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Listen to Learn and Learn to Listen

The golden rule of learning is that it is a life long process. It does not mean talking about academic knowledge but being 'street smart' and be aware of what is happening in the real world. Listening plays a vital role in learning. Without visiting school even for a day, one learns mother tongue and many other things in life by listening to his parents and persons around. Though rare, yet the case of deep impact of listening is worth mentioning here. A child born to dumb parents labouring on a brick-kiln could initially listen and learn only the voice of brick-carrying herds of donkeys, 'Bhurr...."

After listening to learn, the next stage is learning to listen. This depends on the area of our interest. For instance, a man is standing at Inter State Bus Terminal waiting for a bus to his home town Chandigarh. He hears repeated loud voices like-Jaipur. Hissar, Kanpur, Amritsar, Chandigarh, Gwalior etc. etc. Despite listening

names of all the stations, he pays attention only to the one meant for Chandigarh bus to serve his interest. Impliedly, learning also includes unlearning of those things which do not match our mindset or serve our life interest. One enjoys his profession like a hobby and the hobby like profession.

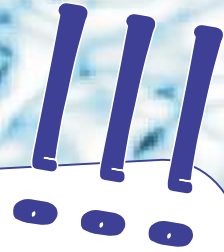
God never intended life on any level to be a struggle. Every living thing exists in the blissful state of being one with God. When man separates himself from God and allows his mind to become his driving force. He becomes a physical being instead of a spiritual being in physical form. He gives up that state of bliss in favour of experiencing the mental, emotional and physical repercussions on a full time basis.

For living a purposeful and harmonious life it does not matter if we do not listen and learn everything in the world. But it does matter if we do not listen to the voice referring to our soul's abode and fail to learn living with God.

— C.L. Gulati

SAMPURAN AVTAR BANI

IK TU HI NIRANKAR-157



JHOOTHI DUNIA JHOOTHI NAGARI JHOOTHA RAJA TE SANSAR;
JHOOTHE DHEEAN PUTT KABILE JHOOTHE SARE RISHTEDAR.
KOD EY KHADA KOD EY PEETA JHOOTHA SAUNA LAT PASAR;
JHOOTHIN RUJHI DUNIA JHOOTHI JHOOTHA SARA KAROBAR.
JHOOTH EY SONA JHOOTH EY CHANDI JHOOTHE LALACH TE HANKAR;
JHOOTHI MAYA JHOOTHI CHHAYA JHOOTH EY JINNA SABH SANSAR.
JHOOTHA SWASAN DA IH BHANDA JIS TE TOON KARNAI ITBAR;
JHOOTH VIHAJHEN JHOOTH HI TOLEN JHOOTHA TERA KULL BHANDAR.
JHOOTHE SARE MAIHL MAD IAN JINHAN TE TOON MAAN KAREN.
KAHE AVTAR IH NIRA JHOOTH EY JIS PASE TOON DHIAN KAREN.

Thou Formless One 157

False is; the world, false is the habitation, false is the king and false are the people;

False are the daughters, the sons and clans, false are all the relatives.

Trash is; eating, trash is drinking and false is the deep sleep with extended legs;

The people of the world are engrossed in falsehood and false are their trading and occupations.

False is the gold, false is the silver, and false is the greed and pride;

False are the material assets, false is the reflection and false is the whole world.

False is this body container of breaths upon which you rely;

False is your trading and dealings, and false is your entire collection.

False are the mansions and palaces which you are proud of;

Avtar says, all that you see around is absolutely false.



Poem : Ajay Kumar

My Wish

I wish, like sun I glow
And like Moon ever I shine,
May I be man of unblemished character
And my life may illumine like stars.

Bless me, O God!
with the fragrance of flowers,
May I ever chirp like birds sweet,
My life be all like a garden green
And I be known as the Nightingale.

Only, I wish, I could be pious
Be it no less than the sky
cool be like the Moon above
May imbibe the tolerance of earth
But be strong like mountains high.

In service, O Lord ! may I yearn
Event to dedicate my true self
Like the prestigious flowers
That lay themselves in the warriors' Path

—Sonna S Ahmedabad



THE MONKEY'S JUSTICE

It was the aftermath of a big festival. Two cats were prowling together. One of the cat saw a big cake and meowed. She jumped up and picked it. The first cat said "Give me the cake. I saw it first". The other cat said "Keep away from it. I picked it up".

They were fighting and fighting. But there was no solution. Just then, a monkey passed by. He thought "What foolish cats they must be! Let me make use of this chance".

He came to the cats and said in the loud voice. "Don't fight. Let me divide the the cake between you". The cake was handed over to the monkey.

The monkey divided the cake into two parts. He shook his head and said, "Oh! One is bigger and other is smaller". He had a bit of the bigger and now said "Oh! This has become smaller now". He ate from the other. And thus, he went eating from part to part and finally ate the whole cake. The poor cats were disappointed and very sorry.

MORAL: WHEN YOU QUARREL SOMEONE ELSE GAINS.

Thoughts to Ponder

- ★ God is the only Supreme Power and it may be called by different names. — Elizabeth Browning
- ★ To be trusted is a greater compliment than to be loved.
— George Macdonald
- ★ Violence is the last refuge of the incompetent. — Isaac Asimae.
- ★ Forsake not God until you find a better master. — Scottish Proverb
- ★ Only reverence can restrain violence, reverence for human life and the environment.
—William Coffin.
- ★ That man never grows old who keeps a child in his heart. — Steele
- ★ No one knows what he can do till he tries. — Publilius Syrus
- ★ Our actions are changed by our hearts, our hearts are changed by our minds and our minds are changed by the words of God.
—Rick Warren
- ★ The greatest wealth is to live content with little you have. — Plato
- ★ To be in the weakest camp is to be in the strongest school.
— G.K. Chestron
- ★ Patience is a remedy for every suffering.— Publilius Syrus
- ★ Humble thyself in all things.
— Thomas Kempts
- ★ Every human being has only one right and that is to perform his duty.
— Martin Luther
- ★ To acquire and imbibe saintly traits, the company of saints is indispensable.
- ★ Light can be spread in two ways, either be a lamp or the mirror that reflects it.
- ★ Spontaneity and simplicity is the essence of grace.
- ★ Religion essentially means God-realisation and love for every human being — Nirankari Baba



Child Story : Rajendra Kumar Singh

Drops Create an Ocean

Naren, the rabbit, was quite good at studies. He always stood first in his class. All the teachers of the school were very fond of him. Naren, too, was equally respectful to them. However, as bright he was in studies, so much lazy he was in social works. Reason being that he lived in a remote area, away from the society. He was absolutely blank about how to behave and what to speak with others. Therefore, he could not get noticed in the society.

One day, sitting on a bed at the front of his house, Naren pondered as to why people ignored him! Why was it that

the amount of love and affection he received from his teachers, was not forthcoming from people of the society? It hurt him from inside. Chunky, the monkey, who happened to pass by, asked Naren "What is the problem, Naren? Why are you so sad?"

Naren said in a low tone "Chunky brother, I am not as popular as I am in the school. I cannot figure out the reason for this".

Chunky replied "You are popular among the teachers in the school because you are quite active and good



at studies. Same way, once you become active in social works, the society will also shower love and affection on you. "But, how will I command love and affection? I am totally new in this field."

"Make contacts with people".

"What will happen, then?"

"You will know more and more about them."

"It will require making contacts with people and their families".

"Yes", said Chunky. "But, if you want to be popular and command respect of the people, you will have to make special effort".

"And, what is that?" Naren was getting impatient.

"Make a new contact each day. Because if your contacts are with a few

and limited number of people, your knowledge and experience will remain limited." But, if this keeps on increasing, nobody will be able to compete with you in knowledge and experience about people and their families". Each piece of information from a new family each day will add to your popularity in the same way as a drop added every day leads to the creation of an ocean one day.

Naren understood what Chunky taught. He started making a new contact every day. Soon he became popular in the society. Now, he was able to command love and affection of both the teachers at school and the people in society.

Poem: A.C. Sharma

Festival of Lights

**On this festival of lights
Let us lit our heart's lamp**

To dispel the darkness of world around
Even a lot of lamps may prove futile,
But to illumine the dark in hearts
Just a spark may prove worth while.

The burning candles' twinkling light
Seem to beckon the earth and sky
To become one, make atmosphere bright
Adorn every heart, with delightful eye.

The sound of bursting crackers indeed
Make the atmosphere rattle with notes fine,
The flickering flames of candles and lamps
Like flowers of different hues do shine.





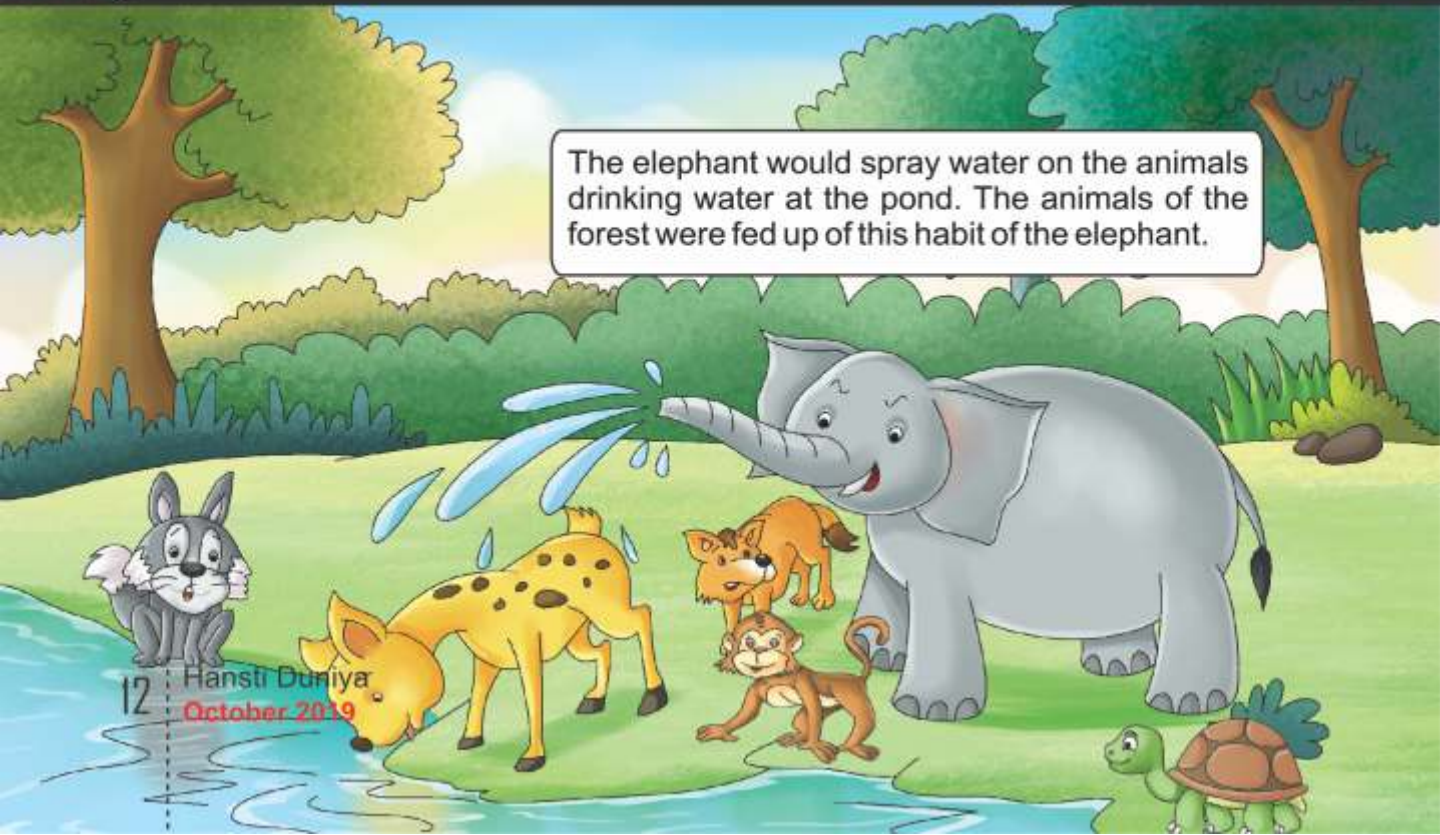
GRANDPA

Story & Illustration

AjayKalara



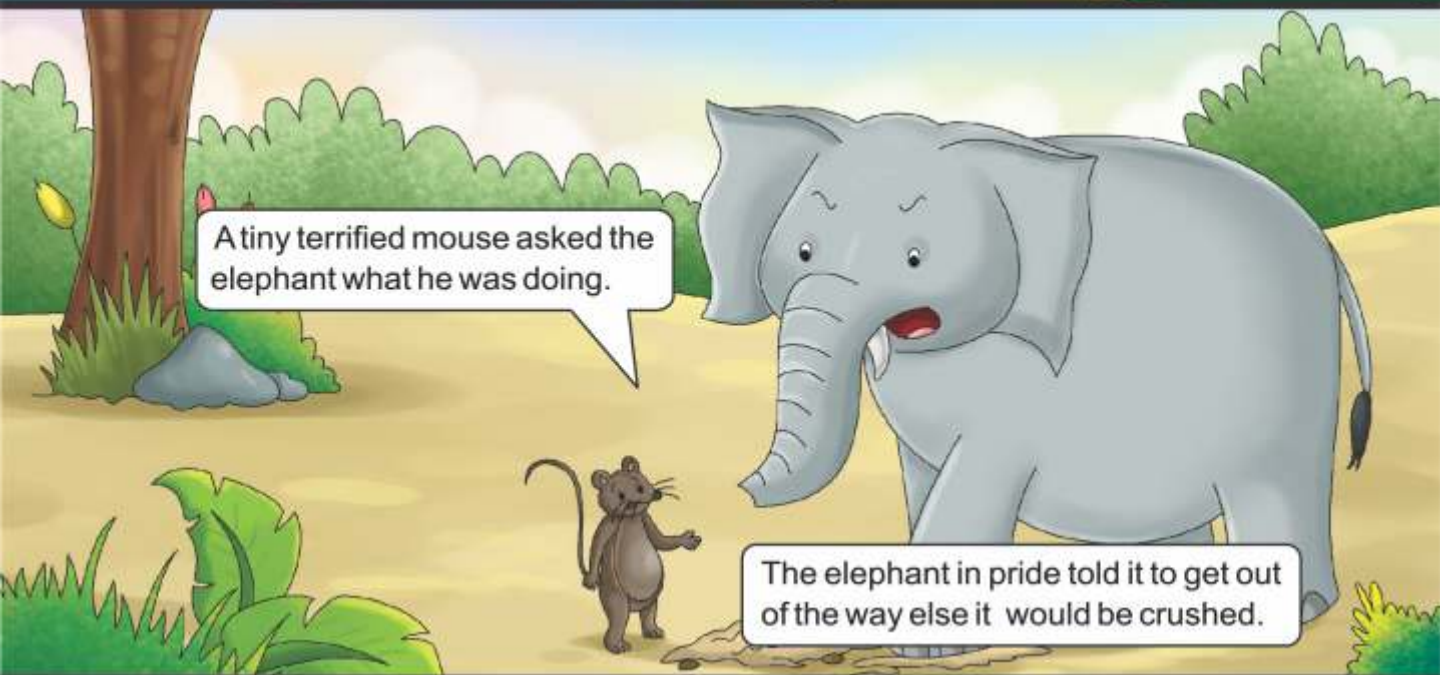
All the animals lived together in Sundervan but an elephant was very mischievous.



The elephant would spray water on the animals drinking water at the pond. The animals of the forest were fed up of this habit of the elephant.



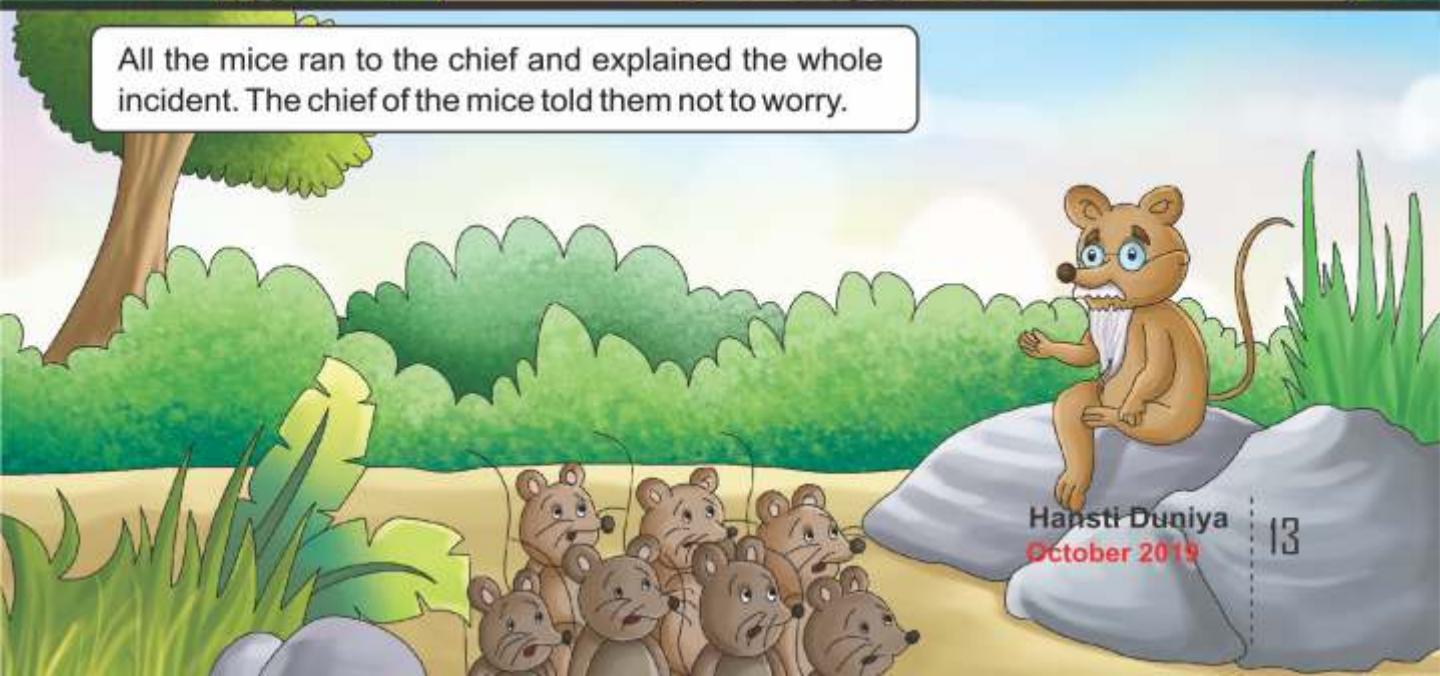
One day the naughty elephant trampled the holes of the mice near the pond.



A tiny terrified mouse asked the elephant what he was doing.

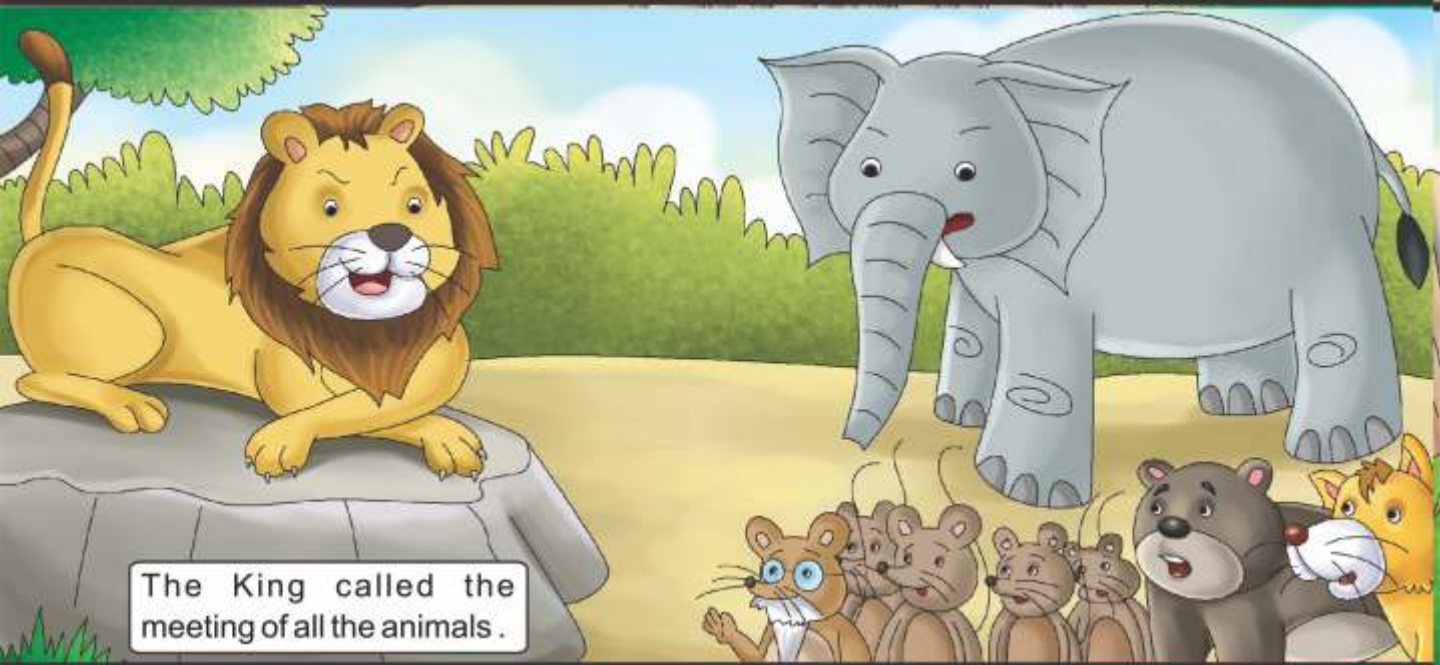
The elephant in pride told it to get out of the way else it would be crushed.

All the mice ran to the chief and explained the whole incident. The chief of the mice told them not to worry.

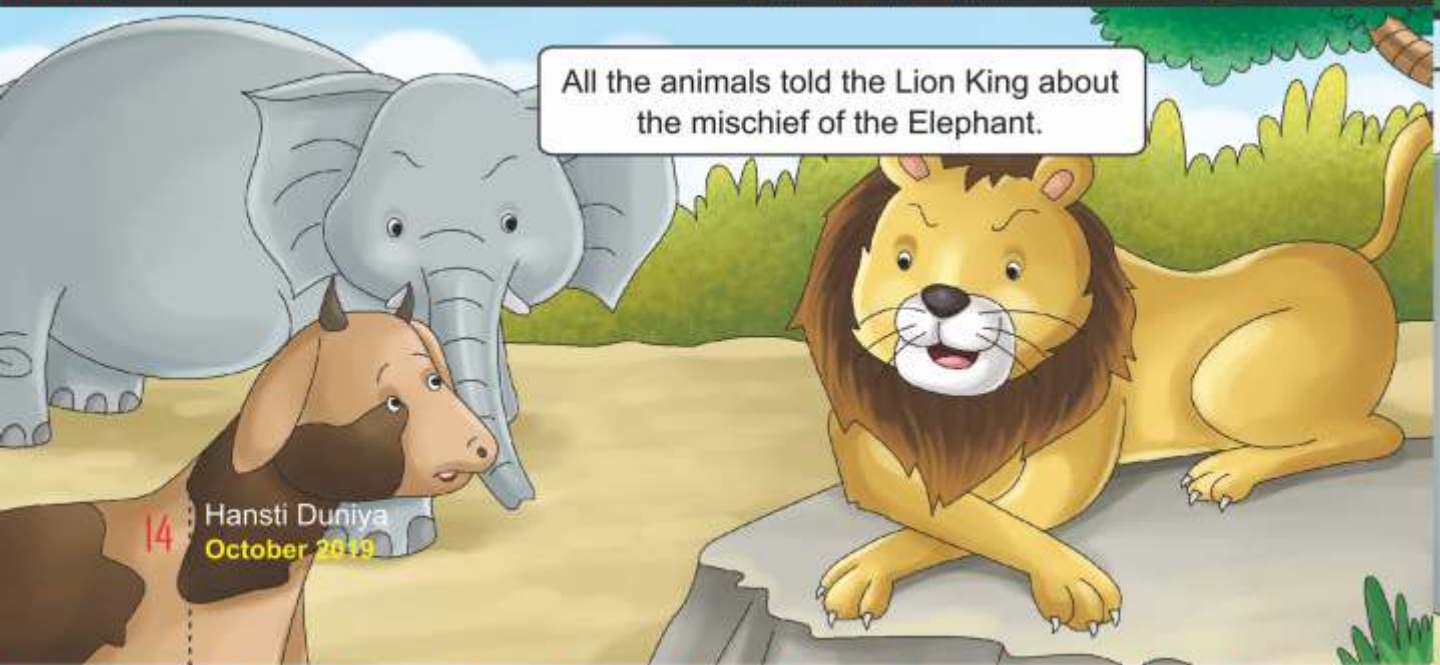




Next day all the mice along with the chief complained to Sher Singh, the king of the forest.



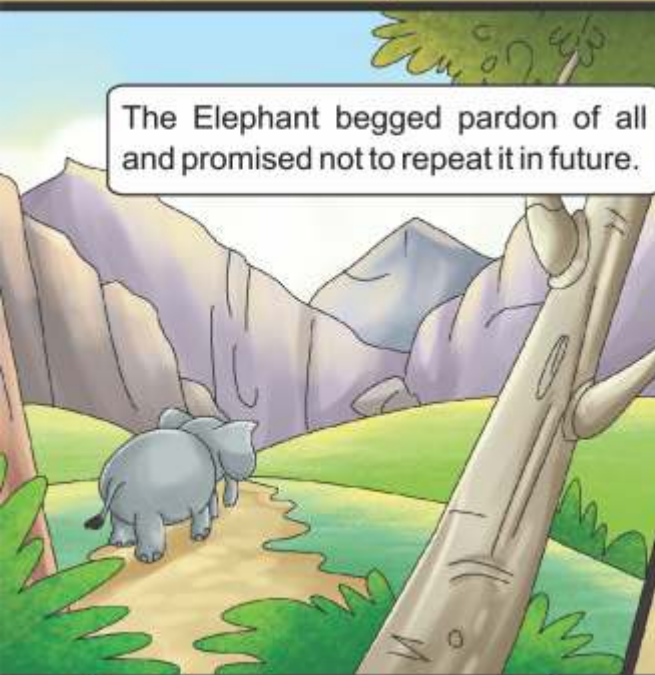
The King called the meeting of all the animals .



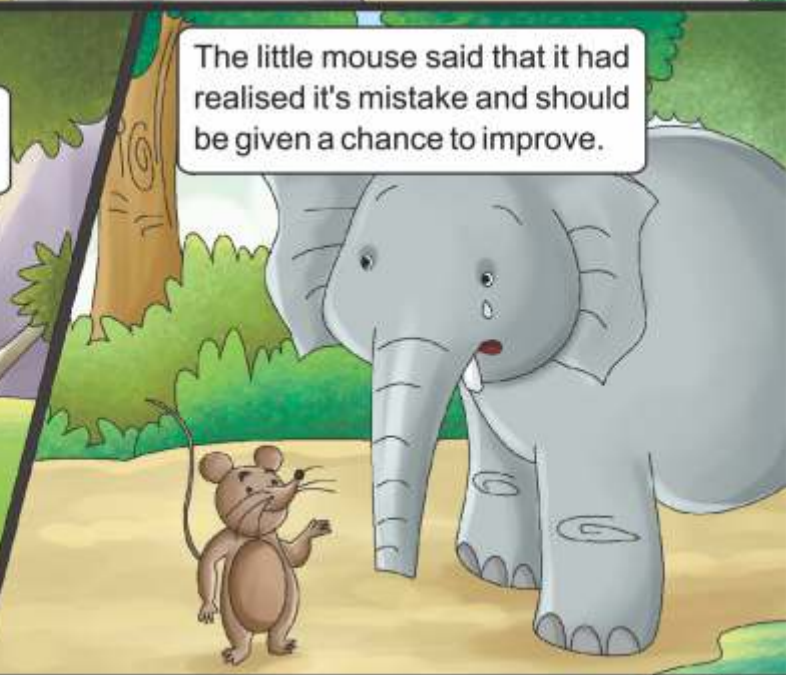
All the animals told the Lion King about the mischief of the Elephant.



The King listened to all the complaints and ordered the elephant to leave the forest.



The Elephant begged pardon of all and promised not to repeat it in future.



The little mouse said that it had realised it's mistake and should be given a chance to improve.



All the animals agreed to it. The King granted it a chance. All the animals lived happily ever after.



Moral: A chance to improve should be given if one realises the mistake.

—Himanshu Bhasin, Patiala



The Saint's Wisdom

Kandagupta was a famous saint. He lived in the outskirts of Maninagar, the capital of Manipur kingdom. There were very few who did not know about the wisdom of Kandagupta. He was also known for his predictions of future.

Maniraj, the king of Manipuri, came to know of the predictions of Kandagupta. He wanted to pay respect to this great saint. So, he invited Kandagupta to his palace.

When Kandagupta arrived, Maniraj welcomed him and offered him a seat. Then, the king asked the saint to tell something about his future from his horoscope.

After a keen observation into the king's horoscope, Kandagupta started telling the future boons to be showered upon the king. The

king was so happy. He kept on rewarding the saint with gold and silver for every boon told by Kandagupta.

Now, came the time to say the future misfortunes. The whole outlook of Maniraj started to change. At one point he shouted, "Stop! You filthy soul! How dare you say such nonsense. I order you to tell me the time of your death".

Kandagupta replied in a small voice, "My lord, according to my calculations, my death will take place just an hour before thy death".

The King was stunned. He realized his mistake. He begged pardon of Kandagupta and sent him with more gifts.

Moral: Wisdom is abler than power.

-Gurdev Singh

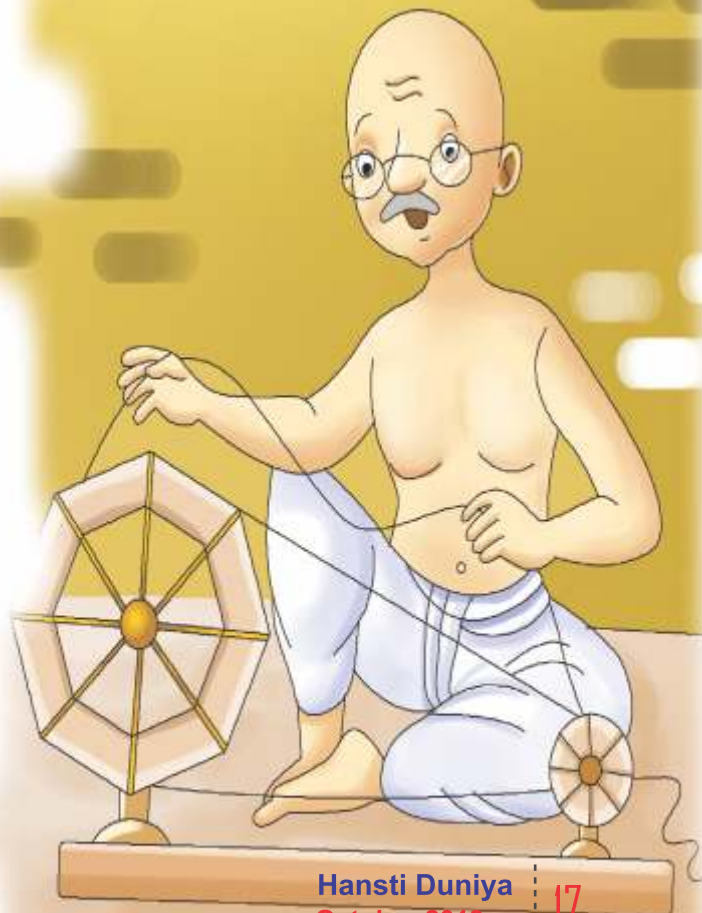
MAHATMA GANDHI JI

Gandhi Jayanti is a national holiday in India celebrated on 2nd October. This day is celebrated in the honor of the birthday of the Father of the nation. Citizen of world, simple living, Ram Bhagat, of the world Mohandas Karamchand Gandhi, popularly known as Mahatma Gandhi or Bapuji. Internationally this day is celebrated as the International Day of Non-Violence as Gandhiji was the preacher of non-violence. He is a symbol of peace and truth.

Gandhiji was born on 2nd October 1869, in Porbunder, a small town in Gujarat. Country is going to celebrate 150th birth anniversary this year. He studied law in U.K and practiced law in South Africa. In his autobiography "My experiments with Truth" Gandhiji described his childhood and teen age years, his marriage with Kasturba at the age of 13 and a sheer dedication for his mother land. He has set an example of simple living and high thinking. He was against the addictions like smoking, drinking and non-vegetarianism.

Gandhiji was a pioneer of truth and non-violence. He started the 'Satyagraha' (non-violence) movement for the Indian freedom struggle. He played a very significant role in achieving independence for India from British rule. He proved to the world that freedom can be achieved through the path of total non-violence.

All the organizations throughout the country remain closed on this day. Special event is organized at Raj Ghat, New Delhi where Gandhiji was cremated. People do prayers, pay homage and sing Gandhiji's favorite song "Raghupati Raghav Raja Ram, Patit Pavan Sita Ram. Ishwar Allah tero naam sabko Sanmati de Bhagwan.



Useful Gadgets

Identify the following things with their uses:



1. It is used to measure the temperature of body.

2. It is used to keep food cool.



3 It is used to take picture.

4. It is used to watch film, song, news, etc.



5. It is used to listen to music.

6. It is used to make things look bigger.



7.It is used to send e-mails.

8. it is used to see distant objects like stars, planets etc.

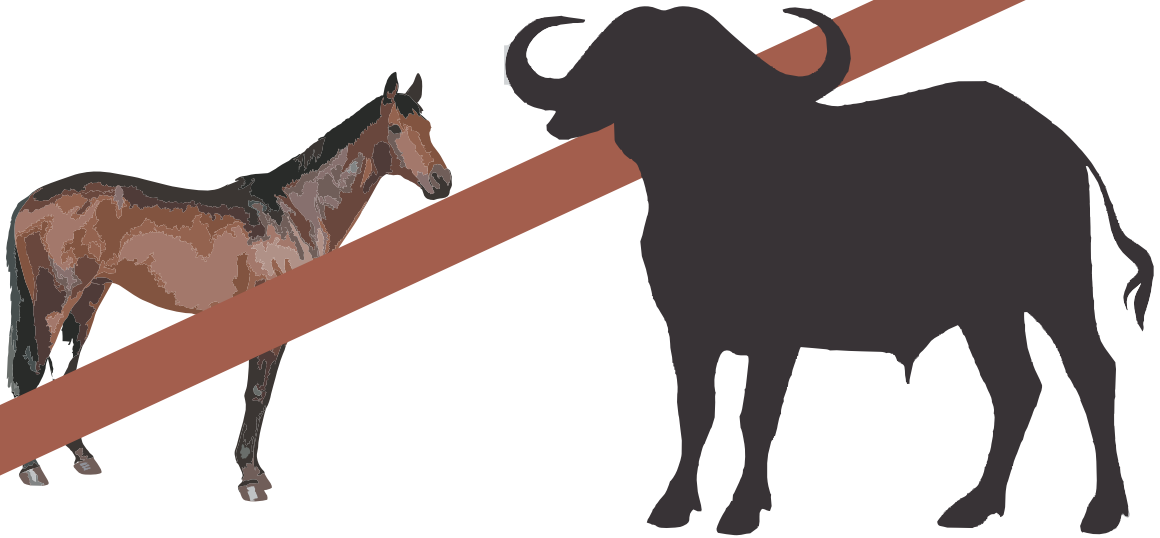


Option

Telescope, Refrigerator, Music System, Television, Microscope, Computer, Thermometer, Camera

—Ritik, Timarpur, Delhi

THE IRRESPONSIBLE OX



A brave warrior had a horse and an ox. He used the horse for travelling and the ox was used for pulling load for the warrior.

War had broken. The warrior was to go to a far off place.

The horse said to the ox, "Hey ox! I am to carry the master to a far off place". The ox replied, "How unlucky you are! I am lucky. I need not pull loads. I have no work to do".

But, it so happened that before the warrior could set off, the war had come to an end and the enemy had surrendered. Now, the warrior had plenty of work to do locally.

The ox was overburdened now.

Moral : Avoiding responsibility ends in overburden

Answer (Use Gadgets)

1. Thermometer
2. Refrigerator
3. Telescope
4. Camera
5. Television
6. Music System,
7. Microscope,
8. Computer

H.D. Answers

—Amit Kalra, Chicago (U.S.A.)

Q.: What is the value of man?

A. The value of man is judged by man himself and also by the society. But the value of man judged by Satguru is the real one which pays during life and beyond.

—Sunny Gulati, Chandigarh

Q.: What oneness actually means?

A. To know ONE (God) as one and then to be one with the ONE.

—Jagmohan Purohit, Chandigarh

Q.: What is the effect of excessive use of cordless and mobile phones?

Ans: As per the latest research, the children, including teenagers, using such phones regularly are prone to suffer from brain cancer.

—Sudeepa-Kunal. Chandigarh

Q.: Why does man feel jealous of other's prosperity?

A. When a man is incapable of achieving some prosperity, he naturally feels jealous of others.

—Aneesh Bagga, Delhi

Q.: How to wipe out baser instincts from life?

A.: The only way to get rid of baser instincts is the congregation of enlightened saints.

—Richa, Dehradun

Q.: What is the likely result of global financial meltdown?

Ans: Whenever there is a breakdown, there is a breakthrough. Society is forced to explore better ways to emerge more efficient and stronger.

— Radha, Delhi

Ganga's Intelligence



Mahesh was a gambler. His wife Ganga, was fed up with her husband's gambling habit.

One day, Mahesh lost a lot of money in a gamble to Sonu. So Sonu demanded the money. But Mahesh did not have any money to give him. Then Sonu said, "I'll come to your house and whichever thing I touch first, will be mine." Mahesh went home and told his wife about it.

She said, "I will help you only if you promise to stop gambling forever."

Mahesh promised to stop gambling. Ganga took all the valuables of the house and kept them in a box. Then, she kept the box high above on the roof.

Next day, Sonu came to their house. He knew that all the things were kept in the box. He started to climb the ladder. As he touched the ladder, Ganga said, "Stop! As you said, the ladder is yours."

Bound by his words, Sonu went away sadly. The valuables of the house were saved due to Ganga's intelligence.



—Avneesh Gulati, Chandigarh

Increase Your Knowledge

Q. How can bats fly in the dark?

A. When the bats are coming out of their cells, we do not hear any sound, though in fact they are usually making a series of sharp squeaks so high-pitched that humans can't detect them. These high pitched sounds are called 'ultras sonics'.

Q. How does a bat differ from a bird?

A. The wings of a bird, though formed by the forelimb, yet they consist of feathers, whereas in bat, they consist of a membrane; more over a bat is a mammal.

Q. Name three birds which cannot fly?

A. Kiwi, Emu and Ostrich.

Q. What is protoplasm?

A. A Jelly- like mixture of compounds of which the living matter is composed. The scientists have so far not been successful in manufacturing it synthetically. Julian Huxley has aptly described it as the physical basis of life.

Q. What is chlorophyll?

A. It is a green pigment contained in the leaves of the plant. This green pigment enables the plant to absorb sunlight; and build up reserves of sugar ; iron is constituent of chlorophyll.

Q. What is fossil?

A. These are remains of plant and animal life which become hardened like stone during the course of ages by the pressure of upper layers. By examining them we learn about the plants and animals that lived on the earth in pre-historic periods. It enables us to know the age of the earth.

Story : — Priya Tandon, Chandigarh

A Special Order

Undoubtedly, God has created everything on this earth and beyond it. One day, when God was executing a special order, an angel came in and started talking:

Angel: "Lord you are really working hard on this model. You have been working overtime since the last seven days. What are you creating?"

God: "Do you know the specifications of this order?"

Angel: "What are they Lord?"

God: "This creature has to be washable, but not made of plastic. She must run overtime without any defects, at all odd hours, with no rest period. She must run only on leftovers. She must have a lap that disappears when she gets up and a bosom that can rest her child's head on it even when her child has hurt her badly. Her shoulders must be strong enough to hold up the earth. She must find happiness in the happiness of her children. Her Kiss should be an antidote for bruises, headaches, scratched knees, broken love affairs...



She should have five-pairs-of-hands."

Angel: "On a human model! But that's impossible ! Five-pairs-of - hands? How can you do that?"

God: "It's not the hands that are problematic. It's the three pairs of eyes that she needs to have. One pair to see through closed doors while asking: 'what's happening in there?' —When she knows exactly what is happening. The second set at the back of her head-that sees all that she

has to know , but better not. The third set-that can love, comfort, shelter and encourage a child when he makes a mess of something important, without physically opening her mouth."

Angel: "Lord, can I help? How far have you reached?"

God: "I 've created one who can feed a family of six on one single loaf of bread. She can make a child of four recite the Gayatri Mantra and a Bhajan in my praise."

Angel: "It's much too tender" (Touching the model)

God: "Yes, but its strong inside. It can teach a child that if you read the word 'Impossible' slowly, it says, I'm possible.' It can make a child do anything, just by giving her love."

Angel: "Lord, your model is leaking!"

God : "That is not a leak. It's a tear!"

Angel : "What is the tear for?"

God : "...I didn't put it there ...but mothers would be incomplete without it"

Moral — The mother is the pillar of the home, of society, of the nation and so of humanity itself.

-Karuna, Bengaluru



Why do Woodpeckers peck wood?

They feed on insects which burrow in wood and under bark. They also nest in trees and will peck out holes if they can't find a suitable nest hole. Some woodpeckers drum their beaks loudly against trees to attract a mate.

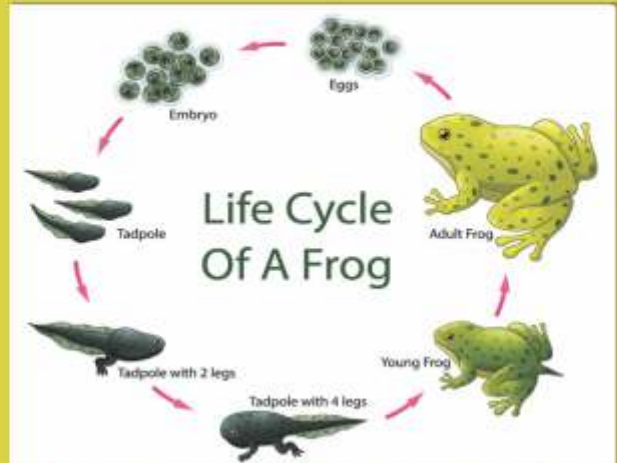
Why Do Birds Migrate?

Birds migrate as the seasons change in order to find the food and living conditions which suit them best at different times of the year. Each year songbirds, seabirds, waterfowl and waders all make long, difficult journeys from their summer breeding quarters to their winter feeding grounds. They do this to take advantage of the seasonal variations in climate and food supply.

-P.P. Bhuteja, Vikaspuri

Why Do Some Birds Dance?

Dances form part of the mating displays of certain birds. Great crested grebes perform an elegant courtship dance on the water to establish a firm pair bond. Often their display includes head-shaking and taking turns to preen each other. The display ends in an exchange of weed where two birds rise up out of the water facing each other and present their gifts.



How do tadpoles turn into FROGS?

When tadpoles first hatch out, they bear little resemblance to their frog or toad parents. Breathing through gills and swimming by means of fish-like tails, these tiny black creatures cannot leave the water. They grow back legs, and then front legs, and their tails shrink. They develop lungs and, now looking like frogs, leave the water.

Which Birds Carry Water In Their Breast Feathers?

Sandgrouse are birds which live in dry and desert areas in Africa and the Middle East. The males have special breast feathers that soak up water like a sponge. The males carry water to their chicks.

-Vidisha, Delhi



The Selfish Angler

— P.P. Bhuteja, Delhi



One day an angler left his house with his hook and rope for fishing. Going over a distance, he reached a big pool with clear water in it. There was a fence round the pool to keep it safe from stray animals.

A villager stood not very far from the pool. The people of this village used the water of the pool for drinking. So, they had fenced it carefully.

The angler did not care for the fence. He saw that the pool abounded with fish—big and small. So, he sat down at the bank of the pool and threw his hook into it. Then he began to stir the water to disturb the fish. He knew that fish would run to the hook and get hooked to it one by one. But stirring made the water muddy and unfit to drink. Suddenly, a villager happened to come there. He saw the angler muddying the water and requested him not to do that. But the angler pretended not to listen. He went on with his work as before. He kept beating the water and muddying it more and more.

The villager went to the village and in time returned with some hefty villagers. They had clubs in their hands. Seeing them, the angler turned pale.

Even before the villagers asked the angler to stop angling, he had drawn out his hook and got ready to leave. He was so frightened that he remarked, "I am sorry to be foolish and selfish. I should not have disturbed the water of this clear pool. I am really ashamed of my fault and beg your pardon.

"Saying so, the angler went his way to look for fish somewhere else. The villagers also returned to their village.

Moral: Strictness is the logic of fools.

Compiled by: Rajendra Prasad Chaudary

Health benefits of Apple



★ The delicious and crunchy apple is notable for its impressive list of phyto-nutrients, and anti-oxidants. Studies suggest that its components are essential for normal growth, development and overall well-being.

★ Apples are low in calories; 100 g of fresh fruit slices provide only 50 calories. They, however, contain no saturated fats or cholesterol. Nonetheless, the fruit is rich in dietary fiber, which helps prevent absorption of dietary-LDL or bad cholesterol in the gut. The fiber also saves the colon mucous membrane from exposure to toxic substances by binding to cancer-causing chemicals inside the colon.

★ Apples are rich in antioxidant phyto-nutrients flavonoids and polyphenolics. The total measured anti-oxidant strength (ORAC value) of 100 g apple fruit is 5900 TE. Some of the important flavonoids in apples are quercetin, epicatechin, and procyanidin B2. Additionally, they are also good in tartaric acid that gives a thefa flavor to them. Altogether, these compounds help the body protect it from the deleterious effects of free radicals.

★ Apple contains good quantities of vitamin-C and beta-carotene. Vitamin C is a powerful natural antioxidant.

Consumption of foods rich in vitamin C helps the body develop resistance against infectious agents and scavenge harmful, pro-inflammatory free radicals from the body.

★ Further, apple is a good source of B-complex vitamins such as riboflavin, thiamin, and pyridoxine (vitamin B-6). Together these vitamins help as co-factors for enzymes in metabolism as well as in various synthetic functions inside the body.

★ Apple also contains a small amount of minerals like potassium, phosphorus, and calcium. Potassium is an important component of cell and body fluids helps controlling heart rate and blood pressure; thus, counters the bad influences of sodium.

—Rajender Prasad, Ambedkar Nagar

THE TIGER IN THE TRAP

Once there was a traveller. He was just getting ready to stop for the night when he heard a low moaning. He found a tiger trapped in a deep pit.

The tiger saw the man and begged, 'Please free me from this trap, and I will be grateful to you for the rest of my life.'

The traveller agreed and lowered a large branch into the pit for the tiger to climb out. As soon as the tiger was free, he fell upon the man.

'Wait!' said the traveller. 'I thought you were going to be grateful to me.'

'It was men who trapped me,' answered the tiger. 'So a man should suffer for it.'

Just then a hare hopped by and asked what was happening. The tiger explained and then asked if the hare agreed with him.

'First I have to see the pit. Where were you?' the hare asked the tiger.

'Down here,' the tiger replied and jumped into the pit.

'Was the branch there too?' asked the hare.

'No,' said the tiger. And so the hare took the branch away.

Then the hare turned to the traveller and told him to be on his way.

The tiger cried out in dismay as the man walked off down the trail. 'How could you betray me? I judge each according to his own and not by his fellows,' answered the hare. 'You have the fate you deserve and so does the man.'



—Arpita, Bangalore



The Monkey and the String of Pearls

One of the most popular kinds of stories in south Asia are called Jataka tales. They tell about the past lives of the Buddha, in a both human and animal form. Similar South Asian tales occur in Hindu and other non-Buddhist literature. All these stories aim to teach a lesson, as does this one.

The king and queen decided to have a swim one beautiful day. The queen did not want to lose her jewellery so she took off her pearls and gave them to a handmaid. The handmaid soon grew tired in the warm sun and fell asleep.

A monkey had been watching and quickly ran down the tree, snatched the necklace, and raced back up into the branches. The monkey thought she looked regal in the pearls. 'Ain't I beautiful?' she said to herself.

When the maid awoke she noticed that the pearls were missing. 'The queen's necklace has been stolen!' she cried.

But no matter how hard the king's guards looked, they couldn't find the thief. The captain of the guards was puzzled. He decided to put out glass necklaces in the hope of catching his thief.

When the other monkeys saw the many glass necklaces lying on the ground, they quickly snatched them up and chattered happily to themselves, 'Oh, don't we look stunning?'

All except the first monkey. She reached into her hiding place for the string of pearls and put it on. 'Your necklaces are just glass,' she teased, 'but mine is made of pearls.'

This was what the captain of the guards had been waiting for, and he and his men sprang from their hiding places and caught the monkey. They returned the string of pearls to their queen and let the rest of the monkeys keep the glass necklaces.

This story by **Jheel Lamba** D/o Sh. Sanjeev, H.No. 412, Abhinav Aptt. (B-12) Vasundhara Enclave, Delhi-110096 has been Adjudged the best. Congrats to her.



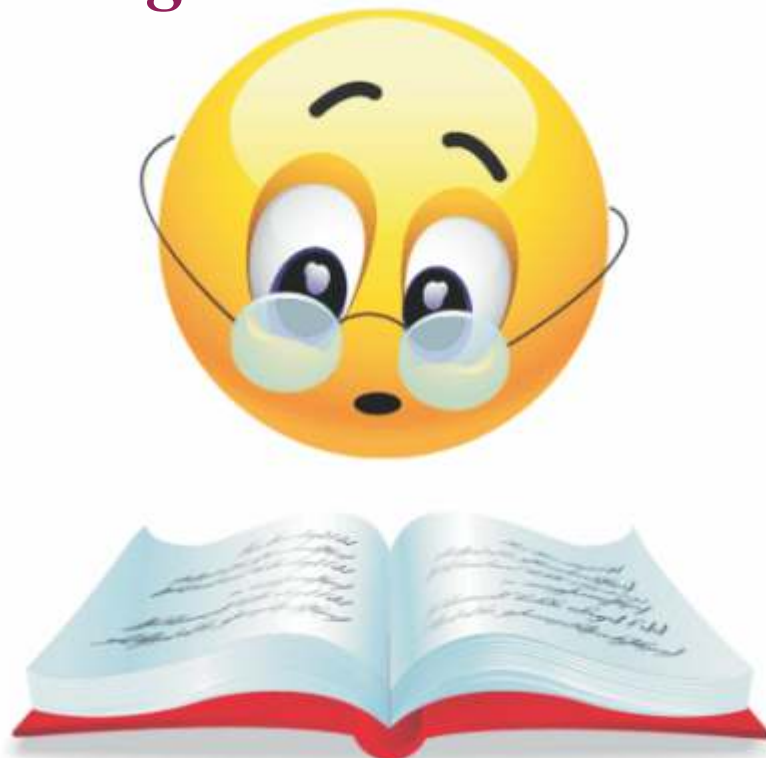
Reading Improves One



A monkey once found a book in a jungle. He started reading it. He made up his mind to beautify the jungle after reading the book. He made a food cart in the jungle. Every one was impressed by the monkey. The monkey said that it was a magical book which turned the reader in to a good person. The crow heard it and stole the book but he did not get anything out of it because his intentions were not good. It realized it mistake and returned the book to monkey and apologized. The crow also started reading a book with the monkey and tried to beautify the forest. Both of them became famous for doing the good work. All the animals praised them for their good work.

—Anil Kawrani, Mehrauli , Delhi

Tackling Exam's Fear Coolly!



Every New Year starts with the month of January. With this comes the coldest weather of the year in which people shiver. This is true for persons from all walks of life, all age groups, etc. But there is another group – the students and their parents who start shivering due to one more reason, very common these days - due to the final exams, when they seem to be approaching at lightning speed. The story is repeated every year but despite many measures being taken each year, there seems to be no respite. Rather, tension of tackling exams and fear associated with it coolly has been growing vigorously. The matter was discussed with an experienced person in this field, who gave some suggestions. Following are some of the points which if taken care of, may help in tackling the exams' fear coolly:-

- ★ Face it with dignity and courage to become more courageous and powerful.
- ★ Concentrate on one activity at a time.

Complete your course latest by mid-November, do first revision by December end and second revision by mid-February.

- ★ Do not touch new chapters / topics after mid-February.
- ★ Keep on testing yourself continuously throughout the year. Initially, the tests could be chapter-wise/ topic-wise and gradually one should try to attempt tests on two or more chapters combined together.
- ★ In case of subjects like Mathematics, Accountancy, etc., prepare by practicing questions and not just by learning formulae, procedures, etc.
- ★ Attempting at least four to five complete tests would give a fair idea about time management, difficult questions / topics, order of attempting questions, questions that take more time than expected, etc.
- ★ Take a balanced diet and follow a planned study schedule along with sufficient sleep. Sleeping time may be broken into two or three spells with at least four hours of night sleep.
- ★ Students should remain in touch with their friends, especially those with positive mentality and habit of encouraging others.
- ★ Children should keep a regular and healthy talking schedule with their parents. Parents should also consider sympathetically, the state of mind of their ward. They should recall their time when they underwent the similar phase in their childhood. The best thing to do, even if they are unable to handle their subject matter is to console their ward a bit. Children may be told that this exam is just a small battle of their life and one must strive to win the war of life even if there are some hiccups in small battles.
- ★ Whenever one feels that it is enough now and he cannot go further, one should give it a last try. There is a small story in this regard. 'A' and 'B' were fighting. The fight continued for a long time. Both were tired. 'A' thought that he could not go further but 'B' thought let's give it a last punch and down went 'A'. No matter what is the size of the problem, man is bigger than that. If one tries sincerely, he is likely to succeed; he'll feel that at least he tried his best.
- ★ Last but not the least is the prayer to the Lord Almighty that whatever one has done throughout the year may be retained till the exams. With prayer, one gains strength and energy to deliver the best result.

In day-to-day life also, one faces one or other challenge, the other name of an exam. So, let's face the challenge with the feeling that one becomes more and more powerful, by being more tolerant and ready to face any situation. This is just like accepting whole-heartedly whatever God does.



KITTY

Story & Illustration

—Ajay Kalara

Let us bunk school today
and roam somewhere.

Bunking school is bad.
No, we shouldn't do it.



It's ok. Don't go- But I will go.





Kitty leaves the place, leaving her friends surprised.



Make Kitty understand.




Chintu, where is Kitty?



Mam, Kitty hasn't come to school, she is very ill.






I am enjoying myself. It's good I bunked the school.



Oh! She looks like Kitty. How come she is here. I shall go and find.



Oh, It's mom, let me run.



Where has she run away?

I will hide here quickly so that man can't spot me.



My dog come, tick - tick - tick.

Oh no, the dog is after me. Somebody save me.



Mom, save me.

Mom, forgive me. I'll not do it again. I'll go to school regularly.

Kitty, how come you are here? Why did not you go to school. I'll complain to your father.

Story By : Abhinandan Shukla

THE FRIEND

Once upon a time in the London zoo, the viewers were required either to pay the money for seeing wild animals or to bring cats or dogs which were, in turn, given to the carnivores to feed on.

A man wanted to see the animals. He caught a dog from the street and went to the zoo. He was permitted to see the animals and the dog was thrown into the lion's cage.

The poor little dog pressed his tail between the legs and sat huddled up in a corner.

The lion approached and smelled him. The dog laid down with his paws up in the air and started wagging his tail.

The lion turned him over by a slight touch with the help of his paw.

The little dog jumped and stood up.

The lion gazed at him with keen interest, shook his head from side to side, but did not touch the dog.

When, in the late afternoon, the meat was thrown into the cage, the lion left a piece for the dog also. In the evening, the lion lay down to sleep. The dog, too, laid down beside him with his head resting over the lion's paw.

From that day, the lion and the dog began to live in the same cage.

One day a rich man came to see the animals in the zoo. He recognised his dog. He informed the zoo authorities that the dog belongs to him and so, it should be returned to him. The authorities were ready to return the dog. They lured the dog to bring him out of the cage. But, the lion, with his mane all erect, started roaring fiercely, to show his displeasure. The authorities could not take the dog out. Thus, the king of the beasts and the small dog lived together for one year.

One day the dog fell sick and died. The lion left eating. He smelled the dog, licked him and shook him constantly.



When he understood that the dog was no more, he stood up suddenly. His mane was erect and he was roaring as if he was feeling agonizing pain. He struck the iron-bars and clawed at the floor.

The authorities thought that a new dog might help the lion to forget his sorrow. They introduced a dog in cage. But, soon the lion torn him into pieces. Leaving him, the lion approached the little dog, his friend. He embraced the dead body of the dog with his paws and sat there in the same posture for five whole days.

On the sixth day the lion died.

Punctuality



Punctuality is a very good habit, it does pay to the one who observes it. One who is regular and punctual is always successful in life. He knows the value of time. He knows that time is money and all great men have been highly punctual. A watch may fail but their punctuality is certain and definite. It is our duty to observe punctuality of time.

—Neelam Sethi

Compiled by : Sakshi Gulati, Chandigarh



Laughing Time



On a crowded bus, one man noticed that another man had his eyes closed.

"What's the matter? Are you sick?"

"No, I'm okay. It's just that I cannot see an old lady standing."

Patient : Doctor, I feel pain in my eye whenever I drink tea.

Doctor: Take the spoon out of the mug before you drink.

Patient : Doctor! You've got to help me! Nobody ever listens to me. No one ever pays any attention to what I have to say.

Doctor: Next please



A snail walks into a bar and the barman tells him there's a strict policy about having snails in the bar and so kicks him out. A year later the same snail re-enters the bar and asks the barman "What did you do that for?"

A: Just look at that young person with the short hair and blue jeans. Is it a boy or a girl?

B: It's a girl. She's my daughter.

A: Oh, I'm sorry, Sir. I didn't know that you were her father.

B: No.. I'm her mother.

Mother : "Did you enjoy your first day at school?"

Girl : "First day. Do you mean that I have to go back tomorrow also?"

A teacher is talking to a student.

Teacher: Did your father help you with your homework?

Student: No, he did it all by himself.



Customer: Excuse me, but I saw your thumb in my soup when you were carrying it.

Waitress : Oh, that's okay. It was just to see that the soup isn't hot.

"Why do you take baths in milk?" "I can't find a cow tall enough for a shower."

Customer : I would like to have a plate of rice and a piece of fried chicken and a cup of coffee

Waitress : Is that enough Sir?

Customer : What do you think I can't buy more?

Patient : Doctor, I think that I've been bitten by a vampire.

Doctor : Drink this glass of water.

Patient : Will it make me better?

Doctor : No but I'll be able to see if your neck leaks.



A: When I stand on my head the blood rushes to my head, but when I stand on my feet the blood doesn't rush to my feet. Why is this?

B: It's because your feet aren't empty.

Teacher: What are some products of the West Indies?

Student : I don't know.

Teacher: Of course, you do. Where do you get sugar from?

Student : We borrow it from our neighboring shop .

A nervous old lady on a bus was made even more nervous by the fact that the driver periodically took his arm out of the window. When she couldn't stand it any longer, she tapped him on the shoulder and whispered on his ear: "Young man...you keep both hands on the wheel...I'll tell you when it's raining!" :)





- ★ If you can laugh when you are completely broken up, then there can be nothing that can break you next time.
- ★ Hope is good breakfast but bad supper.
- ★ Vice flourishes in ignorance. It vanishes in the enlightenment.
—Ramesh Rai , Bokaro
- ★ The real evil is idleness which is the principal cause of our poverty. —Vandana , Jhansi
- ★ How wrong it is to ask others to be clean when we ourselves remain unclean. —Jotish, Dehradun
- ★ No matter where you are. God is with you.
—Raja Gulati, Chandigarh
- ★ Promise yourself to be strong that nothing can disturb your peace.
—Avneesh Gulati , Chandigarh
- ★ Guru's blessing cures every curse. — Karuna, Zamiya
- ★ One nice thing about egoists; they do not talk about others.
— Ratnesh, Gorakhpur
- ★ Fear of death increases in exact proportion to increase in wealth. — Sudha, Azamgarh
- ★ Broken bones may not matter, broken hearts do matter.
- ★ Think thousand times before you take a decision. But never turn back even if you get thousand difficulties later. — Rajkumar, Delhi
- ★ One of the best message for life time. "If you desire to blossom like a Rose in the garden, you have to learn the art of adjusting with thorns." — Pawan Kumar, Pandoh
- ★ Love seeks no reward. Love is in itself a reward. Which confers lasting happiness and peace.
— D.R. Dogra, Kolkata

Result for the month of August 2019 Issue

First :

Vandita Arora **Age 7**

A1-101, Puri Pranayam, Sec .82-85,
Greater Faridabad



Second :

Isha Kotian **Age 6**

Room No.-302, Kailash Niwas , VS
Marg Pach Payari, Virar(e) , Disct,
Palgarh -401305



Third:

Jheel Lamba **Age 8**

412 B-412 Abhinav Apartments
Vasundhra Enclave Delhi-110096



Consolation Enteries

Ankita (Amarawati)

Rita (Nehru Place)

Gurleen (Patiala)

Pinki (Mukherjee nagar)

Karun (Pathankot)

Neha (Nirankari Colony)

Naitik (Rajender Nagar, Delhi)

Rahul (Vaishali)

Renu (Dheerpur)

Anjali (Mohali)

Mona (Faridabad)

Aryan Dev (Pandoh)

Simi (Kapurthala)

Nitika Dev (Raj Nagar extn.)

Ria Pia Kanav (Indra vikas Colony)

Nancy (Kapurthla)

Kiran (Nirankari Colony, Delhi).

Nirmla (Pahar Ganj)

Raju (Dehradoon)

Prashant (Rohtak)

Sanjay (Khanna)

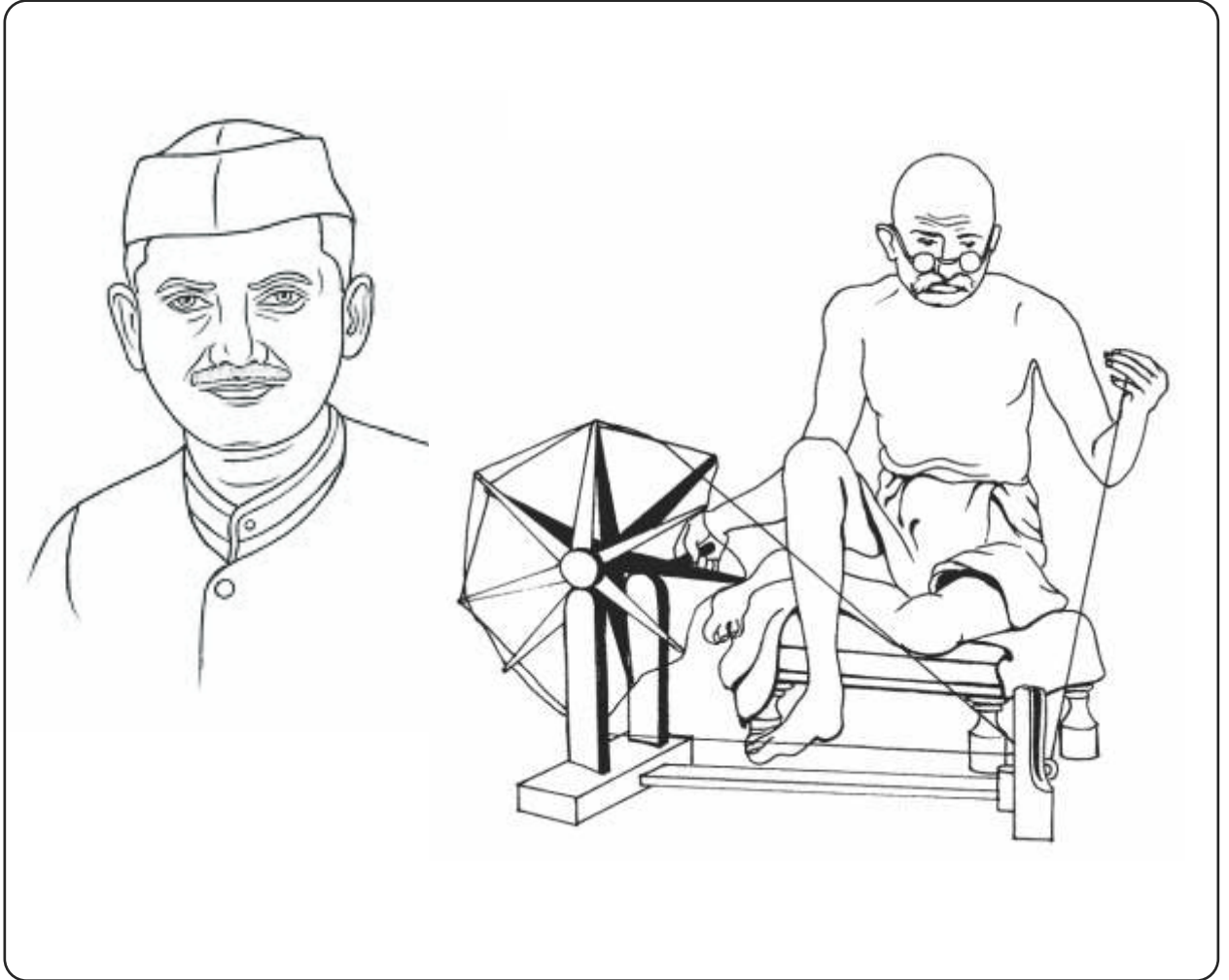
Des Raj (Sonipat)

"Colour it" for October Issue

On page 44, a beautiful picture is given; colour it and send it to us latest by November 20, 2019. Office address: HANSTI DUNIYA, Nirankari Complex, Near Nirankari Sarover, Nirankari Colony. Delhi - 110009

The result will appear in December 2019 issue. Full name and address should be mentioned clearly at the prescribed place. Children up to the age of 15 years only will be eligible to participate.

Colour it



Name Age

Address

.....



— Dr. Ashok K Chitkara

Accept Ups and Downs in Life

A king ordered the smith, "Prepare for me a signet with a motto that would temper my happiness when I enjoy good fortune, and lift my in spirit when I am despondent."

The workman had no difficulty making the signet, but the motto part was a tough one.

So he went to a sage and asked, "What can I put on the signet that will temper the king's ecstasy and at the same time lift his spirit when he feels depressed?"

The sage gave him an inscription that fulfilled the king's requirement.

The sage said, "Inscribed upon the ring: THIS TOO SHALL PASS. When the king gazes upon it in triumph, it will

humble his pride. When he looks at it in despair, it will lift his hope."

The implication of the story is:

Toss a coin a hundred times. You will find that the chance of getting heads or tails will be almost equal, with marginal variation. The same holds good in life.

Ups and downs are a common phenomena. Accept them .



From: Vidya Prakash

Gandhi Ji's Three Monkeys

No one is unaware about three monkeys of Mahatma Gandhi. Almost all have heard at least something in respect of these three monkeys of Gandhi Ji. But, only a few know as to where these monkeys came from.

These three monkeys of Gandhi Ji basically is the creation of Japan. In the year 1617, these monkeys were inscribed on the shrine of St. Togoshu at Nikko in Japan. It is also said that the three principles which the monkeys point at, viz., 'Don't listen bad', 'Don't see bad', and 'Don't say bad' are basically from the Chinese philosopher, Confucius. And these principles reached Japan from China in the Eighth Century. At that time, Japan was almost ruled by the Shinto community which gave a lot of attention and respect to monkeys. It was possibly the reason that these three principles were inscribed in the shape of monkeys by Shinto community. This is how it is included in UNESCO's List.

The names of these monkeys are Mizaroo (Don't see bad), Mikazaroo (Don't listen bad), and Mazaroo (Don't say bad).



Informative (birds' world): Umesh Prasad Singh

Attractive Bird : Hud-Hud



The national bird of all European countries is HUD-HUD. When it speaks, a sound like "Uk-Uk" is heard, which, as per Europeans is "Hup-Hup". Because of this sound, the Europeans called it 'Hupu'. The Israelis understood it as "Hud-Hud and named it "Hud-Hud". In many parts of our country, it is known as 'Hajamin'. It has beautiful feathers at his head and for this reason many people call it as 'Shah Suleman'. It was called as

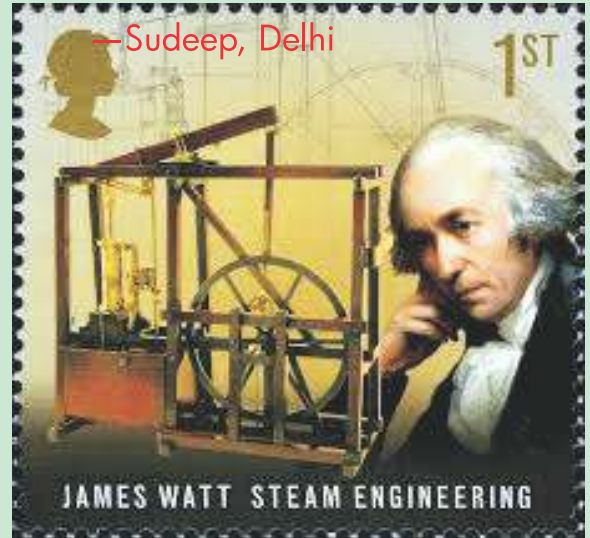
Upua in ancient Rome, and as Ipopus in Greece.

Hud-Hud has a long, sharp and thin beak through which it easily finds out insects, worms etc, hidden under the earth. It is not fond of fruits and flowers. Insects and worms are its favourites. Often, it is found in parks, gardens and old and abandoned houses. It has beautiful looks. Both, male and female, have crown like feathers on heads

which increase their beauty. The body is multi-coloured. The feathers are golden and black while the front part of the neck is almond-coloured.

Hud-Hud has about a dozen of variety. One of it can be called an international one, having white colour and found in European countries. Another variety is found in Israel and Arabian countries. Its eggs are light blue in colour. It makes its nest in holes of trees, walls, old houses. The female produces 3 to 10 eggs and does not leave them till they are hatched. During this period, male cares for the food.

It had a special place in wall paintings of ancient Greece. The Jews call it a bird of heaven and treat it as a sacred one. It was once considered that its feathers were of real gold; and under this ignorance, this bird was destroyed in a large number.



Who was called 'Father of the Steam Age'?

The Scottish engineer James Watt (1736—1819) is said to have been inspired to improve the steam engine by watching a kettle boil. In 1764 he was trying to repair a model steam engine of the kind invented by Thomas Newcomen (1663—1729). Realizing how inefficient this kind of steam engine was, Watt added a separate condenser to make it more powerful. He also worked out how to change the up and down motion of the steam engine into rotary motion, suitable for driving machinery. These improvements earned James Watt fame as the 'Father of the Steam Age'.



—Pawan, H.P

Diwali Festival

Diwali is one the most important festival of Hindus. It is celebrated with great enthusiasm throughout the length and breadth of India. It is a festival of lights.

It falls on the Amavasya of the month of Kartik every year by Hindu calendar and in the last week of October or in the starting days of November by English calendar.

Many legends are associated with this festival. It marks the victory of Ram over Ravana. As a matter of fact, Diwali is the symbol of the victory of the forces of good over evil.

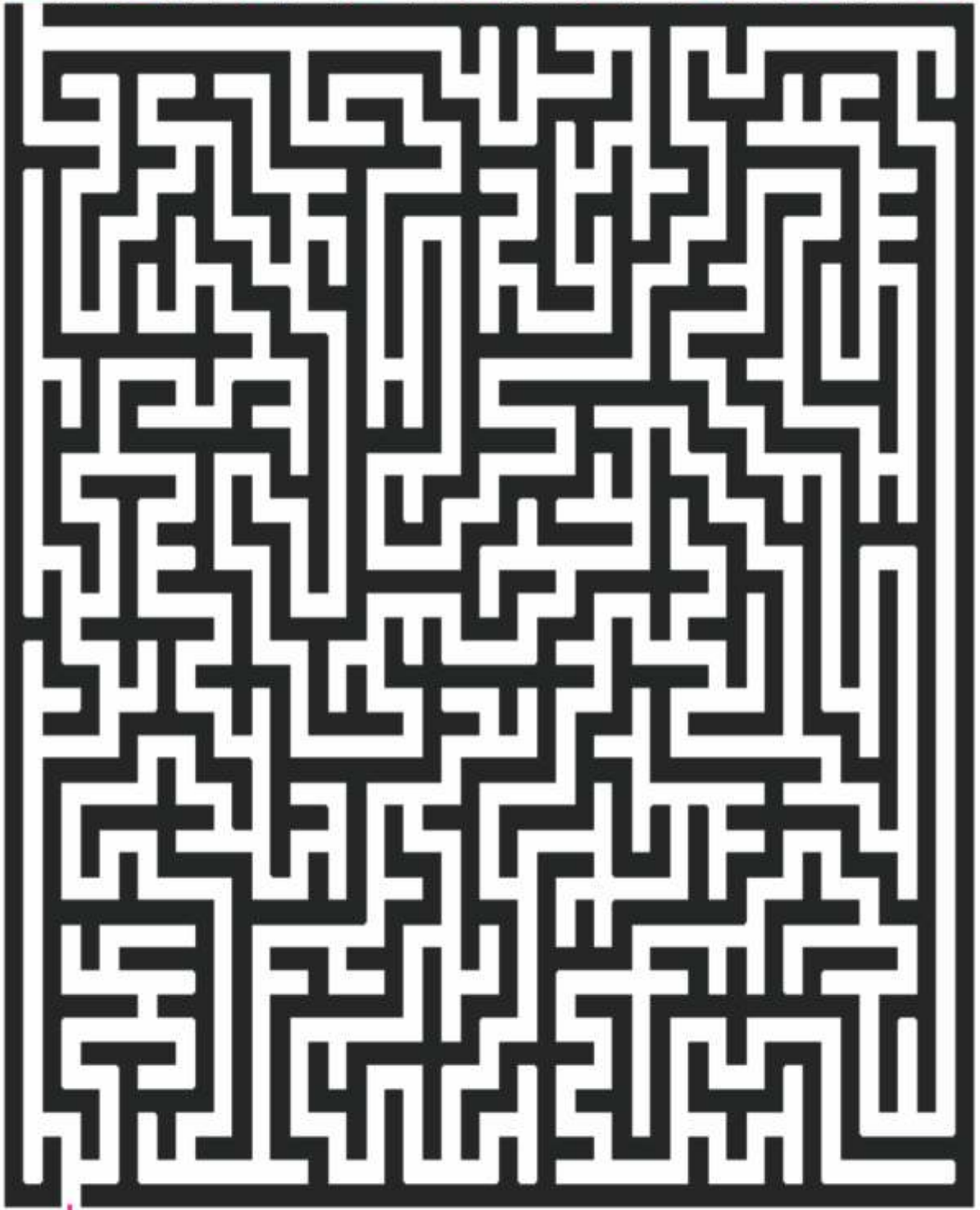
According to some on this day Lord Ram reached Ayodhya along with Sita and Lakshman. The people of Ayodhya welcomed Ram, Lakshman and Sita by decorating and illuminating their houses with diyas. Jains says this is the day when Lord Mahavira attained “moksha or salvation”. They show lights in jubilation of his attainment. Dayanand Saraswati of Arya Samaj also attained ‘Nirvana’ on this day.

It is a festival of lights and firework. It comes after Durga Puja as the winter sets in. In West Bengal and some other places in North India Goddess Kali is worshipped during the Diwali. As the lights keep away the darkness, Goddess Kali drives away the evil forces in our world.

Great preperations are made for this festival. Everyone starts making arrangement one month before Diwali, new cloths are purchased, houses are cleaned and decorated with lights, flowers etc. People call and invite their nearest and dearest ones. It brings joy and happiness. ●

Maze

— Himanshu Bhasin





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