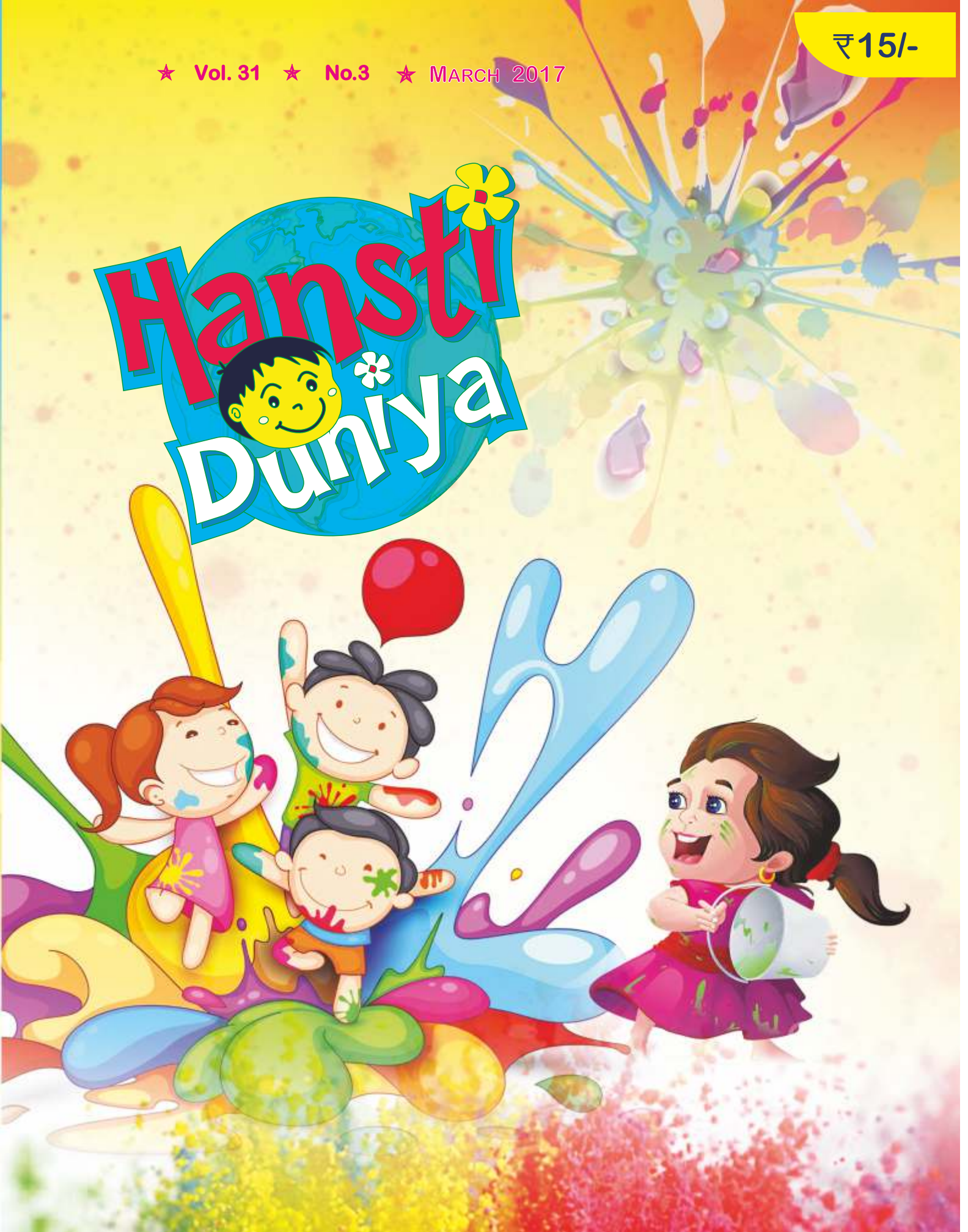


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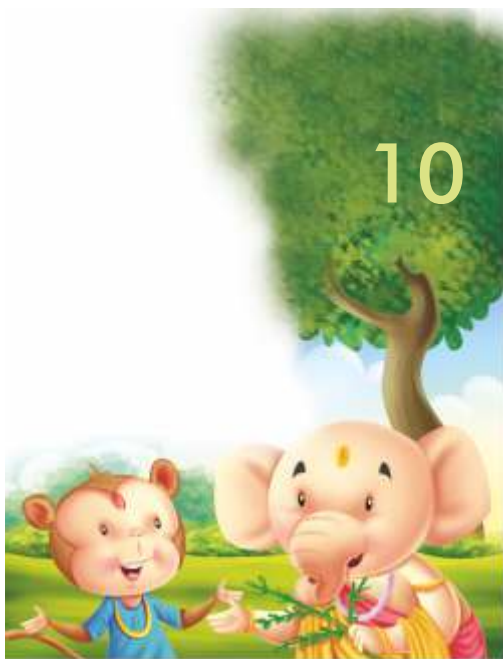


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First of All

One of the pupils in a class said to his teacher, "Sir, you always tell us to fix up a target. We fix up the same but fail to achieve it. How can it be achieved?"

The teacher lovingly made the pupils understand, we should not look to others what they are doing, and we should also do the same. Rather we should first choose a target according to our interest and see what efforts we need to achieve it. Then whole heartedly we are to make those efforts according to our ability and in a disciplined way to achieve the same. Along with this we must have full confidence that we will achieve our aim. No problem or difficulty can deter us to reach our destination.

Tiding over the problems and getting experience out of these develops our personality. Finally, with all our strength, courage and patience we can achieve our target.

All the children felt new energy rushing in their veins while listening to what teacher said, and seemed to be capable to achieve their fixed aims in coming times.

Friends! We must possess patience; unflinching confidence and courage to achieve our target. If we have firm determination and courage like a mountain then all things become easy.

One mountaineer could not reach Mt. Everest but he said to Everest, "I will come again and conquer you, because you will remain the same as you are, but I will come with renewed self-confidence and energy because I am God-fi-dent (Having full-faith and confidence in God)."

Friends! Remember, the mountain like courage only helps you to cross the mountain. There are Alps upon the Alps and there are mountains upon the mountains but the determination only helps you to reach your goal.

—Vimlesh Ahuja



Fruit of Gold

—Compiled
by : Gurdev Singh



A banana plant may grow to a height of 6 metres or more, but it is considered to be an **herb** rather than a tree. Instead of a trunk, it has a **stalk** made up of leaves rolled tightly around each other. From the stalk grows a big bunch of 50 to 200 individual bananas. Only one bunch grows on each plant. The bunch is made up of several clusters. Each cluster has 10 to 20 bananas. After harvesting, the plant is cut down. A new one then grows from an underground stem.

Bananas grow only where it is warm and wet all the time, which is why people in cold countries may never see a banana plant. They love to eat the bananas, though. That's why banana farms called plantations are a big business in South Asia, Africa, Central and South America, and the islands of the Caribbean Sea. But Asia is where bananas originally came from.

Most of us know what happens to a banana that has been lying around for a long time becomes brown and mushy. So bananas have to be picked while they're still hard and bright green. They may have a long trip ahead of them - usually thousands of kilometres from the plantation to the grocery store. Refrigerated ships keep the bananas from ripening too soon, and then special heat and moisture treatments help them to ripen on schedule. Intake of banana in the morning is precious like gold, but less effective if taken at noon or in the evening.

Bananas are used in making delicious cream pies, cakes, breads, and fruit salads. Many people's favourite banana dessert is the banana split ice-cream treat. But not all bananas are eaten as fruit. Some varieties never get sweet. These bananas, called 'plantains', are cooked and served as a vegetable.





Compiled by : Nitin Singh, Sultanpur

Impact of Friendship

Once there lived two friends in a domain who were very brave. One of them raised his voice against the atrocities of the King of that domain. The king was very rude and cruel. When he came to know of it, he ordered to execute that youth. That boy said to the king – “Whatever you are doing is acceptable to me and I am prepared to go to the gallows, but give me some time so that I should go to my village and meet my family before that.” The king didn’t trust that boy and replied in the negative. Then his friend said to the king, “I am prepared to stand as guarantee to my friend, if he doesn’t return then you are free to execute me in his place.” The king was stunned to hear this thing because he had never come across a person who could sacrifice himself for the sake of others. So the king allowed that person to go to the village to meet his family and asked him to come back within six hours.



That boy went to his village thinking that it would take him five hours to return so he can easily come back. While coming back after meeting his family, his horse tumbled on the way and didn't get up after that and that boy was also hurt due to which he was delayed. On the other hand his friend was getting happy and praying to God that his friend should not return so that he should be able to save his friend. When the friend was about to be executed as per his guarantee, his friend returned. He asked his friend to bid him good-bye and go home now. Then the friend said, "It can't be because your time limit is over now." At this the boy said, "This punishment is to me and only I have to bear this and you go to your home now."

The king witnessed all this and was very much touched. He called both the friends and told them that he had pardoned both of them. Your friendship has taught me a lesson. Since that day the king turned a new leaf in his life .



Know your scriptures !!!

Ik Tu Hi Nirankar 127

CHADIA REHNDAI NAM KHUMAR JEKAR APNA GURU RIJHAIEY;
SACHA SAQI BANADAI YAR JEKAR APNA GURU RIJHAIEY.
HAUMAIN MAIL HAI DHULDI PRANI JEKAR APNA GURU RIJHAIEY;
NIRMAL TAN MAN NIRMAL BANI JEKAR APNA GURU RIJHAIEY.
SAGAL PADARATH MIL JANDE NE JEKAR APNA GURU RIJHAIEY;
KAMAL DILAN DE KHIL JANDE NE JEKAR APNA GURU RIJHAIEY.
MAN CHON MIT JANDAI HANKAR JEKAR APNA GURU RIJHAIEY;
MASTI VICH RAHIEY IK SAR JEKAR APNA GURU RIJHAIEY.
ROOH DA BRAHM NAL HUNDAI JOD JEKAR APNA GURU RIJHAIEY;
KAHE AVTAR NA AONDI THOD JEKAR APNA GURU RIJHAIEY.

Thou Formless One 127

We remain ecstatic with Divine Name, if we please our True Master;
The Master of divine elixir becomes our own, if we please our True Master;
O' man, the dirt of ego gets washed, if we please our True Master;
Our body, mind and speech become pure, if we please our True Master;
We get all the bounties of life, if we please our True Master;
The lotus of our hearts blossoms, if we please our True Master;
Ego vanishes from the mind, if we please our True Master;
We remain ever blissful, if we please our True Master;
The soul gets united with God, if we please our True Master;
Avtar says, we do not lack anything if we please our True Master.



Compiled by : Gurdev Singh

A to Z

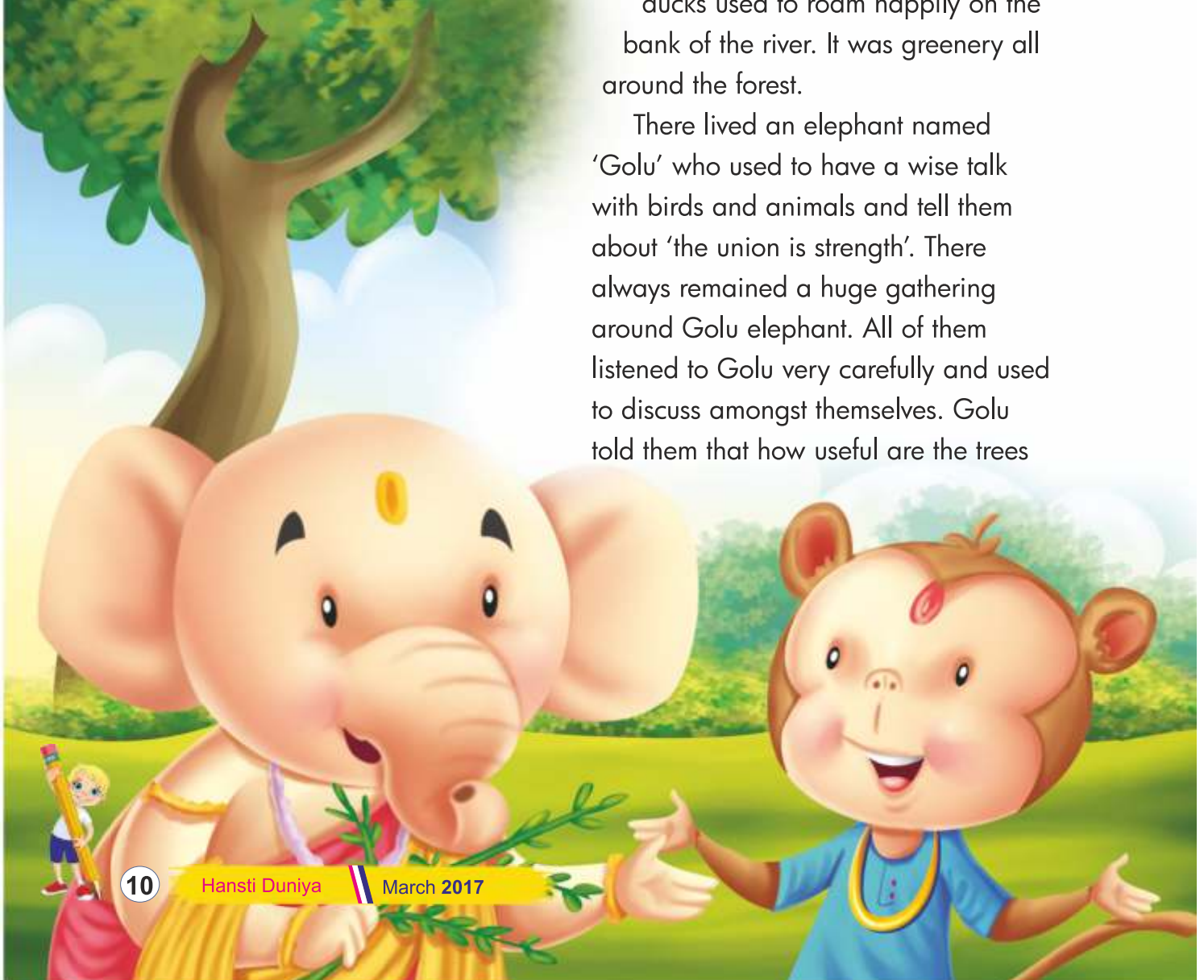
- | | |
|--|---|
| A = ACTION speaks louder than words | P = PATIENCE is plaster for all sores. |
| B = BEAR and forbear | Q = QUESTIONS a lot. |
| C = CHARACTER is destiny. | R = Forgiveness is noblest REVENGE. |
| D = DISTANCE lends enhancement to the view. | S = Failure is the only high road to SUCCESS. |
| E = EXAMPLE is better than precept. | T = There is TIME to speak and moments to be silent. |
| F = AFRIEND in need is a friend indeed. | U = All between cradle and the coffin UNCERTAIN. |
| G = GOOD beginnings make good endings. | V = VIRTUE its own reward. |
| H = To err is HUMAN to forgive divine. | W = The WORLD is a stair case, some are going up some are coming down |
| I = IDLENESS is just of the mind. | X = The X-MAS day to enjoy it. |
| J = A JACK of all trades. | Y = YOUTH lies on hope old age on remembrance. |
| K = He KNOWS most who speaks least. | Z = ZEAL without knowledge is like a fire without light |
| L = LIVE and let live. | |
| M = MAN proposes God disposes. | |
| N = NECESSITY is the mother of invention. | |
| O = An Ounce of prevention is worth a pound of cure. | |



Chinki-Minki and Golu-Elephant

There was a huge forest of Ramnagar on the banks of river 'Suhavani' that had variety of plants. There were ample nests of the birds on the mangoes, Neem, Peepal, Banyan and berries etc, where the birds lived comfortably. Water, stork and ducks used to roam happily on the bank of the river. It was greenery all around the forest.

There lived an elephant named 'Golu' who used to have a wise talk with birds and animals and tell them about 'the union is strength'. There always remained a huge gathering around Golu elephant. All of them listened to Golu very carefully and used to discuss amongst themselves. Golu told them that how useful are the trees



to them. The surroundings become charming because of these trees. These give us oxygen which imparts life. These also minimize the level of Carbon-di-oxide due to which the environment remains free from pollution. These trees also attract clouds and help in rain-fall.

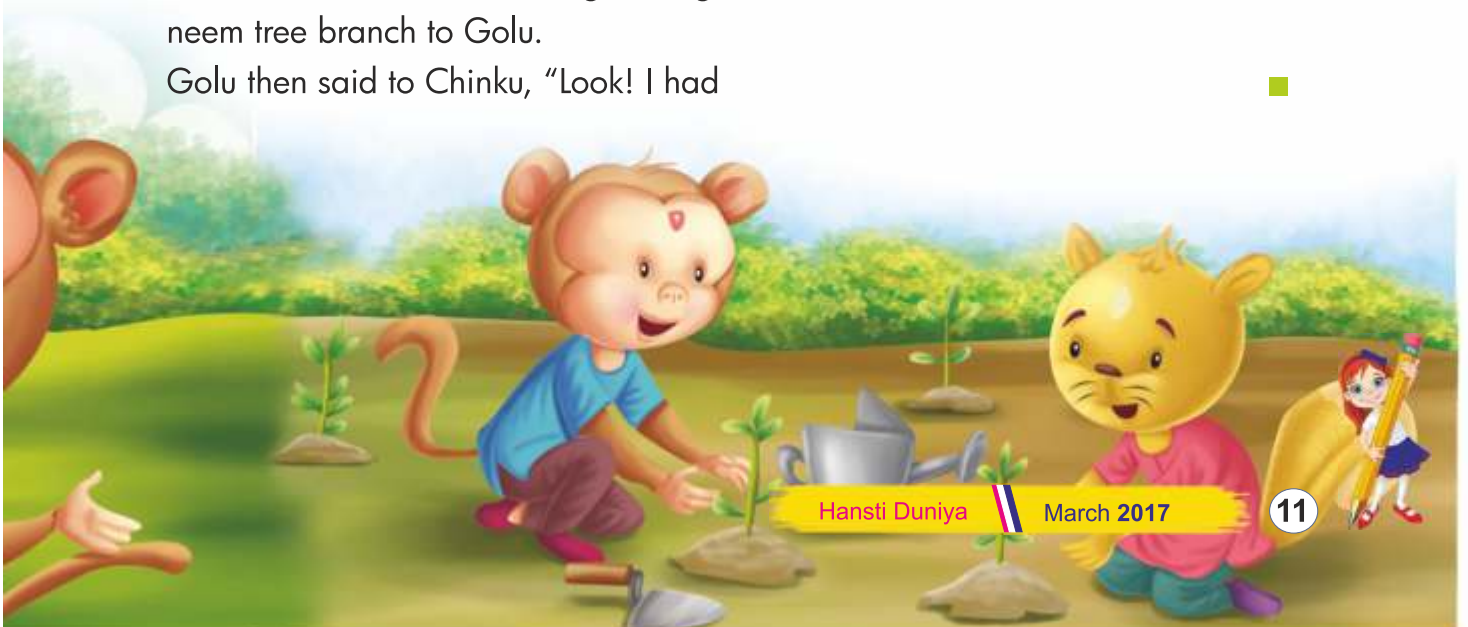
'Chinki' rat and 'Minki' cat liked the talk of Golu elephant as very interesting and full of knowledge. They really wondered how the Golu elephant knew so many things.

One day, Chinki rat's foot got injured and it immediately ran to Golu elephant. Golu said, "What happened Chinki, why are you limping?" When Chinki told Golu about its wound, Golu asked it to go and bring some 'neem' leaves so that he could prepare a medicine out of it to heal his wound. Chinki hearing Golu, immediately went towards Neem tree and brought a big neem tree branch to Golu.

Golu then said to Chinku, "Look! I had

asked you to bring some leaves only and you have brought a big branch. Take care that these trees are very beneficial to us, and their existence on the earth is very much beneficial to each and every creature living on this earth. Thus we are to save these and use these cautiously. Chinki and Minki both liked very much the conversation of Golu and they decided to save the trees in future and also do fresh plantation and take care of those new plants also by providing manure and water to them so that this Ramnagar forest always remains green throughout and environment here also stays good. They raised the slogan together with Golu elephant and other birds and animals gathered there- "We will plant trees, and Save the environment."

"Save Trees, Save Life."

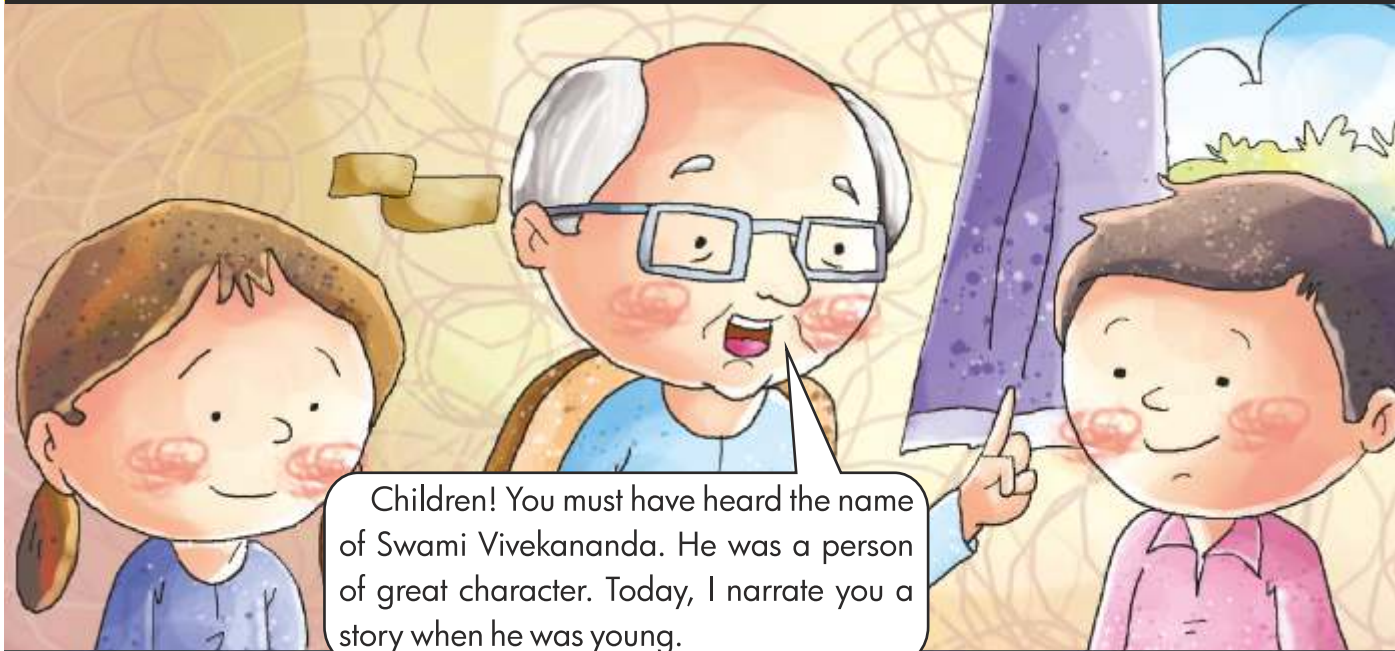




Grandpa

Story & Illustration

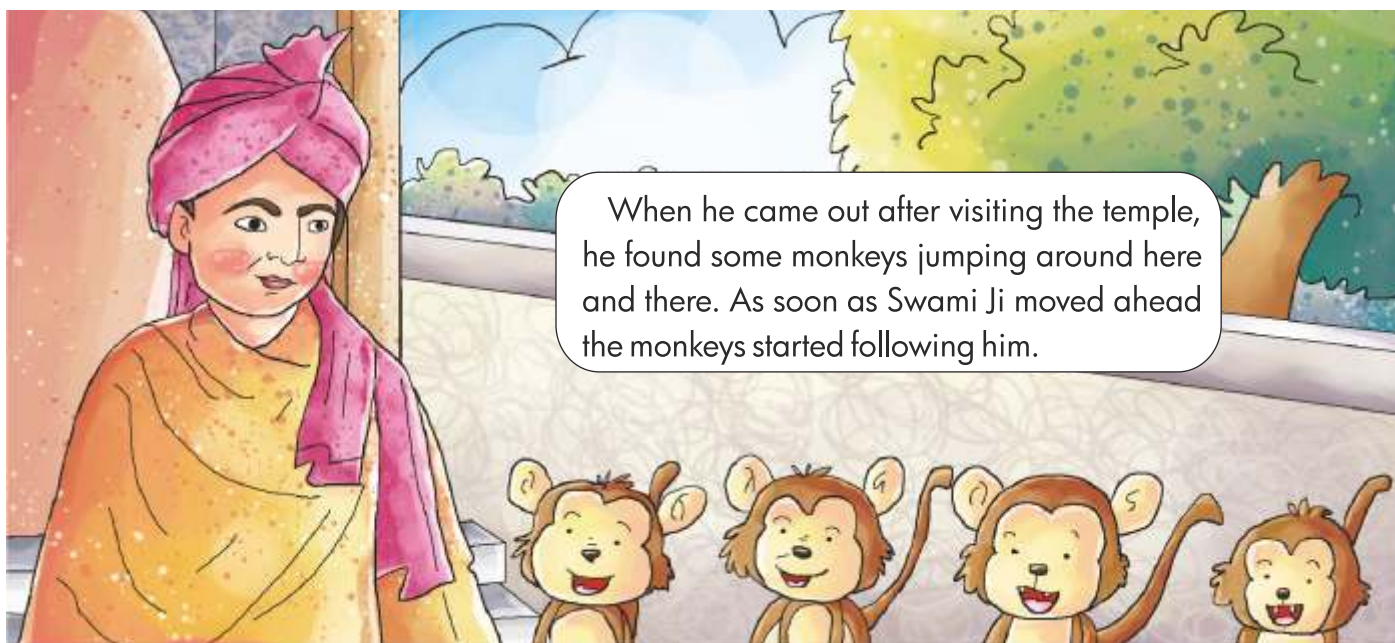
—Ajay Kalara



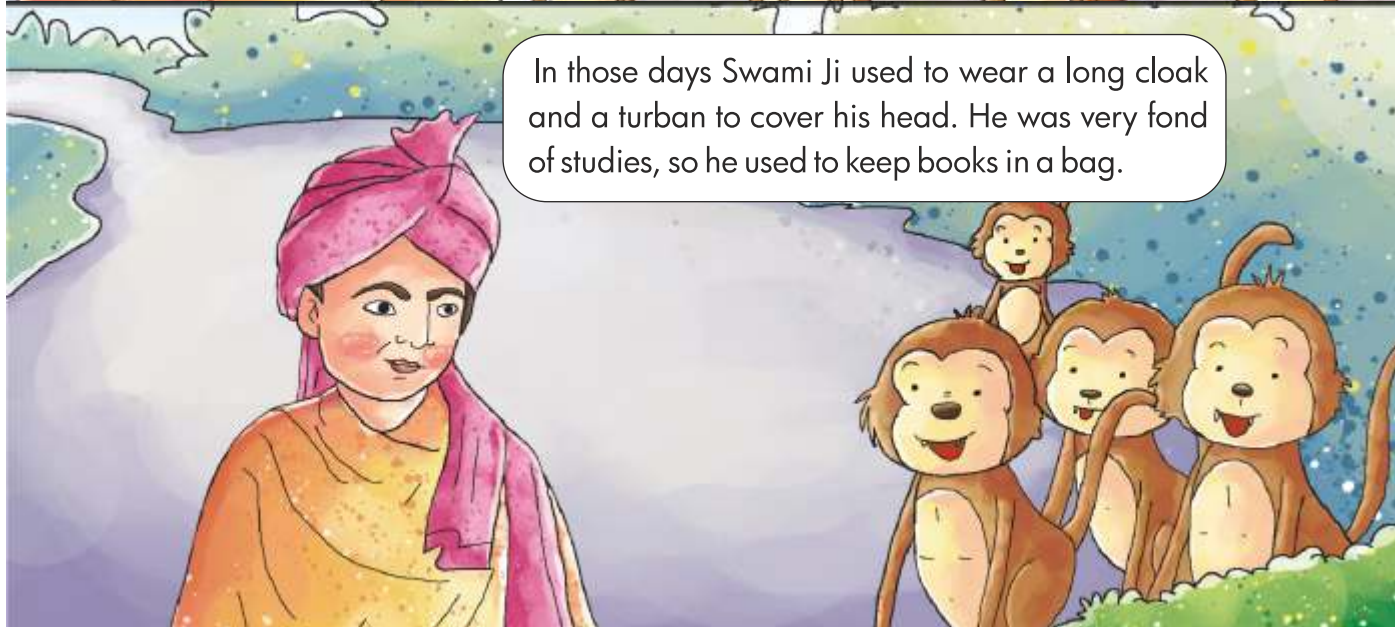
Children! You must have heard the name of Swami Vivekananda. He was a person of great character. Today, I narrate you a story when he was young.



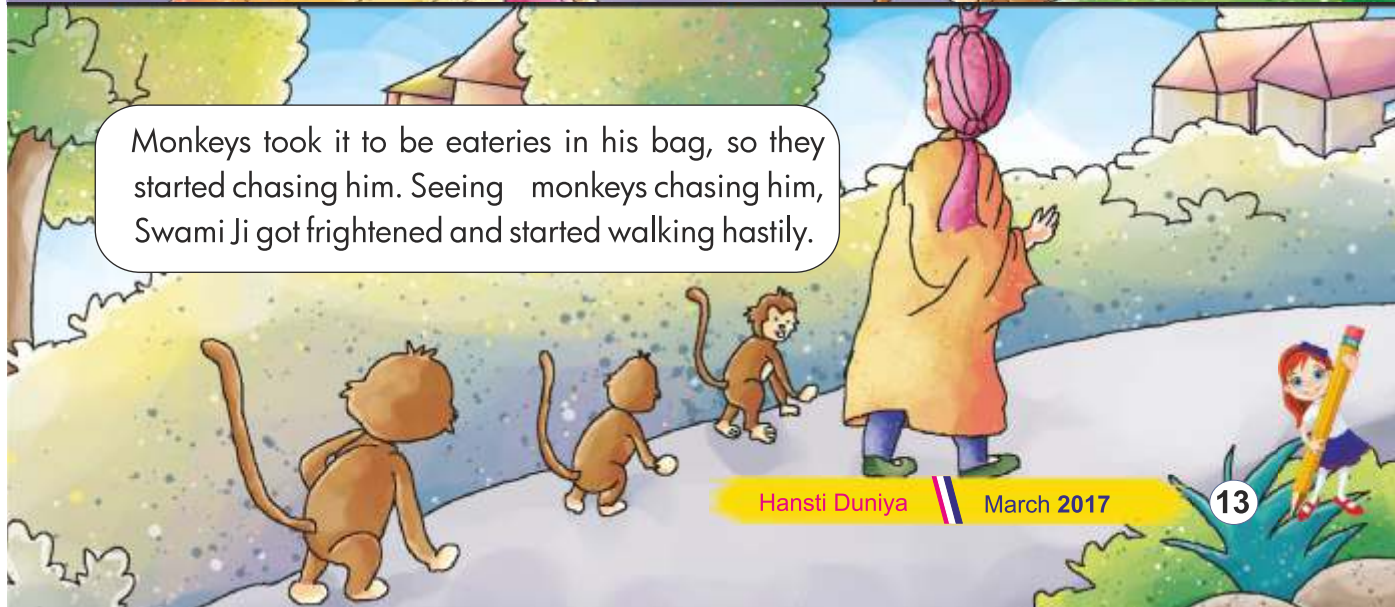
Once Swami Vivekananda planned his pilgrimage. Visiting various temples, he came to Kashi and then reached Vishwanath temple.



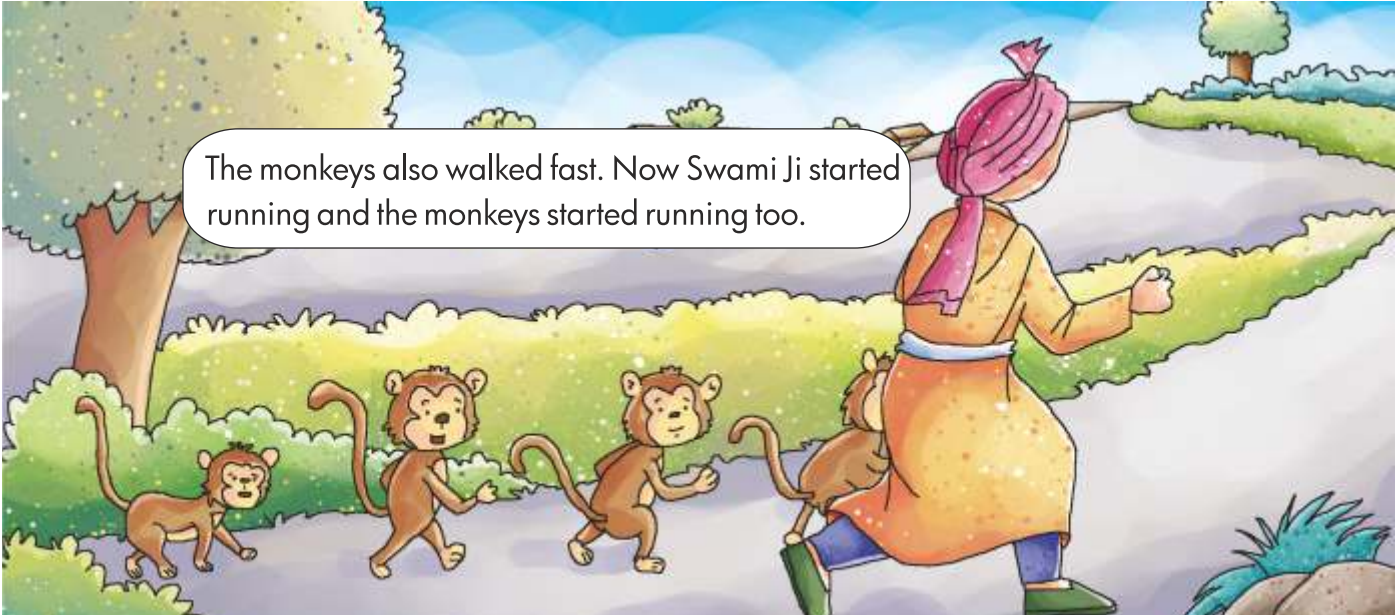
When he came out after visiting the temple, he found some monkeys jumping around here and there. As soon as Swami Ji moved ahead the monkeys started following him.



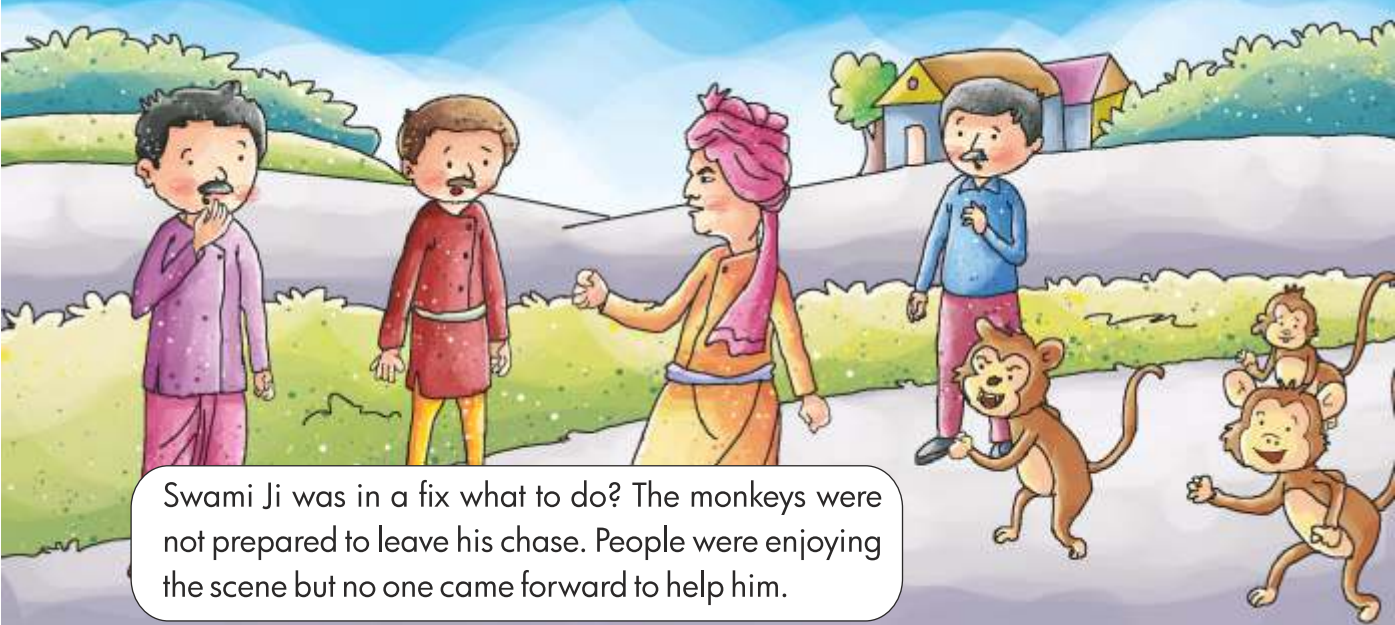
In those days Swami Ji used to wear a long cloak and a turban to cover his head. He was very fond of studies, so he used to keep books in a bag.




Monkeys took it to be eatables in his bag, so they started chasing him. Seeing monkeys chasing him, Swami Ji got frightened and started walking hastily.

A cartoon illustration of Swami Ji, a man with a pink turban and orange robe, running away from four brown monkeys on a path. The background shows green bushes and a tree.

The monkeys also walked fast. Now Swami Ji started running and the monkeys started running too.

A cartoon illustration of Swami Ji standing on a path, talking to three people: a man in a purple shirt, a man in a red shirt, and a man in a blue shirt. Two monkeys are running towards them from the right.

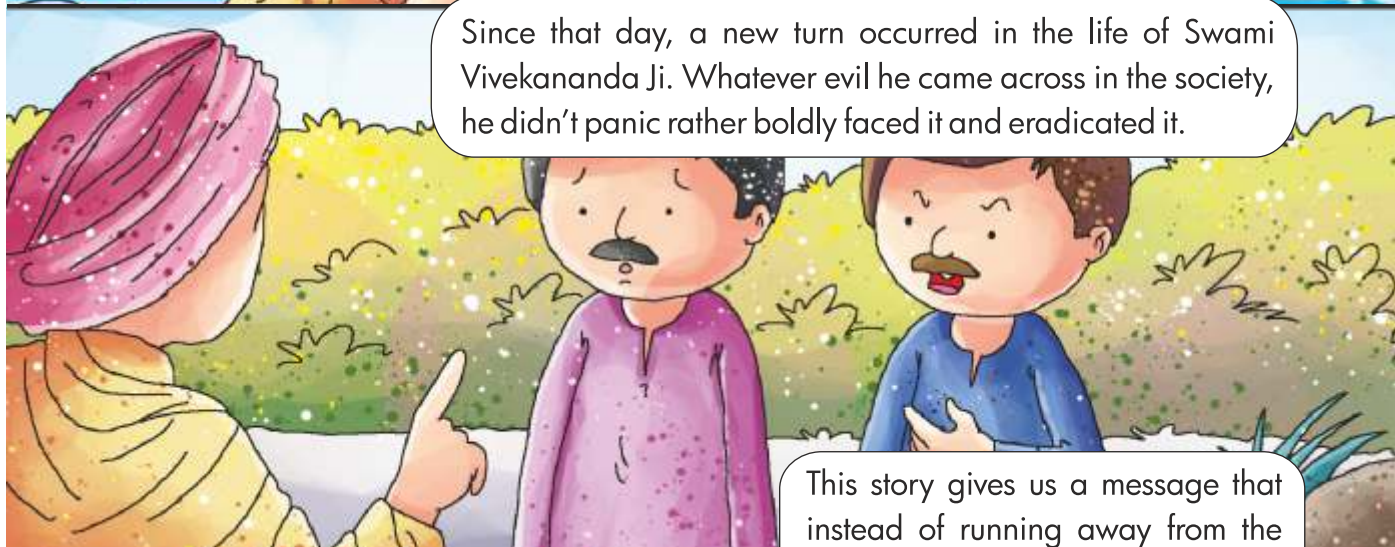
Swami Ji was in a fix what to do? The monkeys were not prepared to leave his chase. People were enjoying the scene but no one came forward to help him.

A cartoon illustration of Swami Ji standing still on a path, facing two monkeys. In the background, a woman in a yellow sari is walking away. A small boy with a yellow pencil is visible in the bottom left corner.

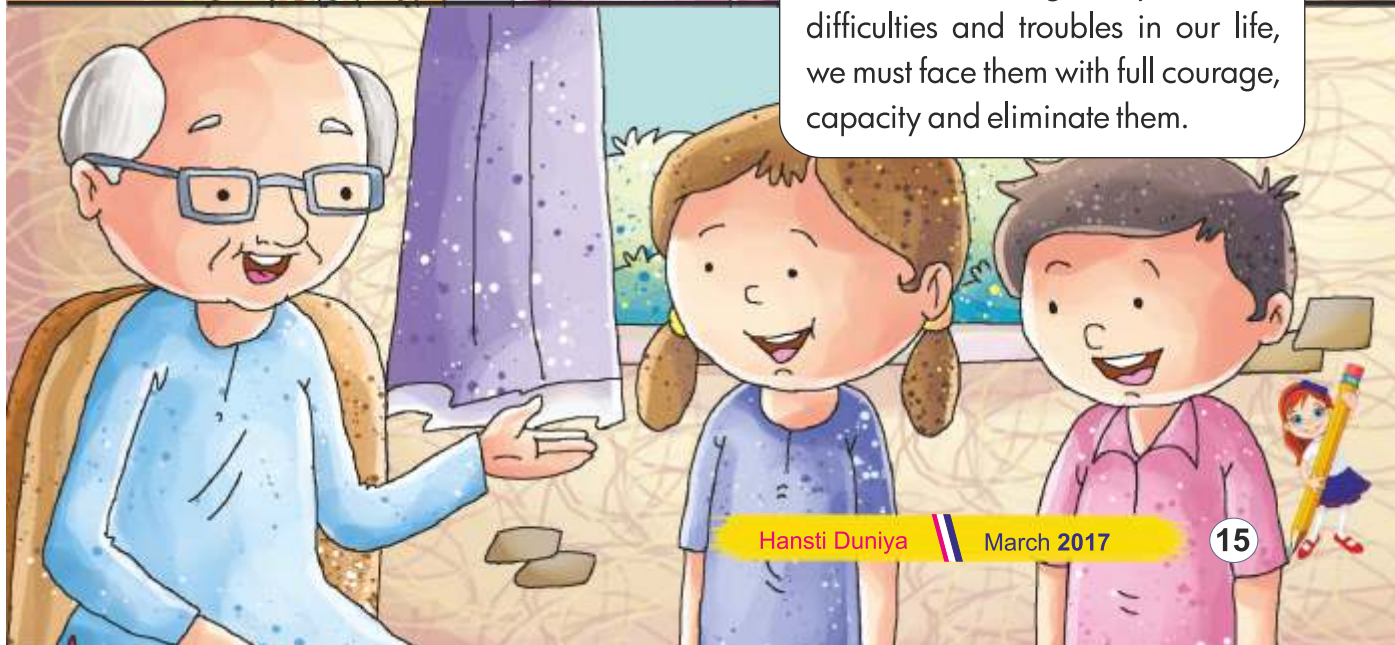
Just then he heard a voice, 'wait, face them, don't run, rather fight them'. The moment these words reached Swami Ji's ears, he stopped there without any fear. Scared, the monkeys also stopped there, and ran away after some time.



Swami Ji realized that as we run away fearing from some wicked circumstances in life, then such situations chase us with grave intensity, but when we fight these back with greater courage, these vanish at their own.



Since that day, a new turn occurred in the life of Swami Vivekananda Ji. Whatever evil he came across in the society, he didn't panic rather boldly faced it and eradicated it.



This story gives us a message that instead of running away from the difficulties and troubles in our life, we must face them with full courage, capacity and eliminate them.

inspirational Story

Mahatma Buddha

Once a person approached Mahatma Buddha and asked, "Lord, why I got this life? What's my value in such a big universe?" Buddha smiled on hearing him and said to him while handing over a shining stone to him, "Go and enquire the value of this stone and remember that you are not to sell it."

Taking the stone, the person reached a mango seller and showing him the stone asked, "What can be its value?" The mango seller, looking to the shine of the stone realised that it was a costly stone, but said in a casual tone, "See, apparently it seems to be of little value, but I can give you ten mangoes for this."

The person went ahead and there was a vegetable seller. He asked him the value of that stone.

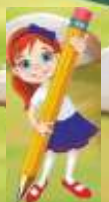
Vegetable seller said, "I can give you one bag full of potatoes for this."

The man proceeded further and thought the stone seems to be costly, so I should enquire its value from some jeweller. He reached a jeweller shop and enquired about its value. The jeweller at a glance understood that it was a very precious 'Ruby' stone that only a blessed one can get. He said, "Handover this stone to me and accept Rupees one lakh in lieu of it."

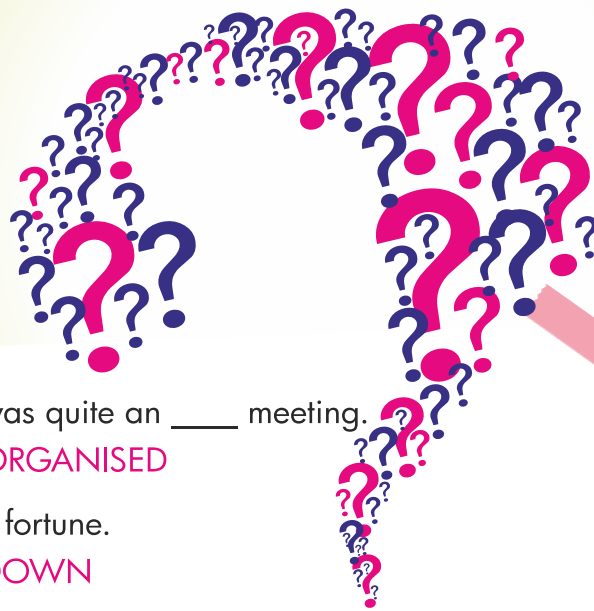
By now, that person had come to know the value of the stone. He turned to go back to Buddha when the jeweller stopped him and said, "Oh dear, Just stop, I can give you fifty lakhs for this." But that man still didn't stop. The jeweller didn't want to lose that stone at any cost. He jumped out and stood in front of that person and said to him with folded hands, "You please give this stone to me and I am prepared to give you one crore rupees for this."

That person just wanted to get rid of the jeweller and leave. The jeweller again called him, "This is a very precious stone and it is priceless. Whatever amount you ask, I will give it to you." Hearing this that man just got stunned. He straight away reached Buddha and narrated the whole story handing over the stone to him.

Buddha smilingly said, "The fruit-seller valued it for 10 mangoes, vegetable-seller, 'one bag of potatoes' and the jeweller told it is 'priceless'. Whatever qualities one could realise of this stone, he valued it accordingly. Same is about this life. Every person is like a diamond, the people respect him to the extent they recognise him. But there is one big difference between a man and a diamond, the diamond is chiseled by others whereas the man has to do it himself. "You also spread your brilliance by chiseling yourself."



Improve your Grammar



Choose the right option –

1. I had not expected to meet him; it was quite an ____ meeting.
a) ACCIDENTAL b) ORGANISED
2. His friend has run _____ his whole fortune.
a) THROUGH b) DOWN
3. What is the antonym of ASLEEP?
a) AWAKE b) NAP
4. Find out which letter is silent while pronouncing the word 'BRISTLE'.
a) T b) B
5. Macbeth is a tragedy of a man who was _____ with great qualities.
a) OBSESSED b) ENDOWED
6. Positive: SLIM, Comparative: _____, Superlative: SLIMMEST.
a) SLIMER b) SLIMMER
7. She was badly _____ by the news which she got in the letter.
a) ELECTRIFIED b) SHAKEN
8. He missed the train but it was a blessing in _____ as the train met with an accident.
a) DISGUISE b) RETURN



Answer Sheet.....some other page

18

Hansti Duniya // March 2017

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.

—Archana Garg, Delhi

Riddles

1 Q.: A boy and an engineer were fishing. The boy is the son of engineer but engineer is not the father of the boy. Then who is the engineer?

2 Q.: Everyone in the world needs it. They generously give it. But never take it. Then what is it?

3 Q.: He was driving a black truck in a long road in a great speed. The lights on the truck were off. It was a new moon day. An old lady was slowly crossing the road. He should stop the truck otherwise, he would hit the lady. How did he stop the truck?

4 Q.: Four children and their pet dog were walking under a small umbrella. But none of them became wet. How?

5 Q.: It is your possession and belongs to you. However, you use it very rarely. What is that?

6 Q.: I'm the most slippery country in the world. Tell what am I?

7 Q. $1+1=3$? How it can be possible?

1: Engineer is the boy's mother,
2: Advice 3: The driver stopped the truck immediately after seeing the old lady, as it was bright sunny day. 4: It was not raining.
5: Your name. 6: Greece, 7: By mistake

Answer





Improve your Grammar

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

Q.No.

Explanation

1. There was no expectations of the meeting, it was only by chance. In other words, the meeting was accidental.
2. If you run DOWN an amount of something, you reduce it and if you run THROUGH a list of items, you mention all the items quickly.
3. The antonym of ASLEEP is AWAKE, not NAP. AWAKE means not sleeping and NAP means short sleep specially during the day.
4. While pronouncing the word 'BRISTLE', the letter 'T' is silent.
5. If you have a desirable ability or characteristic, you are endowed with it.
6. The Comparative degree of SLIM is SLIMMER.
7. If you are shaken by an unpleasant experience, it makes you feel shocked and upset. Here, BADLY SHAKEN means 'much shocked'.
8. BLESSING IN DISGUISE is an idiom that means 'something good but having a bad appearance'.

☆ Divine knowledge is the key to purity, peace and prosperity.

—Nirankari Baba



Poem: Krishan Sharma

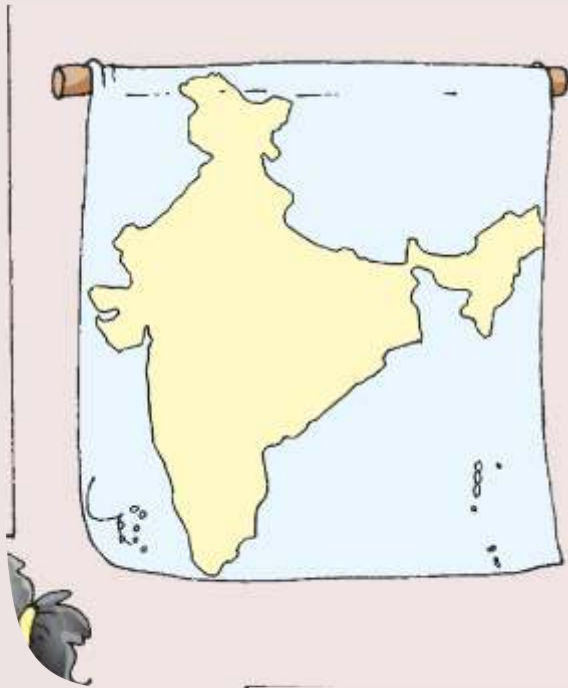
We Children's Dream

It's we children's dream
To make our nation supreme

Our's is a land of sages
Known for bravery for ages

None can with it compete
Its culture none can beat

Whatever caste or religion
All live here in unison



With rivers, sweet fountains
It's a land of high mountains

Its green forests are pretty
And are source of prosperity

Let's for it work hard
For its safety, be on guard



H.D. Answers

— Sandeep, Jhunjhnu

Q. What is the right time to remember God?

A. Everytime, even while performing worldly duties.

— Sudhanshu, Lucknow

Q. When do children realise mother's affection?

A. When there is none else to take care of them.

— Ramesh Rai, Bhagalpur

Q. What is the supreme—society, religion or nation?

A. True religion; By adopting true religion, society and nation automatically become excellent.

— Karuna, Bangalore

Q. What is motivation?

A. It is like food for the brain.

— Sarita Rai, UKD.

Q. What is the most important work in the world?

A. To know one's own self and live accordingly.

— Raja, Chandigarh

Q. What should one do if all the doors are closed on him?

A. He should analyse himself and pave a new path.

—Rich, Dehradun

Q. What is the basic right of man?

A. To know himself and to perform his duty well.



Q: Question A: Answer



A fox and a Lion

A fox who lived in a deep forest had lost its front legs. No one knew how: perhaps escaping from a trap.

A man who lived on the edge of the forest, seeing the fox from time to time, wondered how in the world it managed to get its food. One day, he saw the fox not far from him.... crawling, dragging herself on her two legs. The man decided to watch her, but he had to hide himself quickly because a tiger was approaching. The lion had fresh game in its claws. Lying down on the ground, he ate all he could, leaving the rest for the fox.

Again the next day the great provider of this world sent provisions to the fox by the same lion. The man began to think: "If this fox is taken care of in this mysterious way, its food sent by the unseen Higher Power called Almighty God, why don't I just rest and have my daily meal provided for me too?"

He sat in a corner waiting for his food. Nothing happened. Because he had a lot of faith, he let the days pass, praying and waiting for food.

Still nothing happened.

But He did not lose his faith, hoping God will provide for him soon. He just went on losing weight and strength until he was nearly a skeleton. Close to losing consciousness, he heard a voice which said: "O, you who have mistaken the way, see now the Truth!

"Instead of imitating the disabled fox, You should have followed the example of that tiger who not only worked for his own food but provided to others also"



Pour not water into the milk pot

As a primary school teacher, I find life to be a learning lesson every day. A recent outbreak of chicken pox in my school opened my eyes, giving me an insight into the collective mindset of people.

Chicken pox is a disease recognised by almost all strata of society. In various regions of our country, it is known by different local names. Specific traditional rituals, like strict dietary restrictions, abundant use of neem leaves (a proven antibacterial) and other religious customs are followed. But a closer look of these traditions reveals that they all lead to the same principle of

Quarantine and hygiene. So, we can assume that most people are clued in about the contagious nature of this disease. Despite everyone knowing it, to my horror, the sick children kept rejoining school just after a few days. Though they were sent back home with the advice to wait for full recovery, it let the Varicella virus find many more innocent victims. This cycle kept repeating itself. What could have been a stray case of one or two kids getting down with it, due to the selfish act of their parents, reached massive proportion?

When I tried to reason with the parents of students who had not yet completely recovered, their logic was that their child

was losing studies. 'Iski padhai ka nuksan ho raha hai.' So what if their falling scabs end up contracting many others. Collective responsibility is the first thing we tend to toss out of the window.

This reminded me of a story heard long back. The daughter of a poor villager was about to be married. So, his community decided to help him. Each house would give him a 'lota' of milk, which would be used to welcome the guests. The day of the wedding arrived. Villagers took turns and poured their share of milk in a huge vessel. When the poor villager looked in the container after collection, to his astonishment, it was filled with water.

Each villager thought that if he poured water instead of milk, no one would come to know as the vessel would already be filled with milk. But they didn't realise that each of them was thinking in the same selfish manner.

We all tend to do so. Be it passing a Rs100 note to the traffic police, fudging accounts to negotiate tax, throwing garbage in the back alley or spitting at the corner, we think it is just . But the truth is that all of us contribute to the lawlessness on roads, rampant corruption and the stink emanating from the streets. All of us will have to pour milk in the pot if we wish to be welcomed with a glass of milk.

Courtesy-The Tribune





Company's Impact

There lived a lioness in a forest that was about to deliver. Once it came out of the forest in search of a food. It saw a herd of sheep grazing at a distance and hurriedly jumped on to it. But as a will of God it met with a tragic death. Before breathing its last, it gave birth to a cub. That cub also started living with the sheep and grew up taking sheep milk only. It lived like sheep and started speaking also in the same way. After sometime it grew

into a full-fledged brave lion, even then it behaved like a sheep.

The days passed on. One day, all of a sudden a lion came to that site in search of food. It found a lion in the herd of sheep that was also afraid like sheep and running along with. Then the lion moved ahead towards it to make it realise that it was a lion and not a sheep. But as the lion proceeded towards it, the sheep-



herd ran and along with that sheep- lion also ran. That forest lion hurriedly ran to it and said, you have lost your nature and identity while living amongst the sheep. You are not a sheep, rather a lion like me.

Sheep-lion said- you are telling a lie. I am sheep only, how can I be a lion? I have grown up amongst sheep and progeny of sheep .

Lion said, "You are an offspring of lion and not of a sheep. You are a lion in fact, I make you realize this just now, come along with me.

Then the forest lion took the sheep-lion to a lake and said, "See your reflection and compare it with that of mine, both are same."

Sheep-lion started comparing its shadow to that of the forest lion. It started looking towards both the shadows one by one. Both of them were similar, so the sheep-lion started believing the forest lion.

Then the forest lion roared and hearing its roar, the sheep-lion also gathered courage and started roaring. It realised its real worth.

Let us also realise our original self. We are the part and parcel of God Almighty. Let us know ourself. The man was made in image of God.



Form - IV (See Rule - 8)

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I, Radhey Shyam, do hereby declare that the particulars given above are true to the best of my knowledge and belief.

Date: 1.3.2017

Radhey Shyam
Publisher

True Service

It's an old instance; one of the friends of Lord Krishna asked Him, 'Why do you call Yudhishter Dharamraj?'

At this Shree Krishna said- since Yudhishter possesses those qualities, so it is proper to call him Dharamraj.

'Why Yudhishter is entitled to be called Dharamraj?' the friend again asked.

At this Lord Krishna said, I will reply you in the evening.

At that time, Mahabharata battle was going on between Pandava and Kaurva forces. Yudhishter, in disguise, used to go to Kurukshetra battle-field at night after the fight was over and used to nurse the injured and take care of them.

One day Shree Krishna and his friend in disguise followed Yudhishter just to know where and what for he was going daily.

As they followed him, they found Yudhishter busy in taking care of the injured lying in the battle-field. Then they asked Yudhishter the reason for his disguise.

Yudhishter said that if I had not changed my appearance, the injured soldiers from Kaurvas side might not have mentioned their misery to me and I would have been deprived to serve them. That's why I change my appearance. On hearing this, Lord Krishna and his friend in disguise left the scene speechless.

At this Lord Shree Krishna said, 'that's why Yudhishter in real sense of the word is entitled to be called Dharamraj as he doesn't distinguish between friends or a foe and all are equal in his eyes.'

That's why even today, Yudhishter is remembered by the name of Dharamraj.





WONDER OF PRACTICE

Once there lived an archer named Chhan Yaaochi. Everyone praised his archery due to which he had become very much egoistic.

One day he was practicing archery outside his house. His target remained unmissable. Slowly, nearby developed a crowd of visitors. Ayechi who had grown old, also reached there.

Everybody present there was praising the art of Chhan Yaaochi. But Ayechi was simply nodding his head and smiling. Seeing Ayechi doing like that Chhan Yaaochi felt bad of it. He thought that Ayechi was scornful of him.

He immediately asked Ayechi, "Do you know archery?"

"Not at all" The old Ayechi spoke.

"Then what did your smile mean?"



“Actually, you are not an extraordinary archer, though you have a good practice.”

Chann Yaoochi lost temper and said, “When you know nothing about archery, what right have you got to mock me? Why you talk nonsense?”

“Look, I sell the oil, just watch my feat.”

Saying this, Ayechi fixed a koto (musical instrument) on the ground and kept a copper coin on its mouth. There was a small rectangular hole in the centre of the coin. Ayechi took the spoon and started pouring oil with ladle into that hole. The koto got filled with oil in no time. But not even a single drop touched the coin. Then Ayechi said, “Have you seen the feat? I am not a skilful oil man (Teli), yes, of course, I am a practitioner. Here whatever you have seen is the wonder of my practice and nothing else.

You are also in the same category. Don't consider yourself extraordinary. The blunt talk of the old man wiped his pride of his marksmanship in a Jiffy.

—Vidit Nayyar
(Malviya Nagar, N. Delhi)

Exams

Exams are very boring

The main tension is scoring

All time learning, writing

Makes my mood of fighting...



Exams test our knowledge

In every school and college

This knowledge makes me bore

I want a proper cure.....

Exam is a type of pressure

This life is not a pleasure

Exams are like aches and pains

Which come and go like rains...



Thoughts Of The Day

- ★ Education is something which ought to be brought within the reach of everyone.
— Dr. B.R. Ambedkar
- Best are the hearts that can bend, they shall never be broken. — Albert Cornus
- ★ My Master held my arm firmly. Else I would have been carried away by the current. — Kabir
- The heights achieved and maintained by great men were not attained by a sudden flight. But, whilst their companions slept, they toiled in right direction
— H.W. Longfellow
- ★ Let us forget bitterness of the past and strive to foster mutual understanding and harmonious relations. — Nirankari Baba
- Standing in the middle of road is very dangerous, you get knocked down by the traffic from both sides.
— Margaret Thatcher
- ★ Man is never old enough to know better. — Jugal Kishore "Kabir"
- Welcome anything that comes to you, but do not long for anything else. — Andre Gide
- ★ When God dwells in our heart, He protects us from all evils and we feel blissful wherever we may be.
- The difference between the impossible and the possible lies in a person's determination.
— Tommy Lasords
- ★ The best way to find yourself is to lose yourself in the service of others. — M.K. Gandhi
- A ship in the harbor is safe, but that's not what ships are built for. — William Shedd
- ★ We can not always prepare a future for the youth, but we can prepare youth for the future.
— Nirankari Baba



CROSSWORD

1		2		3		4
				5		
6						
		7				
8				9		10
		11				
12				13		
14						
		15				

Left to Right →

- The capital city of Bangladesh.
- Opposite of Cold.
- ___ Angeles is the second largest city in the United States.
- A synonym of KNOT.
- Feminine: MADAM, Masculine: _____.
- A domestic animal known for its acute sense of smell.
- Abbreviated form of 'After School Assignment'.
- _____ Gangadhar Tilak was a famous freedom fighter of India.
- The first Governor General of Pakistan was Mohammad _____ Jinnah.
- The longest mountain range of the world.

Up - Down ↓

- Plural of Doll.
- Canberra is the capital city of this country.
- A famous city of Gujarat.
- Short form of Et Cetera (It is a Latin word that means 'And So Forth').
- Plural of Gulf.
- _____ Mahal was constructed in the memory of Shah Jahan's wife, Mumtaz Mahal.





Kitty

Story & Illustration
—Ajay Kalara

Bintoo tortoise, what are you doing?
Get going, we are getting late for going to play



Kitty, in a hurry, you have even forgot to have a wash.
I won't do so. Let me have a wash, so, wait!

I am ready; let's go.



Move fast. How lazy you are.
Why are you walking slowly now.



Kitty, what are you doing? In hurry, you are placing your feet in the mud . In order to do things fast, you may be able to do so, but you can't do them with perfection.



Bintoo, you keep mum. Just make haste. I love to do things at once. I wish to be always ahead of all.

Captain(Rabbit):Kitty, Bintoo, today we have cricket match with the other team. You both must play well.



Why shouldn't I score all the needed runs myself. The whole team will praise me.

Oh, What's this? Kitty is out at the very first ball.



Kitty, Why did you play by moving forward? You were told to play comfortably weren't you? You have spoiled the whole game.



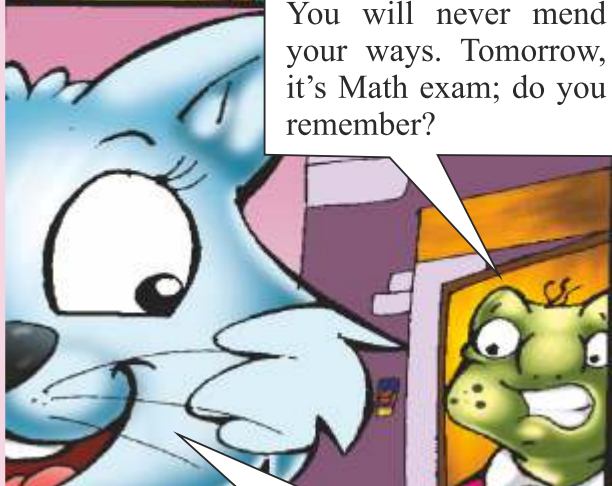
Well done! Bintoo, 6 runs. wow! you have completed your 50 runs too. Very well done! Bintoo, You have not only made the team win but you also have won the 'Man of the Match' award for yourself.



Here is the Trophy for you.



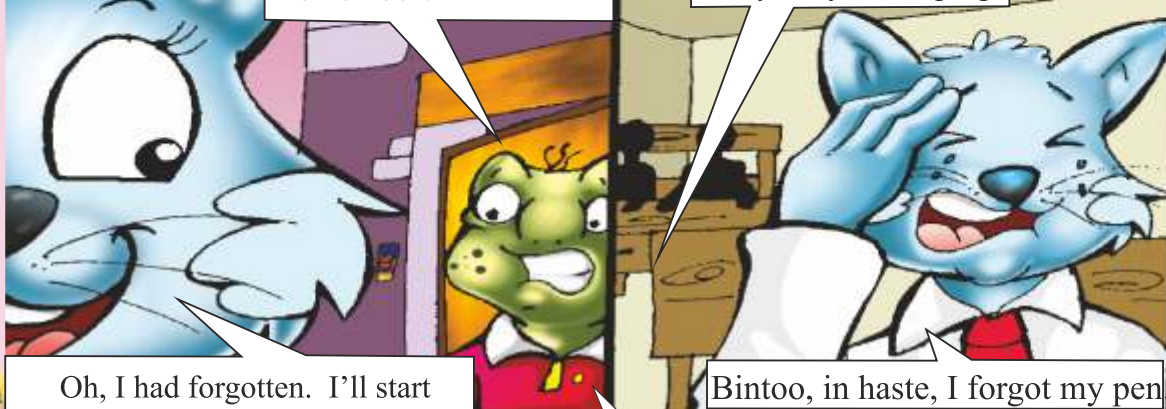
Bintoo, hurry up.



You will never mend your ways. Tomorrow, it's Math exam; do you remember?

Next morning!

What happened? Kitty. Why are you weeping?

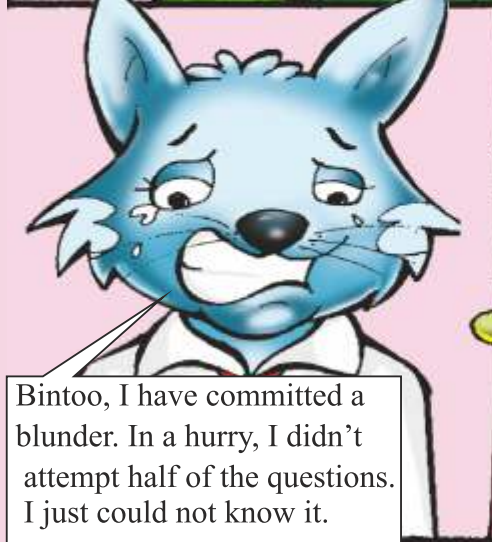
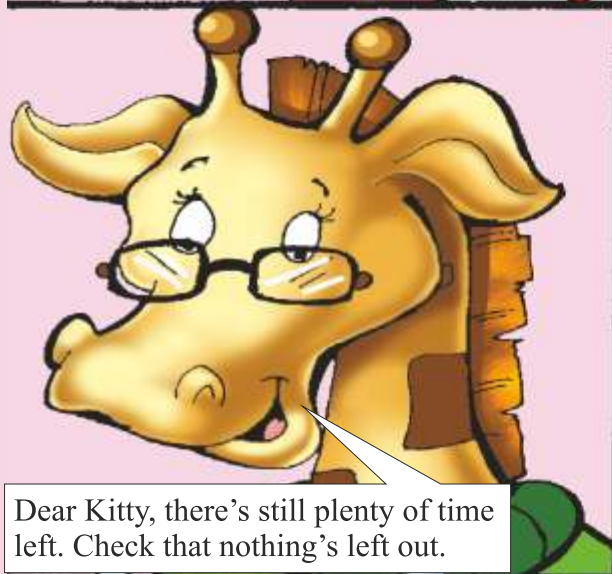


Oh, I had forgotten. I'll start studying soon after I reach home.

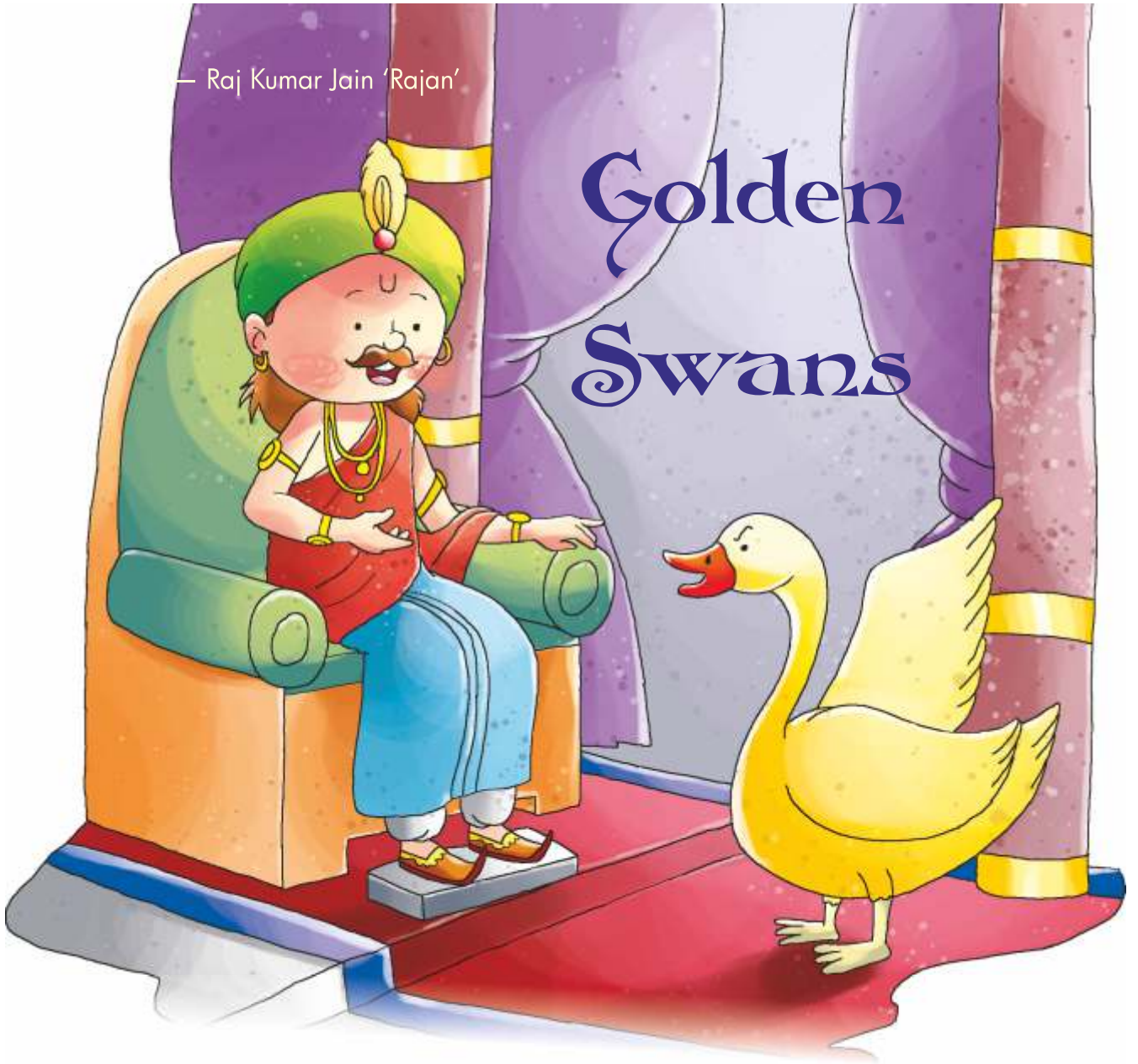
Bintoo, in haste, I forgot my pen

I have two; you take one.





Golden Swans



Long ago there used to live a king named Vikram Singh in Suryanagar. There was a Garden in his palace where there was a blue lake full of fresh water. There used to live many golden feather swans in that lake.

These swans used to give one golden feather to the king daily which the king used to keep in his safe.

One day, a big swan with golden feathers came flying from somewhere to the blue lake. As it started going deep into the lake, the entire swans present there said, "We won't allow you to go to the lake. We pay the price for staying here by giving one feather daily to the king."



The new entrant big swan said, "Please don't get annoyed, I will also give one feather like you to the king on my turn."

"No, no! We won't allow any outsider to stay over here." The swans said in one voice.

The big swan became adamant and their dispute aggravated. "Alright, if I can't stay over here then I will not allow you also to stay." Saying this, the big swan reached king Vikram Singh in his palace.

"Maharaj, The swans living in your blue lake don't allow me to stay. You will be benefitted by my stay over there. My feather is bigger than all the swans staying there. When I told them that I am going to the king, they said they are not afraid of the king." The big swan thus instigated the king.

Hearing the big swan, the king lost his temper- "How dare these swans living in my blue lake say so."

The king immediately summoned the soldiers and ordered, "Kill all swans in the blue lake. I don't need them anymore. Now I will be getting a bigger feather."

Getting the order from the king, the soldiers holding the sword ran to kill the swans. The swans got suspicious on seeing the soldiers approaching them with weapons. At this an old swan said, "Friends, There is only one way left to save ourselves that we should fly from here."

All the swans flew away to the sky. The blue lake was free from swans and the soldiers reached back to the palace and apprised the king of the whole situation.

The king was very happy and said to the big swan, "Now my lake is for you alone."

The big swan said, "Excuse me Lord I don't like your justice. Like this, if tomorrow some still bigger swan comes, you will get me also killed."

Saying this, the big swan spread its feathers and flew away.

Thus out of greed, the king lost his entire swan.

☆ When the power of love overcomes the love of power, the world will know peace. **thoughts** — Nirankari Baba

☆ Give to him that asketh thee, and from him that would borrow of thee turn not thou away. —Unknown

☆ Let us forget bitterness of the past and strive to foster mutual understanding and harmonious relations — Nirankari Baba





Radish

1. Dietary Fibre: Radish is rich in dietary fibre content which improves the body's ability to digest food and also keep the metabolism at the right pace. The fibre content adds to the amount of roughage you need in your diet and keeps you feeling full for longer.

2. 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 results in better cell production and cell repair.

4. Iron Benefits: 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. Metabolism : Radish consumption boosts the metabolism process in the body which in turn helps the internal functions to perform better.

6. Minerals: Many minerals like potassium, iron, sodium and calcium are found in radish and they play an important role in body's metabolism. They act as oxygen carriers, pregnancy nutrients, and blood sugar controllers. They also help in controlling the blood pressure.

7. Healthy Liver and Stomach: Radish is extremely good for the liver and stomach. Radish is powerful detoxifying agent. They



purify blood and eradicate waste and toxins.

8. Treats Jaundice: Radish has been known to treat Jaundice as it eliminates bilirubin and stabilizes its production level.

9. Effective against Hypertension : Radish has been used wide-spread as a treatment for hypertension.

10. 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. Some studies have arrived at conclusions different from the one above. Radish is a non-starchy food and eating radish helps 'control' blood sugar levels. Once your blood sugar levels have surpassed the normal levels, no amount of radish can lower them.

11. Helps Proper Functioning Of The Respiratory System: Daikon radish juice is effective in dissolving phlegm and mucus, thus aiding the proper functioning of the respiratory system. It combats viral infections and can prevent diseases like flu, bronchitis, and asthma.

12. Protects Against 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.

13. Treats Thyroid Problems : Radish juice also contains sulphur 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.

14. Cooling Food: Red radish is known as naturally cooling foods. The pungent flavour of radish is considered highly effective in decreasing excess heat within the body. In the eastern medicine science, use of red radish in meals is advised to protect the body from the effect of the heat during hot seasons.

15. High Water Content : Red radish has high water content and are packed with lots 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. Treatment for 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 : Radish can prove to be a boon for your skin.





18. Hydration : Radish has good water content. This helps in keeping your body well hydrated all the time. It results in a healthy and well-hydrated skin. It fights dry and flaky skin too.

19. 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.

20. Freshness: Vitamin C, phosphorus, and zinc found in radish, along with its water content, help keep your skin fresh for a longer duration.

21. Clear Skin : The high fibre content found in radish helps you get rid of all harmful toxins present in your body. This, in turn, results in a clear skin.

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

23. 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.

24. Hair Benefits of Radish: Including radish in your diet can even fetch you healthy hair. Let's see how.

25. Fights Hair Fall : It is believed that regular consumption of radish 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.

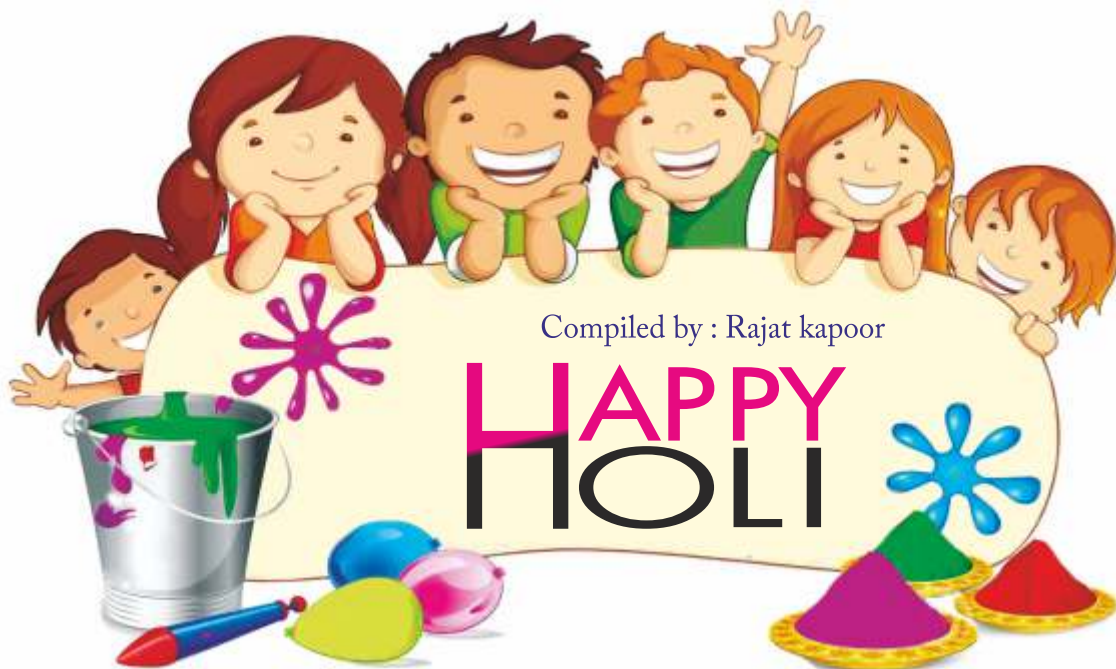
26. Dandruff : Radish can also fight dandruff problems. Make sure you include lots of radish in your daily diet whether in the form of salads or main dishes. Rub your scalp with radish juice and cover with the help of a towel. After an hour, wash it thoroughly.

27. Shine : Radish juice is proven to impart shine to your hair. Always use fresh radish juice for best results.

28. Healthy Hair : Iron, found in radish, is essential for maintaining healthy hair. It helps improve the overall texture and health of your hair.

29. Stronger Roots and Scalp : The water content in radish keeps your body well hydrated. It also has cooling effects on your body. Regular consumption of radish makes your roots stronger and your scalp healthier.





Compiled by : Rajat Kapoor

HAPPY HOLI

Holi is a Hindu Spring Festival in India, also known as the festival of colors or the festival of sharing love. It signifies the victory of good over evil, the arrival of spring and good bye to winter for many, the festive day to meet friends and relatives, play and laugh, forget and forgive and repair broken relationships.

It is also celebrated as a thanks giving to good harvest. It lasts for two days starting with Purnima (full-moon day) in the month of 'phagun' which falls somewhere in the end of February and middle of March in the Gregorian calendar.

The first day is known as Holika-Dahan or chhoti holi and the second as rang wali holi or 'dhulendi'.

It's a free for all carnival day of colors. Holi celebration starts on the night before with Holika Bonfire where people gather, do religious rites in front of the bonfire and pray that their internal evil gets burnt as the

bonfire starts. The next morning is celebrated as rang-wali holi by the young people in colors with dry powder and colored water filled in the balloons and the water guns. Anyone and everyone is fair game, friend or stranger, rich or poor, man or women, children and elders, all enjoy the frolic and fun celebration with colors occur in open fields often parks or outside the temple building etc. Groups carry drums and other musical instruments dance and sing from place to place. People visit family, friends and foes and throw colored water and flowers. There they laugh and gossip. They eat sweets and enjoy themselves.

Decent Holi should be played with flowers, rose water and organic color that do not harm anyone. We should be conscious and aware not to turn festivities of Holi into ugly fights and brawls. We should aim to unite and not divide.



—Sakshi Gulati, Chandigarh

Laughing Time

The teacher asked his students to draw a ring.

As expected, all drew objects with circular shapes.

However, one little boy drew a square.

“Why have you drawn a square?” The teacher asked.

“Mine is a boxing ring, Sir,” the boy replied.

Exams ke 4 din pehle, Syllabus dekha toh yaad aaya—

“Kuch toh hua hai, kuchh ho gaya hai.....”

Exam ke din Paper dekh ker yaad aaya.....

“Sab Kuchh alag hai, Sab Kuchh Naya hai.”

1st Student : Why does the teacher wear Sunglasses to School?

2nd Student : Because She Knows Her Students are So Bright.

Teacher : What is the easiest way to save milk from getting spoiled?

Student : Let it remain inside the cow itself,

Teacher : Chand per Pehla Kadam Kisne Rakha?

Student : Neil Amstrong.

Teacher : Aur Doosra?

Student : Bawli Doosra bhi Usi ne hi to rakha hoga, Langda thodi tha woh!

Netaji : You cast your vote in my favour and I will convert your village into

heaven.

Villagers : Netaji, we are not yet interested in heaven. We have still to live here.





Let's now vote democratically," said a boss to his workers. "Whoever agrees to my proposal raise your hand. Whoever does not agree to it, say in a loud voice, I resign"

Milk Man : Madam! see? Our milk is very thick today.

Madam : I suppose that you are also not getting water in your tap these days.

Pinkee : (To Tinkee)
Friend, why do you prefer inner material of Samosa?



Tinkee : Because the doctor has advised me not to take any outside item.

1st Student : I think, we need a New Teacher.

2nd Student : Why is that?

1st Student : Our Teacher doesn't know anything!... She keeps on asking us for the Answers.



Bharat : Hey, man! Please call me a taxi.

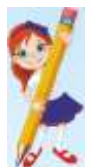
Praveen: Yes, sir. You are a taxi.

Patient, "Doctor, I get pain in my eye whenever I drink tea."

Doctor, "Take the spoon out of the mug before you drink."

CROSSWORD SOLUTION

1 D	H	2 A	K	3 A		4 E
O		U		5 H	O	T
6 L	O	S		M		C
L		7 T	I	E		
8 S	I	R		9 D	O	10 G
		11 A	S	A		U
12 T		L		13 B	A	L
14 A	L	I		A		F
J		15 A	N	D	E	S





★ Life is the most different exam. Many people fail because they try to copy others, not realising that everyone has a different question paper.
— Avneesh Gulati, Chandigarh

★ Spend time to improve yourself but do not waste time to prove yourself.
— Satguru Mata Ji

★ The wisest man has something yet to learn.
— Raj Arora, USA

★ Thinking hard about the past brings tears, pondering about the future brings fears, enjoying the present with a smile brings cheers.
— Ashok Rai, Mumbai

★ Any chance you get, take it. You never know what it could lead to.
— Rajender Chaudhary, Ambedkar Nagar

★ No one has ever manufactured a lock without a key. Similarly God won't give a problem without a solution.
— Kiran, Ambala

★ Apologising does not mean that you are wrong and the other person is right. It simply means that you value the relationship much more than your ego.
— Nirmala, Nirankari Colony

★ One tree is sufficient to make lakhs of match sticks, and one matchstick is sufficient to burn lakhs of trees.
— Dimple Randhwa, Delhi

★ If you have the spirit of understanding of everything in a positive way, you'll enjoy each and every moment of life, whether it is pressure or pleasure.

★ Spend more time with people who bring out the best in you, not the stress in you.
— Parita Puri, Chicago(USA)



Result for the month of **January** Issue

First :

Arshiya Dhawan

Age : 11 years,
Pocket H-137,B Dilshad Garden,
Delhi 110095.



Second :

Samrpit

Age : 11 years,
Nirankari Colony, Delhi-110009



Third:

S.Simran Chittoria

Age :10 years,
Type H-64, Jipmer Campus,
Dhanvantri nagar,
Pondicherry UT 605006.



Consolation Enteries

Ishana Sethi

(Nirankari Colony, Delhi)

Harkirat Singh Thind

(Chogawan Sadpur, Amritsar)

Aarti

(The Mall, Bathinda, Punjab)

Paridhi Gauri

(Paschim Vihar, New Delhi)

Bhhagyashree Poojare

(Pach Pavari Road, Palghar)

Sumanyu Chawla

(Dheerpur, Delhi)

Beena

(Vanara, U.P.)

Susma (Rohini, Delhi)

Ramesh (Bhagalpur, Bihar)

Karuna (Bangalore)

Vandna (Jhansi)

Tapsaya (Mukandpur, Delhi)

Rahul (Aurangabad)

Priya

(Sarganha, Azamgarh, U.P.)

"Colour it" for March Issue

On page 46, a beautiful picture is given; colour it and send it to us latest by **April 20, 2017**. Office address: **HANSTI DUNIYA**, Nirankari Complex, Near Nirankari Sarover, Nirankari Colony. Delhi - 110009

The result will appear in **May 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

.....



Inspirational Stories

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

 <p>WellSaidQuotes</p> <p>His teachers called him "slow" and "mentally handicapped". He also didn't speak until he turned 4 and didn't read until he was 7</p> <p>Albert Einstein</p>	 <p>Winston Churchill failed in sixth grade. After school he faced many years of political failures, as he was defeated in every election for public office until he finally became the Prime Minister at the ripe old age of 62.</p>
 <p>WellSaidQuotes</p> <p>Thomas Edison found 10,000 ways not to create light bulb before succeeding</p>	 <p>WellSaidQuotes</p> <p>"I didn't even complete my university education"</p> <p>- Bill Gates</p>



History of Match-stick



While manufacturing the safe matchstick, instead of phosphorus trisulphide, red phosphorus is used. This stick doesn't catch fire itself; rather burn by rubbing it on a special type of chemical pasted on the matchbox. That's why these are considered to be safer ones.

A matchbox is a product which is used in each and every home. The product which is so useful, how much do we know about it? Let us look to some interesting aspects of it.

Matchbox is of two types-

- i) Explosive matchbox and
- ii) Safe matchbox.

Explosive matchstick is one which produces fire by rubbing it on any rough surface. Sulphur, wax, phosphorus trisulphide, antimony trisulphide, potassium chlorate, glass and sea sand is used to manufacture this type of matchstick. In this, a stick of 8 cm length and 0.3 cm diameter is used. These sticks immediately catch fire by a simple rubbing, so its use is not considered safe. The color of its one end is either red and white or blue and white.

As far as the question of manufacturing a matchstick for the first time is concerned, the credit goes to an English pharmacist John Walker. He had manufactured it in the year 1827. But the credit of manufacturing the very first safe matchstick goes to Gustaaf pasch who manufactured it in the year 1844.

In India the Indian matchstick was manufactured in Shivakasi at Tamil Nadu by Nadaar brothers by installing Kaleshwari match factory.

The matchstick is not only used to burn the fire, rather messages are also conveyed through it. Vimco Company in 1980 had released a series of matchsticks on Ramayana which included various episodes on Ramayana. Advertisement was also publicized on matchsticks.



HOLI *Message*

Live, Love and Laugh

— M.P.K. Kutty



Whatever the legend behind the Holi festival, it is characterised by fun and frolic. It is associated with Spring and its colours.

With the onset of Spring, it is time for partying. The sun shines brighter and nature puts on colours. The children look forward to the celebration in gay abandon. Freedom from the daily drudgery is welcome. Festivals are invented for coming together to share a little joy and laughter.

There is this story about a great comedian in a city. In his own private life, he was not very fortunate, but had lately faced many tragedies. But his shows continued to draw large crowds. Unable to face the pressures of life, he went and consulted a psychiatrist for help. You know the advice he received? "Go and watch the great comedian of the city for a few days!!"

There is a Jewish story about a Rabbi. Once when he was in prayer, there appeared before him Prophet Elisa in a vision. With a smile he told the Prophet: "I am glad to meet you. What have you to tell me?" Elisa replied: "Do you see the two persons on the other side of the street?" "Yes," said the Rabbi. The prophet then remarked: "I know you fast

and pray. Yet you are not eligible for a position as exalted as those two persons!"

The Rabbi could not understand the words of the prophet and grew curious. He went to the other side of the street and met the two men. "Do you practice charity? Do you give to the poor?" the Rabbi inquired. "We are beggars. What can we give? How can we give?" responded the two men. "Do you pray?" Came the next question from the Rabbi. "We are illiterate. We do not know how to pray. And no one has taught us how to pray!"

The Rabbi wondered how these men who neither prayed nor gave in charity can get to heaven. After a few thoughtful moments he again asked: "If you are not praying you must at least be fasting!" The reply was again in the negative. "Then what are you doing every day?"

"We simply crack jokes to bring laughter to people in sorrow! When we see someone who is unhappy we try to make him laugh" they said in reply. Now the moral of the story is that there is a special place in heaven for those who try to make others happy. No doubt, charity and prayers are good and have their place. But all of us can do our bit to comfort those in sorrow; to bring relief to those who weep. •





Have your Say



The editorial "Happy New Year" is very meaningful for the readers of Hansti Duniya. The editor has suggested us to work with all our strength, determination and capability to achieve what we want to achieve. Success is sure to come our way. Photo Feature Stories Grandpa and Kitty are very interesting and give good knowledge and entertainment to the little children. Article Republic Day is really very useful for students.

—Simoksh Chawla, Shastri
Nagar, Delhi

It gives me pleasure to write you that the stories 'The Best Field', 'Meeku Gets Transformed', 'Tinku Grow Wise' and 'Clever Tortoise' have been liked by the children so much. These stories are very interesting and gives good lesson to the little children. Poems printed in the magazine are also very nice. 'Riddles' are very new and gives good knowledge to the readers.

It is really appreciable that our Hansti Duniya is becoming more and more popular among children and elders also love to read every article of the magazine.

—Sumanyu-Nitika-Avyan, Agra



Happy Birthday

March, 2017



Chahat (Sivni)



Puneet (Sivni)



Kritika (Tarakpur)



Saksham (Sidko)



Punya (Delhi)



Ankit (Reeva)



Pramesh (Delhi)



Arpit (Tonk)



Shivendra (Aakot)



Saai (Thane)



Kamal (Sainani)



Ahem (Chandigarh)



Nitpreet (Ropar)



Vanshika (Daroslum)



Keerti (Kinliyanwali)



Prerit (Delhi)



Vivek (Yamunanagar)



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