

★ Vol. 32

★ No.11

★ NOVEMBER 2018

₹ 15/-

Hansti Duniya





Hansti Duniya

● Vol. 32 ● Issue No.11 ● November 2018 ● Pages 52
 (A Monthly for Children's Mental Development)
 Published in English, Hindi, Punjabi and Marathi

Printer & Publisher **C. L. Gulati**
 on behalf of Sant Nirankari Mandal (Regd.)
 Delhi-110009, printed at M.P. Printers,
 B-220, Phase-II, Noida (U.P.) Pin - 201305
 and published at
 Sant Nirankari Satsang Bhawan,
 Sant Nirankari Colony, Delhi-110009.

Harjeet Nishad
 Chief Editor

Vimlesh Ahuja **Rajat Kapoor**
 Editor (Honorary) Associate Editor (Honorary)

Email: patrika@nirankari.org
 : editorial@nirankari.org

Ph.: 011-47660200
 Fax: 011-27608215

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

SUBSCRIPTION

Country	1 year	3 yrs.	5 yrs.	11 yrs.
India/Nepal	₹ 150	₹ 400	₹ 700	₹ 1500
U.K.	£15	£40	£70	£150
Europe	€20	€ 55	€ 95	€ 200
U.S.A.	\$25	\$70	\$120	\$250
Canada/Australia	\$30	\$85	\$140	\$300

Other countries: Equivalent to U.S. Dollars as mentioned above



Regular Columns

4. Editorial
5. Sampurn Avatar Bani
8. N.Y.F.
20. H. D. Answers
40. Laughing Time
42. Sms of the Month
44. Colour it
48. Maze

Photo Features

- 16 Grandpa
- 34 Kitty



Stories

6. **Everyone is Right**
Archna Garg
9. **Effect of Superstitions**
Raju Saran
12. **The Most Poisonous**
Renu Saini
- 14 **Krishna and Kansa**
C.L. Gulati
23. **The Magical Lion**
M. Alim
27. **Fearless Boy Malhari**
Dr. Vikas Maanav
29. **Devout Pupil & His Guru**
Dr. Om Parkash Setia
39. **A Frog of the Well ...**
Sukriti Ahuja

Articles

7. **Studying The Stars**
Harjeet Nishad
- 20 **Why can't Animals ...**
Sureshtha Sharma
22. **Classical Dances of India**
Gurdev Singh
24. **Qutab Minar**
Sunil Nagpal
30. **Spinach**
Praveen
32. **Packed and Ready to Go**
Shikher Mahendru
45. **Reality of the Religion**
Rajan Sachdeva
46. **What is it all About**
Dr. Monika Singh



Poems & Etc

20. **Being a Nirankari**
Unknown
26. **Satguru is My Friend**
Ashwani Kumar Jatan
26. **Life is Learning**
Rajiv Jha
33. **Golden Chain of Friendship**
Helen Steiner Rice
38. **What You Can Have ...**
Vinod



IMPORTANCE OF LIGHT

We have already heard that the aim of life is to move from darkness to light. That is why we often pray, "Oh lord! take me from darkness to light. And whoever makes this prayer is aware that he is already in a state of darkness and that is the reason of his prayer. Whether a person can actually see with his own eyes or not he would always want to move from darkness to light.

A person who cannot see, he has never experienced light in his life. A person who can see often looks down upon a person who cannot see and often makes fun of such a person, but for a person who cannot see he understands the value of light and also wants to have it in his life.

According to a myth a blind person always keeps a torch light in his hand during night time. It is said that once a man was going with the torch light in his hand at night and some people stopped him on the way and laughingly asked him, "Brother if you cannot see why are you moving around with a lamp in your hand?"

The blind man replied with utmost humility, "it is my bad luck that I cannot see

from my birth itself so I always keep a lamp for those who have eyes but can't see. If anybody is coming towards me he may not be able to see me but this lamp's light will help me in any possible collision." Dear friends! we must always make an effort that we do not hinder or oppose anyone and never hurt anyone's self respect. If a blind man can save himself from so many problems buy a simple torch light then those who can see should understand the problems of other people which can change life of many people.

In the same way, if our mind is moving towards light and our heart is filled with compassion then many people can benefit from this light. To keep this light sustained a Sant Nirankari Samagam is being organized in Samalkha. Here the devotees learn to be caring, sharing, compassionate, sympathetic and be empathetic. They believe in universal brotherhood.

—Vimlesh Ahuja



SAMPURAN AVTAR BANI

Ik Tu Hi Nirankar - 146

PHULL JIVEN PARVAH NAHIN KARDA NAL KHALOTE KHARAN DI;
 PARVAH NAHIN KARDE BHAGAT HARI DE EDAN DUNIADARAN DI.
 BOL NAHIN IHDE THOTHE HUNDE DUNIA WANGOON BAJH AMAL;
 DUNIA DE VICH EDAN REHNDAI JION JAL VICH NIRLEP KAMAL.
 CHANDAN NAHIN JION KHUSHBOO CHHADADA VICH RAHE CHAHE BANSAN DE;
 REHNDA NAL EY NAAM HARI DA AONDE JANDE SWASAN DE.
 PANI DE VICH RAHE MURGABI LEP NAHIN HUNDA PANI DA;
 KAHE AVTAR NAHIN LEP BHAGAT NOON MAYA BHARAM BHULANI DA.

Thou Formless One 146

Just as a flower does not
bother about the thorns by its
side;

Likewise, the devotees of
God do not feel bothered by the
worldly people.

The words of the true
devotee are not hollow like the
worldly people sans practice;

He lives in this world totally
detached like a lotus in water.

Just as the Sandalwood does not
give up its fragrance even though
surrounded by bamboos;

Likewise, the Divine Name
remains there with every breath.

Just as a duck lives in water but
remains unaffected by it;

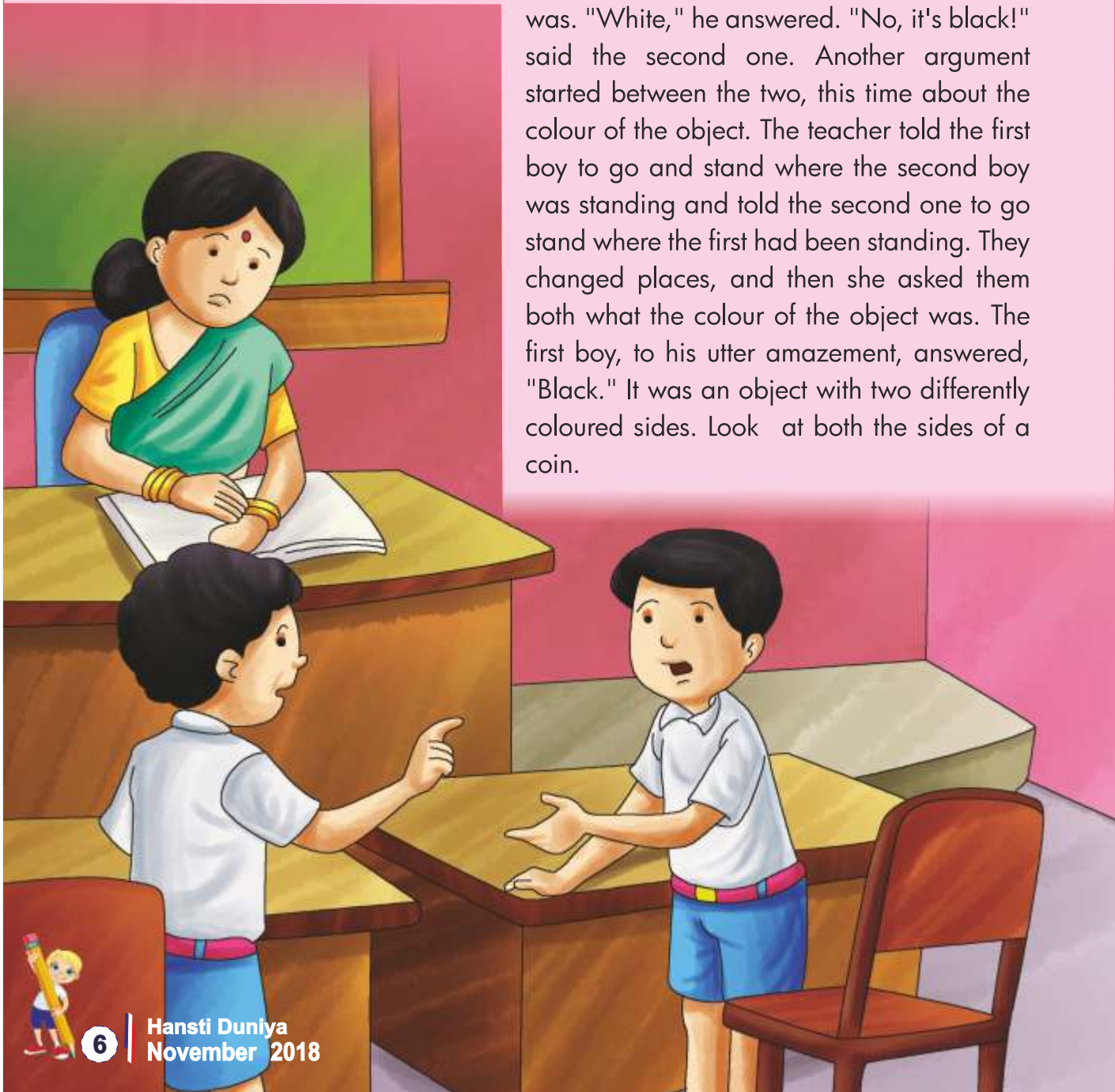
Avtar says, likewise, the
devotee of God does not get
influenced by the illusory world of
materialism.



EVERYONE IS RIGHT

Once, two elementary school boys got into a fight. "I am right," said the first boy. "No, I am right," said the second. The teacher decided to teach them an important lesson. She asked them both to come up to the front of the class and the first boy stood on one side of her desk and the second on the other side. She held up a large disc in the air so that each boy could see one side. She asked the first boy what colour the object

was. "White," he answered. "No, it's black!" said the second one. Another argument started between the two, this time about the colour of the object. The teacher told the first boy to go and stand where the second boy was standing and told the second one to go stand where the first had been standing. They changed places, and then she asked them both what the colour of the object was. The first boy, to his utter amazement, answered, "Black." It was an object with two differently coloured sides. Look at both the sides of a coin.



—by : Harjeet Nishad, Delhi



STUDYING THE STARS

Look at the sky. What do you see? If it's day you'll see the Sun. If it's night you'll see the Moon. And if the sky is clear you'll see stars. In big cities you may see only a few hundred stars. But out in the countryside or on the ocean you'll see many thousands. You may even see planets and, if you're lucky, a comet.

There are people who look at the sky for hours and hours, night after night. They study the stars, the planets, and other objects in the sky. These people are called 'astronomers'. The word 'astronomy' comes from the Greek for 'star' and 'arrangement'.

Astronomers study the universe in many different ways. Some watch faraway objects. Others work in laboratories where they look at samples of meteorites, rocks from the Moon, and space debris from other planets. Some try to make models of the different objects people have studied.

Not all astronomers get paid for the work they do. Some do it as a hobby. Such people are called 'amateur astronomers'.

How do astronomers study objects that are millions, even billions, of kilometres away? They use powerful telescopes that make things look large enough to be seen in detail. Some telescopes are small enough to be held in the hand. Others are as big as a bus.



Nirankari Youth Symposium was flagged off in the holy presence of Satuguru Mata Sudikshaji Maharaj in Ground, Number 8, Delhi. Some glimpses of the function-





Effect of Superstitions

Nitin was a gentle and laborious boy. But he was very miserly and superstitious. He never even shared his food with his fellows—not even with the ailing or 'the needy ones.'

One day, Nitin left home for school.

Suddenly, an old black cat crossed Nitin's way. He stopped there at once. "You wretched creature!" he

cursed the cat and changed his direction.

Lokesh thought it was a good chance to talk to Nitin.

Nitin, I just want to know why you changed your direction all of a sudden.

Because of that black cat. You know, it crossed my way. Don't you know, it's a sign of bad omen, bad luck. Because of it, I may not



succeed in my mission, Nitin explained.

As Nitin was about to walk away, Lokesh sneezed loudly "Hanchee!"

"What a bad day! First that wretched cat came my way and now you sneezed," Nitin said sadly.

"What's wrong in my sneezing?"

"It's no less inauspicious! I think, I should better not leave home today. It seems to be an unlucky day for me," Nitin remarked and walked back home. When Nitin had gone back, it occurred suddenly to Lokesh that he could easily make a fool of Nitin. Lokesh thought of a plan to rid Nitin of superstitions. He went to him and said: "I'm really very sorry. You could not reach your destination because of me. But believe me, I didn't

mean any harm to you. I rather wanted to help you but... ."

This made Nitin all the more curious and he stopped Lokesh saying, "No, no. I have no reason to disbelieve you."

"Nitin, you are so gentle and nice that I feel compelled to tell you the prediction of a great astrologer. But I'll tell it only if you take it seriously."

"Why not, why not? You please tell me about his prediction," Nitin said anxiously.

"According to the prediction, great flood will wash the whole of the village tomorrow. None shall survive. If you want to save yourself, be quick and run away from the village as fast as you can."





Nitin was in a fix. If I go to collect my wealth, I shall get late and even lose my life, he thought for a while and ultimately decided to run away.

While Nitin ran fast to be out of the village, Lokesh walked to Nitin's house. He took away everything and left the village for good.

By evening, Nitin had reached far off the village. He wanted to be sure of his safety. But there was no trace whatsoever of flood even by the next evening.

On the third day, Nitin made his way back to the village. He was shocked to find that all his wealth was missing.

Nitin enquired about Lokesh from each and every man in the village, but no one could give any clue to his whereabouts.

This incident, however, opened Nitin's eyes and he decided not to believe in superstitions.



The Most POISONOUS

Veersingh was the king of Veernagar. He was a benevolent and just person. No one had any cause of concern in his kingdom. His chief advisor, Sampat Singh, had grown old. Therefore, he was not that active as he used to be. One day, Sampat Singh pleaded before the king, "My Lord, I am old now. I am unable to discharge my duties as before. You may select a new young and able advisor".

Reacting to Sampat Singh, the King Veer Singh said, "No, No. We cannot think of another advisor as long as you are there".

Sampat Singh replied, "Sir, I will teach the new advisor amply with my experience". The king liked his idea. Soon, he announced about selection of a new advisor.

A number of young people came from far and wide and assembled at king's palace. "How would you like to test them?" Veer Singh asked.

Sampat Singh replied, "Sir, I would ask them such a question which could be replied only by an intelligent, honest and learned one."

On the given day, all young men appeared in King's Court. Sampat Singh welcomed all and said, "I will ask you all only one question; whosoever is able to give a correct reply, he would be selected as king's advisor."

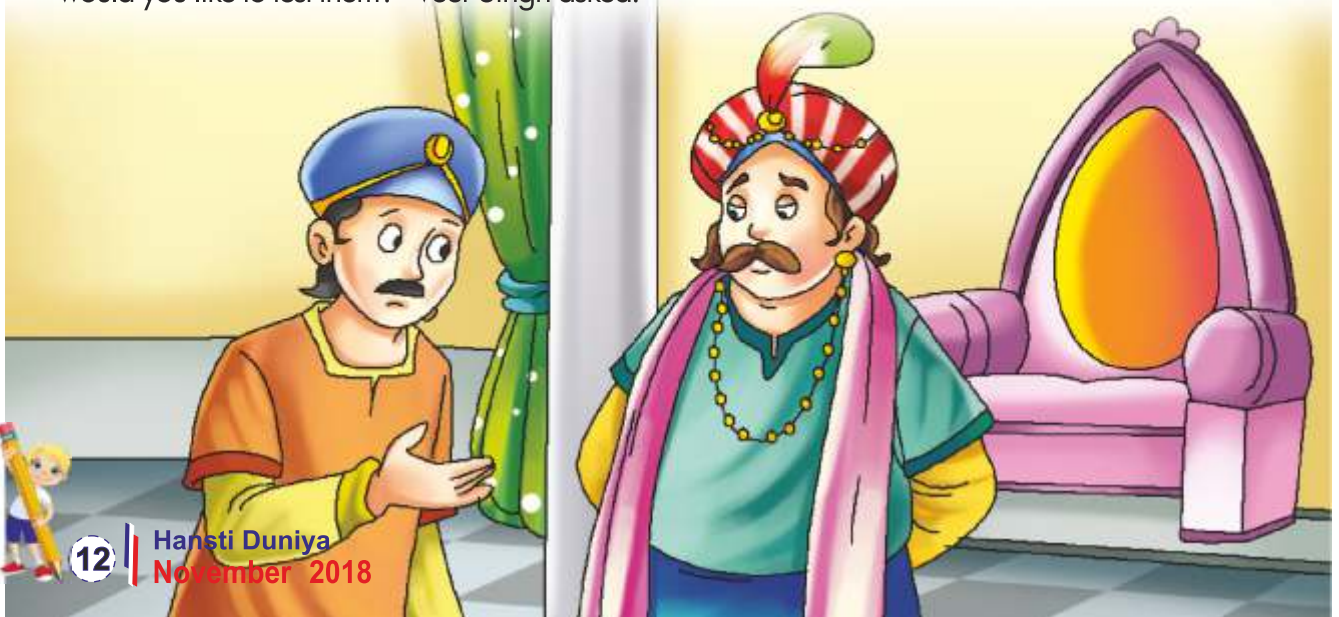
Only one question! All were happy to hear this. It would be quite easy to reply one question, everyone thought.

Sampat Singh said, "Learned guests! Please tell what is the sharpest tongued and most poisonous with its bite the man simply screams out". All the young people started thinking. One said, "a wasp has the sharpest tongue. Its bite makes a man scream immediately." Sampat Singh kept quiet on this reply.

The second one said, "To my mind, it is the bee".

The third said, "No! It is scorpion".

The fourth one exclaimed, "Sir, the snake-bitten person has no clue





whatsoever to escape. Therefore, the snake is the sharpest tongued." This way, each young one continued to reply as per his wisdom, but not to the satisfaction of Sampat Singh.

Only one young man was left. His dress looked simple; his face glowed with self-confidence. Sampat Singh, staring at him, said, "You have not replied so far. What do you have to say about it?" The young man replied, "I feel that the most poisonous is not one, rather they are two of them. First one being the 'critic', and the other being, the 'flatterer'. The King looked at him enquiringly. Others also stared at him. "How come they are poisonous? Please explain."

The youth said, "Sir, the critic is filled with poison of jealousy. He would bite with

his sharp criticism from behind and make the other person embarrassed." In response to this reply, Sampat Singh said, "Absolutely correct."

The young man said again, "The other poisonous person is the flatterer whose sweet words that cloud our intelligence makes a person egoistic; to be flawless, even if he might have many weaknesses. The language of flatterer destroys one's intelligence from its very root. There are many examples like that criticism and flattery have destroyed many people completely. Everyone agreed to young man's reply. Sampat Singh told the King, "Sir, here is your new and intelligent advisor."



Krishna and Kansa

Once, some people in a town decided to build a beautiful temple. Many people gave suggestions regarding which Idol should be placed inside the temple. One of the suggestions was placing of the idol of Lord Krishna's childhood. Everyone agreed to it.

Getting inspired by the child the artist prepared a beautiful Idol, everyone praised the idol and the idol was then placed there with full faith as the idol of Lord Krishna.

After a period of around 20 years, one of the members of the temple



A sculpture was then given the task of preparing the Idol. The sculptor agreed to build the idol of Lord Krishna's childhood but on the condition, that a 1 year old child must be placed in front of him seeing whom he can get inspired to build the idol of Shri Krishna's childhood. Keeping this thing in mind, the members in charge brought a beautiful child as desired by the sculptor .

suggested that there must be one Idol of Kansa which should be placed there so that the history of the time between Lord Krishna and Kansa can be completely understood by the present generation.

Everyone accepted this and the same person was called who had built the idol of Lord Krishna to sculpt out the idol of Kansa.



He kept the same condition as earlier that he wanted to get inspired by seeing a person whose face reflected jealousy, anger, cunningness and hatred. So such a person was contacted and that person was somehow convinced to go to the temple to inspire the sculptor to built the idol.

The cunning person entered the temple and the sculptor was extremely happy to see such a person whom he thought was perfectly fit for this work. Seeing the sculptor the person started talking to him. Meanwhile he asked the sculptor which other idols had he sculpted before. The sculptor pointed towards the idol of Lord Krishna which was placed there and told that he had sculpted the same 20 years back. The person started looking at the idol of Lord Krishna and recalled that this beautiful Idol was of no other person then himself. His entire life started reflecting in front of his eyes. He realized how the company of bad people had actually changed his nature and made him a cunning individual.

He felt extremely bad. Now he promised himself that he will forego the



company of bad individuals and will be in the company of saints and will try to make his nature calm and humble like that of his own childhood.

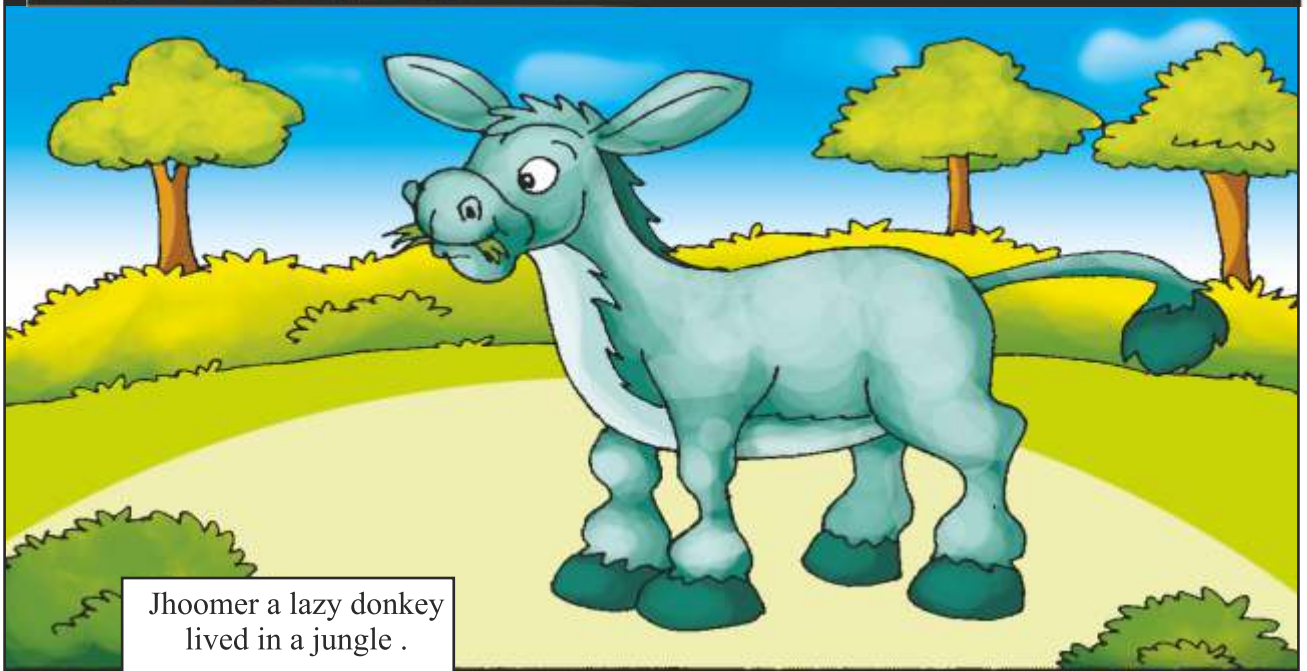
The moral of the story is that in childhood we are like a white paper and our company can mould us into anything. This is the reason that Mata Sudikshaji stresses on Bal Sangat to mould and unfold our children in the mould of divine character to be law abiding promising citizen for benefit of self and society. Revival of Nirankari youth forum is also to achieve the same objective.



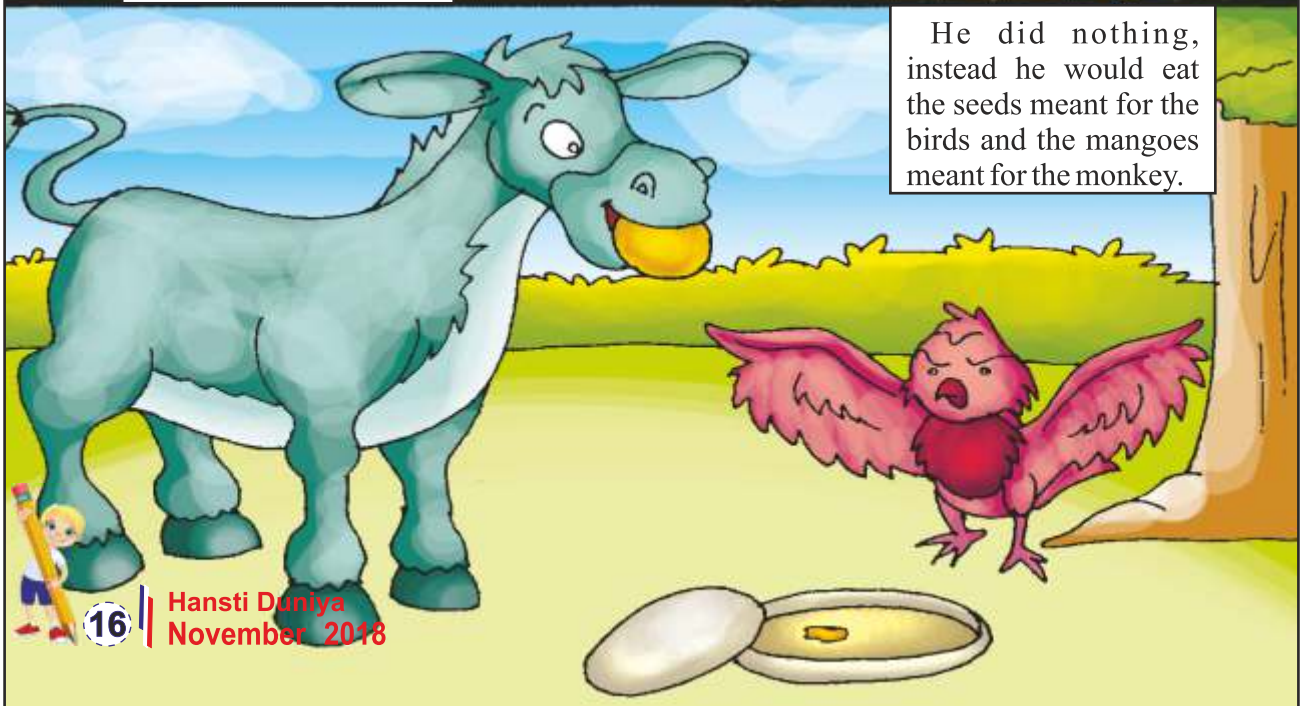


GRANDPA

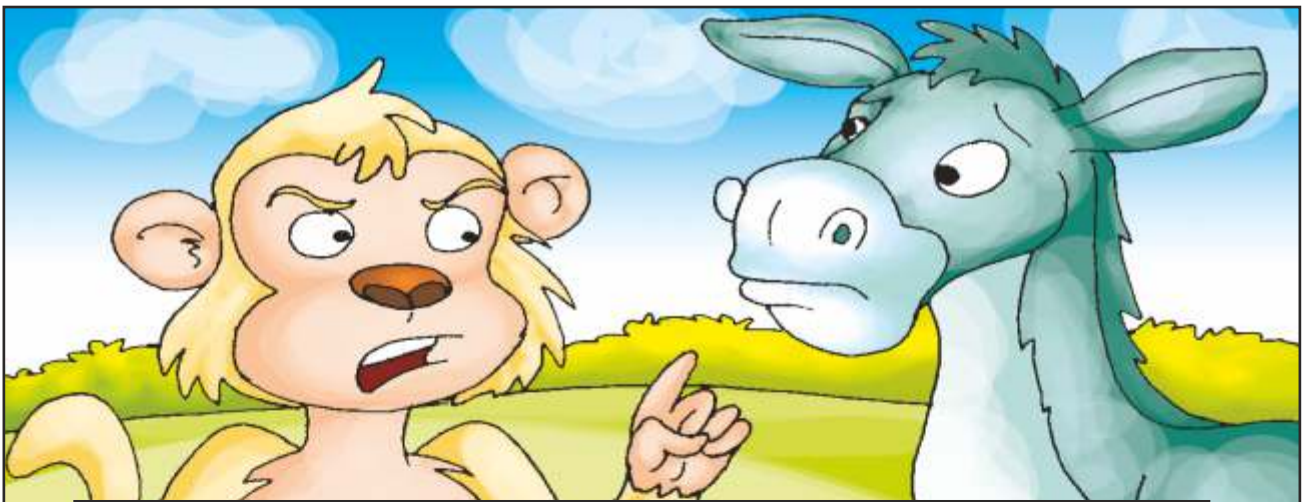
Story & Illustration
Ajay Kalra



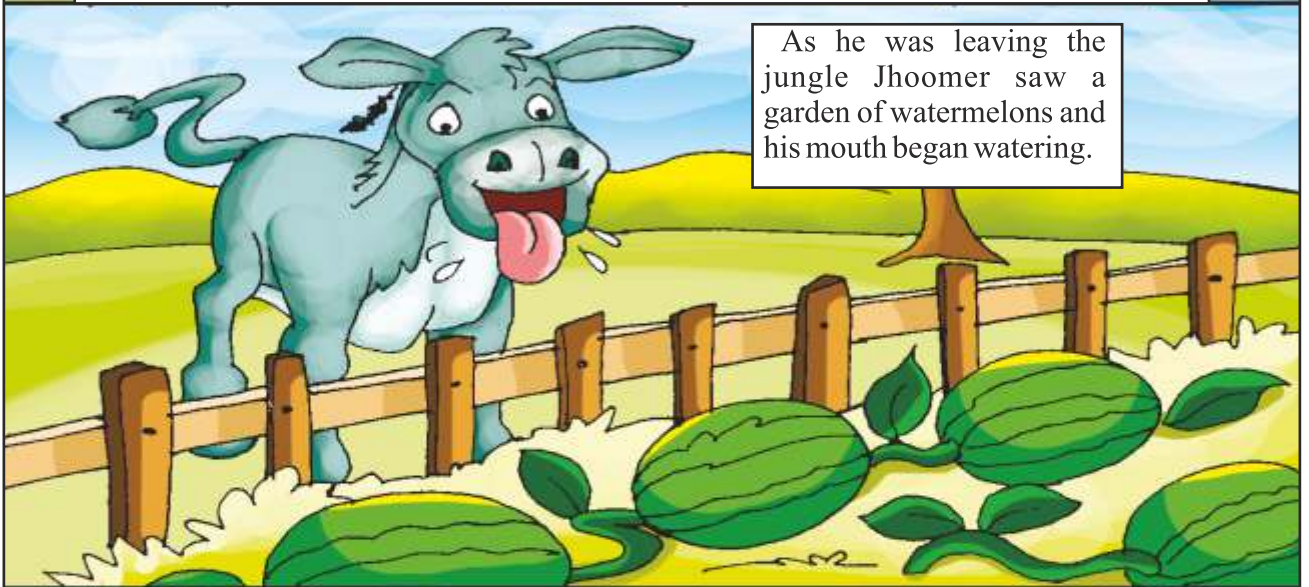
Jhoomer a lazy donkey
lived in a jungle .



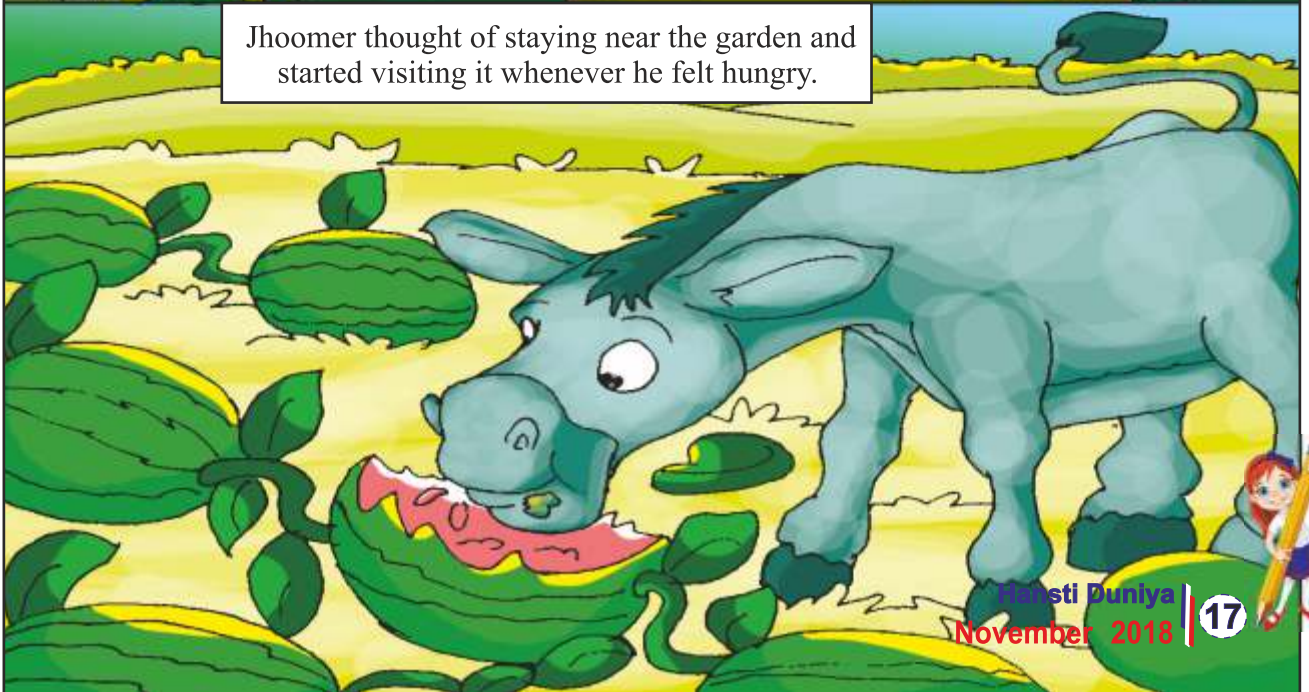
He did nothing,
instead he would eat
the seeds meant for the
birds and the mangoes
meant for the monkey.



On being scolded by the monkey, Jhoomer left the jungle and went to a nearby village.



As he was leaving the jungle Jhoomer saw a garden of watermelons and his mouth began watering.



Jhoomer thought of staying near the garden and started visiting it whenever he felt hungry.



The lazy donkey would eat the melons and sleep in the shade of the tree nearby.



After a few days when the owner of the garden returned he was taken aback.

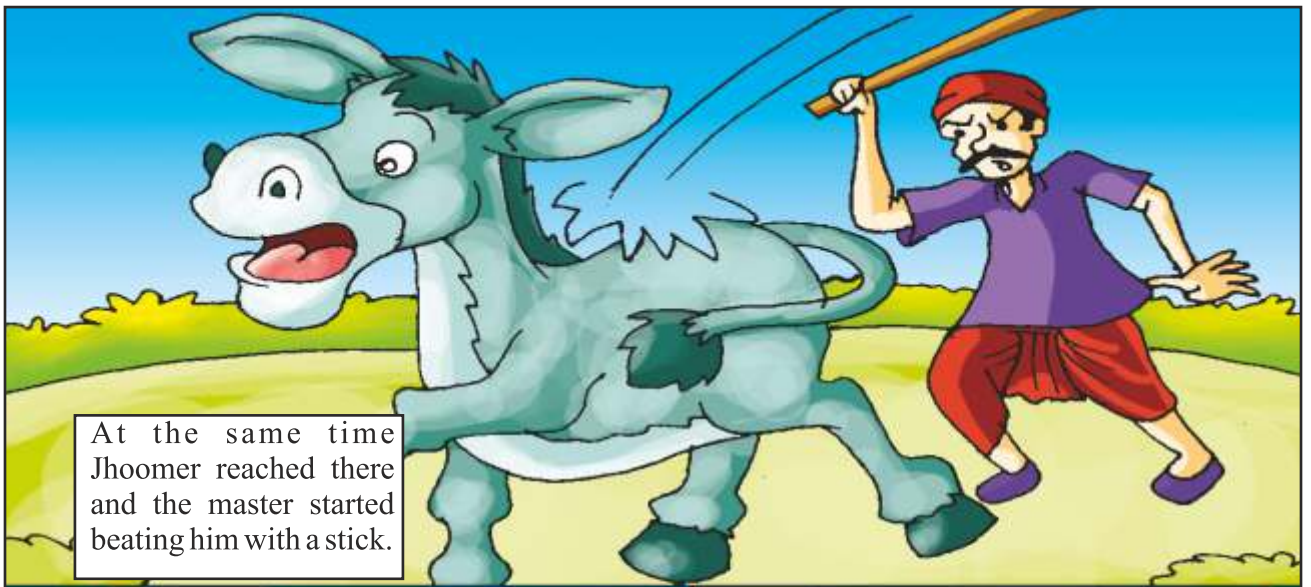


He knew and thought that the animal who did this would return to eat the fruits.

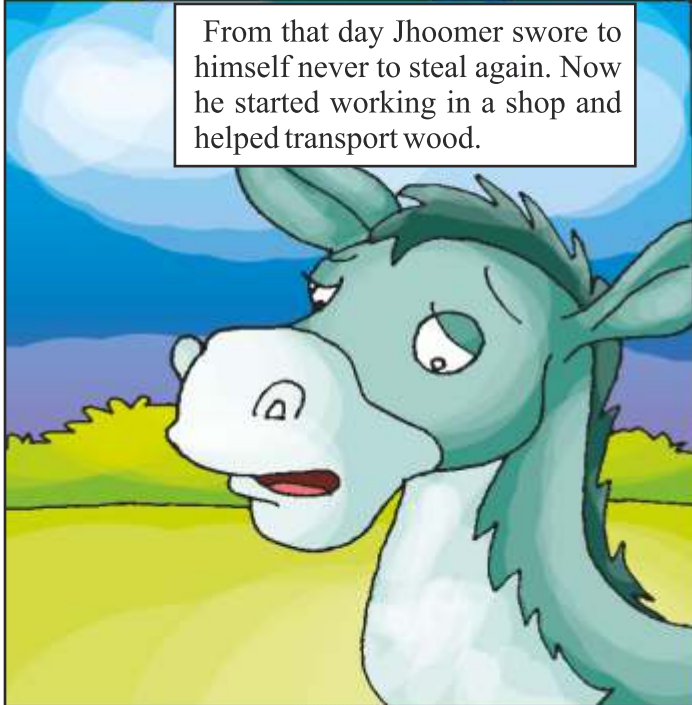


So he covered himself as a scarecrow and waited for the animal.

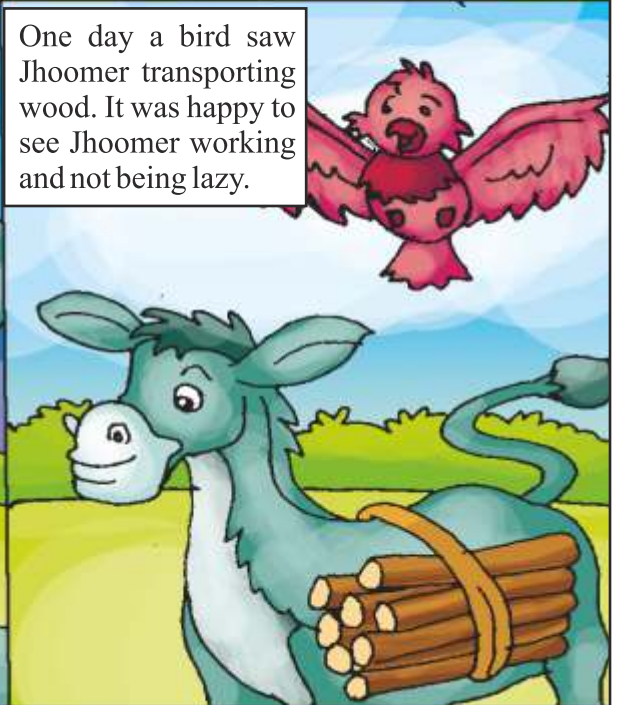




At the same time Jhoomer reached there and the master started beating him with a stick.



From that day Jhoomer swore to himself never to steal again. Now he started working in a shop and helped transport wood.



One day a bird saw Jhoomer transporting wood. It was happy to see Jhoomer working and not being lazy.



The monkey asked Jhoomer to come back to the jungle saying that all his friends would be happy to see him there.

Moral.: Do not be greedy and lazy, it will lead you nowhere.

Being A Nirankari

In spite of diversity, we are one
 With God's Gyan our life has begun
 But for our Satguru what have we done
 When I look inside me, the answer is — none
 And yet my Satguru loves me a tonne

Simple living and higher be our thinking
 Being saints let us be forgiving
 Then our soul will never be homeless
 The path of righteousness is real progress
 Sewa, simran, satsang make life a success

Why can t' Animals speak?

Speech is the voluntary function of human beings for communication. Human ability to speak is due to some anatomical structures. Vibrating vocal cords of larynx produce sound. Other mammals also have such type of structures but only man can vary the sound by moving the mouth and tongue.

The effect is enhanced by resonance due to certain cavities around mouth, nose and throat. The association of different sounds forms the basis of language. However some birds like parrot and myna can vary the sound produced in their syrinx (vocal organs of birds) but they do it without understanding the meaning.

—Sureshtha Sharma



H.D. Answers

—Rahul (Azamgarh)

Q: *Salvation is linked with divine Knowledge, then why stress on sangat, simran and sewa?*

A: Sangat, Simran and Sewa are essential to maintain the Divine Knowledge till last breath.

—Asheesh Denver (Delhi)

Q: *Who can be said to be a true devotee?*

A: A true devotee means a God-realized person, obeying the commandments of Satguru with utmost humility.

—Rajesh Mehta (Vancouver)

Q: *What is the prime aim of human life?*

A: Self-realisation through God-realisation.

—Pawan (Delhi)

Q: *What about worshipping God for wealth?*

A: To worship God for sake of wealth is to worship gold not God.

—Ramesh (Gaya)

Q: *What is heaven?*

A: Heaven means to be one with God.

—Karuna (Delhi)

Q: *What is the secret of a healthy mind?*

A: Pious and positive thoughts.

Q: *What does a true religion inspire man for?*

A: A true religion inspires man for a truthful living.

—Sudeep (Delhi)

Q: *If we do not succeed even after working hard day and night, then what to do?*

A: Failure in one event does not mean failure in life. Make another planned effort to achieve success.

—Sakshi Gulati (Chandigarh)

Q: *Why does pride overpower man doing worship of God?*

A. In reality devotion to God rids man of pride. Those who simply profess worshipping God, they do feel proud.

Q: Question A: Answer



Classical Dances of India

Dance is an ancient and celebrated cultural tradition in India. Folk dances abound all across the country, Here are six of the most important classical dance forms of India.



Bharatanatyam — Bharatanatyam is a dance of Tamil Nadu in southern India. It traces its origins back to the Natyashastra, an ancient treatise on theatre written by the mythic priest Bharata Muni. Originally a temple dance for women, Bharatanatyam expresses Hindu religious stories and devotions. It was not commonly seen on the public stage until the 20th century. The dance movements are characterized by bent legs, while feet keep rhythm. Hands may be used in a series of mudras, or symbolic hand gestures, to tell a story.

Kathakali—Kathakali comes from southwestern India, around the state of Kerala. Kathakali is a religious dance. It draws inspiration from the Ramayana and stories from Shaiva traditions. Kathakali is traditionally performed by boys and men, even for female roles. The costumes and makeup are especially elaborate, with faces made to look like painted masks and enormous headdresses.



Kathak—A dance of northern India, Kathak is often a dance of love. It is performed by both men and women. The movements include intricate footwork accented by bells worn around the ankles and stylized gestures adapted from normal body language. It was originated by Kathakas, professional storytellers who used a mixture of dance, song, and drama. Like other Indian dances it began as a temple dance, but soon moved into the courts of ruling houses.

Manipuri— Manipuri comes from Manipur in northeastern India. It often depicts scenes from the life of the god Krishna. Unlike some of the other, more rhythmic dances, Manipuri is characterized by smooth and graceful movements. Female roles are especially fluid in the arms and hands, while male roles tend to have more forceful movements. The dance may be accompanied by narrative chanting and choral singing.



Kuchipudi— Unlike the other styles mentioned, Kuchipudi requires talent in both dancing and singing. This dance, from the state of Andhra Pradesh in southeastern India, is highly ritualized, with a formalized song-and-dance introduction, sprinkling of holy water, and burning of incense, along with invocations of goddesses. Traditionally the dance was performed by men, even the female roles, although now it is predominantly performed by women.

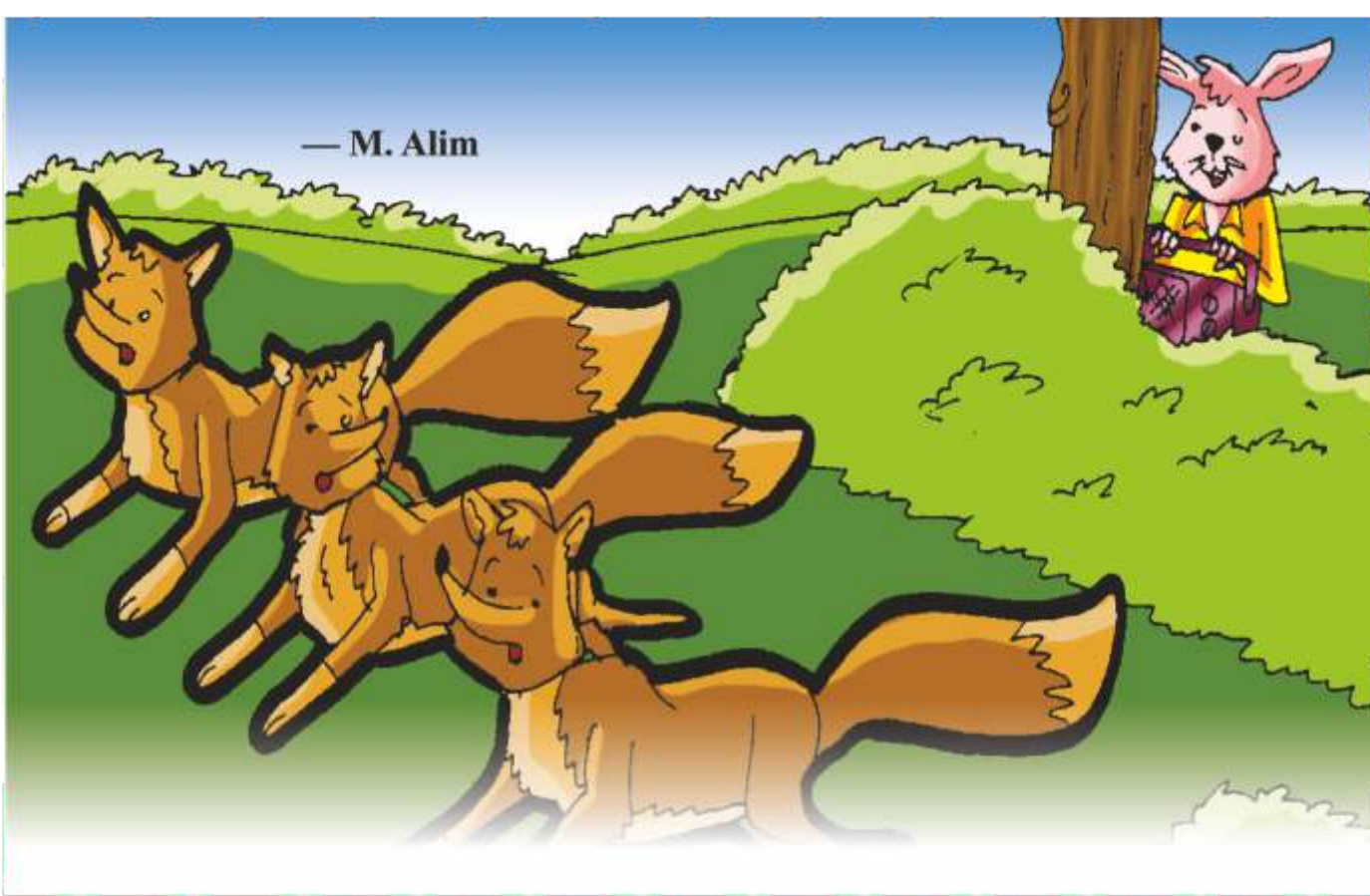
Odissi— Odissi is from Orissa in eastern India. It is a dance for women, with postures that replicate those found in temple sculptures. Based on archaeological findings, Odissi is believed to be the oldest of the surviving Indian classical dances. Odissi is a very complex and expressive dance, with over fifty mudras (symbolic hand gestures) commonly used.



Compiled by : Gurdev Singh, Pandoh



— M. Alim



The Magical Lion

Nandanvan had only upto 8th Standard School. So, the animals who wanted to pursue their studies further had to go to Madhuvan.

Nandu Rabbit too got admission in 9th class. He lived in Hostel alongwith some of his jungle inmates.

Last time when Nandu visited his jungle, he had got very upset to see that 2-3 foxes who had joined the jungle recently had made the life miserable. All the animals of the jungle were fed up with the indecencies of these foxes, Many a times, these foxes had even attacked the animals.

Not only this, they had even kidnapped some of the animals also.

One day, Nandu was enjoying a song on Radio.

Suddenly, he felt elated by a thought. Next day was a holiday. So he left for Nandanvan. On reaching there he found that the foxes were still dominating the jungle.

It was growing dark. All the three foxes started towards Rabbit's den as usual. As soon as they approached the den, they were bewildered to hear the lions roaring.



"It seems that the lion is approaching us." "Yes! it seems to be. He already has killed many rabbits."

"Let us run away and take shelter in some other jungle. It will not be possible for us to continue our terror here any more."

They were still counselling with each other, when they heard the lion roaring, louder than before. They felt as if the lion was nearing them.

All the three foxes took to their heels. The Rabbits too had heard the lion roaring. So, they had all gathered at one place. Just then they saw Nandu Rabbit coming towards them with a bag hanging on his shoulder.

"Nandu! where are you coming from at this odd hour alone? It is time for the foxes to be here. Even a lion has been here today. We heard him roaring," an old Rabbit said.

Nandu started laughing on hearing this. That lion is here in my bag, he said. Nandu then took out the tape-recorder from his bag and made showed it to all. Then he switched it on and they heard the lion's voice. All were astonished at this. One of them said; "It appears to be a magic then Nandu related them the whole story how he hid himself in the bushes and terrorized the foxes. Now they have left the jungle for ever and will never return. All the Rabbits praised Nandu for his successful plan.

—Sunil Nagpal, Rohtak

Qutab Minar

Qutab Minar is a soaring, 73 m-high tower of victory, built in 1193 by Qutab-ud-din Aibak immediately after the defeat of Delhi's last Hindu kingdom. The tower has five distinct storeys, each marked by a projecting balcony and tapers from a 15 m diameter at the base to just 2.5 m at the top. The first three storeys are made of red sandstone; the fourth and fifth storeys are of marble and sandstone. At the foot of the tower is the Quwwat-ul-Islam Mosque, the first mosque to be built in India. An inscription over its eastern gate provocatively informs that it was built with material obtained from demolishing '27 Hindu temples'. A 7 m-high iron pillar stands in the courtyard of the mosque. It is said that if you can encircle it with your hands while standing with your back to it your wish will be fulfilled.

The origins of Qutab Minar are shrouded in controversy. Some believe it was erected as a tower of victory to



signify the beginning of the Muslim rule in India. Others say it served as a minaret to the muezzins to call the faithful to prayer. No one can, however, dispute that the tower is not only one of the finest monuments in India, but also in the world. Qutab-ud-din Aibak, the first Muslim ruler of Delhi, commenced the construction of the Qutab Minar in 1200 AD, but could only finish the basement. His successor, Iltutmush, added three more storeys, and in 1368, Firoz Shah Tughlak constructed the fifth and the last storey.

The development of architectural styles from Aibak to Tughlak is quite evident in the minar. The relief work and even the materials used for construction differ. The 238 feet Qutab Minar is 47 feet at the base and tapers to nine feet at the apex. The tower is ornamented by bands of inscriptions and by four projecting balconies supported by elaborately decorated brackets. Even though in ruins, the Quwwat U'l Islam (Light of Islam) Mosque in the Qutab complex is one of the most magnificent structures in the world. Qutab-ud-din Aibak started its construction in 1193 and the mosque was completed in 1197.

Iltutmush in 1230 and Alla-ud-din Khilji in 1315 made additions to the building. The main mosque comprises of an inner and outer courtyard, decorated with shafts and surrounded by pillar. Most of these shafts are from the 27 Hindu temples, which were plundered to construct the mosque. It is, therefore, not surprising that the Muslim mosque has typical Hindu ornamentation.



Poem: Ashwani Kumar 'Jatan'

- Rajiv Jha

Life's Learning

Rich man looked through his window and saw poor man picking something from his dustbin- he said, "Thank God, I am not poor."

The poor man saw a naked man behaving in a strange way and he said Thank God, I am not mad.

The madman saw an ambulance carrying a patient and said, "Thank God i am not sick."

Then a sick person in a hospital saw a dead body in a trolley to mortuary, he said, "Thank god i am not dead."

Only a dead person cannot thank God.

Why don't you thank god today for all your blessings and for all the gifts of life for another beautiful day.

What is life? To understand life better you have to go to three locations.

1. Hospital

2. Prison

3. Cemetery

At the hospital you will understand that nothing is more beautiful than health.

In the prison you will see that freedom is the most precious thing.

At the cemetery you will realise that life is worth living. the ground that we walk today will be our roof tomorrow. ●

Satguru is My Friend

Our friendship like moon and sun,
He is single in hundred one,

Before he met my life was full of thorns,
Now my life is full of mirth and joyful songs.

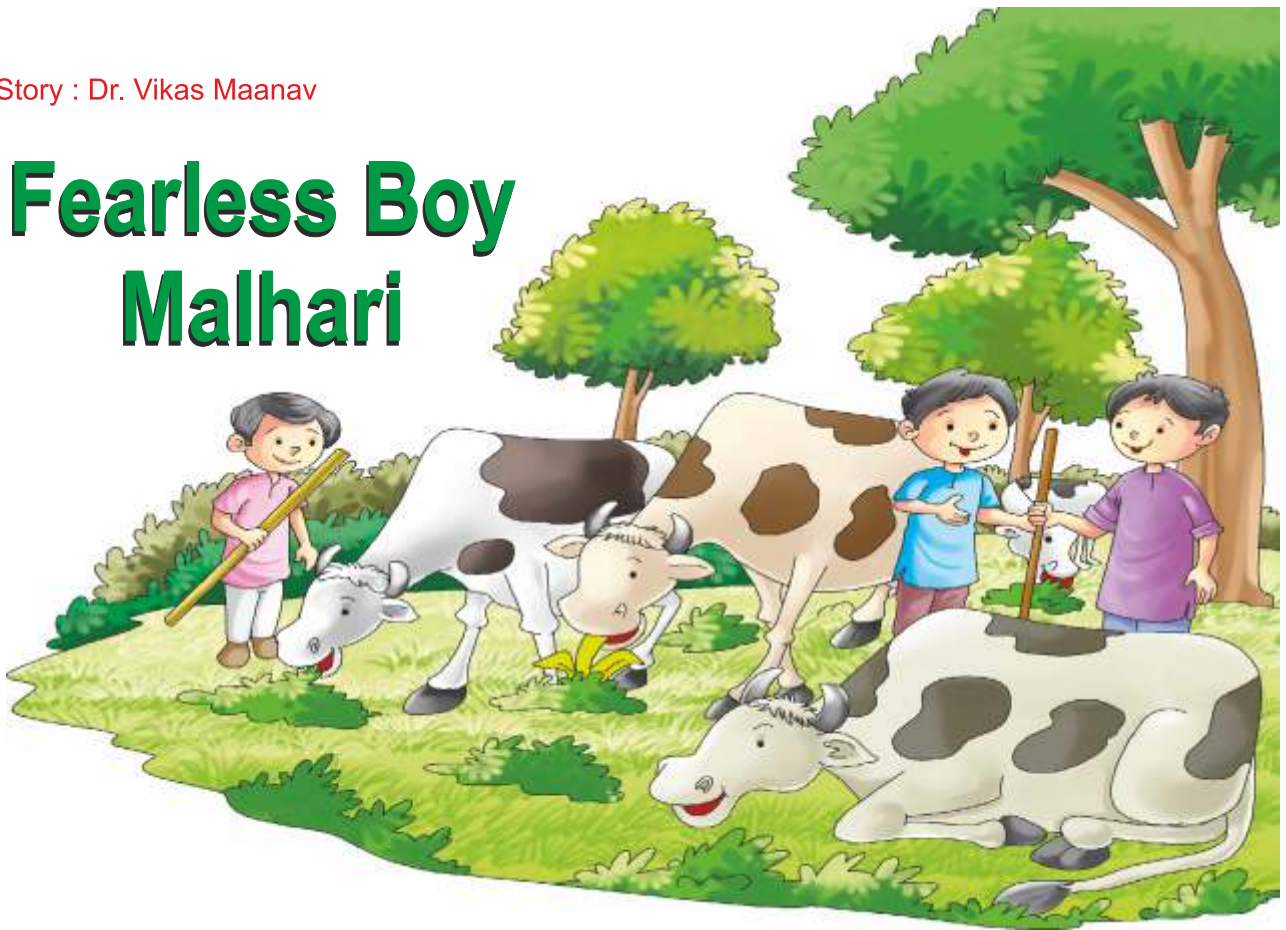
In my life his role is very major,
He chose me for friendship it's my pleasure,

In his face we see lot of charm,
He thaws the ice and makes my heart warm,

With him near me I feel Allah and God,
For giving this friend "Jatan" thanks the God.



Fearless Boy Malhari



The story is from the time of king Aurangzeb. He had no respect for anyone except the Maratha's. The Mughal soldiers had created havoc in Maharashtra. Whenever their horses would cross any village they would spoil all the crops on the way. Many times they would even banter villagers for their poverty. The people were unhappy with their oppression.

One day some children were roaming about with their cattle and sheep in a village. Suddenly they saw dust rising over the ground near by the river. They recalled everything that had happened earlier and

got scared. They started herding their animals towards their houses.

"Why are you scared? We should all face them together. But no one was ready to hear this from the mouth of a 12 year old."

All the kids ran away. But the 12 year old Malhari stood





his ground. Just then some horseman crossed him. In the front of the group was their leader. Just as the leader crossed him a piece stone hit his face. With his face bleeding the leader got down from his horse. By then the little child Malhari had already ran from there. The leader spoke. "Today we shall camp here in this village". The leader had seen the child running towards the village.

He ordered his soldiers to go to the village and find the boy who had done this.

Malhari's father had already passed away. His mother was staying at her in laws place with the child. Hearing the incident from the child the mother got frightened. Just as she was crying, a man arrived on the

horseback. The mother tried to hide the child behind her but the child came forward and spoke bravely, "Was that not enough, why have you come again"? "Did you hit me with the stone"? The leader asked

"Why have you come to our village to cause havoc? You destroy our peace that's why I did it."

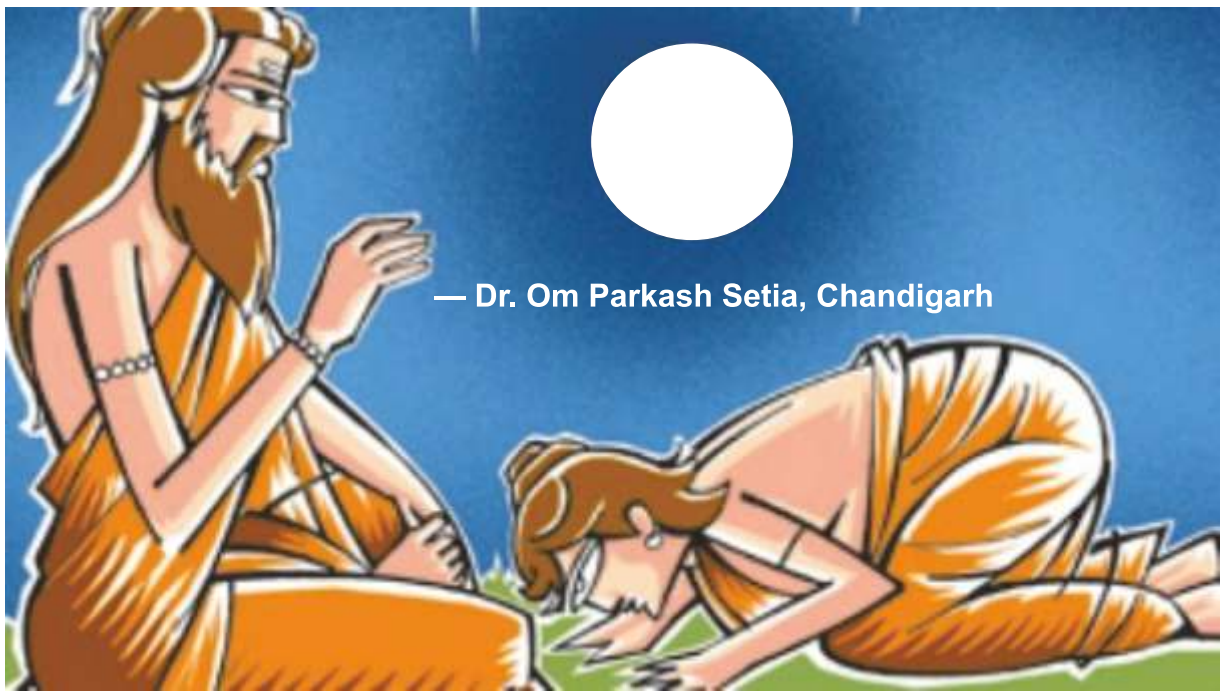
Hearing the fearless answer of the boy the leader got surprised. He spoke "you are a brave child. What you, did was right. But because of your hitting me on the face my cheek got injured even when I did not cause any harm to your village".

The Peshwa called the mother of the child and spoke—please handover the child to me. The villagers standing there and the mother started to ask for forgiveness on behalf of the child.

Peshwa explained them that their child was extremely brave. He would become a very brave Soldier. That is why he wanted to take him under his guidance and train him with Chhatrapati Shahu Maharaj. They must allow the child to go happily.

Later on this child became fearless and brave soldier.





— Dr. Om Parkash Setia, Chandigarh

Devout Pupil & his Guru

In ancient times, Rishi Dhaumya's Gurukul was renowned for spiritual and productive education to his pupils. Rishi Dhaumya preferred to provide education to his pupils about behavioural etiquette and good deeds.

One day, it was raining heavily. Rishi Dhaumya was informed that the boundary of the fields had broken and the water started flooding the field. He summoned his pupil Aruni and said, "Son! Go and build the boundary wall of the fields."

Aruni, in obedience of Guru Dhaumya's command, immediately left for the fields. On his arrival, he found that the flow of water was very fast. After hard labour, he could still not check the flow of water. Finally, Aruni himself lay down on the broken boundary portion of the fields and he was

successful in checking the flow of water into the fields.

The whole night Rishi Dhaumya kept waiting for the return of his sincere and affectionate pupil Aruni but in vain. Consequently in the morning, Rishi Dhaumya, along with his other pupils, walked over to the fields in search of Aruni. The rain had stopped and water flow out had also ebbed. Rishi Dhaumya helped Aruni in standing and said, "What have you done?"

Aruni replied, "What could I do? This was the only way out to obey your command." Rishi Dhaumya, with his eyes filled with tears, embraced Aruni and showered blessings on him.

This very devoted Aruni, later became famous throughout the world as Maharishi Uddalak.



SPINACH

1. Spinach Aids Detoxification

The green color of spinach is not just a color, but it contains a special chemical called chlorophyll, which has anti-inflammatory properties and can be used to detoxify the body from any toxins that affect it. You can enjoy spinach not only in food but drinks as well. Mix it with fruits or other vegetables to make a smoothie and enjoy the fresh, healthy drink.

2. Perfect for Weight Loss

If you are looking for a diet that contains less fat and carbohydrates and more nutrients and minerals, spinach is the perfect food item for you. As a bonus, it also contains fat soluble fibers that can help with weight loss through proper digestion, lowering

blood sugar and mitigating the effects of overheating. You should consider adding spinach to your daily protein shake as the more the nutrients, the better it is for you.

3. Spinach Keeps Eyes Healthy

Spinach contains two essential chemicals that act as protectors of the eyes from cataracts and other age related problems. These two chemicals are Lutein and Zeaxanthin. Another bonus of eating spinach is that it contains vitamin A that is responsible for keeping the mucus membranes healthy, which helps preserve your eyesight.

4. Strong Bones

Some of what they showed us in the Popeye cartoon was true. Spinach does make our bones stronger because it contains vitamin K. Most of the vitamin K we receive is from the sun but if we add spinach to our diets, we can further strengthen our bones, which makes it the perfect alternative to dairy products if someone is lactose intolerant and cannot consume milk.

5. Reduces Hypertension

Hypertension is another name for a rise in blood pressure. A high blood pressure can cause multiple problems in our body such as kidney failure or a heart attack. It helps reduce the potassium in the in the body and this plays a key role in reducing the risk of hypertension.



6. Spinach Helps You Sleep Better

Spinach is the perfect muscle relaxant. You might notice that when you consume a good amount of spinach, you will feel drowsy and want to sleep, which is due to high levels of zinc and magnesium that accelerate sleep in our bodies. The effects are like being given a small dose of morphine. Furthermore, magnesium also helps to replenish your body with energy.



7. Provides an Immunity Boost

Spinach is a vital source of vitamin A in the body. It helps in strengthening the immune system of the body and helps in replenishing the white blood cells. You have a lower chance of getting sick if you were to consume spinach regularly.

8. You Can Look Younger

Eating spinach can improve your complexion and your skin situation as well. It is rich in antioxidants that destroy all skin related problems that may cause premature aging in someone. Your body reacts to a million things each day. Some of them can be harmful towards your skin as you begin to look older than what your actual age might be. The antioxidants present in it help revitalize your skin situation and help in destroying any additional aging agents.

9. Combats Hair Loss

Iron deficiency mostly causes hair loss. Most of the populations of the South Asian

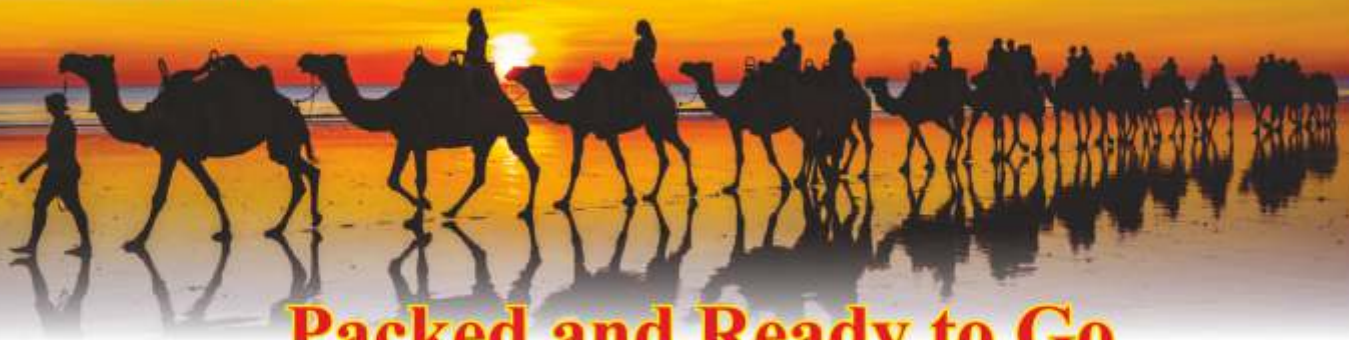
countries are deficient in iron which causes them to lose hair as they grow old, which happens due to anemia, which is a disease related directly to not having enough iron in the body. It contains the necessary folate and iron. They work simultaneously to produce red blood cells and later on carry oxygen properly to all parts of the body.

10. Cures Acne

Yes, you heard it right. The biggest problem that teenagers and many adults face is acne. There are some ways in which you can get rid of all the red marks on your face. You can even make a mask by grinding spinach and mixing it with a little water. The anti-inflammatory properties of the spinach mask work the same as any face wash would. Make a smoothie out of all the vegetables you have available in your house including spinach to detoxify your body of all toxins .



—Shikhir Mahindru, Agra



Packed and Ready to Go

Did you know that a camel's hump is like a lunch box? After a good feed, a camel changes the extra food and water into fat and keeps it safe in its hump. A camel can then go for days without food or water, living on that fat. That is why people use them for crossing deserts. Camels don't have to stop all the time for a drink or a bite to eat.

When camels do get hungry, they're definitely not hard to feed. Camels eat all kinds of grass and plants, even those that are dry and thorny. In fact, a hungry camel will gobble up tents, straw baskets, and even leather belts and will drink 95 litres of water in just a few minutes!

The dromedary, or Arabian camel, has one hump. You'll find the dromedary in North Africa, the Middle East, and India. The

Bactrian camel, which lives mostly in Central Asian countries, has two humps. Both camels can carry people and heavy loads. They are excellent for making long journeys. But camels can be quite bad-tempered. They bellow, bite, or kick hard if you tease them. They even spit when they're unhappy.

Camels are useful in other ways, too. Their hair is used to make tents, blankets, rugs, ropes, and clothes. Camel skin is used to make footwear and bags. Cheese and other foods are made from camel milk.

Here's an oddity: camels have a double set of eyelashes. These help to keep the camels' eyes safe from sand during desert sandstorms. The camel just closes its nose while long hair protects its eyes and its ears, too.



32

Hansa Duniya
November 2018

—Helen Steiner Rice

GOLDEN CHAIN ***of*** ***FRIENDSHIP***

FRIENDSHIP is a GOLDEN CHAIN,

The links are friends so dear,
And like a rare and precious jewel
It's treasured more each year...

It's clasped together firmly
With a love that's deep and true,
And it's rich with happy memories
And fond recollections, too...

Time can't destroy its beauty
For, as long as memory lives,
Years can't erase the pleasure
That the joy of friendship gives...

For friendship is a priceless gift
That can't be bought or sold,
But to have an understanding friend
Is worth far more than gold...

And the GOLDEN CHAIN of FRIENDSHIP


Is a strong and blessed tie
Binding kindred hearts together
As the years go passing by.



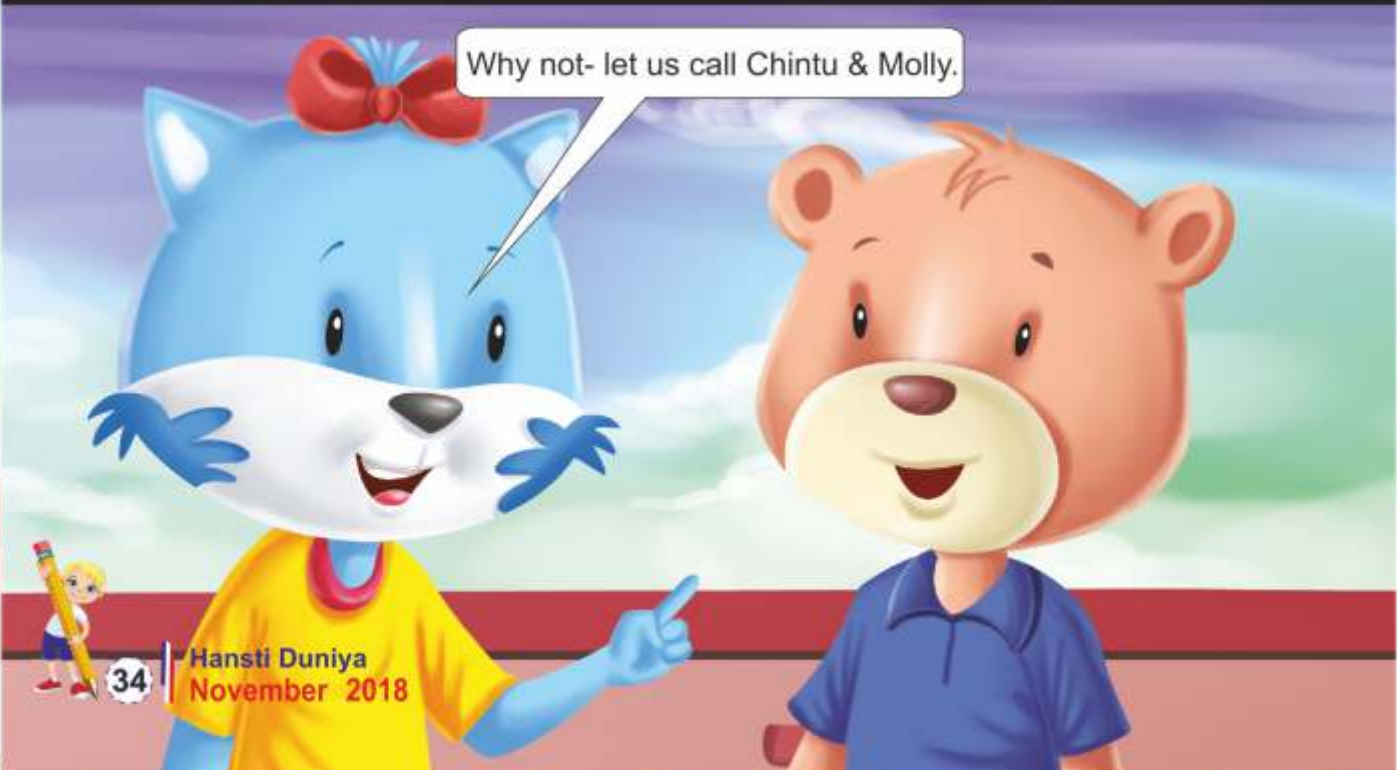


Kitty

Drawings and Written by
—Ajay Kalra




Kitty, It is very pleasant today. Let us go for a walk.




Why not- let us call Chintu & Molly.






Let us go to river bank. We shall enjoy ourselves.



Enjoy yourself .Come out neat and clean.



Save! Save! I don't know how to swim.







Help! Help!
I have fallen into
slush(Mud)



Ha ! Ha! Let us throw Kitty into river,
It is necessary to get her clean.



Kitty felt ashamed.
Remember evil gets evil.



What You Can Have & Have Not By Money

By money you can have Amusement,

But not Happiness.

By money you can have Book,

But not Brain.

By money you can have Bed,

But not sleep.

By money you can have Bowl,

But not saintliness.

By money you can have Fineries,

But not Beauty.

By Money you can have Food,

But not Appetite.

By money you can have House,

But not Home.

By money you can have Luxuries,

But not culture.

By money you can have Medicines,

But not Health.

By money you can have Temple,

But not Lord.



Contributed by : Sukriti Ahuja

A Frog of the well knows not the Ocean

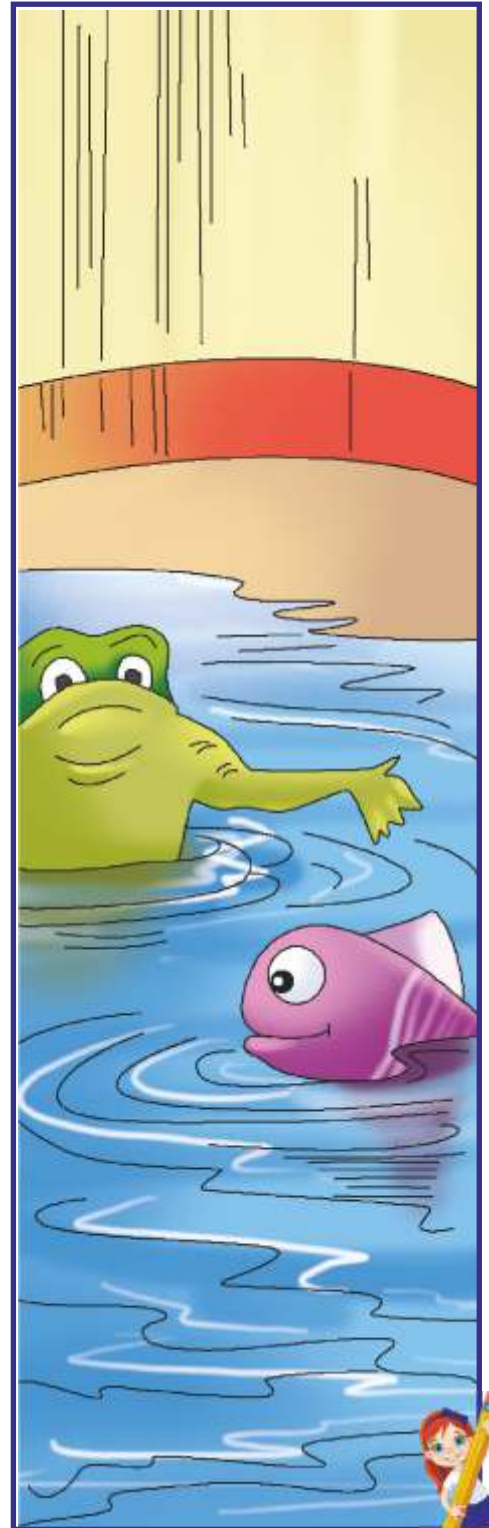
Once a frog lived in a well. It's name was "Taabu". He had been living there for a long time. Actually he was born, and brought up there in the same well. He had never come out of that well. Hence his home, playground was the well alone.

There was another frog. It's name was "Tad". Tad had been living in the ocean. Once it was passing by the same well. Accidentally it too fell into the well. Taabu the frog of the well was pleased to see another frog in his well. Taabu asked Tad all about his whereabouts, then Tad said that he lived in the sea. Taabu inquired from him about the size of the sea. Tad said, "the sea is very big"

Taabu opened his hands and stretched his legs and asked. "Is your sea of this size?" Tad said, "It is bigger than your imagination."

The frog of the well then jumped from one wall of the well to the other wall and asked—"Is it as big as this jump?"

The frog of the sea said,— "Dear Taabu you cannot compare the sea with your jump or size of the well. Taabu affirmed strongly: "I am dead sure that there can never be anything bigger than my well" and rebuked Tad. It is really a fact that the frog of a well can never see the reality of the vast oceans. Such is the position of narrow minded people. They can assimilate nothing from the vast world of knowledge.



Laughing Time

Girl : You would be a good dancer except for two things.

Boy : What are the two things?

Girl : Your feet.

Two cows are standing in a field.

One says to the other "Are you worried about Mad Cow Disease?"

The other one says "No, It doesn't worry me, I'm a horse!"

Q: How was the paper ?

A: It was easy, but question No. 5 confused me.

Q: What was that?

A: Question five wanted the past tense of "Think"

I thought and thought and thought and end up with writing "Thought"



Conductor : "Children under 12 may ride at half fare. How old are you little girl?"

Girl : "Eleven"

Conductor : "And when will you be 12?"

Girl : "As soon as I get off the bus."

Johnson : "Why did you put your hand in my pocket?"

Pickpocket : "Sorry Sir, I am so absent minded. I used to have a pair of pants just like those you are wearing."

How do you know carrots are good for your eyes.

You never see a Rabbit wearing glasses.





Pinkoo : (To Tinkoo) Friend, why do you prefer inner material of Samosa?



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

* * * * *

Customer: (To milkman) — Why did you come late today?

Milkman: Sorry Madam! We got water in our taps very late.

* * * * *

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.

* * * * *

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

Student : Let it remain inside the cow itself.



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.

* * * * *

Nitin : Hum to udti chidya ke par gin late hain.

Ravneet : Is mein mushkil he kiya hai, 2 hi to hote hain.

* * * * *

Woman (In the bus) Is the bus running on time?

Conductor : No Madam, it is running on wheels.





★ We cannot always prepare a future for the youth, but we can prepare youth for the future.

—Sharad, USA

★ When the frustration of my helplessness seemed the greatest, I discovered God's grace was more than sufficient.

★ Being ignorant is not so much a matter of shame, as being unwilling to learn. — Ashok, Canada

★ The man who makes no mistakes does not usually make anything.

— Edward John Phelps

★ Courage is what it takes to stand up and speak. Courage is also what it takes to sit down and listen.

— Motilal, Delhi

★ A ship in the harbor is safe, but that's not what ships are built for.

— Manoj Kumar, Delhi

★ Let us forget bitterness of the past and strive to foster mutual understanding and harmonious relations. — Meenu, Ludhiana

★ Listen well, is as powerful means of influence as to talk well, and is as essential to all true conversation.

★ He is great who can do what he wishes; he is wise who wishes to do what he can.

★ Saying sorry and thank you is more than good manners. It is a mark of spirituality.

★ Let us leave a mark that spreads the fragrance of humility.

★ It takes a very long time to create a deep and lasting relationship, but it takes only a few seconds to break the bonds of love and friendship. Be careful.

—Gulshan Nagpal, Hissar

★ Nothing is complete and thus nothing is exempt from criticism.

— Kishan Baja, Delhi

★ The essence of devotion makes my life come alive.

—Yashpal, Delhi



Result for the month of September Issue

First :

Shalok Tayal Age 10

Mohan & Mohan CA
Bhanamal Trust Lane, The Mall Road,
Bhatinda (Pb.)



Second :

Aditya S.Singh Age 10

501/A-Wing Nove
Apartment, Triveni Nagar,
Malad(E) Mumbai



Third:

Manushree S Rathi Age 7

New Swastik Nagar, Amravati,
Maharashtra



Consolation Enteries

Ishaana Sethi (Ekta Niwas, Delhi)

Isha Goyal (New Delhi)

Anukriti Ramola (Dehradun)

Shalok Tayal (Bathinda)

Navdesh (Burari Delhi)

Samarth Garg (Bathinda)

Vandita (Delhi)

Aakresh (Sangrur)

Nitika Dev (Delhi)

Divanshi (Ambala City)

Angel (Rajnagar Extn. Delhi)

Ritik Mishra (Mukundpur, Delhi)

Shivansh (Bilaspur, H.P.)

Shresth (Delhi)

Sumit (Delhi)

Nittu (Kanpur, U.P.)

"Colour it" for November Issue

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

The result will appear in **January 2019** 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

.....

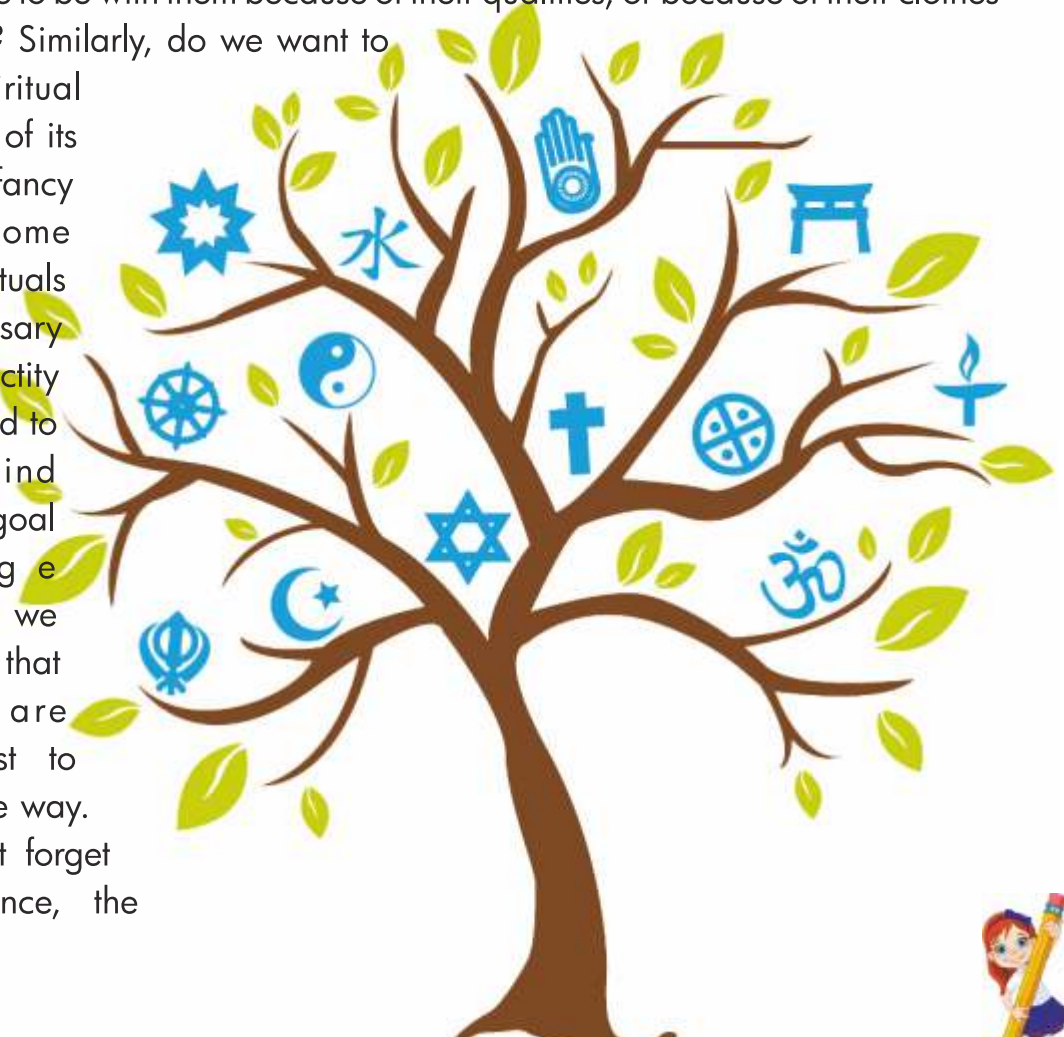


‘Reality of the Religion’

Just like the reality of a person is not the body but the 'Atma' or inner consciousness, similarly the reality of the religion is its real essence, the Gyana, not the rituals or its outer look.

In the beginning, the rituals must have been started for some reason. They still might play some role to help us concentrate, but usually we get so caught up in the rituals that we forget the real meaning or the essence of the religion, the Gyana. When we meet someone, at first we may look at their outer appearance, but developing any kind of relationship with them depends on their true nature. Once we know someone really well and love them for their qualities, do we still care about their outlook? Do we want to continue to be with them because of their qualities, or because of their clothes and outer-look? Similarly, do we want to

be at a spiritual place because of its essence or its fancy rituals? In some way, some rituals might be necessary to keep the sanctity of the place and to keep our mind focused on the goal in large gatherings. But we must remember that the rituals are secondary, just to help us in some way. We should not forget the real essence, the Gyana.



—Dr. MONIKA SINGH

What is it all about

EXCESSIVE screen indulgence is leading to a major psychological and psychiatric problem of screen dependency disorder (SDD), especially among children. The disorder is an excessive use of social media, dependency and a compulsive urge to attend to screen activities like video games, watching videos during day/ night. Screen dependency disorder is an uncontrollable need and habit to indulge in social media activities. Video games, TV shows, WhatsApp, Facebook, Instagram, Twitter, Netflix, cartoons, besides porns are some of the sites children are hooked to. At times children may pose as adults and watch content inappropriate for their age. Here's looking at the disorder:

How it starts

- ★ Early exposure to mobile phones, tablets, watching parents use cell phone and selfie culture is contributing to the increasing cases of disorder.
- ★ It usually starts by imitation behaviour when children watch adults at home using mobile phones.
- ★ A child learns how to demand phone by throwing a tantrum, and when easily given by parents to keep the child calm and busy.
- ★ 'Often, it is used as a tool to distract the child and keep him occupied while feeding him/her.



Symptoms

- ★ Fall in grades and academic performance.
- ★ Inability to concentrate but not when on screen.
- ★ Restlessness.
- ★ Disturbed sleep and insomnia.
- ★ Behavioural problems like irritability, anxiety, low mood, depression, aggressiveness, violent behaviour, tantrums, social aloofness, low self-esteem, weight gain and weight loss.



What Can Be Done

- ★ Under 18 months: Zero exposure time to screen activities. Avoid giving laptop or television to small children.
- ★ 18 months-five years: Regulate time, maximum usage to one hour, that too spread over each day.
- ★ Parent needs to stay and participate with the child.
- ★ Assess that the child's socialising skills are not getting compromised.

Some Quick Tips

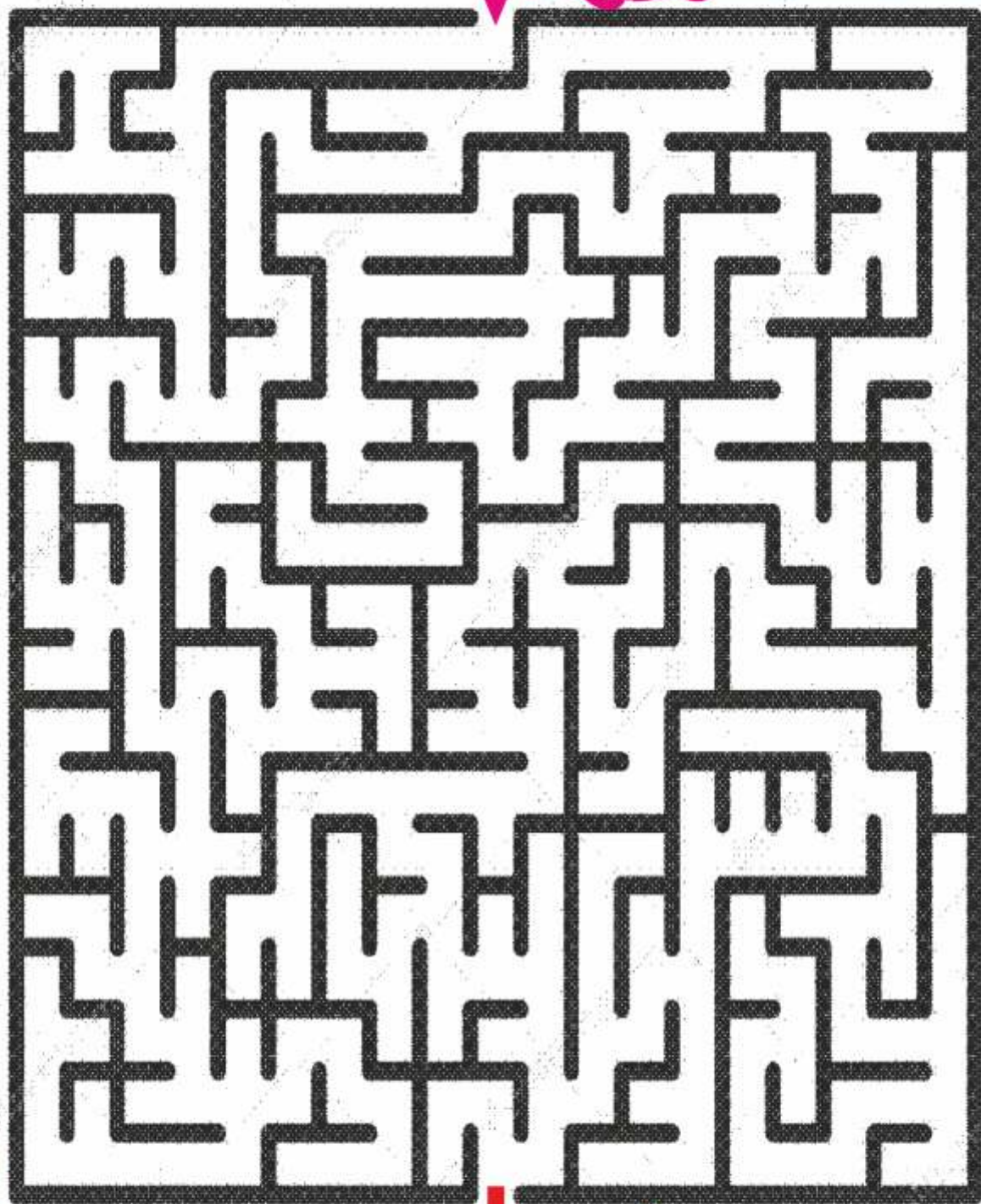
- ★ Make rules regarding the use of gadgets. Explain consequences of excessive use. Follow the rules yourself.
- ★ Build rapport with children. Help them develop a sense of responsibility by involving them in house work.
- ★ Make them join some physical activity or hobby class.
- ★ In case of symptoms like severe anger, violent behaviour, aloofness, anxiety and depression, go for counselling and medication, if needed.

— The writer is a Chandigarh-based psychologist (The Tribune)



Maze

Drive this bike to the books.



With the blessings of Satguru
Mata Sudiksha Ji Maharaj

71st Nirankari Sant Samagam

will be held on
November 24 to 26, 2018

at the Samagam Ground,
Sant Nirankari Spiritual Complex,
Samalkha (Haryana)

PROGRAMME

Saturday, November 24, 2018

Holy Congregation : 1.00 p.m. to 7.30 p.m.
Satguru Mata Ji's Discourse : 7.30 p.m.

Sunday, November 25, 2018

Sewa Dal Rally : 10.00 a.m. to 12.00 noon
Holy Congregation : 1.00 p.m. to 7.30 p.m.
Satguru Mata Ji's Discourse : 7.30 p.m.

Monday, November 26, 2018

General Body Meeting : 10.00 a.m - 12.00 noon

Note : This meeting will be held in the Samagam Pandal

Holy Congregation : 1.00 p.m. to 8.00 p.m.
Poetic Symposium : 3.00 p.m. to 5.00 p.m.
Satguru Mata Ji's Discourse : 8.00 p.m.

SPECIAL NOTE :

This year the Samagam will conclude in three days.
There will be no "Guru Vandana" Programme.

—C.L. Gulati, Secretary (Hqrs.)
Sant Nirankari Mandal, Delhi-9



MADAN

UNIFORMS

www.mykarv.com

BULK SUPPLY

One stop shop for
all your uniform needs!

We accept bulk orders
for all kind of uniforms!

Corporate uniforms
are also available!

Our USP - Best quality
and regular service!

Proper refill
at the time of need!

You can also place your order on  Whatsapp +91-8795700700
Contact : 9335062144, 8795700700 • Email : madanuniforms6@gmail.com



50

Hansti Duniya
November 2018



Spiritual Zone for kids



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

kids.nirankari.org

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

Share
your talent
in form of
painting, poetry
& story



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

: Delhi Postal Regd. No.G-3/ DL(N)/186/2018-20
: Licence No. U (DN)-21/2018-20
: Licenced to post without Pre-payment



Read Nirankari Magazines and Motivate Others

Sant Nirankari
(Eleven Languages)

Ek Nazar
(Three Languages)

Hansti Duniya
(Four Languages)

Please contact for the membership of:

‘Sant Nirankari’, ‘Hansti Duniya’ (Hindi, Punjabi and English) and ‘Ek Nazar’ (Hindi/Punjabi) at
Patrika Vibhag, Nirankari Complex, Near Nirankari Sarovar, Nirankari Colony, Delhi-110009
011-47660200, E-mail: patrika@nirankari.org

Please Contact for the membership of:

Sant Nirankari, Hansti Duniya, Ek Nazar (Marathi) and Sant Nirankari (Nepali)

Sant Nirankari Satsang Bhawan

1st Floor, 50, Morbag Road, Naigaon, Dadar (E) MUMBAI - 400 014 (Mah.)

e-mail : chandunirankari@yahoo.com & marathi@nirankari.org

Please Contact for the membership of other languages' magazines below:

TAMIL

Sant Nirankari Satsang Bhawan,
#7, Govindan Street,
Ayavoo Naidu Colony, Aminji Karai,
CHENNAI-600 029 (T.N.)
Ph. 044-23740830

ORIYA

Sant Nirankari Satsang Bhawan,
Kazidiha, Post : Madhupatna,
CUTTACK-753 010 (Orissa)
Ph. 0671-2341250

TELUGU

Sant Nirankari Satsang Bhawan,
No. 6-2-970, Khairtabad,
HYDERABAD- Pin : 500 029 (TS)
Ph. 040-23317679

GUJRATI

Sant Nirankari Satsang Bhawan,
1st Floor, 50, Morbag Road,
Naigaon, Dadar (E)
MUMBAI - 400 014 (Mah.)
Ph. 22-24102047

KANNADA

Sant Nirankari Satsang Bhawan,
88, Rattanvillas Road, Southend Circle,
Basavangudi, BENGALURU-560 023 (Karnataka)
Ph. 080-26577212

BANGLA

Sant Nirankari Satsang Bhawan,
884,G.T. Road, Laxmipur-2
East Bardhaman—713101
Ph. 0342-2657219

Seek blessings of Satguru Mata Ji by participating in the propagation campaign of Sant Nirankari Magazines.

Posted at NDPSO, Prescribed dates 10th & 11th. Date of Publication: 7th & 8th. Same Month