

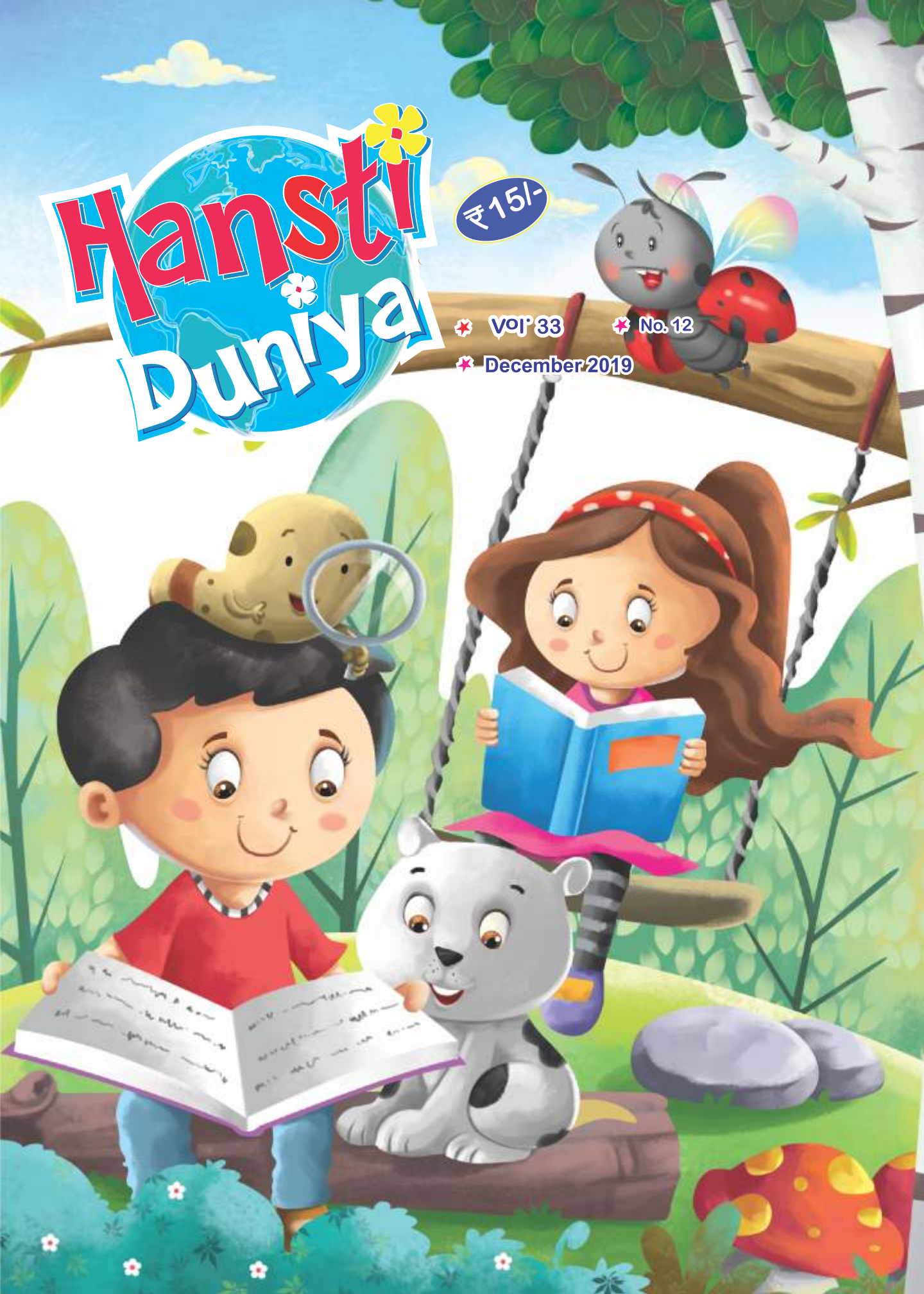
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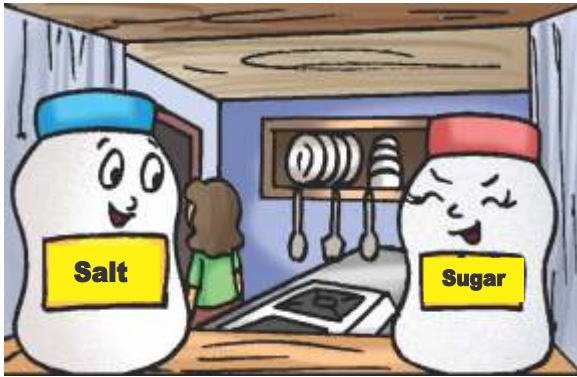


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Editorial

LET PARENTS AND TEACHERS UNITE



In the meetings of Parents and Teachers Associations, there is generally a heated exchange of arguments about the negligent and indisciplined students. The parents curse the teachers and the teachers, in turn, raise accusing finger towards the parents. The only way out of this delicate problem is for the parents and teachers to unite and cooperate intimately like the two hands threading the needle.

In tune with the International Convention on Children, corporal punishment has no place in education system. Children are to be protected from violence and injury while they are in the care of teachers or parents. They should be slow to criticize and quick to sympathize with the children.

Make the children realize that they cannot get all that they want any time and every time. They must learn to deserve and, if needed, wait. They have to be taught that what

is pain now may be joy later. For instance, hard work and discipline may be discomforting now but certainly rewarding later.

Nature is governed by some infallible principles, you will reap as you sow; if you sow knowledge now you will reap greater mental ability as you grow; the more the sowing, the greater the harvest. More varied the fields of knowledge, richer the spring of life. Choices and consequences have to be understood. No point regretting later.

When we are young we form habits and when we grow up habits form us. So if we acquire right habits, our characters and personalities will have a strong inundation. This way, the children not only excel in their studies but also gain good manners throughout their life. It is these basics of life what students should remember the most and love their parents and teachers like God.

— C.L. Gulati

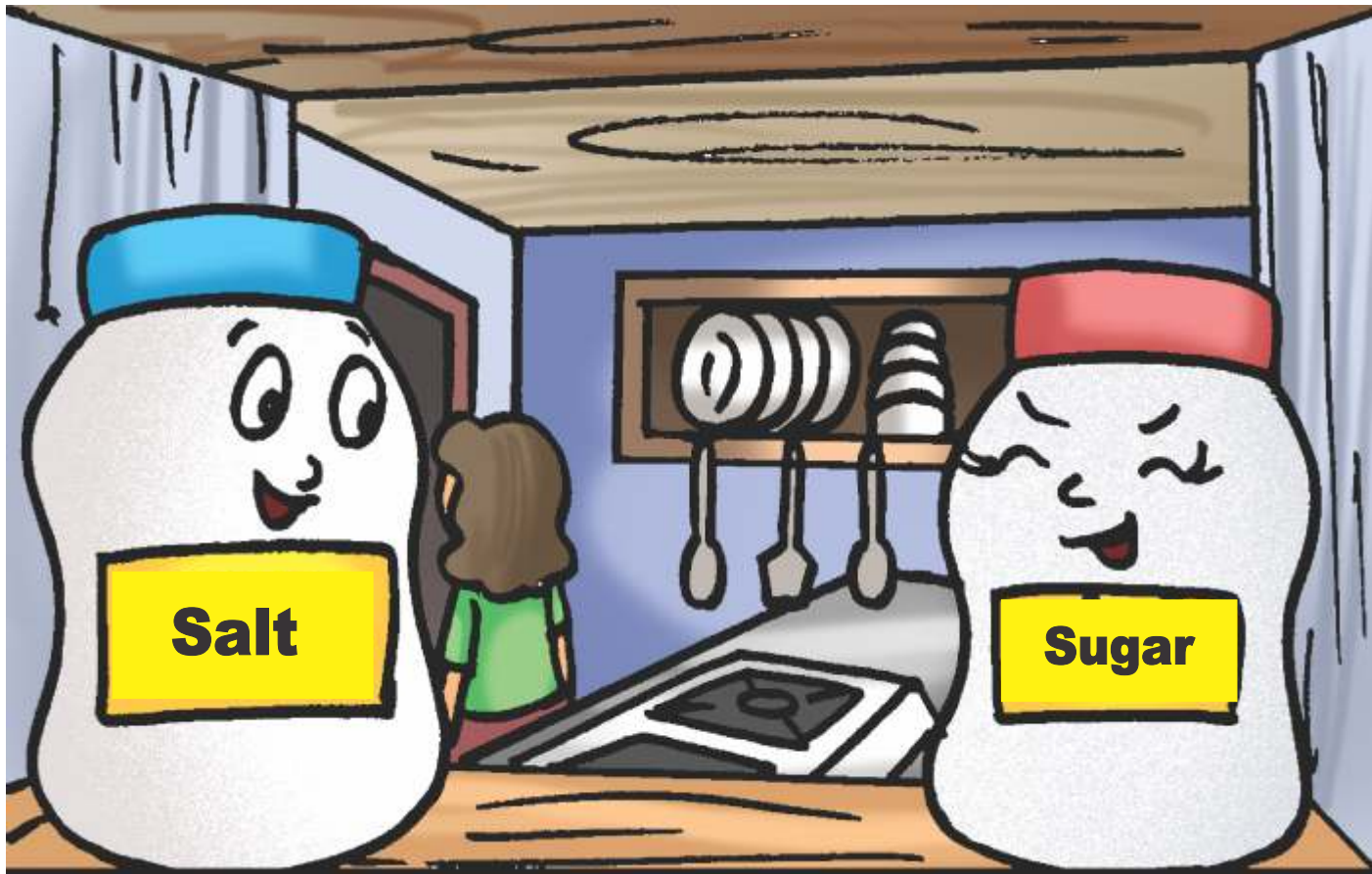
SAMPURAN AVTAR BANI

IK TU HI NIRANKAR-159

RUKHI SUKHI BHAIDI CHANGI JE KOI PRANI KHANDA EY;
US DA KHADHA SABH PAVITTAR JE OH NAM DHIANDA EY.
PATE LEEDE GAL VICH PAVE JUTTI PAIR NA PANDA EY;
US DA PANA KHANA CHANGAI GUN JO HAR DE GANDA EY.
CHANGA CHOKHA HAI DHAN WALA CHANGA KHANA PEENA EY;
JE NA YAD KARE IS PRABH NOON DHRIG DHRIG US DA JEENA EY.
CHANGA KHAVE PEEVA PAIHNE HO JAE DOONA TEENA EY;
DHRIG DHRIG US DA KHADHA PEETA JEKAR NAM TON HEENA EY.
IK CHHIN IK PAL VEKH PRABHU NOON GEET EHDA JIS GAYA EY;
KAHE AVTAR SUNO RE SANTO KAL BEECH NA AYA EY.

Thou Formless One 159

Even if one takes frugal, simple and ordinary meals;
All that he eats is pure, provided he contemplates the Divine Name.
Even if one has torn clothes to wear, and no shoes to put on;
All that he eats and wears is acceptable, provided he sings the glory of God.
Even if one has a lot of wealth and riches and
can afford to have luxurious meals; Cursed is his life, if he does not remember
God.
Even if one eats, drinks and wears well and his wealth gets multiplied;
Cursed is his food and drink, if he is bereft of the Divine Name.
The one who after perceiving God sings His praise even for a moment;
Avtar says, listen O' saints, such a person is saved from the clutches of
death.



Story: Radheylal 'Navachakra'

ONE'S OWN QUALITIES

A small girl silently entered the kitchen. There were several jars containing different items. In a hurry, she mistakenly placed a handful of salt in her mouth thinking it to be sugar. Next moment, she came out spitting.

Taking this opportunity, the sugar said sarcastically "Brother Salt, I and you look alike, but such is your taste that even a small child didn't like it. She simply started spitting out the moment she kept you in her mouth. Whereas, look at me. Whosoever keeps me in mouth, gets happy with my sweetness.

The salt didn't mind sugar's comments, and said coolly, "Dear Sister, I am right at places where I am required. So are you. The poor child kept me in her mouth by mistake and had to spit me out. "No, No, I am fit at every place", said the sugar proudly.

"That is your mistake, dear".

"No, it is true."

"Then, do one thing to realize the truth", said the salt politely.

“What?”

“You come in my place and I take your place. Let us see what happens then.”

“OK, fine”, agreed sugar.

Both of them exchanged their places.

When the cook started preparing food, he sprinkled salt in the pulse and the dish as usual; but actually it was sugar which had exchanged its place with salt. The moment each family member put the first bite in their mouth, they all had to spit that out. Then to change their taste, they took a piece of the dish in their mouth. The result was the same. Everybody spilled that out also.

The owner of the house roared at the cook “What did you have in your mind today while cooking. You have put sugar in the dishes in place of salt. The entire food has gone waste”.

“I am sorry for my mistake, Master”, said the servant accepting his mistake.

All got up without having a single bite.

The salt said “Sister Sugar, what do you say now! You have seen and heard every one. That little child also didn’t like you. Now, do you accept your misconception?”

“Yes, dear’, sugar realized its mistake.

“Please remember, every item has its own qualities which determine its identity. One gets admired only when used at its appropriate place and not everywhere”.

“Agree”. Sugar had to accept salt’s contention.

By : Rashida Begum (U.K.)

Destination

The weight of your EGO (I-ness) is like an Iron on your consciousness which is drowning you to the depth of the darkness ocean bed; it doesn't matter how good, beautiful or fine the iron object you make, it will drown you to the floor.

Be like a wood so you can float on the surface' of the ocean and travel far to your happy destination.



Let your heavy iron of I-ness go arid, make friends with your heart and mind, together they will float like a wood and get you to your destination.

Perfect Master Nirankari BABA ji is the true God knowledge of the Ocean, surrender and float on the ocean of knowledge.

That is your true destination.

: Compiled by Bobby Tandon

7 Benefits of Drinking Green Tea

■ Green Tea increases fat burning and improves physical performance. It helps you lose weight and lowers your risk of becoming obese.

Green Tea is loaded with antioxidants and nutrients that have powerful effects on the body. It improves brain function and controls high blood pressure.

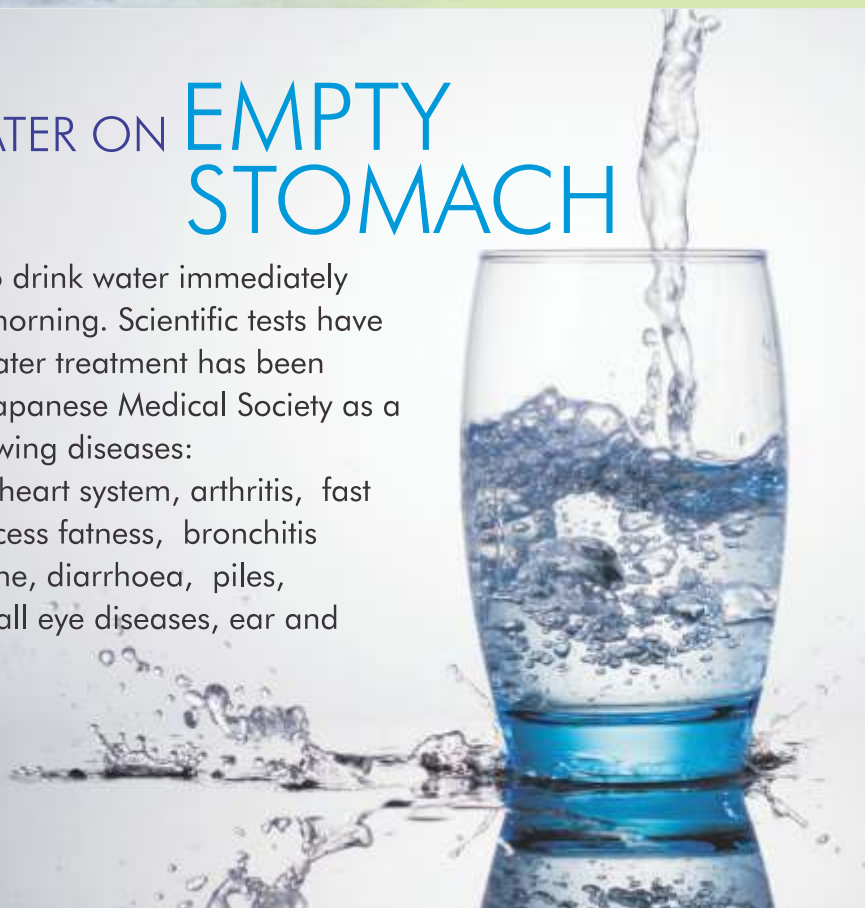
- Green Tea lowers the risk of throat infections and leads to improved dental health and reduced bad breath.
- Due to its antioxidant and anti-inflammatory properties, Green Tea also reduces the signs of aging.
- Green Tea regulates glucose levels and thus, lowers the risk of diabetes.
- Green Tea reduces bad cholesterol in the blood and improves the ratio of good cholesterol to bad cholesterol.
- Green Tea contains antioxidants that lowers risk of various types of cancer.



DRINK WATER ON EMPTY STOMACH

It is popular in Japan to drink water immediately after waking up every morning. Scientific tests have proved its value. The water treatment has been found successful by a Japanese Medical Society as a 100% cure for the following diseases:

Headache, body ache, heart system, arthritis, fast heart beat, epilepsy, excess fatness, bronchitis asthma, kidney and urine, diarrhoea, piles, diabetes, constipation, all eye diseases, ear and nose diseases.





Story By:
Jagtar Chaman (Anoopgarh)



The Goat's Advice

One man owned a donkey and a goat. He used the donkey to carry loads from the village to the city. The donkey worked hard the whole day. So, the man used to give him more food than he gave to the goat.

The goat felt jealous of the donkey. She had an evil nature. She advised the donkey, "You have to work so hard for the whole day and do not get any rest. You must act as if you are ill and fall down unconscious. This way, you'll get rest for few days."

The donkey liked the goat's advice and did as he was told. The man called the doctor. The doctor said, "To cure your donkey, you should give him soup made of a goat's lungs."

The man at once killed the goat and cooked soup of her lungs. Then, he fed the soup to the donkey. Thus, the goat lost his life because of her evil nature.

Moral :1.Evil Begets Evil.

2.Dig a Pit for other and you fall into it.

The Wicked Wolf

A shepherd used to take his flock of sheep to graze in a meadow. A wolf had his eyes on the sheep. He wanted to eat them. So, he made a plan.



He went to the shepherd and talked to him in a soft voice. The shepherd knew that the wolf could be wicked. So, he was very alert and careful. But the wicked wolf slowly took him into confidence and soon they became friends. The wolf had a hard time, controlling his urge to eat the sheep that roamed around him.

Now, the shepherd started trusting the wolf. One day, the shepherd had to go somewhere. He left his sheep in the care of his friend, the wolf. This was exactly what the wolf wanted. As soon as the shepherd left, the wolf pounced on the sheep. He killed most of them.

When the shepherd returned, he saw that the wicked wolf had killed most of his sheep. He was sad for trusting the wicked wolf.

Stories by: Anjali Sisodia ●

The Cost of Perfect Love

You have all walked past a jewelry store and looked into the window, staring at all the beautiful jewels. You may see a little ring with a price tag of fourteen dollars or a silver chain that is twenty dollars, or perhaps an attractive gold bracelet that is only ten dollars. Then you see a stunning piece of jewelry that catches your eye, but the price tag is turned over. You think it's probably not too expensive, so you go in and ask the clerk what it costs.

He turns the price tag over and you're shocked at the cost!

The most priceless pieces of jewellery — the kind that become lasting family heirlooms — are always made out of authentic metals and jewels. They are never cheap. So perfect love has a high price tag! It's like expensive jewellery — it's not cheap. Perfect love always calls for costly commitments to care — always.

Stories by: Anjali Sisodia

Compiled By: Gurdev Singh

Naga Festival of December

The week-long festival unites one and all in Nagaland and people enjoy the colourful performances, crafts, sports, food fairs, games and ceremonies. Traditional arts which include paintings, wood carvings, and sculptures are also on display.



Festival highlights include the traditional Naga Morungs exhibition and the sale of arts and crafts, food stalls, herbal medicine stalls, flower shows and sales, cultural medley - songs and dances, fashion shows, the Miss Nagaland beauty contest, traditional archery, Naga wrestling, indigenous games, and musical concert.

The Hornbill Festival provides a colourful mixture of dances, performances, crafts, parades, games, sports, food fairs and religious ceremonies. The festival both exposes the culture and tradition of tribal peoples, and reinforces Nagaland's identity as a unique state in India's federal union. Experts have commented that a lot of older folk in the villages travel to Kohima to attend this festival and meet people from other villages from Nagaland because they haven't met before, hence leading to cultural assimilation.

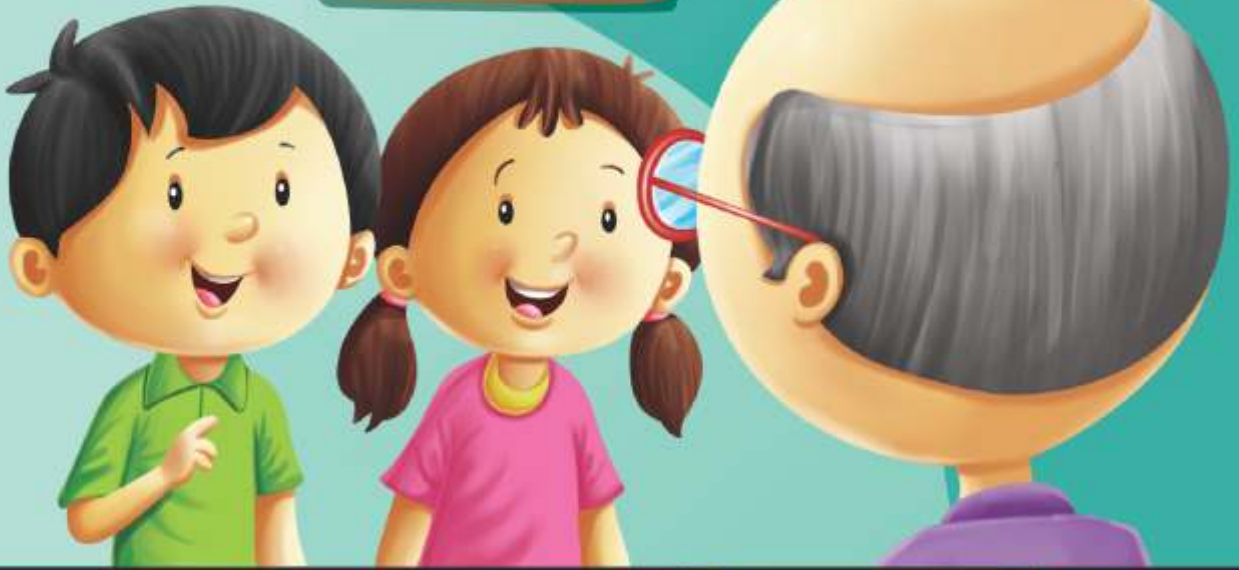
Traditional arts are also featured, with paintings, wood carvings, and sculptures by modern Naga artists on display. Naga troupes sing folk songs, perform traditional dances and play indigenous games and sports. In the evenings a programme of music concerts, catering for all tastes, ensures that the festive spirit continues through the night. One of the major highlights of this festival is the Hornbill International Rock Festival, which is held at Indira Gandhi Stadium; local and international rock bands perform.



GRANDPA

Drawings and Written by
—Ajay Kalara

Dada ji tell us a story then we sleep.



Right children, I will tell you a story. Once there was a kind king.



Ha! Ha!



He took good care of his subjects (Prajā). One day he was on inspection tour.

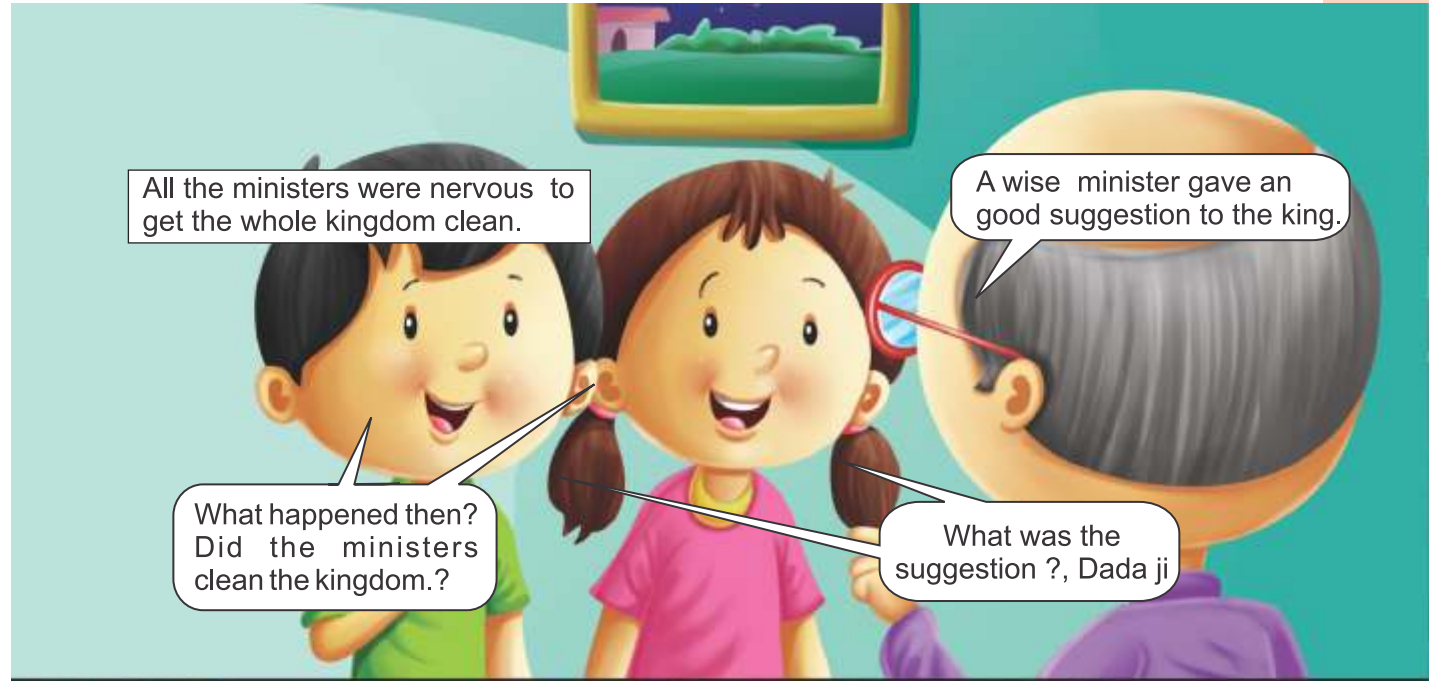


When he returned in the evening, he called his ministers and scolded them for the dirty condition in the kingdom.



Really, Dada Ji, the king loved cleanliness.

Yes, children the king was sad to see filth as it is cause of all diseases. He ordered the ministers to keep the kingdom clean.




All the ministers were nervous to get the whole kingdom clean.

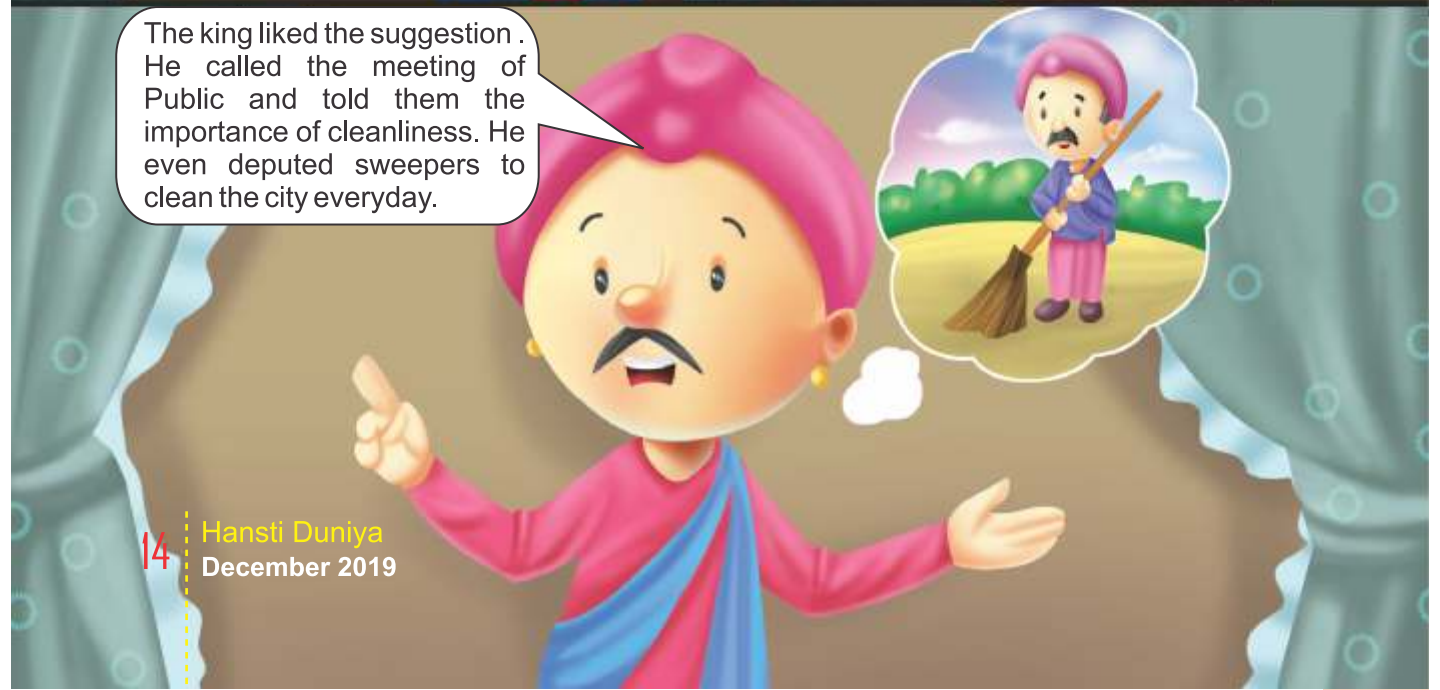
A wise minister gave an good suggestion to the king.

What happened then? Did the ministers clean the kingdom.?

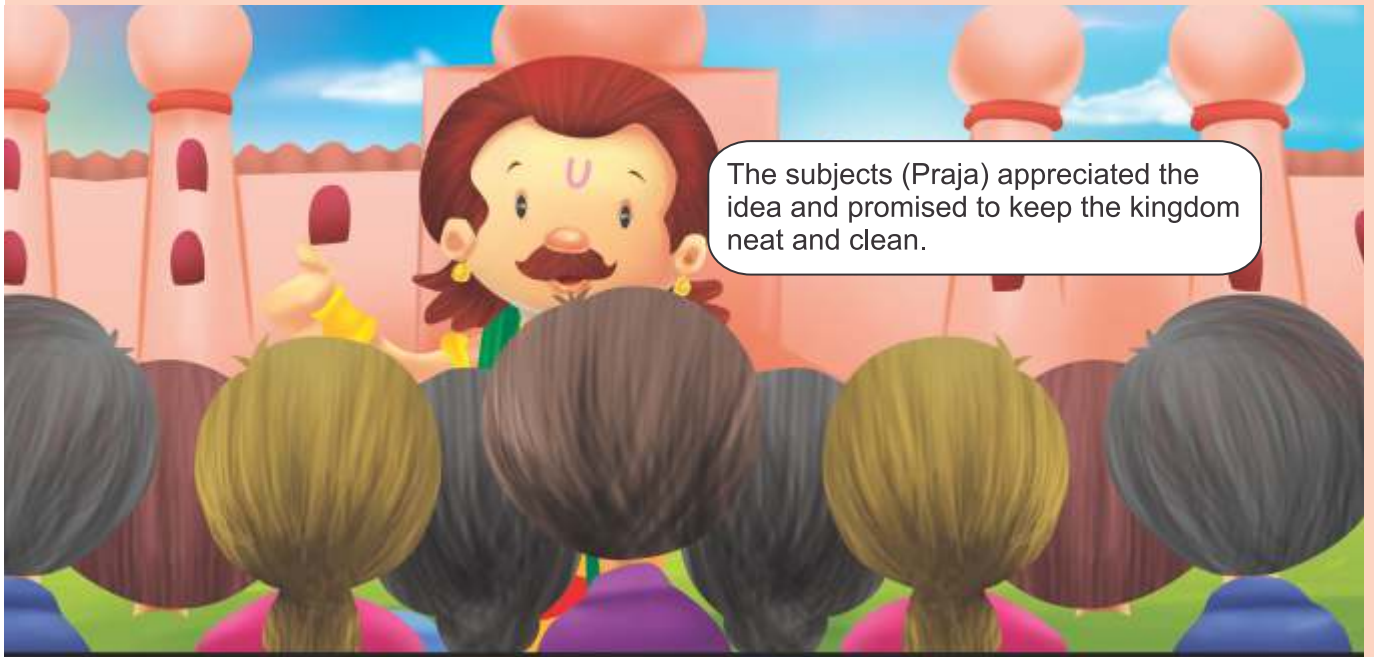
What was the suggestion ?, Dada ji



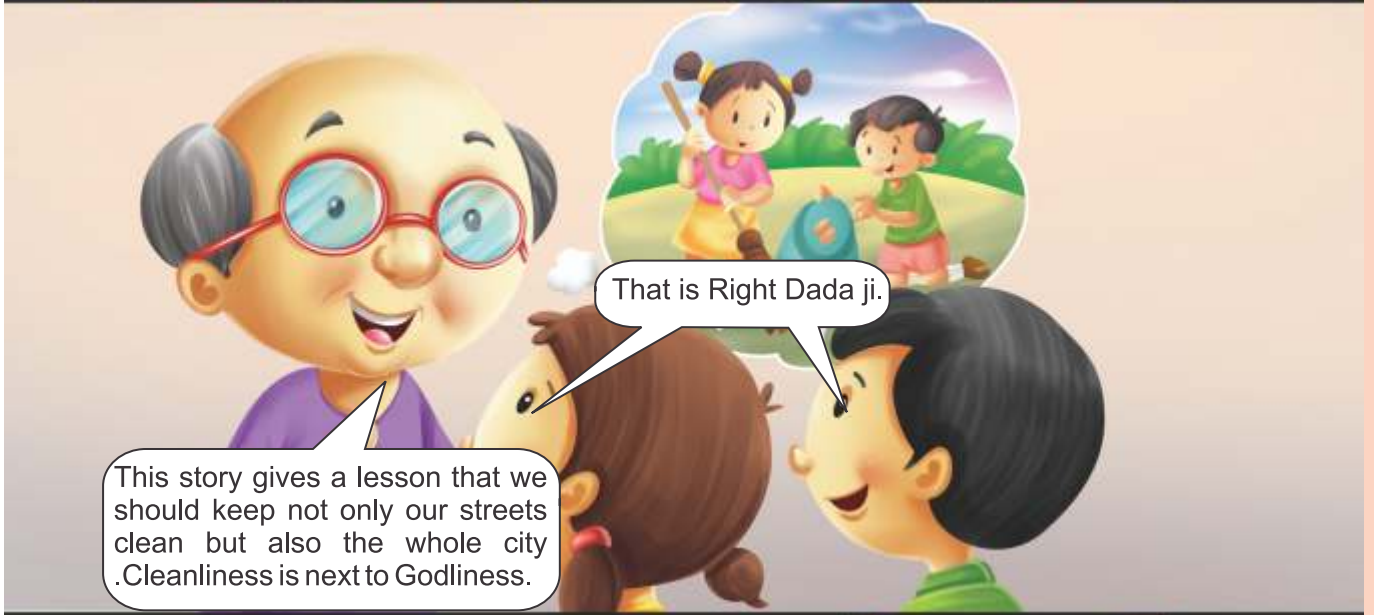
Maharaj, we should ask everyone to be part of it. Suppose we clean the place ,they will dirty it again.



The king liked the suggestion . He called the meeting of Public and told them the importance of cleanliness. He even deputed sweepers to clean the city everyday.



The subjects (Prajā) appreciated the idea and promised to keep the kingdom neat and clean.



That is Right Dada ji.

This story gives a lesson that we should keep not only our streets clean but also the whole city. Cleanliness is next to Godliness.



Children, now will you go to sleep?

Good Night, Children.

Charity begins at home.

Yes, Dada Ji

: Roopam Daryani, New Delhi

Brain Gym

Choose the right option –

1. Jama masjid is related to Delhi in the same way as Red Square is related to
A) HYDERABAD B) MOSCOW C) NEW YORK D) LAHORE
2. Choose the word that comes last in the dictionary:
A) AFFORD B) AVOID C) ANSWER D) AWESOME
3. Find the word that cannot be made from the letters of the word 'ORGANISATIONS'.
A) GRANT B) NATION C) RECOGNISE D) ORGAN
4. In a certain code language, 'PE LAO MAY MINK' means 'oranges are not ripe' and 'MAY PE NUE MINK' means 'mangoes are not ripe'. Which word in that language means 'Mangoes'?
A) NUE B) MAY C) PE D) MINK
5. If TRAIN is called BUS, BUS is called TRACTOR, TRACTOR is called CAR, CAR is called SCOOTER and SCOOTER is called BICYCLE, which is used to plough a field?
A) BICYCLE B) TRACTOR C) SCOOTER D) CAR
6. If the day before yesterday was Saturday, which day will fall on the day after tomorrow?
A) Tuesday B) Thursday C) Wednesday D) Monday.

Answer Sheet.....some other page



The Horse Who Wanted Safety

On the lawns of a forest grazed a handsome horse. He was a fast runner. But, he was often frightened by a tiger who passed by now and then.

One day as the horse was grazing, a man passed that way. He asked the man, " Sir aren't you afraid of lions and tigers? The man laughed aloud and answered, " Me! Look what I have". He showed rifle and continued, "Should any animal approach me I can shoot and kill him".

The horse asked, "If that is so, sir, will you help me?" The man replied, "Of course I will. What will you do for me?" The horse said, "Anything you want of me, I will do".

The horse told the man about the tiger. The man said, "If you let me saddle you and take you with me, you need not be afraid of the tiger". The horse was too happy.

The man led the horse into town and left him in a stable. Now, the horse thought to himself, "I am indeed safe here, but, I don't have any freedom".

Moral: The other shore always looks greener.

Discoveries and Inventions

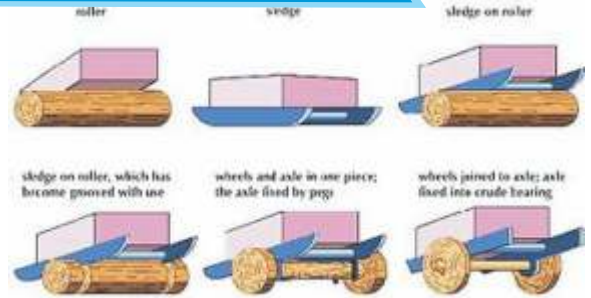
When were the first tools made?

Long before human beings had evolved, there were ape-like creatures that scientists have named Australopithecus, whose remains have been found in southern and eastern Africa. They used sticks and stones as weapons. Scientists have discovered some simple pebble-tools these primitive creatures made more than two million years ago.



How did people discover fire?

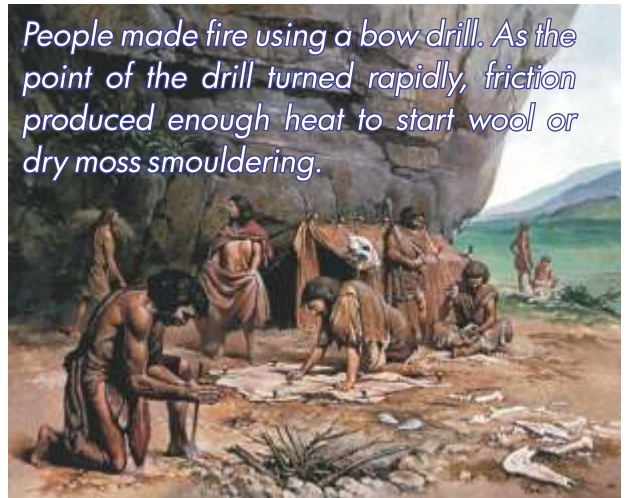
Primitive people feared fire, as animals do. A forest fire, started by lightning, sent them fleeing. Someone, somewhere must have plucked up courage to seize a burning branch. He or she used it to start a small fire for warmth and protection against fierce animals. These first fires were kept burning constantly, for no one yet knew how to make fire using simple tools. A Before the wheel was invented, people used logs as rollers to move heavy stones for building, so perhaps it is not surprising that the first wheels were wooden.



Who invented the wheel?

No one knows when or where the wheel was first used, but it was one of the most important of all human inventions. The wheel seems to have been invented before 3000 BC, probably in several different places. It may be that wheels were first used by potters to turn clay pots, before they were fixed to carts and revolutionized transport. The first carts had two solid wheels, made from pieces of wood fastened together. Spoked wheels, as used on chariots, were much lighter and a great improvement.

People made fire using a bow drill. As the point of the drill turned rapidly, friction produced enough heat to start wool or dry moss smouldering.



Compiled By : P.P.Bhuteja, Rohtak

—Raj Arora, Delhi

Tips Every Day to Reduce Pollution



- ★ Look for the ENERGY STAR label when buying home or office equipment.
- ★ Carpool, use public transportation, bike, or walk whenever possible.
- ★ Follow gasoline refueling instructions for efficient vapor recovery, being careful not to spill fuel and always tightening your gas cap securely.
- ★ Consider purchasing portable gasoline containers labeled “spill-proof,” where available.
- ★ Keep car, boat, and other engines properly tuned.
- ★ Be sure your tires are properly inflated.
- ★ Use environmentally safe paints and cleaning products whenever possible.
- ★ Mulch or compost leaves and yard waste.
- ★ Consider using gas logs instead of wood.
- ★ On Days when High Ozone Levels are Expected, Take these Extra Steps to Reduce Pollution:
 - ★ Choose a cleaner commute - share a ride to work or use public transportation.
 - ★ Combine errands and reduce trips. Walk to errands when possible.
 - ★ Avoid excessive idling of your automobile.
 - ★ Refuel your car in the evening when its cooler.
 - ★ Conserve electricity and set air conditioners no lower than 78 degrees.
 - ★ Defer lawn and gardening chores that use gasoline-powered equipment, or wait until evening.
 - ★ Reduce the number of trips you take in your car.
 - ★ Reduce or eliminate fireplace and wood stove use.
 - ★ Avoid burning leaves, trash, and other materials.
 - ★ Avoid using gas-powered lawn and garden equipment.

H.D. Answers

—Pawan Kumar (Delhi)

Q. What does a true religion inspire man for?

A. True religion inspires man for a truthful living.

—Ramesh (Bhagalpur)

Q. What is the secret of a healthy mind?

A. Pious and positive thoughts.

—Raunak (Mumbai)

Q. What is true knowledge?

A. Knowledge that purifies mind is the only true knowledge, rest all is ignorance.

—Ratnesh (Raja Bazar, WB.)

Q. What is heaven?

A. Heaven means to be one with God.

—Avneesh Gulati (Chandigarh)

Q : How can one get one's sins wiped out?

A : Through repentance and attaining spiritual enlightenment through a True Master.

—Dharamveer (USA)

Q. Where is the heaven on Earth?

A. Where there is Love and goodness.

—Anmol Singh (USA)

Q. What to do if hard work fails?

A. Work harder; try again and again.

Q. What is meant by the True Master?

A. True Master is one who bestows knowledge of the truth.

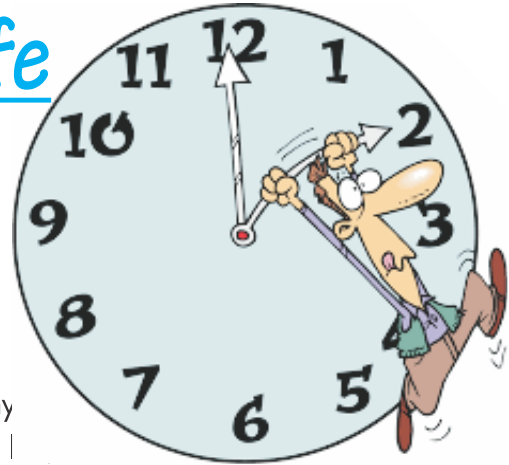
Q. What is the best thing in life?

A. The character of a person.

—Pratiksha Kumari, Delhi

Must clock your Life

Once a frustrated man asked a clock as to what makes it tick continuously. The clock replied, "I run in all the circumstances — be it rain, thunderstorm, scorching heat, bone chilling cold etc. Despite heavy odds, I keep on running. I never get bogged down by any circumstances. I know that movement is | stagnation is death."



Odds may be insurmountable. Stress may be unbearable. Circumstances may push us to the corner. Life may be tough. But big odds can be challenged with a big, brave heart.

If one makes his/her heart big and takes the challenge posed by odds head on, then one can easily beat his/her problems.

Like faith, courage too helps a man climb up the steep and rough mountains. Stephen Hawking, who suffered from a severe physical ailment, had been one of the well-known recognized scientists and had earned a position for himself. Courtesy to the courage that he had displayed to beat his physical ailment.

Helen Keller too got a niche for herself despite being affected by a strange physical ailment. Had Gandhiji and other freedom fighters not shown extra-ordinary courage to drive the British out of India, India would have been still under the subjugation of the British.

The tree of courage needs to be watered with the fresh water of courage only. Courage springs from courage.

Courage is both an inborn and acquired quality. One can take a lesson from the life of courageous people to imbibe the trait of bravery in one's own life.

So, be like a clock and embrace its trait of being on the run in all kinds of weather. Only then one can have the real feel of life, and can be said to have fulfilled the purpose of life.



—Tapsya, Mukundpur (Delhi)

Increase Your Knowledge

Q. Why are high mountain tops covered in snow?

A. High mountain tops are surrounded by very cold air. For every 1000 meters in height, the temperature falls by 5 degrees Celsius. The highest mountains are snow-covered all year round. The highest mountings in the world are found in long ranges such as Himalayas (Asia), the Andes (South America) and the Alps (Europe).

Q. What causes the smoke to curl up in the air?

A. Hot gases rise, being lighter than air and they follow a curved path owing to eddy currents being set up in the air. This curved path becomes visible when smoke is present in the gases.

Q. What is the function of the carburettor in a motor car?

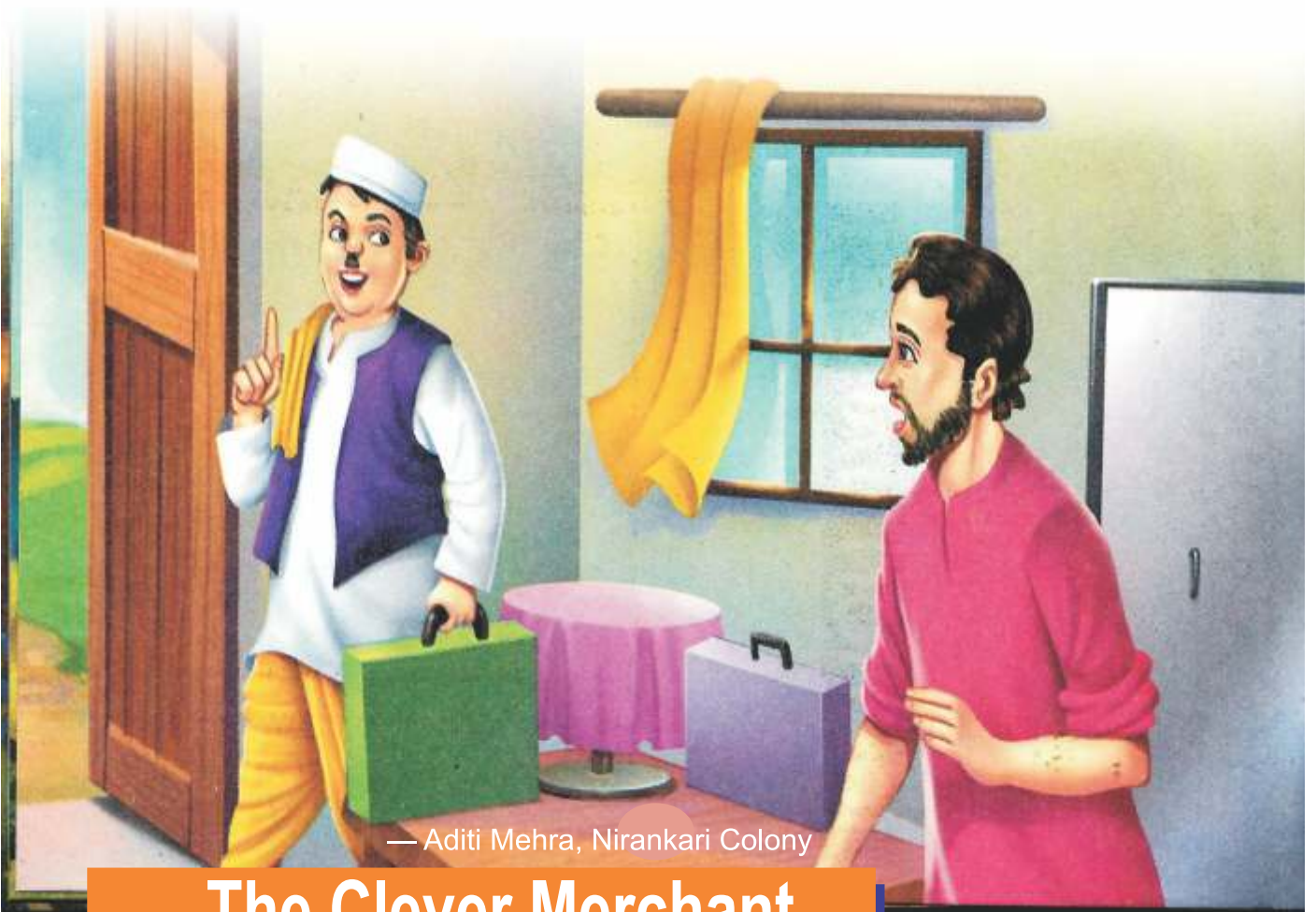
A. To charge air with petrol vapours, and to form an explosive mixture for the cylinders.

Q. Why must a parachute have a hole?

A. To avoid oscillations of the parachute while descending owing to the changing currents of wind, a hole in the center of parachute is made, which allows the air to run out of the parachute regularly.

Q. What causes an eclipse of the moon?

A. When the earth comes between the moon and the sun , the rays of the sun are cut off and the shadow of the earth falls on the moon thus causing the lunar eclipse.



— Aditi Mehra, Nirankari Colony

The Clever Merchant

Once there was a rich diamond merchant. A thief had been following the merchant for some days. One day, the merchant was carrying a lot of cash and precious diamonds with him. He was caught in rain. So, he entered a guest house to rent a room. The thief also followed him and asked for a room in the guest house. There was only one vacant room. So both of them had to share it. The thief's heart was filled with joy.

Both of them kept their suitcases in the room. After sometime, the merchant went out for dinner. The thief searched through the merchant's suitcase, but he did not find any diamonds. When the merchant returned, the thief said, "Sir, I am a thief, I searched for diamonds in your bag but I did not find them."

The merchant smiled and said, "The diamonds are kept in your suitcase. I knew that you would never search there."

Health Benefits of Water Chestnut (Singhara)

Acts as a coolant

Singhara is very beneficial as it acts like a coolant for your body. It quenches thirst and promotes salivation. Since it is bitter, heavy, sweet and cool, it is extremely effective in controlling loose motions and heat strokes. Consuming Singhara is ideal in hot and dry weather as it can maintain the body temperature.

Cures Jaundice

Singhara is very useful for people suffering from jaundice. Usually jaundice can make a person very weak and the body fluids can diminish rapidly. Consuming Singhara can provide relief in jaundice patients and it can also help to speed up their recovery process. They are low in calories which make it an ideal option.

Has Antioxidant Properties

Since Singhara is rich in antioxidants, it possesses anti-cancer, antiviral and antibacterial properties. This helps to strengthen the spleen and the stomach and also removes cancer, fatigue, insomnia and bad taste. Singhara is also useful in removing and relieving symptoms of a weak spleen.

Treats urine infection

Singhara is also ideal in treating various kinds of urine infections. The enzymes present in Singhara can cleanse the urinary bladder and disinfect it to a certain extent. It is useful in curing urinary tract infection and other ailments related to the urinary system. Consuming Singhara is the best way to cleanse your body and keep it healthy.

Cures Indigestion and Nausea

Consuming Singhara is a very effective method in treating indigestion and nausea. The juice of Singhara acts as a natural cure for stomach related problems. This is due to the fact that Singhara is beneficial for the removal of internal heat which leads to stomach upset and intestine ailments.

Relieves cough

Singhara is very effective for soothing the symptoms of cough. Grinding Singhara into powder form and mixing it with juice, tea or water can be a great medicine to combat cough. The essential substances in this plant make it ideal for combating cough and providing instant relief from throat issues.

Helps to combat hypertension

Singhara is essential in the treatment of hypertension, especially during pregnancy. It also improves fetal growth of the child. Since early times, Singhara is given to



pregnant women right after delivery to check hemorrhage. The dried seeds of Singhara can also stop excessive bleeding during miscarriage in women. It should be consumed by new mothers, as it aids in lactation by promoting the secretion of milk in mammary glands.

Improves the blood

Singhara or water chestnut is beneficial in eliminating blood impurities and inflammations. They also act as an energy booster and drives away tiredness or signs of fatigue from the body. After surgeries or fatal cuts, it checks the flow of blood from the open wound and stops excessive flow of blood. This is why Singhara should be consumed by patients shortly after any surgery.

Beneficial for the hair

Singhara or water chestnut can do wonders on your hair. It is filled with vitamin E, Vitamin B, zinc and potassium. Consuming Singhara can lead to silky, lustrous and healthy hair. It also removes the toxins from the body which damages the scalp and hair texture. Singhara also has the power to lock in moisture in the hair.

Uses of Singhara

Water chestnut has a lot of uses such as alleviating nausea, lowering the risks of a cardiac arrest, helps in sound sleep, treats measles, great for thyroid, promotes hair growth, prevents loose motions and is beneficial for skin health

Compiled by : Gurdev Singh (Pandoh,HP)

— Rajat Kapoor, Bangalore

The Mouse and The Bull

It was a hot day. A bull was sound asleep under a shady tree. The bull was snoring loudly. This loud noise evoked the curiosity of a small mouse passing that away.

The mouse climbed up to the nose of the bull. As the bull snored, the mouse bit nose mildly for fun's sake. But the bull woke and snorted, "who bit me and woke me up?" The little mouse replied, "Sorry Mr. Bull! I bit you playfully, but I did not expect to wake you up".

The bull got wild. He started to chase the small mouse. The mouse began to run for his life. At last he found a small hole in a stone wall. He ran into the hole and waited to see what the bull is going to do.

The bull came dashing upto the wall. He was not able to catch the mouse. He roared, " You silly creature! I'll teach you a lesson" and dashed against the wall. The wall was too strong for the bull.

The bull heard the mouse saying, "Why are you breaking your head for so small a thing? He left the place immediately.

Moral : Might is not always Right



The Bee and **The Dove**

Once, a bee fell into a stream. It was struggling to get out of water. Its wings got wet and it could not fly.

A dove was perched on a nearby tree. She saw the struggling bee. She plucked a leaf. She held the leaf in her beak and flew upon the bee. She scooped the bee with the leaf and dropped it out on the shore. After some time the bee flew away.

A few days later, the dove was perched on the same tree and sleeping. A boy was aiming his sling at her. The bee saw the boy and when the boy was about to shoot, it bit the boy's hand. The boy cried with pain. The dove woke up and flew away.



Give us Daily Awareness

— H.S. Rice

On life's busy thoroughfares
We meet with angels unawares—
So, Father, make us kind and wise
So we may always recognize
The blessings that are ours to take,
The friendships that are ours to make
If we but open our heart's door wide
To let the sunshine of love inside.



Elephant has a Cold

It was a peaceful morning in the jungle. Everything was calm and quiet. Until.....AH-CHOO-BOOOOOM!

The loud crash echoed through the jungle, rattling the treetops and making the ground tremble. Coconuts toppled down and rolled everywhere.

It happened again and again. Trees shook, and large rocks began sliding into the river.

"This is awful!" said Hippo

"We have to cure Elephant's cold," said Giraffe.

"Warm coconut milk can be very soothing," said Monkey, opening a coconut.

Elephant stuck out his trunk and tried to drink some of the milk.

Slip-slurp...

AH-CHOO-BOOOOOM!

A great big sneeze sent the coconut mil flying, splashing over everyone else.

Elephant sniffled miserably. "I've never had a cold before," he said.

"I dust want to feel better!"

"Why don't you try a nice soothing mud bath?" asked Hippo.

Everyone thought that sounded like a good idea.

"Very relaxing!" said Elephant, as he sank into the mud.

Everyone else was beginning to relax ,too, as they watched Elephants sink down deeper into the mud with a happy smile on his face.

"Ahh," sighed Elephant contentedly. "Ahhh...ahhh...AH-CHOO-BOOOOOM!"

Elephant's sneeze splattered mud all over his friends.

"It is no use" said parrot, shaking the mud out of her feathers. "We 'll have to call Dr.Lion."

"Where is the patient?" Dr. Lion as asked importantly, when he arrived. The animals led him to Elephant, who was sitting miserably with some palm leaves wrapped around his trunk.

"Hmmm....." said R. Lion, listening to Elephant's chest.

"Say ahhh," said Dr. Lion, looking at Elephant's throat.

"I see," said Dr.Lion, looking in Elephant's ears. "Yes, indeed," said Dr. Lion, looking down Elephant's trunk.

"Well," said Dr. Lion, after he had finished examining Elephant, "the only thing that will cure Elephant's bad cold is...."



The other animals came closer to listen.

".....rest! Announced Dr.Lion." Lots of rest is the only cure for a cold in the trunk."

As soon as Dr.Lion left, Elephant fell fast asleep. He slept for the rest of the day....and all that night...and all the next day and night, too.

His friends took turns sitting with him so they could be sure he was all right. He snuffled and snorted and snored, but he didn't sneeze. Not once!

On the third morning,
Elephant woke up ,stretched his trunk and took a deep breath....

"Ah...ah...."

ll his friends held their breath....

"....Aaaaaaahhhhh! I feel so much better!" Elephant announced.

The other animals cheered and hugged Elephant.

"We're so glad!" they said.

"Thank you all for looking after me," said Elephant.

"You 've been such good friends. And ,of course, I would do the same for you if any you had a cold!"

"That 's good,"said Parrot,"because I think...SQUAWK-CHOOOOO! I may be next"

compiled by : Samdisha, Yamuna Nagar.

This story by JHEEL LAMBA D/o Sh. Sanjeev Lamba, 4/2, Abhinav Apartments Vasundhra Enclave, Delhi-110096 has been adjudged the best Congrats to her.



The True Friend

Few friends were playing once and were enjoying themselves. A dog who lived there always scared the children because he thought that the children wanted to hurt him. The dog knew that the children loved him so he became their friend but he never helped them. The dog thought that he would never need help. One day some people trapped the dog and children saved him. Dog realised his mistake and apologized to the children.

Moral- A true friend helps his friends.



Riddle



Q.1. Which is the letter which means an insect?

Ans. B–(Bee)

Q.2. The letter denoting an expanse of water?

Ans. C–(Sea)

Q.3. The letter which is a vegetable?

Ans. P–(Pea)

Q.4. The letter by which we can see?

Ans. I (Eye)

Q.5. The letter by which people stand in a line.

Ans. Q–(Queue)

Q.6. A letter which is a hot drink?

Ans. T–(Tea)

Q.7. The letter which means us?

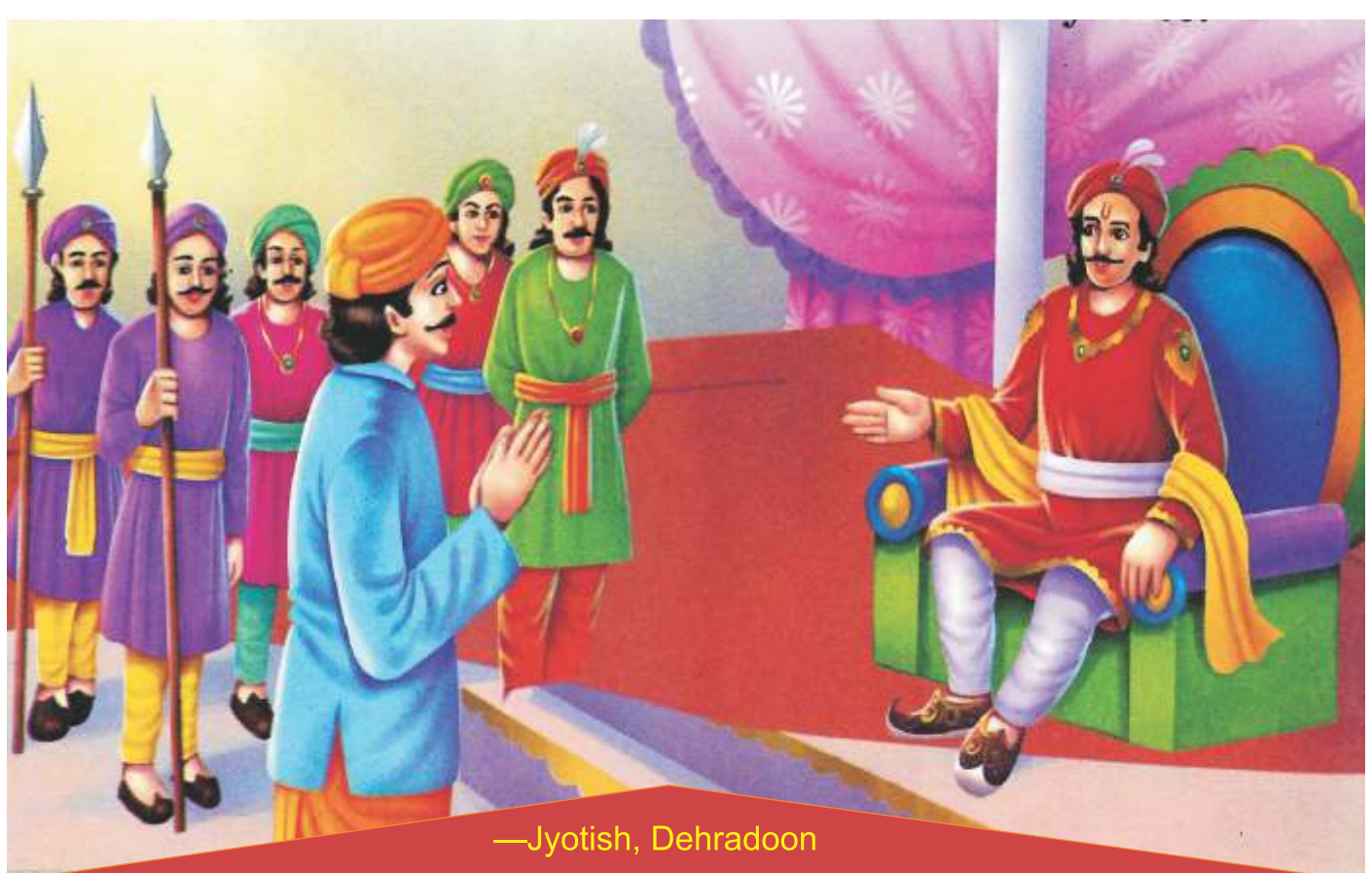
Ans. V–(We)

Q.8. The letter which means the second person?

Ans. U–(You)

Q.9. The letter which asks a question?

Ans. Y – (Why)



—Jyotish, Dehradun

Only One Chance

Once there was a cheat who used to cheat people for his benefit. The people of the kingdom went to their King for help.

The King ordered his men to catch the cheat. He was soon caught and brought to the court. But the clever cheat pleaded with tears that he would never cheat again. The King trusted the cheat and gave him a chance to change.

The cheat went away but he did not change his habit of cheating. Outside the city, he saw a rich merchant. He made him unconscious and took his money.

While he was running, he slipped and fell. His head struck a stone and he became unconscious. The King's men saw him and took him back to the King. The cheat pleaded again for forgiveness. But this time the King said, "I gave you one chance to change yourself, but you wasted that. Opportunity knocks the door only once."



KITTY

Story & Illustration

—Ajay Kalara

Kitty, today the weather is very fine. Let us go for a walk.



Yes, call Chintu and Molly too.





Let us go to river bank and have fun.



So you want to have fun, here you go come out clean



Save me ! save me!



Wait! I am coming to save you.



Kitty, you have done well. Something bad could have happened to Chintu. Let us go to home.



I will run and reach home first.



Save me.
I fell in the mud



Ha ! Ha! Let us now throw Kitty in the river. It is necessary now it seems.



Kitty now understood."as you sow, so shall you reap."



**"ODE TO THE
LORD
MASTER"**

—Amolak Singh Bhatti, Chandigarh

Thou have arrived
In all thy glory
With knowledge supreme,
And worlds in a scurry.

Masses are amazed
At your mere glimpse
Their bloated egos
Make them shrink.

But storm of Truth
So strong and vast
The ignorance and gloom
Can never long last.

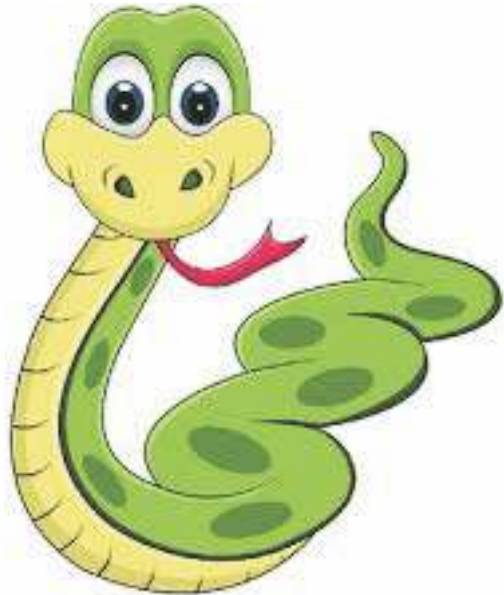
Since thou art the path
And thine is the light
Seeing myself
In thy mirror so bright.

Makes me realize
The Truth eternal
I've shed the bonds
Worldly, material or parental.

Knowledge of God
Is the knowledge of self
Who then cares for
Power, pomp and pelf.

Perfect master is the door
If salvation is your wish
Submit yourself at "Sudiksha" feet
There lies the eternal bliss.

—Harjeet Nishad



The Fox and the Snake

Once a fox lived in a forest. One day, she was roaming around the forest. Suddenly, she saw a huge, thick and long snake lying under some trees. His body was so long that it stretched from one corner of the path to the other. The fox was very much impressed by the big size of the snake.

She thought, 'It's such a large snake ! I wish I could be as large and long as this snake. I must lie on the ground and stretch my body. I must try to crawl on the rough around and stretch my body end to end, I will surely become as long as him.'

So, the fox tried to do so. She laid down on the path by the snake's side and started stretching her body. She tried hard, but her whole body ached, yet she could not grow long enough.

Finally, she stretched so hard that her stomach burst open and she died on the spot.

The poor fox did not know that one must not compare oneself with others.

Compiled by : Sakshi Gulati, Chandigarh



Laughing Time



Driver : Your Honor, I was not drunk. I was only drinking.

Judge : Well, in that case I am not sending you to jail for a month, only for 30 days.

To new tenant : You know we keep it very quiet and orderly here. Do you have kids?"

"No" "A piano, radio, tabla, or victrola?"

"No" "Do you have a dog, cat or parrot?"

"No, but my fountain pen scratches a little sometimes."

Tenant : "The roof is so bad that it rains on my head. How long is this going to continue?"

Landlord : "What do you think I am!! - A weather forecaster?"



A man was standing in front of light.

Another man said—Why are you standing in front of the light with mouth open?

Man Said—Doctor has asked me to eat light.

A man went to a dentist and complained that all his teeth were falling out 'Won't you give me something to keep them in'? He asked 'Sure, take this,' said the dentist and gave him an empty box

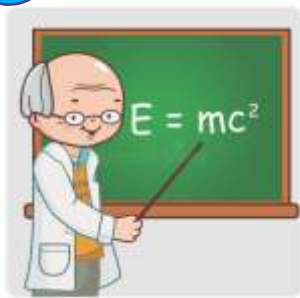
Teacher : "Where are the Himalaya?"

Student : "I don't know"

Teacher : Stand up on the bench.

Student : Still, I can't see them.





Fire Department 'Come quick! My house is on fire!'

'Have you tried throwing water on it?'

'Yes, hurry! 'Well, there is no point in us coming over that's all we do.'

Three professors (Maths, Physics and Chemistry) were traveling by a boat.

Maths Professor : Let me dive in the water and measure the depth. He jumps in but does not come out.

Physics Professor : Let me dive in and measure the 'density' of water. He jumps in but does not come out.

Chemistry Professor : Thus at last says—Then we can conclude that they both are soluble in water.

A man : (Taxi) 'Driver, how much to take me to the station?'

Driver : 'From here? Two rupees'

Man : 'And how much for my suitcase?'

Driver: That goes free'

Man—'O.K. take the suitcase, I'll walk

Teacher : Who is a doctor?

Student : A doctor is a person who kills our ills with pills (tablets) and kills us with his bills.





★ You cannot change the fruits if you do not change the roots.

—Pooja Chawla

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

—Ashok Nirankari, USA

★ The wisest man has something yet to learn. — Pradeep Rai, USA

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

—Akhilesh, Allahabad

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

—Meena, Mumbai

★ One tree is sufficient to make Lakh of match sticks, and one matchstick is sufficient to burn lacs of trees.

—Avneesh Gulati, Chandigarh

★ Apologizing 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. —Jyotish, Dehradun

★ Success is not a matter of being the best and winning the race. Success is a matter of handling the worst and finishing the race.

★ Your best teacher is your last mistake. —Ratnesh, Mau

★ Don't make excuses make improvements.

★ Hug your hater and kill them with your kindness.

—Karuna, Bangalore

★ Life is like a camera ,focus on what is important and you will capture it perfectly.

—Raunak, Mumbai

★ A bad attitude is like a flat tire, you can't go anywhere till you change it.

★ Work hard become a leader, be lazy become a slave.

★ God will handle all your problems if you hand them over to Him. —Rawat, Chandigarh

Result for the month of October 2019 Issue

First :

Uday Kumar Age 5
Village : Makri.P.O.Jejwim
Distt. Bilaspur (HP)



Second :

Ridhima Rathore Age 8
256 A Chand Bihari Nagar,
Khatipura, Jaipur (Rajasthan)



Third:

Manushree Shyamundar Rathi Age 8
New Swastik Nagar, Near Water Tank,
Badmera Road,
Amarawari 444607(Mah.)



Consolation Enteries

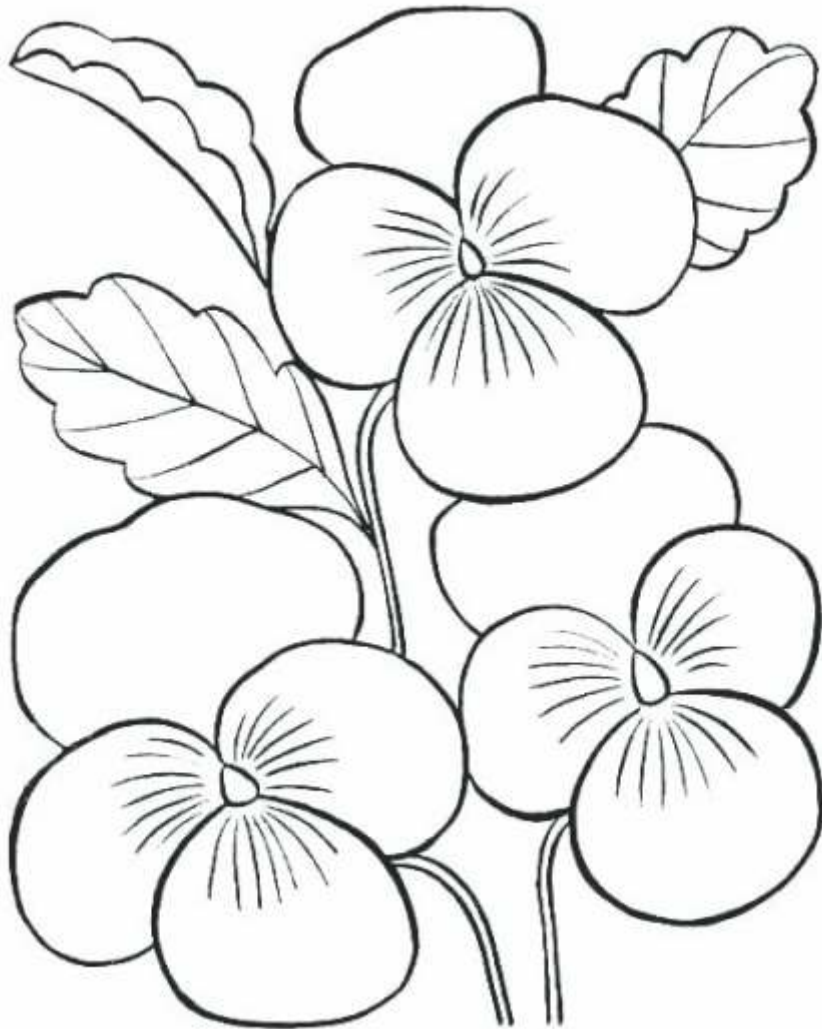
Jheel Lamba (Delhi)
Anmol (Dehradun)
Nitika Dev (Vaishali)
Monika, (Chandigarh)
Kiran Gupta, (Jhansi)
Sunder (Mumbai)
Sumanyu, (Dheerpur)
Avyant, (Manimjra)
Samprita, (Panchkula)
Pari, (Mukandpur)
Deepak, (Indra Vikas Colony)
Komal, (Anand Parbat)
Ichha, (Malikpur)
Sonna, (Ahmedabad)
Kanav, (Rohtak)
Simi, (Pandoh)
Varun, (Rupnagar)
Jasnoor, (Patiala)
Ananya, (Parmanand)
Gurleen, (Nehru Place)
Amrit, (Hardev Nagar)
Manish, (Nagpur)
Gurpreet, (Banglore)

"Colour it" for December Issue

On page 44, a beautiful picture is given; colour it and send it to us latest by January 20, 2020. Office address: HANSTI DUNIYA, Nirankari Complex, Near Nirankari Sarover, Nirankari Colony. Delhi - 110009

The result will appear in February 2020 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

.....

—Dimple Bawa, Delhi



Benefits of Groundnuts

Groundnuts are rich in energy and contain several nutrients and antioxidants that are essential for optimum health. They are a rich source of minerals like copper, manganese, potassium, calcium, iron, magnesium and selenium. They provide essential vitamins that help in regulating metabolism, converting fat into energy and facilitating bone and tissue formation. They contain Vitamin B3 which boosts memory and helps lower and control cholesterol levels. Groundnuts also contain zinc, good for protecting brain function, and boron, which helps to maintain strong bones.

Groundnuts are very beneficial in the treatment of hemophilia and other related blood disorders. The regular intake of groundnuts helps to decrease the effects of ageing while preventing several cardiovascular disorders, such as stroke and heart attack. They also help to combat depression, aid in blood sugar regulation and reduce the risk of colon cancer.

Groundnuts are also recommended for growing children as they provide immunity against dangerous infections like hepatitis and tuberculosis.

Children Song: Pushkar Dwivedi

The Winter days



There come the winter days
To work hard in different ways
There come the winter days

If you wish to keep fit
Stick not then to the quilt
Listen what the time says
There come the winter days



Fierce are the winter waves
Keep shut the bungalow gates
Study hard and shun the plays
There come the winter days

The days are getting short and short
Enjoy the longer night most
Get up early, with sun-rays
There come the winter days

Ten Things God Won't Ask

— Archana Mahanjan

1. God won't ask what kind of car you drove; He'll ask how many people you drove who didn't have transportation.
2. God won't ask the square footage of your house. He'll ask how many people you welcomed into your home."
3. God won't ask about the clothes you had in your closet. He'll ask how many people you helped to cloths.
4. God won't ask what your highest salary was, He'll ask if you compromised your character to obtain it.
5. God won't ask what your job title was, He'll ask if you performed your job to the best of your ability.
6. God won't ask how many friends you had, He'll ask how many people to whom you were a friend.
7. God won't ask in which neighborhood you lived, He'll ask how you treated your neighbours.
8. God won't ask about the colour of your skin, He'll ask about the content of your character.
9. God won't ask why it took you so long to seek salvation. He'll lovingly take you to your mansion in heaven and not to the gates of Hell.
10. God won't ask how many people you passed this on to, He'll ask if you were ashamed to pass it on to your friends.

Brain Gym: Answers with Explanation

1. B- Jama Masjid is situated in Delhi, Red Square is located at Moscow.
2. D- The sequence of words in the dictionary: Afford, Answer, Avoid, Awesome.
3. C- The alphabets 'E' and 'C' are missing in 'ORGANISATION' Recognise is the world.
4. A- 'PE 'MAY 'MING' are the common words in both the sentences, stand for 'ARE' 'NOT RIPE', Hence, the remaining word 'NUE' is the code for mangoes.
5. D- A tractor is used to plough a field. But a tractor is called car, so, a car will be used to plough the field.
6. C- If the day before yesterday was Saturday, so today is Monday. Thus, tomorrow will be Tuesday and the day after tomorrow will be Wednesday.

The Biggest Birds in The World

The ostrich is the largest living bird in the world. Ostriches are about 2.5 metres tall and may weigh as much as 155 kilos. They have very short wings, which means ostriches are too heavy to fly. Ostriches' wings can't get them into the air, but flapping their wings while they run helps the birds go faster on the ground. Ostriches can run up to 65 kilometres an hour. This makes them not just the biggest but also the fastest bird on the ground!

Ostriches don't use their speed to catch food. Instead, they run to keep away from their enemies. But the first thing ostriches do when they see an enemy is hide. To avoid being seen, ostriches generally lie flat on the ground with their necks outstretched. This makes them look like just another bush. People sometimes say that ostriches bury their heads in the sand when they sense danger. But this isn't true. You just can't see their heads when ostriches are lying down.

Ostriches don't always hide or run away from trouble. If their young are in danger, ostriches will fight. They use their beaks, and they kick with their very powerful legs. An ostrich could easily kill a person with a few kicks of its feet.

Wild ostriches live in groups in Africa. Sometimes there are as many as 50 birds in a single group. Ostriches eat mostly plants, fruits, and berries, but once in a while they'll also eat small animals and insects.

A tame ostrich that's been treated well may do a very special thing: it can be trained to carry people on its back. In fact, in some parts of the world people have ostrich races.



—Jagtar Chaman (Anoopgarh)

Hurried Decision



Once a hunter went to the forest to hunt. He was accompanied by his faithful dog.

As they were going through the forest, they saw a snake and a mongoose fighting.

The hunter and his dog stood still and watched the bloody fight for a few minutes. Sometimes, the poisonous snake would raise his head and strike at the mongoose. At other times, the mongoose would strike the snake.

The fight grew fierce. The hunter wanted to stop it. So, he aimed his gun

and shot the mongoose dead.

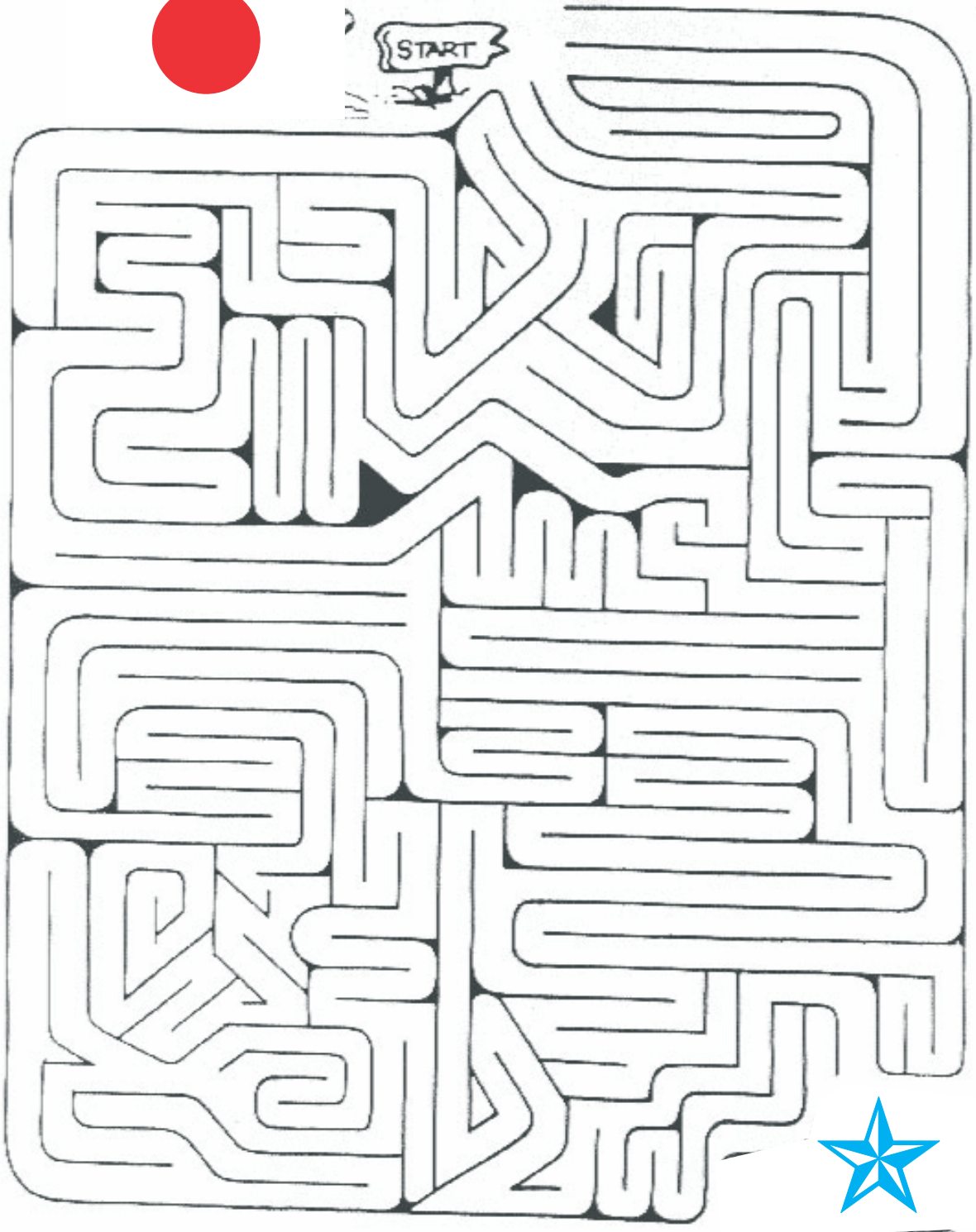
Then, the hunter's dog went to get the dead mongoose.

The mongoose was lying dead and motionless on the ground. The dog picked the dead mongoose in his mouth. But the poisonous snake bit him. The dog died on the spot.

The hunter repented on his hurried decision and thought, 'Oh ! I was wrong in killing the mongoose. The enemy was the snake not the mongoose.'

Maze

*Take the ball
to the star*





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