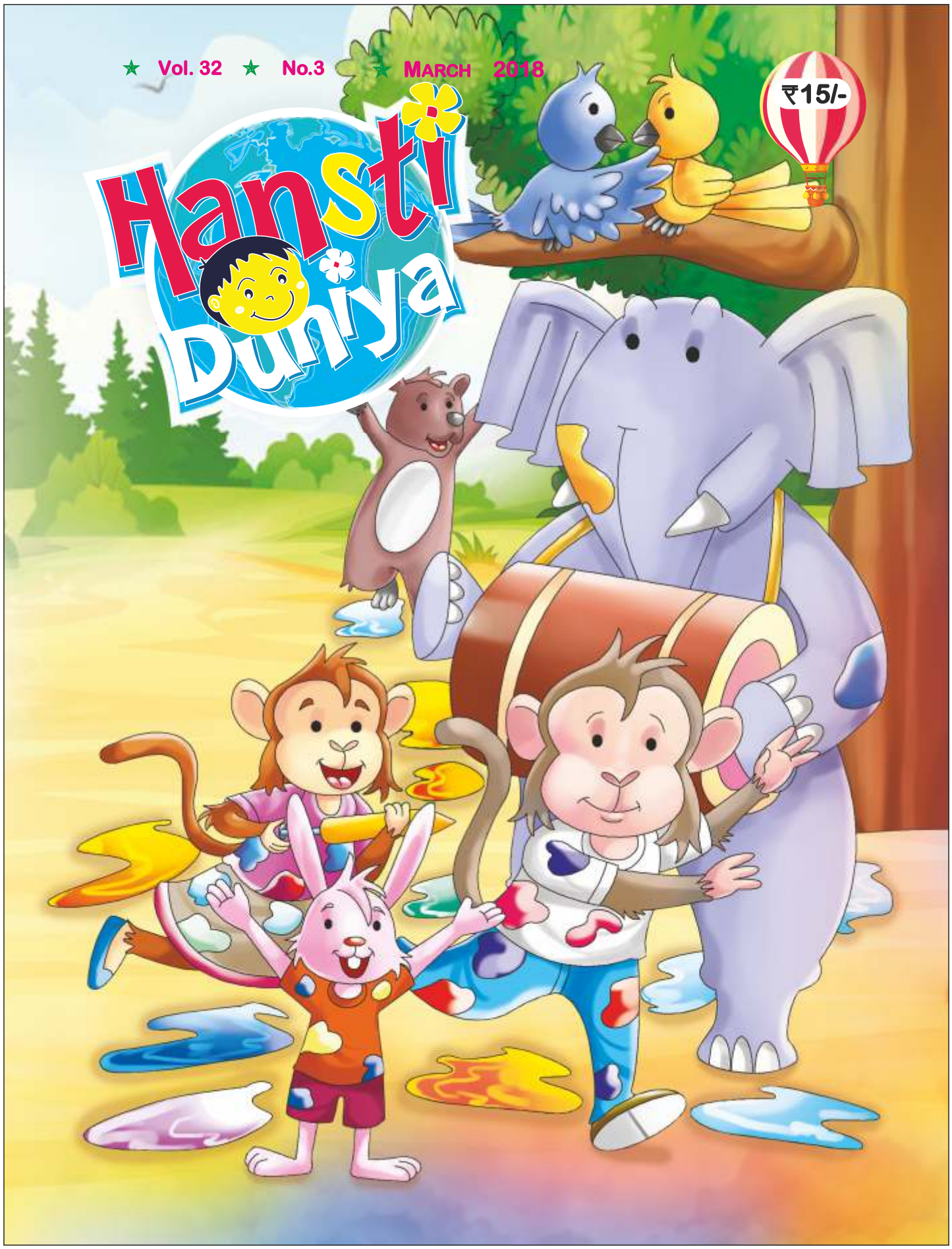


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# Hansti Duniya





## Hansti Duniya

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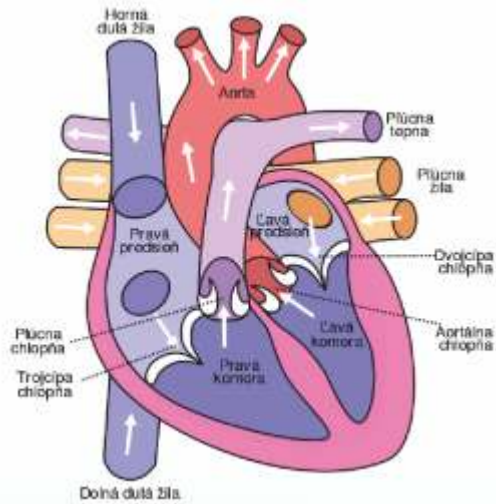
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## Truthful Life

It was a winter season when all the children were shivering with cold. Then all of a sudden grandfather came. The children bowed before him and said, "Dear Dada Ji, today it's all cloudy and we are feeling very much cold also in spite of we all wearing warm clothes. Please tell us what else we should do?"

Grandfather quietly got up, went to the other room, brought a big beautiful painting for the children and said, "Look children! This is a beautiful burning hot Sun picture, where we find scorching heat and many people are sweating.

Before he could complete his talk, an impatient child said, "What should we do with this picture?"

Grandfather said, "Look, how hot it is, many people are sweating in hot sun rays. You also take warmth of the sun and get rid of the winter".

All the children started looking towards one another speechlessly and didn't know what to say. Children thought, today grandfather is really not feeling well, that's why he is talking like this.

Finally, one child said, "This way, we can't get rid of the coldness at all."

At his reaction, the grandfather said, "This is what I wanted to say that even if we surround ourselves with thousands of

beautiful pictures of Sun, we will never get its heat or light. But when there is actual sun-rise, then the light itself illuminates the entire world. The sun eliminates the dark and it gives us life and warmth as well.

Similarly, while doing the good deeds, when we make the pictures and teachings of intellectuals, saints and famous teachers as part of our library, and become happy by reading those and preaching among others, if instead of limiting such teachings to libraries, we implement these in our lives and actions, then these teachings will work as the real sun light. Then our actions will speak of our words and will become source of inspiration for others.

The credit of imparting such teachings goes to our grandfather, who himself realized the truth, implemented it in his life and lived with this truth and influenced the world also with his deeds and actions. Such was our grandfather, whose name was- Rev J.R.D. Satyarthi Ji, who after God realization lived a Godly life treading the path of truth. He left his mortal form and merged with God Almighty on 29th January, 2018.

Our entire family bows before you and pays our gratitude.

—Vimlesh Ahuja





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



We give the least importance to this most important aspect of our life i.e. how we think. It is the single largest factor in building up of our personality and character. Develop the habit of viewing everything positively, even in the most miserable situations. Negative thinking weakens the mind, makes it restless, agitated and impure. Convert every negative situation into positive one by adjusting your mental attitude.

To quote an example as to how it should be done, suppose, someone abuses you or makes undesirable remarks in anger, then instead of feeling bad about him, just think that his mood is upset or he is still not fully mature; that is why he is saying this. But, don't develop any malice against him. This is positive attitude.

By having positive thinking, you will also attract to yourself favourable physical conditions and environment because by the law of psychic attraction, you attract physical conditions and circumstances towards you according to your thoughts. For example, suppose you repeatedly develop a fearful thought that you may catch a particular disease, you will find subsequently that symptoms of the same disease start occurring in you.

Such is the power of thoughts. They are as real as a solid stone.

By remaining positive, you create an aura of positive vibrations around you which not only benefit you, but all others coming into your contact. This aura also protects you from the attack of any negativity released by others.



# SAMPURAN AVTAR BANI

## Ik Tu Hi Nirankar - 136

GANGA JAMNA AMRITSAR VICH NAHA KE JEKAR PAP UTRDE;  
 TAN TE MACHHI DADDOO KACHHOO IK IK KAR KE SARE TARDE.  
 SUPNE VICH JO KEETA JAVE OH BANDE KOI DAN NAHIN;  
 MAIL NA MAN DI UTRJE JEKAR BANDE OH ' ASHNAN NAHIN.  
 KARAMAAN DE VICH PHAS KE PRANI AIVEN JAAN GAVAYENGA;  
 SAMAN BEETIA HATH NAHIN AONA PICHHON TOON PACHHTAYENGA.  
 GURU DHART EY DHARM DE BUTE JITHE LAEJANDENE;  
 JEEVAN MUKTI DA PHAL MITHA GURSIKH ETHON KHANDE NE.  
 SADH DI SEVA BAJHON DUNIA ANDAR DUJA KARAM NAHIN;  
 KAHE AVTAR GIAN TON UCHA DUJA HUNDA DHARM NAHIN.

### Thou Formless One

If sins could be washed away by  
 bathing in holy rivers - Ganges,  
 Yamuna, or at Amritsar;

Then all the fishes, frogs  
 and tortoises would have attained  
 salvation one by one.

Donations made in a dream cannot  
 be taken as a real act of charity;

And it is not a holy bath, if it does  
 not cleanse the mind.

O' man, entangled in rites and  
 rituals, you will simply waste your  
 life;

If this opportunity of human life  
 is lost, you will have to repent in the  
 end.

The True Master is the soil where  
 saplings of religious faith are grown;

And from here the devotees  
 attain the sweet fruit of salvation.

There is no better act in this  
 world than the service of a True  
 Saint;

Avtar says, there is no religion  
 greater than God-Knowledge.







— C. L. Gulati, Secretary (Hqrs.), Member In charge Magazines & Publications

## Holi - A Festival of Fun

Holi festival is known for fun. It falls during spring season when the nature seems to be at play with colorful flowers.

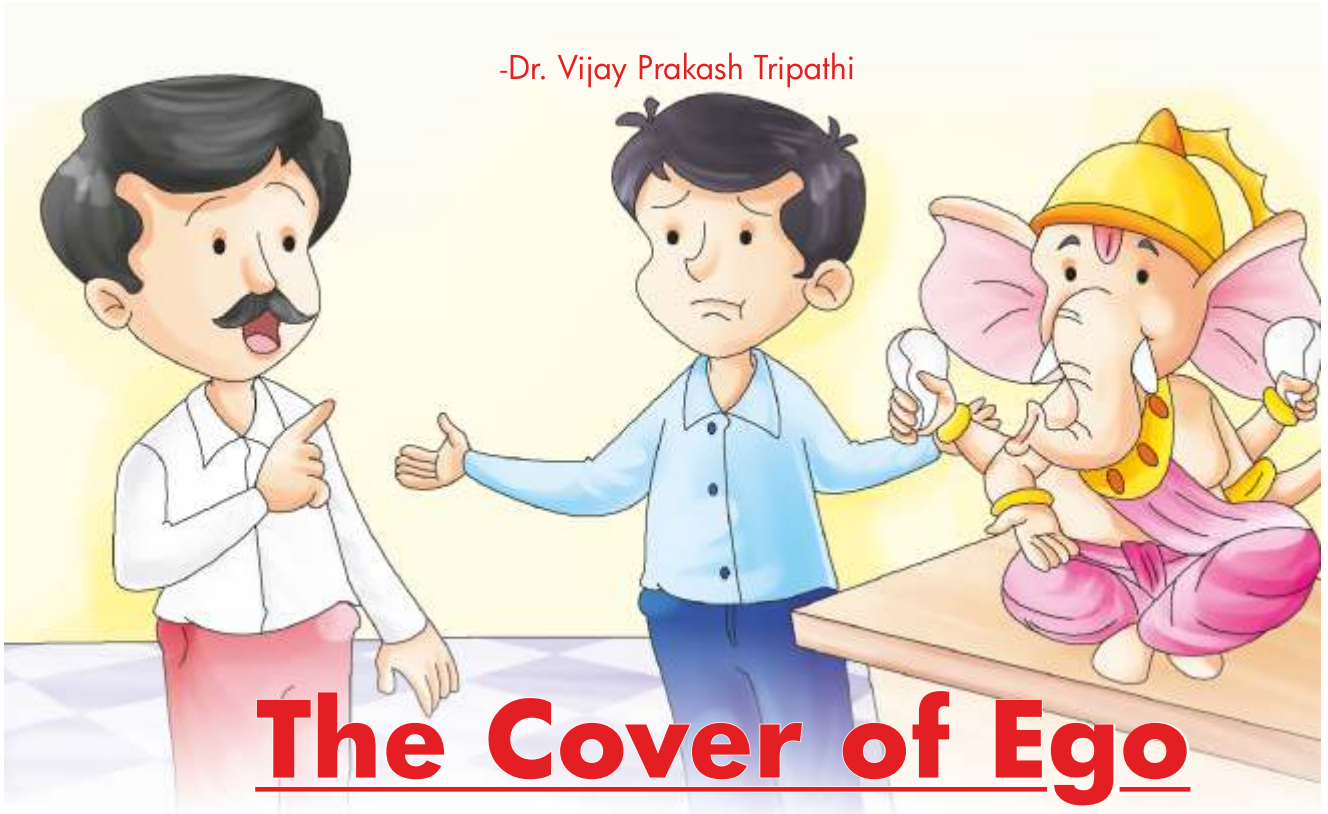
Sometimes, when children are free from annual examinations, they look forward to the celebration of Holi festival. But this time Holi festival falls on 2nd of March. Soon after this festival, annual examinations will follow. Those who did not do their studies regularly, might be worried about the preparation for their examinations as also about the celebration of Holi. They may not therefore be able either to prepare for the exams, or to enjoy fully the fun of the festival of colors.

So, dear children, always remember to pursue your studies regularly so that you are not deprived of the fun of the festival. Doing studies right from the beginning to the end will enable you to enjoy the fun of life as also to come out with flying colors in your exams.

We wish you all a happy Holi and pray for your success in the examinations.



-Dr. Vijay Prakash Tripathi



## The Cover of Ego

There lived a sculptor in a village who used to make very beautiful clay sculptures. Whosoever happens to look those sculptures, used to appreciate them? His art and proficiency had become the talk of that area. Sculptor used to sell his sculptures at a good price and was taking care of his family very well.

The sculptor had a son whom he wanted to become expert in sculpture making, so he started teaching him the art of making sculptures. The son also showed interest in this art and remained busy in learning its distinctions and practicing those with zeal and spirit.

As the son grew older, he came out successful in his work, so much so that his sculptures started selling at better price as compared to his father's. This was natural because on one side was his learning interest and on the other his talent since birth. Thus he was getting popularity.

The son used to discuss the quality defect in the sculptures made by him on daily basis with his father. He told the selling price of these sculptures to his father and expected a word of praise from him. The father praised his interest in the work but at the same time he used to tell the solution also for the defects if any.





Now the son started getting irritated on knowing his shortcomings on daily basis and ultimately, one day out of frustration he said to his father, "O, father! I work so hard and you still point out one or the other shortcoming. Sculptures made by me are fetching better price in the market as compared to yours. Even then I fail to understand why do you find fault in these? At least praise me sometime."

Hearing the son, the father was very sad and he kept mum. When the son moved to the market, the father lay with heavy heart and didn't take his meals even.

The son came to know about his father's sadness on returning home. The son repented at his reaction as to why did he take ill of his father's views and showed disrespect to him in return? He went to his father to beg pardon and requested him to take meals.

The father said with heavy heart, "The question is not that what you said and how did I take that? The fact is that if you take ill of my quality analysis, the little draw-back in your sculptures will persist and with that your popularity and fetching still better price for your sculptures by



bringing further modifications in those will stop. The analysis only paves the way to improvement and if that stops, then the path of development also blocks."

Blindness to one's faults leaves no room for improvement.

The son realized his mistake and started asking not only his father on daily basis but also humbly tried to incorporate the opinion of others. This tendency of asking and modifying the things made him the top most sculptor of his time.

Whether it is self-analysis or guidance from others, it has got far reaching effects.



Poem : Yogita Mahajan



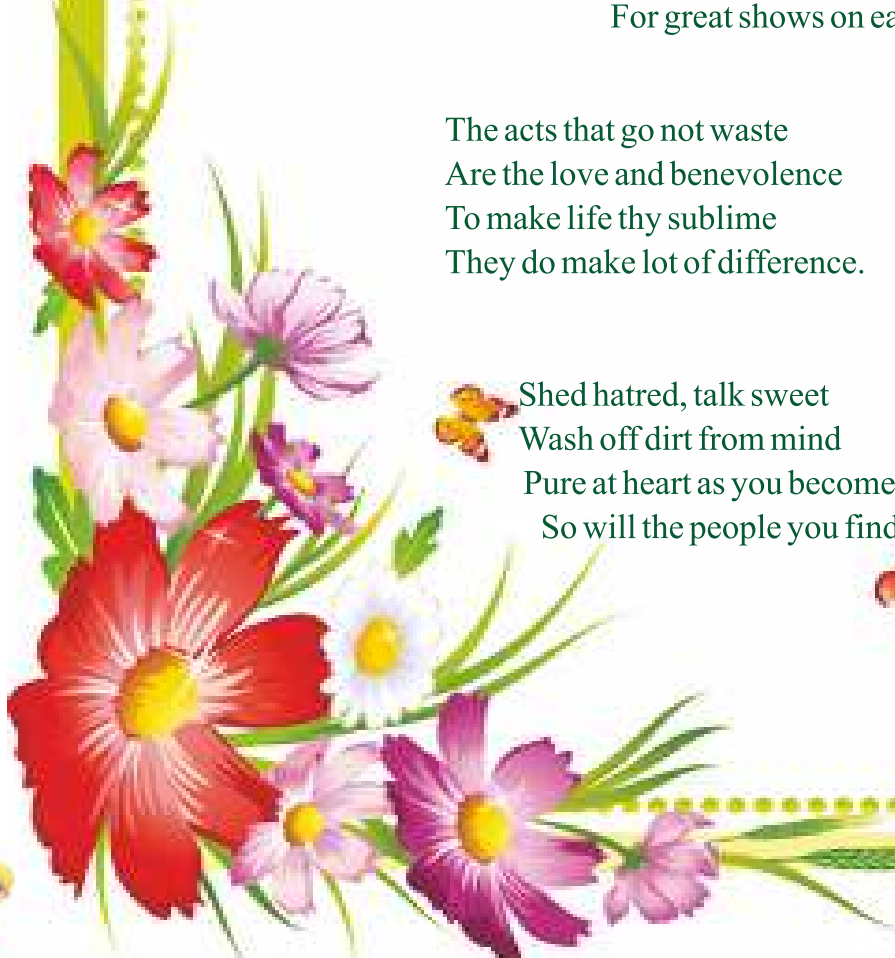
## Thoughts about Life

Do not dwell in the past  
Nor do in the future dreams  
Always focus on the present  
That is only life's theme

Past is the life spent  
That in future has no worth  
Present is the ticket to future  
For great shows on earth

The acts that go not waste  
Are the love and benevolence  
To make life thy sublime  
They do make lot of difference.

Shed hatred, talk sweet  
Wash off dirt from mind  
Pure at heart as you become  
So will the people you find





—Vibha Verma

# Maintain Courage during Examination

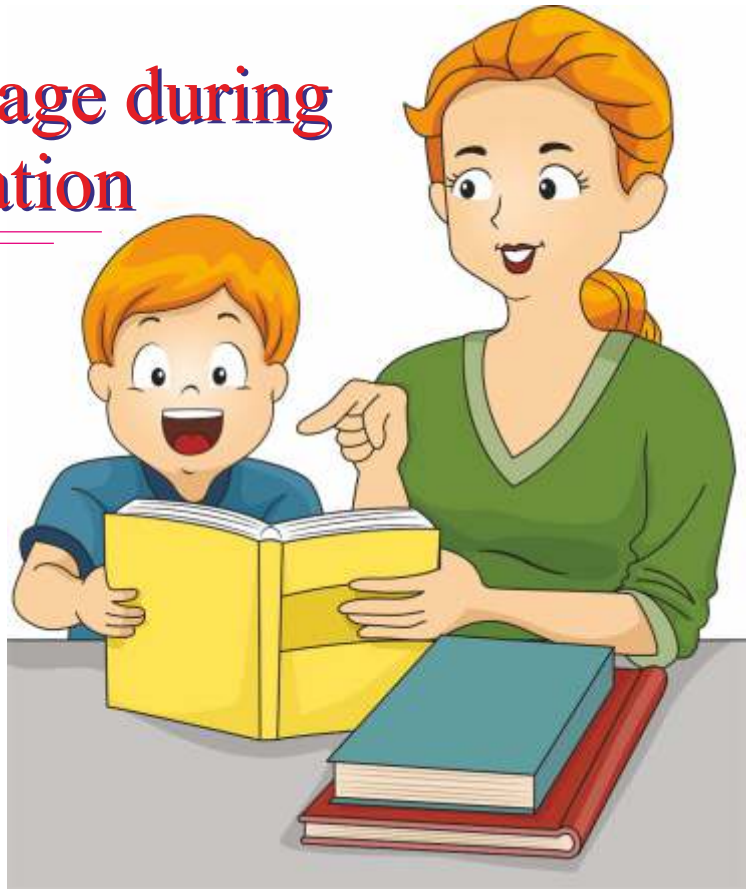
Examination is the word, which makes the students generally worried and tense. They are scared, get restless and panicky. This way they lose more than they gain. If they prepare for the examination keeping certain important things in their mind, then they will definitely succeed in getting maximum marks.

The basic rule of studies is concentration. The practice done with concentration is definitely absorbed by the brain.

It is usually observed that there is lack of confidence in some students. You be confident on your practice done during the whole year and develop this thing in you that the labour done by you is sufficient. Whatever may be the question paper, I am capable of solving it.

There is psychological increase in pressure during the time the answer-sheet and the question paper is received. But actually this is the time when we are to balance our mind. Patiently read the question paper from the beginning when it is given. If need be, give a second patient reading to know how to solve it, how much to write, how much time to be devoted to a particular question and how many marks does it carry?

Don't give unnecessary explanation while answering the 'notes' type questions. Write in as many words as has been asked to



do. Explain the 'notes' type questions as per the marks allotted to such questions. Be specific and to the point

While reading the question paper, underline the main points and mark the compulsory questions.

After completion of the paper, do self-evaluation. Be courageous under all circumstances.

First attempt the simple questions properly. Then start attempting the difficult questions one-by-one.

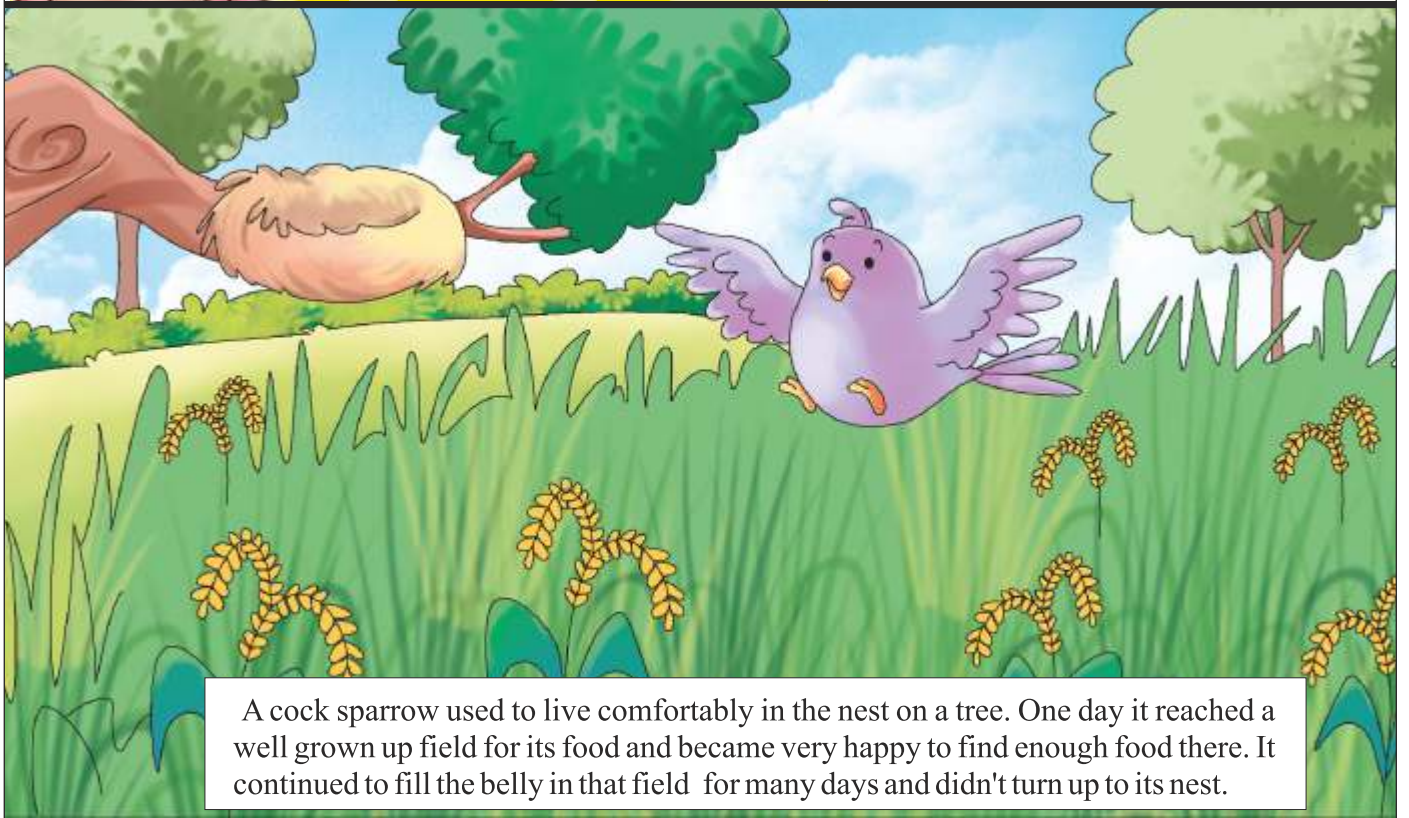
Reach the examination hall happy, confident and in a relaxed mood before time. Keep perplexity and nervousness at bay to be successful.



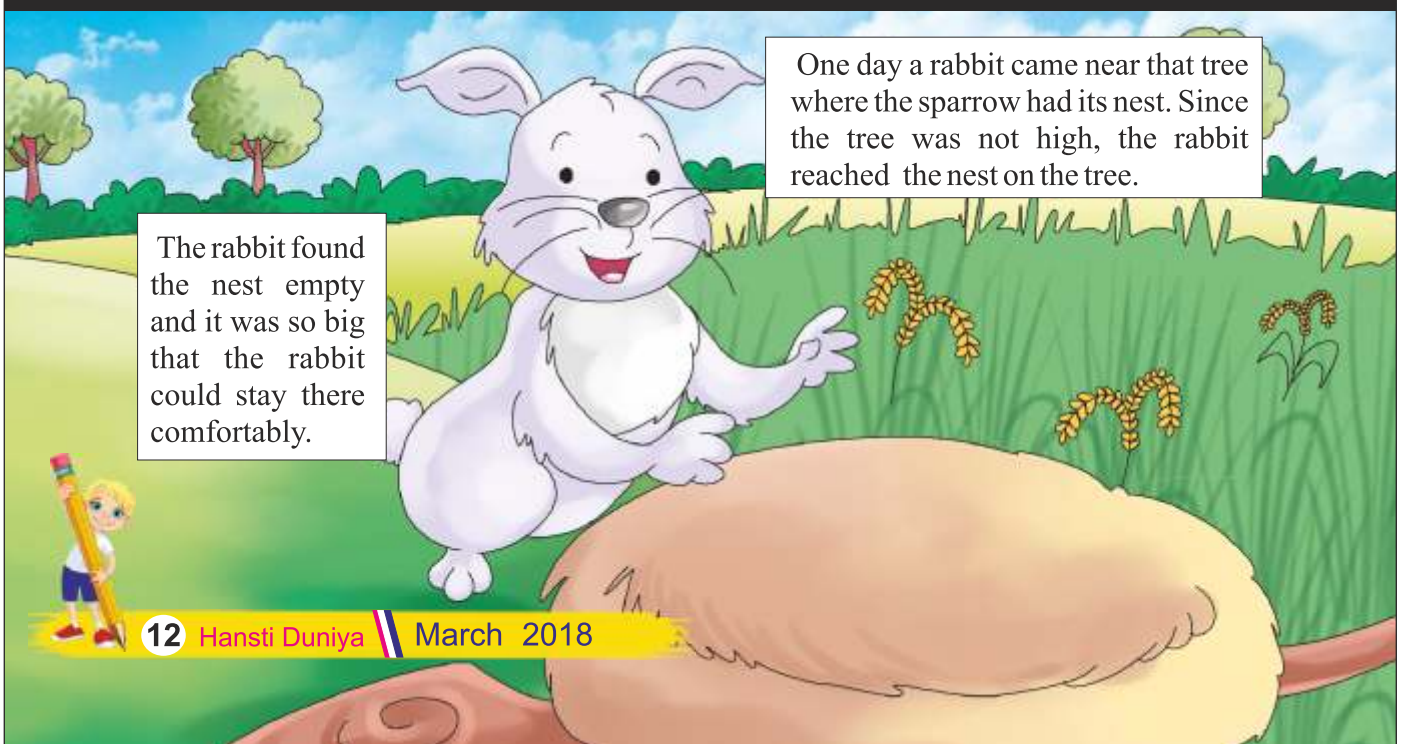


# Grandpa

Story & Illustration — Ajay Kalara



A cock sparrow used to live comfortably in the nest on a tree. One day it reached a well grown up field for its food and became very happy to find enough food there. It continued to fill the belly in that field for many days and didn't turn up to its nest.



One day a rabbit came near that tree where the sparrow had its nest. Since the tree was not high, the rabbit reached the nest on the tree.

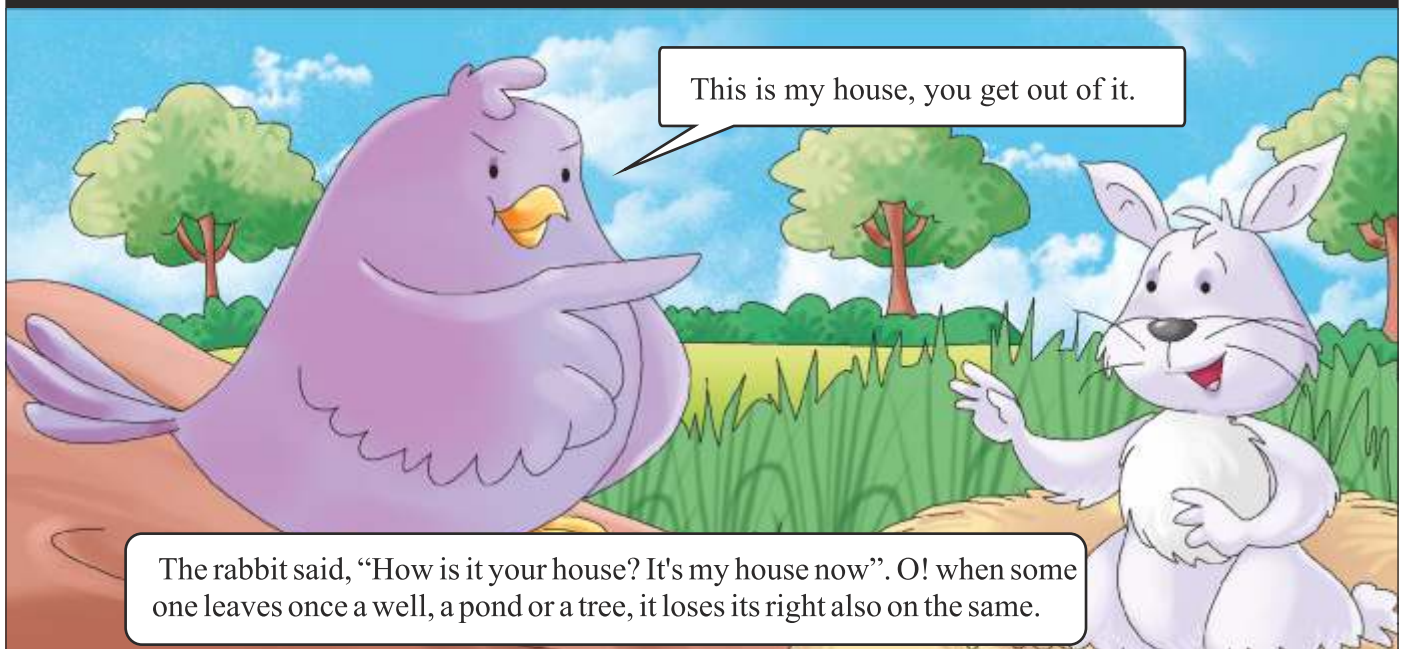
The rabbit found the nest empty and it was so big that the rabbit could stay there comfortably.







After few days, when the sparrow returned to its nest after taking fatty meals, it found a rabbit sitting in its nest. It became very angry and called the rabbit a rogue, "You have entered into my house in my absence".



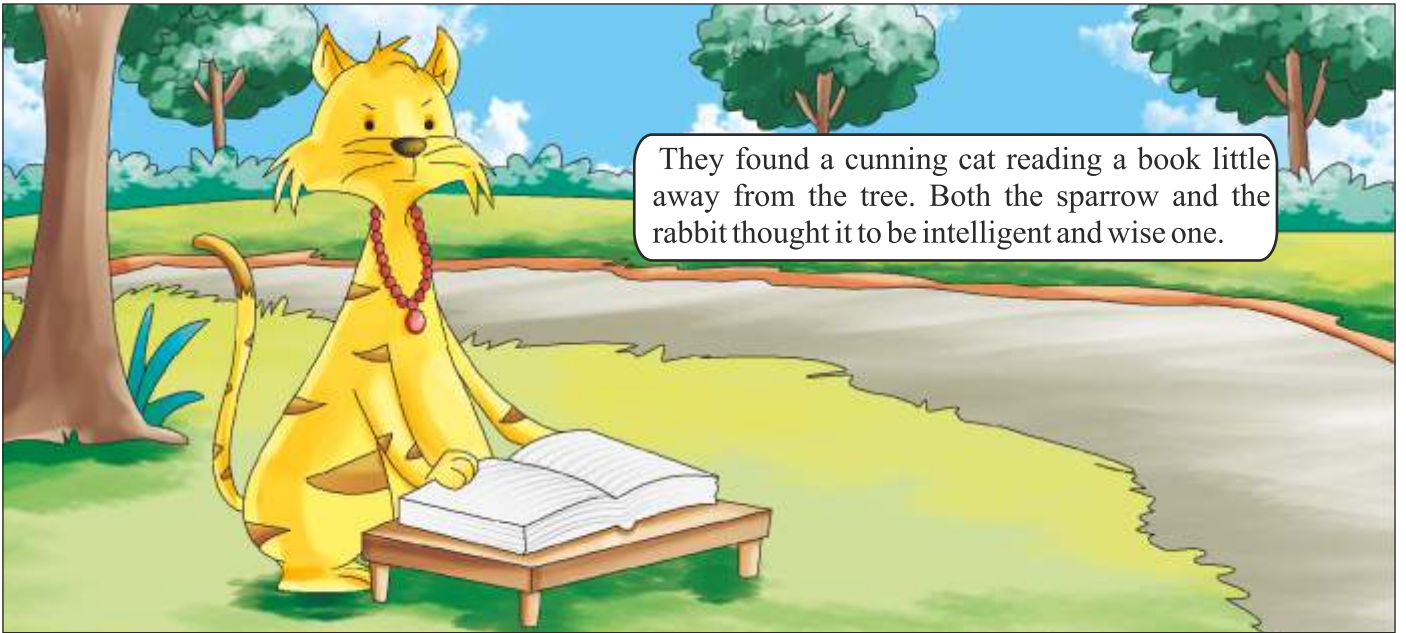
This is my house, you get out of it.

The rabbit said, "How is it your house? It's my house now". O! when some one leaves once a well, a pond or a tree, it loses its right also on the same.



Hearing the rabbit, the sparrow said, "We won't get anything through such discussion, let us go to someone intelligent. One in whose favour the decision is made will get this house.

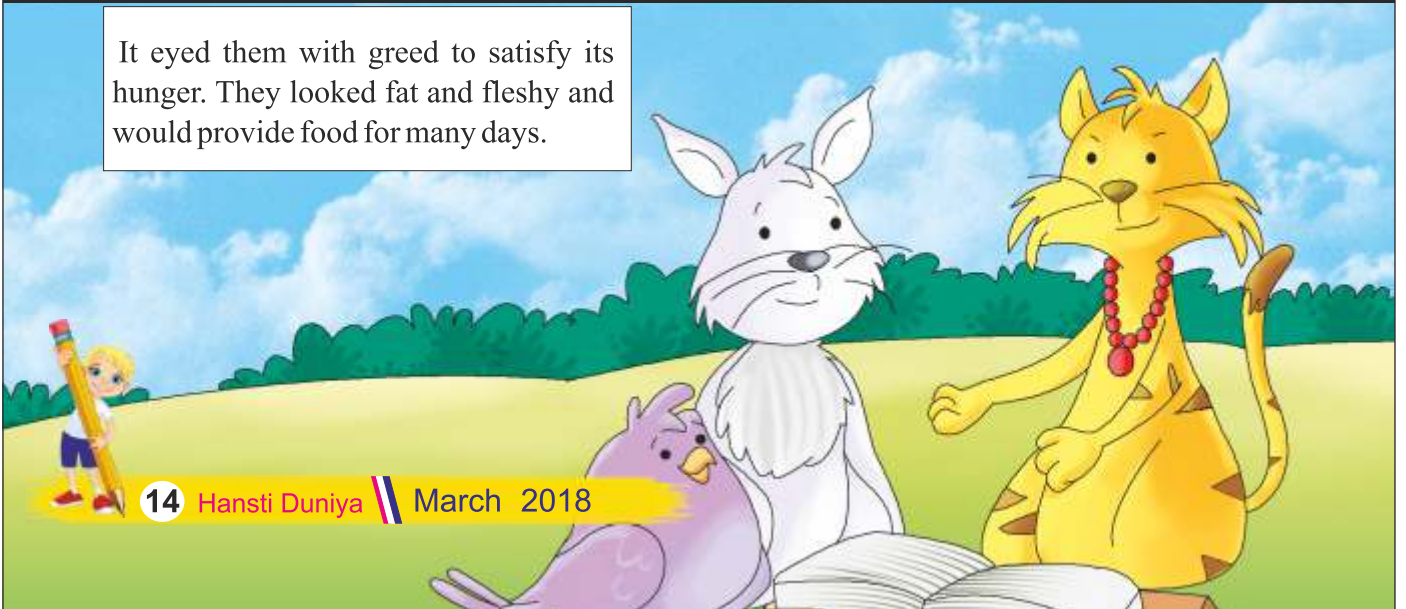




They found a cunning cat reading a book little away from the tree. Both the sparrow and the rabbit thought it to be intelligent and wise one.



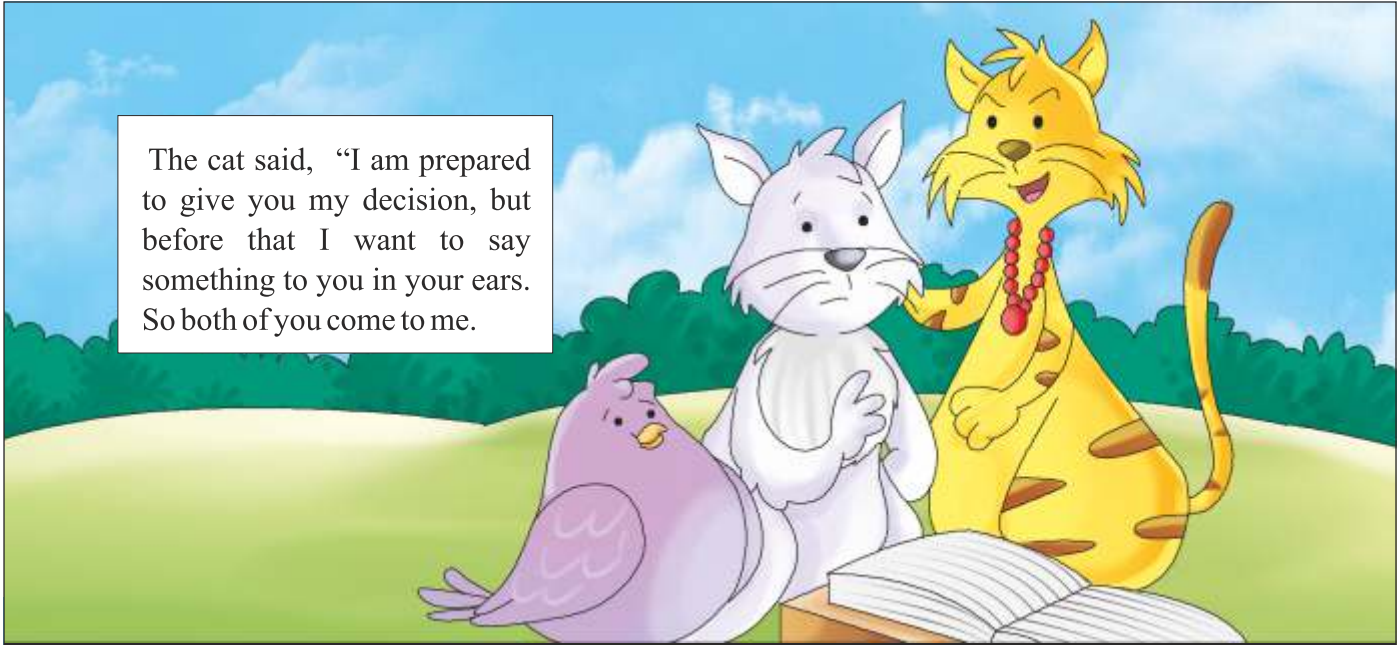
Both of them went to cat to give the verdict (decision)




It eyed them with greed to satisfy its hunger. They looked fat and fleshy and would provide food for many days.



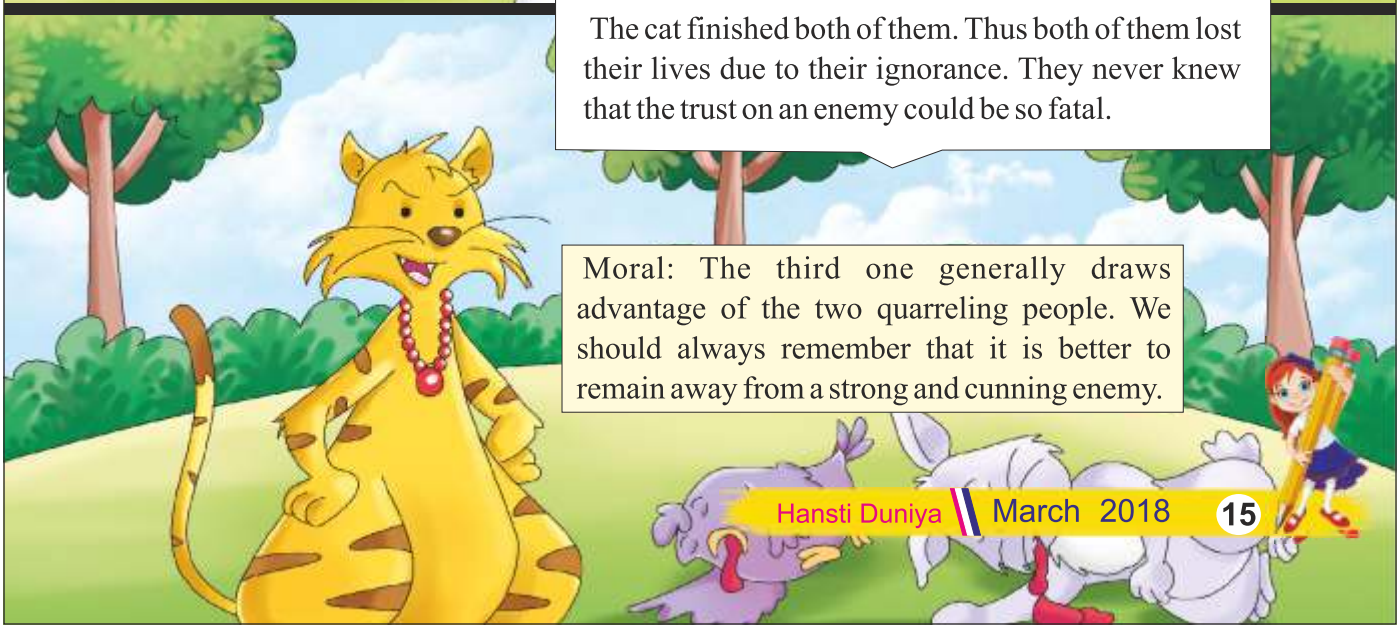




The cat said, "I am prepared to give you my decision, but before that I want to say something to you in your ears. So both of you come to me."



No sooner did they reach the cat, it immediately caught hold of the rabbit in its claw and the sparrow in its mouth.



The cat finished both of them. Thus both of them lost their lives due to their ignorance. They never knew that the trust on an enemy could be so fatal.

Moral: The third one generally draws advantage of the two quarreling people. We should always remember that it is better to remain away from a strong and cunning enemy.







—Gurdev Singh, Pandoh

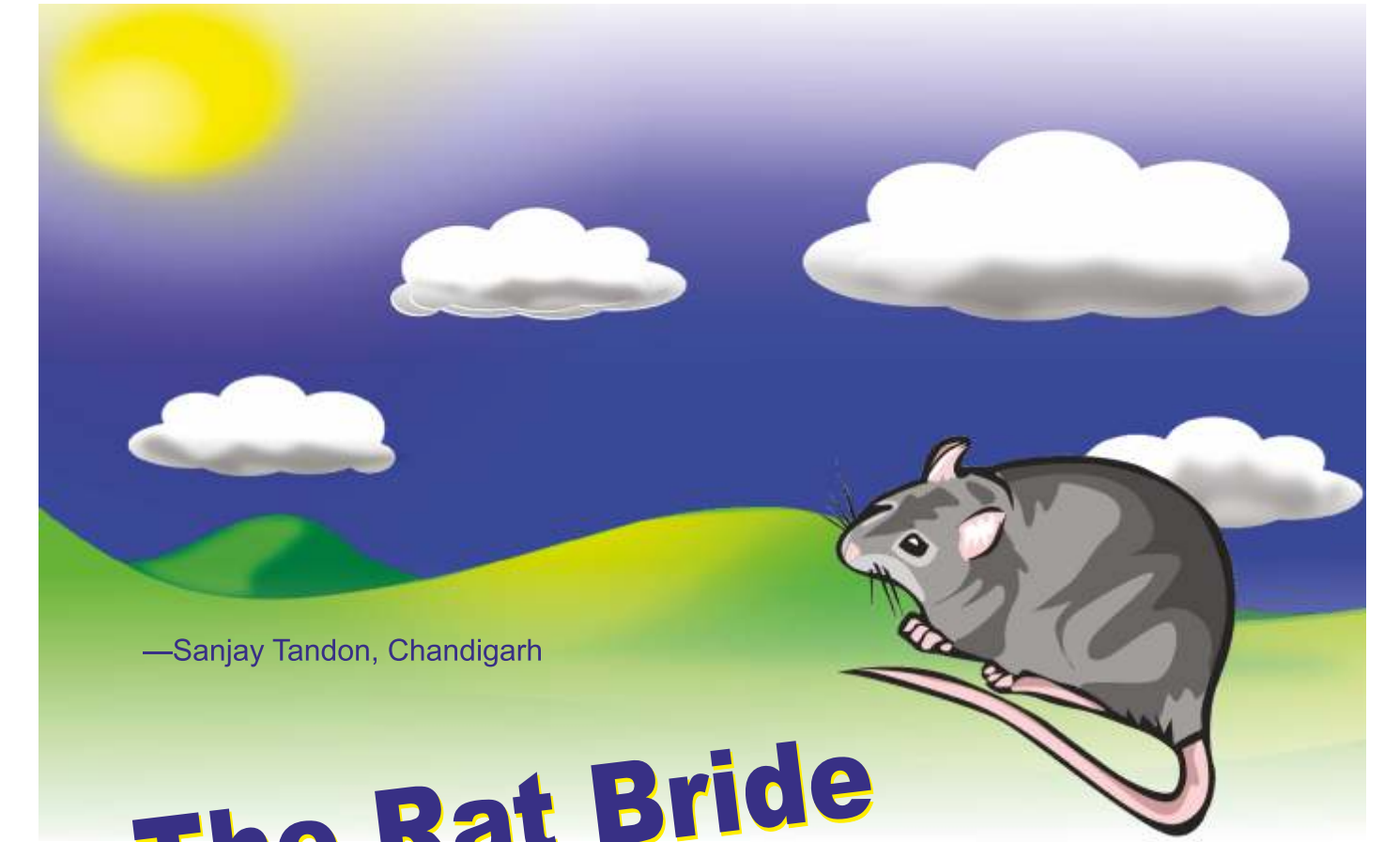
# Be Supportive

I called on a lady in the hospital. 'They say I'm terminal. They're not even giving me chemotherapy anymore. Everything has failed,' she said. 'Mary Lou,' I soothed, 'if what they mean by that is correct, the word is not terminal, it's transitional. You're not going to die; you're going through a transition.' 'But everything seems so hopeless,' she persisted. Taking her hands in mine, I assured her, 'When everything else fails, get ready to meet God, because that's when God steps in. He's always there. He never fails. This isn't an end for you; it's a beginning.' And then she smiled at me and squeezed my mind and said, 'Thank you. That helps.'

For a brief moment I had the most wonderful feeling. I had been her supportive beam.

It's important that you take the time to get involved and become that supportive beam, that lift, that so many people need. When you become that kind of person, life becomes more exciting than you can imagine!





—Sanjay Tandon, Chandigarh

# The Rat Bride

It is good to be ambitious, but being over ambitious can lead to disappointment. Sometimes it can be funny too!

A pretty, young she-rat was eligible for marriage. Her mother was somewhat over ambitious and decided that she must find a very powerful husband for her darling daughter. She went to the Sun God and said to him, "My daughter is extremely beautiful and your power is unmatched. She would be a perfect bride for you. Please accept her as your wife." The Sun God smiled warmly and said, "I am honoured by your proposal. But if you are looking for a powerful husband, let me tell you that the Rain God is mightier than

me, for when he comes with his army of clouds, I am completely overshadowed."

The mother rat rushed to the Rain God and said, "Dear Rain God, please marry my daughter. She shall be a very suitable bride for you. Your power and her beauty shall make a great alliance." The Rain God replied with a twinkle in his eye, "Lady, don't you know that the God of Wind is more powerful than me! He can blow my clouds to smithereens if he wants to. Why don't you propose to him?" So, the ambitious mother scurried away to the God of Wind and swiftly proposed to him, "Oh! mighty God of wind, please marry my lovely daughter."





The wind God chuckled and said, "Perhaps you don't know that the Mountain God is more powerful than me. When I bump into him, I try hard but I cannot move him. I have to change my track, for he is immovable."

The tired mother rat hobbled up to the Mountain God and proposed to him, "Please dear Mountain God, will you have my charming daughter for a bride?" The Mountain God spoke in a grating voice, "Madam, I am indeed moved that you thought of me as a good match for your daughter, but let me tell you that the king of rats is more powerful than me. He along with his caravan of rats digs into my body. They make holes and burrows wherever they please. There is no way that I can

defend myself against their sharp teeth."

So the mother rat went to the king of rats and said wearily, "Oh King! I offer my beautiful daughter to you; please make her your wife."

The king of rats blushed from ear to ear and said, "Gladly" So the king of rats married the pretty young lady. They had a grand wedding and the rest they say is history.

Finally, the ambitious mother rat realized that her beautiful daughter was fit to be a bride only for a rat.

Moral: In life too, it's good to dream but only if you keep your feet planted firmly on the ground!



# CROSS WORD

– Vikas Arora (Rewari)



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

## Left to Right →

- Number of days in a week.
- An autobiography of A.P.J. Abdul Kalam: \_\_\_\_\_ of Fire.
- A sequence of six balls bowled by a bowler in Cricket.
- The second Prime Minister of India was \_\_\_\_\_ Bahadur Shastri.
- The organ of smell.
- Path followed by a heavenly body.
- Plural of Desk.

## Up - Down ↓

- The word that comes last in the dictionary: STAR, SUIT, SUMO.
- Any one of the group A, E, I, O, U is called a \_\_\_\_\_.
- Only meaningful word that can be made by using U, N and N.
- Present: RISE, Past: \_\_\_\_\_, Past Participle: RISEN
- Aruna..... is a famous Indian actress.
- The national flower of India.
- Our earth has two poles: North Pole and South \_\_\_\_\_.
- Plural of EYE.
- Positive: \_\_\_\_\_, Comparative: WORSE, Superlative: WORST.



# H.D. Answers

—Vinod (Delhi)

Q.1 Why is mother's affection treated as great?

A. Because of its selflessness.

—Ramesh (Delhi)

Q- What is softest in the world?

A- Heart.

—Mohan (Delhi)

Q. What is 'True', and 'False'?

A. That which changes not is 'True' and which under goes frequent change is 'False'?

—Shan u Priya (Delhi)

Q- What despairs man most in life?

A. His helplessness.

—Rahul (Jaunpur)

Q. How to turn a foe into a friend?

A- By being helpful to him with love and humility.

— Archana Garg, Patiala

Q. What is the primary purpose of birth as a human being?

A. The primary purpose of our birth as a human being is to attain 'nirvana'/'salvation' from the cycle of birth and death.

—Himanshu (Delhi)

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

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

—Sushama (Ghaziabad)

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

A : Character.

—Rekha (Jaunpur)

Q. When does one get disinclined to truth?

A. When he lacks in forbearance?

Q- What is man's greatest enemy?

A- His own ego.





—Dr. Rajiv Gupta

# *I will become a Pilot*

Whenever someone asked Ankit about his aim in life, he was not able to give some specific answer. His aims changed frequently.

Actually, he did not know exactly what his aim was as he was just 11 years old and studied in 6th standard.

One day, as he returned from school, he found his parents in a very happy mood. What's special today, mom, you look very pleased.



Yes dear son, we are going to America next month. Your cousin Lokesh is getting married there. On hearing this, he also jumped with joy. He was a scientist in an organization there.

His father became busy in getting the passport and visa.

Papa, what's this passport and visa? Ankit asked his father.

Dear son, this is permission letter to enter another country, so that no wrong person could get entry to the country. Such documents are issued after proper verification of the person.

Ultimately, the day came when Ankit was travelling by air with his parents and he was very happy.

“How such a big aeroplane can fly in the air?” He asked his father looking surprisingly towards the aircraft.

Dear son, a special law works in flying the aircraft. When we press the water or air downwards, these also push us upwards. When the aeroplane fan pushes the air downwards with full force, the air also pushes it upwards. Thus, when the aircraft takes off, then its big wings balance it in the air. The engine in the aircraft helps in moving it further. In this way, the aircraft starts flying in the air, said Ankit's father.

In the meantime, the air hostess came smiling to them and asked all the passengers to tie their seat belts as the aircraft was going to take off.



Papa, "What's the use of tying seat belt?" Ankit asked his father while tying the belt.

By this, we don't feel jerk when the aircraft takes off, otherwise we can fall also.

So, do we need to tie this belt throughout our journey?

No, only at the time of take-off or landing. When the aircraft is smoothly flying in the air, we can remove this belt.

Papa, I don't find the pilot of the plane anywhere, Ankit asked while looking around him.

Dear son, he is sitting in the cabin in the front called the cock-pit, and the driver of the plane is called the pilot. There are so many devices in the cockpit which help the pilot in keeping the plane under control. The father told Ankit.

"If some fault occurs in the plane after flying, what does the pilot do at that time?" asked Ankit to his father.

Dear son, it rarely happens, because the entire plane is thoroughly checked before taking-off. Even then if some fault occurs after take-off, then the pilot cautiously tries to land the aircraft at some safe place.

If such an action is not possible, then what does the pilot do?



Then as per the directions of the pilot, the aircraft staff helps the passengers to drop down by parachute.

Papa, What's this parachute?

This is a sort of umbrella made up of a very special cloth and ropes. It automatically opens when a person jumps down the plane and slowly brings him down. Thus a person doesn't fall abruptly.

For this, do we need to jump out of the door of the plane taking the parachute?

No, it's planning is done through the wings of the plane.

O.K. Papa, how it would be if I become a pilot when I grow? Ankit asked while thinking.

Yes, it will be quite good. But you have to work very hard for this, said his father.

His mother and the airhostess were both smiling hearing all this, as she had come to serve the cold-drink.



# Take Criticizm Positive

—S. R. Prajapati

A teacher was writing  
table of 5 on the board:

$$5 \times 1 = 3$$

$$5 \times 2 = 10$$

$$5 \times 3 = 15$$

$$5 \times 4 = 20$$

$$5 \times 5 = 25$$

$$5 \times 6 = 30$$

$$5 \times 7 = 35$$

$$5 \times 8 = 40$$

$$5 \times 9 = 45$$

$$5 \times 10 = 50$$



After writing she turned back towards students and found that everybody was laughing at her.

On asking the reason for laugh, couple of students got up and told:  
Ma'am- first line of the table is wrong. It should be 5

Hearing this Teacher (smilingly) explained -

“I wrote the first line wrong purposely, because I wanted you to learn something important. This was for you to learn how the real world will treat you. I wrote 9 correct lines and nobody congratulated me; but one mistake and everybody pointed at it.

Moral:

The world will never appreciate billion right things you do but will criticize for one wrong doing. Therefore, never ever get disheartened if somebody criticizes you.

Take it positive and rise above all criticism.





—Priya Tandoon, Chandigarh



# The Best Medicine

A young boy was feeling sad and depressed. He was always unduly quiet and reserved. He never wanted to play or be with friends. All he wanted to do was, to sit alone and sulk.

One day his mother took him to a physician. She explained the problem to him at length. She was worried that her son was getting into depression. The doctor examined the boy and found him to be alright. To satisfy the mother, he prescribed some medication. What he had actually

given was multivitamins. The physician took the mother aside and said, "Madam, I have given the boy a prescription for the ailment. But the most important thing he needs is **LOVE**. Give him as much love as you can. That's the best medicine for him. I assure you he will be as good as new."

The worried lady asked, "What if it doesn't work?"

The physician smiled.

"Just double the dose!" he said.





—Compiled by : Nishtha Kawrani, Delhi

# The ...E... life !!!!!

In this world of E-mails, E-ticket, E-paper,  
E-recharge, E-transfer and the latest E-Governance...

Never Forget "E-shwar ( God )"  
who makes E-verything E-asy for E-veryone E-veryday.  
"E" is the most Eminent letter of the English alphabet.

Men or Women don't exist without "E".

House or Home can't be made without "E".

Bread or Butter can't be found without "E".

"E" is the beginning of "existence" and the end of "trouble."

It's not at all in 'war'

but twice in 'peace'.

It's once in 'hell' but twice in 'heaven'.

"E" represented in 'Emotions'

Hence, all emotional relations like Father, Mother, Brother,  
Sister, Wife & Friends have 'e' in them.

"E" also represents 'Effort' & 'Energy'

Hence to be 'Better' from good both "e" 's are added.

Without "e", we would have no love, life, wife, friends or  
hope.

We would not be able to 'see', 'hear', 'smell', or 'taste' as 'eye'  
'ear', 'nose' and 'tongue' are incomplete without "e".

Hence GO with "E"

but without E-GO



—Pawan, Delhi

# An Unsolved Mystery



In the said town lived two young friends, Rajiv and Kanhaya. They were of very inquisitive nature and courageous too. So nothing could delay their way of accomplishing their desired goal. Both of them had heard about the various stories connected with the ruined buildings. They did not believe in the existence of spirits. One day, they decided to solve the mystery. For a day or two they surveyed the surroundings. Night was the only time,

when they could dig up, if the need be. There was a large pillar standing in the midst of the ruined building. Its shadow fell on a particular spot. Raju marked that spot by drawing a small circle with a knife.

One night, when the villagers were asleep, they silently moved to the spot with a spade and an iron rod. They continued digging, till their rod struck some metal plate. With lot of effort, they pulled the metal plate and to their





great surprise, a small stair-case appeared. Kanahya was slim, so with the help of a torch he slid down like a cat. It was a small room and silent like a tomb. He moved the torch-light upside down. Suddenly on the floor, he caught sight of a beautiful doll clutching a small idol of Lord Krishna. He bent over the doll, that looked so lively that he mistook it for the young daughter of the Wazir. He touched it with curiosity. There was a little sound and the idol fell off. For a moment he stood still, dumb and motionless. Then he picked up the Lord's idol and came up where Raju was waiting for him. He put the metal plate back in its place and came back home.

Since then the town people have not heard any strange sounds. All is quiet. Raju and Kanahya have vowed not to say a word about the incident. The idol of Lord Krishna can still be seen in the temple of the town.

**Moral: It is true that if we have the courage, we can unravel all worldly mysteries in life.**



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Date: 1.3.2018

Radhey Shyam  
Publisher

Poem: Namrata Sharma, Jalandhar (PB.)

## **BIRDS TEACH MEN**

Strange is  
the way

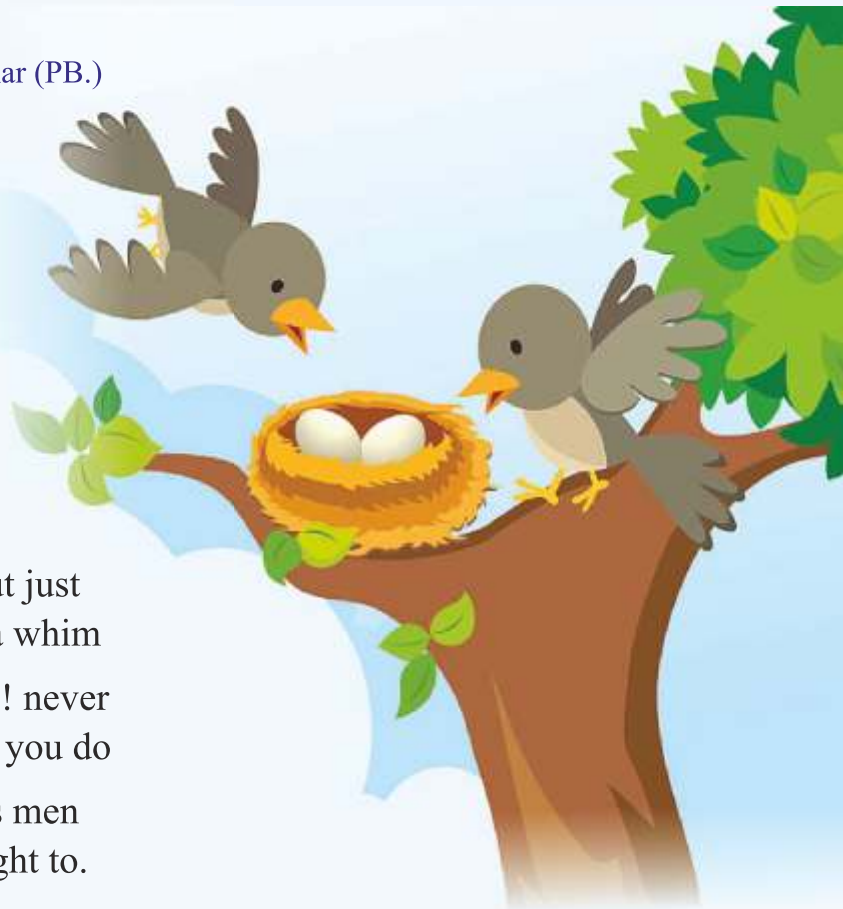
To men  
birds say

You fly  
like birds

But all  
in words

Like fish  
you swim

But just  
on a whim  
Alas! never  
live you do  
As men  
ought to.



Poem: Namrata Sharma, Jalandhar (PB.)

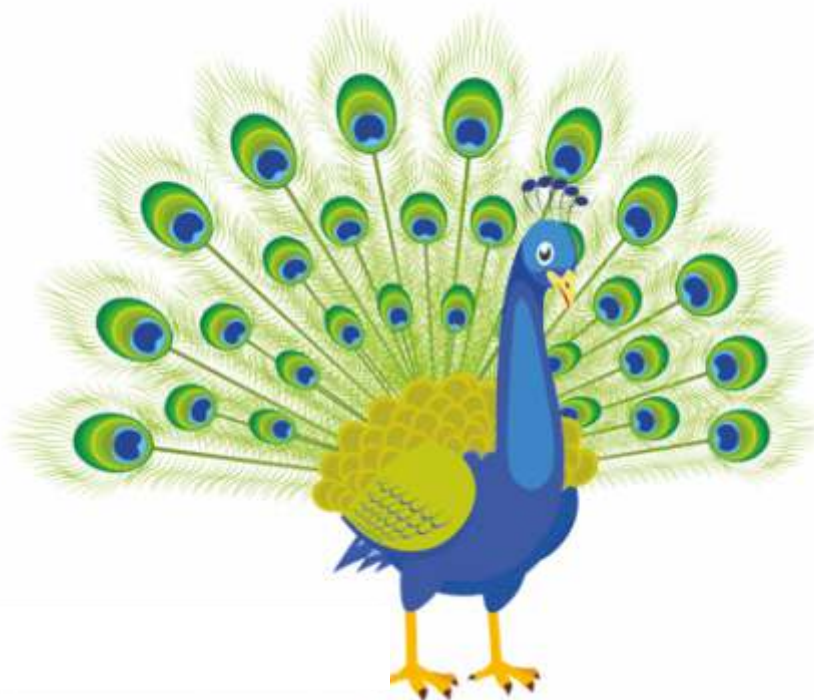
## **Peacock**

“the National bird”

Felt proud  
When it heard,  
People praising  
its feathers  
When dancing,  
in all weathers

Koyal, though not  
of utmost choice

Earns praises  
for sweet voice.



## Holi This Time ...



-Dr. Deshbandu Shahjahanpur

**Harish** was very happy today as he was going to his Raju uncle's house in the city to celebrate the Holi festival. He always used to play village holi, but he was very much excited to think about the way the holi is played in a city.

Harish liked holi festival very much. He used to start holi preparations 15 days in advance. All his group companions used to collect dry leaves and dry tree branches in the entire village. A huge 'Holika' used to be erected through dung extract. After burning the holika, all the villagers used to hug one another and apply 'Gulal'. They used to sing 'Raag-Raagini' in groups and dance in ecstasy.

He had heard that in the city, the people burn a very huge 'Holika'. He was very much interested to enjoy city holi once. Last month when Raju uncle asked him to celebrate Holi in the city, he was extremely happy to hear this.

His parents permitted him to go to Raju uncle's house during holi-holidays.

Early morning, he left for the city by bus with his father. Sitting on window side, he was enjoying the scenery outside. The bus was running fast when he suddenly saw the people cutting down the road side trees. All the big trees on the road side were cut and he was stunned to see all this. He asked his father that those people were cutting trees with no fear of punishment.

Hearing Harish, the father told him that it was the government only that is getting the tree cut. The roads are being widened by cutting trees for the traffic to move smoothly. But Harish was not satisfied with the explanation given by his father. He was very much perturbed at the felling off of so many trees. He had studied that cutting of trees had very bad effect on the environment. The natural calamities like drought and flood etc. occur due to felling of the trees and forests. The shortage of trees on the earth is





the main cause of global warming. Doesn't the government know this much even? No... no... this can't happen. The government must know all this; even then our government is getting the tree cut.

The image of Holi had altogether vanished from his mind. He was of the opinion that the government is absolutely not doing a right thing by felling countless green trees. But how a government can do such a wrong thing? Whatever Harish thought, he got trapped in his own questions. After getting exhausted, he asked his father, "Whether our government is not aware of the consequences of cutting down huge number of green trees?"

"Government must know, but who can defy its orders, my dear son!" said the father. Harish was stunned. In the mean time they reached the city. When the bus stopped at the bus-stand, Raju uncle came near the bus to receive him. All of us moved to Raju uncle's house by auto-rickshaw. Harish was travelling by auto-rickshaw for the first time. He was very surprised to look at the huge rush in the city. It was all crowd and noise all around.

Soon they reached uncle's house. After taking meals, Harish went out for a walk with his uncle. He was very much pleased to look at the big shops full of water guns, colours, gulal and other such things used on the occasion of Holi festival. There, he also saw big bundles of cut-woods lying on the road

side. Uncle told him that these woods will be burnt on the other day in holika. At this, Harish asked, "Uncle, here there is no dung extract, how will they burn Holi?" "Dear son, here in the city, there is no dung extract available. To perform the rituals, small rings are prepared out of cow-dung and small garlands are made of these rings and put in holika while forming." Uncle told Harish.

"There must be burning of a good number of Holikas in such a big city and huge number of trees must be burnt?" Harish asked his uncle.

"Yes, good number of holikas is burnt which consume hundreds of trees. But this has been going on for so many years. This is the tradition." The uncle told.

Hearing his uncle, Harish thought of the incident of cutting of trees for widening highway on his way to the city, the other day. He said to his uncle, "The trees that have been cut on the way to widen the road is definitely not an old tradition. Even then thousands of trees have been cut. If the government has to cut down the trees, then they must plant new ones. This road widening plan is not a one day programme, it will take years together. How beautiful it would be if equal number of fresh trees is planted as old trees are cut down? The fresh trees would grow up by the time the roads are widened. And now hundreds of trees will be felled in the name of holika in the city. As many trees are not planted as are cut down. In this way, one day





our earth will be without trees. When the trees are not there, how can there be any life? Then there will be destruction only due to drought or floods somewhere or the other.” Uncle was listening to Harish very carefully. His arguments were very accurate and convincing and the uncle didn’t have any reply for all this. After a little pause, Harish said, “Uncle, there is one idea in my mind. If you support me, this time we can not only make a memorable Holi festival, rather we can start such a tradition on this occasion that will never allow diminishing the trees from the earth.” “What is that idea in your mind?” The uncle asked facing towards Harish.

“This time when we burn woods on the occasion of holi festival, we will also plant a tree. Whatever may be the number of Holikas burnt in the city, if the same number of trees is planted on each Holi festival, then definitely

this will be a healthy and pleasant tradition and at the same time there won’t be any scarcity of trees on our earth?” Harish spoke while telling the remedy.

The uncle said smilingly on listening to Harish, “Your therapy is very good. It looks simple, but difficult to implement. But we will definitely start it and we must plant a tree and not only on this Holi, but on every Holi occasion, we will celebrate the festival by planting a tree.”

Harish was very happy to listen to his uncle. He was pleased to know that by accepting this tradition by the people, there will not only be a check on the continuous fall in the number of trees, rather our motherland will also eagerly wait for the Holi festival when the people will decorate it by planting new trees.



# RIDDLES

1

I AM FULL OF HOLES, I CAN HOLD WATER. WHAT AM I?

4

WHAT HAS MANY KEYS BUT CAN'T OPEN ANY DOORS?

2

WHAT IS IT THE MORE YOU TAKE AWAY THE LARGER IT BECOMES?

5

WHAT CAN'T BE USED UNTIL IT'S BROKEN?

3

WHAT HAS TWO HANDS AND A FACE, BUT NO ARMS AND LEGS?

6

WHAT GOES UP AND DOWN BUT NEVER MOVES?

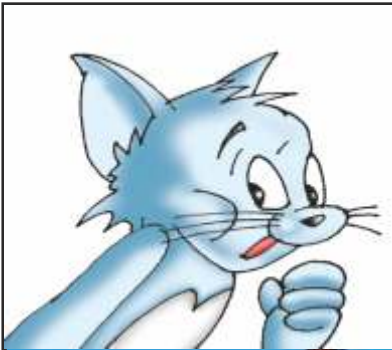


1- Sponge 2-Hole 3-Clock 4-Piano 5-Egg 6-Stairs

*Riddles Answers*

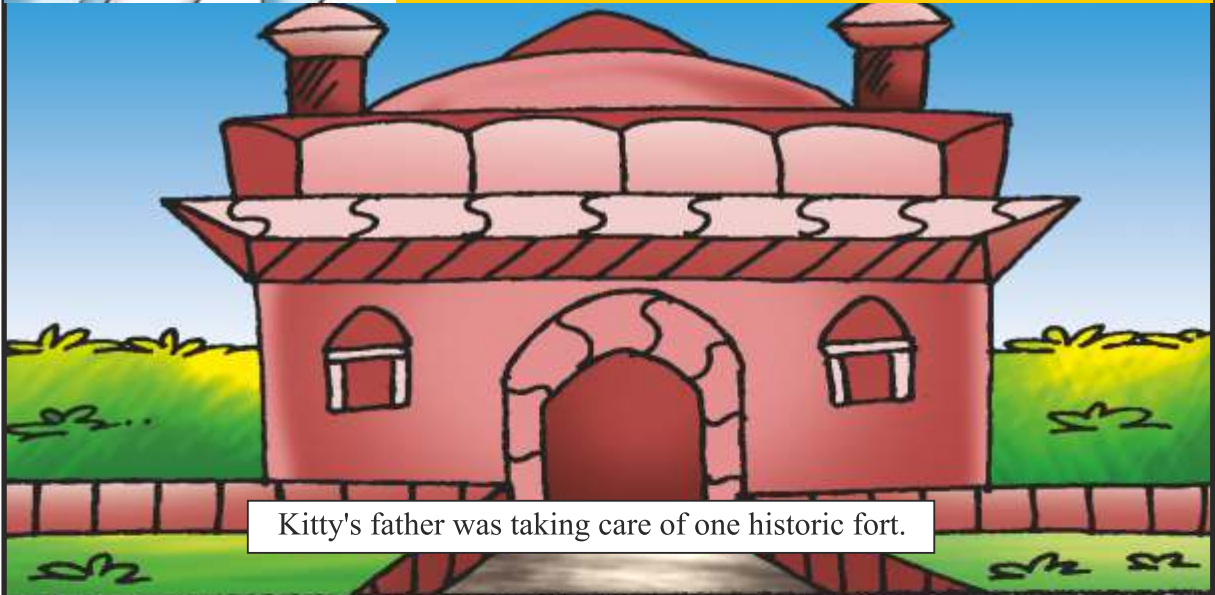




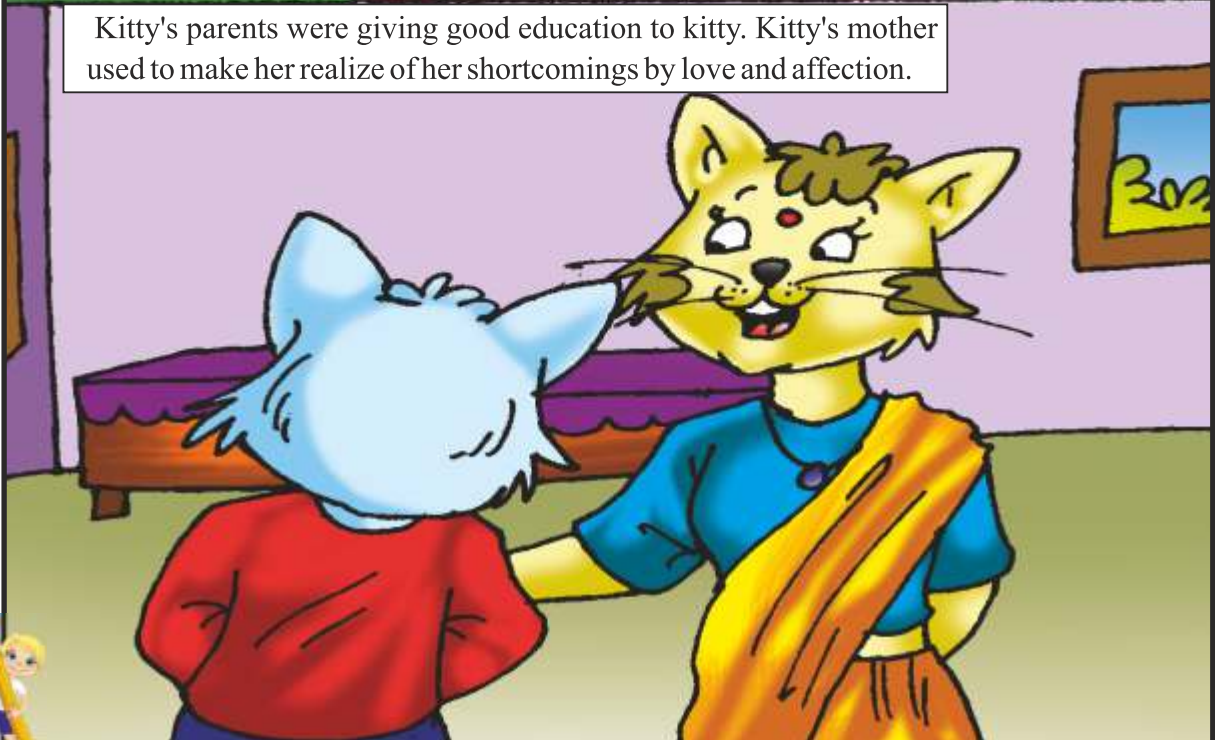


# Kitty

Story & Illustration  
—Ajay Kalara

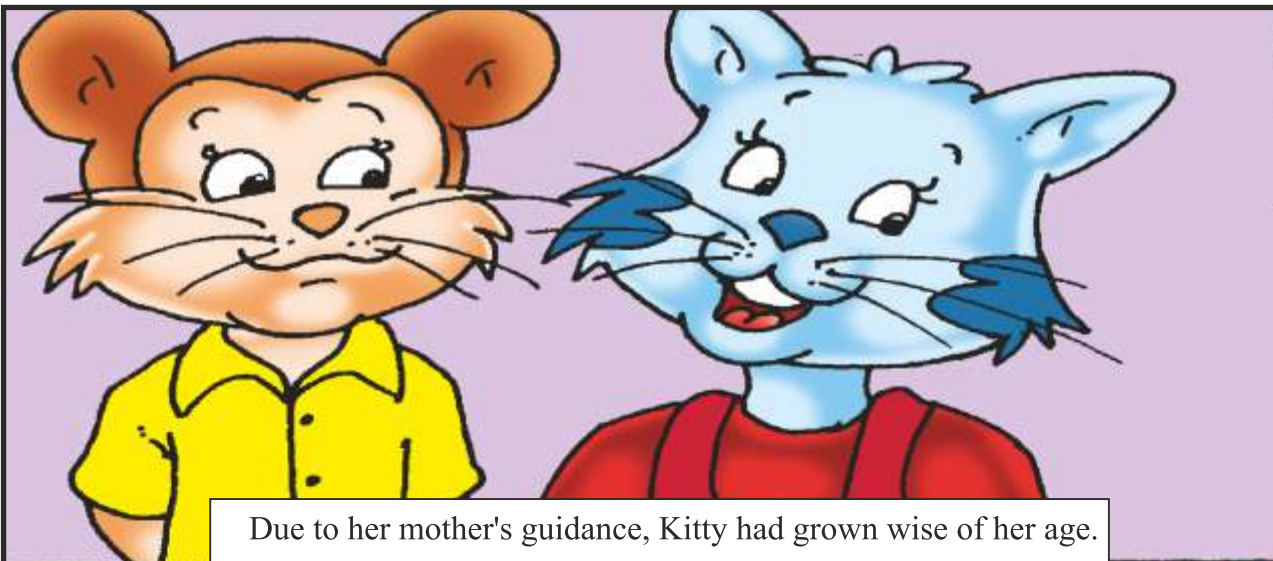


Kitty's father was taking care of one historic fort.



Kitty's parents were giving good education to kitty. Kitty's mother used to make her realize of her shortcomings by love and affection.

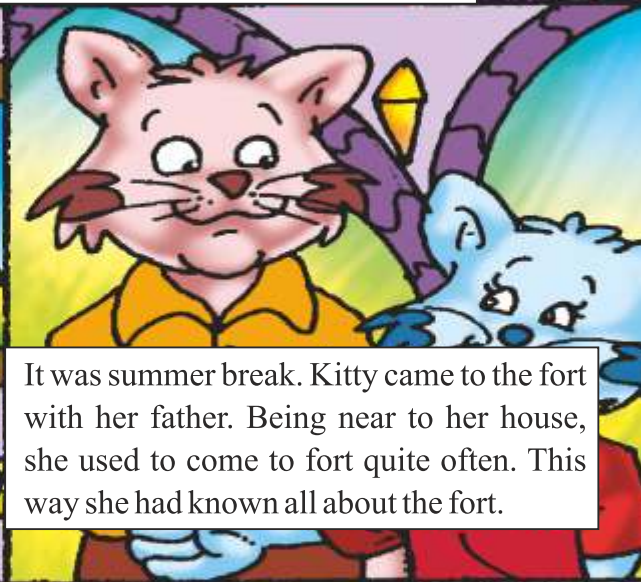




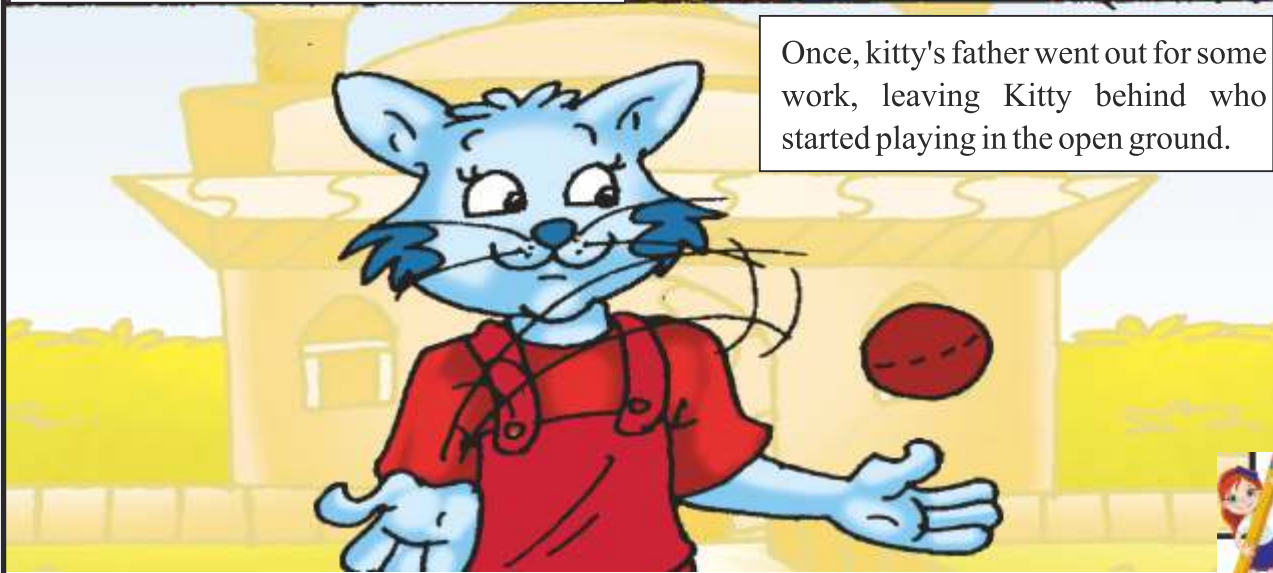
Due to her mother's guidance, Kitty had grown wise of her age.



Kitty was very courteous and of decent behaviour and its credit went to her mother. She used to emphasise upon her that it is good behaviour only which commands respect from others and they feel impressed.



It was summer break. Kitty came to the fort with her father. Being near to her house, she used to come to fort quite often. This way she had known all about the fort.



Once, kitty's father went out for some work, leaving Kitty behind who started playing in the open ground.





Kitty saw some tourists there, who were looking for some guide to see the fort.



Kitty hurriedly went to them and said, "Are you willing to see the fort"? One of the tourists said, "Yes". Kitty immediately said, "Come along with me".



Kitty told them that her father was the care taker of that fort. She said, "Come along with me, I show you the fort". The tourists were happy that kitty was so helpful to them without asking.



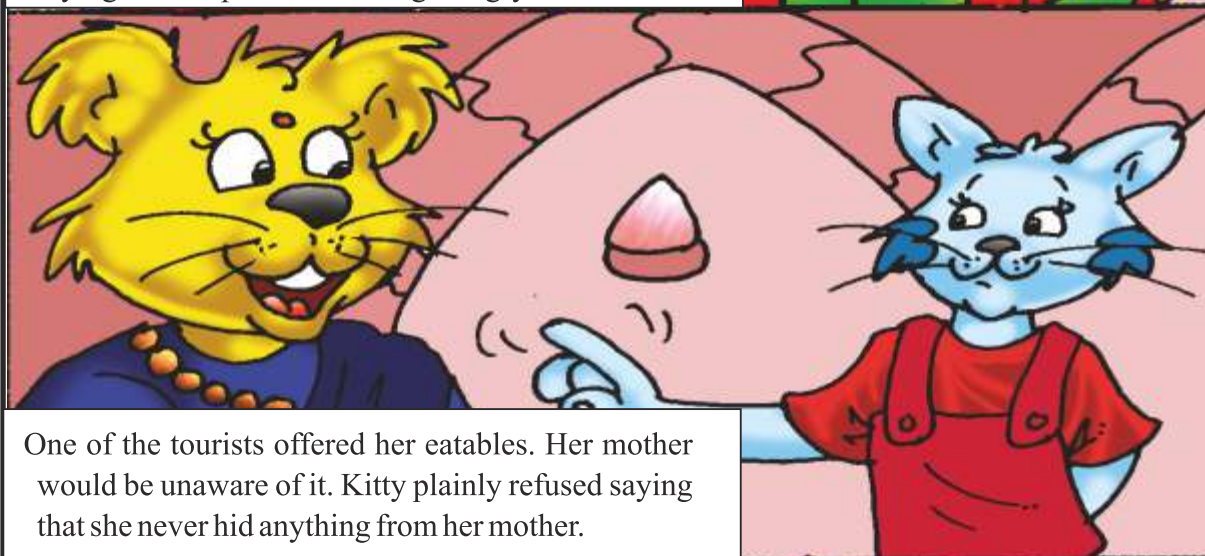
Kitty not only showed them around, but also told them the details of everything. The tourists never thought that kitty will prove herself to be so good guide at such a young age.



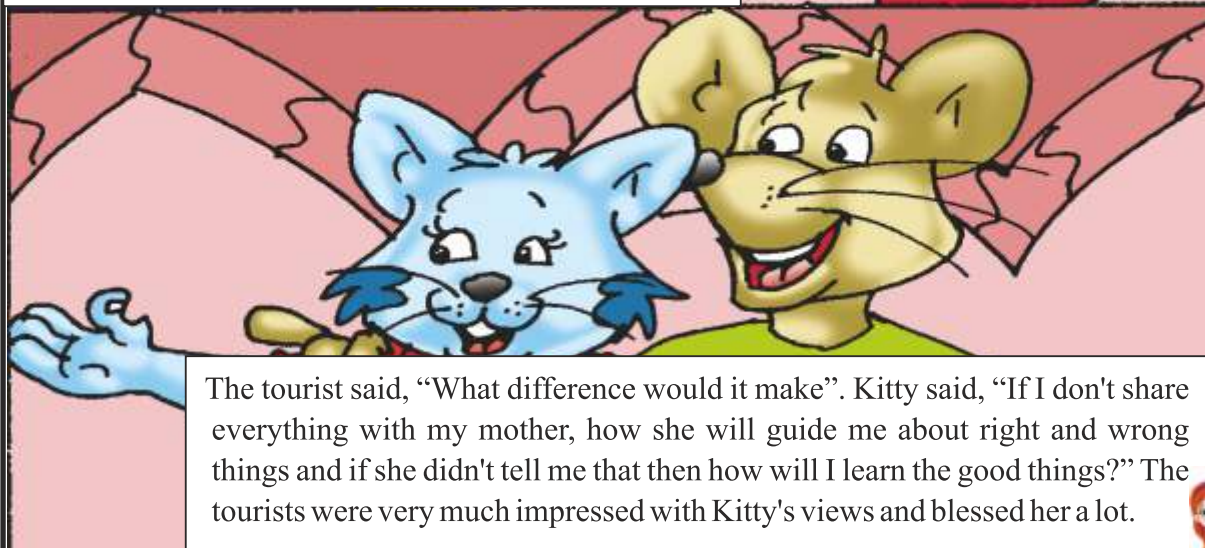




After seeing the entire fort, the tourists wanted to tip Kitty. But Kitty refused. At this the tourists said that they were paying for her services. But Kitty refused saying that her parents would get angry.



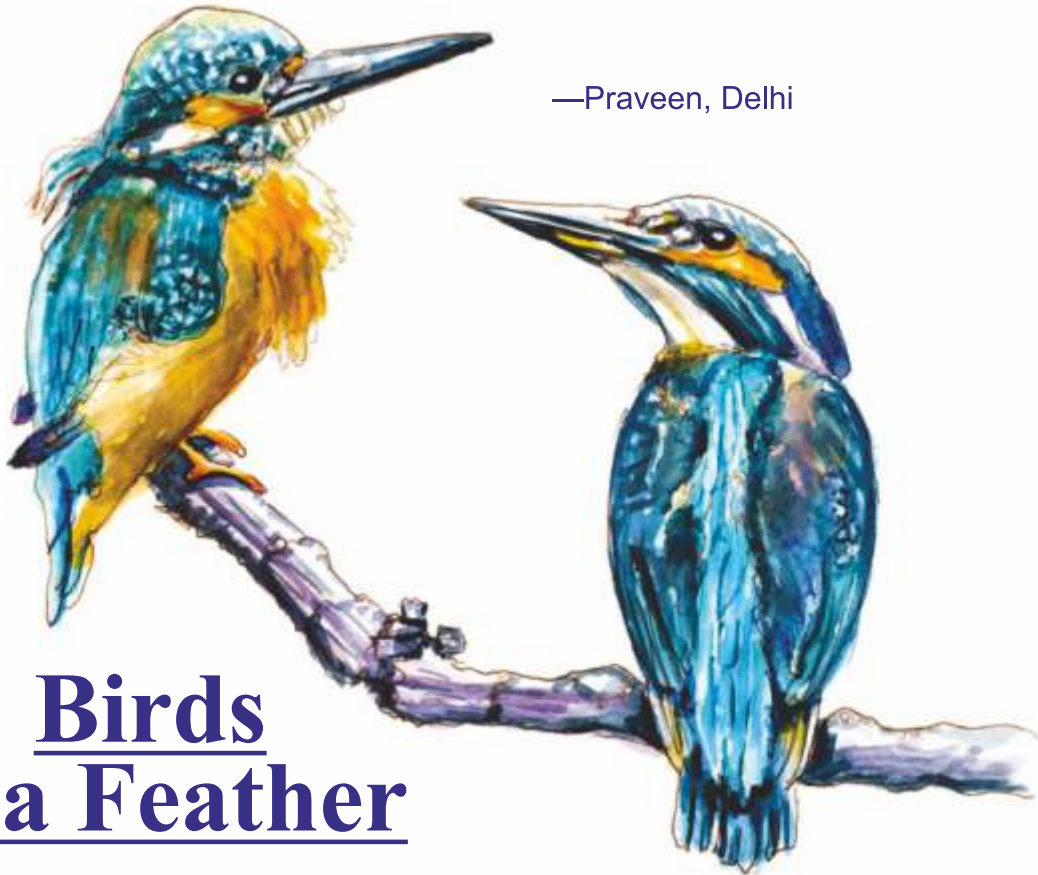
One of the tourists offered her eatables. Her mother would be unaware of it. Kitty plainly refused saying that she never hid anything from her mother.



The tourist said, "What difference would it make". Kitty said, "If I don't share everything with my mother, how she will guide me about right and wrong things and if she didn't tell me that then how will I learn the good things?" The tourists were very much impressed with Kitty's views and blessed her a lot.



—Praveen, Delhi



## Birds of a Feather

Like many animals, birds are warm-blooded. They have many other features in common with other animals too. But they have one feature that makes them unique among all living animals: birds have feathers.

The entire covering of feathers is called the bird's 'plumage'. Feathers are an important part of why most birds can fly. And feathers help protect all birds from rain, cold, and heat.

The next time it rains, watch for birds outside the window. You may see them standing with wings and tail drooping to the ground. The water simply slides off without soaking through. On a cold winter day you may notice that birds fluff out their feathers. Fluffed-out feathers hold a layer of warm air next to the skin. In hot weather a bird flattens its feathers. This keeps the skin cool by stopping hot air from reaching it.

Birds have different kinds of feathers. In many birds a thick coat of feathers called 'down' lies closest to the skin. Down feathers are soft and warm. Water birds have extra-thick coats of down. That's one reason why ducks can paddle about in icy winter waters without getting cold.

A bird's main body feathers are called 'contour feathers'. Most contour feathers have many small hooks. The tiny hooks lock together like a zip, which makes the feathers smooth in a single direction. Some contour feathers are colorful and are for show only. Other contour feathers are special 'flight feathers'. These are found on the edges and tips of the wing and in the tail. They can be adjusted as a bird flies to help the bird steer and change speed.





# Happy Holi

By : Bharat Kumar, Delhi

**Holi** is one of the most famous and immensely bright and vibrant festivals of India – celebrated to mark the triumph of Prince Prahlad over his father Harnayakashyap. It is a Hindu festival that marks the arrival of spring and widely known as the festival of Colours. It is a celebration of fraternity and love as well as the triumph of good over evil. Holi eve is celebrated by huge bonfire known as Holika Dahan; the next day people celebrate it with dry and wet colours, share sweets and happiness.

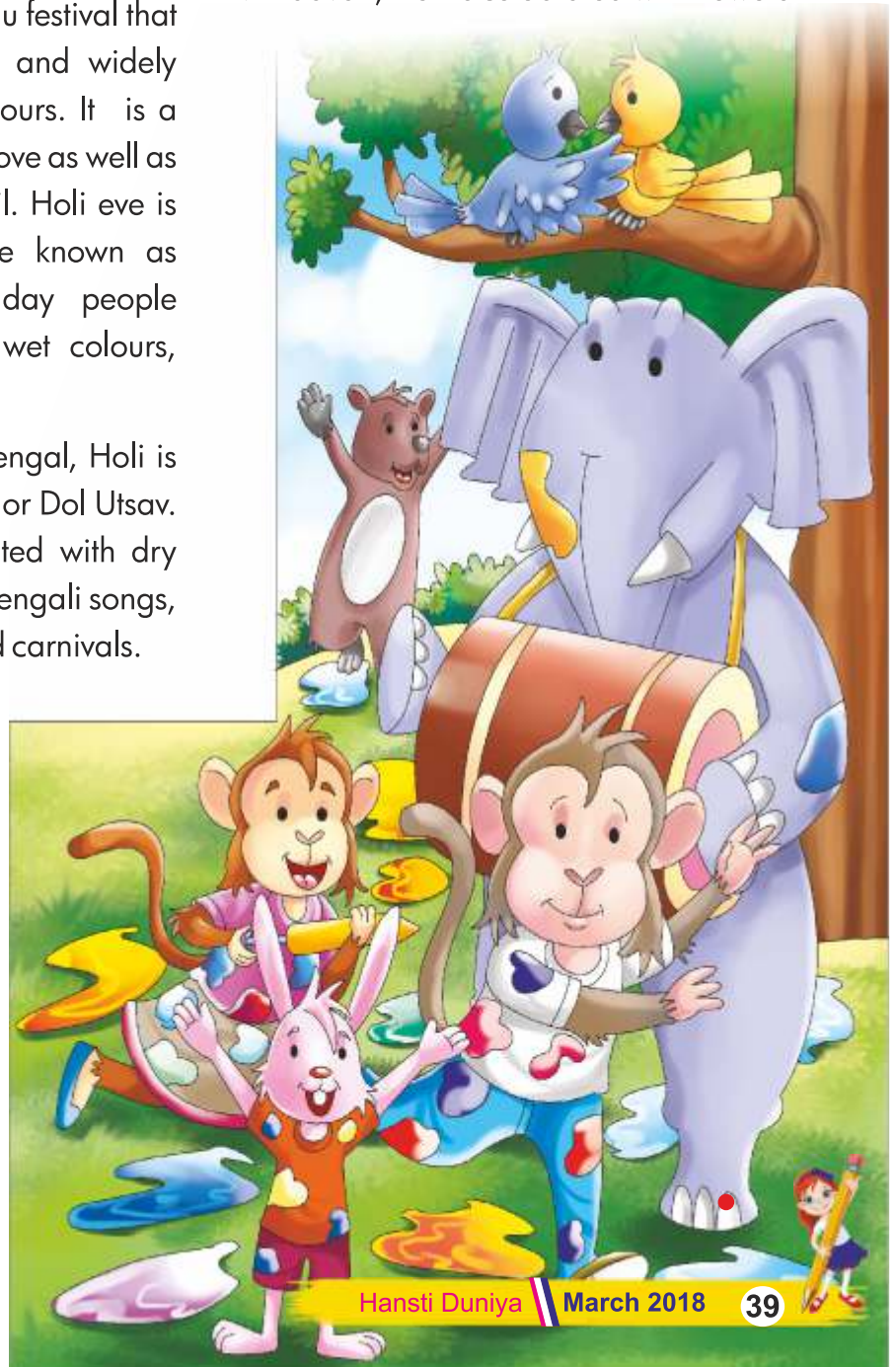
In Shantiniketan, West Bengal, Holi is celebrated as Basanta Utsav or Dol Utsav. Here, the festival is celebrated with dry colours or gulal, traditional Bengali songs, and dance performances and carnivals.

People take part in Holi all around the world, but it is celebrated the most in parts of India and Nepal. Holi is split into two events: Holika Dahan and Rangwali Holi.

Holika Dahan takes place the night before Rangwali Holi. Wood and dung-cakes are burned in a

symbolic pyre to signify good defeating evil (In Hindu Ved scriptures, the God Vishnu helps burn the devil Holika to death).

How's it celebrated: Gulal and wet colours sprayed through water guns, jet sprays, and water filled balloons. In Vrindavan, Holi is celebrated with flowers





—Sakshi Gulati, Chandigarh

# Laughing Time



Truth of the day:-

You can't sleep simply by closing your eyes; you have to shut down your NET also.

In today's time:-

Charity is not only to provide food to the hungry, BUT also to provide CHARGER to the person using Android Phone.

During earlier times, people were mad for son (BETA), BUT today, they are mad for DATA.

Biggest problem of the day:-

If Mobile is not working -  
Child Responsible.  
If Child is not working (Obeying) -  
Mobile Responsible.

The time has changed today:-  
Earlier children used to leave house after touching Mother's feet.  
Today, they leave after charging their Mobile Battery Full.

Some people get so much impatient (UPSET) when suddenly phone balance gets exhausted at night as if the person whom they wanted to speak wouldn't be LIVE by next morning.

Some people run to the mobile charger when phone battery is just 1-2 % as if they are assuring the phone that nothing will happen to you. Don't close your eyes; I am here to save you, everything will be set right.

Some people apply Pattern Lock to their mobile phone as if all the Confidential Files of ISI are lying in their phone only.





I was visiting a friend who couldn't find his cordless phone. After several minutes of search, his young daughter said, "You know what they should invent? A phone that stays connected to its base so that it never gets lost."

Teacher : Gaurav, "What are the words most used in our class"?

Gaurav : Sir, I don't know.

Teacher : Very good, sit down.

Three men found three Bombs on their way.

First one said — Let's hand these over to the Police.

Second one said — Yes, that's right: But, what if one of these explodes on the way?

The third one said — Then we'll tell the Police that we had found two only.

Patient : Sir, I don't get sleep at night.

Doctor : Then go on rounds at night as a watchman.

Rajan : I'll have to dismiss my driver. That fool tried to kill me four times.

Sajan : Please give him one more chance.

Jailor : (to a culprit) You'll be hanged today, your last wish if any?

Culprit : I wish to eat watermelon.

Jailor : It will take a long time to have watermelon crop.

Culprit : No problem, I will wait till then.

### CROSSWORD SOLUTION

1 S	E	2 V	E	3 N		4 R
U		O		U		O
M		5 W	6 I	N	G	S
7 O	V	E	R			E
		8 L	A	9 L		
10 P			11 N	O	S	12 E
13 O	R	14 B	I	T		Y
L		A		U		E
E		15 D	E	S	K	S





★ Stress is the gap between our expectations and reality. More the gap, more the stress. So expect nothing and accept everything.

—Himanshu, Delhi

★ If you have choice, then choose the best.

★ Today is the oldest you have ever been; and the youngest you will ever be. Make the best use of your youth and experience to carve out a beautiful day.

★ Morning is a natural beauty, which shows us how to smile and how to love the life. Enjoy your day.

★ Fingers are not same in length, but when they bend, all stand equal. Life becomes very easy when we bend and adjust to situation.

—Ashok, USA.

★ Trusting God won't make the mountain smaller but it will make climbing easier. Hope you will be able to climb all your mountains always.

★ Beauty and colors always attract the eyes, but only a simple smile will catch the attention of the heart.

—Anmol, Canada

★ Life is a circle of happiness, sadness, hard times and good times. If you are going through hard times, believe that good times are on the way.

—Sunil Nagpal, Canada

★ Fight with your strength not with others' weaknesses. Because true success lies in your efforts and not in others' defeat.

★ Efforts are never wasted. Even when it leads to disappointing results, it always makes us more strong, more capable, balanced and experienced.

★ We spend our days for the ideal paths to appear in front of us but we forget that paths are made by walking not by waiting.

★ The lotus is a symbol of purity with roots in the mud, the flower remains above the dirty water. Live a lotus like life in the world unaffected by the negativity.

—Anmol, Canada





## Result for the month of January Issue

**First :**

**Shardha** Age : 7

Laxmi Kirana Store  
Near Tri Murti Mandir  
Suratgarh,



**Second :**

**Shalok Tayal** Age : 09

Mohan & Mohan C.A., 2 Trust Lane  
The Mall Bathinda (Pb.)



**Third:**

**Anshika** Age 12

Sb-50, Dera Baba Jaimal Singh  
Beas, Dist: Amritsar (Pb.)



## Consolation Enteries

Vishwa, (Vadodara(Guj.)

Nishtha Nagpal,  
(Ranchi,(Jharkhand.)

Medhavi, (Chandigarh)

Shrishti, (Delhi)

Avneet (Lucknow)

Himanshu, (Delhi)

Lakshita, (Dehradun)

Ankita, (Azamgarh, U.P.)

Arti, (CA-2)

Vrinda Bhutani

(Gautambudh Nagar, Delhi)

Anandita Khurana

(Jalandhar, Pb.)

Amrita, (Varansi)

Prateek, (Mumbai)

Richa , (Dehradun)

Ankur, (Delhi)

## "Colour it" for March Issue

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

The result will appear in **May 2018** issue. Full name and address should be mentioned clearly at the prescribed place. Children up to the age of 15 years only will be eligible to participate.



# Colour it



Name ..... Age .....

Address .....

.....



# Improve your Grammar

Answers:

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

## Q.No.                      Explanation

1. While pronouncing the word 'CHARISMA', the letter 'H' is silent.
2. The plural of CHILD is CHILDREN. As children is already plural, we don't add 's' to it.
3. A Gerund is a verbal noun. It has exactly the same form as the Present Participle.
4. NICK OF TIME is an idiom that means 'at the last possible moment'.
5. If war, fighting or disease BREAKS OUT, it begins suddenly. When something BREAKS UP, it is divided into several parts.
6. PRIESTESS is a female priest of a non-Christian religion.
7. A person who is specialist in heart diseases is known as CARDIOLOGIST whereas a person who makes maps is known as CARTOGRAPHER.
8. The verb SPELL is used to suggest an unpleasant result, such as disaster.

— Swati Khurana (Gurgaon)



## 5 Tips For Eye Care

1. Good eye health starts with the food on your plate. Eat a healthy and balanced diet. Add more green vegetables like spinach and green beans to your diet.
2. Wear sunglasses to protect your eyes from the harmful ultraviolet rays of the sun.
3. Staring at a computer screen for too long can cause eyestrain. So, after every 2 hours, take a break of 15 minutes and give your eyes a rest. Also, make sure that your TV is kept at a maximum distance while viewing.
4. Get plenty of sleep. It's good to sleep for 7-8 hours at night.
5. Visit your eye specialist regularly to make sure that your eyes are fit and perfect.





# Looking After the Garden

Story : Kiran Bala, Mumbai



There was a hermitage where an ascetic lived with some disciples. A nine year old boy was the youngest disciple there. One day the old ascetic told the little boy, " I am going out for a few days. I have given all the boys certain duties to do, while I am away. You are in charge of this garden. Look after it properly."

Ten days later the ascetic came back. He found the garden and its little caretaker weak and unhappy. He made the boy sit near him and asked him, "Did you look after the garden in my absence?"

The boy nodded his head and said, "I got up early in the morning and worked all day. I even slept in the garden, so that no one would enter and



damage anything. I did not allow anyone to pluck any flower.”

The Ascetic said, “ You spent the whole day looking after the garden? Tell me, what all did you do?”

Boy: Gurudev, I cleaned all the leaves with my Angavastra (shawl). I wiped the dust of all of them. I removed all the ants and caterpillars that crawled on them.

The ascetic listened patiently as the little boy went on. Gurudev, I cleaned all the branches and removed the dead leaves. I smelt each flower one by one. I even sprinkled Itra (perfume) on the flowers that did not smell good. I sang songs to the little plants and told them that Gurudev would be coming soon. I wiped the dust of all the fruits and kept guard all day, so that the birds would not peck at the fruits and damage them.

Ascetic: My child, I can see that you have been working very hard, you must be very tired.

The boy lowered his tear filled eyes and did not speak a word. The master held his hand softly.

Ascetic: Son, did you water the garden?

Boy: No Gurudev, I did not.

Ascetic: My child, you have taken care of the outward appearance of the

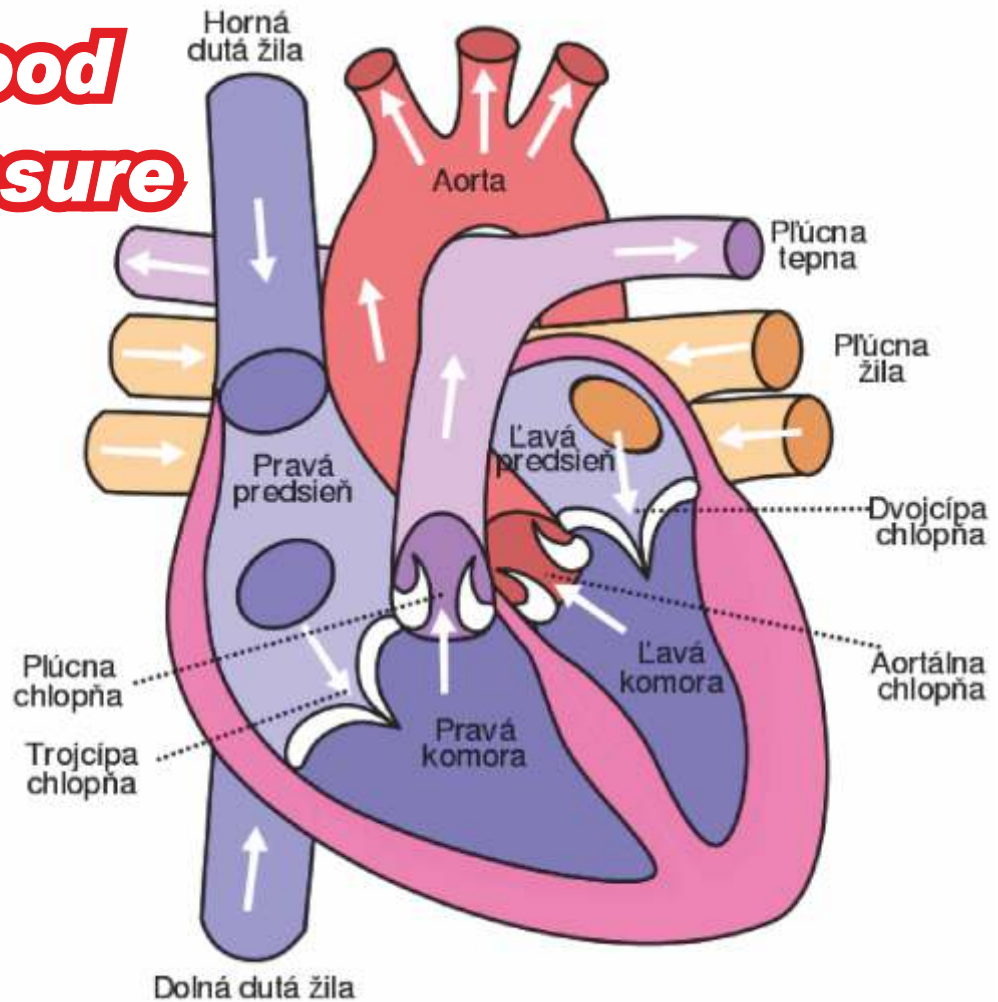
plants. You have cleaned and polished them diligently. You have even removed all the insects from the plants. But you did not provide nourishment for them. You did not think of what is within the plants. It was not important to dust the leaves and branches. Dust does no harm them. Even the ants and all the crawlers do not damage the plants. They are a part of nature. The plants are used to them. The birds too normally take their share out of nature’s bounty. You did not notice that the leaves looked dry and droopy. You did not feel that the ground looked parched. You did not see that the grass was turning dry and yellow. Did you try to find out why everything looked so droopy and weak?

This is what we also do. We spend hours on our outward appearance. We spend loads of money to buy good clothes, jewellery, cosmetics, perfumes etc. We are concerned about what we need for our inner self? The thing that is not visible, that is most important. Concentrate on that. That is the most valuable part of us.

**Moral:— The Lord loves the Inner, not the Outer. But you should not neglect the outer, even in the outward behaviour and in your acts you should manifest the inner feeling.**



# Blood Pressure



— *Shreshtha Sharma*

The continuous circulation of the blood is maintained by the activity of the heart and blood vessels. There are four chambers in our heart. These are two auricles and two ventricles. Auricles receive blood from various parts of the body with pressure. This force of blood exerted against the inside walls of blood vessels is known as blood pressure.

There are two types of blood pressure. First is upper blood pressure or Systolic blood pressure and second is lower blood pressure or diastolic blood pressure.

Blood pressure varies considerably during the different phases of activity of the heart. When the heart contracts i.e. during systole, blood pressure reaches its highest point (maximal pressure) and when





heart dilates i.e. during diastolic, blood pressure drops to lowest point (Minimum pressure).

The degree of the systolic rise depends on the force of ventricular contraction and on the amount of blood ejected by the ventricle. The minimal or diastolic pressure is determined by the tension in the walls of the small arteries .

Normally, the maximal pressure in the healthy adult is 120-140 mmHg and the minimal is 60-90 mmHg. The standard blood pressure of a healthy person is 120/80 mmHg.

It changes from person to person. It changes even during the day. In the morning it will be low but during running or exercising it will be high.

High blood pressure is called hypertension. Blood pressure higher than normal blood pressure i.e., 120/80, is hypertension. Many people do not feel any symptoms of hypertension. As the hypertension quietly damages the human body without any symptom, it is often called a 'silent killer'.

Hypertension increases the work load of the heart, weakens the blood vessels and accelerates the hardening of the arteries. It can cause bleeding in brain, heart attack, kidney failure, eye

problems, attack of paralysis etc. Smoking can damage the heart directly. Obesity may also cause hypertension. Obese persons are five times more likely to develop hypertension.

### **Points for persons suffering from hypertension : -**

- \* Reduce the weight and intake salt. Total restriction of salt may reduce the blood pressure by 6-12 mmHg. Processed food and food with high salt content should be restricted.
- \* Stopping of smoking is the most beneficial measure to reduce the dreadful complication of high blood pressure, such as heart attack and sudden death etc.
- \* Alcohol also increases the chances of heart attack. So wine should be avoided by the person suffering from hypertension.
- \* Level of Cholesterol in the blood should be reduced.
- \* Heavy exercises should be avoided as blood pressure is raised after such exercises. A daily half an hour walk is beneficial.



# Maze

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