

Hansti Duniya

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The True Happiness



Today, there is general knowledge and writing competition in the school. Everyone wants to stand first in the competition, so all the students are coming with their full preparation. There is one very intelligent student in the school. Every student believed that every time that intelligent student gets the first position in competitions. This time also only he will stand first, so almost all students thought of second or third places in their minds.

After some days, it was the time to declare the result of the competition. Everyone was confident that this time also the brilliant will get the first prize. But what's this? That student has already reached the stage with the teachers and is holding some papers in his hand. Now everyone understood that he only is the real winner of the competition.

The principal introduced the student coming with him and said that today, he will announce the names of the winners of the competition.

That student thanked all the teachers and stated that he felt happy to know that he was held at high position by all. This is also the result of your good wishes only that today I have been called here to announce the names of the winners.

He announced the names of the winners amid the clapping sound and the principal gave prizes to all of them. But his name was not there among the winners.

Now the Principal honored all the winners and said that they should put in more efforts and ability; and help other students also with full confidence and hard work. They should also motivate others. It's only a healthy tradition to stand first or second in the competition. Actually, we are to improve ourselves and always keep our positive thinking along with. Today, the student who announced the names of all the winners insisted that he should not be considered as the part of this competition. He said, "I want to see my other colleagues, my co-students also to come first. In their happiness, I will share true happiness". Therefore, in true sense, he is generous. This type of thinking in our vision and to prove it through our actions is both the aim as well as the sign of our greatness.

He was given thunderous applause.

Dear friends! This is the lesson given by great man that we have to inculcate in our lives. Winning competitions is the measure of our success. Success is the name of understanding and to impart happiness to others. When we become instrument to give joy to others; then we become the cause of delight for the God's creation, the entire humanity. We have to put our efforts forward to get the real success.

- Vimlesh Ahuja



Mango

Health Benefits

Mangoes taste so good that people forget that these are also healthy! Discover how the “king of fruits” can help you.

1. Prevents Cancer: Research has shown antioxidant compounds in mango fruit have been found to protect against colon, breast, leukemia and prostate cancers. These compounds include quercetin, is quercitrin, astragalin, fisetin, gallic acid and methylgallat, as well as the abundant enzymes.

2. Lowers Cholesterol: The high levels of fiber, pectin and vitamin C help to lower serum cholesterol levels, specifically Low-Density Lipoprotein (the bad stuff)

3. Clears the Skin: Can be used both internally and externally for the skin. Mangos clear clogged pores and eliminate pimples.

4. Eye Health: One cup of sliced mangoes supplies 25 percent of the needed daily value of vitamin A, which promotes good eyesight and prevents night blindness and dry eyes.

5. Alkalizes the Whole Body: The tartaric acid, malic acid, and a trace of citric acid found in the fruit help to maintain the alkali reserve of the body.

6. Helps in Diabetes: **Mango leaves** help normalize insulin levels in the blood. The traditional home remedy involves boiling leaves in water, soaking through the night and then consuming the filtered decoction in the morning. Mango fruit also has a



relatively low glyceric index (41-60) so moderate quantities will not spike your sugar levels.

7. Improves Digestion: Papayas are not the only fruit that contain enzymes for breaking down protein. There are several fruits, including mangoes, which have this healthful quality. The fiber in mangos also helps digestion and elimination.

8. Remedy for Heat Stroke : Juicing the fruit from green mango and mixing with water and a sweetener helps to cool down the body and prevent harm to the body.

9. Boosts Immune System: The generous amounts of vitamin C and vitamin A in mangoes, plus 25 different kinds of carotenoid keep your immune system healthy and strong.



SAMPURAN AVTAR BANI

Ik Tu Hi Nirankar - 140

JIS NE DHARTI AG BANAE THANDA MITHA PANI VI;
 JIS NE JEEV AKASH BANAE BAKHSHI EY ZINDGANI VI.
 KAR KAR SIFTAN LEKHAK THAKKE GITA GRANTH VICHARE VI;
 JIS NE SUNDAR VAYU BAKHSHI SURAJ CHANN SITARE VI.
 JIS NE KANN SUNAN NOON DITTE NAIN SUHANE DARSHAN LAYEE;
 JIS NE BAKHSHE NE HATH SOHNE CHARAN GURU DE PARSAN LAYEE.
 JIS NE SUNDAR PAIR BANAEY SAT SANGAT ViCH JAAN LAYEE;
 SOHNI SOHNI JEEBHA BAKHSHI GUN SATGUR DE GAAN LAYEE.
 AISE MALAK NOON KOI DASSE KION NA HARDAM YAD KARAN;
 AVTAR KAHE MAIN ES PRABHU DA PAL PAL TE DHANWAD KARAN.

Thou Formless One 140

The one, who created this earth,
 the fire and the cool sweet water;

The one, who created the living
 beings and the Aakash and gifted
 the human life too.

The writers are exhausted while
 describing His glory as also Gita
 and other scriptures.

The one, who gifted the pleasant
 air, the sun, the moon, and also the
 stars.

The one, who gifted the ears to
 listen, and beautiful eyes to see;

The one, who gifted the lovely
 hands to touch the holy feet of the
 True Master.

The one, who designed the
 lovely feet for going to the
 congregation of saints;

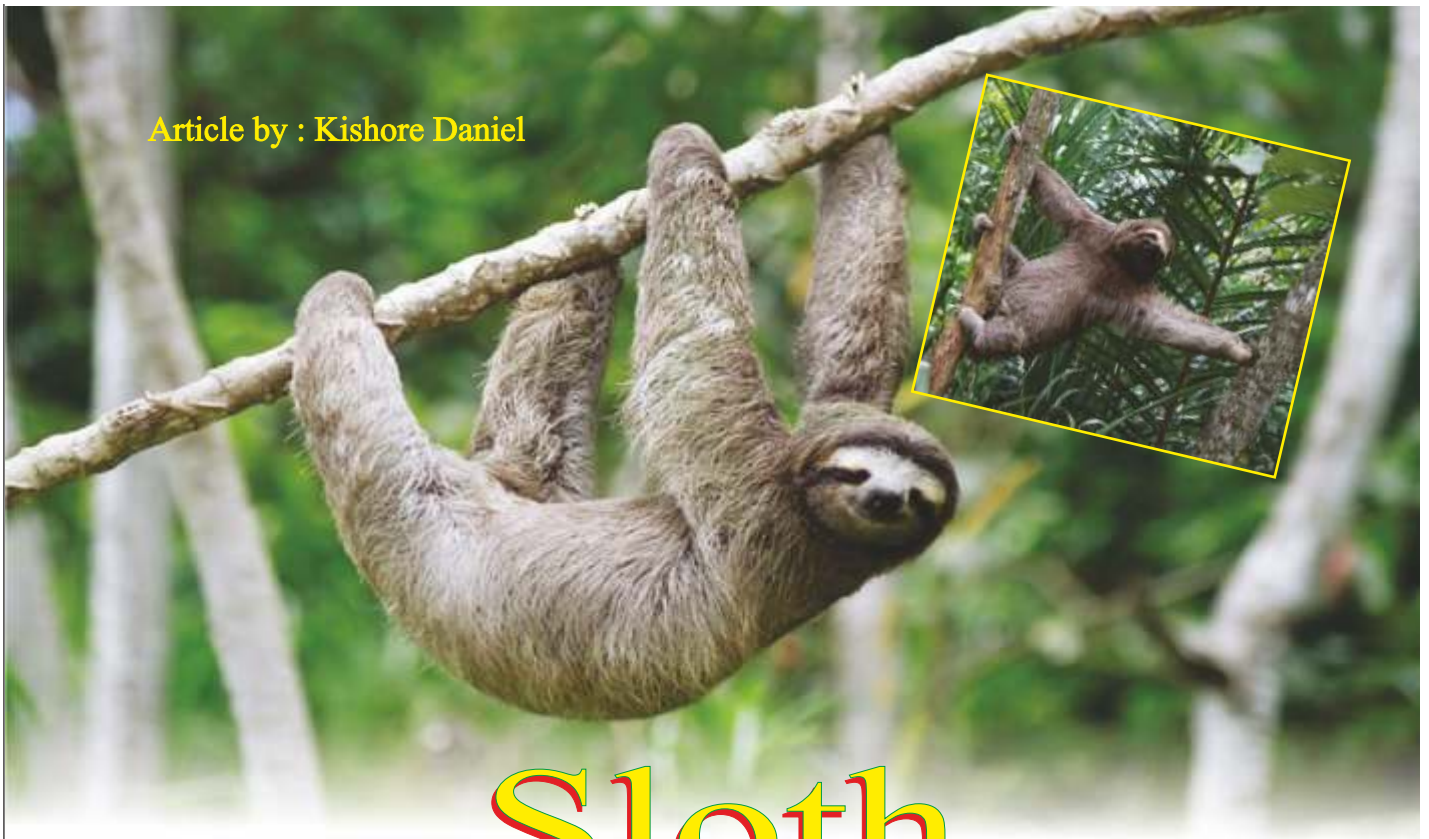
The one, who gifted the splended
 tongue to sing the glory of the
 True Master.

Could anyone tell me as to
 why should I not remember such a
 benevolent Lord every moment?

Avtar says, I express my
 gratitude to this Almighty every
 moment.



Article by : Kishore Daniel



Sloth

The sloth is the upside-down curiosity of the South American jungles. With his head hanging down, it dangles from tree branches for hours on end, rarely attempting to move unless he is hungry. At other times it waits for the wind to blow branches together so that it can climb backwards from tree to tree. Sloths are about two feet long and have no tails.

People who are lazy are referred to as sloths, but this idling animal acts the way he does only because his blood flows so slowly through his veins. No wonder that a green moss grows on his coarse fur as if he were a stone. Sloths are disguised so well by this plant growth all over their bodies that they cannot be detected among the trees.

The Brazilian Sloth has two toes, while the sloths further north in the continent have three. Their long curved claws make them able to cling to any kind of support and they can completely encircle small branches. Their tongues are as rough as sand paper and rip off shoots and leaves by just licking them.

Although sloths can hardly walk on the ground, they will fight off attacks by other animals, striking with their claws.



Cleaning Tips and Tricks for Your Home



- >> You can remove marker or sketch-pen stains on wood with a toothpaste.
- Add four tablespoons of baking soda to one liter of water and make your own all-purpose cleaner at home.
- >> Clean your garbage bin by running a few lemon rings through it and filling it up with cold water.
- >> Remove pen and colour stains from your walls by running a sponge dipped in water and baking soda through them.
- >> Clean your sneakers with a tooth brush and toothpaste and make them look as fresh as new.
- >> To soften fuzzy towels, wash them in hot water and add one cup of ammonia to it

No matter how much we try to keep things at home clean and tidy, there are some things that need our attention. Here are a few cleaning tips you could use:

HAND WASHING POEM

We wash our hands to keep them clean ...
The cleanest hands you've ever seen!
Use soap and water-that's the way
To chase those yolky germs away!



Divine Words of Baba Hardev Singh Ji



- ☆ Those who live in spiritual ecstasy, they are the pious and reverent souls.
- ☆ We should always remain full of humility, love, compassion and mercy.
- ☆ There should always be an attitude of gratitude in our mind that whatever I possess is the blessing of the Lord Master. Had He not provided all this to me, how could I have given it to others?
- ☆ A devotee leads his life doing sewa, sumiran and satsang. Thus he not only gets salvation himself but works for the welfare of others also.
- ☆ A devotee leads his life as per the will of God. He never gets troubled by ups and downs in life, rather remains happy in all circumstances.
- ☆ A diamond is costly because of its quality. Similarly, a devotee's actions speak louder than words.
- ☆ Tolerance is a sign of strength and not weakness.
- ☆ Humans build society. Society gets reformed when humans do so.
- ☆ Seekers of Divine wealth are very few and those few only are the great people.
- ☆ Devotees remain contented even after surrender, whereas worldly people remain discontented even after grapping from others.
- ☆ Ego and knowledge never coexist, as darkness and light can't.
- ☆ Only those can enjoy the sunlight who have got the vision.
- ☆ A true devotee reaches the height of humanity by imbibing truth in his life.
- ☆ The wise always remain awakened whereas the ignorant remain asleep.
- ☆ Healthy thoughts keep our mind healthy.

— Shriram Prajapati, Delhi



—Ashok Kumar Bhatt

All For Life

Once upon a time there was a rich man in a village. He was very greedy. His greed for wealth was beyond limit. To him, wealth was all in life. Therefore, he was mad after wealth.

One day, a wandering monk knocked at his door. The rich man opened the door and asked the monk, "What do you want, holy saint?"

The monk replied softly, "Gentleman, only a loaf of bread."

The rich man said, "Oh, I see. You are wandering about only for a loaf of bread. It is foolish of you to wander about begging a loaf of bread. See me, holy saint. See me that nothing is dearer to me than wealth. Wealth is the main concern for me in life."

The monk replied indifferently, "Sir, it is your thinking, not mine. I think differently. You are blinded by wealth. So you can't see things clearly."

The rich man got a little angry and spoke angrily, "Holy man, your spiritual talk is too much of idealism and little of realism, you can't understand the value of wealth. Let me tell you that it is the wealth that works wonders in life. Life is not joyful without wealth, wealth makes life easy."

The monk said again "Gentleman, I don't deny the importance of wealth. Wealth is must to meet the necessities of life. What I hold wrong is to be mad after wealth; to ignore the spiritual aspect of life and to spoil precious human life for some silver coins."

The rich man answered jeeringly, "Dear monk, it is very easy to speak against wealth but very difficult to do without it. Life comes to stand still without wealth. It is the wealth that makes the mare go."

The monk said politely, "Gentleman, you may be right in your own way. But to me, what you have said sounds to be





hollow. Wealth is a means, not an end."

The rich man said, "Holy man, you have no wealth. So you speak against it. I have wealth, so I know what is its importance."

The monk said indignantly, "To a deluded man, everything is not easily understandable. So, you can't understand the importance of my words." The rich man got angry at these words of the monk and said, "Deluded are you that you don't understand the importance of wealth."

At last, the monk said, "Time will tell you what stands important in the world. So, let us stop arguing now."

The monk went away without taking the loaf of bread from the rich man.

After some days, the rich man fell seriously ill. He consulted many physicians but none could cure him of his illness. The rich man spent huge amount of money on his treatment but

to no avail. His condition was going from bad to worse day by day.

On hearing of the illness of the rich man, the monk came to him to ask about his health. The rich man was lying in his bed. His face was utterly gloomy and pale. He was too weak to move. His eyes had sunk deep into their sockets. The rich man spoke pathetically to the monk, "Oh dear monk, I want to be healthy at all cost. Take away my wealth and cure me of my illness. I don't want to die an untimely death. I want to live full life. Please do for me anything in your power."

The monk encouraged the rich man, "Don't give way to despair. You will soon get well. Have faith in God. Faith works wonders."

The rich man said regretfully, "I now in this state of illness feel that wealth is not all in life." The monk said to the rich man, "I am glad that you have come to realize it. Remember my words that life is not for material pursuits, they are a means not an end purpose of life."





Grandpa

Story & Illustration — Ajay Kalara

A washerman had two pets—a donkey and a dog. He took domestic work from donkey, and dog used to take care of the house at night.



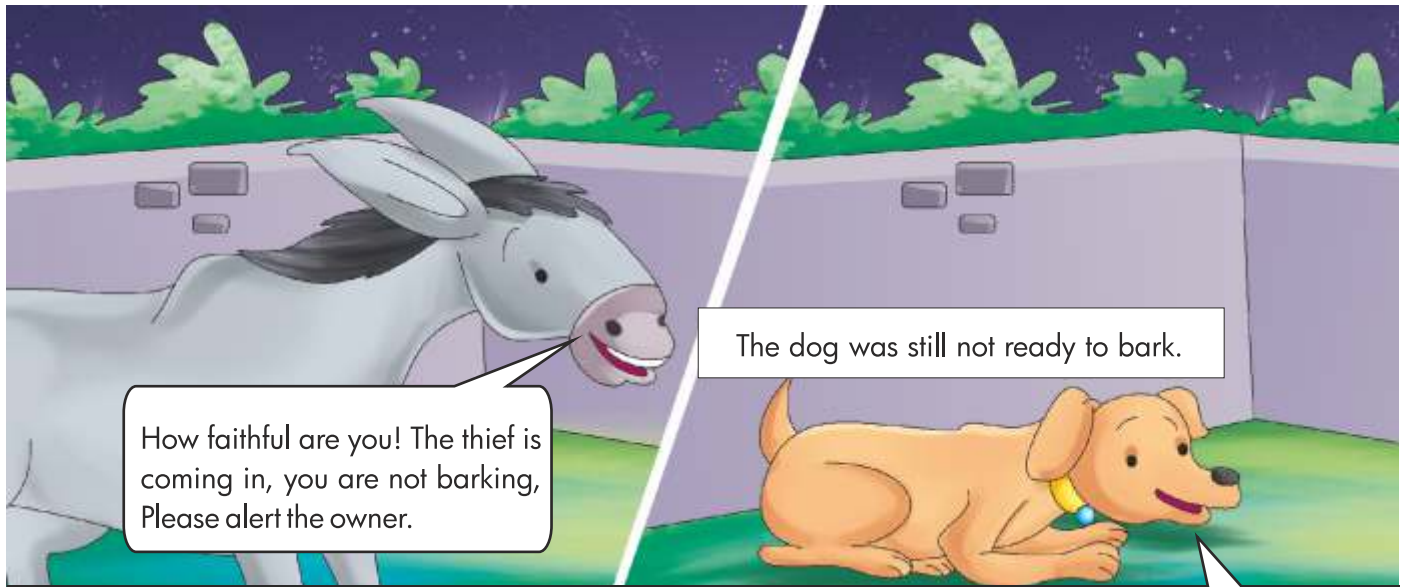
I am tired! Only half a basket grass to eat.

Only this much food, how miser is the owner?

One night when a thief was trying to enter the house of the washerman.

Dear friend! Look! That thief is entering our owner's house.

I have already seen him, let me sleep.



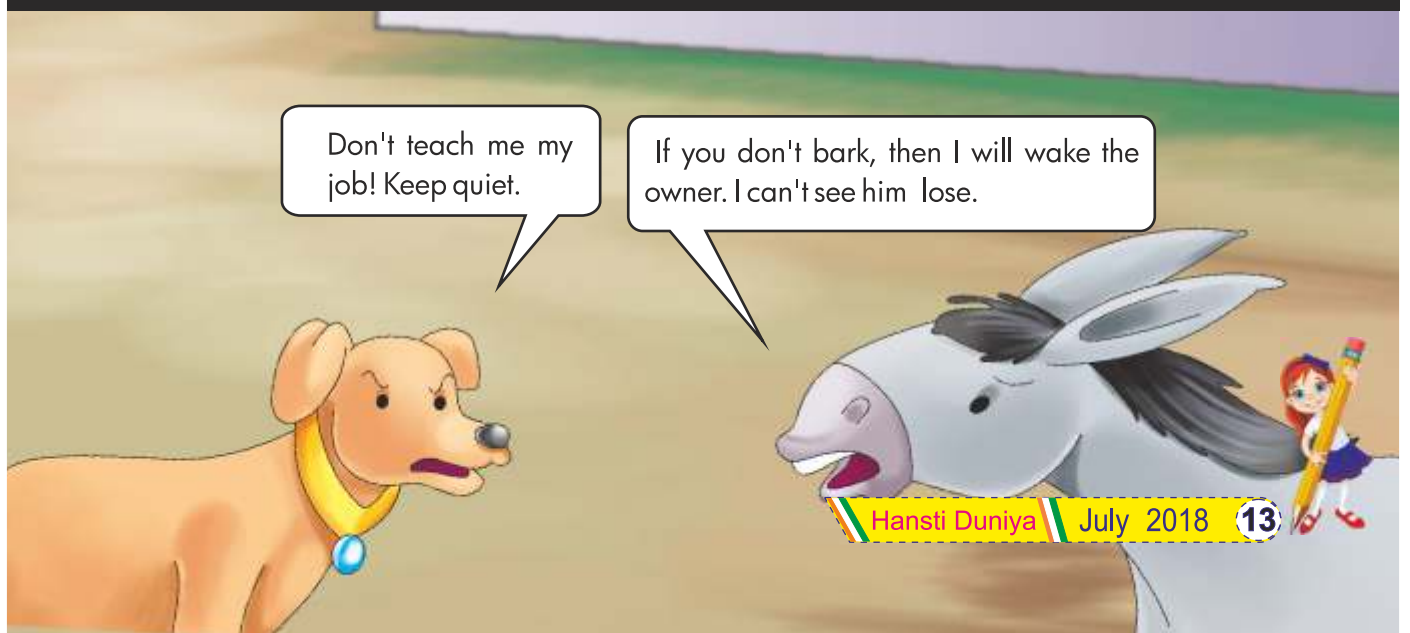
How faithful are you! The thief is coming in, you are not barking, Please alert the owner.

The dog was still not ready to bark.



○ stupid! The thief has entered the house. You perform your duty. Bark! Awake the owner.

Sleep calmly. When the owner doesn't care for us, why should we? When there is theft, then only will he understand.

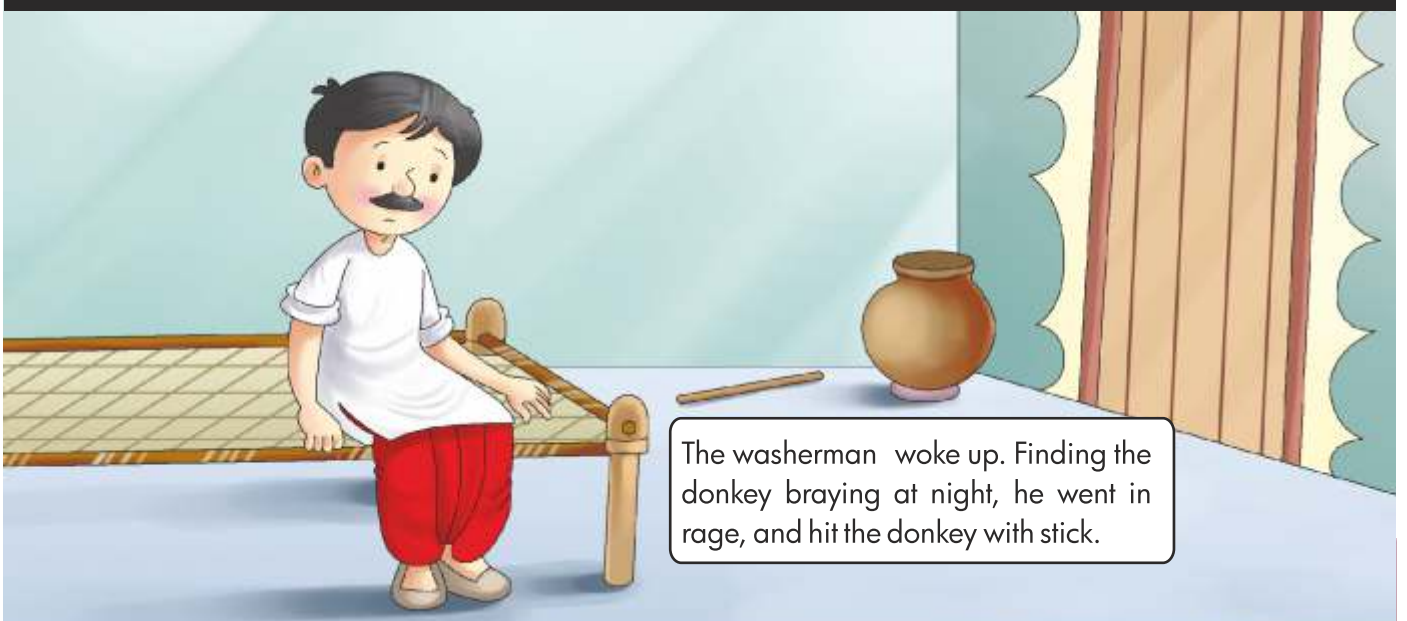


Don't teach me my job! Keep quiet.

If you don't bark, then I will wake the owner. I can't see him lose.



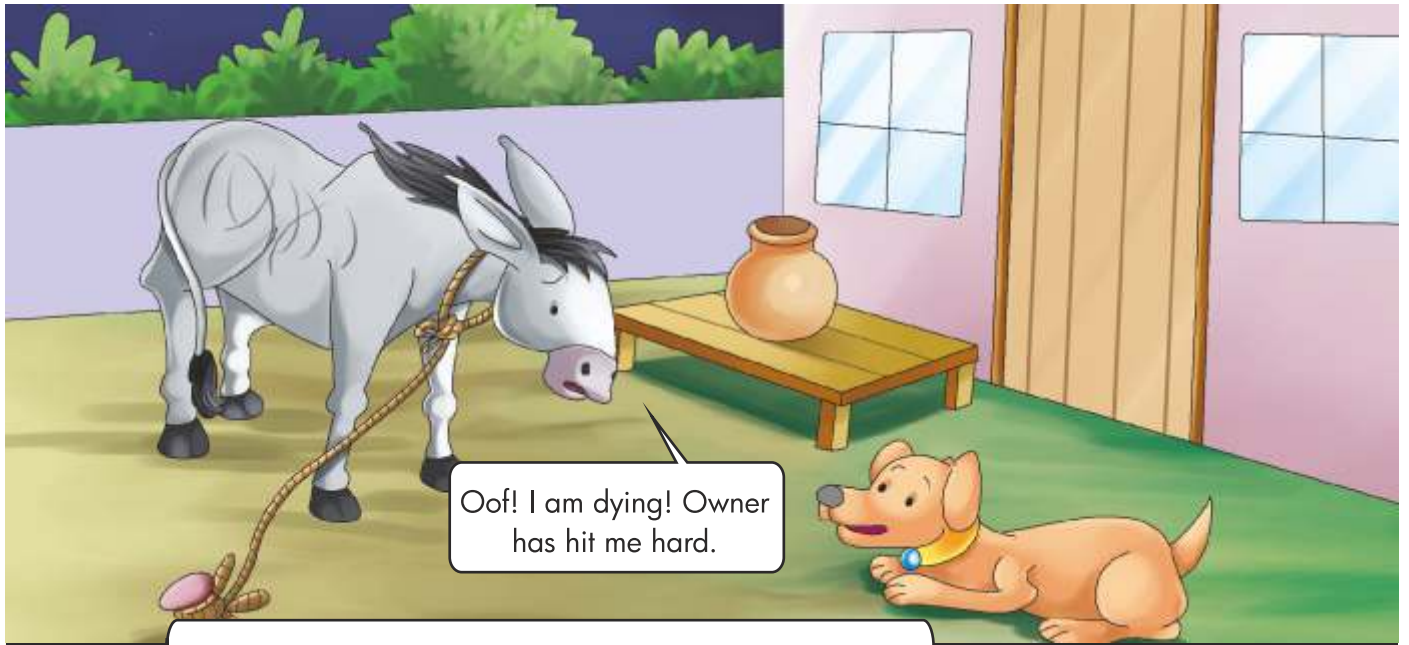
The donkey didn't agree in spite of dog warning it. It started braying loudly.



The washerman woke up. Finding the donkey braying at night, he went in rage, and hit the donkey with stick.

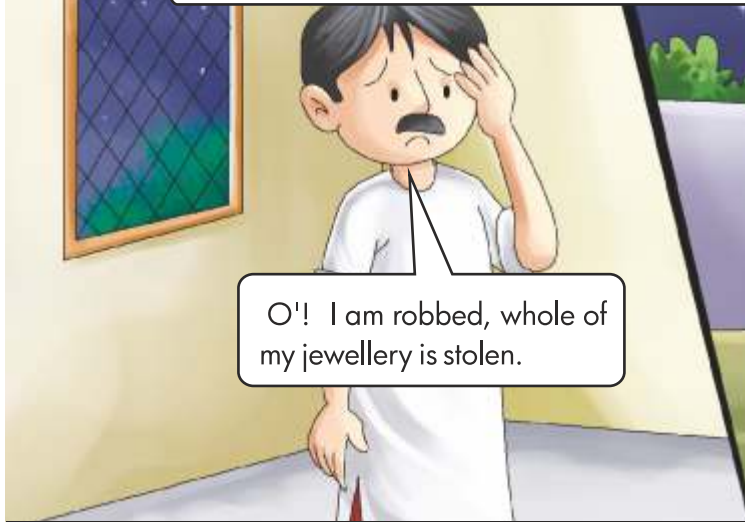


You have disturbed my sleep, now you face the music.



Oof! I am dying! Owner has hit me hard.

The thief hid himself till the washerman was again in fast sleep and getting the chance, he ran away with the theft.



O! I am robbed, whole of my jewellery is stolen.



When the thief was in action, why didn't you bark?



I had tried to save the owner from theft by waking him, but he hit me hard.

Dear friend! excuse me. I will not repeat such mistake in future. I shall perform my duty well.

Moral: One should restrict to one's duty only.



— Milind Karande

Samarpan

I am a (Database Administrator) working on the real time production of database. As per the requirements of the client, I have to make queries in order to get the correct output. This involves many complexities. At times, pressure makes me uncomfortable at work. But the fact is that when I do simran while carrying out my duties and responsibilities, thereby surrendering the same to Babaji - "Babaji this is your work, you are the client, you are the requirement, you are the problem and you only are the solution", - the toughest of problems get solved very easily.

And I also get lot of appreciation for the same. However, once I tried solving the problem on my own, without doing the simran, thinking all will be fine, and I received a firing mail from the client. I have learnt this lesson from daily life that in sangat where we realize the bonding

between the soul and the supreme soul, **whenever we surrender, and take the help of Satguru, even in daily chores, it becomes His duty to make things perfect. But when we take the responsibility on our own selves, we fail.** To become perfect in the life requires a lot of simran, realization of his divine and omnipotent powers, and walking the path of truth. This is very difficult for us, but not for the True Master, the Satguru, the Holy Messiah, as he is beyond the trappings and limitations of normal existence- "ye pare hai is mayavi duniya se" A person in the state of true Samarpan (Surrender) can achieve the enlightened realization that whatever we do and whatever we receive belongs to the Sadguru (God). *When the responsibility is given to him, He takes care of it all. After all we are only a medium and He is the real 'Doer'- Karta.*



IMPROVE YOUR KNOWLEDGE



- Q. 1) The young one of a swan is called -
a) Cub b) cygnet
- Q. 2) He _ me yesterday in the market.
a) Meat b) met
- Q. 3) Democles sword means ____
a) Threatening situation b) Happy situation
- Q. 4) A donkey is called a Jack Ass. What is the feminine of Jack Ass?
a) Mare b) Jenny
- Q. 5) I have not seen him ____ two days
a) Since b) For
- Q. 6) The ____ of sheep is grazing in the field
a) Flock b) Heard
- Q. 7) The sun _____ in the east.
a) Rises b) Rose

Answer Sheet	1	2	3	4	5	6	7



Judge your position from the table given below:
 All correct – Excellent Knowledge
 5 – 7 correct – Average Knowledge
 Below 5 correct – Go through the General Knowledge book everyday.



Benefit Muskmelon

Muskmelon is one of the most popular fruits in tropical countries and it is available in numerous varieties. The two main types of the fruit are those with smooth skin and those with netted skin. The health benefits of muskmelon are many, as it has high nutritional value. The fruit contains Vitamin A, B, C and minerals like magnesium, sodium and potassium. It has zero cholesterol and is safe for blood cholesterol patients.

Muskmelon tastes well and can satisfy your dessert needs. It can be a great substitute for high calorie snacks and can aid in losing weight healthily. Since it is rich in potassium, it can help control blood pressure and can prevent the risk of strokes. Potassium in the fruit can also reduce the problem of developing kidney stones.

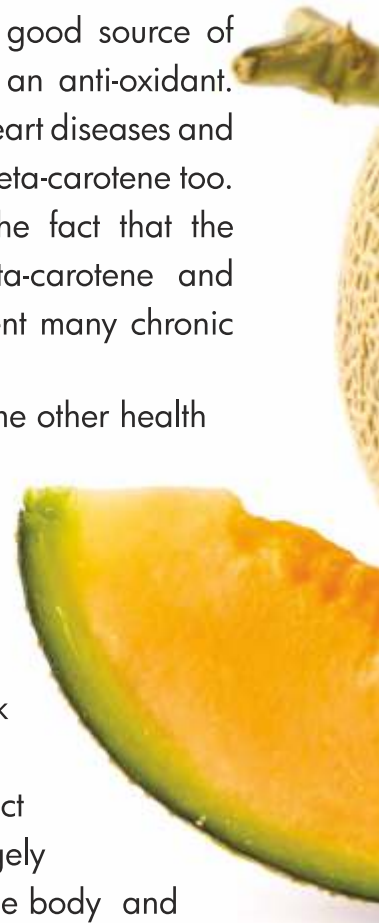
Muskmelon has a great amount of dietary fiber (1.3gram in 1 cup of muskmelon) and thus it can provide great relief for those who suffer from the problem of constipation. The health benefits of muskmelon are recognized by many physicians all over the world. They believe the fruit can prevent age-related bone loss.

Muskmelon is a good source of vitamin C, which is an anti-oxidant. This helps prevent heart diseases and even cancer. It has beta-carotene too. Researches reveal the fact that the combination of beta-carotene and vitamin C can prevent many chronic conditions.

There are yet some other health benefits offered by muskmelon.

Regular consumption of muskmelon juice can help to treat lack of appetite, acidity, ulcer and urinary tract infections. It can largely reduce the heat in the body and therefore prevent heat related disorders. It can relieve tiredness. It has effective laxative properties and so can help curing insomnia.

If you are a dieter, then muskmelon is an excellent fruit for you. It has a significant amount of fiber and provides you the feeling of fullness quickly. It tastes good and can make a good combination for fruit salads and custards. Hence, a quick





weight loss program ought to include muskmelon.

In addition to health benefits, muskmelon takes care of your skin too. It contains Vitamin A, which is useful in maintaining healthy skin. The fruit provides a pretty fair amount of folic acid, which is especially important for pregnant women. It helps to create healthy foetuses and even prevent cervical cancer and osteoporosis. Though it offers special benefits to women, men can also get greatly benefit from it. Folic acid in the fruit acts as a mild antidepressant.

—Sudeep

Answers:

Improve Your Knowledge

1	2	3	4	5	6	7
b	b	a	b	b	a	a

Q.No. Explanation

- 1) b) is correct as the young one of a swan is called cygnet.
- 2) b) is correct adverb of past indefinite yesterday is there so the second form met
- 3) a) is correct It refers to threatening situation
- 4) b) feminine of jack ass is jenny
- 5) b) for is used for period of time and since with the point of time .
- 6) a) a group of sheep is called flock.
- 7) a) we use first form with the universal truth.



Rising Star

Google purchases Apps from a student of 9th Std.



The biggest search engine of the world, Google has purchased two Apps, 'Computer Shortcut Keez' and 'WhatsApp Cleaner Light', made by Aryan Raj, a 9th class student. Google has informed Aryan through mail about the purchase of both the Apps. Aryan has been paid Rs2.00 Lakhs for this, though Aryan has asked to distribute this amount among the poor. Google has appreciated Aryan to prepare both the Apps in such a young age.

The users are awarding it a good rating after installing 'Computer Shortcut Keez' and 'WhatsApp Cleaner Light' present on Google play store. Computer Shortcut Keez is so developed that it is user friendly. It has been developed as per the need of the user. There are some such short-cut keez, the use of which helps working fast on the computer. There are some educational applications also which are very much useful for the students.

After download of 'WhatsApp Cleaner Light App', the virus or other useless things get automatically scanned. Through this App, you can paste photo on the background of your WhatsApp. (Source: livehindustan.com)

Unique Photo of the Month



Monkey drink water from a pit on a hot day at the bir shikargarh Wildlife sanctuary near Pinjore in Panchkula district. (Tribune)



H.D. Answers

—Rahul (Canada)

Q : How can man get rid of his ego and worldly attachments?

Ans :By knowing his real self through a True Master.

—Anmol (kanpur)

Q : Who is true man in this world?

Ans : One who is selfless.

—Neha Rai (Delhi)

Q : How to control our mind?

Ans.: Practice concentrating with steadfast faith on the ultimate goal of life, i.e. self-realization.

—Baldev Raj 'Nirankari'

Q. When does one attain the real success?

A. When he feels contented.

—Rakesh (Mumbai)

Q :What is the nearest place where God can be found?

Ans : One's own self.

— Satish Narang (Kamal)

Q. Why does man always hanker after money ?

A. Because he believes in materialism.

— Meenu Bansal

Q. What will you do if you get Alladin's Lamp ?

A. I will try to find out man in its light.

—Deepak jaiswani (Hinganghat)

Q : What are the ornaments with which man's life can be adorned?

Ans: With self-knowledge and good conduct.

—Anand (Jhumari Tailaya)

Q. Why does God love me when I do not deserve it?

A. God is all love, and He does not ask for any return.

Q: Question A: Answer



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



Be Willing to Learn from Your Family and Loved Ones

One of the saddest observations I've made centres around how reluctant many of us are to learn from the people closest to us - our parents, spouse and children. Rather than being open to learning, we close ourselves off out of embarrassment, fear, stubbornness, or pride. It's almost as if we say to ourselves, "I have already learned all that I can or want to learn from this person; there is nothing else I can or need to learn."

It's sad because often the people closest to us know us the best. They are sometimes able to see ways in which we are acting in a self-defeating manner and can offer very simple solutions. If we are too proud or stubborn to learn, we lose out on some wonderful, simple ways to improve our lives.



I have tried to remain open to the suggestions of my family. In fact, I have gone so far as to ask them, "What are some of my blind-spots?" Not only does this make the person you are asking feel wanted and special, but you end up getting some terrific advice. It's such a simple shortcut for growth, yet almost no one uses it.

All it takes is a little courage, and humility, and the ability to let go of your ego. This is especially true if you are in the habit of ignoring suggestions, taking them as criticism, or tuning out certain members of your family. Imagine how shocked they will be when you ask them, sincerely, for their advice.

Pick something that you feel the person you are asking is qualified to answer. For example, I often used to ask my father for advice on my life and career. Even if he happened to give me a bit of a lecture, it was well worth it. The advice he gave usually prevented me from having to learn something the hard way.

With faith and patience and sound thinking, you can do many things that 'can't be done.

Things once thought impossible become possible.

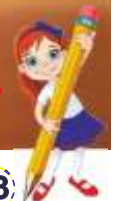
As the U.S. Army Corps of Engineers claims:

"The difficult we do immediately.

The impossible takes a little longer."

God's grace is lubrication

You have brain, body, everything "But what you call as "Grace' is the lubrication. Without lubrication you have a great engine but you get stuck at every point, like number of people who are intelligent and capable, but often they get stuck because there is no lubrication.



H.D. News

The children of Hansti Duniya family utilized the summer holidays to the fullest by participating in Bal Samagam spreading the message of truth of Nirnakari Mission.



Bina (M.P.)



Jaipur



Kolkata



Allahabad



Rampur (U.P.)



Chandigarh



Dehradun



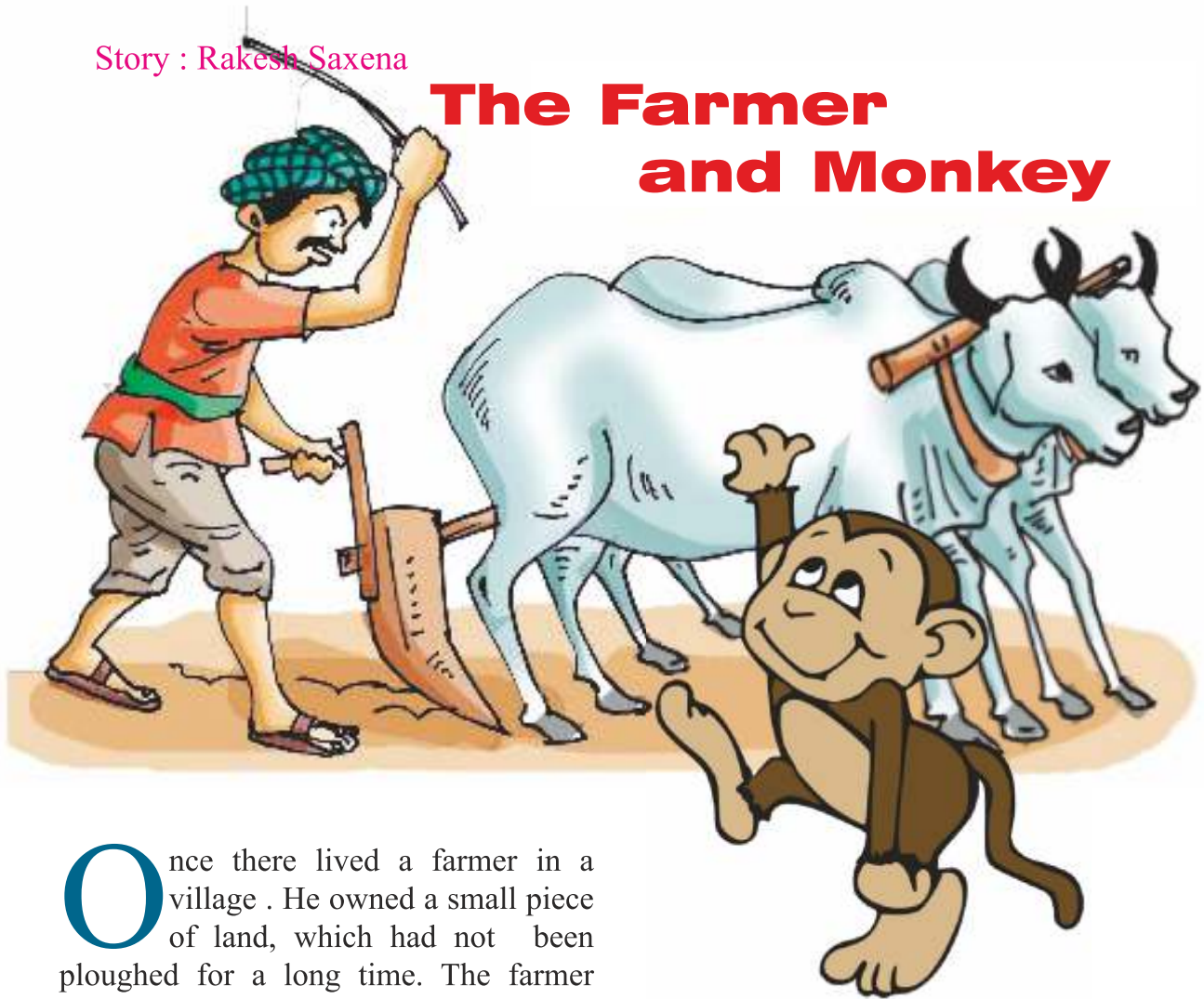
Surat



Patiala

Story : Rakesh Saxena

The Farmer and Monkey



Once there lived a farmer in a village . He owned a small piece of land, which had not been ploughed for a long time. The farmer thought of ploughing the same. So taking the plough he reached the spot. There he saw a large number of monkeys occupying the plot. No sooner did the farmer start ploughing some of the monkeys gibbered at him. On this, the farmer asked them as to what they wanted?

“This is our land. So, you cannot plough it,” said one of the monkeys.

The farmer was now in a fix what to do. He started thinking some way of getting rid of the monkeys. At last he thought of a plan. He called their leader. “Let us find out some solution to the

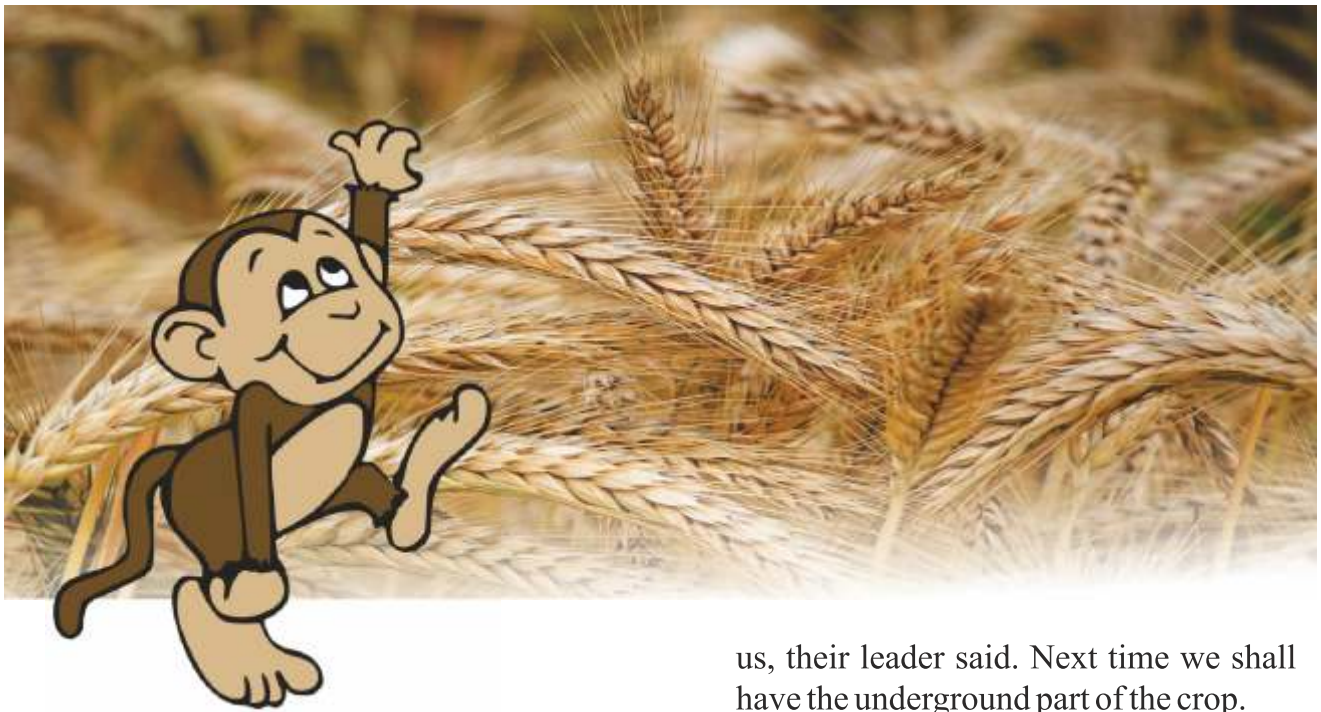
problem. We shall equally divide the produce,” he proposed.

The leader of the monkeys agreed to the proposal. But there is a problem, How shall we know that we have got our full share, for we are not so wise, he said.

There is nothing difficult in it. The underground part of the crop will be yours and the upper part mine, the farmer replied.

The farmer must be playing some trick with us the monkey-leader thought. “No, no! The outer part will be ours,” he claimed.





“All right! I have no objection, But the responsibility of keeping a watch will be yours,” the farmer said. However, the cost will be borne by me, he added.

The monkeys happily agreed to the farmer's proposal.

The farmer ploughed the field and sowed the carrot-seed in it. After some time, it started cropping up. The monkeys were happy to see the crop coming up. They all were feeling grateful to their leader.

The farmer too visited the field at times and did the required job. He was also much happy to see he crop flourishing.

Now it was time to reap the crop. According to the agreement, the farmer got the carrots and the monkeys got the leaves. This made the monkeys sad. The farmer has made fool of

us, their leader said. Next time we shall have the underground part of the crop.

When the farmer visited again to plough the field, the monkeys put fourth their condition of having the underground part of the crop next time. The farmer readily agreed to it.

This time the farmer sowed wheat. Accordingly, the monkeys got only the roots.

Facing a second time failure, the monkeys decided to leave the place. Thus the farmer got rid of them.



This life is made of time ...



*This life is made of time
And time is made of seconds.
Seconds are more precious
Than silver, gold and diamonds.*

*No one can keep a second
In a bank, locker, almirah.
But it could do a wonder
For years or an era.
The greatest wonder is love:
A love leaving some legends.
Seconds are more precious...*

*In all the human-beings
The same heart is beating.
Everytime, everywhere
The story is repeating
People are parents, children
People are wives and husbands.
Seconds are more precious...*



When The Old Cock Crows **The Young Ones Learn**

A new-born child was being brought home in America. The fast taxi carrying the infant was giving jerks. The father told the taxi driver, with concern, "Please drive slowly who knows the child may be the President of America one day?" This caution lays open before us the extent of care and expectation of the parents for their children.

When a child is born, he automatically becomes partner of the family and shares

and inherits when he comes of age. What is more important than the property is the noble and the lofty thoughts of the parents which are shared with the child to make him an ideal person by the parents and for the society at large.

In a study carried out by the Ranchi University (India), it has been brought out that "any intervention to develop sentiments of secularism and national identity has to be made in early childhood because the religious identity in the children emerges at the age of four and reaches the peak by nine." In a similar research, the Osmania University (India) has gone to the extent of saying, "The communal elements in almost all religious groups are gaining ground and unless practical steps are taken immediately, the younger generation will grow up in an environment of hatred, suspicion, external dissensions, unrest and will destroy the society." All this is true, but the University did not suggest a way out



of the situation they viewed with concern.

Now, What is happening to the modern youth? Most of the parents are in a dilemma, as these days most of the families are disintegrating or are on the verge of breaking down at the slightest tug. The children are no longer respectful to their parents and the parents, too, on their part, no longer feel much concerned about their children. Many parents today are spending sleepless night in the anxiety and distress over their children's behaviour and their changing attitude towards them. Who is responsible for this sorry state of affairs—the children or the parents?

Since the seeds of fanaticism are sown in the pre-school period, parents alone are capable of ensuring the mental and psychological growth of their children on the right lines. As the children almost instantly learn to do what their parents are doing, it is initially expected of the parents to do, what they want their children to do. Also while dealing with the children we should always be quick to sympathise and slow to criticise them.

A saint in Chandigarh once desired and asked his son to touch the feet of his mother every morning. The child



immediately quipped back, "But Dad, I never see you touching the feet of my grandmother as you want me to do with respect to my mother" This simple remark of the child cut the elderly saint to size and reminded him of the age-old saying, "When an old cock crows, the young ones learn." The message is writ large for us. If the parents want their children to adopt the Nirankari teachings and be obedient and respectful to them, the same should be conveyed in their own daily doings and dealings. There is no better way to instill spirituality in our children than to first be spiritual ourselves. Set an example for them to follow.





—Helen H. Moore



**WINTER,
SPRING, SUMMER,
FALL**

Winter, Spring, Summer Fall,
Which do you
Like best of all?

Winter's cold,
Summer's hot.
Springtime's green
And Fall is not!

I can't decide.
I like them all,
Winter, Spring,
Summer, Fall!



— Minna Sondhi

The Power of Goodness



Long ago there lived a good boy Sammy. He was an obedient child and good in studies and sports. He was liked by one and all and this fondness of every

one for Sammy aroused jealousy in many other boys. Timmy his friend was quite unlike him. He was not good at studies nor was he liked by his classmates. He was rude to his parents, ill treated Sammy and often put him down. Despite all this Sammy's grades kept on improving.

On his eighth birthday, Sammy got a pen as a gift from his parents. It was indeed a beautiful pen and Sammy brought it to school. When Timmy saw it, he was jealous and asked him where he got it from. Sammy replied saying it was a gift from his parents. Timmy was overwhelmed with anger and jealousy. He was a bad boy and rarely got gifts from his parents. He decided to steal the pen. During recess, when there was no one in the classroom he opened Sammy's bag, took out the pen and hid it in his own bag. Later, he went out to have his tiffin.

Not finding his pen after recess Sam informed the teacher who later instructed the monitor to check every child's bag. The missing pen was found in Timmy's bag. The teacher was in a rage and said, "Now Timmy, what do you have to say." Timmy was quiet and in tears. Seeing him, Sammy took pity and requested the teacher not to take any action against Timmy. Now that his stolen pen had been found.

This opened Timmy's eyes. He now saw Sammy's goodness and asked for forgiveness from Sammy and his teacher. He became friends with Sammy and gradually changed himself. Everyone also began to like Timmy and was proud of him. Despite being hurt by Timmy, Sammy gave him only love in return. This is how we should treat our enemies. Who knows-one day our behavior may change them for the better.

Moral—Do not hurt someone even if he harms you. Be good to all.



Calcium is backbone of body



You've heard about the benefits of calcium for your body. But the lack of it can be harmful to it. The first to be affected are your bones and teeth as 99% of the calcium in your body is used by them while the rest is taken up by the muscles and tissues to function well. Over time, the calcium in your body begins to deplete, causing severe illnesses

such as aching joints and brittle nails. Find out if you are suffering from calcium deficiency, so you can deal with it before it's too late.

PALPITATION

Calcium is needed for your heart to function properly and in case of deficiency, your heartbeat will be abnormal and result in uneasiness too. Calcium helps the heart pump blood and enables it to contract well.

ACHING JOINTS

Large amounts of calcium are absorbed by the bones. If your body has a deficiency of this mineral, it will lead to aches and pains in your joints. If you experience this, increase your calcium intake with foods like cheese, yogurt, tofu and spinach.

NEUROLOGICAL PROBLEMS

Lack of calcium can cause neurological problem such as seizures and headaches. A deficiency in calcium may lead to neuropsychiatric symptoms like depression, insomnia, personality changes and even dementia.



MUSCLE CRAMPS

If you face muscle cramping issues, this could be an early sign of a deficiency that needs attention. With less calcium in the body, cramps would generally occur in the legs mostly at night.

BRITTLE NAILS

A deficiency of calcium will reflect immediately on your nails. There will be little white patches on them or the nails will be brittle and break easily.

DRY SKIN AND ECZEMA

Calcium also helps your skin stay moisturized. So if you're having issues with keeping your skin supple, it could be a sign of depleted calcium in your body.

NUMBNESS

Calcium deficiency propagates numbness, which if not treated, can also lead to osteoporosis that happens due to fragile bones.

INCREASED PMS

With a deficiency of calcium, women might experience painful cramps and increased backache. Adding more calcium to your daily diet will help with these symptoms.

YELLOWISH TEETH

Most of the calcium in your body is absorbed by your teeth. If you've got a deficiency, it will affect them immediately. Check if your teeth are turning yellow.

BONE FRACTURES

Calcium is essential for your body's bone health. A deficiency will result in injuries that can lead to easy fractures. If this becomes severe, you may need to start on calcium supplements after consulting a doctor.

—iDiva.com

FIFA World Cup 2018

FIFA World Cup 2018 is being played in Russia . It is a world rage presently as many countries from Europe , USA , Latin America, Asia and African continent are also participating in this World Cup. Being followed by huge crowds it is being wildy followed on social media as well as covered live on channels all over the world. People are gathering in large numbers to get a glimpse of their favorite stars competing live on international arena. The fans are hysterical and wild with excitement as the world cup is reaching its climax. FIFA fever has griped the whole world . This is also called Soccer Mania. Presently all the favorites except Brazil have tumbled out and now it is the show of the underdogs. Out of the 32 countries only 1 will emerge the winner to hold the coveted cup which is the dream of each and every fan of all the countries vying for the honor. The footballer netting the highest goals will be granted the Golden Boot Award.





Kitty

Story & Illustrations
—Ajay Kalara





I will invite Motu, Mouli and Chintu also by calling them up.



Kitty! We have come, let us go out now.



Wow! Real enjoyment in this fine rainy weather lies in getting wet.

We won't get wet in the rain for long, otherwise we will fall sick.

But I like getting wet in the rain, I will not go.



Let's all run paper boats in the water.



O Kitty! What are you doing, I will fall in the water.



Chintu has fallen in the water, how funny.



Kitty! What have you done? Why have you dropped me in the water?



Stop, please



Oh God! I have fallen.

घड़ाम



O! Kitty has fallen in the water, it's so funny. O' What's this? Kitty, you are sneezing.

छींक



I had warned you against getting wet in the rain. But you didn't pay heed, and now you have fallen sick.

Things to Remember

1. No matter how beautiful and handsome you're just remember... Baboon and Gorillas also attract tourists . 🙅 **Stop Boasting.**

2. No matter how big and strong you are, you will not carry yourself to your Grave.

🙅 **Be Humble.**

3. No matter how tall you are, you can never see tomorrow.

🙅 **Be Patient.**

4. No matter how Light Skinned you are, you will always need light in Darkness.

🙅 **Take Caution.**

5. No matter how Rich and many Cars you have, you will always Walk to Bed.

🙅 **Be Contented.**

Take Life Easy, Life is short. WHAT A LIFE WE LIVE! Have you taken note of the

CO-INCIDENCE OF LIFE :

1. CHURCH has 6 letters so does MOSQUE.
2. BIBLE has 5 letters, so does QURAN.
3. LIFE has 4 letters, so does DEAD.
4. HATE has 4 letters, so does LOVE.
5. ENEMIES has 7 letters, so does FRIENDS.
6. LYING has 5 letters, so does TRUTH.

7. HURT has 4 letters, so does HEAL.

8. NEGATIVE has 8 letters, so does POSITIVE.

9. FAILURE has 7 letters, so does SUCCESS.

10. BELOW has 5 letters, so does ABOVE.

11. CRY has 3 letters so does JOY.

12. ANGER has 5 letters, so does HAPPY.

13. RIGHT has 5 letters, so does WRONG.

14. RICH has 4 letters, so does POOR.

15. FAIL has 4 letters, so does PASS.

16. KNOWLEDGE has 9 letters, so does IGNORANCE.

Are they all by Coincidence?

We should choose wisely, this means

LIFE is like a double-edged sword.

If you think it is your alarm clock that woke you up this morning,

try putting it beside a dead body and you will realise that it is the grace of God that woke you up.

It is JUST BY THE GRACE OF GOD that we are alive.

Compiled by : Gurdev Singh



Poem: Helen Steiner Rice

Let's Me Again, God

REMEMBER ME, GOD?

I come every day

Just to talk with You, Lord,

And to learn how to pray...

You make me feel welcome,

You reach out Your hand,

I need never explain

For YOU understand...

I come to You frightened

And burdened with care

So lonely and lost

And so filled with despair,

And suddenly, Lord,

I'm no longer afraid,

My burden is lighter

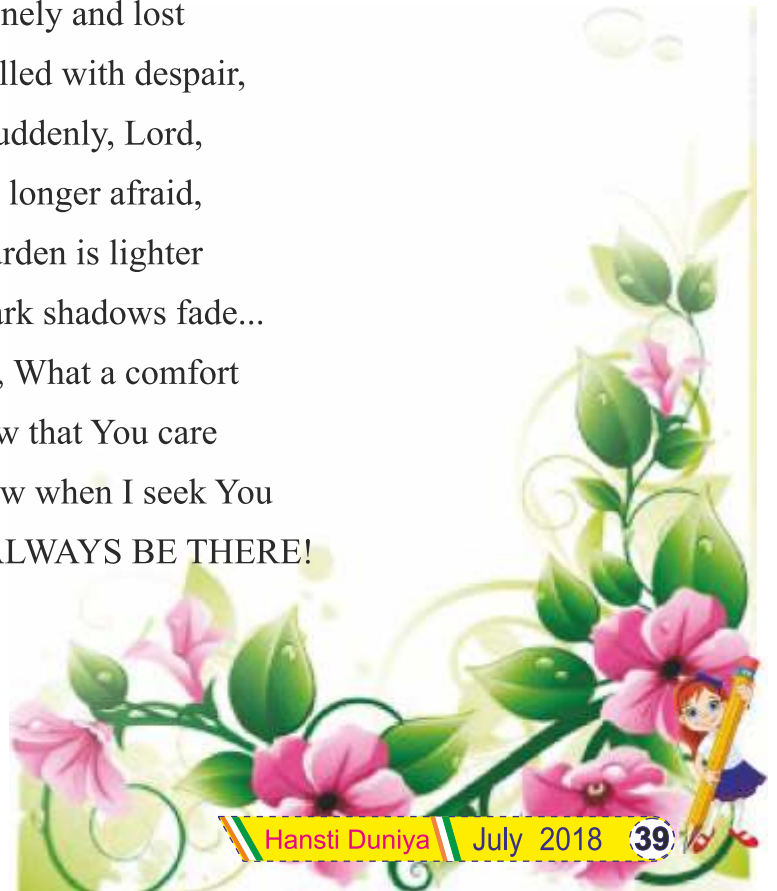
And the dark shadows fade...

Oh, God, What a comfort

To know that You care

And to know when I seek You

YOU WILL ALWAYS BE THERE!



—Sakshi Gulati, Chandigarh

Laughing Time

Doctor : Your pulse is as steady as a clock.

Patient : You've got your hand on my wristwatch.

Husband: Had I been spiritual power, I would have crushed my enemy.

Wife : If you really had the spiritual power, the idea of crushing the enemy would not have crossed your mind at all.

A Punjabi having no child, no money, no home, a blind mother prays to God. God grants him only one wish.

His prayer is : I want my mother to see my wife putting diamond bangles on my child's hands in our new bungalow.

We learn a lot from these Punjabis.



Doctor: i have tried so many different medicines on you, but there is no improvement. I think I will change the medicine once more this time.

Patient: I have a better idea. I will change the doctor this time.

Friend : People consider me God.

Other friend : How do you know ?

Friend : When I went to the park today every body said-- Oh God! you have come again .





Sumanyu : Are you fond of music?

Nitika : Indeed very much.

sumanyu : So, which instrument do you play?

Nitika : Radio.



Father : Dear son, what would you like to be when you grow up ?

Son : A veterinary doctor.

Father : Why a veterinary doctor ?

Son : Because an animal can not complain of wrong treatment.

Fed up with his fatness a man jumped down from the second storey of the building.

Next day, when he regained his consciousness, he found himself in a hospital.

He asked the doctor, "How did i survive ?"

Doctor: You survived, but the three people on whom you fell, could not survive.

Mohit : (to Mehak) Dear friend, God has certainly blessed me with two good things.

Mehak : What are those ?

Mohit : One, I have very sharp memory; the second.... I have forgotten



History Teacher (to Aman) Who was Raja Ram Mohan Roy ?

Aman : All were good friends.

10. A man in the market place was shouting and trying to sell a packet., "Take this packet, it is the best way to keep flies away while having food."

One man who was sick of flies, took the packet and opened it .it had a slip in it saying: "Ëat with the right hand and scare off the flies with the left one"





★ The ultimate measure of man is not where he stands in moments of comfort and convenience, but where he stands in times of challenge and controversy.

— Pujiya Mata ji

★ The wisest man has something yet to learn.

— Raj Arora, USA

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

— Ashkok Rai, Mumbai

★ Any chance you get, take it. You never know what it could lead to.

— Rajender Chaudhary,
Ambedkar Nagar

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

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

The best preparation for tomorrow is doing your best today. —Ravi, Delhi.

★ The universe has no restriction. You place restriction on the universe with your expectations.

—Savita Jha, Kanpur

★ Teeth said to tongue:

"If I just press you little, you will get cut".

Tongue replied:

"If I misuse one word, all 32 of you will come out." —Praveen, Delhi

★ I cried when I had no shoes, but I stopped crying when I saw a man without legs.

Life is full of blessings, sometimes we don't value it. So value what you have in life without complaint.

- Shakespeare



Result for the month of May Issue

First :

Arpita

Age 8

10627 Naramore LN
GA Johns Reek



Second :

Gulshan Sharma

Age 13

102-C, Hazari Villa Near Post Off.
Ulhasnagar 421001



Third:

Himani Advani

Age 13

4/7 Ist Floor ,
Old Rajinder Nagar
New Delhi-60



Consolation Enteries

Bhagyshree Uday Poojari (Virara)

Nirlep Santosh Kesari (Thane)

Tamanna Kaur (Patila)

Rahul (Jalandhar)

Praveen (Kanpur)

Savita Jha (Kanpur)

Vidisha (Delhi)

Amrita (Varansi)

Sajay (Kalkaji)

Sudeep (Delhi)

Dimple (Mumbai)

Sandeep (Jhujhunu)

Anil (Delhi)

Rita (Muzaffarnagar)

Rahul Rai (Azamgarh, UP.)

Pawan (Bhagalpjlóöçur, Bihar)

Manish (Varansi)

Joyti (Jaipur (Raj)

Ravi (Jotpur)

"Colour it" for July Issue

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

The result will appear in **September 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

.....





By : Bhupinder Singh 'Dilvar'

HARMONY

Harmony, Harmony

Let us all live in harmony, ("Harmony")

We are all members of a family, ("Family")

Life is for living, Happily..

Harmony...



Let us all live together,
My dear sister my brother,
Let us cherish our - unity,
Sharing with one another,
All that we have to offer,
Respect each others identity,
Vanity, Vanity

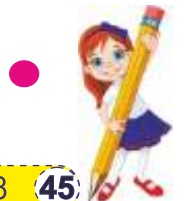
Let us get rid of our vanity, ("Vanity")
Love all and shed all enmity, (Enmity")
Let us embrace Humanity,
Vanity.....

This life is not forever,
Let us value this treasure,
Fill it with joy & not agony,
Come on dear friend, come closer,
let us make life a plesure,
This is the way that life ought to be,
Purity, Purity...



Fill all our lives with Purity, ("Purity")
Pure thoughts and deeds with Sanctity, ("Purity")
Pure thoughts and deeds with Sanctity, ("Sanctity")
Purity

Thinking good for each other
Doing good for each other,
Living together in Amity,
Praying for one another,
Coming closer and closer,
Seeing the Lord in all clarity,
Harmony, Harmony



Nothing is Impossible

Sumit was very good in studies. He was selected at no. 1 position in this year's state level scholarship competition. He was given the certificate in a big ceremony. His parents, friends and relatives were all very happy. Simultaneously, he was getting good wishes from all.

To celebrate this happiness, Sumit's father had invited some people to dinner at his place. The friends enjoyed the food very much. The mother found everyone happy in the party. All the friends were talking together, but Sumit was not there. While searching at the roof top, the mother found him sitting silently in a remote corner.

On this auspicious occasion, if someone searched Sumit to congratulate him, he used to come, seek blessings and again go alone.

It was 12 O'clock at night. It was complete silence at home. Everyone had left for their home. All arrangements for this party were made by Sumit himself, so he was very tired, even then the sleep had vanished. He got up time and again to take water and again slept.

The mother found Sumit getting up time and again, whether he was feeling O.K? The mother went to Sumit's room, he smiled looking at his mother and continued seeing

her at a stretch.

Seeing artificial smile on Sumit's face, the mother asked, "Why is your throat so dry?"

Sumit said, "Come on mother, let us talk sitting on the bed."

Mother said in loving tone, "Look dear son, one who is happy both physically and mentally, he is the healthiest person in the world.

Look mother, there is going to be a Chess competition after a week. I had to fill the chess competition form on the insistence of my school teachers and friends. Everyone wants that as I have been selected among the best students at state level, in the same way they are hopeful on my winning the competition.





As the competition is drawing near, I am panicked.

Oh! What's the fear in it?

If not.... Sumit spoke hesitating.

O.K. "How did you get success in studies?"

Sumit, strangely looking towards mother said, "Because I studied hard everything with concentration."

Why did you study so hard and with concentration?

Because I had a bet with my friends.

In the same way, your practice of playing chess is lesser than those children or you divert your attention while playing. Sumit, there is one more target before you and that is to win state level Chess

Competition. You have both brain and mind and you have to keep both these concentrated on Chess.

After making Sumit understand the things, the mother left his room. Sumit spoke out after thinking deep about mother's talk, "Mom! I assure you that I will acquire first position in this state level competition."

Thinking this in his mind, he wholeheartedly submitted for the preparation of the competition on daily basis with full concentration of mind and brain. Ultimately, his brain centered at one point through his concentration and self-confidence. Then how the success could be far? Sumit won the district level competition.



Why Plants Are Coloured

The Colours are the parts of light. The light coming from the sun is a mixture of different colours. Sun light can be split into its various colours by a prism. Light is electromagnetic spectrum coming from the sun. The wave length varies from 10^{-14} cm to 10^{-6} cm of this a small range is visible to us as colours. The range of this visible spectrum is 390×10^{-6} cm to 700×10^{-7} cm.

The plants except bacteria and fungi the are coloured. The colours are mixed to give various shades and pattern. The colours are due to pigments (PLASTIDS), which can absorb light energy. Green pigment looks green because it absorb all the colours of sun light except green. Red colours look red because it absorbs all the colours except red. The ultra-violet radiation which have wave length 390×10^{-7} cm is harmful to the living beings.

There are three types of pigments in plants. They are chloroplast, chromoplast and heucoplast.

CHLOROPLAST: This is the most important pigment of plants because it is responsible for the synthesis of food. Chloroplast are green due to the presence

of chlorophyll. So the plant leaves are green due to the presence of chlorophyll. So the plant leaves are green due to the presence of chlorophyll. There are five types of chlorophyll known as ch-a, ch-b, ch-c, ch-d, and ch-e which give different shades of green colour. The structures of chlorophylls differ slightly to give different shades. The green plants make their food in the presence of chlorophyll. Chlorophyll converts solar energy into chemical energy and use it to split water into oxygen liberates into the air.

CHROMOPLAST : The are coloured pigments. Mostly these are present in the flowers and fruits. Brightness of flowers and attractiveness of fruits are due to the presence of these chromoplast. These colours play a vital role in Pollination and dispersal. There are some other pigments present in very small quantity which play an important role in growth and development. These are known as phytochromes. These phytochromes control the shape of plants, growth,





breaking of dormancy, leaf growth and regular flowering.

LEUCOPLAST: These are colourless pigments. These are present in those parts where sunlight is not available much as roots and deep tissues. Thus plants utilize

various pigments that give colour to them for many other biological functions. The plants not only replace carbon di-oxide produced by all organisms by the process of respiration with oxygen but also produce food for all living beings by photosynthesis. ●

School Life

The best part of one's life
Yes, it is school life!
Starting with school as a little kid
I remember it all. Oh! Yes I do.....
All the tensions and
worries fade away
As I reach my school everyday.
The pressure of studies is always on

But with the friends,
It fades away and is gone...
The scolding of the teachers, Oh my!
Makes us jump out of the seats and cry.
The bunking, the PT periods and all the fun
Life without school is just not done.
I wonder what will happen,
when from the school I'll pass out
The memories will stay with me throughout.

—**Sukhvit Vilaskhampir**



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