

# Hansti Duniya

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## Hansti Duniya

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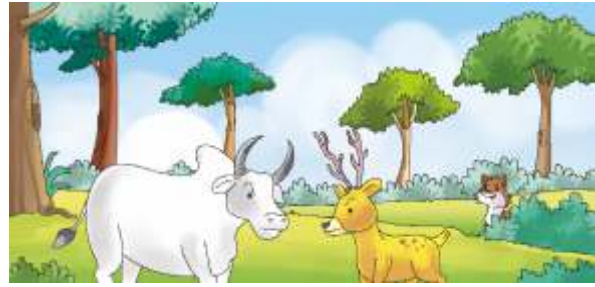
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## THUMPING SUCCESS

renowned Nurse without formal schooling. Drop outs from school, William

The family of a child getting 40% pass marks celebrates the occasion as they were expecting the child to fail in examination. Another family sits morose because their child got 85% marks as against the expected 95%. Psychologically speaking, expectation minus achievement is equal to frustration which can lead to any thing.

These days, children are busy taking their annual examinations, pinning high hopes for future careers. After the examination fever is over, they would naturally keep waiting for the results. HANSTI DUNIYA wishes all the students a grand success and hopes that their wishes would be fulfilled. But it is worth sharing with them that these results are not always the only yard-stick for the real success in life. History proves that there can be distinguished life even beyond such examinations.

To mention only a few instances, Florence Nightingale became world

Shakespeare earned name in English Literature, Albert Einstein became a world famous scientist and Henry Ford opened a machine shop on his farm and the rest is the history. College dropout Bill Gate is a software king. With no or lesser interest in studies, Kapil Dev, Sachin Tendulkar and Sania Mirza have been dominating the sports field all over the world.

So, there is an advice both for parents and the students having Board and University examinations to take it easy. There is much more to life beyond success or failure in examinations. There are well known people who have gone on to achieve great success in their lives despite having fallen short at the school and college levels. There is therefore no need to live under do or die situation. Great philosopher Confucius says correctly, "Our greatest glory is not in ever failing, but in rising every time we fall" Strange are the ways of God. Every wind brings rain, when He wills.

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



—Karuna, Bangalore

# The Largest Tree-Borne Fruit

The largest fruit that grows on trees is the jackfruit. And when we say it grows on trees, we mean it—the fruit grows on the main trunk of the tree and not on the branches. That's because it is so heavy that the branches can't support it—they would break right off!

So how big is this fruit? Well, a single jackfruit can weigh over 36 kilos! It sometimes reaches 90 centimetres long and almost 60 centimetres around. The jackfruit tree is also very large. It looks something like a large oak tree and grows in the warm regions of Asia. It's grown widely in tropical countries where it is warm and rains a lot, such as the Philippines. There are many varieties of jackfruit. Some of the popular ones include Black Gold, Galaxy, and honey Gold.

Like its cousin the mulberry, jackfruit is a compound fruit. This means that it has many, many seeds and that each seed surrounded by its pulp is a separate fruit. The big jackfruit you see is like a huge container holding all the little fruits together.

Young jackfruit are green. They turn brownish yellow when ripe. Raw jackfruit is cooked like a vegetable, though the sweet pulp surrounding the seeds can be eaten like chestnuts.

Jackfruit has other uses too. The wood is a valuable hardwood like teak. It is used for making many things, especially furniture. Dried jackfruit leaves are used as fuel for cooking fires, while the green leaves provide fodder for goats.



# SAMPURAN AVTAR BANI

## Ik Tu Hi Nirankar - 151

IKO NOOR DI UPAJ HAI SARI IK DA SAGAL PASARA EY;  
 IKO HI EY SARAB VIAPI PHIR VI SABH TON NIARA EY.  
 IKO HAI JO ANG SANG SABH DE SABHNAN DA RAKHWALA EY;  
 ESE IK DE PICHE VEKHO JAG HOIA MATWALAEY.  
 IS SARISHTI DE KAN KAN NOON JO APNE AAP SAMBHAL RIHAI;  
 IHO IK RAMAZ HAI JIS NOON KULL ZAMANA BHAL RIHAI.  
 IHDE BHED NOON PAONAIJEKAR SADHU DE CHARANAN VICH JA;  
 USDI CHARAN DHOOD VICH RAL KE HUJJAT SHEIKHI KULL MITA.  
 ALAKH NIRANJAN ANTARYAMI GUR POORA HAI JANANHAR;  
 KAHE AVTAR BINA GUR POORE HO NAHIN SAKDA BEDA PAR.

## Thou Formless One 151

The whole universe is the creation of the One, and the entire manifestation of the One;

Only One is omnipresent and yet distinct from all.

He is the One who is with all beings and is protector of all;

Look! He is the One about whom the world is enamoured.

He is the One who is sustaining every particle of the universe of His own;

This is the one mystery which the whole world is trying to solve.

If this mystery is to be known, bow at the holy feet of the True Saint;

By losing your identity in the dust of his holy feet, give up all your clever designs and arrogance.

God is incomprehensible, immaculate and omniscient, and the perfect True Master knows Him;

Avtar says, none can transcend the ocean of ocean of materialism without perfect True Master.



—Vinod Vohra, Delhi

# The Golem of Prague



Many hundreds of years ago there lived many Jewish families in the city of Prague. Although they worked hard, many people in Prague didn't like them. Sometimes Jewish businesses were raided. Sometimes their homes were burned. And sometimes they were killed also.

In that time, there was a wise rabbi (a preacher of Jews), a great teacher, living in Prague. His name was Rabbi Loew. He knew a way to help his people. He would build a man of clay. He would make the Golem.

Rabbi Loew shaped clay into the form of a man's body. And when he was done, he walked around the clay man seven times, chanting, 'Shanti, Shanti, Dahat, Dahat.' The Golem then opened his eyes and sat up.

'Golem,' said Rabbi Loew. 'I've made you so you can help and protect my people.' The Golem nodded.

'Every day I'll tell you what to do,' continued Rabbi Loew.

At first the Golem was a great gift to the Jewish families of Prague. He helped them in their work and protected them. But the Golem wanted more. So Rabbi Loew taught him to read. But reading about people made him want even more. He wanted to be human.

Rabbi Loew couldn't make the Golem human. The Golem became angry and began to attack the people he had earlier helped. He became a monster.

Rabbi Loew had no choice but to chase the Golem from Prague. No one knows what happened to the Golem. And no one knows where he is today.

**Moral : Over ambition is bad.**

*Golem means a clay creature in Jewish folklore brought to life magically.*





# CHANGING OUR VISION

There was a very wealthy man who was bothered by severe eye pain.

He consulted many physicians. He consumed many medicines and underwent hundreds of injections. But the ache persisted with more vigour than before.

At last, the wealthy man met a monk who was supposed to be an expert in treating such patients. The monk understood his problem and said that for some time, he should concentrate only on green colours and not to let his eyes fall on any other colours. It was a strange prescription, but he was desperate and decided to try it.

The man got together a group of painters and purchased barrels of green paint and directed that every object be painted green just as the monk had directed. When the monk came to visit him after a few days, the wealthy man's servants ran with buckets of green paint and poured it on him since he was in red dress, lest their master see any other colour and his eye ache would come back.

Seeing this, the monk laughed and said "If only you had purchased a pair of green spectacles, worth just a few rupees, you could have saved all this trouble".

Let us change our vision and the world will appear accordingly. It is foolish to change the world, let us change ourselves first.

His Holiness Baba Hardev Singh Ji also says, "Jaisi Drishti, Vaisi Srishti". In other words, the world will appear as we see it.





# The Way of Telling Truth

A rich merchant was a heart patient. The doctor had instructed everyone that the merchant should not be alarmed at any cost.

Once the merchant was in another city. His servant reached there and said, "Sir, I have come here to tell you that your dog is dead."

"How did he die?" the merchant asked. "He ate a lot of horse meat," replied the servant. "What do you mean? Is my horse dead?"

"Sir, all the horses in your stable are dead due to starvation."

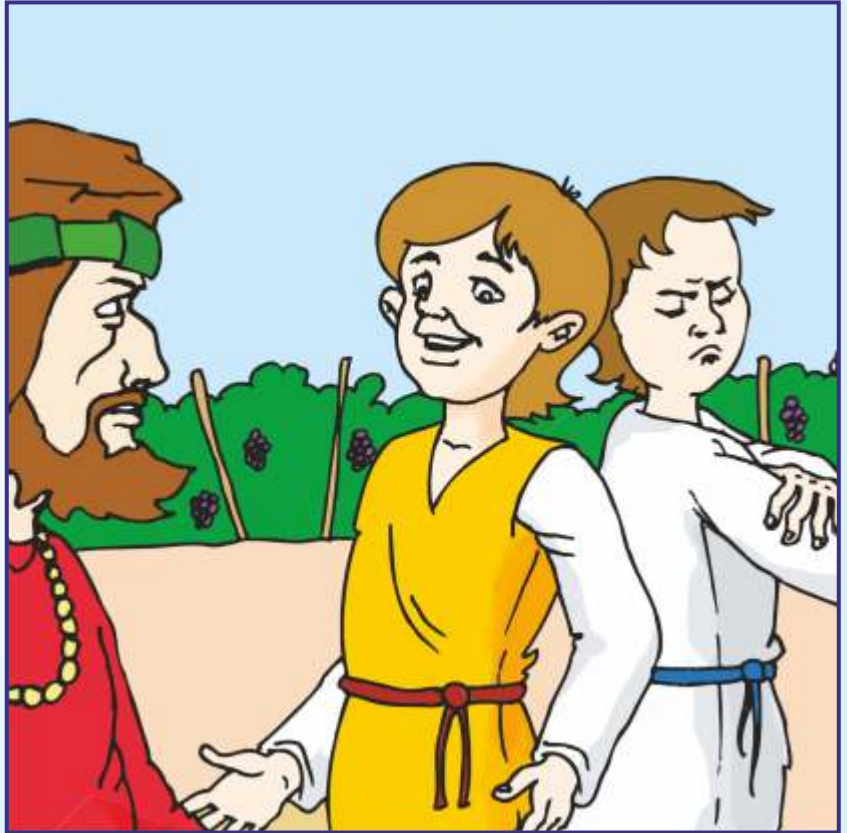
"Didn't the servants give them food?"

"How could they, when they were starving themselves?" "Why? Didn't my wife give them their wages?" the merchant asked worriedly. "How could she have survived without food?" the servant replied.

"You mean that my wife is dead too?"

"Sir, last night the house caught fire and every one was burnt to death," replied the servant.

Thus, the servant told the truth in such a piecemeal way that his master did not get a shock.



# Invaluable Words

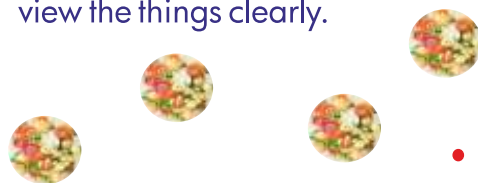
## Special on Manav Ekta Diwas (24th April) Holy Words of Baba Gurbachan Singh Ji Maharaj



- ☆ Our true wealth and capital is our children. We should emphasise on imparting decent and accurate education to them. Such education can help in the welfare of the nation, society and the family.
- ☆ If we want our children to develop virtues, possess good character, conduct, and respect their elders, then we have to first set an example.
- ☆ The world-peace is possible only through God realisation Human welfare is possible only by following the foot-steps of Prophets.
- ☆ Service, remembrance of God and saints congregation is the only sacrifice through which a saint can save himself from the vices of achiever and experienter.



- ★ The purpose of uniting our children with service, remembrance of God and holy congregation is to develop them as noble and pious humans and good citizens. When the saints come at home, allow the children to serve them. They automatically inculcate the virtues in them.
- ★ The simplicity and hard-work can only make the children talented, with good-character and health.
- ★ The children are the foundation of the society. We should emphasize most to nurture and educate them.
- ★ The biggest revolution in the universe is the necessity to convert animalism to humanism and hatred to love.
- ★ We should do good to others as our duty and not with the intention of return. This is true what we give comes back to us.
- ★ The divine souls value the 'Will of God' to be the supreme. Whatever God does that is for the best.
- ★ The only way to fulfil our devotion is to remain united with God Almighty.
- ★ Humility is necessary with service.
- ★ Truly rich are those who are contented.
- ★ Remembrance of God leads to stability.
- ★ If the son is good, you are blessed and if daughter is good, two families are blessed.
- ★ The knowledge is not confined to the words only that can be spoken and listened. The knowledge is actually the realization which transforms the life.
- ★ The light eliminates darkness, but if we wrap a coloured paper on the bulb, then the light emitted seems to be of the same colour. In the same fashion, when we cover our thoughts with ego, then our conscious becomes incapable to view the things clearly.



—Aman, Agra

# The Straight Forward Farmer

BajiRao a courageous peshwa of the Maratha army, was returning after a strenuous battle. He had led his army and won the battle. Now, he was back home.

After long days of journey, the soldiers were terribly hungry. Baji Rao saw that they were approaching a village. He ordered his soldiers to camp at the outskirts of the village. He called his army officer and said, "Go into the village and collect as much grains as possible. Take as many soldiers as you require".

The officer collected twenty soldiers with him and went into the village. On their way, the officer stopped a farmer and asked him to show the biggest field. The farmer took them to the biggest field. The officer commanded his soldiers to reap the crop, but the farmer pleaded, "Sir, I shall show you another field which has grains riper than here".

He led the soldiers to a much smaller field. The enraged officer asked, "Why did you take us here to a smaller field?". The farmer answered, "Sir, the earlier was not mine, But this is mine. I have no right to tell you to take from the fields of others. Here, you can take as much as you want".

Instead of reaping grains, the officer went to BajiRao and narrated the happening. BajiRao himself felt sorry for his conduct. He called all farmers and paid them what they deserved and then reaped the grains.



—Ravneet, Delhi

# Blaming Others



**One** day, a man went for a walk on the beach. He saw that a ship full of passengers hit a rock and sank. All the passengers drowned. The man helplessly watched all this from the shore, but could not do anything to save them.

In the evening, he narrated the sad event of the ship's drowning to his friends. Everyone felt sad for the dead people. One man said, "God did an unjust act. To kill one sinner aboard the ship, he has killed many other innocent people."

As he was saying this, he felt a pinch on his foot. He looked down and saw a red ant biting his toe. Many other red ants were around. In anger, he started stamping his feet and crushed many red ants. Suddenly, the God appeared and said, "Look, how you are killing many innocent ants to kill one. You were blaming me for being unjust. Look at your own actions before blaming others." The man felt ashamed and realised his mistake.



# Natural Happenings



we know that when nature is angry, some disturbance occur.

Cause damage to life and property.

1. .... is a prolonged period of dry weather, especially when there is not enough water for people's need.



2. .... is a mountain with a large opening on the top through which melted rocks and gases are forced out into the air.



3. .... The excess water on earth that damage the life and property.



4. An.....is a trembling or a shaking movement of the earth's surface. It is caused by a sudden movement of rock beneath its surface.



5. .... is a gigantic sea wave. It is usually generated by an undersea earthquake.

## ANSWERS

1- DROUGHT, 2-VOLCANIC ERUPTION  
3-FLOOD 4-EARTHQUAKE 5- TSUNAMI



Poem by : H. S. Rice

# The Gift of Friendship

FRIENDSHIP is a PRICELESS GIFT  
that cannot be bought or sold.

But its value is far greater  
than a mountain made of gold

For gold is cold and lifeless,  
it can neither see nor hear.

And in the time of trouble  
it is powerless to cheer

It has no ears to listen.  
no heart to understand.

It cannot bring you comfort  
or reach out a helping hand  
So when you ask God for a gift.

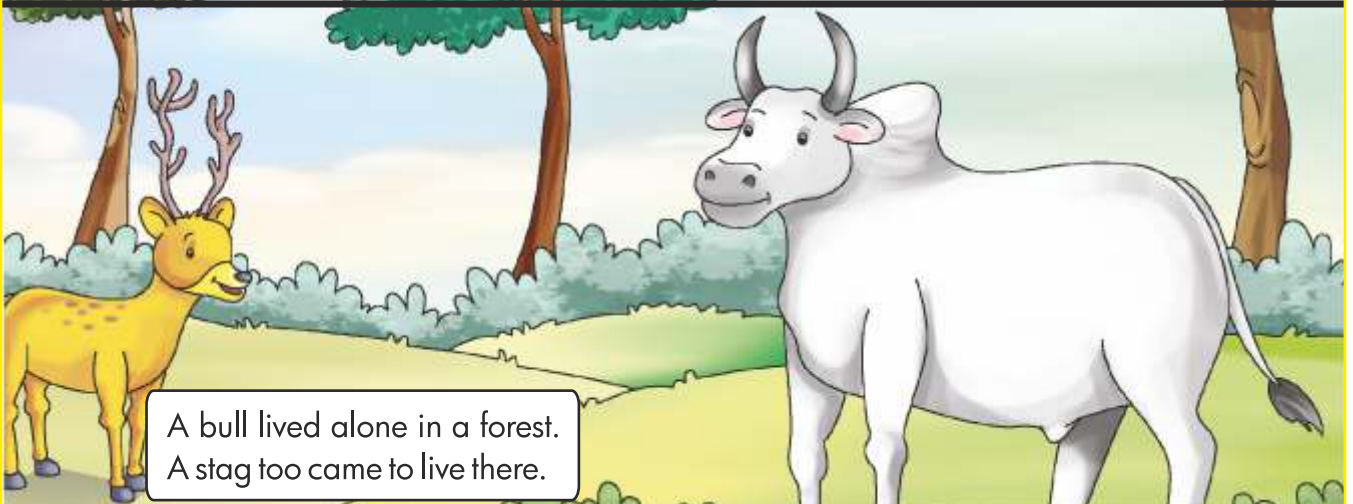
be thankful if he sends  
Not diamonds, pearls or riches,  
but the love of true friends.





# GRANDPA

Story & Illustration  
—Ajay kalara

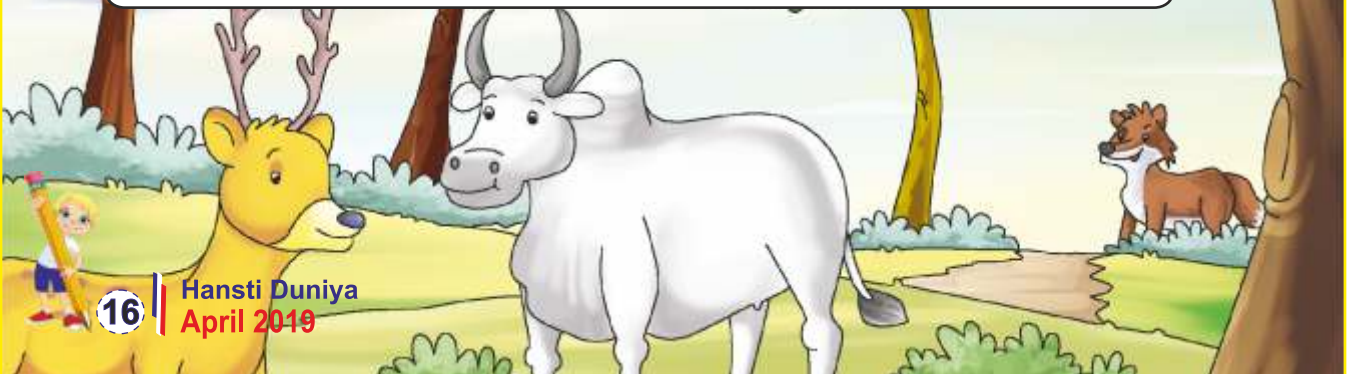


A bull lived alone in a forest.  
A stag too came to live there.




In the meantime a jackal also joined them.

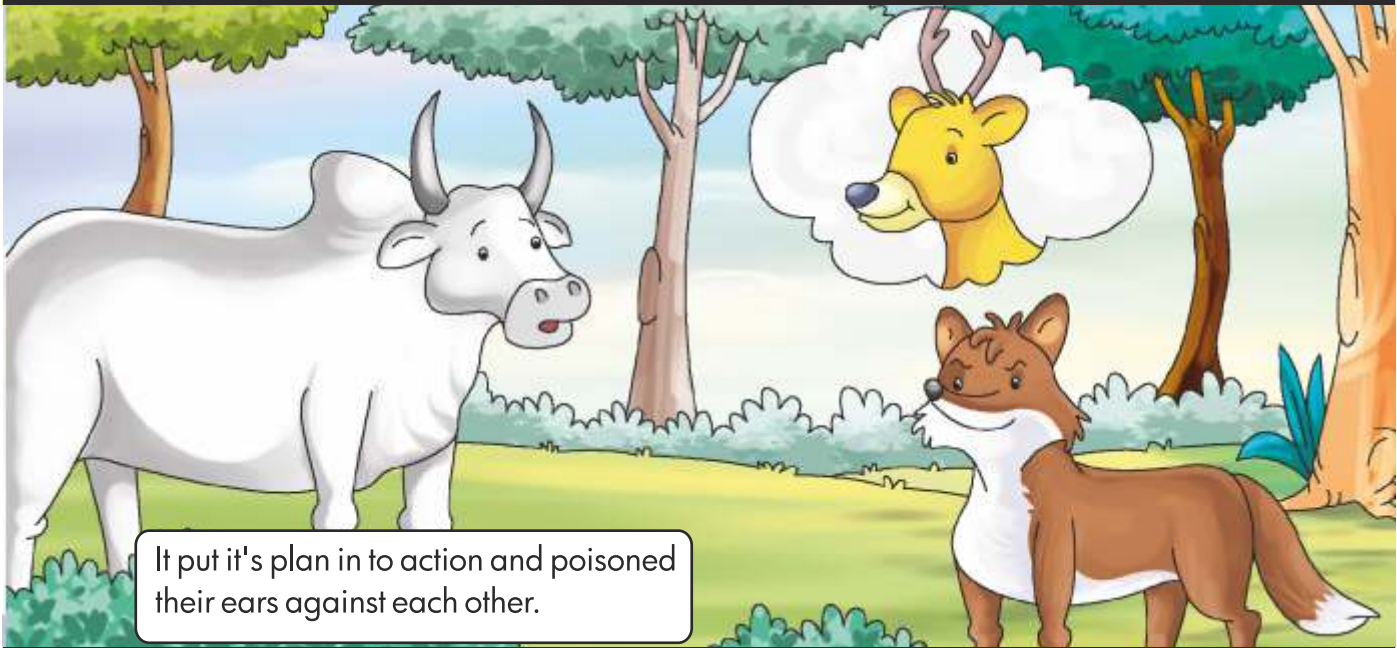
An evil thought came to jackal's wicked mind when he eyed healthy bull and the stag. It planned to kill them as it would serve it food for many days.






A fox with brown fur and a white chest patch is talking to a yellow stag with large antlers. A white bull with horns stands behind the stag. They are in a green field with trees in the background.

It befriended them.  
They were both taken  
in by it's sweet talk.

A white bull is on the left, looking towards a fox on the right. A thought bubble above the fox shows the yellow stag's head.

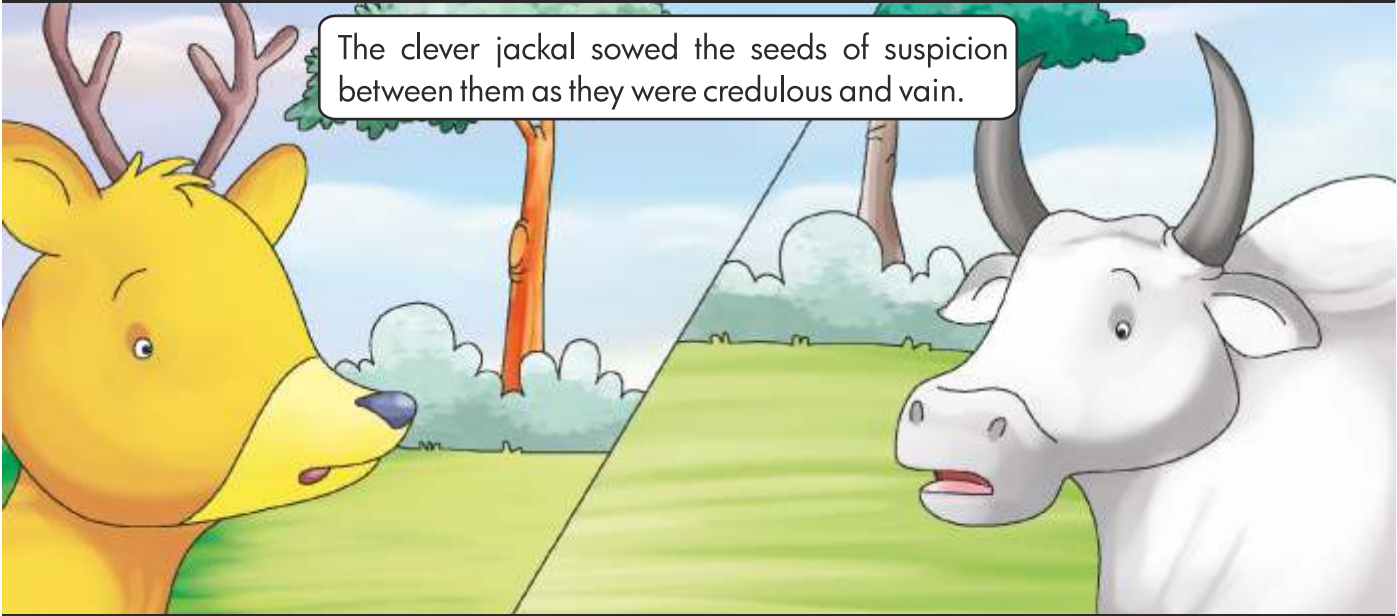
It put it's plan in to action and poisoned  
their ears against each other.

A fox is on the right, talking to a yellow stag on the left. A thought bubble above the fox shows the white bull's head.

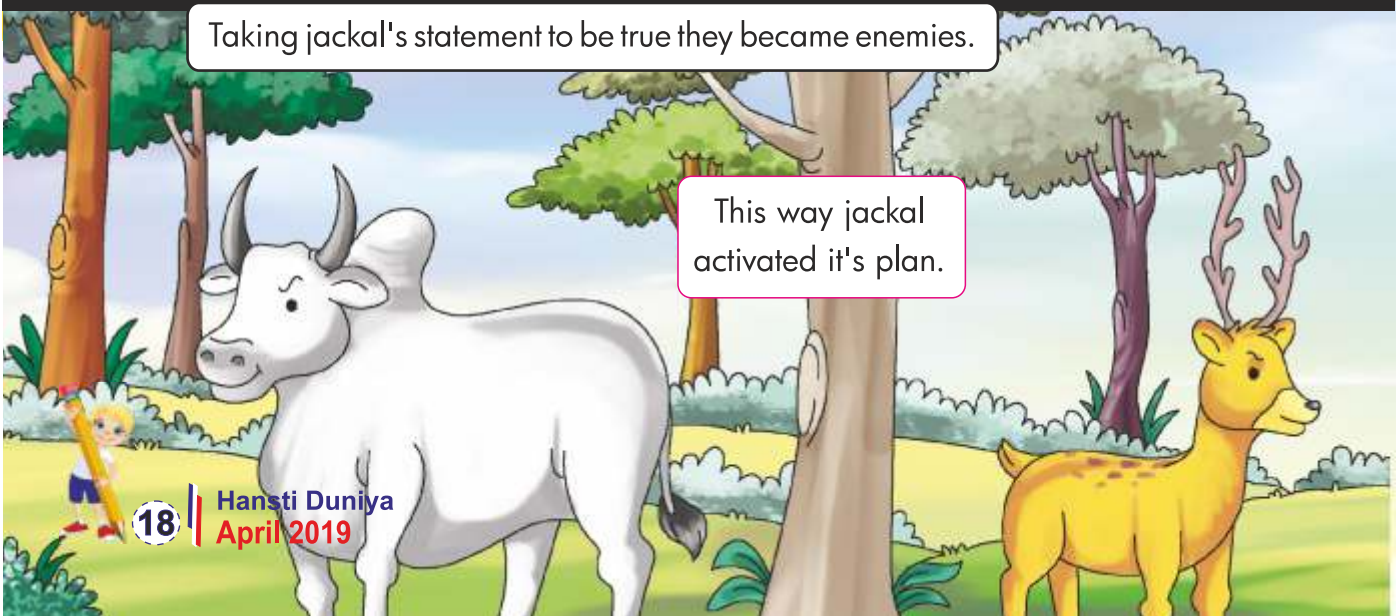
It told the stag that the bull wanted  
to kill it. It was told to it by the bull.



Next day it repeated the same thing to the bull.



The clever jackal sowed the seeds of suspicion between them as they were credulous and vain.

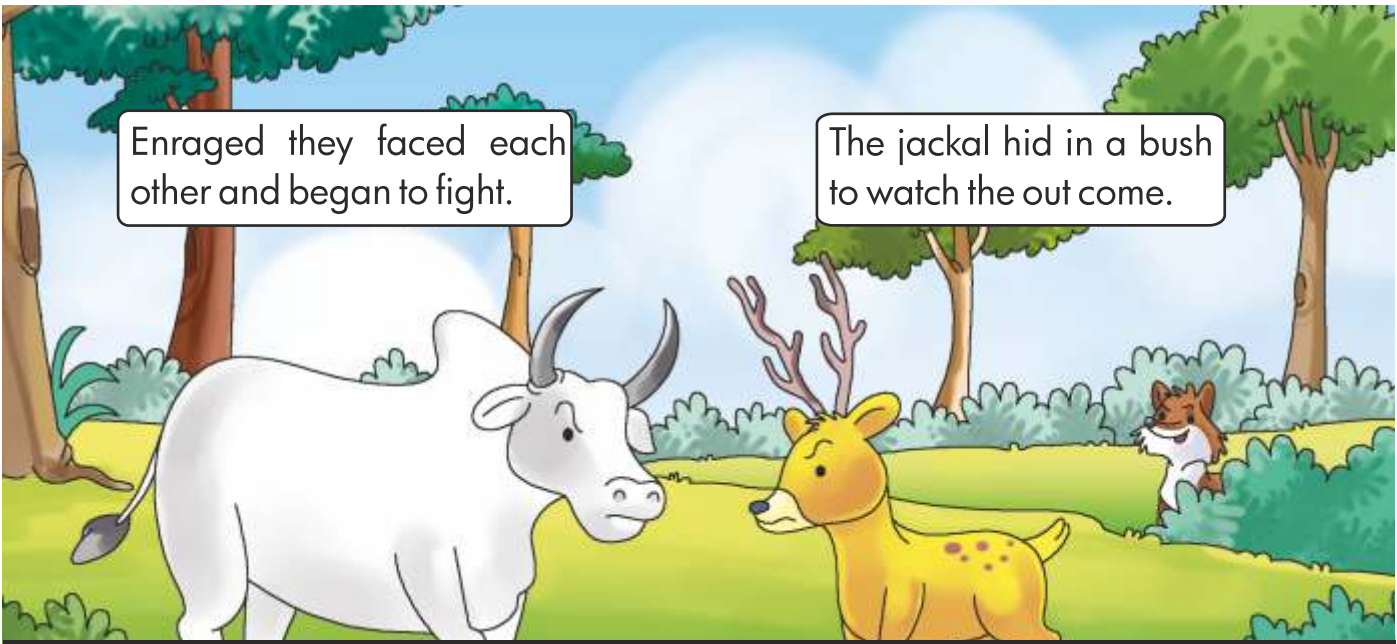


Taking jackal's statement to be true they became enemies.

This way jackal activated it's plan.

Enraged they faced each other and began to fight.

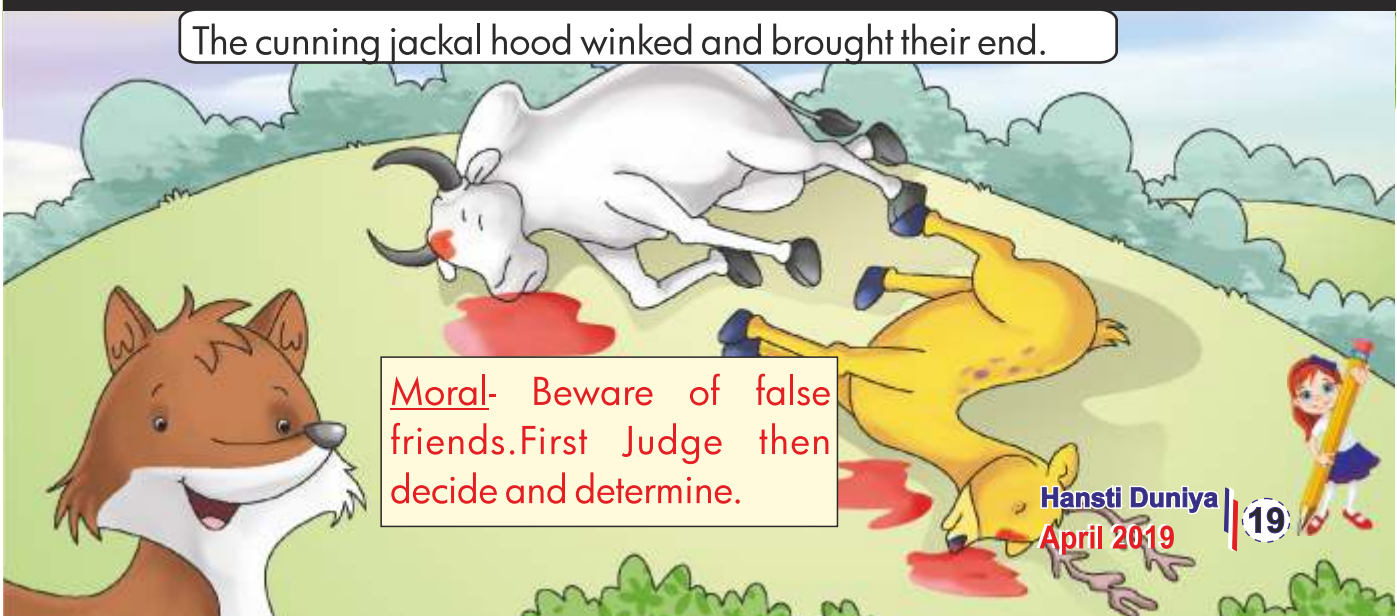
The jackal hid in a bush to watch the out come.



They fell down bleeding after a stiff fight.



The cunning jackal hood winked and brought their end.

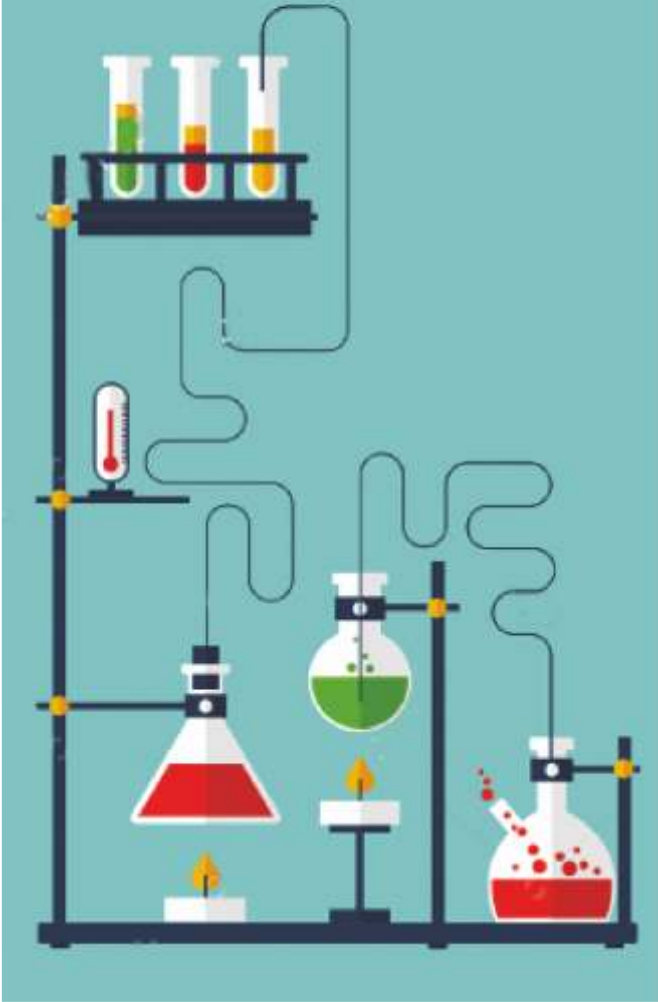


Moral- Beware of false friends. First Judge then decide and determine.



—Sunil Nagpal, Delhi

## INCREASE YOUR KNOWLEDGE



Q. Why are leaves green?

A. Light consists of seven colours. A body looks red, blue or green, because it absorbs the rest of six colours and reflects only that particular colour to the eye. Green leaves look green as it reflects green colour.



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Q. Why does radio reception improve after sunset?

A. Because there is less electrical disturbance in the atmosphere,. The ionosphere which reflects radio waves becomes more stable, in the absence of ionising radiation from the sun.

Q. Why does a straight stick look bent when partly immersed in water?

A. When the rays of light enter another medium, they change their course due to refraction, so the stick looks bent, when partly immersed in water.

Q. Why does water boil at a lower temperature on the hills than on the plains?

A. Because on hills the pressure is low, and lower the pressure, the lower is the boiling point.

Q. Why does a cheap clock lose time in summer?

A. A cheap clock loses time in summer, because in summer its pendulum increases in length and the time for one oscillation increases the clock runs slow.

Q. Why does a man fall forward when he jumps out of running train?

A. He is in motion along with the train. As soon as the man jumps out, his feet come to rest, while the body is still in motion, so he falls forwards.

# H.D. Answers

— Sandeep, (Jhunjhnu)

Q. What has been the landmark quality of legendary Sachin Tendulkar of the cricket field?

A. Humility.

— Ramesh Rai (Bhagalpur)

Q. What will be the benefit of discovering alien life on other planets?

A. If people on earth itself are living like strangers to each other, finding aliens on other planets may not be of any benefit.

— Nivedita (Delhi)

Q. What is the sign of true religion?

A. True religion unites, never divides.

— Anil (Faizabad)

Q. What's most comforting and what's most painful in life?

A. Contentment is the most comforting and jealousy the most painful.

— Sidhesh Prajapati (USA)

Q. How can we change the people around us?

A. We cannot change people around us. We can just change ourselves.

— Pramod Kumar (Jaipur)

Q. Can more earning bring more peace in life?

A. No if we earn and also learn, life can be more prosperous and peaceful.

— Aditi (Delhi)

Q. How can we really make our life blissful?

A. By knowing ourselves.

— S.R.P. (Delhi)

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

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



— : Ashok Saini

# A Favourite Recipe

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Take a cup of Kindness,  
mix it well with Love,

Add a lot of Patience  
and faith in God around,

Sprinkle very generously  
with Joy, Thanks and Cheer

And you'll have lots of "ANGEL FOOD"  
to feast on all the year.

By- Shobhita Ashok Tiwari, Lucknow

## GOD'S GIFT

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I asked for strength and  
God gave me difficulties to make me strong  
I asked for wisdom and God gave me problems to solve  
I asked for prosperity and God gave me brawn and brain to work  
I asked for courage and God gave me dangers to overcome  
I asked for love and God gave me troubled people to help  
I asked for favours and God gave me opportunities  
I received nothing I wanted and everything I needed  
MY PRAYERS HAVE BEEN ANSWERED

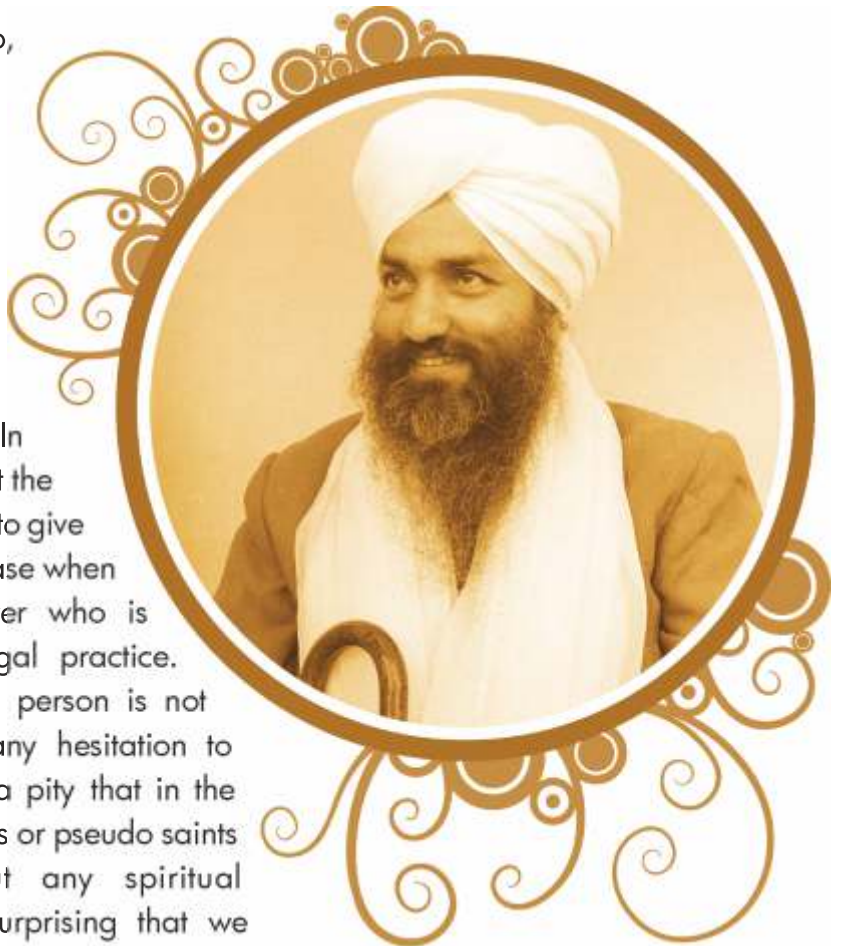


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# Baba Gurubachan Singh Ji Said:

There are people who, through their ignorance, take anybody as a saint from one's outer appearance or a particular form or dress. People have suffered a lot through this attitude which still persists. It is surprising that nobody would like to be deceived through imitation in any field of life. In sickness we wish to be sure that the physician is competent enough to give us a right treatment. So is the case when we have to engage a lawyer who is expected to be good at legal practice. Moreover, if we find that the person is not competent, we do not feel any hesitation to engage some other. But it is a pity that in the religious field we stick to sadhus or pseudo saints for years together without any spiritual awakening. It is still more surprising that we cannot even think to leave them though we grope in the dark.



In fact, a true saint is like a lit lamp who can enlighten our mind and soul. A building may be grand and attractive but it cannot claim to be a school or a college unless education is imparted to the student there; nor it can be called a hospital unless the patients get treatments there. Similarly, mere appearance should not be taken as the mark of a saint but a person "who guides us to universal brotherhood and bestows upon us God-realisation" is a true saint. Appearance are often deceptive.

Another distinguishing mark of a perfect saint is that he never hankers after fame. He is like a cow that gives milk but for others. It is the milk that makes us serve the cow although it never expresses any desire to be served. Similarly we serve a true saint for our own gain. Since a true saint has welfare of all at his heart he blesses even those who ill-treat him.



—Dr. Ashok K Chitkara, Chancellor Chitkara University

# Create a **Love** Account

Mother Teresa once said, "There are no great acts. There are only small acts done with great love." What small acts can we do today to strengthen the bonds between us and the people we value the most? What random acts of kindness and acts of beauty can you offer to someone in an effort to make his or her day just a little better? The irony of being more compassionate is that the very act of giving to others makes us feel better as well.

To practice being more loving, create a love account. Each day, make a few deposits in this very special reserve by doing something small to add joy to the life of someone around us.

Buying our partner flowers for no reason at all, sending our best friend a copy of your favorite book or taking the time to tell our children in no uncertain terms how we feel about them are all good places to start.

If there is one thing that I have learned in life, it is that the little things are the big things. Those tiny, daily deposits into the love account will give me far more happiness than any amount of money in my bank account. Or as Tolstoy wrote, "The means to gain happiness is to throw out for oneself like a spider in all directions an adhesive web of love, and to catch in all that comes."





—Jagtar Chaman, Anupgarh

# Improve Your Knowledge

*FIRST WOMEN WHO DISTINGUISHED IN DIFFERENT FIELDS*

- |  |                     |
|--|---------------------|
| 1. Who was first woman ruler of Delhi  | —Razia Sultan       |
| 2. Who was first woman president of Indian.  | —Pratibha Patil     |
| 3. Who was first Olympic track athlete of India                                      | —Nilima Ghosh       |
| 4. Who was first Indian woman to become the president of general assembly of U N O ; | —Vijay Laxmi Pandit |
| 5. Who was first woman governor of Indian state                                      | —Sarojini Naidu     |
| 7. Who was first Indian woman to cross the English Channel ;                         | —Aarti Saha         |
| 6. Who was first woman to become the Mayor of a city                                 | —Aruna Asaf Ali     |
| 7. Who was first woman to become the Chief Minister                                  | —Sucheta Kriplani   |
| 8. Who was first woman I.P.S. ;  | —Kiran Bedi         |
| 9. Who was first woman to receive the Dada Sahib Phalke Award                        | —Devika Rani        |

## Answer in one word

- |   |                    |
|---|--------------------|
| 1. Who Founded First women army?            | : Rani of Jhansi   |
| 2. Who is the God of Indian cricket?        | : Sachin Tendulkar |
| 3. Who was Guru of Shiva ji Maharaj?        | : Guru Ram Dass    |
| 4. Who is the founder of Nirankari Mission? | : Baba Buta Singh  |
| 5. Who is now the President of India?       | : Ram Nath Kovind  |



# The Cheque

There was a man who was bankrupt. He had lost all his possessions and wealth and was burdened with huge loan. He was very tense as he was the sole bread earner of the family. He being a young man was full of energy and wanted to touch the sky to glory but due to ceaseless loss in the business he felt miserable and dispirited. Everyday with a heavy heart he would go to the park in the evening and sit on the bench for hours thinking about the condition of his family, business and his dreams. One fine evening an old man came and sat beside him asking him the reason behind his disappointment and long-drawn face. The young man unfolded his story to him. After listening to the story the old man took out a cheque of 5 Cr rupees and signed it and gave it to the young man saying: I am the owner of a big company and I have lot of wealth, you may use this money for setting up your business and once you get established you may return this money to me.

The young man took the cheque and went home. He felt out of the world as he was very happy. He planned to repay all his loans and get rid of the tension. Suddenly he was clicked with another thought that said: Keep this cheque in the locker and commence the business once again by yourself and if you fail to

rebuild your business you have the savior "cheque" with you. With this thought in his mind he worked day in and day out diligently, and put his heart and soul into the business. After a couple of years he became a renowned business man and repaid all his loans and earned a lot of money.

One day he decided to give back the cheque to the old man as he did not require it anymore. He went to the same park and searched for the old man. After searching for a while he saw the nurse who used to take the old man in the wheelchair for the walk. He asked her about that old man. The nurse said: Oh! that man, he was a patient of a mental hospital and he has died 2 yrs back. The young man was taken aback with the answer of the nurse and shockingly looked at the cheque, he found that something was scribbled in the cheque in the place of sign and all these years he never noticed it. He took a deep breath and realized that it was his tension which prevented him from reaching his potential.

In the same manner friends when we are tensed we tend to choose wrong path and make quick decisions which lead us nowhere. We forget the cheque which BABA Ji has given to us, the cheque of Simran. The more we do the sewa the more we are tension free and it enriches and opens the doors to progress. So in order to progress and prosper in life we need to do more and more of Simran, Sewa and Satsang.





# Vegetable and Fruit?

**Cooks** call the tomato a vegetable, but gardeners say it's a fruit. It's actually both! In the garden the tomato is considered a fruit because it grows from a flower and has seeds in it. But in the kitchen it's considered a vegetable because it isn't sweet like apples or grapes.

Tomatoes were first grown thousands of years ago by South American Indians who lived in the Andes Mountains. In Mexico, Indians cultivated tomatoes long before Spanish explorers arrived in the 1500s. The name 'tomato' comes from *tomato*, a word in the language of the Aztec people of Mexico.

The Spanish who returned to Europe after their exploration brought the tomato back with them. The tomato was first used as a food in Spain and Italy. From Europe, tomatoes were taken to North America. Today they grow all around the world, wherever winters are not too cold and summers not too hot.

Tomatoes not only taste good—they're also good for you! They're packed with vitamins A and C. Tomatoes can be served cooked by themselves or used as a part of many different meals. They're used to make soups and salads; juice is popular because of its tangy flavour. Tomatoes also form the base for ketchup, chilli sauce, spaghetti sauce, and, of course, they're a must for your pizza!



Story : Sanjay & Priya Tandon, Chandigarh

# The Genie

A man had to do a lot of work every day. One day he was very, very tired. He was praying in his heart, "Oh God! Please give me a servant to do all my work, I feel so exhausted." He was polishing an old brass lamp while praying. All of a sudden an old genie appeared before him. He said, "I am the genie of this lamp. What can I do for you? I grant you a wish." The man was flabbergasted. He said, "What do you mean? Can I ask for anything?" The kind looking genie said, "Yes, but ask carefully. Don't ask for anything dangerous."


The man was tired and the servant problem was upper most in his mind, so he said, "Give me a servant, who can do all my work, so that I can relax and enjoy life." The kind genie smiled and replied, "Are you sure, that is what you want?" The man said, "Yes, I'm very sure." The genie tried again to make him see sense. He said, "I can surely give you a servant, but you shall have to keep him occupied always. If you are not able to keep him at work always, he shall destroy you." The man thought of the endless chores that he had to do

all day and said, "No problem. I shall keep him occupied always."

The genie moved his hand and an ugly looking genie appeared. The old genie told the new genie to serve his master and then disappeared. The man told the genie, "Servant, go and clean my house." In an instant the genie completed the task and said, "What next, master?" The man said, "Go and water my fields." The genie went and was back in a jiffy. "What next, master?" The man said, "Go and feed the cattle." The genie took only a few minutes and was back again. The man was thinking what next to tell him. The genie said, "What next, master?" The man said, "Just wait, and let me think." The genie bared his ugly teeth and raised his claws saying, "If you don't give me work to do, I shall eat you. Tell me quickly, I cannot sit idle." The man stuttered, "Go and pluck the apples from the tree," "Go and bring water from the well," "Wash the linen," "Make dinner,"... The man was panicking now. What should he do? There was no more work to be done.

The man looked at the bare teeth of





the snarling genie and started running. The man ran and the genie ran after him. The man accidentally stepped on the brass lamp and his foot happened to rub it. The kind old genie appeared again. The man took shelter behind the kind genie's back, while the ugly genie tried to grab him. The old genie said, "Calm down! Calm down! Tell me, what the matter is." The man told the whole story to the old genie and beseeched him to take his cruel genie back. The kind genie said, "I cannot take him back now, but I can tell you how to keep him occupied. Take a long pole and tell the genie to fix it securely into the ground. Then tell him to keep on going up and down, till another task was given. That will keep him busy forever." So the

evil genie was ordered to do just that and he spent his entire time going up and down the pole!

This is not just a story for children. There is an evil genie in all of us. It is our mind. If we don't keep the mind occupied in constructive things, it has a tendency to think negative thoughts, fantasize over the undesirable and the futile. Many times we say things like, "I am going crazy thinking about this; I'm going mad; I've nothing to do!" This happens when the idle mind becomes an evil genie. Remember to keep your mind sufficiently occupied on a positive and productive track, always.



# Look at the Picture and Complete the Story



Name : .....

Father's Name : .....

Address : .....

.....

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Mobile No. ....

Complete the short story and send it with your passport size photograph to Editor Hansti Duniya English

Address: Patrika Vibhag, Sant Nirankari Mandal, Sant Nirankari Colony, Delhi-110 009

E-mail : [editorial@nirankari.org](mailto:editorial@nirankari.org)

**(The best story would be published in Hansti Duniya June 2019)**

A balloon seller was selling balloons in the market place a child saw him and.....

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This story by Ms. Kashvi Bajaj  
has been adjudged the best. Congrats to her



## Follow Your Goal

In a village there was a farmer named Motilal. He was a hard working man. One day as he was bringing back his harvest from the field, suddenly a dog started running after him at its full speed, it looked as if he was trying to catch the cart. The next day when the cart was passing the same lane, the dog again started running behind the cart. For how much the dog tried, he could not catch it. Every time Motilal passed the lane, the dog followed him. He was astonished why that dog runs after the cart each time, when he knew he could never catch it.

One day when Motilal was passing the lane, he saw the dog's master, he stopped his bullock cart and went to him. After telling him the case he asked him what the dog was trying to do when he knew he could not catch it. The master said "It does not matter if he can /cannot achieve his goal or catch the bullock cart in this case but the thing that matters is at least he is trying his level best, he is not giving up but trying again and again, he was sticking to his target. This taught Motilal an important lesson that working hard is important, but trying and not giving up in any situation is the most important thing, like the dog did.

**Moral - Don't let failure dissuade you from chasing your dreams. Hard work and persuasion always pays, if channelized in the right direction you are bound to succeed Try-try-try again until you get results .**



—Dr. Sunil Chandra, Ivanovo (Russia)

# 9 Study Tips

**1. Make a Study Plan :** Time is precious. Nobody is more aware of this than the poor student who hasn't studied a thing until the night before an exam. By then, of course, it's too late. The key to breaking the cycle of cramming for tests is to think ahead and create an effective study plan.

**2. Take Regular Study Breaks :** This can take the form of a ten-minute walk, a trip to the gym, having a chat with a friend or simply fixing yourself a hot drink. Taking regular short breaks not only help improve your focus, they can boost your productivity too.

**3. Embrace New Technologies:** Studying no longer means jotting things down with a pen on a scrap of paper. The old handwritten method still has its place of course, .....through online tools, social media, blogs, videos or mobile apps, learning has become more fluid and user-centred.

**4. Test Yourself:** It's a strange thing, but sometimes simply entering an exam environment is enough to make you forget some of the things you've learned. The solution is to mentally prepare for the pressure Remember at first – the more you practice, the better you'll become.

**5. Find a Healthy Balance :** Take this opportunity to evaluate yourself both physically and mentally. Is your engine running on low? Instead of complaining. Make the change and see how it positively affects your attitude and study routine.

**6. Be Positive :** Developing a growth mindset Your attitude has a big impact on the level of study that you get done and the effectiveness of your learning process. Instead, focus your mind on positive outcomes.

**7. Collaborate with Study Partners:** At this stage of the school year, you should know your classmates pretty well. This is a good point in time to select a couple of study partners who you know you work well with and are motivated to achieve good grades also.

**8. Turn lessons into stories:** Everybody likes to read or listen to a good stories entertain us, they help us to understand and memorise key details too. You can apply this to your studies.

**9. Establish a Study Routine:** Your study routine is comprised of more than planning what to learn and when. One of the main concerns is your study environment.





Article by : Kishore Daniel



# SLOTH

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

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

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

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





# Kitty

Story & Illustration  
Ajay Kalara

Friends, let us go to play in the park.

Kitty, no mischief  
play, in a  
relaxed way.

Oh! Friends, let us  
climb a tree and play.

Yes—Yes— it will be fun.





Molly and Kitty— I have reached this branch and I will jumped down easily.

Chintu— well done



Now, It is Montu's turn. I will climb last of all and get first position.



Wow! Montu even Kitty would not be able to climb so far. Poor Kitty— Ha..., Ha..., Ha...,



Look all— I told you that i would win — Yea, Yea, Yea.



Oh! Kitty, You have done well. You are brave.



Aah! I hurt myself while jumping down. Call mom, "I am not able to stand."



Kitty, "what happened" I warned you now face the results.



Kitty, take juice. I told you many time not to disobey. Now, you have hurt yourself.



Sorry mom. I 'll take care in future.



# NOBLE THOUGHTS

- ★ By the time a man realises that may be his father was right, he usually has a son who thinks he is wrong.  
— Charles Wordsworth
- ★ Those who work for appreciation and fame, usually end up quarrelling and fighting with each other.  
— Nirmal Joshi
- ★ It is not how much we have, but how much we enjoy with whatever we have. That gives happiness.  
— Giani Joginder Singh
- ★ A humble person gets honour and regards everywhere.  
— Nirankari Baba
- ★ "There are decades when nothing happens, and there are weeks when decades happen."  
— Vladimir I. Lenin
- ★ Loving is living; if you cease to love, you cease to live.  
— Unknown
- ★ We do not stop playing because we grow old. We grow old because we stop playing.  
— George Bernard
- ★ Age is an issue of mind over matter. If you do not mind, it does not matter.  
— Mark Twain
- ★ Whosoever seeks to set one religion against the other, seeks to destroy all religions.  
— Frank Roosevelt
- ★ Gold Medals are not really made of gold. They are made of sweat, determination and a hard to find alloy called guts.  
— Dan Gable
- ★ Infighting in a boat is more dangerous than the tempest outside.  
— Nirankari Baba Hardev Singh



—Namrata, Delhi

# Riddles



1. What has a neck but no head, and wears a cap?
2. What is it that you cannot see but is always before you?
3. As I went across the bridge, I met a man with a load of wood which was neither straight nor crooked, what kind of wood was it?
4. What gets beaten, and whipped, but never cries?
5. There is a river which does not flow, there is a tree the leaves of which do not tremble, there is a man who has no life. Guess how is it possible? Remember, if you get confused, you are not wise.
6. Where does Thursday come before Wednesday?
7. Why can't you keep a clock in jail?
8. In which gate, one cannot enter?
9. Which is the largest rope in the world?
10. What kind of the fish chases a mouse?

## Answers

1- A bottle 2- The future 3- Sawdust 4- An Egg 5- Scenery 6- In the dictionary 7- Because time is always running out 8- Colagte 9- Europe 10- A cat fish



—Sakshi Gulati, Chandigarh



# Laughing Time



A: Did you hear that a baby was fed on elephant's milk and gained twenty pounds in a week.

B: That's impossible. Whose baby?

A: An elephant's.

---

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

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

---

Salesman: Which soap and powder do you use, Sir ?

Customer: Aman's

Salesman: Is Aman a new company?

Customer: No he is my son.

---

Nitika : May I go swimming, Mummy?

Mummy: No, you should not. There are sharks .

Nitika : 'But Daddy's swimming'

Mummy: 'He is insured'

Mamta: Why did you cut a hole in your umbrella?

Niti : So that I could tell when it stops raining.

---

Patient : I have lost my memory.

Doctor : When did this happen?

Patient : When did what happen?

---

A: I'm in a big trouble.

B: Why is that?

A: I saw a mouse in my house.h

B: Oh, well, all you need to do is use a trap.

A: I don't have one.

B: Well then, buy one.

A: Can't afford one.

B: I can give you mine if you want.

A: That sounds good.

B: All you need to do is just use some cheese in order to make the mouse come to the trap.

A: I don't have any cheese.

B: Okay then, take a piece of bread and put a bit of oil on it and put it in the trap.

A: I don't have oil.

B: Well, then put only a small piece of bread.

A: I don't have bread.

B: Then what is the mouse doing at your house?







Sumanyu to his friend: How do they paint such a big aeroplane ?

His friend: Very simple! They paint it, when it goes up in the sky and become small.

---

Mohit : Let us play a game.

Raman : All right.

Mohit : We will play school-school. I will be the teacher and you be the student.

Raman : Okay, then I will be absent.

---

Visitor : Well doctor,hurry,my son has swallowed a twenty five cent coin, please take it out.

Doctor : When did he swallow the coin?

visitor : About five years back.

Doctor : And you are asking me to take it now.

Visitor : Of course! I need it right now.

---



Doctor :So, Anand Dev, how are you feeling now ?

Anand Dev : No difference, doctor.

Doctor : Have you been taking the tonic for the last two weeks.?

Anand Dev : No.

Doctor : Why not?

Anand Dev :The label on the bottle says-keep bottle tightly closed-so I did.



# Baisakhi Celebrations



Festival of Vaisakhi is widely celebrated with lots of joy and enthusiasm within the northern state of geographic region of Punjab and Haryana. Farmers are jubilant as for them Baisakhi marks the time for harvest of rabi crops. Prosperous with the bounty. They turn out to celebrate Baisakhi with mirth.

The day of Baisakhi is full of colours and hues. Cries of “Jatta aayi Baisakhi” reverberate within the skies as gaily-dressed men and ladies move towards the fields to celebrate the occasion.

Farmers additionally celebrate Baisakhi as a feast day. They bathe in ponds or rivers. Folks visit Temples or Gurdwara to thank Almighty for the bountiful harvest and pray for prosperity and good times in future.

Baisakhi fairs also are organized to celebrate the day. Folks participate in these fairs with gaiety, happiness and delight. Major attractions of Baisakhi fairs are the bhangra and gidda performances besides wrestling bouts, singing and acrobatics. The dance is easy in movements however is extraordinarily energetic and is performed in-groups on the beats of dhol. Performance of folk instruments—vanjli and algoza is additionally quite common. Food stalls and outlets merchandising trinkets build Baisakhi Melas even more joyful. All have fields day celebrating this festival. The whole day passes quickly in the festivities.



# Result for the month of February 2019 Issue

## First :

**Kanav Khanna**

**Age 6**

House No.439, Kiritinagar,  
Near BSNL exchange,  
Ferozepur City-152002,Punjab.



## Second :

**Akshita Saurani**

**Age 6**

Palam Court wing 203,  
Malad, Mumbai 400064.



## Third:

**Nitika**

**Age 7**

Juni Road,  
Pandoh-175124(HP)



## Consolation Enteries

Vandita Arora (Faridabad)

Samarth Garg (Bathinda)

Priya S Patti (Mumbai)

Anandita Khurana (Jalandhar)

Aditya S.Singh (Mumbai)

Jheel Lamba (Delhi)

Ritu Sharma (Amarawati)

Arpita (Lohian)

Ruby (Kaithal)

Harshita (Noida)

Raja (Bulandshahar UP)

Abha (Secundrabad)

Komal (Talwara)

Avyan Dev (Gurgaon)

Sumanyu Chawla (Shastrinagar)

Anjali (Mukandpur)

Amrit (Delhi)

Sonu (Rohtak)

Dinesh (Bahadurgarh)

Mukesh (AnandPrabat)

Ananya (Rajnagar)

Anmol (Parmanand colony)

Simi(Aut)

Manvi Maurya (Banglore).

## "Colour it" for April Issue

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

The result will appear in **June 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 .....

.....



## SMS of the month



- ★ The art of knowing is knowing , What to ignore.  
—Avneesh Gulati
- ★ If the path is beautiful ask where it leads to, but if the destination is beautiful, never mind about the path, keep walking.  
—Archana Garg, Vancouver Canada
- ★ Kindness makes you the most beautiful person in the world.  
No matter what you look like. — Praveen, Delhi
- ★ Be selective with you battles. Sometimes PEACE is better than being right.  
— Mohini, Delhi
- ★ Do not aim for success if you want it. Just do what you love and believe in, and it will come naturally. — Parveen, Delhi
- ★ Over a period of time, the hurt does not hurt, Only regret does.  
—Himanshu, Delhi
- ★ In order to succeed you must fail, so that you know what not to do the next time.  
— Vinay, Mumbai
- ★ The closer one gets to the top, the more one finds there is no top.  
— Surjit, Ludhiana
- ★ In the end, it is not the years in your life that count, it is the life in your years.  
— Suraj Shrivastav, Delhi
- ★ Leadership is the capacity to translate vision into reality.
- ★ When you can't make them see the light, make them feel the heat.
- ★ Our faith in the present dies out long before our faith in the future.
- ★ An aging man cannot rewrite his youth but a youth may rewrite his own future.  
— Rita, Jalandhar
- ★ Every time we let something negative go, we make room for more positive to come in.  
—Rishi, USA



# CINDERELLA

Once upon a time, there was a very beautiful girl named Cinderella. Unfortunately, her mother died and her father married another woman. Now Cinderella was living with her step-mother and her two step-sisters. They did not treat Cinderella well.

Her step-mother made her do all the chores in the house. She had to work throughout the day—sweeping, cooking, washing and so on. Even then, they did not give enough food to Cinderella. Her clothes were also dirty and torn. The step-mother and her daughters lived in comfort and luxury but Cinderella had to

sleep in the kitchen, which was her room.

One day, her step-mother brought beautiful gowns for her daughters. She had come to know that

the prince had invited them all to the royal palace on a special occasion. Cinderella, too, was keen to attend the royal ceremony but she did not have a nice dress. So she was very sad.

The step-mother got ready to go with her daughters. She said to Cinderella, "Cinderella, keep our beds ready to sleep in and finish all the work. Don't take rest! Otherwise, you know what will happen."

Now, Cinderella was left alone and sad at home. Suddenly, a fairy appeared with a flash. The fairy said to Cinderella, "Get up! I have come here to help you. I know you want to go to the palace."

"But how can I? I do not have a good dress," said Cinderella sadly." The fairy said, "Everything will be all right. I need some things to get you ready. Bring a big pumpkin and seven rats."

Cinderella rushed to the garden and brought a pumpkin and seven rats.

The fairy smiled and said, "That's good! Now watch the miracle!" She waved her magic wand and the pumpkin turned into a chariot, and six of the rats changed into horses and one as the driver of the chariot. She was no longer in a dirty dress. She was now in a splendid dress and looked like a princess. She was amazed and couldn't



believe her eyes. Seeing Cinderella eager, the fairy said to her, "Now do not wait, go and sit in the chariot."

Cinderella sat in the chariot and thanked the fairy. The fairy said, "Go and enjoy the ceremony. But be aware of the time. At any cost, you have to come back by twelve, otherwise everything will change back to its original form."

Cinderella said, "I will take care of the time."

Her chariot stopped at the gate of the palace. She quickly went inside and joined the royal party. As soon as she entered the room, all eyes turned to her. All were surprised at her beauty and began to whisper about her. The step-mother and her daughters were unable to recognise her.

When the prince saw Cinderella, he was charmed by her beauty. He asked her to dance with him. Cinderella agreed and began to dance with the prince. Seeing her dance with the prince all the other girls felt jealous of Cinderella.

The prince asked her, "Who are you and where are you from?"

Cinderella ignored the question and said, "It should not make any difference to you as to who I am or where I am from. Let's enjoy the function. Moreover, I don't think that we shall ever meet again."

"But I hope that we will," said the prince. Cinderella was so lost in the dance and talking that she forgot the fairy's warning



about the time. Suddenly, she looked at the clock. It was about to strike twelve. She remembered the fairy's warning and rushed out of the palace without saying anything to the prince. But in a hurry she left one of her shoes on the steps.

The prince tried to follow her but she had already left. He picked up the shoe of Cinderella. Then he called his minister and said, "Take this shoe and search for the girl to whom it belongs. I will marry the girl whose foot fits the shoe. Remember, do not come back without looking for the girl." Next day, the minister went door to door in search of the girl. He reached the house of Cinderella. Her step-sisters tried the shoe but it did not fit their feet. Then her step-mother asked Cinderella to try her luck to insult her.

Cinderella tried on the shoe. To everyone's surprise it fitted her foot. The minister was taken aback. Her step-mother said, "Oh! There must be something wrong. This girl would



—Sakshi Batra, Delhi

# Patience



never suit the prince. See her face and dress. She looks as though she is coming from the pile of ashes. Tell the prince to marry either of my daughters."

Suddenly, the fairy appeared. She said in anger, "You do not have any pity for this girl." Saying so, the fairy waved her magic wand and Cinderella looked like a princess in the beautiful dress. The stepmother and her daughters had to eat a humble pie.

The minister took Cinderella to the palace.

Seeing Cinderella in the palace the prince was very happy. They got married and lived happily ever after.

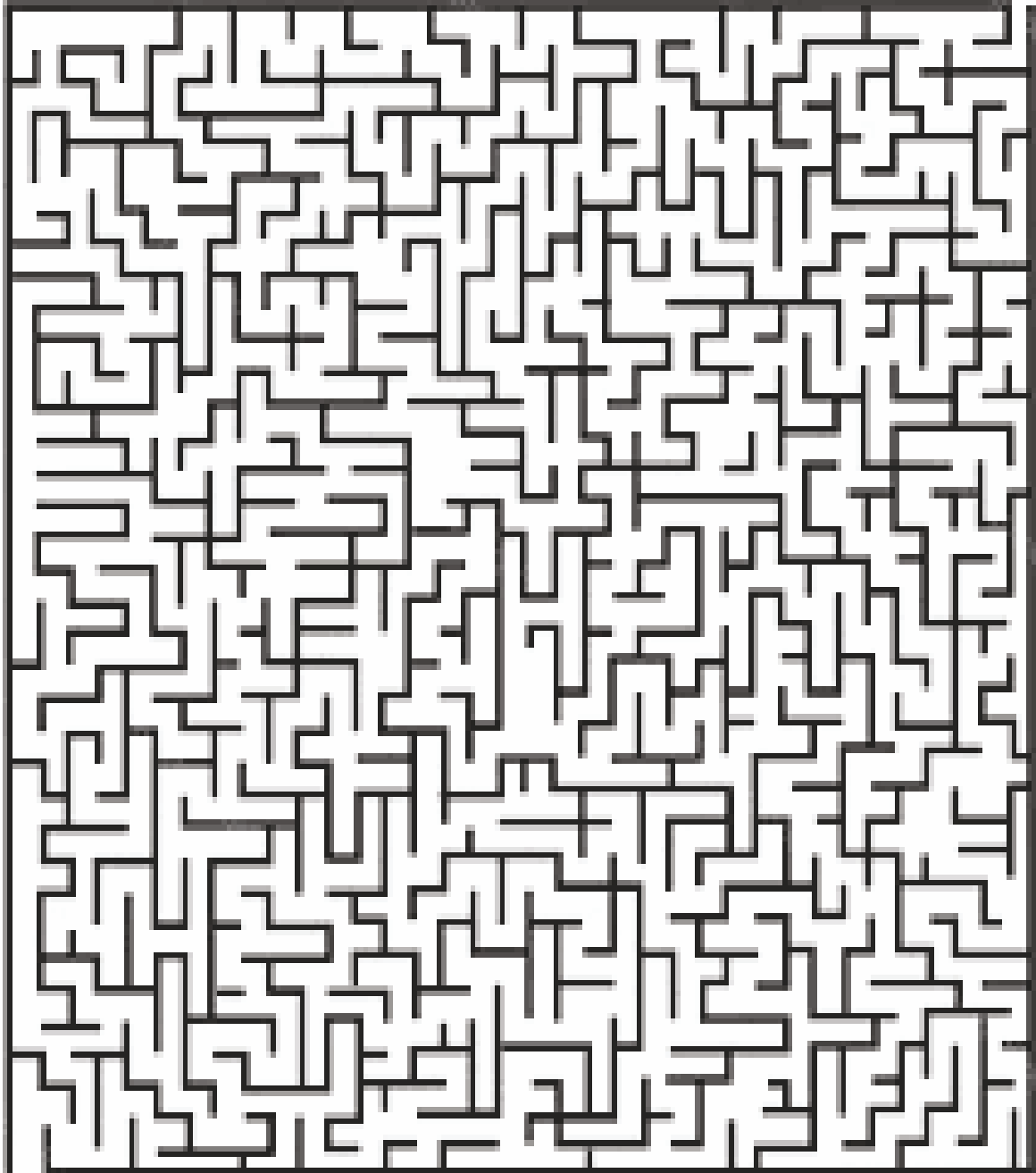


A heart that beats  
A heart that desires  
A heart that is impatient  
To get all the things world admires  
A heart that cries  
A heart that regrets  
A heart that breaks  
Due to the hasty setbacks  
The master smiles  
Willing and patient  
Waiting for the heart to return  
To its original satisfaction  
The master blesses  
The master cherishes  
The master wipes away  
The heart's pain  
The pain that was concocted  
The pain that was self made  
The pain that created doubts  
And threw happiness out  
The master cares  
The master guides  
The heart back to its original height  
Teaches the heart to love  
And live again  
Spreading happiness  
Healing the bruises  
That the heart gained  
Wishing in return trust and honesty  
And some patience  
To make a gurusikh  
Full of devotion



# Maze

Help the child to reach Pitchkari



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April 2019

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