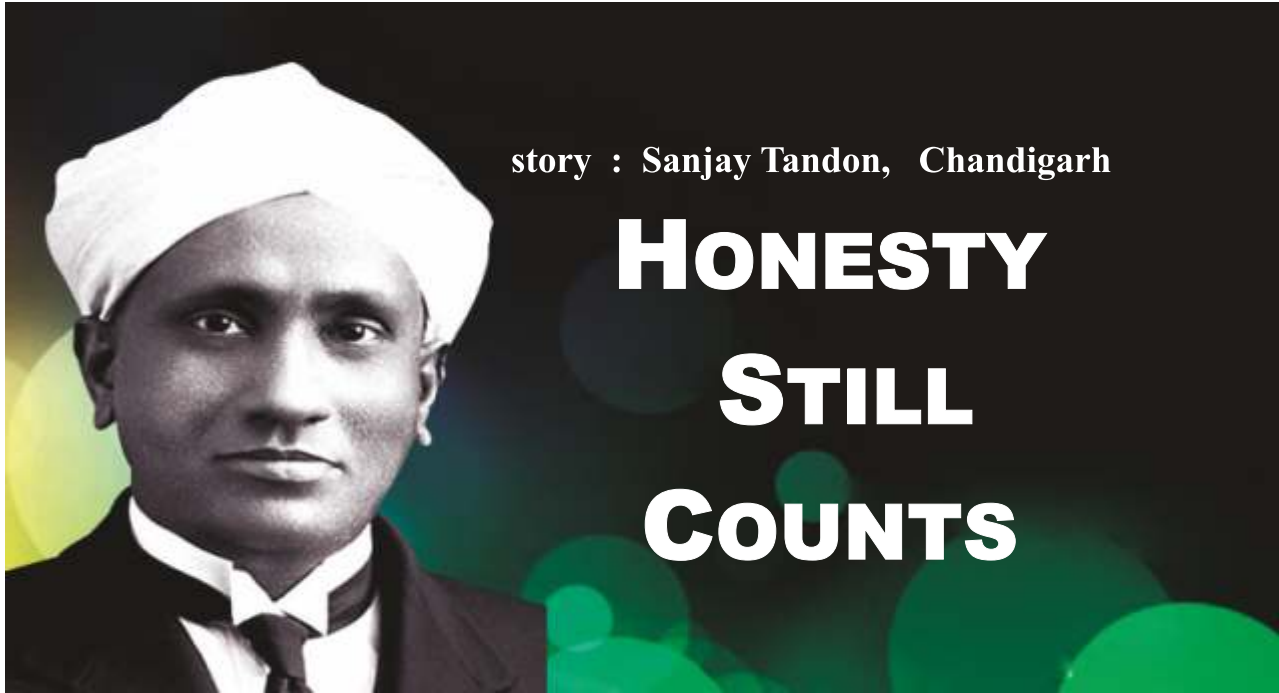
Find the way in one minute, you are Talented.

Find the way in more that minute, you need to improve.

Compiled by : Hardik Khinda, Delhi

Thoughts to Ponder

- "Happiness is when what you think, what you say, and what you do are in harmony."
— Mahatma Gandhi
- "Don't cry because it's over, smile because it happened."
— Dr. Seuss
- People are just as happy as they make up their minds to be."
— Abraham Lincoln
- "I am determined to be cheerful and happy in whatever situation I may find myself. For I have learned that the greater part of our misery or unhappiness is determined not by our circumstance but by our disposition."
— Martha Washington
- "Caring about others, running the risk of feeling, and leaving an impact on people, brings happiness."
— Harold Kushner
- A bitter tongue makes life bitter.
— Nirankari Baba
- "It's so hard to forget pain, but it's even harder to remember sweetness. We have no scar to show for happiness. We learn so little from peace."
— Chuck Palahniuk
- Know how to listen, and you will profit even from those who talk badly.
— Plutarch
- He conquers who endures.
— Persius
- Men are born with two eyes, but only one tongue in order that they should see twice as much as they say.
— Colton
- Flatterers are the worst kind of enemies.
— Tacitus
- In the times of difficulties do not ever say, God I have a big problem but, instead say, hey problem, I have a big God and everything will be all right.
— Nirnakari baba



story : Sanjay Tandon, Chandigarh

HONESTY STILL COUNTS

A boy once visited the Indian Institute of Science. He saw a young man standing under a tree, looking very upset. Swami asked him, what the matter was. The boy said, "Swami, I came here to give an interview for a job. Sir C.V. Raman scolded me and asked me to get out of the interview room." Swami said, "My dear, did you come here at your own expense or did they pay for your travel?" The boy said, "Swami, they gave me ten rupees as traveling allowance. I spent four rupees as bus fare. I have six rupees left."

Swami said, "My dear! Stand here and wait for C.V. Raman. When the interviews are over, he will cross this way while going home. Go up to him and return this amount to him. You will get the job." After a while Sir C.V. Raman, passed that way. He saw the boy and

asked, "Why are you here?" The boy replied, "Sir. I got rupees ten as travelling expenses for my visit here. I have spent only four rupees. I was waiting here so that I could return the balance of six rupees to you." Instantaneously C.V. Raman said, "You alone are fit for the job. The job is yours!"

The boy was very happy. He bowed to Swami and expressed his gratitude. Swami blessed him and said, "This is the fruit of honesty."

This little anecdote tells us that honesty is still the best policy! It also re-enforces our belief that we should obey and implement the advice given to us by the holy. Faith in God and obedience to His commands are enough to see us through any problems in life. ●

– Vikas Arora
(Rewari)

WORD BOARD

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

Left to Right ⇨

1. Capital of Sri Lanka.
5. A metal hidden in the word PAINTING.
6. The word that comes last in the dictionary: ASH, AGE, ADD, AIR.
7. Find the odd one out: DEN, FOX, APE, CAT.
8. Abbreviation of the country in which the famous Statue of Liberty is situated.
9. A synonym of Immerse (Sip / Dip).
11. Abbreviation of National Defence Academy.
12. The Indus and Tapti rivers flow into the _____ sea.

Up - Down ⇩

1. A country which is known as the sugar bowl of the world.
2. Vilnius is the capital of this European country.
3. Wife of Ravanna in Ramayana.
4. An Asian country whose capital is Muscat.
8. A natural chemical filtered out of the blood by the kidneys.
10. Smallest piece in Chess.

— Ganesh Nirankari

Smile



- S** - Sets you free
- M** - Makes you special
- I** - Increases your face Value
- L** - Lifts up your spirits
- E** - Erases all Tensions

H. D. Answers

—Shobhit Keswani, Huston (USA)

Q. Is it necessary to do satsang after Gyan?

A. As it is necessary to charge mobile phone time and again for its beneficial use, so it is necessary to maintain regular links with Satsang for optimum benefit of Gyan.

— Raunak (Mumbai)

Q. In how many languages Sant Nirankari monthly is published?

A. Sant Nirankari monthly is published in 11 languages — English, Hindi, Punjabi, Marathi, Nepali, Gujarati, Tamil, Telugu, Kannada, Oriya, Bangla.

—Richa Rai (Dehradun)

Q. What sustains man in life?

A. The hope to live.

—Vijay Singh (Delhi)

Q. What is the most satisfying deed of a human being?

A. Attaining self realisation through God-realisation.

— Hardik Khinda (U.K.)

Q. Who is orphan?

A. In the worldly sense, orphan is one who has no parents to look after. But spiritually speaking, the one devoid of Fatherhood of God is also called orphan.

— Praveen Saxena (Jaipur)

Q. When does one fear one's self?

A. When he analyses his misdeeds.

Q: Question A: Answer



The Wisdom of Village Headman

There was a village called Sahlidpur. There was a poor farmer who lived there. He did not have much land or property. Just a little bit of land and few cows. He had three sons –Ramu, Prema and Narayan. All three were very obedient. When he was on his death bed, he called his sons and said, "Children, it's the dusk of my life now. After my death you must not fight over my property. See, there are only 17 cows which we possess. After my death, distribute the property amongst yourself as follows- See, Ramu has a bigger family, his expenditures are more, so half the share must go to him. Prema is also married so one third of share must go to him. And dear Narayan your expenditures are the least, so you take ninth part of the share". After saying this the farmer passed away.

For the three of them, division became a matter of concern. Took advice from many people but could not find a solution anywhere. At last someone suggested that Mangilal of village Mandha is a very wise person. They went to him and put forth their problem. At first the Village Headman got confused and then he said "you should come tomorrow, i will think of a solution. "

The next day when they reached there, Mangilal had found out a solution to their problem. Amongst the 17 cows that were there for the share, he added one cow of his own. Now there were 18 cows in all. Half of this means 9 cows went to Ramus share. One third cows went as Prema's share and one ninth or two cows went to Narayan as his share. This way 17 cows were divided $9+6+2$. So he took back the one cow left.

Song : Prem Sagar, Patiala

Call To Humanity

Come on everyone, Come on everyone
Let us this world make a heaven.
Come on every one-2



No boundaries and no barriers,
Let us be all peace carriers,
Hindu, Muslim, Sikh, Christians,
Whether Indian, Chinese or Americans,
True master makes us all breathern-2
Come on every one-2



Love for all, for none hatred,
No fighting and no violence,
Let there be peace and tolerance.
That is the way,
how hearts are won-2
Come on everyone-2



Happiness for all, we always pray,
No I will come what may.
Think good, do good for humanity,
Everyone may enjoy prosperity.
That is the essence of Nirankari mission-2
Come on every one-2



Gopal Krishna Gokhale

— Dimple Bawa (Delhi)



This diamond of India, this jewel of Maharashtra, this prince of workers is taking eternal rest on funeral ground. Look at him and try to emulate him", said Bal Gangadhar Tilak on the funeral of Gopal Krishan Gokhale.

Gopal Krishna Gokhale was one of the founding leaders of the Indian Independence Movement. He was one of the most learned men in the country and a leader of social and political reformists. He is one of the first generation of Indians to receive college education. He was born in

Kothluk (Ratnagiri) on May 9, 1866. His father Krishna Rao and mother Valubai made sure that he received English education so that it increased his chances of getting employed in the British Raj.

He studied at Rajaram High School in Kothapur and moved to Bombay to receive higher education. He graduated from Elphinstone College at the age of 18, earning a scholarship in his final year. At only 20 years of age, he was applauded for his public speech concerning 'India under the

British Rule'. His strong intellect enabled him a fine command of the English language helping him become a teacher in the New English School, Pune. He moved on to become a founding member of Fergusson College in 1885. He pledged twenty years of his life to this college as a teacher and board member.

He advocated that primary education should be free in all schools throughout India. He also visited England and voiced his concerns relating to the unfair treatment of the Indian people by the British government. In his opinion, the economic results of British rule in India were absolutely disastrous resulting in frightful poverty.

In 1893, Gokhale became the Secretary of the Bombay Provincial Conference. He was also elected to the Bombay Legislative Assembly in 1899. He retired in 1902 specifically to devote himself to public life. In 1905, he founded the 'Servants of India Society' with the object of creating awareness among the people about their civil duties. The society

established various mobile libraries and founded several schools and colleges. It also arranged for formal education for people living under the poverty line.

Gokhale, during his visit to South Africa in 1912, met Mahatma Gandhi and made him aware of the issues confronting common people back in India. In his autobiography, Gandhi calls Gokhale his 'mentor and guide'. Mahatma Gandhi even wrote a book called, 'Gokhale, My Political Guru'.

Gopal Krishna Gokhale was a front rank reformer who worked hard for the upliftment of women. He made extensive use of the public platform for communicating his ideas on social, economic and political reforms. He regarded great scholar and social reformer Mahadev Govinda Ranade as his 'Guru'.

The years of hard work and devotion of Gopal Krishna Gokhale did much for the country of India, but sadly also took their toll on the health of this great leader. He breathed his last on 19 February, 1915 at a premature age of 49.



Improve your Grammar

Answers:

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

Q.No. **Explanation**

1. An occasion is an important event, ceremony or celebration.
2. Coin means inventing a new word or phrase.
3. If you extend your holiday, you make it last longer than before. In other words, the holidays now ends at a later date.
4. Inaccessible means very difficult or impossible to reach.
5. The singular of Trousers is TROUSERS, not TROUSER.
6. The words 'against rash driving' gives us a clue that CAUTIONED is the right answer.
7. The words 'losing its prestige' shows that the approach is casual, not positive.
8. The adverb formed from the word 'BRAVE' is 'BRAVELY', not 'BRAVLY'.

Compiled by Sachin Shinde

Seven Mistakes

Make sure that you do not tread the path of these seven foolish men:

- The man who does not learn from past mistakes.
- The man who does he can get along without God.
- The man who is always waiting for his luck to turn.
- The man who thinks every successful man has a pull.
- The man who throws away his money on things of little value.
- The man who has not courage to change his mind.
- The man who always has "It can't be done" on the tip of his tongue.

CROSSWORD SOLUTION

1 C	O	2 L	O	3 M	B	4 O
U		I		A		M
B		5 T	I	N		A
6 A	S	H		7 D	E	N
		U		O		
8 U	S	A		9 D	I	10 P
R		11 N	D	A		A
E		I		R		W
12 A	R	A	B	I	A	N



KITTY

Story & Illustration
—Ajay kalara



Montu, who has bought this new cycle? It does not even have a lock. Come let's take party from the owner of the cycle.



Kitty do you know how to ride a cycle?

No, I don't know how to ride a cycle . But we will not allow anyone else also to ride this.



Means?

See, let us lock this cycle.

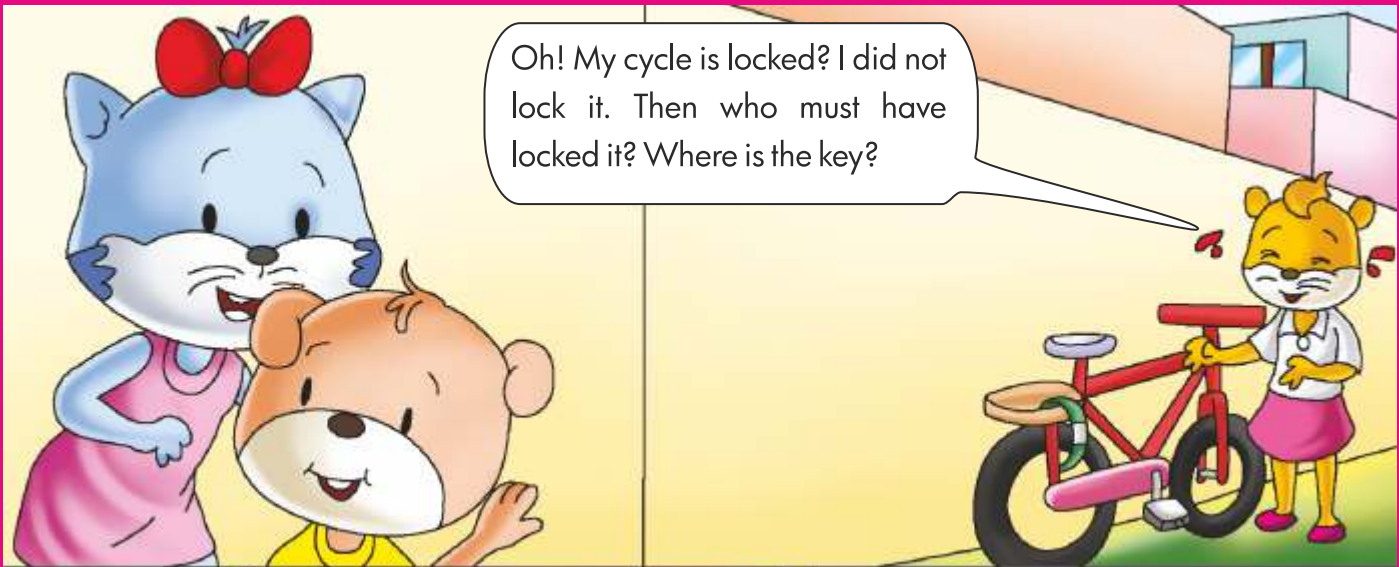



Come, lets run. Lets hide the key and hide ourselves and see what the owner of this cycle does.




Oh! She is Mauli and she is coming towards this cycle. Oh! This cycle belongs to Mauli and she did not even tell us. Now we will also not tell her anything.








Oh dear! Why did you bring me so far? Here the lock is open. You wasted our time.



How can this happen? Just now the lock was closed.



It was locked and now it open. Since you are my best friend, or the key man would have to open it and would have taken lots of money. Now that money is saved, you must give us a party .



Preacher's Teachings

One day a priest living in the city of Kashi went with his disciple to a tour. On the way there were many mango and orange trees in the park. Looking at the fruits the disciples mouth began to water. He purposely slowed down. When the priest had gone ahead, the disciple stoned the trees and broke some fruits. He started walking slowly while eating them at peace.

When the preacher couldn't see his disciple walking behind him, he started waiting for him standing under a tree. Suddenly a 10 year old child appeared from nowhere and started annoying the preacher by making faces, sticking his tongue and irritating the priest.

When the disciple reached the preacher, the naughty child disappeared.

As soon as the disciple came, preacher told that a child was making faces while standing here to annoy him.

Hearing this, the student got angry and said, "Stay here I will catch hold of him and beat him up to teach him a lesson"

On this the preacher said, "No, there is no need. "

"Why ? "asked the disciple.

Preacher answered, "I also made similar faces in reply". The disciple was amused.

When the preacher saw the disciple in amused mood he advised him, "Small irritations causing anger can be well handled by simple smile leading to a happy life."

Article by Avinash Gujje

It's Time For Preparation



The most important thing any student can do to prepare for exam is to start early. So that you can have enough time for complete preparation, following are some tips to prepare well for the examinations.

1. Prepare a good time table

Prepare a proper time table before starting the study. This should include all subjects on priority basis. Give more time to tough subjects and less time for

easier ones. Also allot some time for entertainment and sufficient intervals while studying.

2. Proper atmosphere for studying

Congenial atmosphere for study plays a very important role. Select the place where you feel comfortable, Choose the place where you can concentrate well. It is better to make it a habit to study in early hours of morning.



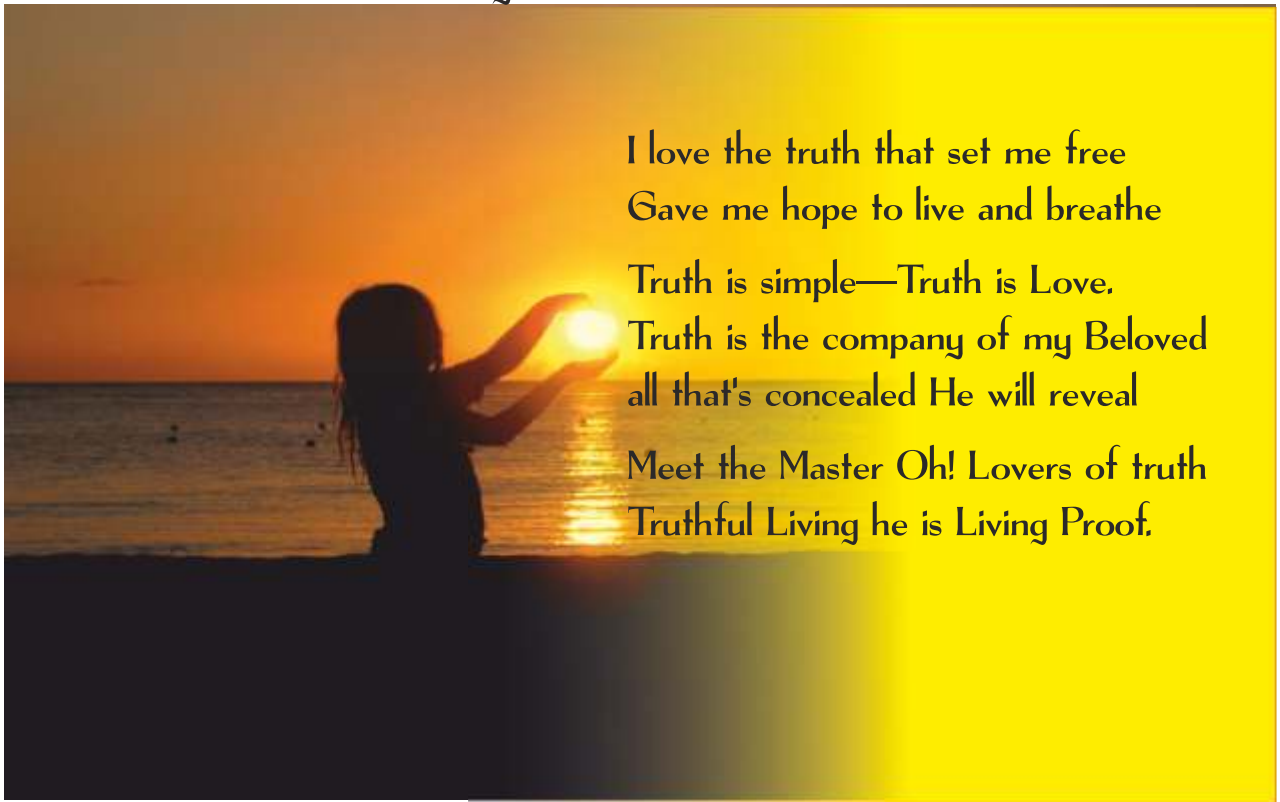
Poem : Kulvinder Nagha, London

The Flame of Truth

The Flame of Truth burns brightly within
Remaining constant it will never grow dim

Love radiates from my Beloved's eyes
Piercing through all the hidden lies

His Gentle touch heals the troubled Souls
Truth is alive when Love's story unfolds



→ **8. Believe in God, Believe in yourself.**

The last but not the least point is to pray well before the exam and your mind should be free at least 10 minutes before exam. Prayer can give immense energy and peace to your mind that will definitely do well for you to stay relaxed and calm. Be confident in the entire exam.



SMS

of The Month

Life can be happier and stress free if we remember one simple thought :we can have all that we desire but time will gives us all that we deserve.

—Kavita Sexana

You can become magnet for good things by wishing everyone well,Judge less and love more.

—Avneesh Gulati, Chd.

The difference between school and life. In school you are taught a lesson and then given a test .In life you are given a test that teach you a lesson.

—Shailesh Pandey

Beautiful tomorrow never comes. When it comes it is already today. In the hunt of beautiful tomorrow, don't waste your wonderful today

Avoid negative people, fake people ,envious people ,people who don't want to see you happy. In a month you will lose 5kgs anxiety and will earn 5 kgs of happiness.

—Yog Raj Thakur



Live as if you were to die tomorrow, Learn as if you were to live forever.

If the path is beautiful ask where it leads to, but if destination is beautiful never mind about the path Keep walking.

Forget the people that makes you sad. Don't let them affect you. But never forget what they taught you. The choices you make the struggle you face.

—Yogita Mahajan, Delhi

Six essential qualities that are the key to success are sincerity ,personal integrity, humility ,courtesy, wisdom and charity.

Miracles are instantaneous, they can't be summoned, but come of themselves, usually at unlikely moments and to those who least expect them.

—Gurdev Singh, Pandoh

Humans are the only creatures in this world, who cut the trees made paper from it and then write "Save Trees"

A person without children would face a hopeless future, a country without trees is almost as helpless. —Polly Berrien



Poor Boy Kalenthis

—Ramkumar Aatrey

Vikas was an intelligent child. He was compassionate by nature. At night he would sleep with his grandpa. Grandpa would narrate stories to him before he slept so as to make him feel relaxed. The day Vikas would get free early from studies, he would ask his grandpa to narrate stories to him.

Next day also same thing happened. He lay on grandpa's bed. Then he asked while hugging him, "Grandpa, don't poor children have

a bright future. Do they have to face hardship throughout their lives.?"

Grandpa lovingly patted the his grandchild. Then said, "How come this question arose in your mind suddenly?"

"Grandpa, Raju is a poor boy. When I leave from school bus towards the house, it drops me at the red light. Just then Raju was returning from his govt.school hanging his school bag. He lives in slums of the city. You know his colony is at the end of our colony. He walks with us as we talk together to

the end of the road. His parents are poor. They don't want him to continue education. Today he was crying. His future will definitely get spoiled. I am right, grandpa?" His voice got heavy as he narrated everything.

Dear child, without education, future of any child can get spoiled. I will go along Raju and try to convince his parents. Teaching their child in govt. school will also benefit them. We will also assist in whatever way we can. If Raju works a little hard himself he can also save his future. Grandpa comforted Vikas as he explained.

"How can that be done Grandpa? Can such a man become successful or reach the post of DC or IPS.?"

Grandpa seemed happy with what Vikas was saying, "Dear if there is a desire for education in poor children and they start working hard then not only DSP and SP but they can become President of a nation also. Listen, I will narrate you a story." On this Vikas got elated.

Grandpa started narrating "Dear there was a kid in a city of Athens in Greece (Yunan). His name was

Kalenthis. Kalenthis was very poor, so poor that he did not even have good clothes to wear. He always wore old torn clothes.

His parents couldn't earn even that much that they could buy good clothes for him. He was helpless.

Kalenthis started studying in school which was started by Darshnik Jino, a philosopher. Jino's school was very popular. Students studying there had to pay annual fee. Despite of being poor, Kalenthis paid off his annual fee. Although in school he wore torn clothes.

He was very talented. He would reach the school on time and study with diligently. He would always top in his class. Rich children started feeling jealous of him. They would always find ways to show him down. They wanted Kalenthis to leave the school but their wish could never be fulfilled. Kalenthis would not pay attention to other things but focused on studies.

Students thought of a plan. They started saying that Kalenthis is a thief, That he steals money from here and

there to pay his annual school fee. Slowly such became the situation that everyone started thinking that Kalenthis was in fact a thief.

His complaint reached the city judge. Before the judgment was to be pronounced by the judge, Kalenthis prayed that he be allowed to present two witnesses. City Judge gave the permission.

First witness was a gardener. The owner of the garden told that after the school Kalenthis visited his garden. He took out water from the well and watered the plants. In return the gardener paid him some money.

The other witness was an old woman. She told that she was absolutely alone and was unable to do her work on her own. As soon as the day breaks, Kalenthis visits her home and grinds the flour for her. In return she would pay him some money. City Judge not only freed him from charges but also praised him for his work.

He was the same Kalenthis who united the entire Greece (Yunan) and first became its ruler.

As soon as the story got over, Vikas asked his Grandfather, 'Is this story real or fictitious,? It is tough to believe this totally."

" Dear, you are well educated. Take out a book based on Greece (Yunan,) you will get to know the truth. Your father's phone is also connected to internet. There also you check information related to Kalenthis. Understand? This story is absolutely true. Grandpa answered Vikas determined to become hard working and honest just like Kalenthis. ●

Secrets of Lasting Friendship

Lose the fight not the friend. Even the closest of friends don't agree on everything. Expressing your resentments beats letting anger simmer inside you.

★ Keep in touch even if you are far away. Call, write, e-mail, remember birthdays. Distance shouldn't keep real friends apart.

★ Do not be manipulative towards your friend.

★ Never reveal your friend's secrets to a third person.

★ It is not necessary to reveal each and every detail of your life to your friend.

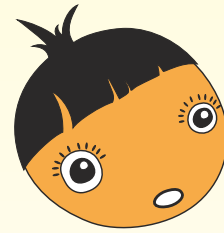
★ Learn to forgive. Even best friends can let each other down at times.

Complied by : Sakshi Gulati

Compiled by :
Archana Garg, Delhi

Laughing

Time



The patient says : "Doctor, I have a pain
in my eye whenever I
drink tea."

The doctor says : "Take the spoon out of
the mug before you
drink." mug = cup



The patient says, "Doctor, you've got to
help me. Nobody ever listens to me. No
one ever pays any attention to what I
have to say.

The doctor says, "Next, please."

Bus conductor: Why are you taking two
tickets?

Passenger : If I lose one that
second ticket will save
me.

Conductor : what if you lose both?

Passenger : Listen, I am not a fool. I
already have my Pass
with me.

Teacher : Translate – Bazaar mein
goliyan chal rahi hain.

Santa : The Tablets are walking in the
market.

Employer : We need someone for this
Job, who is responsible.

Applicant : Sir, your search ends here,
in my previous job, whenever
anything went wrong, they
said I am responsible...

"Life is very short and we must find a
reason to smile. Anything which makes
you smile from inner heart is really
worth for you. Some short jokes are
really capable of doing the same. So
never forget to live present

Doctor : Your pulse is as steady as a
clock.

Patient : You've got your hand on my
wristwatch.

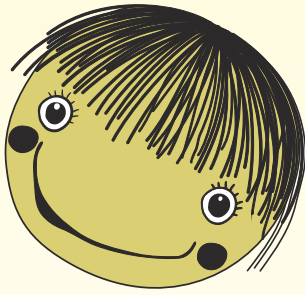
Interviewer : What is skeleton?

Santa : Skeleton is a person who
started dieting but forgot
to stop it..!

Beggar : Please give me one rupee.

Seth : You look very young, why
don't you do some work?

Beggar : I am asking for a rupee, not
your advice or a job.



The mother says to her daughter,
"Did you enjoy your first at school?"

The daughter answers,
"First day? Do you mean I have to
go back again tomorrow?"

Principal: "I've had complaints about
you, Johnny, from all of your
teachers. What have you
been doing?"

Johnny : "Nothing, sir."

Principal : "Exactly!"

Teacher : What's the past participle of
the verb "to ring?"

Student : What do you think, sir?

Teacher : I don't think. I KNOW.

Prveen : Why is a man always on
right side and woman on
left side in photograph?

Sanjay : Because, as per balance
sheet liabilities are on left
side and assets on right
side.



A crow shits on Amit. Preeto gives tissue
paper to him.

Amit: No use, Now crow has flown.

Daku Mangal Singh Banta Ke Ghar
Mein Ghus Ayaa..

Daku : Sona kahan hai, Jaldi
Bataao...!

Banta : Pura Ghar Khali Hai Malko,
Jithe Marzi So Jao!

Banta : Praji, Jab Main Paida Hua Tha
To Military Walon Ne 21 Topein
Chalayeen Thi.

Santa : Kamaal Hai ! Sab Ka Nishana
Kayse Chook Gaya .?

Patient : What is the chance of my
recovering doctor?

Doctor : One hundred percent.
Medical records show that nine out
of 10 people die of the disease you
have. Yours is the tenth case I've
treated; the others all died.

2 Vakil adalat me behas ke dauran ek
dusre ke kataksh par utar aaye .

1st Vakil : Hamne tumse badha gadha
nahi dekha.

2nd Vakil: Maine bhi tumse bera
gadha nahi dekha.

Judge : Hathaura thokte huye, Order...
Order.. tum dono shayad ye bhool
rahe ho ki mai bhi yahin baitha hun.

Happy Birthday



Kanika (Delhi)



Vedanti (Chandarpur)



Gurjashan (Dakala)



Alaya (Patiala)



Rudransh (Ashapur)



Diya (Karvar)



Tanush (Khijrabad)



Hardik (Fatehabad)



Aarv (Delhi Cant)



Nirlep (Bhayander)



Anay (Sivani)



Samridh (Rajkot)



Hardik (Delhi)



Dhairy (Dehradoun)



Dheer (Ahemadabad)



Paris (Kandivali)



Gavee Singh (Kokari)



Goldy (Pachora)



Tanish (Mumbai)



Manan (Delhi)



Samdrishti (Kathua)



Anubhav (Barnpur)



Shreya (Gandhi Nagar)



Keshavkumar (Barnala)

❖ 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.....

.....

Winners of March Issue

First :

Roshni
Age:12
D-16, Telephone Colony,
Yogesh Nagar, Yamuna Nagar
(Harayana)

Second :

Yashika Singh Bhati
Age 11
Teachers Flats, 2-Sector-14
Punjab University Camps
Chandigarh

Third:

Arpita Saxena
Age 8
M-14, Income Tax Colony
Tonk Road, Jaipur (Raj.)

Consolation Entries

Khushi Rana
Amrapuri (U.KH.)
Akhlesh Rana
Amrapuri (U.KH.)
Sahil Verma
Quilla Mohalla,
Barnala (Pb.)
Gulshan,
Kamlesh Sharma
Thane (Mah.)
Priyasha
Gurgaon (Hry.)
Vandita Chitkara
Nirankari Colony, Delhi
Tapsya
Mukundpur, (Delhi)
Ashish Chaudhary
Jhujhunu (Raj.)
Lakhsita
Sant Nagar (Delhi)
Prateek
Gandhi Vihar , Delhi.
Bhavya
Jharodha (Delhi)
Sapna ,
Nirankari Colony, Delhi-9

“Colour it” for May Issue

On page 41, a beautiful picture is given; colour it and send it to us latest by **June 20, 2016**. Office address: **HANSTI DUNIYA** , Nirankari Complex, Near Nirankari Sarover, Nirankari Colony, Delhi - 110009

The result will appear in **July** 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



NameAge.....

Address

.....

.....

—Sunil Nagpal

Beat the heat



Summer is approaching. We are already feeling the pinch and know that hot days are enstored for us. We have to save ourselves from the heat and brace up (get ready) for it. Follow some simple tips to beat the heat.

Wear pastel shades. Include cool and bright shades of spring. Be desi means include cotton clothes in your wardrobe. Cotton clothes breathe and are cool for summer. Yellow stands for spring and brings light in your life. Pink colour is soothing (relaxing) and lifts up your spirits. White colour stands for purity and peace. Green is the colour of nature, and gives peace of mind. These colour perk you up. Play with the colours and enjoy yourself.

Stay hydrated menas drink plenty of water. Eat fruits and vegetables with high content of water like water melon, muskmelon and cucumber etc. If you apply their peels on the skin they are very cooling and refresh your skin. Avoid fizzy drinks (Carbonated) instead take lemon water. Do not veture (go out) in the Sun. Wear shades (Goggles) and cover your exposed parts. Eat summer specials like Jamun and Falsa and their sherbat also.

This way you will be winner all the way. Keep the summer at bay (away).

How the World was Made



Long, long ago there was no world—no sky, no sea, no land, no people.

In the beginning, God made the universe. It was completely dark. There was no sound to be heard. Then, out of the darkness, breaking the silence, God spoke.

'Let there be light!' God said. And there was light. The light was good. God called it 'day', and he kept the dark for night. That was the first day.

Then God said, 'Let there be space around the world!' And it was so. God called the space around the world 'sky'. That was the second day.

Then God said, 'Let all the water come together away from the land!'

And it was so. God called the land 'earth' and the water 'sea'. And God saw that it was good. But the land was brown and bare. Nothing grew. So God said, "Let there be all kinds of plants and trees!" And the world became green with growing things—fruit and flowers and vegetables.

And God saw that it was good. That was the third day.

Then God said, 'Let there be lights in the sky to shine on the earth by day and night' And it was so. One of the lights he called 'sun'—that was for the day-time. The other he called 'moon'—that was for the night-time. He made the twinkling stars.

And God saw that it was good. That was the fourth day.

Then God said, 'Let there be fish in the sea and birds in the air!' He made all sorts of water creatures, big and small, from the monster whale to the tiniest crab. He made all sorts of birds, big and small, from the great albatross to the tiniest hummingbird. Sparrows too the fish swam and the birds sang and the world was alive with sound.



And God saw that it was good. 'Let the fish fill the sea. Let the birds lay eggs and have chicks,' he said, 'and fill the world.' That was the fifth day.

Then the God said, 'Let the earth produce all kinds of animals, wild and tame, big and small!' And it was so. God made them all and he saw that it was good.

'Now,' God said, 'the world is ready. Let there be people! They will be like me. And I shall put them in charge of all the creatures I have made.'

So God made people. He made them like himself. He made man and woman.

'You are to have children,' he said, 'to live in every part of the world. And I am putting you in charge of everything: the water and the land, the plants and the fish and the birds and the animals. They are all yours. Look after them for me.'

God saw all that he had made and it was very good. That was the sixth day.

So the whole universe was finished. And on the seventh day God did no work. He rested and enjoyed it all. That is why he made the seventh day a special day, for ever.

Story :H.R. Srivastav "Nirdosh"



The King and The Saint

The King, Shyam Singh was known for his justice, kindness and humility. He took it to be his sacred duty to look after the subjects well. So, the rulers of the neighbouring kingdoms were jealous of his being loved by the subjects. But he was very obstinate too.

There was a great Saint in the kingdom of Shyam Singh. One day the saint happened to come to the palace. The king welcomed and served him well. On Saint's leaving the palace, the king offered him a bag full of golden coins. On this the saint

said: "What have I to do with these coins? But the king persisted, saying that if he did not need them he could give them to someone who may be in need. At this, the saint accepted the bag.

The time went by. But the saint did not find anyone who needed the coins. One day, while going into the city, the saint saw the army marching. On enquiring from the people, he learnt that the king was going to attack the neighbouring kingdom in order to enlarge his kingdom and to swell his state chest. On hearing this,

the saint marched towards the king's chariot and threw the bag of coins into it. The bag fell in king's lap. Seeing the bag, the king got down the chariot. He was surprised to be confronted by the same saint.

"What is this, reverend saint?" the king asked. "You had told me to give these coins to someone who needed it most," the saint replied. The king was astounded to hear saint's reply. "But how can I be in need of these coins?" the king said.

"Dear king, none but you need them most. To multiply your state chest, you are going to attack the neighbouring states. Do you know how many innocent people will be killed and rendered homeless. Who will look after those whose families would be ruined?" the saint said.

Now the king realised his mistake. He fell at the feet of the saint. "You have really saved me from committing a great sin, the king said begging his pardon." The king atonce ordered the army to return.

Poem by : Santosh Mdhukar More, Mumbai

TAKE THE TIME

Take time to laugh

It is the music of the heart.

Take time to cry

It is the sign of a large heart.

Take time to read

It is the source of knowledge.

Take time to hear

It is the power of intelligence.

Take time to live

Because time passes quickly.

Take time to dream

It is the breath of happiness.



Take time to play

It is freshness of childhood.

Take time to think

It is the key of success.

Take time to love

it is the eternal youth.

Have your say

It gives me pleasure to inform you the standard of our children monthly magazine Hansti Duniya is improving day by day. Editorial "Stay Alert" is very meaningful. The Editor has given us a unique formula to attain success. By reading editorial "Love and affection of grand parents" children learn the importance of grand parents and they start loving their grand parents.

The articles "Company", "Sweet and Polite Speaking", "Save Parents from addiction", "Requisites for Living", "Namaskar", "Eyes are Precious" and "Homoeopathy and 'I Identify God'" are very selective articles which have been published in the magazine for the benefit of readers.

"The cleverness of Chunmun", "Atheist", "Passerby returns thirsty", "Test of Patience" are very interesting and educative stories and gives good lesson to the children.

Way of Will, The Gift of Friendship, God's Grace and Company are some of the best poems which children likes so much.

—Prerna, Jalandhar



I am a student of 3rd standard and read Hansti Duniya regularly. I like the regular features of the magazine Know your Scriptures, Improve your Grammar, Thoughts to Ponder, HD Answers etc. I along with my friends Sumanyu, Samparpta, Aarti, Nonu, Ashu enjoy so much by reading Kitty, Grandpa and Laughing Time Jokes. We all little children like to Colour the picture published in the magazine. Thanks Hansti Duniya for creating reading reading habit among the children.

—Sunny, Sunder Nagar (HP)



Service with Humility



NIRANKARI VOCATIONAL CENTER

Offers

Computer Education Program

Accredited by

NIIT FOUNDATION

ADMISSION OPEN

Courses offered

#	COURSE	DURATION
1	TALLY ERP 9	3 months
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*.

OUR CENTERS :

#	LOCATION	CONTACT PERSON	PHONE NUMBER
1	NIRANKARI COLONY	SONIA BABBAR	9654244598
2	TILAK NAGAR	SUNITA	9899015663
3	MALVIYA NAGAR	GEETA KUMAR	9818371090
4	FARIDABAD	MANOJ KUMAR	8506924747

Nirankari Vocational center is a skill development center run by Sant Nirankari Charitable Foundation (Regd), New Delhi with an academic tie up with NIIT Foundation, Delhi with an objective to provide IT related courses at nominal prices

Head office :

Sant Nirankari Charitable Foundation, Nirankari Complex,
Nirankari Chowk, Burari Road, Delhi – 110009. Ph : 011 47660380
Website : www.nirankarifoundation.org

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

:
:
:

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



Spiritual Zone for kids



With the blessings of His Holiness
Experience online spiritual learning
with exciting and fun features
highlights our mission's message.
Visit regularly to watch tiny tots
excelling in the spiritual journey.

kids.nirankari.org

- His Holiness Message
- Glimpse of Blessing
- Message in colors
- Poetry Fantasy
- Wacky and True
- Fun Games
- Hansti Duniya
- Kids Creation
- Kids Activities
- Jokes
- Avtar Vani
- Story Time

Share
your talent
in form of
painting, poetry
& story

