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Hansti Duniya





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Be Positive

All the students welcomed the teacher to the class and took their respective seats.

After that a student took the permission of teacher to put up a question. He said , “ Sir what is a beginning and what is an end.”

The teacher said -If you hadn't asked the question how could i have answered . Your question is the reason for my answer and this started the process of my answering. You took admission in the first class and now you are in a higher class. Every year you are promoted to a new class. Your knowledge increases and you leave the previous class and go to the next class. Going to the next class is the beginning of a new end, which will end with the beginning of next class. All the students thanked the teacher as curiosity was put to rest.

The reality is that if we have to reach the destination we have to start our journey from somewhere. We must though, leave the vehicle with which we started the journey , otherwise, sitting in the vehicle itself would prevent us from reaching the destination. Vehicle is only the means to reach our destination. In the same way, every year of December is the last leg for us to enter a new year. We must remember to keep our determinations and our targets in mind and fulfill them, weather we like it or not, leaving the past year behind. Every year December comes and reminds us of our determinations goals and target that we have achieved or not.

Dear friends we have to regard our body like a vehicle that moves our life. We will have to leave it when our journey ends. Let us first realise our objectives and goals. Shun laziness and work with all our energy to achieve the goals, since we will have to leave the body vehicle in the end, weather we like or not.

—Vimlesh Ahuja





— Roop Narayan Kabra

Trees Have Life

Trees also have life. The scientist who proved it, was Sir J.C. Bose. But at that time India was under the rule of the British. So his name was not published and the credit went to Marcon of Italy.

Once Sir J.C. Bose was to deliver lecture with experiment to the common people in Paris. He wanted to show that the impact of poison is the same on plants as it is on human beings. For delivering his lecture, when he checked the items for demonstration, he found the poison container empty. He enquired the address of some medicine shop from the gentle lady in whose house he was staying. That lady told him to write the name of the medicine on a piece of paper so that she could get it through her maid. Sir J.C. Bose wrote the name as Potassium Cyanide on the piece of paper. Even a granule of that if taken can cause death. The maid gave that paper with the name of the medicine to the shop-keeper. The shop-keeper knew that the land lady was a prestigious woman. He thought that the lady wanted to commit suicide by consuming poison due to some domestic scuffle or some other reason. So he gave sugar granules to the maid instead of potassium cyanide.

Taking this medicine (Poison), Sir J.C. Bose went to deliver his lecture. To show the

viewers the impact of poison, when he applied poison on the plant, the plant instead of withering, it bloomed further. Sir J.C. Bose wondered as to what the matter was? He didn't take even a second to understand the things. He was so confident in his principles and instruments that he immediately announced to the audience that, it was not the poison but some nutritious substance. Not only this, but he tasted without fear that substance called poison before the audience. Every one was stunned to see it. Then smilingly, Sir J.C. Bose announced - that was not the poison but the sugar. It was a matter of coincidence that, that medicine seller was also sitting among the audience. He got up and reached Sir J.C. Bose. When he explained the reason for giving sugar instead of potassium cyanide, the entire gathering loudly laughed and everyone praised the firm faith of Sir J.C. Bose. Such was the great scientist Sir J.C. Bose.

Children, You also move ahead in your life with self-confidence.





By : Radha Nacheez

ADVICE OF TINU

Tinu, the monkey, worked in a gas agency in the city. Today itself, It reached jungle village to attend the marriage of its cousin. It reached two days earlier so that it could enjoy meeting relatives and friends. It thought its evenings would be spent gossiping with friends and relatives.

When Tinu was passing through streets to meet its friends, it smell gas leakage and understood that smell was coming from the house of Leopard aunty. The smell was getting stronger and Tinu thought it

would be better to reach there in order to avert any accident. The door was locked as the aunty had gone to market to purchase vegetables. Tinu was in dilemma whether to wait for Leopard aunty or to go ahead to meet friends. It considered it wiser to wait for aunty as it could meet the friends the next day. It was afraid that aunty could meet with a fatal accident in case she lit the lights on as he was certain that there was a gas leakage in the room.



Tinu waited impatiently for the return of leopard aunty. There was a tea stall of Bhaloo uncle. Tinu sat there and kept a constant eye on aunt's house. After about half-an-hour, Tinu saw leopard aunty returning with a bag full of vegetables. Tinu reached the door ahead of her. After exchange of greetings, Tinu asked whether she could sense a bad smell. Aunty told that it was there since evening when it installed the new cylinder. Tinu asked aunty what would she do now. Aunty replied that she would turn on the lights, prepare tea and then cook dinner. No! exclaimed Tinu. If the gas leaked, no light should be turned on. It could cause fire and burst the cylinder; the whole house could catch fire.

'Really, I didn't know', said the leopard aunty. 'Good you told me. Similar incident happened a month back in my uncle's house. He lit a match box while the gas was leaking, resulting fire in the house and deep burns on his body'.

Tinu said that we could avoid accidents by taking precautionary measures and save our lives. If we carefully use these modern gadgets with sufficient preliminary knowledge, these can become our friends instead.

Leopard aunty said Tinu was right. Your advice is useful and knowledgeable. I would teach everyone about appropriate steps and precautions necessary for use of the gas so as to avoid any untoward incidents. Tinu, you should tell me as to



what other safety steps should I take now to stop gas leakage in my house. Tinu advised the aunty to:

- ★ First of all, open all the doors and windows of the house.
- ★ Do not light any matchbox or candle.
- ★ Close the regulator and put on the safety cap on the cylinder.
- ★ Close the knob and dial emergency number of your distributor. These numbers are printed on the receipts provided for gas deliveries.
- ★ In case it turns out to be a case of fire leakage, dial immediately 101.

Leopard aunty did accordingly; opened all the doors and windows; took action on all the tips and then phoned the distributor. The distributor immediately replaced the cylinder and asked for aunt's pardon for the leakage. He advised her that the cylinder should be checked regularly; use a quality tube of 1.5 meter length. The tube should be protected from heat and fire. There should be no cover on the gas

pipe and should be cleaned by a wet cloth from time to time. It should be changed after its use of one year.

Leopard aunty asked Tinu about any further precaution so that she could tell about every precaution to everyone in the village. Tinu said that there are a few more precautions, such as:

- ★ Knob should be put off after use of gas
- ★ The cylinder should not be hit in any manner
- ★ Fitting of tube on cylinder should be regularly checked
- ★ one should wear cotton clothes while using kitchen
- ★ Plastic objects should be kept away from the cylinder
- ★ Get attentive in case there is a smell of gas
- ★ Regulator should be turned off.

Having advised above, Tinu took permission of leopard aunty as his friends were waiting.

Leopard aunty blessed Tinu for his timely help and valuable advice, without which her life could have been in danger. She vowed not to be careless in future.



SAMPURAN AVTAR BANI

Ik Tu Hi Nirankar - 133

SOHNA ROOP JAWANI VI EY DHAN DAULAT DA NAHIN SHUMAR;
JIDHAR JAVE HON SLAMAN HAR PASE HOVE SATKAR.
NAUKAR CHAKAR HON BAHUTERE HATHIN KARNI PAVE NA KAR;
PALANG NAWARF SUNDAR SEJA SAUNDA HOVE PAIR PASAR.
PUNN DAN VI RAJ KE KAR LAE JAS VI PHAILE VICH SANSAR:
KAHE AVTAR JE RAB NAHIN JATA US BANDE NOON HAI DHRIGKAR.

Thou Formless One

A person may by good-looking, and young and may possess countless riches;

People may salute him wherever he goes, and he may be respected everywhere.

He may have numerous servants and may not be required to do any work physically.

He may have cosy cots and lovely beds, and may enjoy a luxurious sleep.

He may be doing countless charitable acts, giving generous donations, and enjoying name and fame all over the world;

Avtar says, cursed is such a person, if he has not realised God.



Precious Words of



Baba Gurbachan Singh Ji

- ★ The world can be conquered through humility and not through pride.
- ★ The energy that we waste by criticizing others should be utilized for the welfare of the humanity.
- ★ Anything done against the commands of the Lord Master becomes the cause of trouble.
- ★ Howsoever less we may speak, but our actions and our thoughts should be decent. Whatever we speak, we should walk our talk. Only then we can remain happy in this world and earn respect in future also.



Baba Hardev Singh Ji Maharaj

- ★ The right answer is only one whether spoken by one person or one million.
- ★ Attach yourself to God-Almighty, it gives us all sorts of pleasures.
- ★ Hatred-enmity, greed-lust are the diseases of the mind and these vanish on the arrival of love, compassion and mercy.
- ★ We should not remain satisfied with human form only, rather we should also imbibe human values in us.

Compiled by : Harjeet Nishad



Divine Words of Satguru Mata Savinder Hardev Ji Maharaj

- ★ Service is done only with the spirit of service.
- ★ Love and friendship never accommodate 'I's' and 'But's'.
- ★ The saints always pray for the welfare of the entire humanity.
- ★ Let love prevail for all in our life provided by God Almighty.
- ★ Everyone can be influenced through the beauty of our mind.
- ★ Let us all propagate the teachings of the Mission through our beautiful practical life.
- ★ Let there be so much fear of God in us that we do not commit any mistake.
- ★ The concept of 'Entire Humanity-One Family' will be practical when we unite with one God.
- ★ The 'Sat-Vachan' era of Shehanshah ji will return only with the feelings of mutual cooperation.
- ★ If we love Baba Hardev Singh Ji Maharaj, then let us pledge to live altogether with love.
- ★ The positive feelings can be strengthened in our life only when the knowledge comes in practice.



- ★ We see God all around and in every human being when we get Guru's vision after attaining God-realization.
- ★ Every saint individually has to become the light-house of this Mission. There is no need of any status or prestige to become the light-house.
- ★ We have to concentrate on ourselves. What are others doing is none of our business. Mind your actions.
- ★ Only God realisation is not enough, knowledge must be supported by actions. A devotee remains submitted to devotion while carrying out his family and social responsibilities.

Compiled by : Shri Ram Prjapati

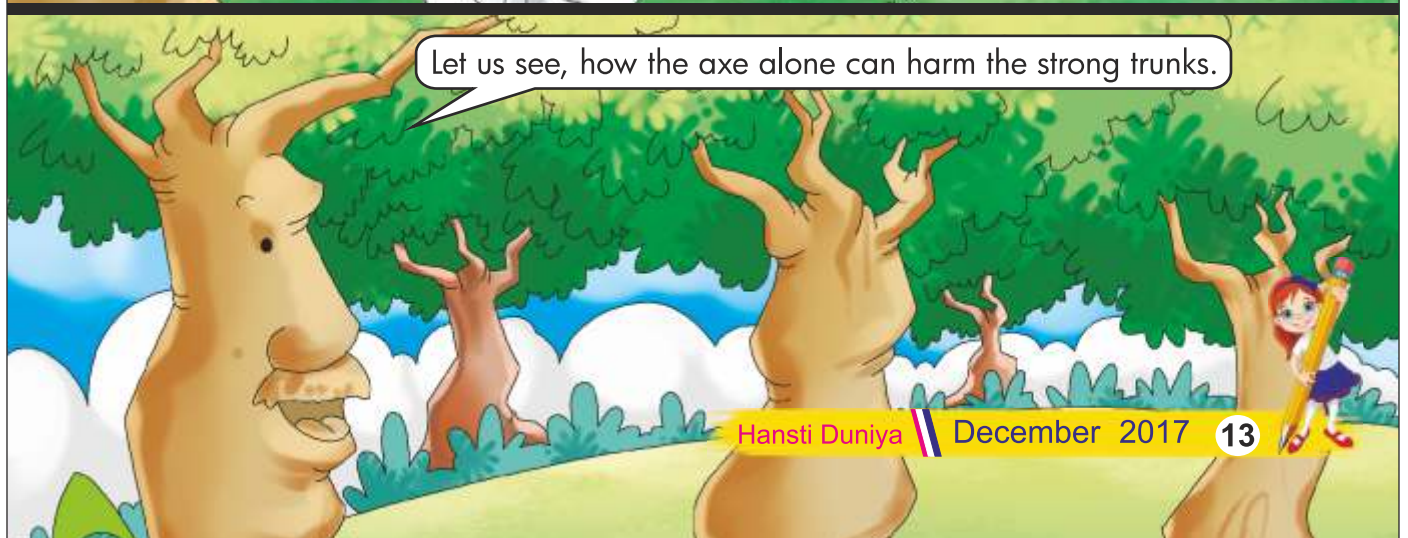
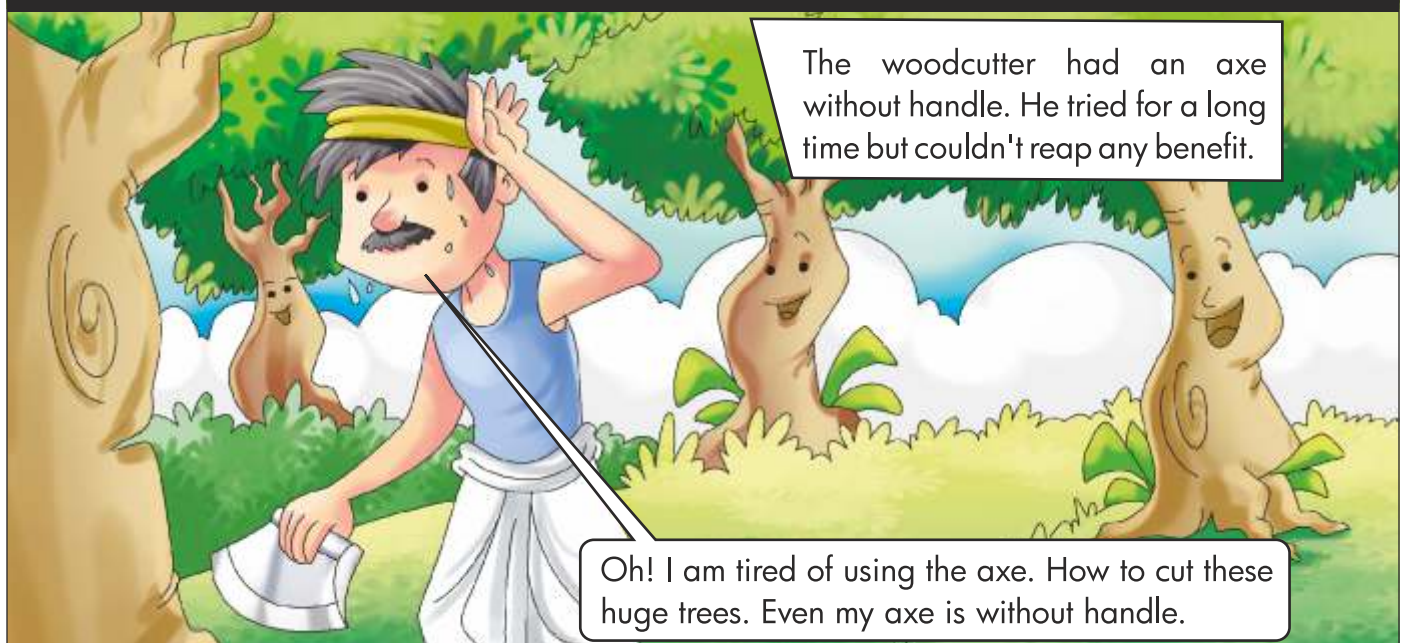




Grandpa

Story & Illustration
— Ajay Kalara







I cannot cut these trees with the help of this axe. I must think of something else.



Look Grandpa he is turning back. You were right. He cannot harm us.



Next day the woodcutter hit upon a plan.

If i fix the wooden handle on this axe perhaps that will work.





- # Answer Sheet

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Below 5 correct - Go through the Grammar book everyday.

—Harjeet Nishad, Indore



Christmas is celebrated world over on 25th of December as birthday of Lord Jesus Christ. His father was Joseph and mother Mary. He spread Love and compassion in the world. He soothed frayed nerves and troubled mind. Christmas is the biggest and the grandest festival of Christians. It is celebrated with gusto and fanfare. Gifts, cakes and sweets are exchanged with near and dear ones. Festivities begin many days in advance .

In a small French country village during World War II, there was a beautiful marble statue of Jesus with his hands outstretched before him, standing in the courtyard of a quaint little church. One day a bomb struck to close, and the statue was dismembered. After the battle was over and the enemy had passed through, the citizens of the village decided to find the pieces of the billable statute and reconstructed. It was no work of art by Michelangelo or Bonelli, but it was a part

of their lives, and they loved it just the same. And so they gather the broken pieces and resembled it. Even the scars on the body added to its beauty. But there was one problem. they were unable to find the hands of the statue.' A Christ without hands is no Christ at all, 'Someone lamented. 'hands with scars – yes. But what's a lot without hands? We need a new statute. ' Then someone else came along with another idea, I need prevailed. A brass plague was attached at the base of the statue which reads " I have no hands but your hands."

Story teaches us to be hands of God to be helpful and useful to the others. Try to bring happiness and cheer to all. This is the Motto of our mission too. True service with hands is to help others. This brings contentment and happiness. We stand on high pedestal of humanity and receive blessings of God. To help others is the spirit of true Christmas.





THE CROW AND THE PIGEON

Once there lived a clever crow and an innocent pigeon in a farm on the bank of a village. The pigeon was very innocent whereas the crow was very clever.

The crow was also ill-natured one. It was selfish and proud, and never shared happiness or sorrow of others. Just contrary to it, the pigeon was compassionate kind and always shared others happiness and sorrow.

One day the pigeon didn't get anything to eat. It continued to search here and there. Then it saw the crow carrying a bread and thought that the crow will share that bread with it. But the crow didn't even ask the

pigeon, rather ate the entire bread itself.

After some days the crow didn't get anything to eat and the pigeon got the bread.

Perturbed with the appetite, as the crow saw a bread in pigeon's mouth, it hurriedly came to the pigeon and said, "Friend! Today I am not feeling well and not able to fly or sit even. It appears that something is wrong with my stomach.

"Shall I fetch some medicine for you"? The pigeon asked in a very mild way.

No, no my dear. There is no need of any medicine. My pain can vanish with bread



only. But you have only one bread, will you take that or I should? The crow asked very cleverly.

The innocent pigeon was taken in his clever words. He gave bread to the crow and said, "First you take this bread to ease your pain. I would manage my hunger some how."

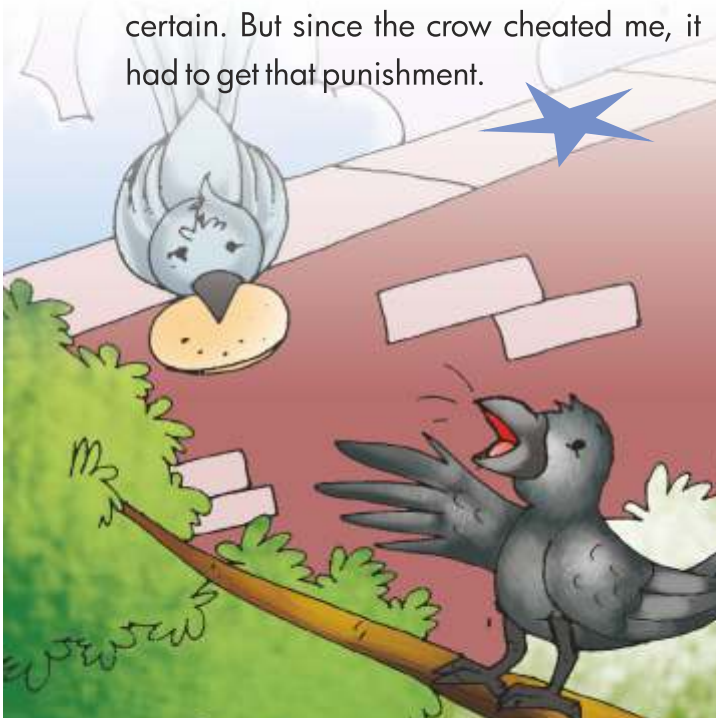
The crow wanted this only. It immediately caught hold of pigeon's bread and was over joyed at its cleverness.

A dog sitting besides them pounced upon the crow to get the bread.

The crow continued crying, "Oh! with great effort I took the bread, you take the bread and let me go."

But the crow became the victim of its cleverness and lost its life.

The pigeon flew away thinking what God does is for the best. Had the bread been with me, my death would have been certain. But since the crow cheated me, it had to get that punishment.



Improve your Grammar

Answers:

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

Q.No. Explanation

1. While pronouncing the word 'KNOWLEDGE', the letter 'K' is silent.
2. When direct speech is changed into indirect speech, JUST becomes THEN.
3. Porter is a person employed to carry luggage and other loads, especially at a railway station or airport.
4. The adverb formed from the word 'SIMPLE' is 'SIMPLY', not 'SIMPLEY'.
5. The Superlative degree of BIG is BIGGEST, not BIGEST.
6. If you mobilise people to do something, you succeed in encouraging them to take action, especially a political one.
7. The antonym of NARROW is BROAD, not BORROW.
8. SHOW OFF means to show haughtily and SHOW UP means to arrive.



CROSS WORD

– Vikas Arora (Rewari)



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

Left to Right →

Up - Down ↓

1. The hardest substance known, used in jewellery.
5. A place where Gautam Buddha gave his first sermon. (RAATNHS)
7. The word that comes first in the dictionary: AIM, ACT, ALL.
8. A unit of electrical resistance hidden in 'OHM'S LAW'.
11. The birthplace of Lord Krishna.
13. Arjuna was the elder _____ of Nakula.
2. Sir _____ Newton described the three laws of motion.
3. Find the odd one out: YUAN, EURO, MINT, RIAL.
4. Actual gain after working expenses have been paid is called _____ profit. (NET / SET)
6. Ankur is my brother. I am older than _____ (HIM / HER).
7. Aimless means without any _____.
9. Feminine: MARE, Masculine: _____.
10. A real-time conversation over the Internet.
12. The Indian _____ Force is the air arm of the armed forces of India.



H.D. Answers

—Raunak (Mumbai)

Q. How to make life a memorable one?

A. By good moral conduct.

— Riya (Thana)

Q : What is Truth? How can one know it?

Ans : That which changes not, is truth. It can be realised only through the True Master.

—Archana Garg (Delhi)

Q. When does one get disinclined to truth?

Ans. When he lacks in forbearance?

— Radha (Delhi)

Q. What is the basis of a religion?

Ans. Humanity based on Divine knowledge.

—Rishee (USA)

Q : Does God Almighty have any scientific existence?

Ans : The perpetual system of nature we look around itself proves His existence scientifically.

— Suraj (Canada)

Q : What is world's greatest wonder?

Ans : Forgetfulness about death.

—A. M. Roy (Siliguri)

Q : What is the unlimited stay and support of life?

Ans : Character.



INVENTION OF TELESCOPE

Children, You must have seen the telescope. Generally, it is used in ships. We have been able to learn about moon and stars by viewing these through telescope only. The credit of it's invention goes to an Italian scientist, Galileo.

Galileo Galilei is known for his invention of telescope. The great contribution made to the scientific world by him through his invention is priceless. Galileo Galilei had to sacrifice his life also for his invention. Let us know more about the life of Galileo Galilei.

Galileo Galilei was born on February 15, 1564 in Pizza, a city of Italy. His father named Vincenzo Galilei was a musician. Galileo

Galilei was eldest among seven brothers and sisters. Their family was very poor. He got his primary education from Florence city. On growing old, he helped his father in his business. His father re-started his education knowing him to be brilliant.

Once Galileo went to Venus. There he came to know that a person from Belgium had made such an instrument through which we can see the far-off things near. But there was a flaw that everything looked inverted through it. Knowing this Galileo started preparing the telescope. After stringent efforts of two months, he was able to prepare two glasses of the telescope and fitted these on the two ends of a copper made pipe. This was the first successful telescope of the world. The things lying at a far-off distance could be seen bigger, clear and straight through this. After this he continued trying to make it still better.

In April 1597, Galileo made such a telescope that could view an article with 32 times magnified image. Galileo started selling that telescope at his shop from 1609. The telescope sold at that time was able to view things at a short



distance. This telescope proved that there are stains in the sun. Milkyway is a group of stars. There are various satellites of Jupiter.

Galileo, by telling the miraculous happenings in the sky through his telescope, he invented important principles in the field of astronomy also which included logical views on sound, light, color and the formation of this universe. Galileo was honoured in 1611 for his invention of telescope.

Galileo made about 200 telescopes and donated these to various educational Institutions for astronomical observations. He wrote his book in Italy language so that even a common man could also read. Galileo had countered the views of Church, so he had to face judicial enquiry and many more atrocities. Galileo was a great exponent of scientific thinking. Galileo can be called as the father of the modern science. Galileo became famous in the world due to his invention of the telescope. He was the first person who traced four moons of the Jupiter satellite. Along with he saw stains of the Sun and art of the Venus. During his experiments, he reached the conclusion that all satellites revolve around the sun.

Poem : Gafoor 'Sanehi'

Ends The Year

**With December goes the year
The New Year approaches near**

**Let us ponder year's gains
And the loss that us pains
And think what next to do**

**To wash the dirt from
the brains**

**Be our actions in right
directions**

**Of good deeds make no
mention**

**Never to feel tired of work
In facing woes take no
tension**

**Imbibe every virtue
of life**

**And leave no room
for vice**

**Making use of every
moment**

**Endeavour to
achieve what is nice**

**Let us welcome the
'New Year'**

**For the post, shed
no tear.**



Don't Lose Courage

The young boy was very much fond of reading different books. During his childhood, he used to study books by borrowing from his friends, because it was not possible for him to buy books for want of money. But he was very honest and brilliant. Sometimes it so happened that he purchased books by keeping fast and saving money to continue his studies. Thus, every year he used to get promotion to the next class by securing good marks.

One day the young boy thought that there is no money left with him so how would he continue his studies? At once an idea struck his mind and he narrated his problem to one of his friends. The friend said, "The king of Junagad sends students securing good marks to foreign countries for studies at his expense."

When the friend's father told this thing to Junagad king, he immediately called that boy and said, " You go to London for higher studies, and all arrangements will be made."

That young boy very happily went to London and started studying there. For three- four months he timely received financial help from the king, and after that it stopped. Now there were two



problems before the boy, one to earn for his livelihood and the other was the studies expenditure. Even then the boy didn't lose heart. He used to perform some small jobs to earn money for his expenditure.

The young boy used to wear simple clothes due to financial crunch, polish his shoes, wash his clothes himself. He used to purchase books out of funds so saved.

Once he badly needed a mathematics book, and that book was so costly that it was out of his budget. The studies were not possible without that book, so he



reached an old-book seller's shop. He was very happy to see the mathematics book there. He purchased that book by paying 10 pounds.

He went straight to a simple hotel after purchasing that book. He started reading that book sitting on the dining table. After studying for sometime as he looked towards the table, the waiter was standing there with meals. At once the boy thought that his pocket was empty as he had purchased book with the entire amount he had. What to do now?

He said in a mild smiling tone, "Excuse me dear brother, I didn't remember, today I am on fast" Saying this his eyes got wet. He had told lie for the first time in his life. He reached his room from the hotel and continued to take bread and gud for ten days continuously, as he had already spent money equivalent to ten days meals for purchase of his book.

Would you like to know who was this young boy? He was- "BhimRao Ambedkar". He didn't lose heart in wicked circumstances. He kept his morals high in adverse circumstances also. The day came when he constituted the Indian Constitution. The name of Dr. Bhim Rao Ambedkar is written in golden letters in our country's prestigious history.

—H.S. Rice

The Magic of Love

LOVE is like MAGIC,
And it always will be.

For love still remains
LIFE'S SWEET MYSTERY!

LOVE works in ways
That are wondrous and strange
And there's NOTHING IN LIFE
That LOVE CANNOT CHANGE!

LOVE can transform
The most commonplace
Into beauty and splendour
And sweetness and grace!

LOVE is unselfish.
Understanding and kind.
For it sees with its HEART
And not with its mind!

LOVE is the answer
That everyone seeks—
LOVE is the language
That every heart speaks—

LOVE can't be bought,
It is priceless and free,
LOVE like pure MAGIC
Is a SWEET MYSTERY !



— Ramkumar Aatrey



Strange Horse-Rider

A man was riding a horse. He was very healthy and wearing neat and clean clothes with a hat on his head. He had moved out for a ride. While riding, he reached the outskirts of the city.

A huge building was under construction there. The man looked towards that building which was being constructed on a big land. A number of masons and labourers were working there. The masons were busy in constructing the walls while labourers were supplying material. Everything was smoothly going on.

That man viewing all this was about to proceed further when he suddenly saw a group of labourers who were trying to

shift a huge stone towards the wall. That was a big bulky stone and it had to be set into the fore-wall under construction.

There were good number of labourers but the stone was much more heavy as compared to their capability to shift it. The labour was trying hard to shift it from there. The stone moved a little from its place and again used to come to its original state. The labourers were getting perspired. They had applied all their efforts and techniques. All techniques were proved useless. There was another person standing at a distance where the labour was working. His dress and conduct revealed that either he was a contractor or a supervisor to super wise the labour class. Later on it was known that



actually, he was a supervisor only. While standing, the supervisor continued to encourage the labour, but when they were unable to perform, he started abusing them calling them as lazy. That man sitting on the horse back was observing all this. The sympathy arose in his mind towards the labour. He was of the view that if one more person joined the labour then that bulky stone could easily be placed on the wall.

Reaching the supervisor, he politely said, "Sir, if you also join the labour and put little efforts, then this stone can easily be taken to the wall". The supervisor didn't like at all such interference of the horse-rider. He said in tough tone, "I have not come to work here, rather to super wise the work done by the labour. This is labour job, let them do".

"You have seen that the entire labour is not able to lift this heavy stone. You should not suspect their honesty. They are fully drenched with sweat. If you little support them, then the task will be easily accomplished". The horse rider again said advising the supervisor.

The supervisor got angry and said, "If you have that much sympathy with the

labour, then why don't you come down and assist them? Only then it will be clear that you have real sympathy with them".

Hearing this the horse-rider came down the horse, removed his coat and hat and kept them aside. He then came to the labour and encouraged them saying, "Bravo! Apply your full force, brothers! Just now you find the stone reaches its real place".

The labour immediately received the effect of the words of the horse-rider. He also applied his full force. In no time the stone reached near the wall.

The horse-rider cleaned his hands, wore his coat and hat and said on climbing the horse back, "Supervisor Sir, there is no work big or small, work is work only. Remember, he who helps others is the true human being. If you ever need one person to finish your job, then do come to the Rashtrapati Bhawan".

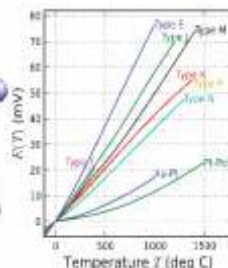
The supervisor had not recognised George Washington, the first president of America sitting on the horse-back before him. Hearing the president, he was very much ashamed and started begging his pardon.





—Sudeep, Delhi

Do You Know

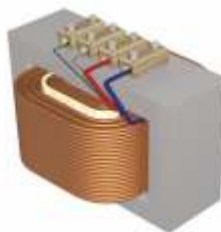


Q. What is a teleprinter ?

Ans. In this the operator at the sending station presses the key corresponding to a particular letter, and the same letter is recorded automatically at the receiving station. It literally means printing at a distance.

Q. What is a transformer ?

Ans. It converts an alternating current from one voltage to another.



Q. What is hydro-electric power ?

Ans. To produce electricity, the armature of a dynamo must be continuously rotated in a magnetic field. This is done by the use of running or falling water. Electric power thus produced is called hydro-electric power.



Q. What is thermo-electric current ?

Ans. When two wires of different materials are joined at the ends and one junction is heated, a current starts. On cooling, the current starts in the opposite direction. This current due to heat is called thermo-electric current.

Q. What is nuclear fission ?

Ans. It is the bombardment of uranium with neutrons so that the uranium atoms are split into two nearly equal parts with the release of tremendous energy. In this process of fission one or more neutrons are also liberated, and a chain reaction starts.



Q. What is an Atomic Reactor ?

Ans. It is a furnace in which huge amount of heat energy is produced by nuclear fission. It is employed for the manufacture of radio-isotopes and for carrying on research on the peaceful uses of atomic energy.



Benefits of Orange

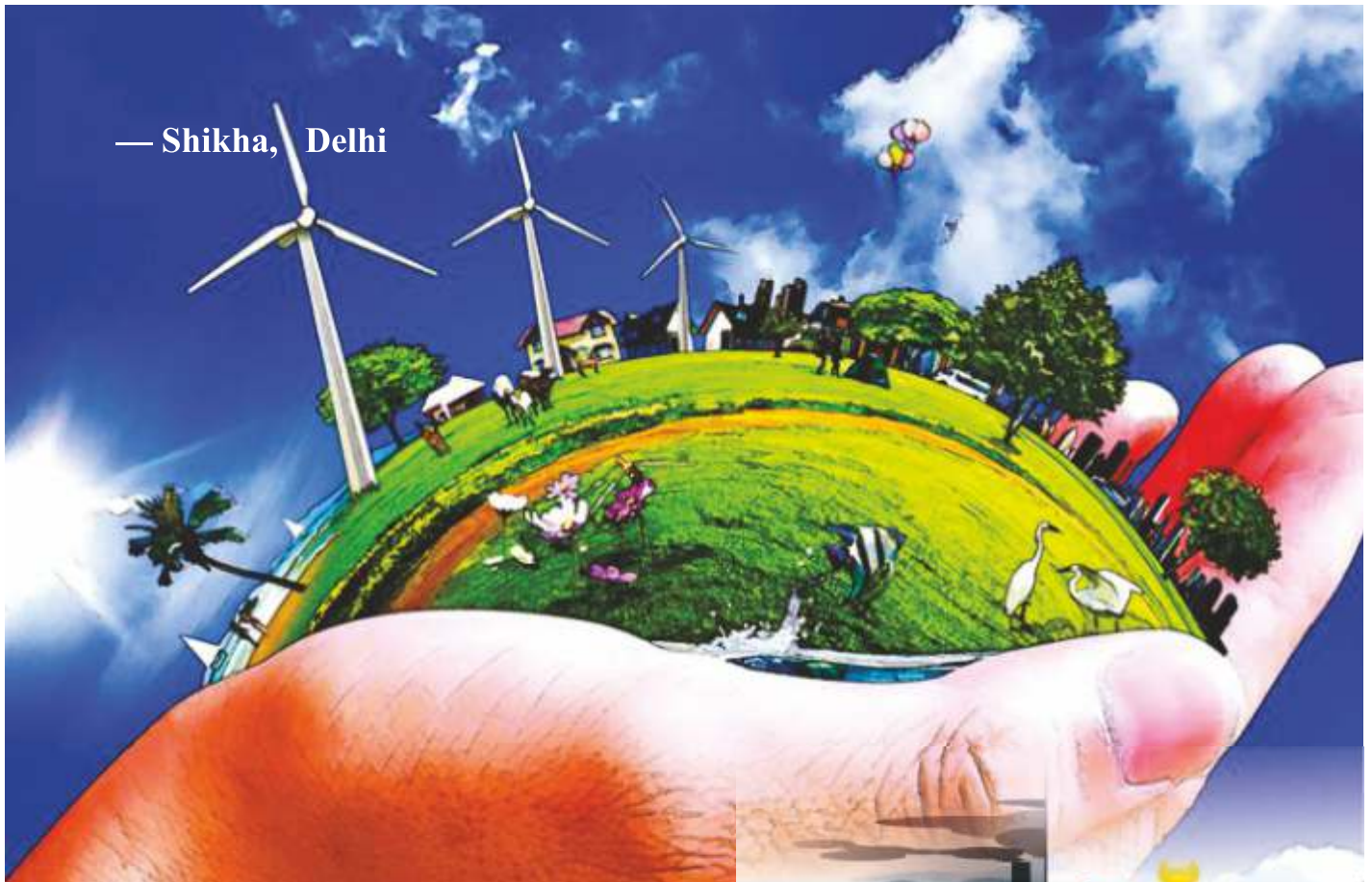
Orange is a full package of vitamins and minerals essential for our health. It is an excellent source of vitamin B1, dietary fibre, calcium, copper, magnesium and potassium.

Orange contains vitamin C that is vital for healthy immune system. It helps in preventing cold and ear infection. It also lowers the risk of cancer. Drinking orange juice regularly reduces the risk of kidney stones. The fibre present in orange also lowers the cholesterol level. Orange helps to control heart rate and maintain healthy bones and teeth. Rich in vitamin A, orange is very useful for our vision and glowing skin. Orange has antioxidant properties that control arthritis, obesity and heart diseases. A good source of vitamin B6, it supports the production of haemoglobin. Orange also fights and prevents mouth ulcers. Obese people who want to lose weight can eat it regularly as it is low in calories.

Not only orange fruit but also its peel offers a package of benefits. Vitamin C present in orange is a natural skin bleacher. Orange peel extract when applied to skin lightens dark blemishes and spots. The peel extracts also helps tone the skin, naturally cleanse pores and shield the skin from harmful UV rays.



— Shikha, Delhi



Pollution

Twinkle Twinkle little star,
I don't know where you are.

All the smoke up in the sky,
Makes me hide and makes me cry.

There is darkness all around,
As you are pollution bound.

When you are visible at night,
Then it is a lovely sight.



Pollution is causing fear,
But you are clear.

Why is man causing pollution?
Has he forgotten green revolution?



Riddles

1. A rope which cannot be tied.
2. A bow which cannot be tied.
3. Which fruit has many eyes?
4. Which is the most talkative sister?
5. Which is the smallest room of the world?
6. What is the most dangerous city?
7. Why is a river so rich?
8. What is it called when a cherry falls in a pond?
9. Which bus crossed the ocean?
10. What is as big as an elephant but does not weigh anything?
11. Two pigeons are behind and two in front of one.
How many pigeons are there?
12. What flies without wings and it is invisible too?
13. What kind of bulbs need water?
14. What gets whiter when dirtier it gets?
15. What kind of fish chases a mouse?
16. Name three keys that unlock no doors.



1. Europe, 2. Rainbow, 3. Pine apple, 4. Transister, 5. Mushroom, 6. Electricity, 7. Because it has two banks, 8. Pudding, 9. Columbus, 10. Elephant's shadow, 11. Three, 12. Time, 13. Onion bulbs, 14. Blackboard, 15. A Cat fish, 16. Monkey, Donkey, Turkey.

Answers



Health Benefits of Radish

- 1. Provides Dietary Fibre:** Radish are rich in dietary fibre content. This high percentage helps improve the body's ability to digest food. The fibre content also adds to the amount of roughage you need in your diet and keeps you feeling full for longer.
- 2. Is Full of Antioxidants:** Radish contains similar antioxidants like those found in citrus fruits and vegetables. These antioxidants protect the body against oxidation reactions and by-products which may be cancerous or make the body prone to diseases.
- 3. Vitamin Benefits:** The vitamins A, C and K that are present in radish help to prevent skin disorders to a great extent. The consumption of radish also results in better cell production and cell repair.
- 4. Contains Iron in Abundance :** Iron available in radish has positive effects on blood and hence, on the overall function of the heart. Iron helps to maintain healthy cells, skin, hair and nails. Consumption of iron rich food on a daily basis improves general appearances.
- 5. Aids Weight Loss:** Thinking how radish benefits weight loss? Well, the high water content of radish and the presence of non-digestible carbohydrates make them beneficial. Consumption of radish helps to avoid excess calories and fat accumulation in the body.
- 6. Muscle Building And Repair :** A lot of nutrients are needed in order to build up muscles. Proteins are the building blocks of muscles. Radish are a very rich source of proteins and hence, they should be included in your diet.
- 7. Provides Liver Health :** Radish are extremely good for the liver and stomach.

They are powerful detoxifying agents and help purify blood and eradicate waste and toxins.

- 8. Treats Jaundice :** They have been known to treat Jaundice as it eliminates bilirubin and stabilizes its production level.
- 9. Controls Diabetes :** A recent study conducted at the University of Allahabad, India, proved that radish is beneficial to diabetic patients. The roots possess hypoglycaemic and antidiabetic capabilities. Moreover, they have negligible or no side effects; radish also balances blood glucose levels.
- 10. Prevents Cancer :** Containing Vitamin C, folic acid, and anthocyanin, Radish juice helps to curb the growth of cancerous cells. In fact, radish juice is known to help in treating colon cancer, kidney cancer, stomach cancer and cancer in the intestines.
- 11. Treats Thyroid Problems :** Radish juice also contains sulfur and raphanin, which in turn help to balance the thyroid hormones. At the same time, it helps in boosting the rate of metabolism in a healthy way.
- 12. Cures Piles :** Constipation is one of the underlying causes for piles. The detoxifying properties of radish juice ease the pain while soothing the digestive and excretory system. Thus, drinking radish juice helps to treat piles by treating the causes.



13. Treats Jaundice : Radish are extremely good for stomach and liver. It is a powerful detoxifier and purifies the blood by eliminating waste and toxins from the body. Red radish is known to remove bilirubin from the body that is the main cause of jaundice. Excess presence of bilirubin causes jaundice symptoms, which can be eliminated by increasing the intake of red radish. It also restricts the destruction of healthy red blood cells during jaundice.

14. Has A High Water Content : Red radish has high water content and is packed with lot of zinc, phosphorus and vitamin C that is good for the nourishment of your tissues. The high water content keeps your body hydrated keeping you looking fresh and energetic, even on a long and hot day.

15. Treats Insect Bites : White radish provides a wonderful cure for issues like insect bites and bee stings as it helps in lessening the pain from the affected area and also has anti-inflammatory properties due to which it relieves the swelling resulted due to the sting or bite.

16. Bone Health : Radish seeds can promote the formation and strengthening of bones. The seeds contain high amounts of calcium. Calcium is crucial for the formation of bones and radish seeds provide a regular supply of this mineral.

17. Skin Benefits Of Radish : Healthy and clear skin is just a radish away! Find out what are radish benefits for skin:

18. Provides Hydration To The Skin: Radishes have good water content. This helps in keeping your body well hydrated all the time resulting in a healthy and well-hydrated skin. It fights dry and flaky skin too.



19. Helps Prevent Skin Diseases :

Radish contains Vitamin C and antioxidants, which makes them quite effective in preventing skin diseases and inflammation. Regular inclusion of radish in your diet results in healthy and radiant skin. Go for it today! The high fiber content found in radish help you get rid of all harmful toxins present in your body. This, in turn, results in a clear skin.

20. Works As A Natural Cleanser :

Smashed raw radish can be used topically on your skin. It serves as a great natural cleanser and an effective face pack too.

21. Fights Skin Disorders :

Radish has great disinfectant properties. These help fight skin disorders. They can heal insect bites and stings. They can also cure pimples and acne.

22. Fights Hair Fall :

It is believed that regular consumption of radishes will help fight hair fall problems. In fact, the juice of black radish, when applied topically, is believed to stimulate hair growth. It strengthens your roots from within and prevents hair loss.

—Lipica, Delhi





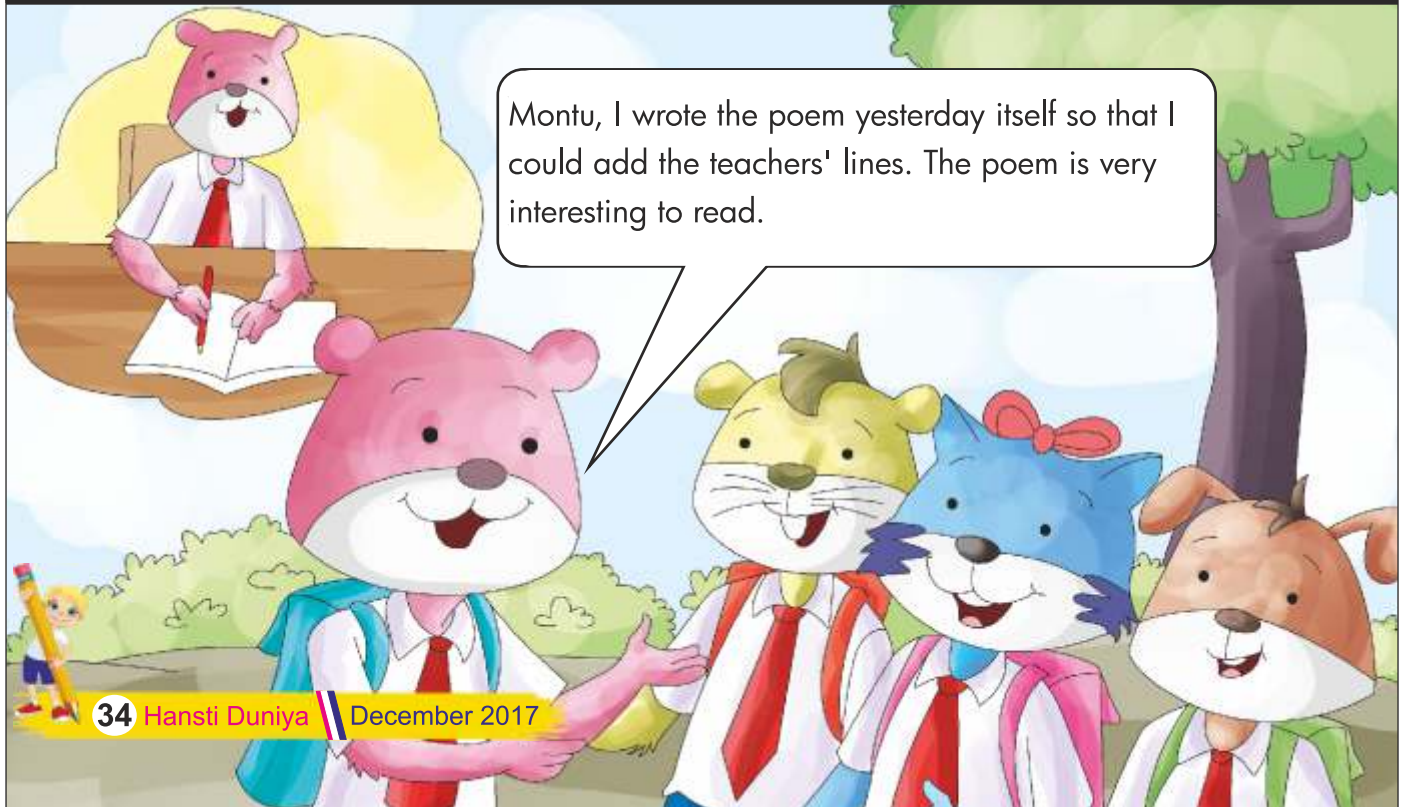
Kitty

Story & Illustration
—Ajay Kalara



Teacher, "Molly have you written the poem?" Which the teacher gave yesterday!

"yes, I have written"



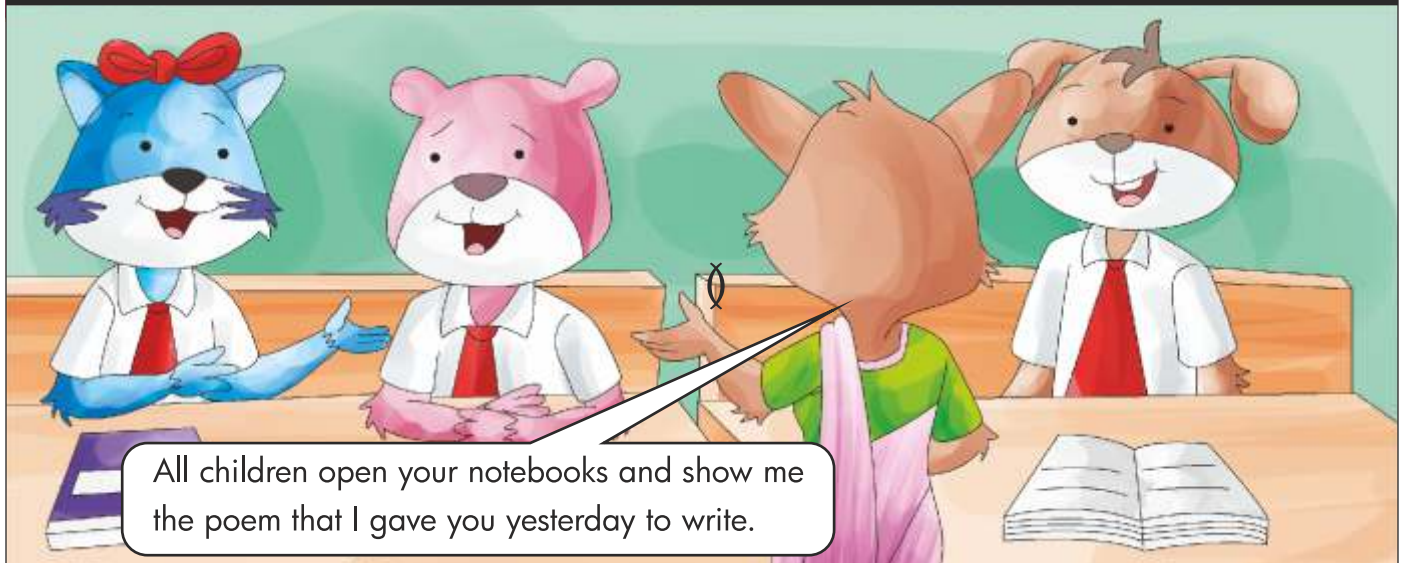
Montu, I wrote the poem yesterday itself so that I could add the teachers' lines. The poem is very interesting to read.



Kitty have you written the poem?



I haven't written any poem. If the teacher asks I will say that I have forgotten to bring the copy.



All children open your notebooks and show me the poem that I gave you yesterday to write.



The rain came dancing.

Montu, you read your poem.





Kitty, don't make a mischief listen to Montu's poem



Kitty, " I forgot the notebook at home."

Kitty, now it is your turn.

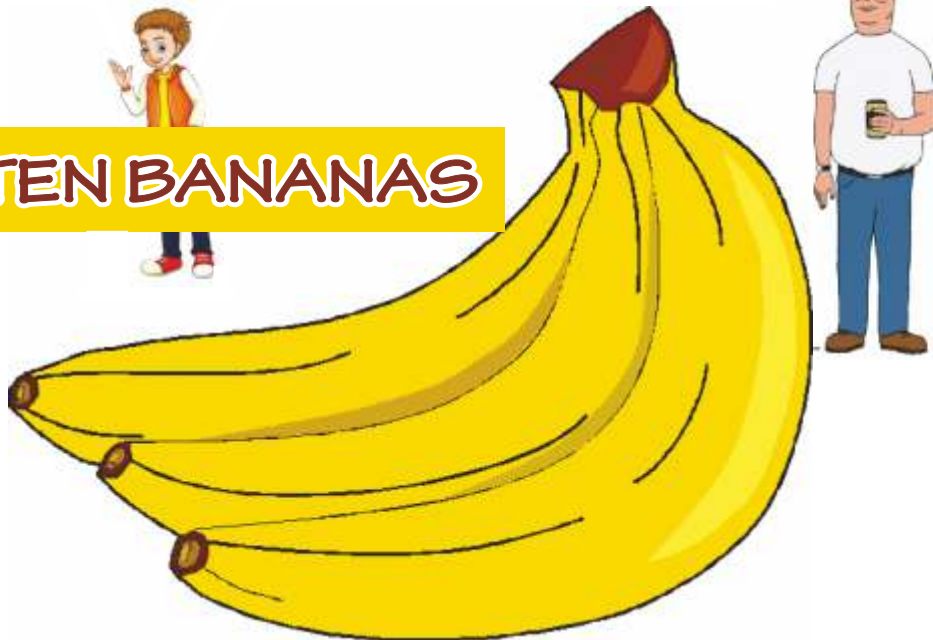


Teacher , "you can recite a few lines from your poem"

Rain Rain Rain – I cannot recall any more lines teacher.



ROTTEN BANANAS



Nariman was a good man. He would sit in prayer and connect with God to draw strength and inspiration. He spent a good portion of his time and money in the service of the poor. He would offer his services at the hospital whenever they put up free medical camps. He would buy fresh fruits and distribute them to the poor patients in the hospital. Sometimes he would treat the children in the labour colony to a movie or to ice cream. Each act of service was done as if it was service to the Lord.

One day, he told his teenage son Manit, "Son I am going to the temple today to offer bananas to the Lord. Later I will

distribute these bananas to the beggars who sit outside. Why don't you come with me?"

The boy said lazily, "Oh! Come on Dad! This stuff about going to the temple and praying; this seva activity.. it's not my kind of thing. You are old now Dad. This stuff is for oldies. I am young. I am not interested. May be when I am as old as you, I could think about it, but right now... never!"

The boy re-adjusted his walk-man and swayed his hips to the beat of the rap-music. Nariman heard his son's statement, but did not retort back. He went out and completed his work of distribution for the day.



A few days later, Nariman bought a huge basket of over-ripe bananas and placed them just outside his house. He went in to bathe. His son happened to spot the basket of blackened bananas and also noticed the insects hovering over them. Some of the bananas were almost rotten and were quite unsightly. Father came out wearing a crisp white kurta-pajama and proceeded to transfer the bananas to his car. The son asked, "Father, where are you taking these bananas?" "To the temple," replied father, casually.

"But father, these bananas are rotten. I mean if you want to offer them to God, then at least you should have taken care to buy a fresh lot. They are all gooey and pulpy. They are infested with insects too. It would be a pity to offer them at the temple." Father said, "If you can wait to grow old, to offer yourself to the Lord: if you think that you shall be presentable of any use to the Lord when you are an old man, surely these old and rotten bananas can be offered to the Lord too!"

The son was rendered speechless. He wasn't able to look his father straight in the eye. Father knew he had

struck the right chord at the right time. He continued, "When you are young and able-bodied, you can work for the Lord. You can offer your services. You can spare some time and money to give to those who are in need. You may not be physically fit enough to do service. You may have financial constraints, for you shall no longer be earning and your expenses may be many. You may not be able to sit in prayer; for who knows, you may be troubled by arthritis or rheumatism. What can you offer then? That time you shall be in need of God's grace, perhaps more than ever!"

Having said that, father put the last bunch of rotten bananas into his car and drove away. He had made his point. Do you know where he went? He did not go to the temple, for he knew that these bananas were unfit for offering to the Lord. Instead he went to a Gaushala where stray cows were kept and fed the bananas to them. The rotten bananas had done their work!

Moral:—

Young people should get rid of bad thoughts and habits, The spiritual quest cannot be put off to old age. The time to start seeking the Divine is now itself."



—Sakshi Gulati, Chandigarh

Laughing Time



Teacher : Praveen , Your attendance is very short. You won't be allowed to sit in the exams.

Praveen : I shall stand and take the exams.



Sanjay : Can a kangaroo jump higher than a house? -

Ravneet. Yes, of course. Because a house can't jump at all.

Doctor to the patient- "I had given you medicines for improving your memory. Did it work?"

Patient "No it has not worked till now. I forgot to take it daily."



Son to father- "The plant tree is not spreading its roots, it's been a week since I have planted the seed."

Father : "How do you know?"

Son : Since I uproot it daily and check.



A guest calls the waiter and complains, "How come there are no chairs at our table?!"

-The waiter shrugs, "I'm sorry but you only booked one table..."

One friend to the other- "How did you spend your holidays?"

Other friend "One day learning horse riding and the rest at the hospital."





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

The doctor says, "Take the spoon out of the cup before you drink."

A: Why are all those people running?

B: They are running a race to get a cup.

A: Who will get the cup?

B: The person who wins.

A: Then why are all the others running?

The mother says to her daughter, "Did you enjoy your first day 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.

Student: I don't think I know either, sir.

A man : What is the name of your car?

Lady : I forgot the name, but it starts with 'T'.

A man : Oh, what a strange car, starts with Tea. All cars that I know start with petrol.

CROSSWORD SOLUTION

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





- ★ Not everyone cares, but there are those special people who can brighten our day with a smile.
- ★ There is no enemy outside our soul. The real enemies live inside us. Anger, Pride, Greed and hate. Avoid these and enjoy a peaceful life.
- ★ Life is not about finding the right person, but creating the right relationship, it is not how we care in the beginning, but how much we care till ending.
- ★ Make a mind which never minds, make a heart which never hurts, make a touch which never pains and make a relation which never ends.

★ I am the best, I can do it, God is always with me, I am a winner, today is my day.

— Praveen, Delhi

- ★ One small positive thought in the morning can change your whole day. Be positive and have a great life.
- ★ If the path is beautiful ask where it leads to. But if the destination is beautiful never ask about the path.
- ★ The Happiness of your life depends on the quality of your thoughts.
- ★ Upgrade your faith to match the destiny than downgrade your dreams to match reality.
- ★ Never complain to God about the difficulties of life because a great director always gives the difficult role to the best actor.
- ★ If your wait for perfect conditions, you will never get anything done.
- ★ Difficult roads often lead to beautiful destinations.
- ★ Be so busy, improving yourself mentally, physically and spiritually so that you have no time left for worries, doubts or fears. — Himanshu, Delhi
- ★ Every sunrise delivers opportunities while every sunset asks what we did with the opportunities.
- ★ 5 things to remind yourself daily: 1. I am amazing, 2. I can do anything, 3. Positivity is a choice, 4. I celebrate my individuality and 5. I am prepared to succeed. — Lakshita, USA



Result for the month of **October** Issue

First :

Sumit Kumar Age : 11
Gali no 7, Dhirpur,
Nirankari Colony, Delhi-9



Second :

Pranav Aggarwal Age : 13
3026, Sector 46-C, Chandigarh



Third:

Varuni Narangh Age 5
100 Montevino Court,
Oakley, California 94561(USA)



Consolation Enteries

Arpita Saini,
(Johns Greek, USA)

Ekta Prasad
(Ahmedabad)

Nitin Ahuja
(Delhi)

Aaarav
(Mukerjeenagar, Delhi)

Avyant
(Vaishali)

Bhawana
(Indore)

Sumanyu
(Dheerpur, Delhi)

Raju
(Dehradun)

Avyant
(Nagpur)

Tapasaya
(Mukandpur Delhi)

Richa Rai
(Dehradun)

Neha
Alwar (Raj.)

"Colour it" for December Issue

On page 44, a beautiful picture is given; colour it and send it to us latest by **January 20, 2018**. Office address: **HANSTI DUNIYA**, Nirankari Complex, Near Nirankari Sarover, Nirankari Colony. Delhi - 110009

The result will appear in **February 2018** 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






Let go. Let everything that is currently happening in your life 'be.' Accept your life exactly the way it is and exactly the way it isn't. Accepting your life exactly the way it is doesn't mean you are resigning yourself to "this is how it will always be" and just giving up. That is not what letting go means.

Stop resisting your life. Whenever you are feeling uncomfortable, unhappy, or any other negative emotion, you are resisting something in your life. You are saying to yourself and the universe that something is not right here and that it should be another way. Resisting is futile because it does not change the situation. Resisting emits negative energy and attracts more of the same negative situations into your life.

You have two choices here. You can resist what is going on in your life and continue feeling unhappy, frustrated, and upset, or you can let go and accept it. By simply accepting your life exactly the way it is and letting go of the way you think it should be, you are letting go of all resistance. You are freeing yourself from your negative emotions.

Recognize that anytime you are feeling a negative emotion, you are resisting something. Uncover what you are resisting, then let it just be okay exactly the way it is. This release of resistance will automatically shift your negative energy to a positive one.

Remember, as long as there is resistance in your life, you will continue to attract more of the same. Let go. Accept the fact that "it is the way it is," and just let it all 'be.' 



Dr. Rajendra Prasad

An Ideal of Simplicity

Dr. Rajendra Prasad, affectionately addressed as 'Rajen Babu', was born at Village Ziradei of Bihar on 3 December 1884.

His parents, Mahadev Sahay

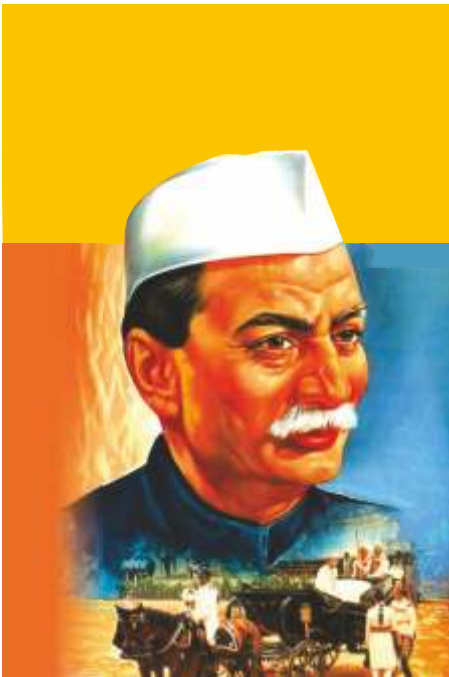
and Kamaleshwari Devi, led a simple life even though the family had sufficient landed property. The environment at home had a profound impact on the mind of young Rajen resulting in the inculcation in him of the finest ideals of fellow-feeling, selfless service, sacrifice, humility and simplicity.

Rajendra Prasad began his early education at the age of five under the guidance of a village Maulvi. Later, he went to a High School in Chhapra district from where he passed the entrance examination of the University of Calcutta with flying colours and joined the prestigious Presidency College. After his post-graduation, he also completed his studies in law and started legal practice in Calcutta in 1911. Very soon, he built up a large clientele, not merely because of his legal acumen, but also because of his noble character and innate integrity, which earned him the praise and respect of the judges and his colleagues. He completed his Master of

law in 1915 by topping the list. In 1916, after the creation of the Patna High Court, Rajendra Prasad started practicing at Patna.

Rajendra Prasad came under the spell of Mahatma Gandhi in 1917. Inspired by Gandhian ideology, his clarion call to the countrymen and his distinct and unprecedented mode of protest against the colonial rulers, Rajendra Prasad took the plunge into the political struggle with the unflinching aim of freeing the country from the clutches of colonialism.

The Rowlatt Act of 1918 and the Jallianwala Bagh massacre of 1919 pushed Rajendra Prasad closer to Gandhi Ji; he concurred with Gandhi Ji that the only effective weapon to deal with the British Government's inhuman actions and repressive laws was, 'non-cooperation'. He was the first leader from Bihar to sign and undertake a pledge requiring every Satyagrahi to remain non-violent during the protest against the Rowlatt Act which came to be dubbed as the 'Black Act'. In 1923, Rajendra Prasad actively participated in the Flag Satyagraha at Nagpur. During this period, he came into close contact with Sardar Patel whose friendship and association he cherished as one of the most pleasant memories of his life. The British Government arrested him for taking part in the 1930 Satyagraha. The



second long spell of imprisonment that Rajendra Prasad suffered was immediately after the passing of the Quit India Resolution in 1942 and he remained in jail for nearly three years till 1945.

Joining the Indian National Congress as an ordinary worker, Rajendra Prasad served the organization in various capacities for more than four decades. He was elected President of the Indian National Congress in 1935 and again in 1939 following the resignation of Netaji Subhas Chandra Bose. He was elected President of the Indian National Congress for the third time in 1947, following the resignation of Acharya J.B. Kripalani.

In 1946, Rajendra Prasad joined the Interim Government of Pandit Jawaharlal Nehru as the Minister of Food and Agriculture. When the Constituent Assembly was formed in 1946 to frame a Constitution for free India, Dr. Rajendra Prasad, who had been elected as a member of the Assembly from the Bihar Province, was given the onerous responsibility of being its President. As President of the Constituent Assembly, he guided and regulated its proceedings with utmost firmness, infinite patience, incisive intellect and abundant grace. Dr. Rajendra Prasad was unanimously elected as the provisional President of India on 24 January 1950, the penultimate day of the last session of the Constituent Assembly. He took the oath of office on 26 January 1950. It was indeed a rare honour that the person who presided over the

Constitution-making body was also given the equally challenging task of defending, protecting and preserving the Constitution. In 1952, he was elected as the first President of the Republic of India and was re-elected as the President of India for the second term in 1957.

Dr. Rajendra Prasad, along with India's first Prime Minister, Pandit Jawaharlal Nehru, was able to establish many precedents and conventions culminating in a healthy political relationship between the Head of State and the Head of Government. Even though Rajendra Prasad occupied the highest office in India, he led a very simple life. His integrity, purity of character, humility and devotion, love of humanity and depth of vision marked him out as a towering personality in our national firmament. Rajendra Prasad not only gave the most precious years of his life to the freedom struggle but also worked for the betterment of the under-privileged throughout his life. He was a great humanist whose heart always went to the poor and the distressed.

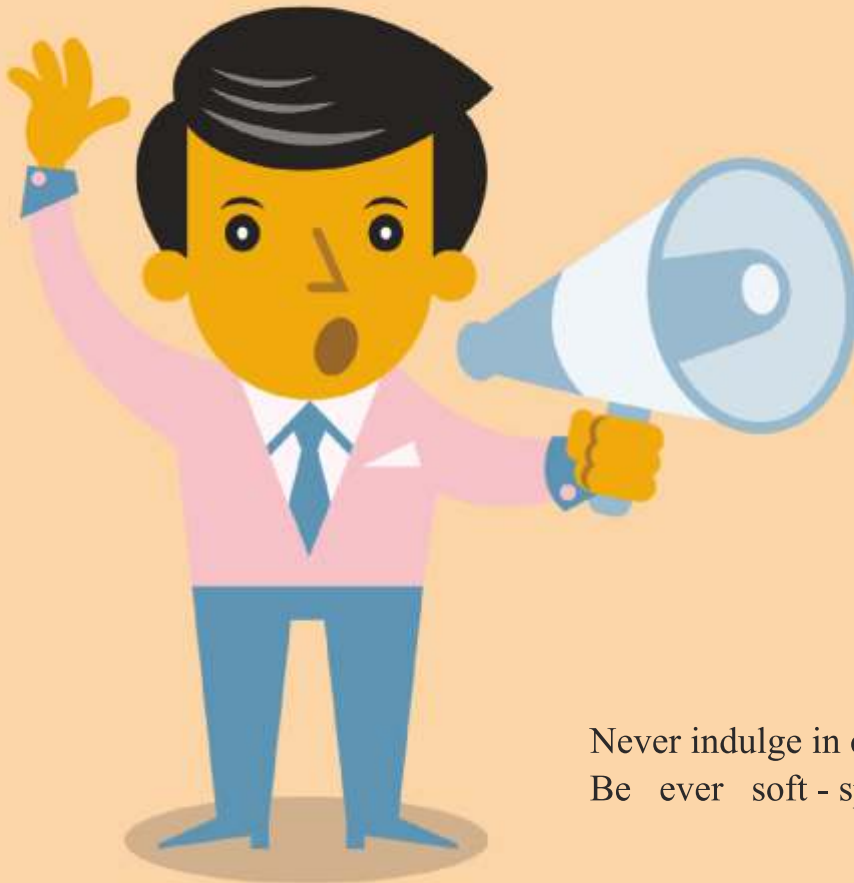
Dr. Rajendra Prasad relinquished the office of the President of India in 1962, an office which he had adorned for 17 long years and shifted to an Ashram in Patna. He spent the remaining part of his life in its peaceful and quiet surroundings till he breathed his last on February 28, 1963.

In recognition of the yeoman's service rendered by this illustrious son of India, Dr. Rajendra Prasad was conferred the Bharat Ratna, the nation's highest civilian award, in 1962.

— Dimple Randhawa, Delhi



SPEAK TO THE POINT



Never indulge in calumny
Be ever soft-spoken

Engrave this deep at thy heart
You'll speak as much is correct

Be good, do good to see
That no heart is broken

This mouth emanates both
Poison and nectar

That you will revere all
Swear to learn this lesson

Out speaking creates ill-will
And brings disaster

This will make thy life happy
You'll have no other passion



—Sumit, Delhi



Health is Wealth

Good health is the most precious possession of man. In fact it is the real wealth of man. What is the use of wealth if you are unhealthy and cannot enjoy any eatables?

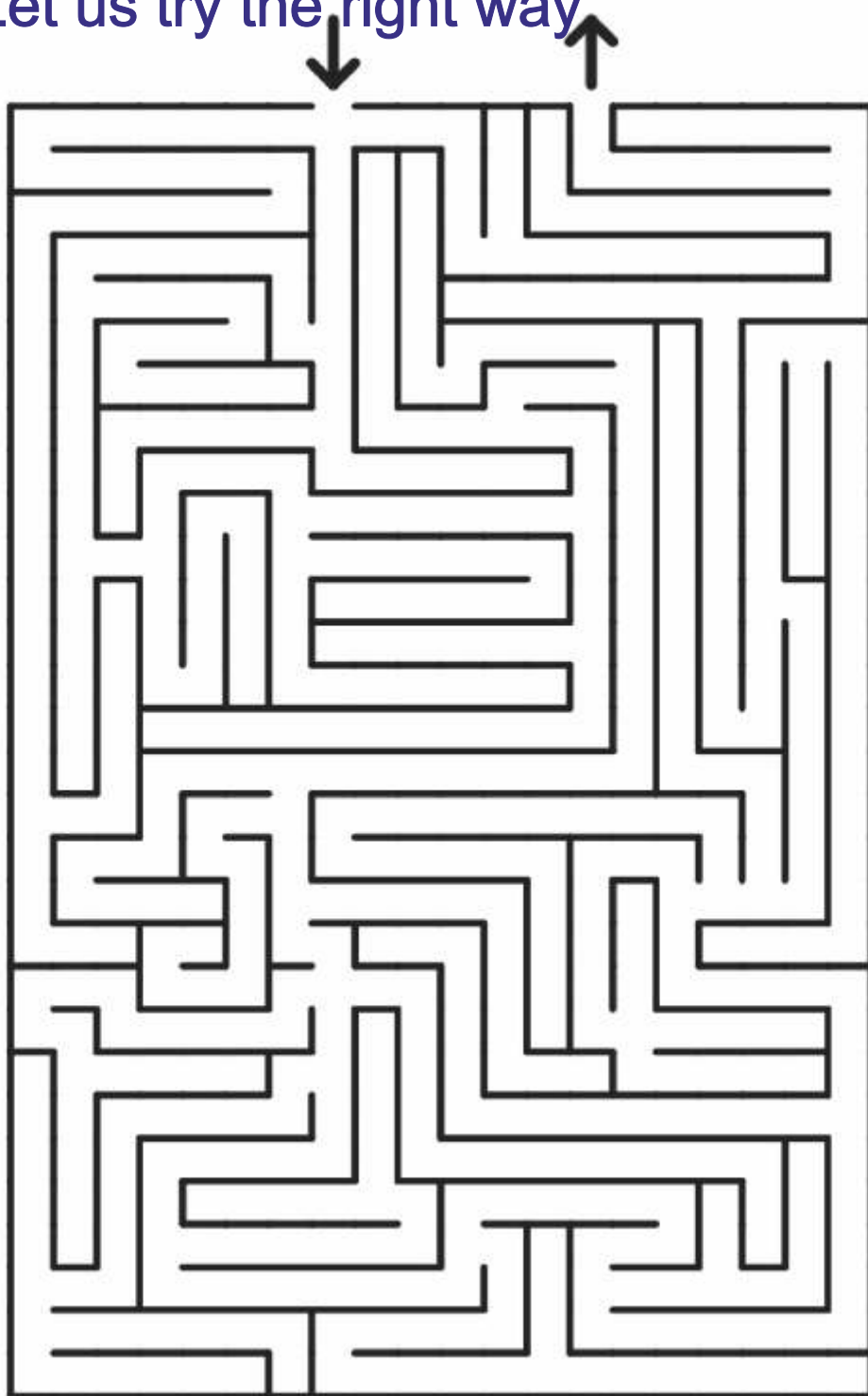
Without good health you cannot enjoy the charm of life. But, good health does not mean being fat. It means to be fit. Usually, people think that the person who is fat is healthy and the one who is thin is unhealthy. But it is not true at all. Rather fat people are found with more diseases in them. To be healthy means to be free from ailments. A healthy person is cheerful, active, smart and alert. Today, people are so busy in earning money that they have forgotten about their health.

Although money is important in today's world, but it should not be earned at the cost of the health. We must take out some time from our busy schedules for ourselves. Taking out 15 minutes for Simran and regular exercise makes one more active and cheerful person. It is rightly said that a sound body has a sound mind. And if one has a sound mind, it is going to bring all the happiness and prosperity in Life.



Maze

Let us try the right way





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& story



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