

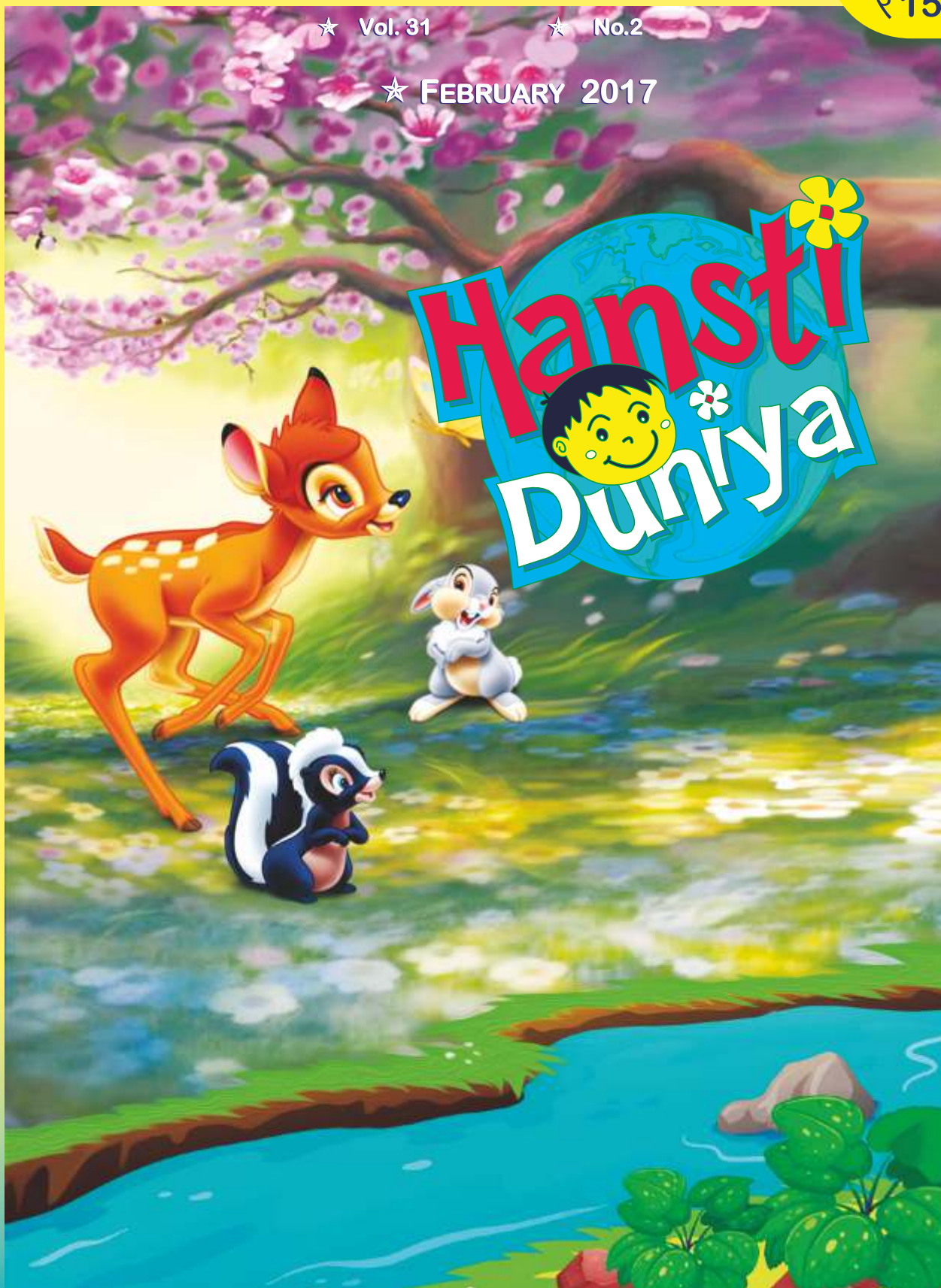
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★ Vol. 31

★ No.2

★ FEBRUARY 2017

# Hansti Duniya





## Hansti Duniya

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# First of All

In a Moral Education class, the teacher asked the children-“What type of life we should lead?” All the students expressed their views turn by turn. Most of the children said these things-

We should get up early in the morning

We should obey our parents

We should respect the elders and our teachers

We shouldn't tell a lie

We should talk politely

We shouldn't get angry or fight with anyone

We should help the needy etc. etc.

The children told the teacher many such things. The teacher was very much pleased to know that in present times children knew everything for which they are taught.

The teacher again asked – “Do you agree the things you have mentioned are correct?” All the children replied in affirmative. The teacher said - the student who practices these things and these are the integral part of his life, should standup. There was complete silence in the class - no one stood up.

Teacher lovingly told the children that it is very good to have the information of useful things in life, but at the same time these things should be part of our practical life. Only he



can put efforts who knows the usefulness of these things. We generally do not attempt such things because either we do not know the utility of these or we don't want to put efforts for that due to our slackness or laziness. We should shun laziness and try to reach the height of human values.

There has been one such great personality who was the epitome of all these virtues and qualities and who did not admit defeat even in adverse circumstances, dedicated all his life for the welfare of humanity. He united every one with truth and as a result the falsehood and darkness vanished. The path was illuminated. He gave this nectar to everyone and rid them of bitterness. He instilled love in human hearts and anger vanished. With his captivating, divine smile, he comforted everyone whosoever came in his contact and filled their life with ecstasy. He was the ocean of mercy and love and filled every heart with love. He was connected with Nirankar throughout his life and made all his disciples to live life like that.

We know this divine personality as Baba Hardev Singh Ji Maharaj. He came into this world on February 23 , 1954. He was the guardian and saviour of humanity and devoted all his life for the welfare of humanity. He lived a beautiful life and enlightened an ideal path for others.

—Vimlesh Ahuja





## Grace and Thankfulness

It's difficult—if not impossible—to be truly grateful and thankful until we fully understand the grace of God. Grace is unmerited favour, but it is also God's power made available to us so we can do with ease what we could never do on our own. Once we grasp the fact that every good thing that comes to us by the goodness of God, what is left for us is nothing but gratitude and thanksgiving.

It is hard to give credit to God when we think that we deserve whatever we receive from Him. But it is hard not to give credit to God when we know that we do not deserve anything we receive from Him—it's all by His grace. Our lives should merely be a thankful response to that.

Prayer of Thanks for you...

God, I am thankful for your grace.

Without your grace, I would be without hope.

But because of your grace and power, I am grateful that I can accomplish the plans that You have for me.

## Change and Transition

Everything changes except God—we can be thankful that He is the constant, unchanging source of our lives. Letting all the changes around us cause us to be upset

won't keep changes from occurring. People change, circumstances change, our bodies change, our desires and passions change. One certainty in this world is 'change.'

Most changes take place without our permission. But thankfully, with the help of the Holy Spirit, we can choose to adapt. If we refuse to make the transition in our minds and attitudes, then we are making a huge mistake. Our refusal to adapt doesn't change the circumstances, but it does steal our peace and joy. Remember, if you can't do anything about it, cast your care upon the God and trust that He will take care of you. Prayer of Thanks for you...

—Dr. Ashok K. Chitkara, Chancellor, Chitkara University, Chandigarh



I am grateful, God, that when everything seems to be changing and unsure around me, I can trust that You will never change.

Help me to look to You instead of my circumstance. I thank You that You are the foundation of my life.

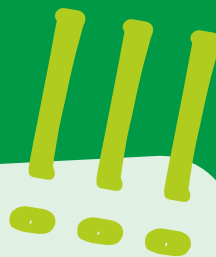
I would like to acknowledge all the enlightening sources from where I read and

share these wonderful articles with you all.

"It's good to read; read good books and like reading."



# Know your scriptures



## SAMPURAN AVTAR BANI

### Ik Tu Hi Nirankar 125

GUR DI MEHMA GAYAN BANDE KAL KALESH NE HUNDE DOOR.  
GUR DI MEHMA GAYAN BANDE CHEHRE UTTE CHAMKE NOOR.  
GUR DI MEHMA GAYAN BANDE NAINI SUKH KALEJE THAND.  
GUR DI MEHMA GAYAN BANDE MAUHRA VI BAN JAE KHAND.  
GUR DI MAHMA GAYAN BANDE PAPI VI HO JAAN PUNEET.  
GUR DI MAHMA GAYAN BANDE HOVAN MURDE VI SURJEET.  
POORE GUR DI MEHMA GAONI POORE GUR DI BAKHSHISH NAL.  
KAHE AVTAR POORA GUR CHHIN VICH KAT DENDA EY MAYA JAL.

### Thou Formless One 125

O' man, by singing the glory  
of the True Master, all disputes and  
troubles disappear;

O' man, by singing the glory  
of the True Master, one's face  
becomes radiant.

O' man, by singing the glory  
of the True Master, one becomes  
blissful and peaceful at heart;

O' man, by singing the glory  
of the True Master, even poison  
turns into sugar.

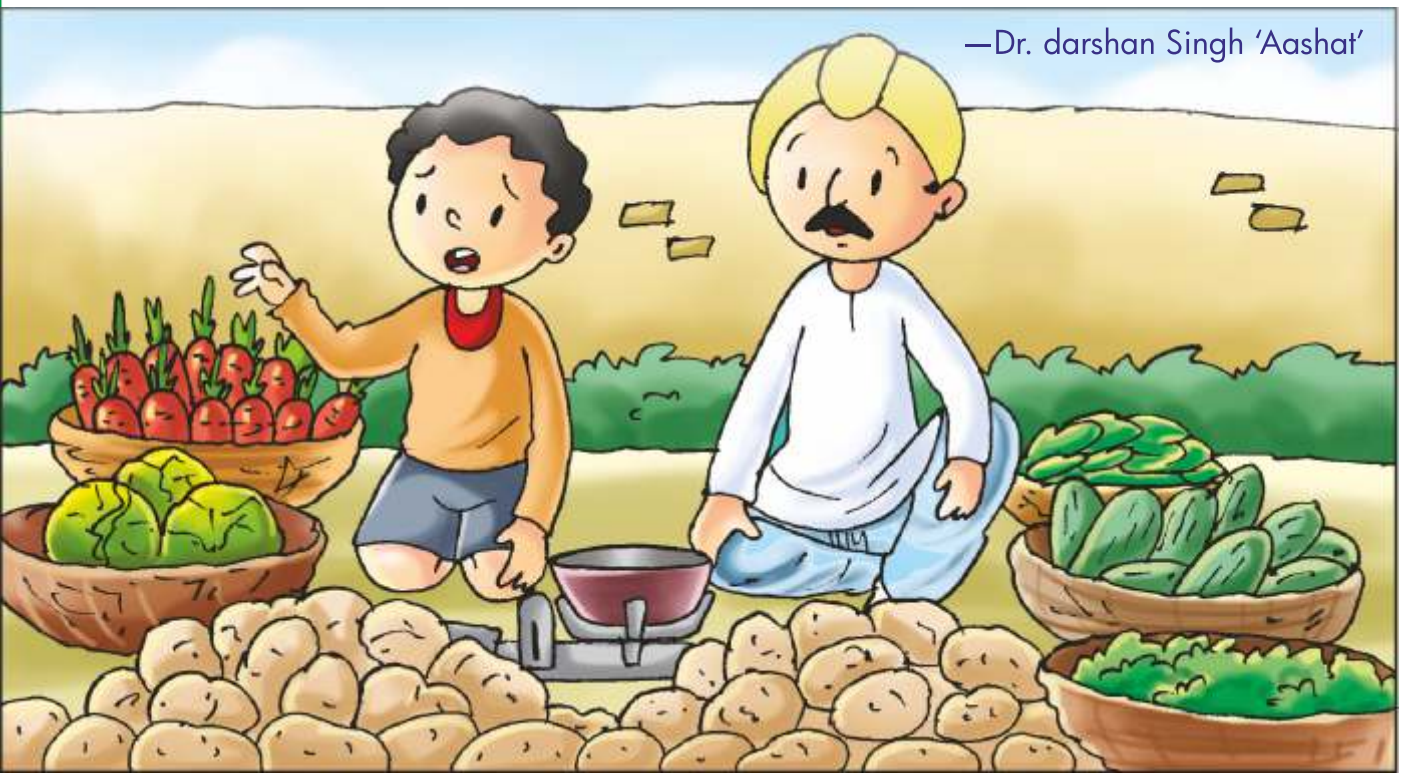
O' man, by singing the glory  
of the True Master, even sinners  
turn pure;

O man, by singing the glory  
of the True Master even the  
spiritually dead become spiritually  
alive.

One can sing the glory of the  
Perfect True Master only with his  
divine grace;

Avtar says, the perfect True  
Master can sever the bondage of  
materialism in a moment.





## Ballu Is Back

It's an incident of last year when the examination was drawing near.

Ballu was sad. He was under pressure to think how he would face his friends if he failed again this time?

Ballu was thinking, "Papa awakes me early morning and takes me to the vegetable market along him. I fail to understand that early morning I should study or accompany him to vegetable market to procure vegetables from there. The examination is drawing near. My friends study while getting up early morning. But, when I reach home from school, I have to rush to help my father. I fail to understand, what Papa expects from

me to shout at such a high pitch- "Take potatoes, cauliflower and onions." Would all the customers come to take vegetables from me hearing my shouts? They come to buy or not at their own sweet will. But who will tell Papa?"

But I try to pacify myself thinking that Papa is not well educated, so he doesn't value education.

Ballu used to bring vegetables by accompanying his father to vegetable market early morning. Then, coming back home after about two hours, he hurriedly gets ready for school. After his return from school, his mother gave him food for papa which he delivers him in the market where his father holds the vegetables hand-cart, far away from his house.







"This time again, I cannot pass the examination. But what is my fault in it? I have to accompany my father also for four hours to help him in his business. I need time for my studies also. Can I score good marks without studies? Again I shall fail."

"Oh! Where are you lost? Speak out 5-7 times." Ballu's father shook Ballu holding his shoulder, sitting on the bench, when he just got nervous and started speaking loudly, "Take potatoes, cauliflower, onion and carrot."

Ballu's result declared. The same thing happened about which he was worried. Again he failed. His other companions were happy and congratulating one another

while Ballu was weeping sitting in one corner of the School ground. He didn't want to show his face to anyone and wanted to hide him somewhere. Till night, Ballu didn't reach home. He was searched here and there but couldn't be traced.

"I will not go home now. I have failed for the second time and not able to face anyone." Ballu was thinking and looking here and there while sitting on the road side leading to the village.

All of a sudden a vehicle came and stood by his side. Ballu got frightened.

"Oh! Dear, what are you doing alone sitting by the road side in such a



dark night?" The car man asked him while getting down his vehicle.

Ballu kept mum.

Reading his face, the car man again said, "I know that you are coming upset from your home. Tell me frankly, what's the matter?"

Speaking so lovingly by the car-man, Ballu had to state everything in detail.

Knowing the truth, the car-man said smilingly, "Oh! My dear, I tell you that I too had failed twice in my eighth standard, but I didn't desert my home. This is cowardly act. To be afraid of any problem in life is like accepting the defeat. I had worked hard and appeared for the third time in the examination and came out successful scoring good marks. Now I am employed in an office and drawing Rs40000/- as my monthly salary. If you agree with me, then be firm hearted, start working hard and see how your self-confidence rewards you. If you agree, should I leave you at your place?"

"Thank you, uncle. You have solved my problem. I was depressed and afraid of going home, but your arguments have given me strength. I will study again." Ballu said.

Ballu started returning home.

He saw two men coming from far-off

on the way. Ballu got suspicious. Both the persons seemed to be known ones. He recognised them when they came nearer. His father along with Pappu uncle was roaming in search of him only.

"Oh Ballu! Why are you here? We have been searching you since noon. Where were you hiding?"

Ballu started wiping his eyes.

Seeing him, his father also looked touching and said, "Ballu, my dear son, you have again failed, doesn't matter. You are not the alone who has failed. There are so many children in the world who fail, some due to their fault, while others due to some compulsions. I realise that out of my greed, I used to extract work from you on my cart. It was my mistake. Now you will only study. I will not use your childhood to earn more money."

Hearing this Ballu said, "Papa, One uncle has made me learn like this that if you get defeat in life, you must not go for some wrong step. I will again get admission in the school and then you see Papa, I assure you that I shall come out successful. This is my promise to you."

This year, the result of Ballu's examination was over. He stood third in his class and he was very happy.

His Mom-Papa were also happy.



## God's Invisible Hand is Always There to Support us

**S**wami Ramtirath, after attaining “Sanyas”, was imbibed with the intuition of visiting America to spread Indian culture over there. Swamiji planned and arranged to reach America through a sea ship, the cost of which was accepted by an unknown donor but there was no system for his stay in America. He sailed over the ship and was carefree with full and firm belief that God alone will arrange for the whole scenario. American sea port was coming close by and every passenger started gathering their luggage but Swami Ramtirath kept sitting unruffled in the corner.

Suddenly a young American lady came over there. Observing Swami Ramtirath, calm and quiet in this whole scene of hue and cry, an idea came to her to enquire about this pious soul, who is least concerned about the whole world. She approached Swamiji and enquired, “Who are you?” Swamiji responded, “I am a Saint.” That young lady again questioned, “You do not seem to possess any luggage. Where will you stay in America? Have you any acquaintance?”

Swamiji responded, “What’s the need of wealth for a Saint? The whole universe is the Home of Almighty God and now He has introduced me with a social contact.” The

young lady astonishingly asked, “With whom?” Swamiji answered, “With your goodself.”

Overwhelmed by Swamiji’s profound serenity, the young lady escorted Swamiji to her home and she herself arranged for all available facilities for the stay of Swamiji. God’s invisible hand is always there to support us. Exactly, if you have faith in Almighty God, fountain of water erupts even in desert.





# Forever Gliding

**The** albatross is an amazing seabird. It spends most of its life soaring above the water. The only time albatrosses ever go ashore is when they lay eggs and raise their chicks. Groups (called 'colonies') of the birds build nests on the isolated Antarctic islands. A single large white egg is laid in a bowl-shaped nest built from plants and soil. Sometimes the nest is just a patch of bare ground.

A young albatross grows slowly. It takes at least four months for it to develop all the feathers it will need to fly. Once it's able to fly, the albatross will spend the next five to ten years out at sea. The albatrosses can glide for days at a time, without flapping its long narrow wings. To stay in the air like this, it needs wind weather. In calm weather the albatross has trouble keeping its heavy body in the air, so it rests on the water and floats like a cork. It feeds on small squid and fish. But it will also follow fishing boats and eat scraps that are thrown overboard.

Some kinds of albatrosses are brown, but most of them are white with some brown and black markings on their bodies or wings. Albatrosses are the largest of all flying birds. The wings of a wandering albatrosses can measure 3.4 meters from tip to tip.

Albatrosses live very long lives and are one of the few species of bird that die of old age.

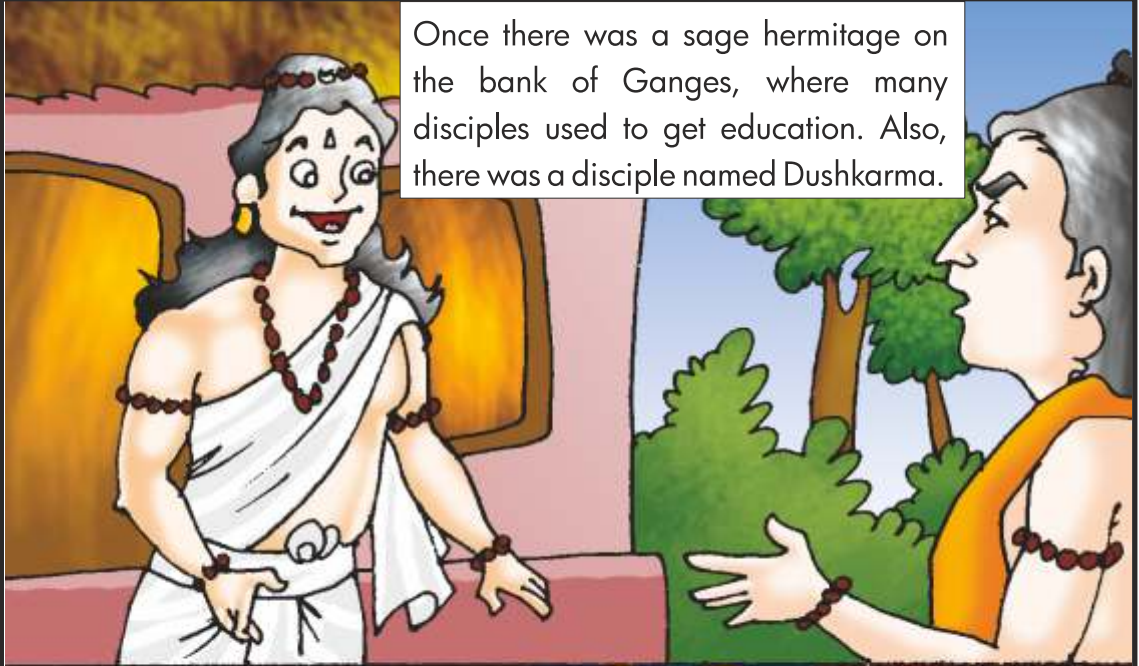
*Compiled By : Sunil Nagpal* ●



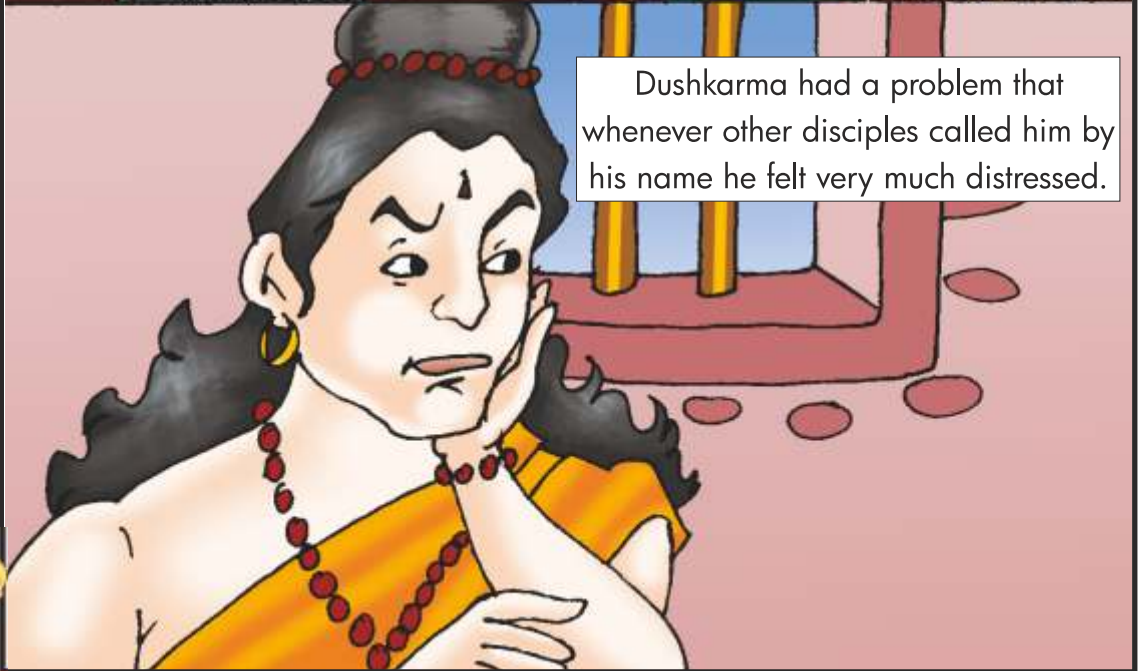


# Dada Ji

Story & Illustration  
— Ajay Kalara



Once there was a sage hermitage on the bank of Ganges, where many disciples used to get education. Also, there was a disciple named Dushkarma.



Dushkarma had a problem that whenever other disciples called him by his name he felt very much distressed.







One day he requested the Sage to change his name.



On hearing Dushkarma, the Sage said, O.K. First you roam about the village and search for the better name.



Dushkarma reached the village after taking permission from the Sage and found a lady beating a girl there.









Dushkarma went little ahead in that village and found some people taking a dead body.

Dushkarma asked some person the name of the dead.

His name was 'Amar'.

Oh! Amar ever dies also.

How stupid you are. Name is just for the recognition.

Dushkarma had now understood the idea of the Sage.



On reaching the hermitage, Dushkarma said to the Sage, "Guru Ji! I have now understood that the name is just for the recognition. The real recognition, respect and regard of a person are due to his merits and activities and not due to his name.





# Improve your

—Vikas Arora (Rewari)



Choose the right option –

1. Three forms of verb:

Present: ERASE, Past: \_\_\_\_\_, Past Participle: ERASED

- a) EROSE                      b) ERASED

2. \_\_\_\_\_ of old paintings is a job for the experts.

- a) IMPROVEMENT              b) RESTORATION

3. The life of the prince was a \_\_\_\_\_ of roses.

- a) BED                          b) BOUQUET

4. After a short holiday, Naman came back totally \_\_\_\_\_.

- a) REBORN                      b) REJUVENATED

5. A sound that cannot be heard is known as \_\_\_\_\_.

- a) UNAUDIBLE                  b) INAUDIBLE

6. In his address to the teachers, the Vice-Chancellor \_\_\_\_\_ certain measures being taken for improving the quality of college education.

- a) HIGHLIGHTED              b) DECLINED

7. Success comes to those who are vigilant not to prevent \_\_\_\_\_ from the chosen path.

- a) DEVIATION                  b) DISTRACTION

8. What is the plural of Zebra?

- a) ZEBRAS                      b) ZEBRA

Answer Sheet	1	2	3	4	5	6	7	8

Answers on page No. 19



Judge your position from the table given below:

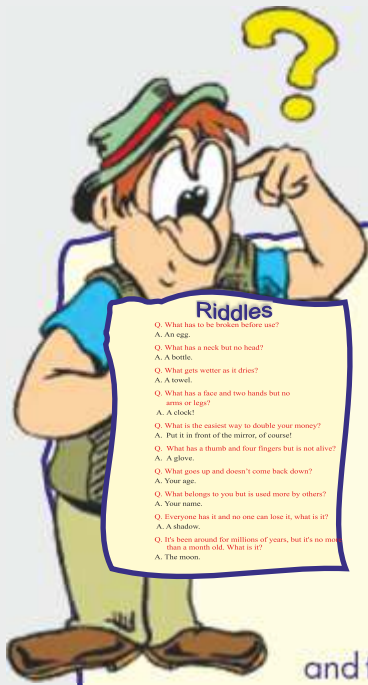
All correct – Excellent Grammar

5 – 7 correct – Average Grammar

Below 5 correct – Go through the Grammar book everyday.



# Riddles



## Riddles

Q: What has to be broken before use?  
A: An egg.  
Q: What has a neck but no head?  
A: A bottle.  
Q: What gets wetter as it dries?  
A: A towel.  
Q: What has a face and two hands but no arms or legs?  
A: A clock.  
Q: What is the easiest way to double your money?  
A: Put it in front of the mirror, of course!  
Q: What has a thumb and four fingers but is not alive?  
A: A glove.  
Q: What goes up and doesn't come back down?  
A: Your age.  
Q: What belongs to you but is used more by others?  
A: Your name.  
Q: Everyone has it and no one can lose it, what is it?  
A: A shadow.  
Q: It's been around for millions of years, but it's no more than a month old. What is it?  
A: The moon.

- 1) The more it dries, the wetter it gets. What is it?
- 2) What goes up and down without moving?
- 3) What has a foot on either side and also in the middle?
- 4) What has no beginning, end or middle and touches every continent?

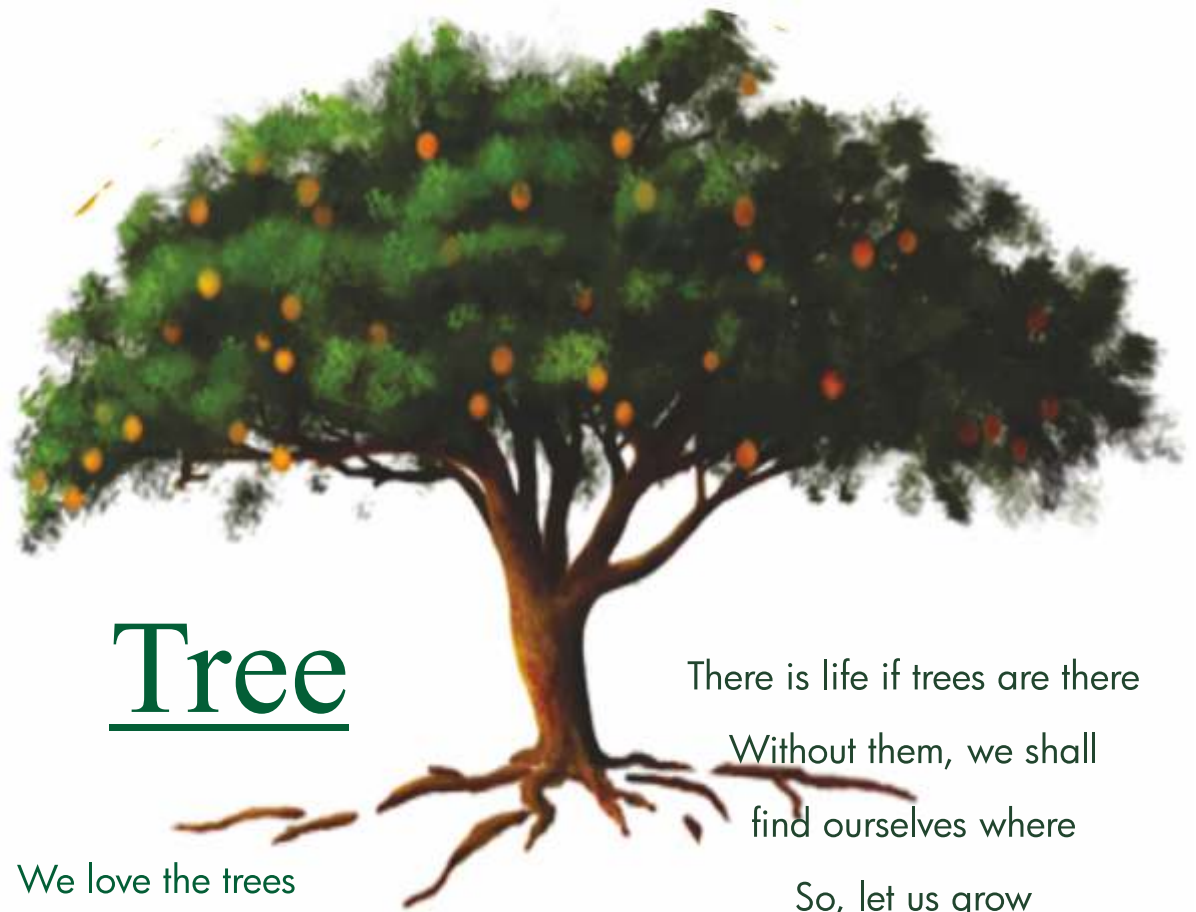
- 5) Where on earth do the winds always blow from the south?
- 6) You cannot keep it until you have given it. What is it?
- 7) Which of the following birds doesn't belong to this group?  
Finch, Gull, Eagle, Ostrich or Sparrow.
- 8) Two men are in a desert. They both have packs on. One of the guys is dead. The guy who is alive has his pack open; the guy who is dead has his pack closed. What is in the pack?
- 9) What happened in the middle of the twentieth century that will not happen again for 4000 years?
- 10) How many eggs can you put in an empty basket?

## Riddles Answers

- 1) A towel. 2) Stairs. 3) A Yardstick. 4) The Ocean.
- 5) The North-pole. 6) A Promise. 7) The Ostrich, because it's the only bird that doesn't fly. 8) A Parachute that didn't open.
- 9) The Year 1961. It reads the same upside down. This will not happen again until the Year 6009 (Again reads the same upside down)
- 10) Only one egg, because after that the basket won't remain empty.



Poem : Vaibhav (Delhi)



# Tree

We love the trees  
They keep us free  
From oxides of carbon  
With supply of oxygen  
They give us fruits  
and vegetable  
Medicine and  
cloth of  
all level



There is life if trees are there  
Without them, we shall  
find ourselves where  
So, let us grow  
More and more  
Trees and plants  
For, they grant  
In their woods  
All the goods  
To fulfil the need  
of human breed



## Answers:

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

## Q.No. Explanation

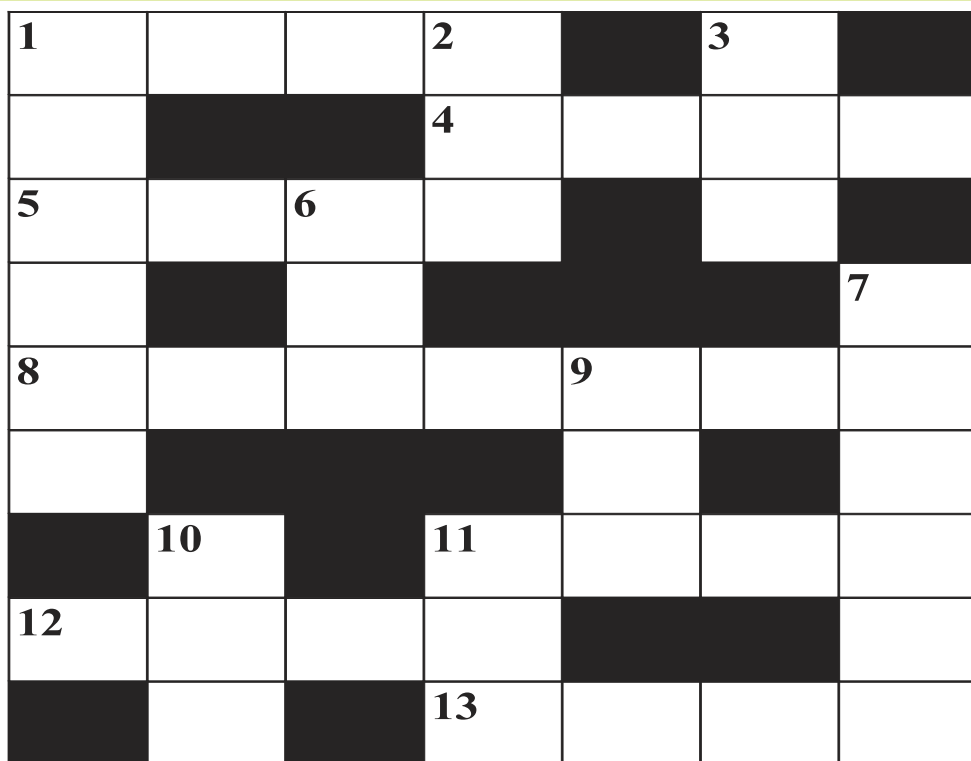
- 1. Eye Health Improvement :** Vitamin A or retinol is responsible for good eyesight. Guava is rich in retinol, so if you don't like carrots, you can try a guava for improving your eyesight.
- 2. Folate Content:** Guavas contain a mineral known as folate. It helps promote fertility in humans.
- 3. Regulation Of Blood Pressure Levels :** Potassium in guavas helps normalize blood pressure levels. A banana and a guava contain almost the same amount of potassium.
- 3. Trace Element Copper Enriched :** Guavas contain the trace element copper which is very good in maintaining good functioning of the thyroid gland. The improper functioning of the thyroid gland can cause a lot of health problems.
- 4. Manganese Richness :** Guavas are rich in manganese which helps the body to absorb other key nutrients from the food that we eat. When our food gets properly utilized, we get all the key nutrients like biotin, vitamins, etc.
- 5. Nervous Relaxant :** Guava is rich in magnesium which acts as a nervous relaxant. It helps to relax muscles and nerves of the body. So after a hard work out, a guava is certainly what you need to relax your muscles and give your system a nice energy boost.
- 6. Healthy Mind :** It helps to keep your brain functions positive by maintaining good blood flow and also by infusing it with Vit B3 and Vit B6. Vit B6 is pyridoxine which is good for nerves. It keeps your nerves relaxed.
- 7. Slows Down Sugar Absorption:** Guava can aid weight loss as it effectively prevents or slows down the absorption of sugar in the blood. As you know, sugar is a big problem when you are trying to lose weight. It is this ability that makes this fruit great for diabetics.

—Dimple Randhwa, Delhi

- Here, the three forms of verb are ERASE, ERASED, ERASED.
- When you RESTORE something, such as an old building, painting or piece of furniture, you repair and clean it, so that it looks like it did when it was new.
- BED OF ROSES is an idiom that means 'an easy and comfortable situation'.
- What does a holiday do to you? It makes you fresh again. So, REJUVENATED is the right choice. REBORN is rejected because you do not get a new life.
- A sound that cannot be heard is known as INAUDIBLE, not unaudible.
- If you HIGHLIGHT a point or problem, you emphasise it or make others think about it.
- DISTRACTION happens to your thoughts. When we are talking of PATH, DEVIATION is the right choice as it means moving away from the normal path.
- The plural of Zebra is ZEBRAS, not ZEBRA.







### Left to Right →

1. Plural of Hair.
4. Nepal and Afghanistan lie in this Continent.
5. Find the odd one out: PINK, BLUE, LIFT, GREY.
8. Main language spoken in Goa.
11. The name of Jawahar Lal Nehru's father was \_\_\_\_ Lal Nehru.
12. Capital of Italy.
13. A river of Egypt on which Aswan dam is built.

### Up - Down ↓

1. Sister of Hiranyakashipu.
2. A mammal hidden in the word PERSPIRATION.
3. One fifth of the number of the days of September.
6. An apparatus with rotating blades that creates a current of air for cooling.
7. The Voice \_\_\_\_ is an Internet based radio available in multimedia section of [www.nirankari.org](http://www.nirankari.org).
9. He went five minutes \_\_\_\_.
10. Man proposes, \_\_\_\_ disposes.
11. Plural of MAN.

Answers on page No. 41



# Chhatrpati Shivaji

**S**hivaji Bhonsale also better known as Shivaji Chhatrpati Maharaj was an Indian Warrior king and a member of the Bhonsle Maratha clan. He was the first sovereign (Chhatrpati of the Maratha clan) born in the hill fort of Shivneri on 19 February, 1630 and died on 03 April, 1680 .



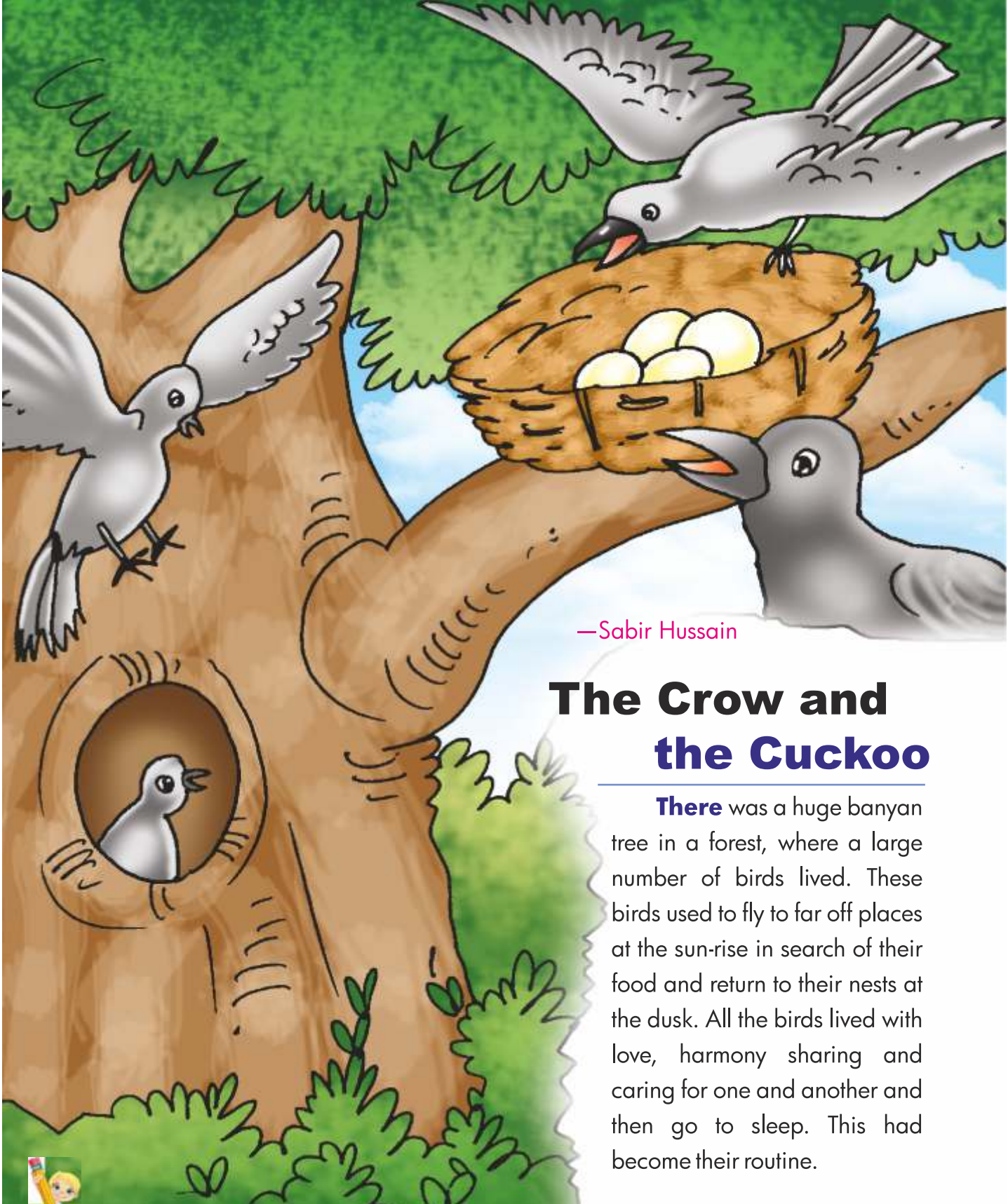
His mother's name was Jijabai and father's name Shah Ji Bhosle who served the Deccan sultanate. His mother named him Shivaji in honor of goddess Shivani to whom she had prayed for a healthy child.

Shivaji carved out an enclave from the declining Adil Shahi formed a genesis of Maratha empire. In 1674 , he was formally crowned as Chhatrpati ( Samrat ) and monarch of his realm (at Raigarh). Shivaji established a competent and progressive civil rule with the help of a disciplined military and well structured administrative organization. He innovated military tactics, pioneering non conventional methods like guerilla war. He promoted the usage of Marathi and Sanskrit rather than Persian in court and administration. He was extremely devoted to his mother who instilled all the virtues in him. He believed in the concept of Hindu Swarajaya. He clashed with the Mughals throughout his life, he gave a stiff opposition to Aurangzeb. In fact he was responsible for weakening of the Mughal Empire and gave them crushing defeat in many battles. Throughout Maharashtra he revered and held in high esteem. He is an icon of Hinduism and Hindu Empire.

## **Neurotransmitters called endorphins are released when you smile**

These are triggered by the movements of the muscles in your face, which is interpreted by your brain, which in turn releases these chemicals. Endorphins are responsible for making us feel happy, and they also help lower stress levels. Faking a smile or laugh works as well as the real thing—the brain doesn't differentiate between real or fake as it interprets the positioning of the facial muscles in the same way. This is known as the facial feedback hypothesis. The more we stimulate our brain to release this chemical the more often we feel happier and relaxed.





—Sabir Hussain

## The Crow and the Cuckoo

**There** was a huge banyan tree in a forest, where a large number of birds lived. These birds used to fly to far off places at the sun-rise in search of their food and return to their nests at the dusk. All the birds lived with love, harmony sharing and caring for one and another and then go to sleep. This had become their routine.





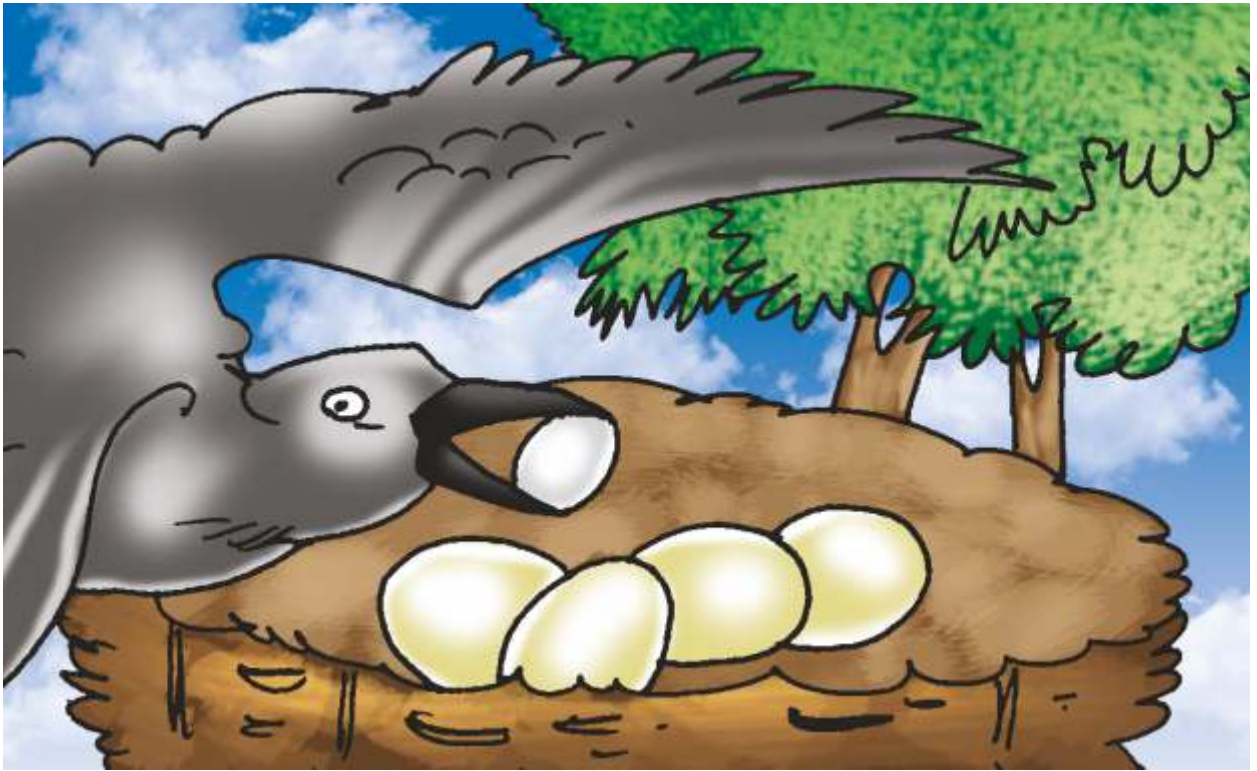
On the same tree, there lived a crow and a cuckoo. Since both were of the same colour, the people generally got confused to differentiate between the two. But they were recognised through their voice, only. Cuckoo was sweet voiced, good natured and used to entertain the birds with its melodious singing thus removing their fatigue. But the crow used to caw only and it was very irritating. By nature also it was very cruel. It wanted only crows to be there in the entire world and their cry to prevail everywhere. No bird wanted to befriend the crow because of its selfishness but the birds admired it for its cautious nature.

The crow never liked the song of the cuckoo. Vanish from the nature. He wished the crows only to rule supreme and cuckoos to Vanish from the face of earth.

One day when the crow was cawing sitting on the branch of a tree, a foul plan struck its mind that if it is able to destroy the eggs of the cuckoo that will destroy its race. The crow was very happy with its plan and started waiting eagerly to implement it.

The time came when cuckoo laid eggs. All the birds congratulated cuckoo and it flew in the sky. On the other hand, the crow was waiting for the birds to leave. As it happened, it immediately entered the





cuckoo's nest and destroyed all its eggs and became happy on its achievement.

Cuckoo was very much distressed on its return in the evening to see its broken eggs lying on the ground. The other birds were also shocked to see this on their return. They all tried to console cuckoo, but the crow continued to caw sitting far-off.

Second time again cuckoo laid the eggs and hid under the leaves. As it saw the crow damaging the eggs, it came forth and said, "Dear crow, what harm have I done to you that you are destroying my eggs?"

"Only crows will survive on this earth, not you alone, I will kill the entire birds."

Stating this, the crow started damaging the eggs and kids of other birds.

The cuckoo flew away and told all the birds about the misdeed of the crow. All the birds reached there. In the meantime, the crow also gathered its mates. There was a big fight, where small birds were completely helpless before the crows. Many of the birds were injured and killed also. Then the birds left that Banyan tree. They dwelt on another tree and started caring for their eggs and little ones. Again whenever the crow got chance it used to damage the eggs of the birds and kill



their young ones. It used to harm cuckoo's little ones specially.

When cuckoo realised that the crow was bent upon wiping out its off springs, it thought of a plan. When its breeding time arrived, it went to the crow's nest and laid its eggs along with those of the crow and flew away.

The crow kept on hatching the cuckoo's eggs along with its own. When little ones came out of the eggs, the crow couldn't recognise them because of their black colour and continued to take care of them also. The cuckoo was happy to see its young ones from a distance. When the little birds grew up, the crow was amazed to find that the young ones whom it mistook to be its own were those of cuckoo's. As the crow pounced upon to kill them, the birds flew away spreading their feathers to join the cuckoo sitting on the mango tree and started singing in chorus. The crow angrily caw cawed.

Even today, the cuckoo uses the old technique for laying eggs in crow's nest and its kids brought up there only.

— Richa Rai



## High-Flying Balloons

A man was selling balloons on the streets of New York City. He knew how to attract a crowd before he offered his wares for sale. He took a white balloon, filled it up, and let it float upward. Next he filled a red balloon, and released it. Then he added a yellow one. As the red, yellow, and white balloons were floating above his head, the little children gathered around to buy his balloons. A hesitant boy looked up at the balloons and finally asked, 'If you fill a black balloon, would it go up too?' The man looked down and said, 'Yes, sure! It's not the colour of the balloon, it's what's inside it that makes it go up!'

What's inside of you determines whether you achieve peak success experience in your life. Climbing to the peak depends upon your mind and your attitudes.





—Sanjay Tandon, Chandigarh

# WHY DO WE PRAY?



A youngster rang the doorbell to his Uncle's house. He was asked to wait in the lobby because his Uncle was in the Prayer room. The young boy could get a glimpse of his Uncle's back through the open door of the Prayer room. It was rather a long wait. As he sat waiting, the boy thought, "Uncle has got all a man could hope for, why could he be praying for so long? What could he possibly be asking for, from God? He's been in the prayer room for more than half an hour. He has a luxurious bungalow, a wonderful wife and two extraordinarily intelligent children, what more does he

need? His business is doing well, he is earning fabulously well.....he is in good health too..... now what could he want?"

His thoughts continued to draw circles in his head. All of a sudden he noticed that Uncle was coming out of the prayer hall. As soon as the elderly man caught sight his nephew, he swiftly wiped his eyes. But the youngster was quick to notice the tears that had already been shed.

He greeted his Uncle and asked, "Uncle, are you well?"

"Yes, I'm fine, how about you, son?"



"I'm well Uncle. How is the family?

"By God's grace, all are fine."

"How about work?"

"Going on well son, but tell me, what brings you here? Anything I can do for you."

"... Uncle, I don't mean to intrude into your privacy, but what took you so long in the Prayer-room? Is there any problem?"

"No son. I was just thanking God, for all the benevolence He has showered upon me and my family."

"And the tears?" asked the boy, in disbelief.

"Oh! I was just overwhelmed!"

We all shed tears for some reason or the other, but if our eyes get moistened for the love of God, that is only because we have been able to establish a connection, even if it is for a split second. When His love flows in abundance it sends a shudder through us and leaves us radiating with emotion. It is like a mountain spring that flows without reason. Unless you can establish a communion with God, of what use is Prayer?

How many of us think that it is

important to thank the Lord for His blessings? Most of us remember Him only in troubled times. If only we were to remember Him in happy times, there would be no troubled times.

Here is what Baba Ji has to say on this, "When you repeat the Name without feeling, it seldom reaches the mark. The Name of the Lord must be recited with awe and wonder, humility and reverence. The bow has to be drawn full before the arrow is released; then it will pierce the target. Feeling is the force that draws the strings taut and makes the Name reach the Named, the bearer of the Name."

**Moral :** "Tears may flow out of joy or enthusiasm or ecstasy, but not from a feeling of sorrow."

## Thought

Looking good and feeling good go hand in hand. If you have a healthy lifestyle, your diet and nutrition are set, and you're working out, you're going to feel good.



# H.D. Answers

— Shubit Sagar Patiala

**Q. What is the best principal of life?**

A. It varies from man to man and place to place. Lightly speaking, having no principle is the best principle. Do what relatively suits you the best and makes you comfortable.

— Raja, Chandigarh

**Q. What is the key to success?**

A. Child like faith in God and belief in one's own potential is the key to all success.

— Ramesh Thukral, Delhi

**Q. How can we stop wars?**

A. To stop wars outside, we must win the war 'inside' us and only then can we stop the war outside.

— Richa, Dehradun

**Q. What is the hardest thing in the world to understand?**

A. The hardest thing in the world to understand is Income Tax. But, like death, there is no escape from Income Tax.

— Aakriti Keswani,  
Houston (U.S.A.)

**Q. What are the sweetest songs?**

A. Writer philosopher P.B. Shalley tells us that our sweetest songs are those that tell us of saddest thoughts.

— Laxman P. Shinde, Rajgarh

**Q. How can we distinguish need from greed?**

A. There is enough in the world for everybody's need but not enough for man's greed. In pursuit of greed man behaves





# I do not choose the best

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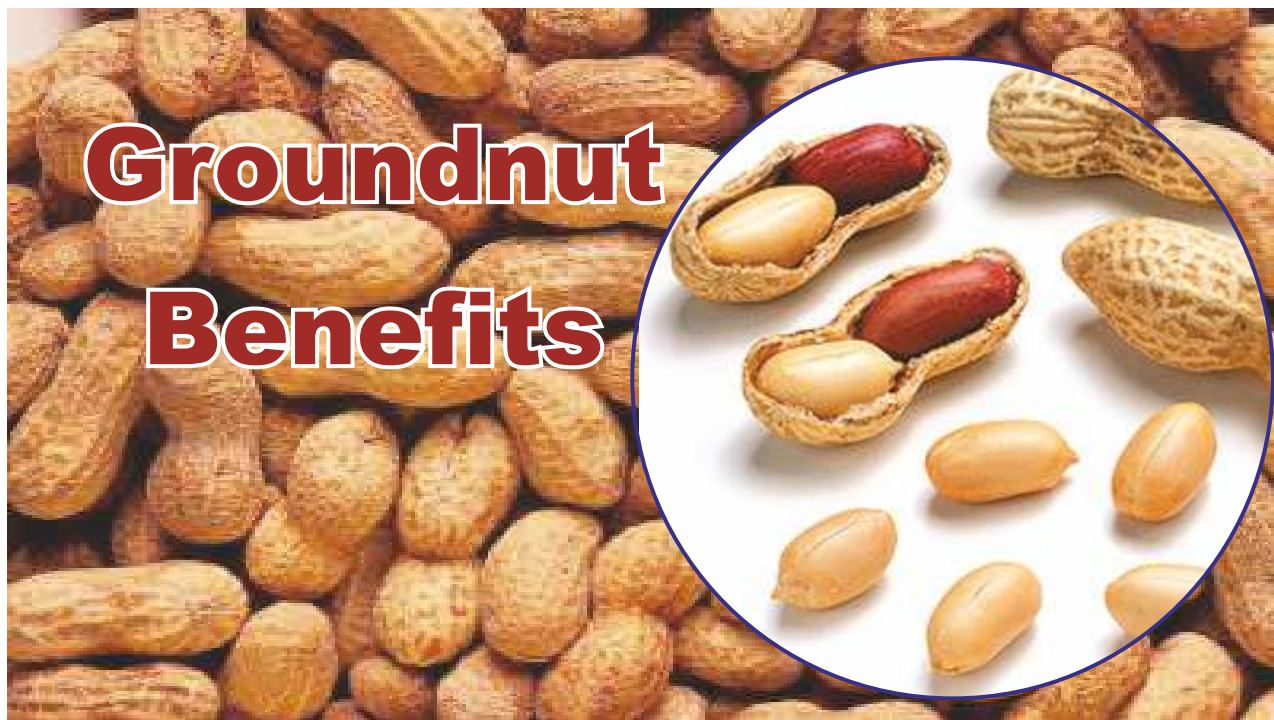
I do not choose the best;  
Rather the best chooses me.  
Had it been all up to me;  
I would have surely missed thee.

I was a hawk, Thou made me a dove  
I love or not, Thou always love  
I am sin, Thou art mercy  
This is what surprises me.  
I do not ...

I had mind but had no thought;  
I had ears which listened not;  
I had eyes but could not see,  
Until thou enlightened me.  
I do not ...

Thou art God, I am Thy man.  
Upon Thy grace, rely I can,  
"I love you and you love me"  
From fear of death, now I am free.  
I do not ....





# Groundnut Benefits

Groundnuts, also known as peanuts, are considered a very healthy snack. Although small in size it plays a vital nutritional role and contains amazing health benefits.

The health benefits include:

## **1. Boosts Memory Power (Vitamin B3):**

What can be found in peanuts that gave them the “brain food” tag? This is due to their vitamin B3 or niacin content whose many health benefits include normal brain functioning and boosting memory power.

## **2. Helps Lower Cholesterol Levels (Copper):**

The same nutrient which gives peanuts their memory enhancing power also helps lower and control cholesterol levels. Added to that is their copper contents which aids in reducing bad cholesterol and increase good cholesterol levels.

## **3. Aids in Blood Sugar Regulation (Manganese):**

One fourth cup of peanuts can supply the body with 35% of the DV of manganese, a mineral which plays a role in fat and carbohydrate metabolism, calcium absorption and blood sugar regulation.



#### **4. Cancer Protection :**

A form of phytosterol called beta-sitosterol (SIT) is found in high concentrations in some plant oils, seeds, and legumes including peanuts. Phytosterols not only protect against cardiovascular disease by interfering with the absorption of cholesterol, they also protect against cancer by inhibiting tumor growth.

#### **5. Helps Prevent Gallstones :**

It may come as a surprise that peanuts can help prevent gallstones. Last 20 years of studies have shown that eating 1 ounce of nuts, peanuts or peanut butter a week lowers the risk of developing gallstones by 25%.

#### **6. Lowers Risk of Heart Disease :**

Numerous studies have shown that regular nuts consumption is linked to reduced risk of heart disease. Peanuts are rich in heart-friendly monounsaturated fats and antioxidants such as oleic acid. So take a handful of peanuts and or other nuts at least four times a week to reduce your risk of cardiovascular and coronary heart disease

#### **7. Lowers Risk of Weight Gain :**

Eating nuts regularly is associated with a lowered risk of weight gain. Research has shown that people who eat nuts at least twice weekly are much less likely to gain weight than those who almost never eat them.

Groundnuts can be enjoyed raw, roasted, boiled and fried, whichever way you choose to prepare your groundnut, just make sure you enjoy every moment of it.

Compiled By : Kiran, Delhi







# Kitty

Story & Illustration  
— Ajay Kalara

Once Kitty and her friends made a picnic programme.

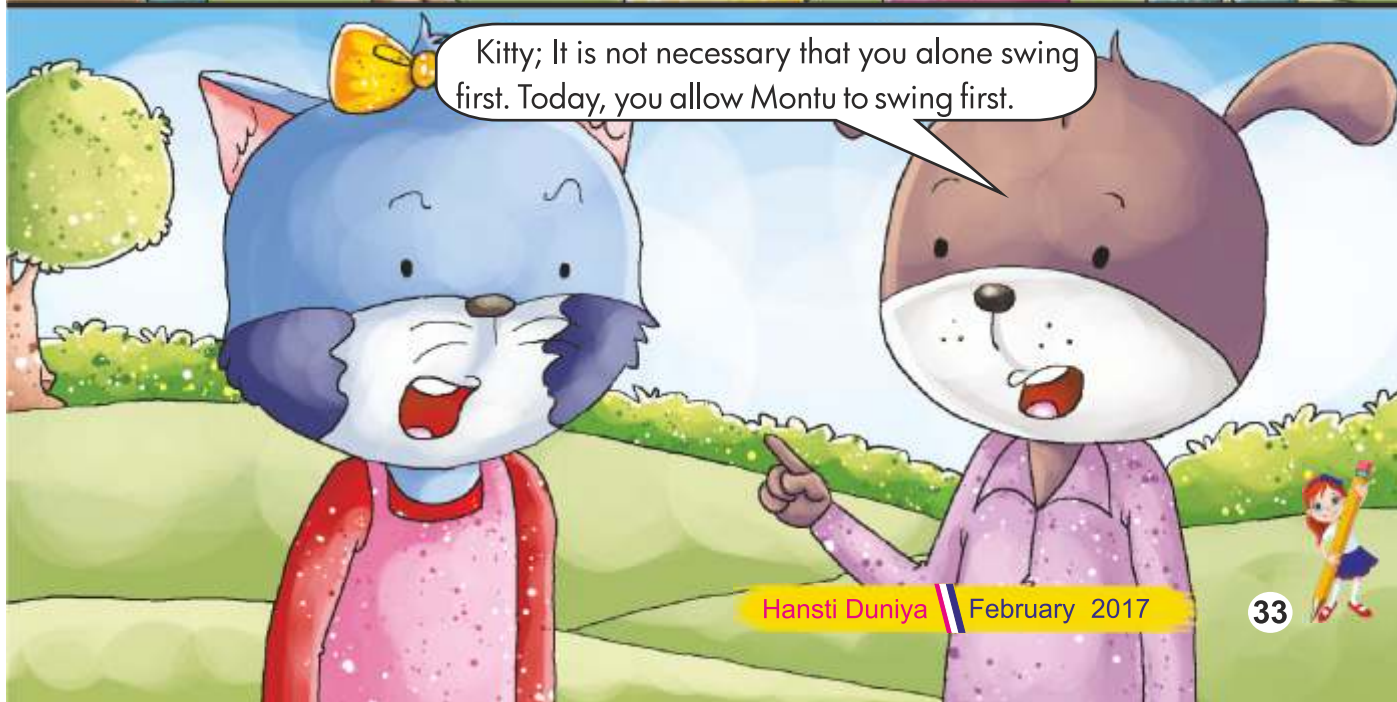
Alas! Had we brought a mat along with us, we could have taken little rest here.

Dheelu Ram! You are always after taking rest. Also have a stroll sometimes.

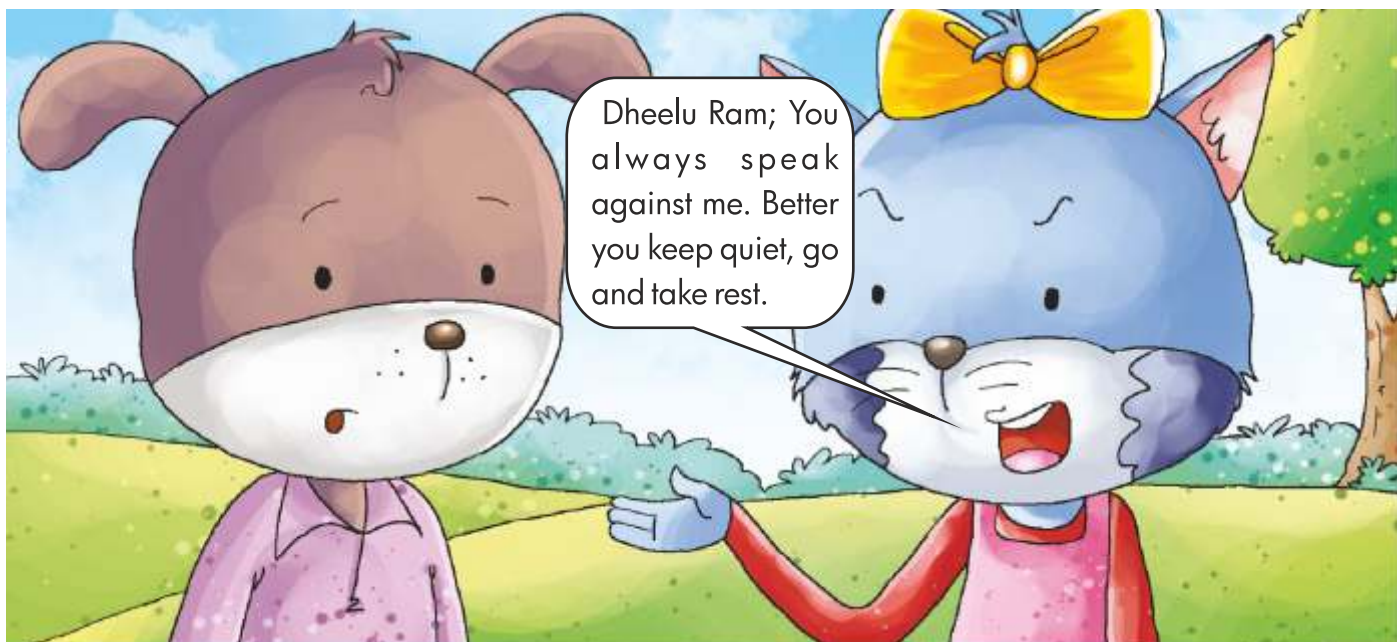
Let's move, look there, on one of the trees, there is a swing, let us enjoy that.















—Harjeet Nishad, Indore

# Basant Panchami

## Basant

**Panchami** (also called outbreak of spring season) refers to the following festivals- the religious Hindu festival of Saraswati Pooja also called Sri Panchami; sufi basant observed in sufi Shrines; the



seasonal spring festival of Basant Panchami observed in many regions. It is also festival of kites in Punjab region. It is the birthday of Deo –Sun god and a harvest festival of Bihar. The festivals are celebrated on the fifth day of Magh .Basant Panchami has a specific meaning; vasant means spring and Panchami means 5<sup>th</sup> day The festival is observed in the northern part of the sub continent.

People in north India in Punjab celebrate it with gusto and joy. The festival marks the commencement of the spring season. The festival is summed up in the phrase, “Aya Basant, pala udant (here comes spring, the cold wind will disappear). Being seen as a seasonal festival, Punjabis of all faiths traditionally celebrate Basant.

The people wear yellow clothes and make sweets in yellow color. Spring is the time of nature coming from sleep to activity. The flowers blossom and there is multicolored hued flowers everywhere, the air becomes fragrant and one feels drowsy. It is a vibrant colorful festival, it also denotes the youth time of the life.





# Thoughts TO PONDER



★ Kindness is more persuasive than force" — Aesop

★ After we are born, it takes us up to two years to learn to speak! But it takes a LIFETIME to learn when and what NOT to speak.

— Nirankari Baba

★ Holding on to anger is like grasping a hot coal with the intent of throwing it at someone else; you are the one who gets burned.

— Buddha

★ Anger is an acid that can do more harm to the vessel in which it is stored than to anything on which it is poured.

—Mark Twain

★ Bitterness is like cancer. It eats upon the host. But anger is like fire. It burns you.

— Maya Angelou

★ For every minute you remain angry, you lose sixty seconds of peace of mind.

— Ralph Waldo Emerson

★ Anger and intolerance are the enemies of correct understanding.

— Mahatma Gandhi

★ "One's destination is never lost, but a new way of seeing things"

— Henry Miller

★ "Education is what remains after one has forgotten what one has learned in school".

—Albert Einstein

★ A man in anger is no better than a mad person. —Nirankari Baba

★ We meet ourselves time and again in a thousand disguises on the path of life."

— Carl Jung

★ You have power over your mind- not outside events. Realize this, and you will find strength.





# Inspirational Stories

*Failure Is only temporary Change In Direction to set you only straight for Your success*



"I was rejected in the interview of Pilot"

- **Abdul Kalam**



"I used to work in petrol Bunks"

- **Dhirubhai Ambani**



I failed in 8th standard"

- **Sachin Tendulkar**



"I was rejected for the job in All India Radio bcoz of my heavy voice"

- **Amitabh Bacchan**

Compield by : Radha, Delhi



## Thoughts

- ☆ Best Publicity. The practical life of the devotees is the principal vehicle of publicity to inspire and attract others.  
—Nirankari Baba
- ☆ Adversity reveals genius, prosperity conceals it. — Horace
- ☆ Greatness lies not in never falling, but in rising every time we fall.  
— Oliver Goldsmith
- ☆ Once we “Realize” God’s Presence, we receive the “Real-Eyes” to see the Formless God. — Anon
- ☆ The shame is never in having failed- the shame is only in not having tried.  
—Andrew Matthews
- ☆ Even beneath the heaviest winter snow, lies a potential spring waiting to bloom. — Mahesh Bhatt
- ☆ If we were born knowing everything, what would we do with all this time on earth. — Anon
- ☆ Success is not final, failure is not fatal : it is the courage to continue that counts. —Winston Churchill

## Happy Birthday



Shubham(Paharganj)



Suhavnee (Paharganj, Delhi)



Vidit (Thane)



Nikhil (Khiri)



Latika(Ahemedabad)



Sahajita(Allahabad)



Gaurav(Shindwara)



Nandini(Mumbai)



Harmit(Mukatsar)



Abhishek(Harkhaitpur)



Kunal(Mumbai)



Prakash Kumar(Beena)



Aakash (Riva)



Akshit (Peelibanga)



Kanika (Peelibanga)





Ques. What do you call people who don't believe in going to Gym?

Ans. "gymNASTIKS"

Old Man : With 8 hairs on his head, goes to barber shop.

Barber : In anger asks, "Should I count or cut?"

Old Man : Smiles and says, "Colour It."

Life is to Enjoy with Whatever you have with You.

"KEEP SMILING".

Teacher : Why are you late Tinku?

Tinku : Sir, because of a sign down the road.

Teacher : What does that has to do with your being late?

Tinku : The sign said, "School Ahead, Go Slow."



Best Stand is : "UnderSTAND"

Best Work is : "Hard WORK"

Best Day is : "To DAY"

But there is no end for: "Fri END"

"Common Sense".

A father and a son went on a Camping Trip. They were tired, so they set up their tent and fell asleep. A few hours later, father wakes his son and asks: "Look, up to the sky and tell me what you see?"

Son : I see, millions of stars.

Father : What does that tell you?

Son : Astronomically, it tells that there are millions of galaxies and planets.

Father : Slaps the son hard and says: "Idiot! Someone has stolen our Tent".





## "LESSON IN LIFE"

A wise man sat in the audience  
and cracked a joke.

Everybody laughs .

After a moment, he cracks the  
same joke again.

This time Lessor people laughed.

He then cracked the same joke  
again.

When there is no laughter in the  
crowd,

He smiles and said," You can't  
laugh at the same joke again and  
again,

But why you keep crying over the  
same thing over and over Again?"

Teacher : Sunny; If you have Rs10/-  
and you ask for another  
Rs10/- from your father,  
how much money would  
you have in your pocket?

Sunny : Rs10/- only, Sir.

Teacher : Don't you know even simple  
arithmetic?

Sunny : Sir! "I know arithmetic but  
you perhaps don't know my  
father."

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

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

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

Lawyer: And your profession is rather  
worse. The slightest mistake on  
your part can make a person  
get buried five feet under the  
ground a level without fail.

## CROSSWORD SOLUTION

1 H	A	I	2 R		3 S	
O			4 A	S	I	A
5 L	I	6 F	T		X	
I		A				7 D
8 K	O	N	K	9 A	N	I
A				G		V
	10 G		11 M	O	T	I
12 R	O	M	E			N
	D		13 N	I	L	E





★ When God dwells in our heart, He protects us from all evils and we feel blissful wherever we may be.  
— Rishi , U.S.A.

★ All religions teach one basic lesson; removal of the blemish of egoism; and running after tiny joys."  
— Raunak, Mumbai

★ Do you wish men to speak well of you? Then never speak well of yourself. — Avneesh Gulati, Chd.

★ Patience is not how long you can wait... but how well you can behave while you are waiting.  
—Avneesh Gulati, Chandigarh

★ No body can take away your pain; so never let any body take away your Happiness.  
— Ramesh Rai, Bihar

★ Nothing hurts more than being hurt by the person whom you thought would never hurt you.

— Ratnesh , Gorakhpur



Best friends should be like two zeroes : When you try to add them, they are the same. When you try to subtract them, they are again the same. But when you divide them, it is just impossible.

— Shweta , Delhi

★ Be not elated by fortune, be not depressed by adversity.

— Greak Proverb

★ Understanding between man and man is the key to world peace.

—Ashok, USA

★ Peace is not merely a distant goal that we seek, but a means by which we arrive at that goal.

— Martin Luther King

★ Great is one who imbibes God even a little.

★ When the power of love overcomes the love of power, the world will know peace.

— Ankur, Delhi



## Result for the month of **December** Issue

**First :**

**Mansi Kumari**

Age : 12

280 top Floor Tilak Khand  
Giri Nagar, Kalka ji, Delhi-19



**Second :**

**Nitika Dev**

Age : 8

H.No.13/5, Indra Vikas Colony  
Delhi 110009



**Third:**

**Himashi Bhutani**

Age : 9

24-D,1st Floor, Gautam Nagar  
New Delhi-110049



## Consolation Enteries

**Jheel,**

(Paryatan Vihar, Delhi)

**Ankita**

(Azamgarh)

**Richa,**

(Dehradun)

**Beena**

(Vanara, U.P.)

Susma

**(Rohini, Delhi),**

Ramesh

(Bhagalpur, Bihar)

**Karuna**

(Bangalore)

**Vandna**

(Jhansi)

**Tapsaya**

Mukandpur

**Lokesh Girish**

Nanded (Mah.)

**Aaditya**

(Sant Nagar, Delhi)

## "Colour it" for February Issue

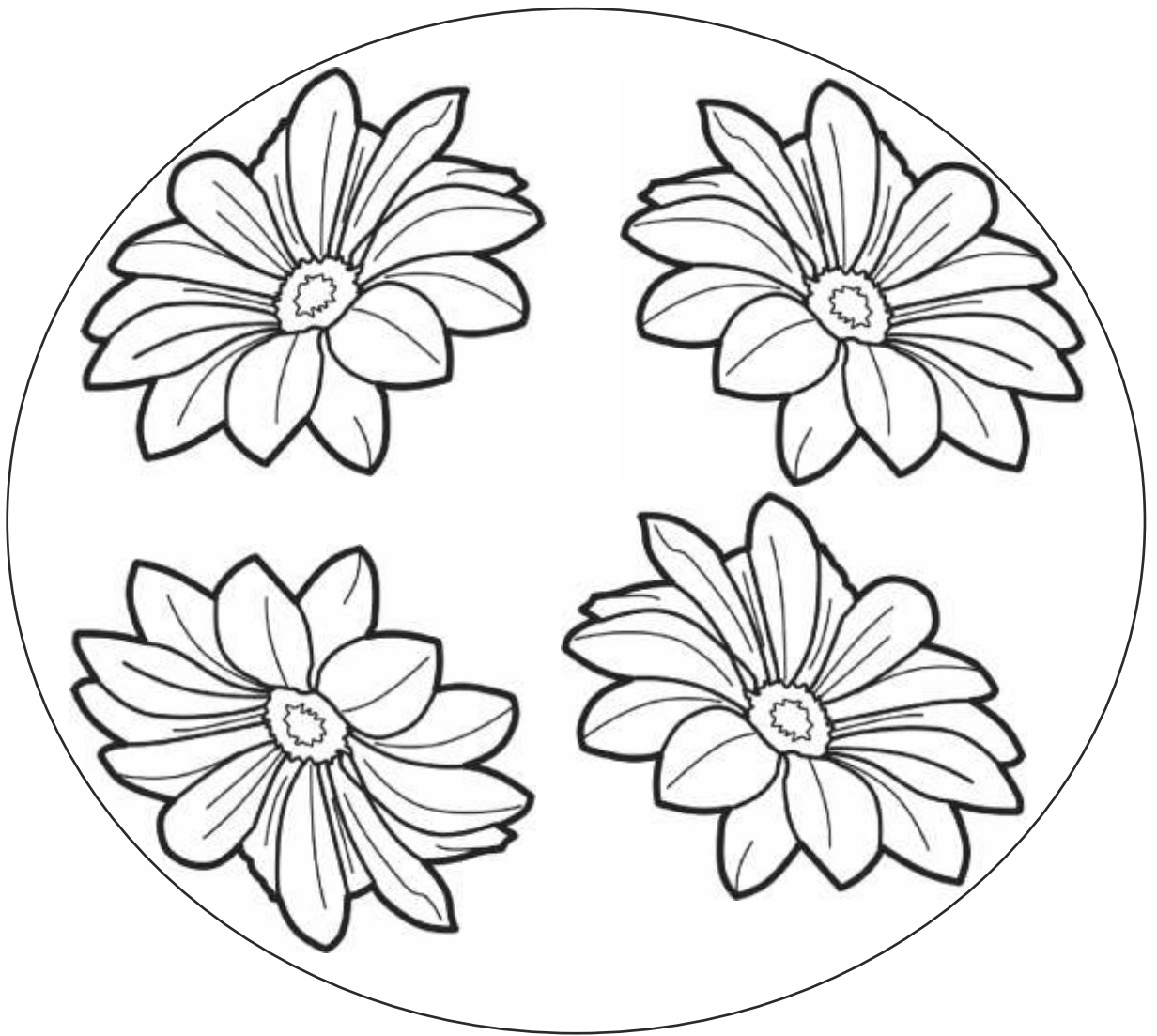
On page 44, a beautiful picture is given; colour it and send it to us latest by **March 20, 2017**. Office address: **HANSTI DUNIYA**, Nirankari Complex, Near Nirankari Sarover, Nirankari Colony. Delhi - 110009

The result will appear in **April 2017** 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 .....

.....





## Outcome of Laziness

There was a school named Nandan in the Chandan forest where all the animals of the forest used to study. One of them was a mouse Champak, who was very lazy and never finished his home-work.

Heeru deer was the fast friend of Champak from whom he used to get his home-work done. Whenever Heeru refused to do, Champak used to say- 'tomorrow I must do my home-work'. But tomorrow never came for Champak.

One day, as the teacher announced

the examination dates, all the animals got busy in preparation of their exam. But Champak had no concern.

Champak's mother said to him in anger, "Champak; Examination is going to commence, you are not studying."

"Mother, I shall positively start studying from tomorrow." Champak said in lazy mood.

It was a daily routine, Champak's mother daily asked him to study and Champak daily used to put off till tomorrow. One day, fed up with this routine, his mother thought- "I will have



to teach Champak a lesson."

As usual, Champak asked for milk from his mother next morning.

"Today, I have not brought the milk my dear son." Mother told Champak as per her plan.

"I need milk just now." Champak said in anger.

"I must bring it tomorrow." Mother said in smiling mood.

"Mother, I feel very hungry, please immediately give me meals." Champak said holding his stomach.

"Oh! I haven't brought the vegetables today, so not prepared the meals. I must bring vegetables tomorrow." Mother replied casually.

Champak was sad and thought- "O.K. I'll go to my friends and play for some time."

Champak fell down while playing and came weeping to his mother and spoke- "mother, I have been hurt, kindly apply some ointment."

Mother saw that it was small injury, so she said, "The ointment is finished, I shall get it from the market tomorrow and apply it."

Champak cried in anger- "What

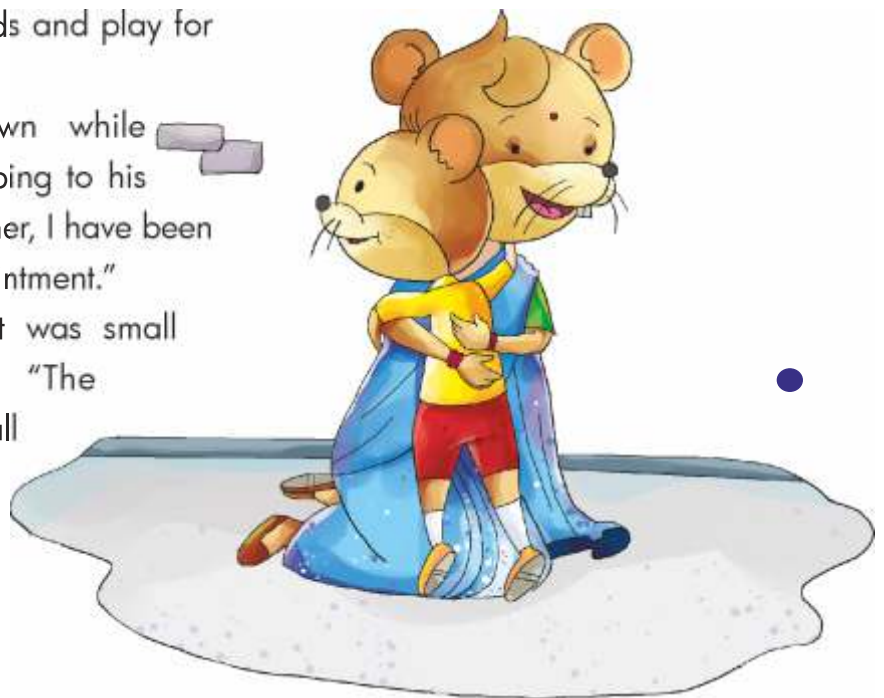
tomorrow-tomorrow you are saying for everything. Today's job has to be finished today only. I am feeling hungry now and the injury is giving pain."

"You also put off everything till tomorrow." The mother answered.

Champak realised his mistake that mother was doing all this to teach him a lesson.

"Mother; Now I will not put off any work till tomorrow, I shall finish my studies in time and shall not show any laziness. Please excuse me mom." Champak regretted his behaviour.

"Do not put off till tomorrow what you can do today." While saying this, mother embraced Champak and offered him food of his liking.





## The Painting on the Wall



There was a king who was a great admirer of art. He encouraged artists from all over his country and gave them valuable gifts. One day an artist came and said to the king, "Oh King! Give me a blank wall in your palace and let me paint a picture on it. It will be more beautiful than anything you have ever seen before. I promise you shall not be disappointed."

Now, the king happened to be constructing a big hall at the rear end of the palace. So he said, "Alright you may work on one of the walls in the new

hall." So the artist was given the job and he was very pleased indeed. Just then, another young man said, "Oh King! Please allow me to work on the opposite wall. I too am an artist." The king said, "What would you like to make?" The man said, "My Lord, I shall make exactly what that man will make on the opposite wall. Moreover, I shall do so, without looking at his work. I would even request you to have a thick curtain put up between the two walls so that either of us can not see the other."





Now, that was a tall statement. Everyone in the king's court, including the king and the first artist were intrigued. But the king loved surprises and he decided to give the young fellow a chance.

The following day a thick curtain was put into place and both the artists got to work. The first artist brought in a regular supply of paint, oil, water etc. The second one would come with a cloth and a bucket of water every day. After a month the first artist told the king that his work was complete and he would like to show it to the king. The king sent for the second artist and asked him, "Young man, when would your work be ready? I am coming to see the first wall this evening." The man said, "My Lord, my wall is ready too."

The king went to see the first artist's wall. He was very, very impressed with the painting and gave a hefty sum as a reward to the artist. He then asked for the curtain

to be opened up. Lo and behold! The same painting was to be seen on the opposite wall too! Amazing! But true! Each line, each minor detail was exactly as it was on the first wall. But this man had not been seeing what was going on, on the other side of the curtain. So how had he done it?

The king wanted to know the secret. He gave a double reward to the fellow. Then he said, "Young man, I am indeed very happy with your work. But you must tell me; how did you do it?"

The lad said simply, "It's very easy, I just polished the wall every day."

It was a wall made of white marble. The fellow polished it till it shone like a mirror. The reflection of the painting across the room, showed up in it.

That is what it means to polish your self. For when we polish our hearts and souls we see God's reflection within. It is said that the world is a reflection of you. Whatever you are, the world will seem to be that too. If you are happy, the world will look to be happy. If you are sad; jealous; dejected; angry; restless ... that is what the world will seem to you.

Moral : "Life consists of reaction, resound and reflection. You get back exactly what you do to others." ●





By.....Nishtha Kawrani, Delhi

# CONTENTMENT

Contentment is when we get what we require

Contentment is when we get what we admire.

Contentment is when we meet our loved ones

Contentment is when we have smiles of tones.

Contentment gives you plenty of joys

Contentment is about playing with your favorite toys.

When you are contented you do not pretend it

When you are contented you feel splendid.

Contentment will always be there in your life

If you remain contented in the will of God Almighty.


As God is an important ingredient of your life.

Expressed by hugs and smiles

Even if you are away miles and miles.







Compiled By :  
— Gurdev Singh

# The Ringed Planet

Saturn is the sixth planet from the Sun. It is named after the god of agriculture in Roman mythology. Saturn is easily visible through a small telescope, and its famous spectacular rings are quite clear. The astronomer Galileo was the first to see the rings through his telescope.

Saturn is a gas planet, like Jupiter, Neptune, and Uranus. Very little of it is solid. Most of Saturn consists of the elements hydrogen and helium. It is covered with bands of coloured clouds and surrounded by a number of thin rings made up of water ice and ice-covered particles. Photographs taken by the Voyager 1 and 2 spacecraft show that these rings range in size from a speck of dust to the size of a house. Voyager 2 took the photograph you see here.

Because Saturn is made of different substances, different parts of the planet rotate at different rates. The upper atmosphere swirls around the planet at rates of between 10 hours and 10 minutes (Earth time) and about 10 hours and 40 minutes. The inner core, which is probably made of hot rocks, rotates in about 10 hours and 39 minutes.

Saturn takes 29 years and 5 months in Earth time to go around the Sun just once. The Earth goes around the Sun once every 365 days.

Saturn's year is so much longer because the planet is so much farther away from the Sun than Earth is.

Astronomers have found that at least 30 moons orbit Saturn. The largest of these is Titan, which is almost as large as the planet Mercury or Mars. In our photograph, you can see two of the moons as tiny white spots to the lower left of (Dione) and below (Rhea) the planet. Other satellites include Mimas, Enceladus, and Tethys.





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