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# Hansti Duniya



# Hansti Duniya

## Hansti Duniya

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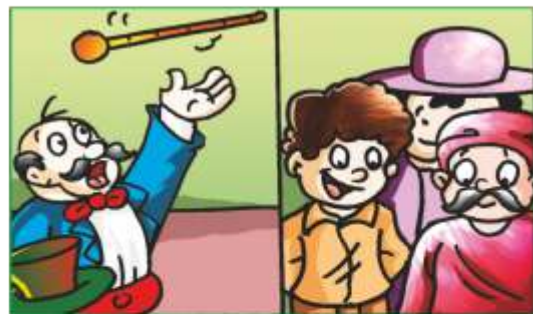
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# First Weight Then Say

We communicate our view point verbally or through writing to make the other person understand the content and spirit behind it. A question arises, if the other person could accurately understand the content and the spirit of what was conveyed. If the answer is in the affirmative, our communication skill is very good. Normally people complain that the other person did not understand the actual context of the matter and spirit behind it. On the other hand the other person complains of incorrect usage of words and mannerism in which it was conveyed. All of us face this situation in schools, colleges, office, home front, business or even market places.

In our family when the elder brother speaks to younger one or when parents interact, misunderstandings do creep in. Communication can be may easy or



difficult according to situations. When we have a selfish motive it is difficult. If there is no ulterior motive and our communication is simple and spontaneous, very important issues even under difficult situations

can be conveyed and understood easily. Our simple words, provided they are in general interest and the right mannerism of conveying can touch the hearts.

Words like food have taste, therefore must be tasted before serving. If we don't find a word pleasant the other person will not like it either, rather shall detest it. It can even arouse the feeling of jealousy and enmity. Therefore words must be consciously chosen appropriate for the time and situation. Its important to understand the other person's mind set above one's own. If we need to heat water or milk it cannot be directly poured over fire. It would put off the fire and the task shall remain undone too. Hence positive choice of words can help in self growth and upliftment of mankind.

'Satguru Baba Hardev Singh Ji Maharaj' in his discourses many a times emphasised on the right usage of words and language—"The words that unite men and arouse the feeling of love, humbleness and the feeling of brotherhood in the other person's mind are the right words." The entire mankind is grateful to 'Yugdrishta Baba Hardev Singh Ji' for putting us on right track.

—Vimlesh Ahuja

English Version—Ashakapoor

—Ravneet, Delhi



## THE PROUD DONKEY

There was a sculptor who carved beautiful idols of gods and goddesses. One day, he had to take an idol of a goddess to a rich man. He mounted the idol on a donkey and started.

As they walked along, people started to admire the idol. Some stopped to admire and some bowed in respect for the goddess. The foolish donkey thought that people were admiring him.

The donkey stopped halfway through. He began to bray loudly. The sculptor tried gentle words and actions to pacify him. But, he did not move. At last, the sculptor took a hard stick and thrashed the donkey. He came back to his senses and walked on humbly.

**Moral : A nod for the wise and a road for the fool.**



# GREAT SPIRITUAL MASTER

—J.S. KHURANA, DELHI

Satguru Baba Hardev Singh Ji Maharaj was born on Tuesday, the **23rd February, 1954** at 5.00 P.M. at Sant Nirankari Colony, Delhi. He is the grandson of Yug Purush Satguru Baba Avtar Singh Ji Maharaj and Jagat Mata Budhwanti Ji, and the Son of Satguru Baba Gurbachan Singh Ji Maharaj and Pujya Rajmata Kulwant Kaur Ji. At the time of his birth, Shahenshah Baba Avtar Singh Ji

Maharaj was the Satguru of the Nirankari Mission. His birth was celebrated with Deepmala in Nirankari Bhawan.

In his Childhood, Baba Hardev Singh was known as 'Bhola Ji' because of his simple, innocent and generous nature. He used to distribute his meals and eatables amongst the needy and poor friends. He often gave his pocket money to others for redressing their difficulties, even in school days.

Baba Hardev Singh Ji got his early education at Delhi. He studied at Patiala and Delhi. During his school days, he devoted himself to service of the Satguru and Sadh Sangat. He had no ego of having been born in the Guru's family. On the other hand, he was a picture of humanity, faith and devotion. He was respectful and courteous to the saints and devoted himself to their service. The saints were impressed by his qualities of head and heart, and held him in high esteem. He pleased Baba Gurbachan Singh with his selfless service, devotion and sincerity. To help the poor and the needy had become part of his nature.

He was also fond of photography. He took interest in this hobby and performed the sewa (service) as photographer at congregations and samagams.

As per the wishes of his grandfather, Baba Hardev Singh Ji married Pujya Mata Savinder Kaur Ji on 14<sup>th</sup> November, 1975 at a congregation held at Delhi in a simple ceremony. It was a simple and an ideal marriage which was followed by a langar for the whole Sadh Sangat.

He actively took part in the affairs of the Mission and used to assist the Prabandhaks (office bearers) of the Mission in their day-to-day activities. He attended to saints and Mahapurushes, who came for darshan of the Holy Satguru. He made their stay comfortable and catered to their needs. He also sorted out their difficulties and problems.

He accompanied Baba Gurbachan Singh Ji Maharaj on tours in India and abroad. He spoke less but his actions spoke volumes. He was only 26 years old, when Satguru Baba Gurbachan Singh Ji Maharaj passed away on 24th April, 1980. The mortal remains of his father and Guru Baba Gurbachan Singh were consigned on 27th April, 1980. On the same afternoon a large congregation was held at Avtar Park in Sant Nirankari Colony, Delhi. He tookover the reins of the Mission in this congregation.

Since 1980 till date his departure he devoted his life in the service of the humanity. He devoted his time touring throughout the year, even to the remotest places of the Country. He also visited foreign countries many times with the sole purpose Universal Brotherhood amongst people of all the countries. He wanted to see the whole world to live in harmony and bliss.

He wanted to spread the knowledge of the omnipresent Nirankar and make us realize that we all are the children of God. He broke down barriers of caste, creed, religion, language, country etc.

He spread the knowledge of self-realisation, for the upliftment of the humanity. He organized welfare activities for the suffering people, like blood donation camps, free eye camps, and relief camps for the people affected by natural calamities etc. The Mission has also opened free dispensaries in various parts of the country for the benefit of the poor suffering people.

Baba Hardev Singh Ji Maharaj also took keen interest in the education field. For this purpose, the Mission opened many Schools and Collages, where along with the academic, vocational studies, spiritual knowledge is imparted to the students to make them ideal citizens and human beings of good character.

## SAMPURAN AVTAR BANI

### Ik Tu Hi Nirankar - 152

RETAN DI BUNYAD TE BANIA MEHAL JIHDE VICH REHMAN EYN;  
 IK BOOND DI KHED HAI SARI JIS NOON KAYA KEHMAN EYN.  
 CHANN DE WANGOON SAMAJHEN JIHNOON MITTI DA KHILAUNA EY;  
 KHAK DE BADLE MOORAKH BANDA CHHADDI BAITHA SONA EY.  
 IHDE TE ABHIMAN NA KAR JE ROOP SUHANA PAYA EE;  
 RAB DA NOOR ASAL VICH BANDE SABHMAN DE MANN BHAYA EE.  
 ROOP JAWANI JIHDI TERE PALLE HAI IH MAYA EE;  
 IS UTTE MAGROOR NA HO IH CHALDI PHIRDI CHHAYA EE.  
 MEHR JE APNE GURU TON LAI KE SARA MAAN MITAVENGA;  
 KAHE AVTAR HO UCHA SUCHA HAUMAIN ROG GANVAVENGA.

### Thou Formless One 152

O' man, the mansion in which  
 you dwell is built on the  
 foundations of sand;

What you call the human body  
 is the wonder of a tiny sperm.

The mortal frame which you  
 compare with the moon, is just a  
 toy of clay;

The imprudent man has  
 forsaken gold for the sake of trivial  
 dust.

Do not be proud of the body  
 even if you have obtained beautiful  
 complexion;

In fact, it is the spirit of God  
 within, which fascinates one and  
 all.

The beauty and the youth which  
 you possess is all illusion;

Don't be proud of it, it is just a  
 fleeting shadow.

If you receive the grace of  
 your True Master and shed all your  
 pride;

Avtar says, you will become  
 pure and exalted, the disease of  
 ego shall get lost.





## Keep a Positive Attitude

People who have a positive attitude and say, "I can do it. I am going to do it right now. It is no problem. Everything will work out fine," are wonderful to be around and work with because they tackle things well and get them done.

If you put off something you should have done already, it will start to threaten you with fear. Don't allow an assignment to get out of proportion in your mind.

Keep your mind on what you set out to do today. If you get interrupted, make yourself come back to that task and finish it up.

Nothing is so hard that you can't handle it,  
if you will keep a positive attitude and do it God's way !!

### IMPORTANCE OF ONE

— SHEELA, VIKASPURI

One seed can start a forest  
One smile can begin a friendship  
One beam of sun can light room  
One laugh can conquer gloom  
One candle can wipe out darkness

One step can start each journey  
One word can start each prayer  
One touch can show you care  
One life can spark a movement  
One bird can heard spring

—Himanshu, Delhi

# THE MILKMAID'S DREAM

Radha was a milkmaid. She was carrying a pot of milk. She had to deliver milk to her customers in a nearby village. As she was walking, she kept on dreaming.

She said to herself, "With the money I get from selling this milk, I will buy some eggs. The eggs will hatch into fine chicken. The chicken will grow into hens. I will sell the hens and get lot of money. With that money I will buy nice silk sarees. I will look beautiful. When people ask for the secret of my wealth, I will toss my head and say, "No".

When she dreamt of saying 'No' She actually tossed her head and down fell the pot of milk and all the milk ran out on the ground.

**Moral : Building castles in air will not stand.**



— Ankur Arora, Rewari (Hry.)

## Sarojini Naidu

**S**arojini Naidu was a famous Indian freedom fighter. She was born on February 13, 1879 in Hyderabad. Her father, Dr. Aghornath Chattopadhyaya was an educator who founded the Nizam College of Hyderabad. Her mother, Varada Sundari Devi was a Bengali poetess.



Since childhood, Sarojini was a brilliant student. She was proficient in English, Urdu, Telugu, Bengali and Persian. She was very fond of poetry. Her lyrical poetry was filled with rich imagery. Impressed with her works, the Nizam of Hyderabad granted her a scholarship to study overseas. At the age of 16, she got admission in the King's College of England. After returning to India, she got married to Dr. Govindarajulu Naidu. In 1905, her collection of poems 'Golden Threshold' was published. Later, she also published two other collections called 'The Bird of Time' and 'The Broken Wings'. She is known as the 'Bharatiya Kokila (The Nightingale of India)'. She was moved by the partition of Bengal and decided to join the Indian freedom struggle. She travelled all over India and delivered speeches on dignity of labour and women's nationalism.

In 1925, she became the President of Indian National Congress. She was referred to as the 'Joan of Arc who rose to inspire India' by international media. She also participated in the Round Table Summit along with Mahatma Gandhi. In 1942, she was arrested during the Quit India protest and stayed in jail for 21 months. After independence, she became the Governor of Uttar Pradesh. She was the first woman Governor in India. She died on March 2, 1949 at Lucknow.

—R.K. Kapoor, Advocate, Supreme Court.

## No Gain By Losing Temper

I would like to narrate an instance of the year 1974 when I attended an English congregation presided over by His Holiness Baba Gurbachan Singh Ji Maharaj. In Nirankari Colony the congregation was attended, amongst others, by Moti Ram ji Saraf, Kapila ji and many others.

At the end of the congregation I was standing near the chair where His Holiness Baba Gurbachchan Singh Ji Maharaj had presided. I wished if I could serve personally His Holiness Babaji, but I couldn't find an opportunity since a Sewa Dal member was standing near the chair. I noticed that Babaji had to wear shoes and I thought if I could get that opportunity to serve him. Suddenly, the Sewa Dal member went away and His Holiness Babaji saw towards me and I realized that my thought had been received by His Holiness Babaji. He smiled and I realized that my prayer had been answered. I immediately bowed down, took the shoes and got the service I wished for.

I heartily realized that, in fact Babaji has always been kind enough to answer our prayers. He is always ready to please us by fulfilling our prayers provided we refrain from doing that which displeases him.

In this connection it is very relevant to narrate one instance of a young boy who used to lose his temper frequently and always used harsh language. He was very rough to his family members, friends and even to his parents and elders. He was virtually a nuisance, and all efforts failed to mend him.

One day, he suddenly stopped losing temper and using harsh language. It was a big surprise to all. Everyone was curious to know about this miracle. How all this happened that transformed him so remarkably. The young boy disclosed about it and said:

“The other day I attended a congregation and Rev. Babu Geetkar Ji sang a song. In one passage the wording was that His Holiness Babaji fulfils all our

wishes. That passage touched me a lot since I was facing problems. One of the problems was that a group of friends who used to bully me and tease me, another was that a teacher often chided me and was very harsh to me. I started thinking about that, but suddenly the next passage in the song was that we should not do anything which displeases Satguru Babaji. The next



passage was that His Holiness Babaji doesn't like harsh language or losing temper. I thought that His Holiness would solve all my problems provided I refrain from using harsh language. I concluded that 'if I lose temper, I lose everything, and, if I do not lose temper, I gain everything. Why should I not gain everything by just giving up 'losing temper'. This was a good bargain. I decided to stop using harsh language. Interestingly, when I went to the school the next day, the group of friends who often teased me became friendly to me and the teacher who used to chide me started loving me. It was a pleasant surprise for me. Then I continued my commitment as a matter of routine and I noticed that everything changed in my life."

This example would be a good lesson to us. In fact I narrated the above said instance in one of the congregations which was organized in a family, and, after one month I got the message from that family that if any member in their family uses harsh language or loses his temper, the other members remind him of that instance, and he becomes calm and quiet and now there is peace and harmony in the family. Let us all act upon that formula and have peace and harmony in our families. Anger is one letter away from danger.

# LOVE OF TREES

Piyush and Priya were the son and daughter of the forest officer of Mirpur forests. There were talks among the people and news in papers about trees being cut almost every day. Piyush was in class VIII and Priya in VI. They lived with their father in a house on the edge of the forest. They had rabbit, deer, dog, parrots etc as their pets. They were happy with their pets and enjoyed watering their house garden. They loved trees and animals. In their books they had read about the importance of trees and animals. So they felt concerned about the cutting of trees and thought the houses of birds and animals must have been destroyed.

They did not like hunting. Once a hunter presented deer skin to their father, it made them very sad. They had learnt it well at school that trees are useful to all living beings rather essential. They used to say often to their father, "Papa, how is it that despite your presence and care trees are being cut away every day. Please, do something, Papa, stop this soon." The father used to console them, "Don't worry my darlings, search is going and soon the culprit will be caught."

They were brave children. They had great attachment with trees so when father's assurances proved to be false, they decided to find out why and how trees were being cut daily.

One day they went very far into the forest and saw that many trees had been cut. They went further and heard the sound of "Thak !Thak!" as if somebody was cutting trees with an axe. Very soon they reached the spot and found that some persons were cutting trees. They shouted, "who allowed you to cut trees?" They said, "The Vanpal". The children went to the Vanpal and said, "Vanpal uncle, you are to guard the forests but you are getting them cut. Why are you doing so? We'll complain to Papa." There upon the Vanpal Said, 'Dear children, this all is being done with the permission of your father."

Hearing this Piyush and Priya felt shocked. They reached home but refused to take meals. When father came home he asked, " Why are you not eating? Why are you so sad?" The children said, "Papa, if some body harms us, how will you feel."

Father said angrily, "I'll shoot him down." The children said, "but Papa you are not taking care of trees which are also your children. We have come to know that it is you w h o a r e responsible for the cutting of trees."

How do you say all this?

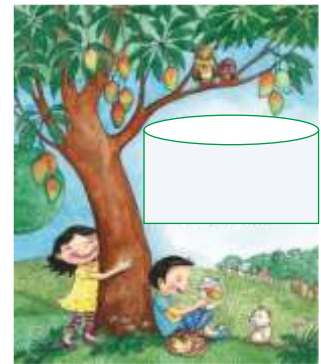
Piyush - Vanpal uncle has told us everything

Father - O.K. Dear, I'll stop felling of trees. Come an let us take meals now.

The children didn't believe his assurance and Piyush said- "We thought how it might be you who had been teaching us good things. We can't live here now." Saying this Piyush began to weep and Priya too. Father couldn't tolerate any more and spoke up drawing them closer.

"My darlings, I'm proud of you. You have opened my eyes. I swear by you now there shall be no more felling of trees. I am guardian of the forest and will guard it well. At the same time I shall plant four times of what I have got cut and nurse them as lovingly as I take care of you.

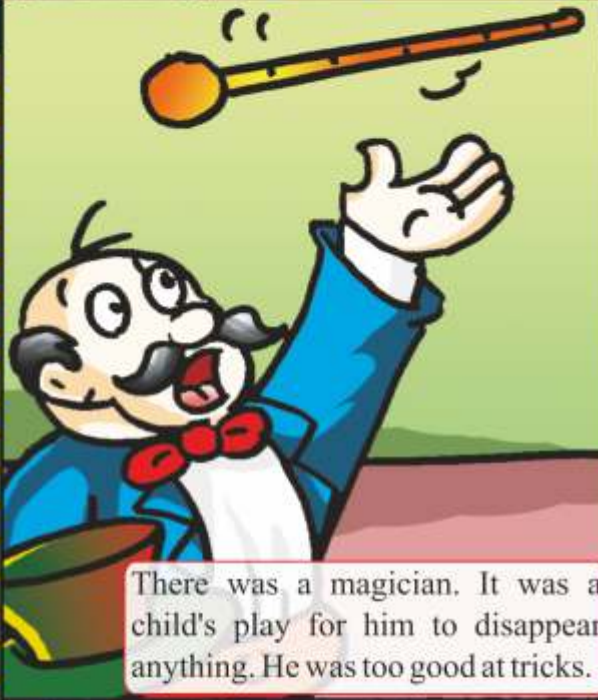
Saying this his eyes were filled with tears. Piyush and Priya clung to their father and said "Our good papa!" and they at once rushed to the forest to tell this good news to the animals in the forest.



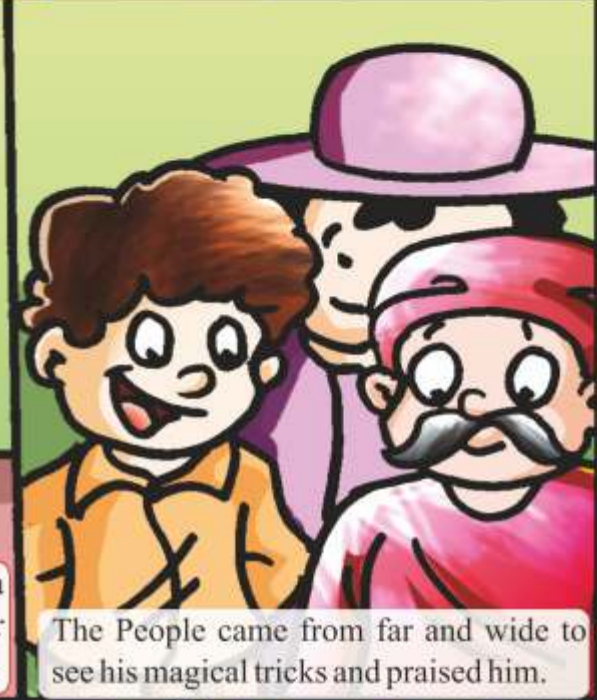


# GRANDPA

Story & Illustration  
—Ajay kalara



There was a magician. It was a child's play for him to disappear anything. He was too good at tricks.



The People came from far and wide to see his magical tricks and praised him.



Once a young man said to him- "I want to learn magical tricks from you."



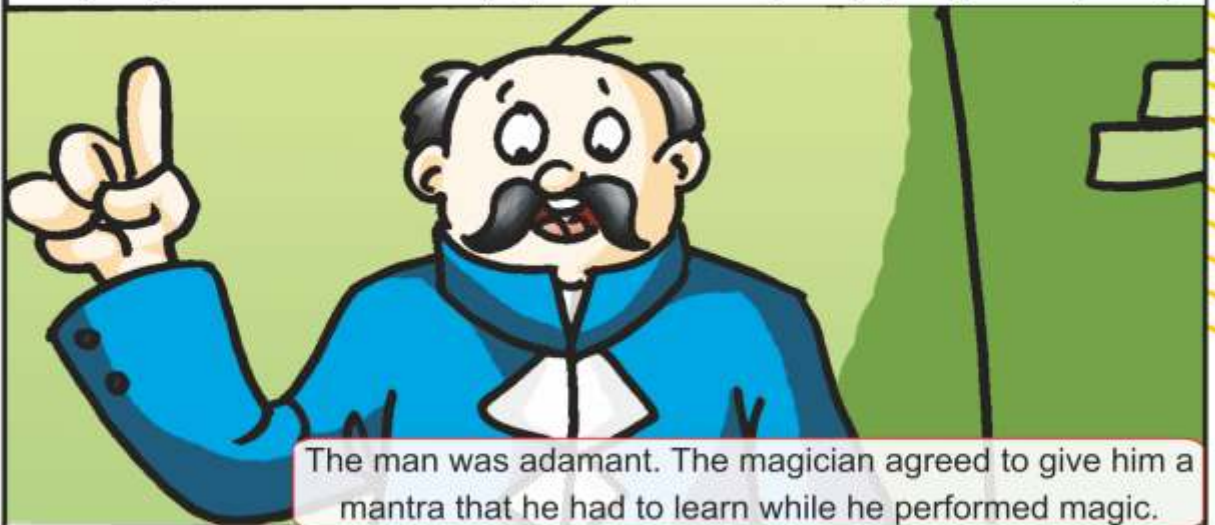


The magician asked him why he wanted to learn magical tricks? The young man answered that he wanted the things he desired.



The magician to make him understand that he could get all thing with hard work.

The young man refused to shift saying- to surprise everyone by getting it through magic.



The man was adamant. The magician agreed to give him a mantra that he had to learn while he performed magic.

The magician wrote the mantra on paper and began performing magic.



The magic show was so fascinating that people clapped . He finished his show in 30 minutes.



The magician took the paper back from man asked him to recite mantra. He failed to recite it.

The magician asked why he had failed to learn it.



The young man answered that the show was very interesting. He was so attracted that he failed to learn mantra.

The magician told him that there would be more obstacles in leaning magic.



The magician further added, "If you fail to control your mind, you cannot control other things. The truth is that I even after knowing magic cannot do anything with my wish. Earn my livelihood through magic. Do not associate life with magic or dreams. Work hard and live in reality.

—Avneesh Gulati, Delhi

# INCREASE YOUR KNOWLEDGE



**Q.** How can a man skate?

**A.** In skating, the whole weight of the body is supported on the edge of the skate and the resulting pressure causes a little ice to melt below the skate edge, thus enabling it to avoid a slip.

**Q.** Why does red poppy look red?

**A.** It is because it reflects only the red colour and absorbs the rest of six colours.

**Q.** White light passing through a glass prism gives rise to a coloured pattern on the wall. Why?

**A.** White light is made up of seven colours. Rays of different colours bend or refract along different paths and fall at different points on the wall forming a coloured pattern.

**Q.** How does bulb emit light?

**A.** The current passes through a tungsten wire of high resistance, which becomes white hot and thus it begins to emit lights.

**Q.** Are two blankets warmer than one of double the thickness of each: if so why?

**A.** Yes, two blankets are warmer because the air enclosed between the two does not allow that heat to go out.

**Q.** Why are lightning conductors fixed at the top of high buildings?

**A.** To protect the building from the destructive effect of lightning, when a discharge takes place from the cloud the lightning conductor provides it an easy conducting path to the earth without damaging the building.

# H.D. Answers

— Nishtha Anand, Ludhiana

**Q. What does the term, 'God-fearing' mean?**

A. God does not want us to fear him, but to love him. Fear is always of the unknown. When God is known face to face, it is all love. We fear to do anything wrong. Then we are God fearing.

— Avneesh Gulati, Chandigarh

**Q. How to gain support of others?**

A. When we offer support and care for others, we find that we gain a great sense of care and support for ourselves.

**Q. What are the signs of healthy mind?**

A. It is one that does no prejudice, harbours no hatred constantly flows with love and gladly accepts situations as they come.

— Aman Mahendru, Agra

**Q. How can we judge spiritual stability?**

A. It is visible when society becomes spiritual and thinks for the good of all.

— Rajat Behl , Gurgaon

**Q. What is the relationship between science and religion?**

A. Both are individually limited. Science without religion is lame and religion without science is blind.

## **POWERFUL PRAYER**

Rohit and Mohit were very close companions. They were neighbours, classmates at school, and later colleagues at work.

One day they decided to go on a sea voyage to explore strange lands. They began their voyage in a cruise ship, and travelled far and wide. However in the course of their trip, the weather turned very hostile. The ship was wrecked in the middle of the ocean. Most of the passengers were killed, but Rohit and Mohit could swim to near by islands.

The islands was deserted, not even a tree was there. Rohit and Mohit realised that they could not survive on the islands without divine intervention. They decided to pray to God. They wanted to see whose prayer would be more powerful. Rohit moved to the eastern trip of the island, knelt down and began to pray there. Mohit went to the western side of the island and prayed there.

Rohit prayed to God to give him food to survive. Surprising, he got a pile

of food, fruits and vegetables on the sea shore.

After two days, he requested for a beautiful girl as his wife, as he was feeling very lonely on the island. In a few hours. There was a ship wreck near the island and lone survivor, a beautiful girl came there. Rohit married the girl.

Whatever Rohit prayed for, was granted to him.

Almost a month after the ship wreck, Rohit decided to move back to his home town. He prayed to God to send him a ship to take him home. Sure enough, there came a ship to take Rohit and his wife home. As the couple was about to enter the ship, Rohit heard someone speak to him. It was just a voice. "Are you going alone, leaving your companion of life here?"

Rohit was surprised, "May I know who is this and whom you are referring to? I have my wife with me."

The voice said, "I'm the one to whom you offered your prayers,



whom you requested to save your life, and whom requested for food and shelter and of course, a wife.”

Rohit knelt down in awe and said, “Thank you God.”

Then Rohit remembered about the Mohit, whom he had forgotten all this time. He was overcome with guilt.

God said to him, “I was not answering your prayers, I was only fulfilling Mohit’s prayers. He said “Please fulfill all the prayers of Rohit. That was his only prayer.”

Rohit was in tears and rushed to the other side of the island. He realised that

he had not even thought about best friend Mohit, and was happily enjoying his own life.

He could not find Mohit there. He asked God “Where is Mohit?”

God replied, “I took him with me. The man with the golden heart should be with me; But I will fulfill all your prayers as I promised him to do so.”

Rohit was heart broken. He realized why his friend’s prayers were more powerful because Mohit’s prayers were totally selfless

**Moral:- Selflessness is the highest form of prayer.**

—S.K. Bahl

# Eat Your Plate Fully

Hi, children. The other day I was presented a set of six old issues of Hansti Duniya by a friend with a request that I go through them and write a piece for the young readers of Hansti Duniya. Yes, I believe the young readers should always feel enthusiastic about whatever work they do. But sometimes our surroundings are not favourable and people around are not content with their lives. So it is a

challenge for the young enthusiasts to try to turn these into a pleasant ones.

Do you know there is more than 20 crore Indians who sleep

hungry on any given night. And about seven million children died in 2012 because of hunger/malnutrition. In such a dismal scenario, how can we be comfortable when our fellow beings are denied of their basic necessity of life like food. Yes, we can make our humble contribution in our own unique way. Indians waste a lot of food. Food wastage is a serious issue in India. We have witnessed how much food is wasted in weddings, hotels, canteens and at other social and family functions. And waste cripples a country's economy. So what can you do?

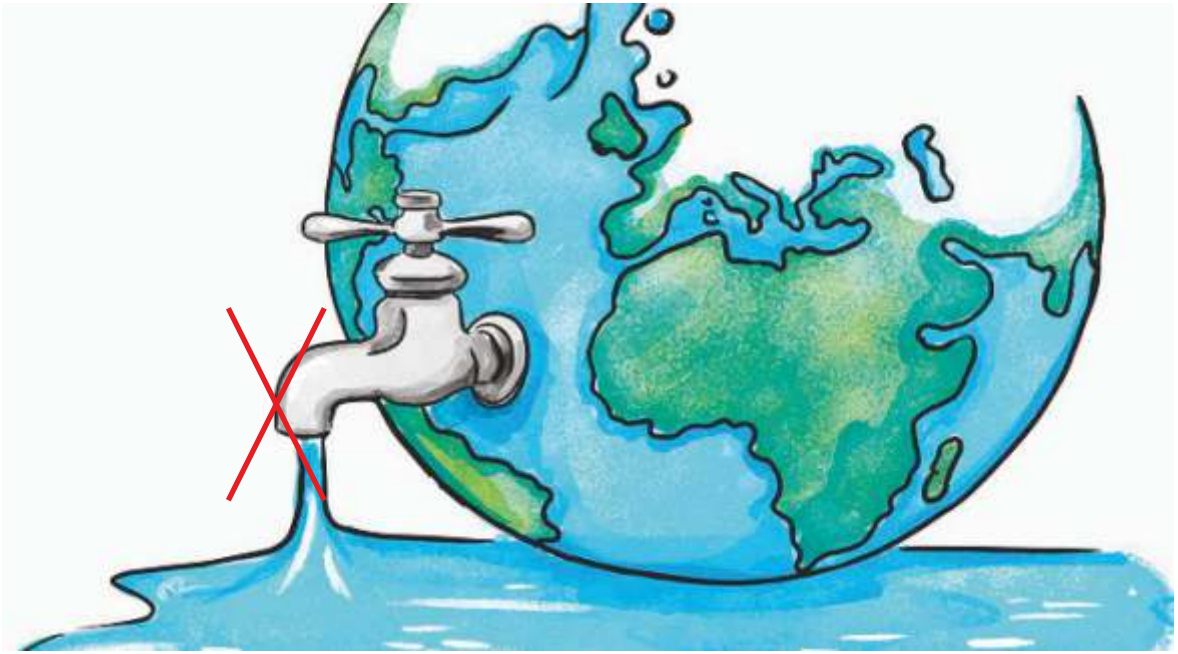
Don't purchase food items more than you need. It usually rots and finds way to the bin. If you organise a party at home or in a hotel make sure your plan for the extra food is to be transported to a place like an orphanage or an old age shelter.

Make it your habit to finish you plate and impress upon others to emulate you.

This way you can make your own







humble contribution and save many young children their morsel.

Similar is true of water conservation. There is acute scarcity of water in the country, particularly in metro cities. We are to bring awareness to the public on this front also. Often it is observed people continue keep their tap running while brushing their teeth and washing their

face and hands in the morning. This way a lot of water goes waste. What we should actually do it to fill a mug with water and turn off the tap. Open the tap when required. This way we can save a lot of water.

Remember children, these are small steps but can help the country a great deal. ●

—P.P. Bhuteja, Vikaspuri

### Answer in one word

1. Where does the God live? : Omnipresent
2. Who is the Ideal man of Indian cricket : Sachin Tendulkar
3. Redemption from circle of birth and death : Salvation
4. Who is the founder of Nirankari Mission : Baba Buta Singh
5. Who is President of India. : Ram Nath Kovind

—Archana Garg, Vancour, Canada

# **RIDDLES**



1. What is it that dies when it drinks water?
2. What goes up without wings or ladders?
3. What has not done any thing wrong, but it always beaten?
4. What sits quietly in the corner, but flies every where in the world?
5. It is your own, but others use it more than you do. What is that?
6. It has no legs, but comes and goes. It has no tongue, but speaks well. What is it?
7. What is already born, but yet not born?
8. Fingers without bone and blood?
9. What is that which begins with T, is full of T and ends with T?
10. Two neighbours have never seen each other. Who are they?
11. "A mother beats up her daughter because she was drunk"- Who was drunk?

## **ANSWERS**

1.Fire 2.Smoke 3.Drum 4. Stamp 5.Your name 6.Letter  
7.Eggs 8.Gloves 9.Teapot 10.Eyes 11. Let readers reply

— Pratibha Kumari Kodli, Chittorgarh (Raj.)

# Awake

I dwelt myself for inner thought to exist in you  
In thy hands i want to walk place heaven of new  
Beyond of supreme powers fill purity of essence to pursue  
Remove all darkness of heart touch the light go through  
Perfume of Kindness, ocean of good deeds mould you  
Rainbow admire a bud to convert into flower show up shower of dew  
Potter pick but not a sure to clay what masterpiece he made to do  
See the entire painting and constraint on for extended view  
Universe have all but don't stop to clutch a drop in land of you  
If you hear omnipotent, he given you what have in heart to fly  
Give first preference to god who empowered you and it's enough to do  
Approach the depth you will disappear or see whole universe in one view  
Awaken and continue talking miracle happens in your life to renew

—Neha, Delhi

# SUMMER VACATION IDEAS FOR YOUR KIDS

What do your kids do on their summer vacation? Many kids go to camp, or visit relatives, or enroll in special classes designed for children. Summertime is a perfect time for kids to experience boredom, forcing them to be creative. It's a time to follow interests, discover new passions, and experiment. But child sometimes runs out of ideas, so here are some items they can add to their summer checklist.

1. Explore outside. Being outside in nature is important for all children. Fresh air, exercise, and observation of the natural world are synonymous with childhood.
2. Make a pet rock. When they are out exploring in nature, kids can choose a rock. Something not too large, and with a smooth enough surface to take paint or sticky items. When they bring it back, once washed and dried it can be decorated with paint, glitter, sticky foam, googly eyes, or whatever is needed to make the rock into a new pet.
3. Go stargazing. Summer is the perfect time to go stargazing. Read up on a few constellations and planetary locations ahead of time, and your kids will think you're a genius.
4. Study the weather. Set up a little weather station and measure rainfall, wind direction, and temperature.
5. Watch movies. Movies that your kids missed in the theater but are out on DVD still make for an exciting way to spend a lazy afternoon when it's too hot to play outside. Popcorn and lemonade make good accompaniments.
7. Read books. That says it all.
8. Visit the library. Most local libraries have summer reading programs, special craft project times, puppet shows, teen clubs, and other fun things organized specially for the summer. Check the schedule at a library near you.
10. Experiment with cooking. Even very young children can try their hand at cooking or baking. They can help to measure ingredients, stir, and arrange the final result. Older kids can cook on the stove, or use the oven. Contributing to the family meal is a very rewarding experience for kids of all ages.



12. Play in the dirt. Sure, it's messy, but there is research that says it is good for you. And there's something about digging and piling and making trenches that is just fun. Plus it's one of the five best toys of all time, so you can't go wrong there.
13. Make forts. No matter your age, making and playing in forts made out of pillows, blankets, and couch cushions is a load of fun. Bonus challenge: Make the fort large enough for grown-ups!
14. Rediscover old toys. Many of their toys get forgotten, or perpetually hidden behind other toys. Summertime affords plenty of time for kids to go through their rooms and rediscover some of the toys. Perhaps they've outgrown some of them, and can donate them or pass them on to others.
15. Play with science. Roll cars down an incline. Mix vinegar and baking soda. Examine ants on the sidewalk. Compare rocks. A lot of the usual childhood activities are just science. Have fun with it!

These activities are great for kids alone, kids together, or whole families. I hope they help everyone have a rewarding summer, and hopefully, your kids will quickly develop a daily mantra of, "What can I learn or discover today?"





**This story by Vanshika Arora, Faridabad has been adjudged the best. Congrats to her**

## **FOLLOW THE ADVICE OF YOUR ELDERS**

In a forest there lived a tiger's family-father tiger , mother tigress and two cubs. The mother tigress gave them training for hunting. The cubs learnt all the tricks quickly. One day their mother and father of the tiger cubs took them for hunting. The cubs also hunted very nicely. ,So when they came back in their caves they ate their food and went to sleep. The morning was clear and bright . Father tiger and mother tigress were sleeping. So their cubs thought that they had learned how to hunt and because of their mother and father thought that they could not hunt much .

They thought that they were the most powerful in the world. So the little cubs went for hunting .After the cubs went for hunting the mother and father woke up to their surprise they could not find their cubs. The mother-tigress started crying. The father-tiger said that, "let us go together and find our cubs." So they went to find their cubs.They saw their cubs disappear and they went very fast to catch them but they were late. One cub of the tiger was eaten up by the wild animal.. They felt very sad and said to their **other** cub not do anything without their permission.

**Moral: We should obey our parents.**

Story by: Gurleen, Patiala.

## Union is Strength

In a forest there lived a tiger's family-father tiger, mother tigress and two cubs. The mother tigress gave them training for hunting. The cubs learnt all tricks quickly as they were active. They grew up and became good prey catchers and hunters but they both fought a lot. They quarrelled on small-small things and behaved like enemies. One day they caught a deer. They started fighting that I will eat and other said same. This all was seen by a clever fox. The fox had a cruel idea in which there was his gain. The fox stopped them and told them not to fight as he said that he has saw two healthy deers sleeping under the shade of tree, go and eat



them. They both become happy and went on. After going here and there roaming they didn't find any deer and understand that fox had tricked them and ate the prey which they had caught. They came back hungry and with a sad expression on their face. They understood the situation and promised that they will never fight and

became good brothers.

**Moral: If you quarrel or separate from each other your enemies can harm you and take profit from your quarrel.**

### **SELF MOTIVATION MAKES YOU CHAMPION**

Self motivation is an expression of willingness to produce result and yield silent benefits. It is an extraordinary power to help you to reach the highest point on your life map just like detergent washes out dirt, self motivation wipes off your fear of failure & laziness.

Great achievement is not only earned through proficiency but also through high level of self motivation.

If we look our abilities collapse, self motivation is an inner & hidden power

which restore. It is the vital and key factor to reach your destination. Every one has abundant hidden energy but our utilization rate is very slow. Self motivation makes brave to face the life's challenges to you and youth of the world.

Self motivation makes your life more prosperous & peaceful. It is a natural medicine that supplies fresh energy & brighten up your life with new hopes.



—Sakshi Batra, Delhi

# An Emotionless World

Walking along a darkest road  
A thought overpowered my mind  
Hath human life went into such a fast mode  
Those emotions would have no path to find...

The thought didn't left me  
It drowned me in its course  
What shall the ocean today tell me  
Was an answer to a new remorse

Man today has walked ahead  
Leaving destruction in its path  
Declaring emotions as dead  
Causing heartbreak in its aftermath

Criticism is at its peak Backbiting,  
backstabbing have taken a new shape  
Words sound different when people speak  
Rudeness, selfishness defining a new world type

Baba Hardev Singh ji, was born in light  
A messiah with a tremendous vision  
and a foresight

His every word, every act  
Is a humanitarian story itself  
His surrendered life  
A lesson , a complete guide  
Bless me master  
To follow your path  
Never I waver in hatred and wrath



# Kitty

Story & Illustration  
Ajay Kalara

Bitoo, hurry up , its getting late. We have to go to play.



Kitty, you have come but you are not looking presentable. Let me take a bath and get ready.

Yes, I am ready now.



Walk fast. You are so slow.

Kitty, What are you doing! You are splashing the mud around in hurry. Avoid doing things in such a hurry.



Bitoo, shut up and walk fast. I love to do things hastily.

Captan- Kitty, Bitoo today is our match. Play well.



I will score lots of runs. I will be the toast of team.

Look! Kitty is out on the very first ball.



Kitty you came out of your crease in a hurry. You were told to play carefully. You have ruined everything.

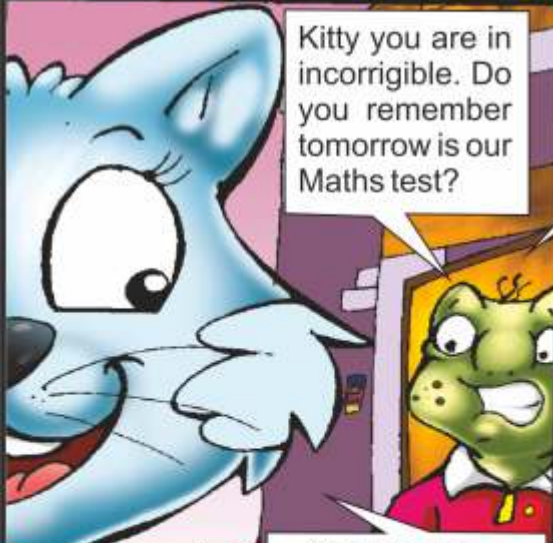
Well done! 6 runs. Hats off-, you scored a fifty. Bitoo, has not only helped the team to win, but you were also adjudged man of the match.



Here is the trophy.



Bitoo, hurry up.



Kitty you are incorrigible. Do you remember tomorrow is our Maths test?

Oh! I forgot. I have to study.



Next morning.

Kitty why are you crying?

I forgot my pen in hurry.

I have two- take one.

Sir I have completed my maths test before everyone else.



Here sir.



Kitty, there is lot of time.  
See that nothing is left.



No, Sir! I have done everything.



Bitoo, I did a grave mistake. In haste I left half the paper unattempted.

Kitty, why are you weeping?



Kitty, keep in mind- Haste leads to waste.

# Thoughts to Ponder

- The practical life of the devotees is the principal vehicle of exposure to inspire and attract others.  
—Nirankari Baba
- Adversity reveals genius, prosperity conceals it.  
— Horace
- Greatness lies not in never falling, but in rising every time we fall.  
— Oliver Goldsmith
- Once we "Realize" God's Presence, we receive the "Real-Eyes" to see the Formless God. — Anon
- The shame is never in having failed- the shame is only in not having tried.  
—Andrew Matthews
- Even beneath the heaviest winter snow, lies a potential spring waiting to bloom.  
— Mahesh Bhatt  
( On Sanjay Dutt's entry in the brutal world of jail)
- If we were born knowing everything, what would we do with all this time on earth.  
— Anon
- Separate yourself from everything that separates you from others.  
  
Love is the shortest distance between two people.
- You cannot change the fruits if you do not change the roots.  
—Nirankari Baba
- Don't find fault, find a remedy. ...  
—Henry Ford

Compiled by :Ashish Sethi,Delhi.



## CHOOSE YOUR BATTLES WISELY

Once there was an elephant, big and strong that lived in a deep jungle. In the same jungle there lived a proud and dirty bull which smelled like it had never bathed before. Once the elephant, clean and dressed, was on its way for some important work. The bull was in a sour mood and asked the elephant to fight with him, but the elephant ignored.

When he reached his destination, his friends asked him why he ignored fighting the bull. The wise elephant smiled and said, "It was important for me to come here. I had just bathed. If I had fought with the dirty bull, I would have also become dirty. Then I would have to bathe again. Just imagine all the time that would be wasted."

It is not necessary to excel everywhere. You first think about your goal in life, take a small step towards making it a reality and excel in it.

**Moral :** Fix your priorities and excel.

# Laughing Time

—Sakshi Gulati, Chandigarh

Golu : Do you have a family tree?

Molu : No, we dont have a flower pot.

---

Teacher : This is the worst homework you've ever done , Jane.

Jane : So, now you cant even trust your parents.

---

"Which came first the chicken or the egg?

"The egg."

"Are you sure?"

"Yes, I had an egg for breakfast and I m having chicken for lunch.

---

Boss : Didn't you get the letter that said you were fired"

Employee- yes sir, but on the envelope it said , "return after five days. "So here I am.

---

Fish : What's the worst thing about being an octopus?

Octpus: Washing your hands before dinner.

---

Man : Could you give me a ticket for the next trip to the moon?

Agent : I 'm sorry, but the moon is full now.

---

"Dec : Did you hear about the guy who had a helicopter crash?

Rex : No, what happened

Dec : Seems like he got so cold he turned off the fan.

---

Teacher: Edward you get a C in your exam. What does it mean!

Edward : "Congratulations"

---





**Traffic policeman** : This is a ticket for speeding.

**Driver** : Wonderful! When do i get to use it.

**Policeman** : Let me see your license. You were speeding.

**Driver** : But officer, I was trying to keep a safe distance between my car and the car at the back of me.

**Lady (At the phone)** :  
"Will you call my husband, please?"

**Operator** :  
"Number, please."

**Lady (Angrily)** :  
"How many husbands do you think, I have"



**Man** : O God, What are a thousand years for you?

**God** : Just a second.

**Man** : And what are a million rupees for you?

**God** : Just a paisa.

**Man** : Then give me a paisa.

**God** : Wait a second my child.

**Child** : Papa are you a man?

**Papa** : Yes, child.

**Child** : Then I am your father.

**Papa** : What nonsense?

**Child**: Why, haven't you read Wordsworth's line "Child is the father of Man?"

Santa was standing in sun on a hot sunny day.

**Banta asked** : What are you doing?

**Santa** : Drying sweat.

—Archana Garg, Delhi



★ We are here to heal, not harm. We are here to love ,not hate. We are here to create not destroy .We are all one.

★ Always take extra care of three things in life....promise, friendship and relationship .Because they don't make noise ,but when break they create silence.

★ The best means of spiritual realization is chanting the holy name of the Lord. —Ankita, Delhi

★ There are 1440 minutes in one day ,so taking 5 of those minutes to re-energise will not be the end of the world. —Rahul Sharma, Delhi

★ If you are flying in an aeroplane ,you relax though you don't know the pilot. If you are sailing in a ship you relax though you don't know the captain. If you are travelling in a train you relax though you don't know the loco pilot. If you are sitting in a bus you relax though you don't know the driver. Why don't we relax as we know God is our controller of life.

★ Speaking lips can create problems. closed lips can avoid some problems. Smiling lips can solve many problems. —Ramawadh Yadav, Del.

★ It is strange that SWORD and WORDS have the same letters— Even more strange is that they have the same effect if not handled properly.

—Avneesh Gulati, Chandigarh

★ Truth is like a surgical operation. it gives pain but heals for ever. Lie is a instant pain killer but it has many side effects. —Ramesh Rai, Bihar

★ Don't worry about getting old, worry about thinking old .

—Rajneesh Gulati, Chandigarh

## Result for the month of March 2019 Issue

**First :**

**Angel-Avya**

**Age 7**

Old Gurgaon (Haryana)



**Second :**

**Ishaana Sethi**

**Age 8**

6/281, Nirankari Colony,  
Delhi 110009.



**Third:**

**Aanvi Tayal**

**Age 7**

2, Trust lane, The Mall,  
Bathinda(Punjab)



## Consolation Enteries

Anjali, Mukandpur  
Pari, Indira Vikas Colony  
Ria Pia, Indrapuram  
Pynda Sudith (Godawari)  
Jashan, Barnala  
Kunav Khanna, Ferozepur  
Arpita Saini (USA)  
Ananya, Viashali.  
Montu, Pandoh  
Babli, Pahar Ganj  
Anmol, Parmanand colony,  
Gugli, Bangalore  
Pulkit (USA)  
Munasy Shadyja, Raipur  
Jheel Lamba, Delhi.  
Latika Prasad, Ahmedabad.  
Sahil Bansal, Derabassi  
Aryan, Rajpur Extn. (UP)  
Vishal, Anand Prabat.  
Amrit, Plot No 100.  
Gurleen, CR Park.  
Dimple, Gandhi Vihar.  
Jasnoor, Ropar  
Rehmat, Sundernagar.

## "Colour it" for May Issue

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

The result will appear in **July 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 .....

.....

—Sunil Nagpal, Delhi

# Baba Hardev Singh

## A Sweet Remembrance

The name rings bells in our hearts and minds. A towering personality. Words fail to describe his exact personage. His appearance so cooling, soothing and electrifying. He was a life changer for millions of people across the globe. He was sweet, humble, noble and merciful. He was our heart throb and his heart throbbed for humanity. Throughout the span of his life, he worked day and night to bring peace and harmony in the world. His presence charged the ambience and his aura exuded serenity, calm and composure. He was embodiment of love, kindness and forgiveness. He believed in the goodness of humanity. He wanted to demolish the walls of caste, creed, religion and to build bridges connecting hearts. He was an ocean of love and enveloped everyone irrespective of their faults and flaws. A glimpse of him would put an end to all miseries and woes. He had an untiring zeal and vigour to spread this *gyan* (knowledge) and make people realised. We nurture his sacrifice, dedication with love and fondness. We must follow his teachings with all our head and heart. His contribution is immense in every field of life, be it spiritual, education, health and socio-economic. His fragrances still lingers every where. We owe every thing to his guidance. He taught us a way of life to win all. His stature is lofty. We bow in reverence. May Almighty give us strength to make him a part and parcel of our life! *"Rafta rafta woh meri hasti ka saman ho gaye, Pehle jaan, phir jaane-jan, phir Jaane-Jana ho gaye"* (Slowly and subtly, he became a part of my existence; First my life, then my love, and then the master of my life, and finally, the companion of my life).

He is adorable, winsome, lovable, appealing, delectable, fetching besides being magnanimous, benevolent and noble. May his memory live for ever!



# Benefits of Drinking Lemon Water

---

## 1. Give your immune system a boost

Vitamin C is like our immune system's jumper cables, and lemon juice is full of it. The level of vitamin C in your system is one of the first things to plummet when you're stressed, which is why experts recommend popping extra vitamin C during especially stressful days.

## 2. Excellent source of potassium

As already mentioned, lemons are high in potassium, which is good for heart health, as well as brain and nerve function.

## 3. Aid digestion

Lemon juice not only encourages healthy digestion by loosening toxins in your digestive tract, it helps to relieve symptoms of indigestion such as heartburn, burping, and bloating.

## 4. Cleanse your system

It helps flush out the toxins in your body by enhancing enzyme function, stimulating your liver.

## 5. Freshen your breath

It helps relieve toothaches and gingivitis. The citric acid can erode tooth enamel, either hold off on brushing your teeth after drinking lemon water or brush your teeth before drinking it.

## 6. Keep your skin blemish-free

The antioxidants in lemon juice help to not only decrease blemishes, but wrinkles too! It can also be applied to scars and age spots to reduce their appearance. Because it's detoxifying your blood, it will maintain your skin's radiance.

## 7. Help you lose weight

Lemons contain pectin fiber, which assists in fighting hunger cravings.

## 8. Reduce inflammation

If you drink lemon water on a regular basis, it will decrease the acidity in your body, which is where disease states occur.

It removes uric acid in your joints, which is one of the main causes of inflammation.

## 9. Give you an energy boost

Lemon juice provides your body with energy when it enters your digestive tract. It also helps reduce anxiety and depression. (Even the scent of lemons has a calming effect on your nervous system!)

## 10. Help to cut out caffeine

Replacing your morning coffee with a cup of hot lemon water can really do wonders. You will feel refreshed and no longer have to deal with that pesky afternoon crash. Your nerves will be thankful too.

## 11. Help fight viral infections

Warm lemon water is the most effective way to diminish viral infections and their subsequent sore throats. Plus, with the lemon juice also boosting your immune system, you'll simultaneously fight off the infection completely.

How to drink lemon water for the best of health

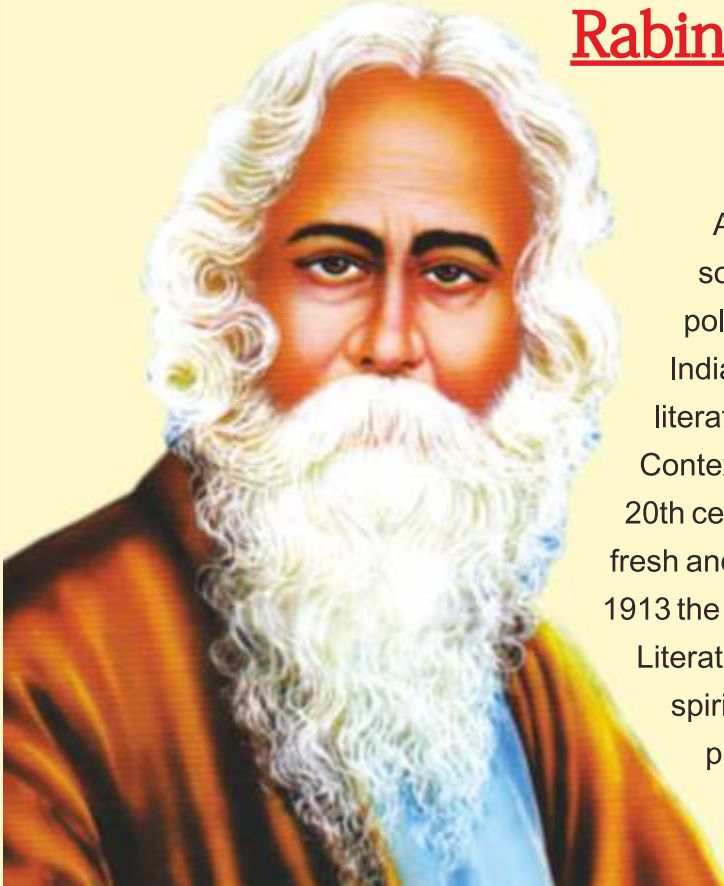
For those who weigh less than 150 pounds, squeeze half a lemon's worth of juice into a glass of water. If anyone weighs over 150 pounds, use an entire lemon's juice.

*Lukewarm lemon water is recommended. You can dilute the lemon juice more, depending on your personal taste.*

*Drink it first thing in the morning, and wait 15 to 30 minutes to have breakfast. This will help you fully receive the benefits of lemon water, which are listed above*



# Rabindranath Tagore



Rabindranath Tagore; born Robindronath Thakur, 7 May 1861 – 7 August 1941) and also known by his sobriquets Gurudev, He was a Bengali polymath, poet, musician, and artist from the Indian subcontinent. He reshaped Bengali literature and music, as well as Indian art with Contextual Modernism in the late 19th and early 20th centuries. Author of the "profoundly sensitive, fresh and beautiful verse" of Gitanjali, he became in 1913 the first non-European to win the Nobel Prize in Literature. Tagore's poetic songs were viewed as spiritual and mercurial; however, his "elegant prose and magical poetry" remain largely unknown outside Bengal. He is sometimes referred to as "the Bard of Bengal".

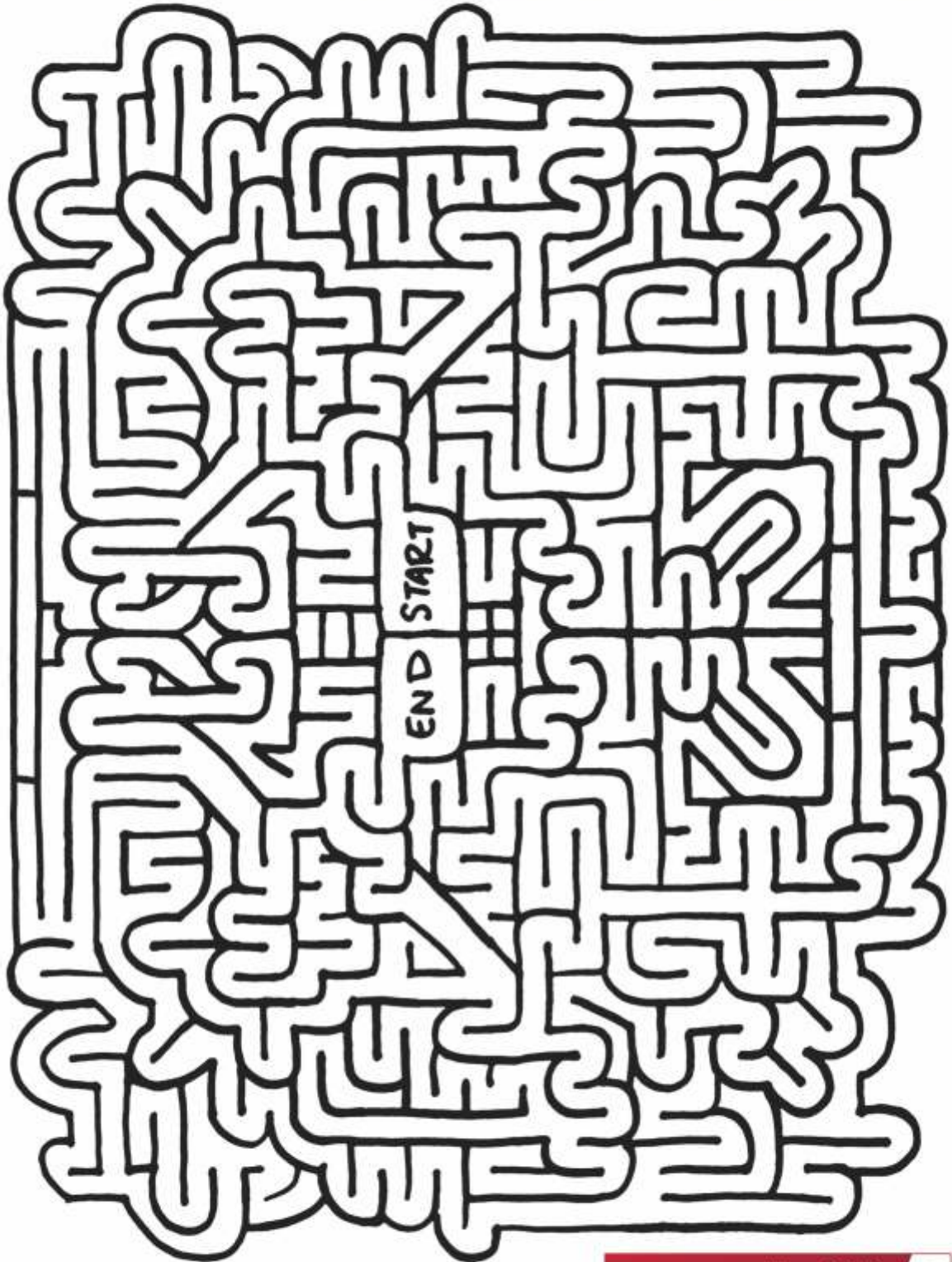
Tagore wrote poetry as an eight-year-old. At the age of sixteen, he released his first substantial poems under the pseudonym Bhanusimha ("Sun Lion"), which were seized upon by literary authorities as long-lost classics. By 1877 he graduated to his first short stories and dramas, published under his real name. As an exponent of the Bengal Renaissance, he advanced a vast canon that comprised paintings, sketches and doodles, hundreds of texts, and some two thousand songs; his legacy also endures in the institution he founded, Visva-Bharati University.

His novels, stories, songs, dance-dramas, and essays spoke to topics political and personal. Gitanjali (Song Offerings), Gora (Fair-Faced) and Ghare-Baire (The Home and the World) are his best-known works, and his verse, short stories, and novels were acclaimed—or panned—for their lyricism, colloquialism, naturalism, and unnatural contemplation. His compositions were chosen by two nations as national anthems: India's Jana Gana Mana and Bangladesh's Amar Shonar Bangla. The Sri Lankan national anthem was inspired by his work.

— Geeta Joshi, Delhi



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