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# Hansti Duniya





## Hansti Duniya

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*First of All*

# Be Watchful And Preventive

A sick person quickly wants to be well and once cured he doesn't want to fall sick again. A healthy person always wants to remain healthy.

Health is natural, disease comes later. Treatment of disease always starts after the symptoms and cause of disease are diagnosed. During the treatment certain preventions are to be taken. Taking medicine without following the precautions will hamper the process of recovery and the person may never get well completely.

Tired children return from school, throw away their bags carelessly, call out their mother and ask for water and food immediately.

Mother tells them to wash their hands and feet before eating. Some children don't heed to their mother and eat without washing their hands. Sometimes even the elders including our brothers and sisters, friends and members of our family do the same. This is when we start compromising with our health and start picking bad habits that cause illness. On the other hand, honesty, truthfulness and hygiene

are positive traits. These groom our personality. Everybody likes truthfulness but to jeer and insult someone under this pretext makes it a negative trait. Our loving conduct should touch hearts. This can help us to grow also.

We need to be conscious about hygiene also. Cleanliness of body is desirable. Bathing, brushing our teeth and donning neat clothes are a part of our routine. In the absence of these activities our body starts making us fall sick. Health of body can be procured through medicine and prevention but it is all the more important to have a healthy mind. Our negative mindset which includes unnecessary arguments, making comparisons, mockery, scolding, defaming and demeaning others etc are becoming the reason for our mental diseases. We need to be watchful here. Every thought that comes to our mind must be checked. An objective filtering will slowly eliminate the negative thoughts from our mind.

We need to be watchful of our diet, conduct, thought process and behaviour. When a child is born parents start the process of vaccination at the right time lest the child should fall sick.

Lets carry out our immunization so that every thought and feeling is filtered by discernment. This watchfulness and prevention shall become our capability, strength and competence.

—Vimlesh Ahuja

(English Version : Asha Kapoor)





—Jagtar Chaman, Gurdaspur

# HOW TO KEEP HEALTHY TEETH



1. Brush at least twice a day. The best time to brush teeth is after meals. Choose a toothbrush with a small head for better access to back teeth. Soft bristles are kinder on your gums.
2. Use fluoridated toothpaste. Fluoride helps to harden tooth enamel and reduces your risk of decay.
3. Brush thoroughly. Tooth brushing should take between two and three minutes.
4. Floss your teeth daily. Use a slow and gentle sawing motion.
5. Limit acidic drinks like soft drinks, cordials and fruit juices. Food acids soften tooth material and dissolve the minerals in tooth enamel, causing holes (cavities or caries). In severe cases, teeth may be 'eaten' right down to the gum.
6. Limit sugary foods. Bacteria in dental plaque change sugars into acids.
7. Protect your teeth from injury. Wear a mouthguard or full-face helmet when playing sports.
8. Try to save a knocked out tooth. If possible, hold the tooth back in place while you seek immediate dental advice. If this is not possible, wrap the tooth in plastic or place it in milk and seek dental advice immediately.
9. Avoid using your teeth for anything other than chewing food. If you use them to crack nuts, remove bottle tops or rip open packaging, you risk chipping or even breaking your teeth.
10. See your dentist for regular check-ups. You should also visit your dentist if you have a dental problem such as a toothache or bleeding gums.

## SAMPURAN AVTAR BANI

### Ik Tu Hi Nirankar - 153

OH UCHA EY SABH LOKAN TON PATVANTA EY OH PARDHAN;  
 SADH DI SEVA KAR KE JIS DA HAUMAIN DA MIT JANDA MAAN.  
 JIHDA BANDA SABH TON NEEVAN HO KE CHALAN WALA EY;  
 OHO SAMJHO SABH TON UCHA AHLA EY TE BALAEY.  
 JIHDA BANDA SANT JANAN DI DHOODI VICH RUL JANDA EY;  
 OH DUNIA VICH POOJIA JANDA DARGAHIN MULL PANDA EY.  
 JIHDA BANDA APNE MANN CHON KARDA DOOR BURAI NOON;  
 ZAT PAT DA JHAGDA CHHADDE MANNE IK LUKAI NOON.  
 DUKH, SUKH JIS LAYEE HOVAN IKO OHO ASAL SIANA EY;  
 KAHE AVTAR MAIN VARI US TON MANNADA JIHDA BHANA EY.

### Thou Formless One 153

He is the loftiest of all,  
 respected most and occupies  
 the primal position;

Who serves the  
 True Saint and gets rid  
 of the pride of self.

A person who adopts  
 utmost humility in his way of  
 life;

Take him as the loftiest,  
 greatest and the most exalted.

A person who loses his  
 identity in the dust of the holy  
 feet of the True Saint;

He is worshipped in this world  
 and glorified in the Kingdom of  
 God.

A person who wipes out evil  
 from his mind;

And abjures notions of caste  
 and creed and treats the whole  
 humanity as one.

He is the really wise person for  
 whom pain and pleasure are just  
 the same;

Avtar says, I am a sacrifice to  
 him who surrenders to the will of  
 God.

—SAKSHI BATRA, DELHI

# LIFE

---

The world awaits  
The world believes  
In the first miracle  
In the master's oracle

The world renounces  
The world rejoices  
For the crowning of the throne  
For the truth to unveil on its own

The world hopes  
The world yearns  
That things will fall in place  
That harmony and love would be all it takes

The world expects  
The world desires  
That endings would be prettier  
That life would be tranquil and simpler



# THE DISOBEDIENT BOY

**There** was a boy who was very fond of cashew nuts. His mother gave him a few nuts. The boy always wanted for more nuts. He always asked his mother "Mummy, give me some more nuts". But his mother always replied "Too many nuts is not good, my son. If you eat too many at a time you will get stomach-pain".

One day his mother had been to the market and no one was at home except the boy. He went into the kitchen and took the cashewnut jar. He ate and ate upto the last nut.

The next day, he twitched with stomach-pain.

**Moral : Elders are our well wishers. Let us obey them**



— Mrs. Usha Gopal

# The Kind Liar

Once the ruler of Kittoor sentenced a criminal to life imprisonment. The criminal Pandu Shetty spoke a local dialect, which the king did not understand. A drowning man no longer



cares for rain or sunshine. He knows that there is no hope for him. So Pandu Shetty cursed the king to his heart's content. He knew that he had no hope of escaping life imprisonment.

The king asked one of his ministers Ramaradhya who knew that tongue, to explain what the criminal was saying. The minister was a good and kind man. He thought to himself thus, "If I tell him the truth, the king will have Pandu Shetty beaten up." So the minister told the king, "Oh King! Pandu Shetty is saying that God blesses only those who control their anger and who will pardon other's mistakes." The King heard this with pleasure. He felt pity for the criminal. So Pandu Shetty was pardoned and set free.

While all this was going on, another minister named Purnaiya was standing aside, watching the scene. He did not like the first minister Ramaradhya, who had protected Pandu Shetty. Purnaiya was very happy to have the chance of insulting Ramaradhya before the king. He spoke out: "Oh King! I also know the tongue spoken by the criminal. Minister Ramaradhya has told you a lie. Pandu Shetty is showering curses on you."

The king listened to the versions of his two ministers, and then said, "Ramaradhya told me a lie out of kindness for the criminal. But Purnaiya is telling me the truth out of jealousy for Ramaradhya. So I feel that Ramaradhya's lie is more praiseworthy than Purnaiya's truth. I don't appreciate this truth, inspired by jealousy."

— C.S. Toor, Chandigarh

## Why are Some Fruits Sweet While Others are Sour?

Some fruits like watermelon, guavas, grapes, apples, mangoes etc. are sweet in taste while lemon, orange, raw mango, etc. are sour. Each fruit has a distinct taste which differs in some way from the taste of any other fruit. The question arises: why does every fruit have a characteristic taste?

In fact, the taste of any fruit depends on the compounds present in it. In general a fruit contains fructose (sugar), certain acids, vitamins, starch, proteins and cellulose. All these materials are in a mixed state inside the fruit and are found in different proportions in different fruits. Fruits having more of fructose content taste sweeter, while those having more acids taste sour. The oranges is a fruit which has almost equal quantites of fructose and acids and as such tastes both sweet and sour.

In general, raw fruits contain more acids but on ripening, the quantity of acid in them decreases and the amount of sugar increases. That is why raw mangoes are sour, but ripe ones are sweet. Raw bananas contain more of starch, but it gets converted into fructose when the fruit ripens. During the process of ripening, chemical changes take place inside the fruit by which the quantity of sugar increases thus adding to the sweetness of the fruit.





—Khushboo Thakur, Panchkula

## Bliss On My Way

In every moment  
gushes forth Your glory,  
Bestowing the Divine  
shimmer upon my story,  
A song of transcendence You wove,  
A love so tender in me You bore.  
Embracing Your grace I danced like Meera,  
Invaluable Your knowledge, diamond like sheen,  
I shone like gem,  
Of tender age, blemished and flawed,  
You chiseled me as an epitome of purity,  
My Worthy Lord.  
Songs of eternity echo from dawn to dusk,  
A mystical fragrance beyond rose,  
jasmine or musk,  
Temporal world no more I seek,  
Mirage, a gordian knot and therefore bleak.  
An awakening rejoices in the glimmer of my eyes,  
In eternity you bound me to Your azure skies,  
Captured in an unending dream of Divine love,  
So much of this world lost  
and so much of You I found.

# PRESERVE THE ENVIRONMENT

World Environment Day is an annual event aimed at being the biggest and the most widely celebrated global day for positive environmental action. *It is celebrated on 05 June every year to raise global awareness of the need to take positive action.* The theme for this year's World Environment Day (WED) is Think, Eat, Save. It is an anti food loss and food waste campaign. It is a day that stimulates awareness of the environment and enhances political and public attention. The day stresses the need for all of us to prevent further global warming and disastrous climate.

WED was initiated in 1972 and has since become the vehicle through

which global environmental awareness aims to inspire a recognition that only a change in attitude of individuals and communities can lead to genuine environmental improvement.

At the international level, each year a different country is chosen. It is Mongolia this year and it has been chosen for its efforts to shift towards a green economy and for promoting economic awareness among youth. It is facing enormous challenges including growing pressure on food security and water supplies. In the last 70 years, the mean temperature in Mongolia has shown an increase of 2% thus indicating that it is among the most vulnerable nations in the world to global warming.

Environmentalists, thinkers and writers have so much to say about environment.

Ralph Waldo Emerson quotes – When a man says to me, "I have the intensest love of nature, at once I know that he has none.



Earnest Jones is of the view – "The control man has secured over nature, has for outrun his control over himself."

Another thinker believes in the benefits of a symbiotic relationship "Take care of the earth, and it will take care of you." We have to be those activists who do not say the river, soil or environment is dirty – we have to be those who clean it up.

In making a comparison with birds, Robert Lynd says – "There is nothing in which birds differ more from many than the way in which they can build their nest and yet leave a landscape as it was before."

Another thought which needs to be pondered over is "There is so much pollution in the air now that if it were not for our lungs, there would be no place to put it all."

The Sant Nirankari Missions contribution and role in preserving the Environment is noteworthy. His Holiness Baba Hardev Singh Ji's



birthday is celebrated keeping this in mind. The various activities observed on February 23, every year include cleanliness campaigns, neighbourhood clean up, garbage pick up and tree plantation. Exhibitions, concerts, quizzes, art-craft and painting competitions are organized for children and youth. The tree plantation is done in colonies and suburbs so that their growth and maintenance can be monitored.

Let us all strive to create for ourselves a better environment to live in.



# GREEDY PIG

Once upon a time all the organs in the body of a boy discussed that each of them did some work or the other to get food, but the stomach alone consumed it all. In that sense, the stomach is the lone beneficiary. The hands said, "We make the portions of the food and put them into the mouth, but they just go into the stomach."

The legs muttered, "If we didn't take you to the place where the food was, you wouldn't be able to pick it up anyways!"

The teeth complained, "We do all the chewing but nothing stays with us."

The tongue sighed, "I just get to taste it for a few seconds, then the food rolls away from me."

The brain said importantly "Surely if I did not inspire all of you to do this, nothing would get done, I do the maximum work, but I get nothing!" The legs said, "The stomach is such a

lazy-bone!" The mouth said, "Yes, and it is a greedy pig too, that's why it's so fat too."

So, they all decided to teach a lesson to the 'greedy and lazy stomach' They decided that they would starve it.

The legs said, "Come what may we shall not go to the dinning room, we shall not go near food."

The hands said, "Even if you do, we shall not pick up the food and put it into the mouth."

The mouth said definitely, "Even if mother, tries to force feed me, I shall close my lips tight. I shall refuse to eat." The teeth made a grinding noise and exclaimed, "And we shall refuse to chew the food. The tongue moved swiftly saying, "Well if mother forces you to have milk, I shall refuse to swallow it, I shall spit it out."

Well, all of them ganged up against the poor stomach and the boy went hungry all day. Next morning mother tried to coax him to eat some delicious



chocolate cake. His mouth watered but he was obstinate. An innocent thought crossed his mind. He cut the cake into pieces and placed them on his legs, cheeks, arms, head and hands, saying, "That is for your nourishment." But that could not give energy to the starving body. After sometime the ants smelt the rich chocolate and they were attracted gathering around it.

Soon, the boy was too exhausted to even stand up. He was almost fainting. His mother then took him to task. She explained to him that the stomach churns the food into a paste and passes it to the small intestine. It was here that the goodness of the food was absorbed by the blood. The blood supplied this energy to ALL the organs of the body to nourish them, providing energy for growth and strength.



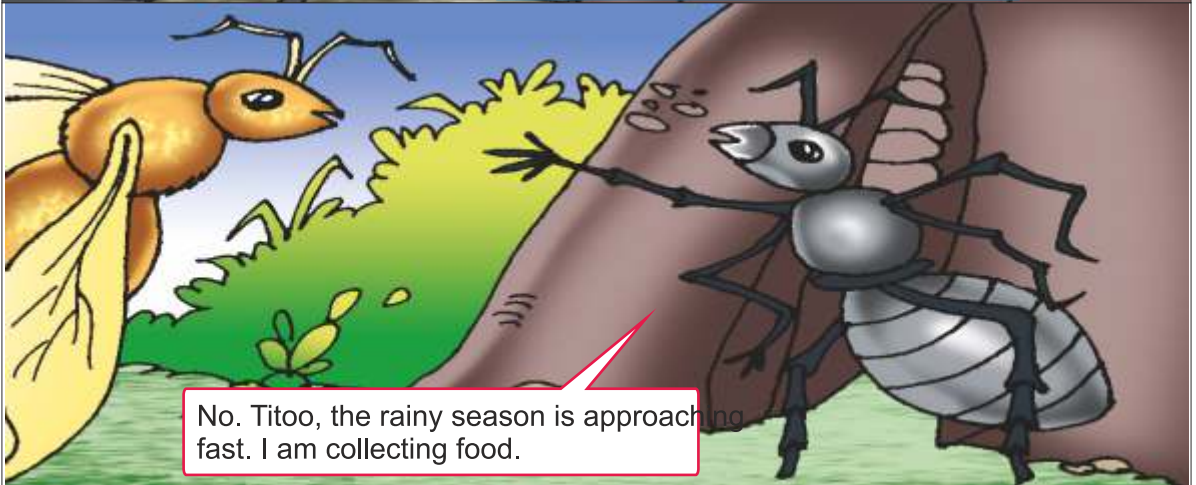
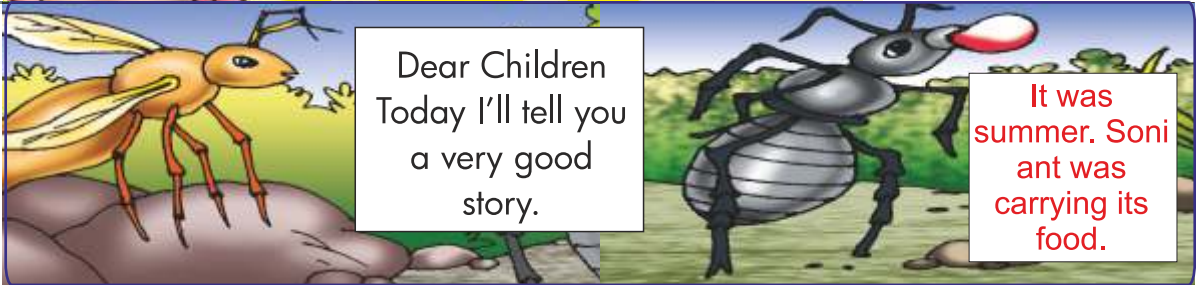
The boy agreed to eat finally and fed his starving tummy. Soon he was able to get his strength back and it was time again for a game of cricket.

Children, you should not think about the rights and duties of others; think only of what you are supposed to do. Do your duties happily, before you think of your rights. You are a small piece in God's Jig-saw-puzzle. You cannot understand His master plan, but you can surely do the work assigned to you! For that is what makes Him happy!

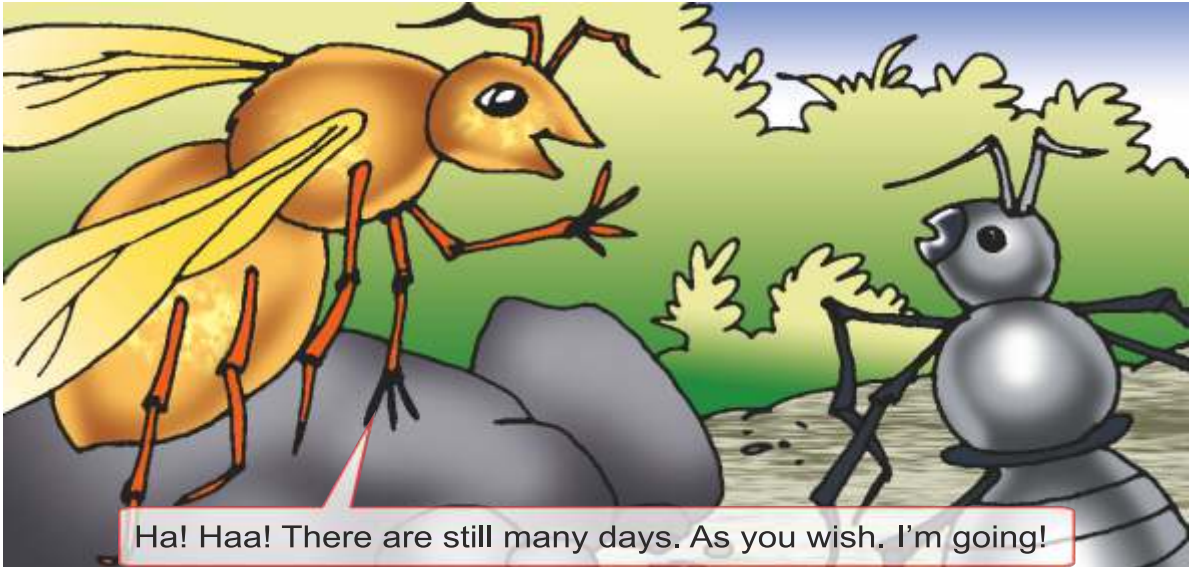


# GRANDPA

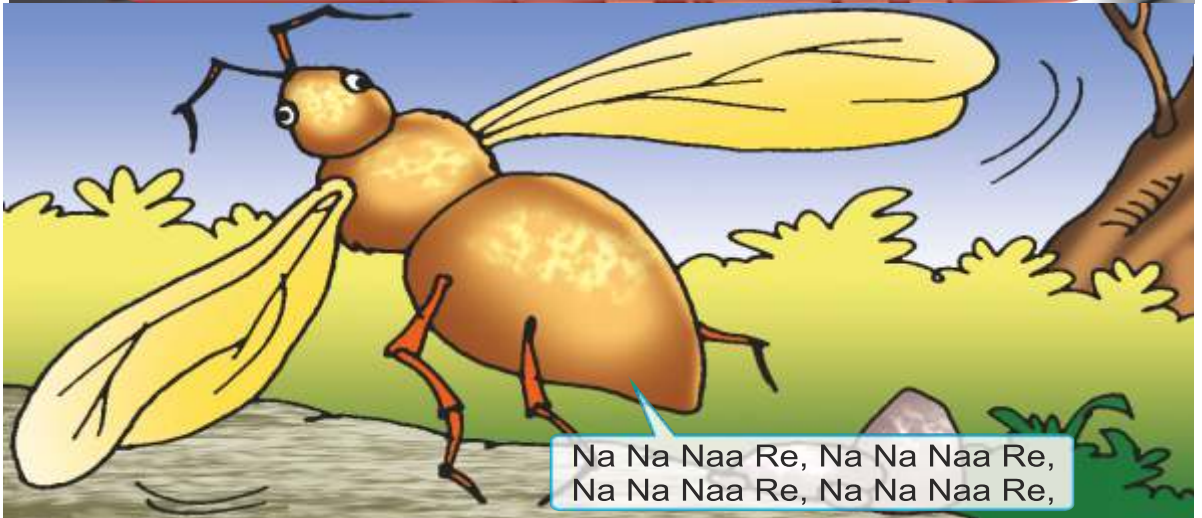
Story & Illustration  
—Ajay Kalara







Ha! Haa! There are still many days. As you wish, I'm going!



Na Na Naa Re, Na Na Naa Re,  
Na Na Naa Re, Na Na Naa Re,



Dear Soni! Today also, you are  
collecting the food. Let's play.



No. I can't. The rainy season will set in soon.

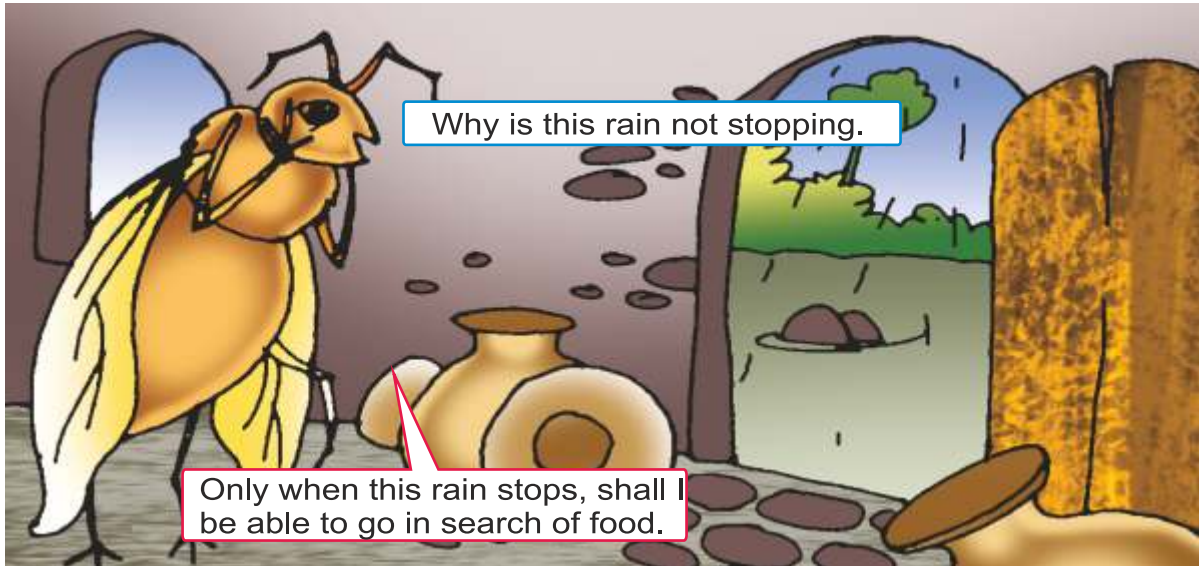


As you wish! Still lot of time is there. I'll do it later on.



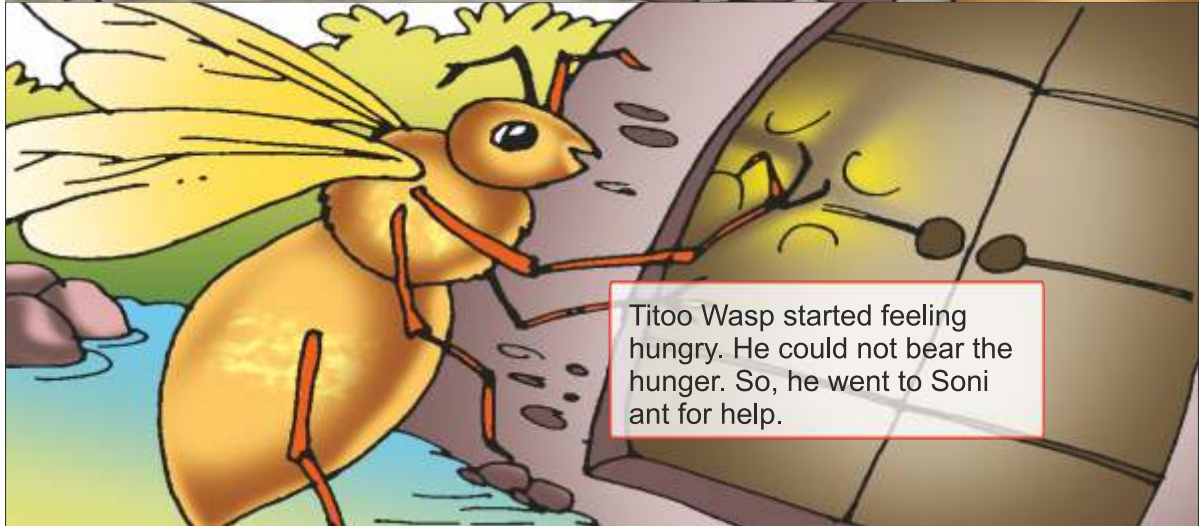
And the rainy season commences.





Why is this rain not stopping.

Only when this rain stops, shall I be able to go in search of food.



Titoo Wasp started feeling hungry. He could not bear the hunger. So, he went to Soni ant for help.



Soni Ant helped him, gave him food. That day, Titoo realised that one should do one's work in time.

—Sunil Nagpal, Delhi

# INCREASE YOUR KNOWLEDGE



Q. Why are two eyes more valuable than one?

A. We can view the object from two points at once, giving us an idea of solidity also, and not only of flatness.

Q. A boatman pushes the bank with his pole. Why?

A. The bank will push the boat a way from it. Action and reaction being equal and opposite.

Q. A hydrogen balloon rises. Why?

A. Its weight is less than the weight of the air displaced.

Q. You lean forward while climbing hill. Why?

A. This enables us to keep the line passing through the centre of gravity vertically downward, within our feet, and thus the equilibrium is stable.

Q. Why do you see rainbow after rain?

A. The water-drops suspended in the air act as a prism and disperse light into seven colours.

Q. Wet clothes usually dry more quickly on a warm day than on a cold day. Why?

A. On a warm day, the air carries less moisture than point of saturation and thus it can absorb moisture from the wet clothes more rapidly. Also the high temperature of the air helps faster evaporation.



# H.D. Answers

— S.R. Prjapati (Indore)

**Q. Who is orphan?**

A. In the worldly sense, orphan is one who has no parents to look after. But spiritually speaking, the one devoid of Fatherhood of God Knowledge is also called orphan.

— Raju, Gurgaon

**Q. When does one fear one's ownself?**

A. When he analyses his misdeeds.

—Richa Rai (Dehradun)

**Q. What sustains man in life?**

A. The hope to live.

— Bharat Kumar (Nepal)

**Q. In how many languages Sant Nirankari monthly is published?**

A. Sant Nirankari monthly is published in 11 languages — English, Hindi, Punjabi, Marathi, Nepali, Gujarati, Tamil, Telugu, Kannada, Oriya, Bangla.

—Vijay Singh (Delhi)

**Q. What is the most satisfying deed of a human being?**

A. Attaining self knowledge through God-realisation.

# The Guilt Of Sin

Two men once visited a holy man, with repentance in their hearts. "We have done wrong," they said, "And our consciences are troubled. Can you tell us what we must do to wash away our guilt?"

"Tell me about your wrong doings, my sons," said the holy man.

The first man said, "I have committed a great and a grievous sin."

"What about you?" the holy man asked the second.

"Oh," said he, "I have done quite a number of wrong things, but they are all quite small, and not at all important."

The holy man thought for a while and said at last. "Each of you must go and bring me a stone for each of your misdeeds."

After some time, the first came back with an enormous boulder and with a jar; he put it beside the feet of the holy man. Then came the second, cheerfully carrying a bag of small pebbles. He also put it beside the feet of the saint.

"Now," said the holy man, "take all those stones and put them back where you found them."

The first man shouldered his rock again and staggered back to the place from where he had brought it. But the second man could only remember where a few of his pebbles had laid. After some time, he came back and said that the task was too difficult.

Then, the wise man counseled them as follows:

What was the wise man's counsel??

The implication of this story is:

If someone has committed a great sin, it lies like a heavy stone on his conscience; but if he feels truly sorry for his mistakes, he is forgiven and the load is taken away.

However, if someone constantly does small things that are wrong, he does not feel a heavy burden of guilt and so he remains a sinner.

It is as important to avoid little sins as big ones!!



Story: Priya Tandon, Chandigarh

# The Beautiful Heart



**A**rushi was only seven years old. Her cousin Rajat who was twenty years old was studying medicine. Arushi thought that her brother was already a doctor, so she called him Doctor Bhayia (brother).

One day she went to his room and found him studying a big book. She climbed onto his lap and asked, "Doctor Bhayia, what is this?" He said, "This is a picture of the human heart. There is one like that in all of us." She looked at it curiously, as if trying to understand everything! He caught her little hand to place over his heart and said, "Can you feel how it's beating? It works hard all day to pump blood. I am writing an article on the heart for my presentation."

"May I help you?" asked Arushi with her eyes shining.

Rajat looked at her, hiding his smile and said, "sure, you write something for me and I'll put it into my work. Off you go now." Arushi sat down to work seriously. She wrote her article and gave it to Doctor Bhayia. On the day of the presentation, he read out his article that was a very good piece on the functioning of the heart. Then he said, "Sir, I seek your permission, to speak for another minute, to share with you, what my seven year old sister has to say on this topic."

The Professor in-charge was baffled, but at the same time he nodded his head in assent. This is what Rajat read out:



- 1 All of us have big hearts. My heart does dhak-dhak (beats) all the time. My heart is red.
- 2 It is in circulatory system and pumps all the blood.
- 3 My heart loves all parts of my body. If my heart did not give love I would die.
- 4 My heart cracks and breaks when people say bad things to it.
- 5 When Raju broke my dolly, a part of my heart cried and died.
- 6 When I get new toys my heart jumps with joy.
- 7 My heart is so big, that I can put so many people into it.
- 8 Only God knows how to make new hearts so we should try not to break them.
- 9 Mama says, "God lives in all hearts. Then why do people fight?"

There was pin-drop silence. Then the Professor rose up from his seat and started clapping, one by one, everyone stood up to give a standing ovation. Little Arushi had seen beyond the mechanics, the flesh and the blood. Truly she had understood the real function of the heart!

**Moral:-** "However learned one is in worldly knowledge, unless one's mind is cultured, the learning is useless."

Suresh P. Idnani, Pune

## **Life And Cricket**



Anger is a wide ball, Leave it;

Fear is a No ball, Let it go;

Smile is a Sixer, Hit it;

Friendship is a Wicket, Get it;

Failure is a Bouncer, Forget it;

Problem is a Yorker, Face it;

Success is a Century, Make it;

Luck is a Free hit, Use it;

Then you can rock the World Cup of Life.



—P.P. Bhuteja, Delhi

## WHAT ARE THE TORNADOES, HURRICANES AND CYCLONES

When the wind moves with a great speed and creates disturbance in the atmosphere, it is called a storm. Some storms affect only a small part of the earth, whereas some leave their impact on areas extending up to thousands of kilometres. When the wind blows fast, it is called an ordinary storm. But if it also raises a lot of dust, it is called a dust storm.

Storms of summer are mainly caused by the rise in atmospheric temperature. Due to high temperature, the air expands and there is a fall in the atmospheric pressure in that area. To balance it, air from colder region (where pressure is more) rushes to the hotter region. The strong wind thus blowing carries with it large amount of dust and we call it storm.

Tornadoes, cyclones and hurricanes are some dangerous storms in which wind makes fast whirling motion. The area affected by the tornadoes is small. Its velocity goes up to 200 km per hour. When the temperature of a small area rises to a high degree and consequently the atmospheric pressure falls, air from surrounding areas rushes in to fill this vacuum. Because of its velocity, wind's motion in that area becomes whirling. The hot air goes up fast forming a funnel shaped cloud. This is called a tornado. The

pressure inside a tornado is so low that as soon as it approaches any object it gets sucked in because of its inside pressure.

Hurricanes generally belong to tropical areas. They engulf areas within a radius of 80 to 320 kilometres and wind's speed goes up to 120 to 200 km. Per hour. The central portion of the hurricane extending from 5 to 15 miles is completely calm. This is called the eye of the hurricane. When this portion reaches a particular area, the air there comes to a stand still. This gives the impression that the hurricane is over. But as soon as it leaves the area, it is followed by strong gusts of the wind. Since the hurricane also is a kind of whirling storm, it is called typhoon in east India and areas adjoining Chinese sea.

The cyclone is also a very dangerous storm. It devastates very large areas. It is caused by the rush of air towards low pressure areas resulting in large scale destruction. The violent cyclone hitting East Pakistan (Now Bangladesh) on November 13, 14, 1970 claimed the lives one million people.

# RIDDLES



1.Q. : Look in my face, I am somebody; Look at in my back, I am nobody. What am I?

A.: I am a mirror.

2.Q. : You use a knife to slice my head and weep beside me when I am dead. What am I?

A.: An onion.

3.Q. : If a rooster laid a brown egg and a white egg, what kind of chicks would hatch?

A.: Roosters don't lay eggs.

4.Q. : Until I am measured I am not known, Yet how you miss me when I have flown. What Am I?

A.: Time.

5.Q. : I reach for the sky, but clutch to the ground; sometimes I leave, but I am always around. What am I?

A.: I am Tree.

6.Q. : What are moving left to right, right now?

A.: Your eyes.

7.Q. : Two girls have the same parents and were born at the same hour of the same day of the same month, but they are not twins. How can this be possible?

A.: They were not born in the same year.

8.Q. : If you were running a race, and you passed the person in 2nd place, what place would you be in now?

A.: You would be in 2nd. You thought first place, right? Well, you passed the guy in second place, not first.



# ADAM'S TEETH

—Aditi, Delhi

No one likes teeth cavities but when you ignore brushing your teeth daily, your teeth will definitely have cavities...

Adam was a naughty boy who loved to do naughty things and didn't like to follow any rules. Everyday he eats anything but healthy food and refused to wash his teeth. His mother argued a lot with him to convince him that he should brush his teeth but he was so careless.

Adam loved to eat sweets and enjoyed eating them at any time. He sneaked to eat sweets without his mother's consent.

Every night he sneaked to eat more and more sweets and couldn't stop. He didn't realise that eating too much sweets will hurt his teeth badly one day.

One night when he was eating a lot of sweets, he felt a tooth ache. That didn't stop him and he continued eating sweets even with the ache.



The following nights weren't so different from the other ones ...

Adam didn't care if his teeth ached or not he only cared about eating sweets ...

One day Adam woke up with very bad toothache. He screamed out of pain and called his mother. When she asked him what was wrong with him, he told her that his tooth hurt him so badly and that a lot of teeth hurt in his mouth hurt so much that he couldn't bare any more...

He was crying out of pain ...

His mother told him that she will take him to the dentist and told him that his teeth ached because he didn't stop

eating sweets and stopped brushing his teeth as she asked him to do and told him that it was too late now ...

Adam kept crying and couldn't stop . For the first time , he realised that he hurt himself badly and now he had to visit the dentist whom he feared so much .

You did that to yourself Adam ... You could have listened to your mother but you chose not to.

His mother couldn't find any appointment nearby with the dentist and they had to wait before they could go. This misfortune hurt Adam even more. He had to tolerate two more days before the dentist saw Adam.

It was painful for Adam but he had no other option except for waiting .

The two days passed so slow that he barely stopped crying . He kept telling his mother that he will never eat a lot of sweets again and will brush his teeth all the time .



It was finally the time to go to the dentist . When Adam saw the clinic , he felt so scared . He's always feared dentists . When the doctor saw him he asked him to sit on the scary chair to examine his teeth .

Adam sat down and didn't want the dentist to use his scary tools . After examination , the doctor told them that he had to remove a tooth because it was so damaged. Adam started to cry but there wasn't any option.

After quite a long and painful time for Adam, the doctor pulled out the tooth and showed it to Adam. When he saw it, he found it completely destroyed and coloured in black because of eating sweets.

The doctor asked Adam to brush his teeth everyday and advised him to stop eating a lot of sweets .

Adam agreed for the first time with the doctor because he had a very tough time ...

It was such a hard lesson for Adam ...

Small story in English told us the story of Adam who ate sweets a lot which resulted in his tooth ache and his visiting the dentist who pulled out his tooth .

Always remember to brush your teeth and not to eat a lot of sweets...

—Contribution by : Damnesh Kumar, Keshwपुरam, Delhi

# How The Month Got Names

**January:** The month of January is named after the ancient Roman god Janus. Janus had two faces- one is looking back and other looking forward into the future.

**February:** The month of February is named after the ancient Roman festival of Februa. Was the name of purification feast held on the 15<sup>th</sup> of the month.

**March:** The month of March could have been named so because it was the first month in Roman calendar named after the god of war, Mars.

**April:** The month of April come from the latin Aprillis, the fourth month of the ancient Roman Calendar.

**May:** The month of may was named after Maia. She was daughter of Atlas & mother of Hermes.

**June :** June is named after Juno who in Roman mythology was the "queen of heaven". As she protected marriage, a marriage in the month of june was considered the most auspicious.

**July :** Julius caesar, the famous Roman general gave his name to the month of July.

**August :** The month of August is named after Roman emperor, Augustus it used to have 30 days, but Augustus wanted his month to be equal to that of Julius caesar, so august has 31 days.

**September :** The month of September was the seventh in the Roman calendar. It got its name from the Latin word of seven called sept.

**October :** The month of october was the eighth month in Roman calendar. So it got its name from the Latin word 'octo'. meaning eight.

**November :** The month of November got its name from the Latin word for noven means nine as it was the ninth month in Latin calendar.

**December :** The month of December was the tenth month in Roman calendar so it got its name from the Latin word of ten called 'decem means ten'.





Name : .....

Father's Name : .....

Address : .....

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Mobile No. ....

### Look at the Picture and Complete the Story

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

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

A teacher was telling a motivational story .....

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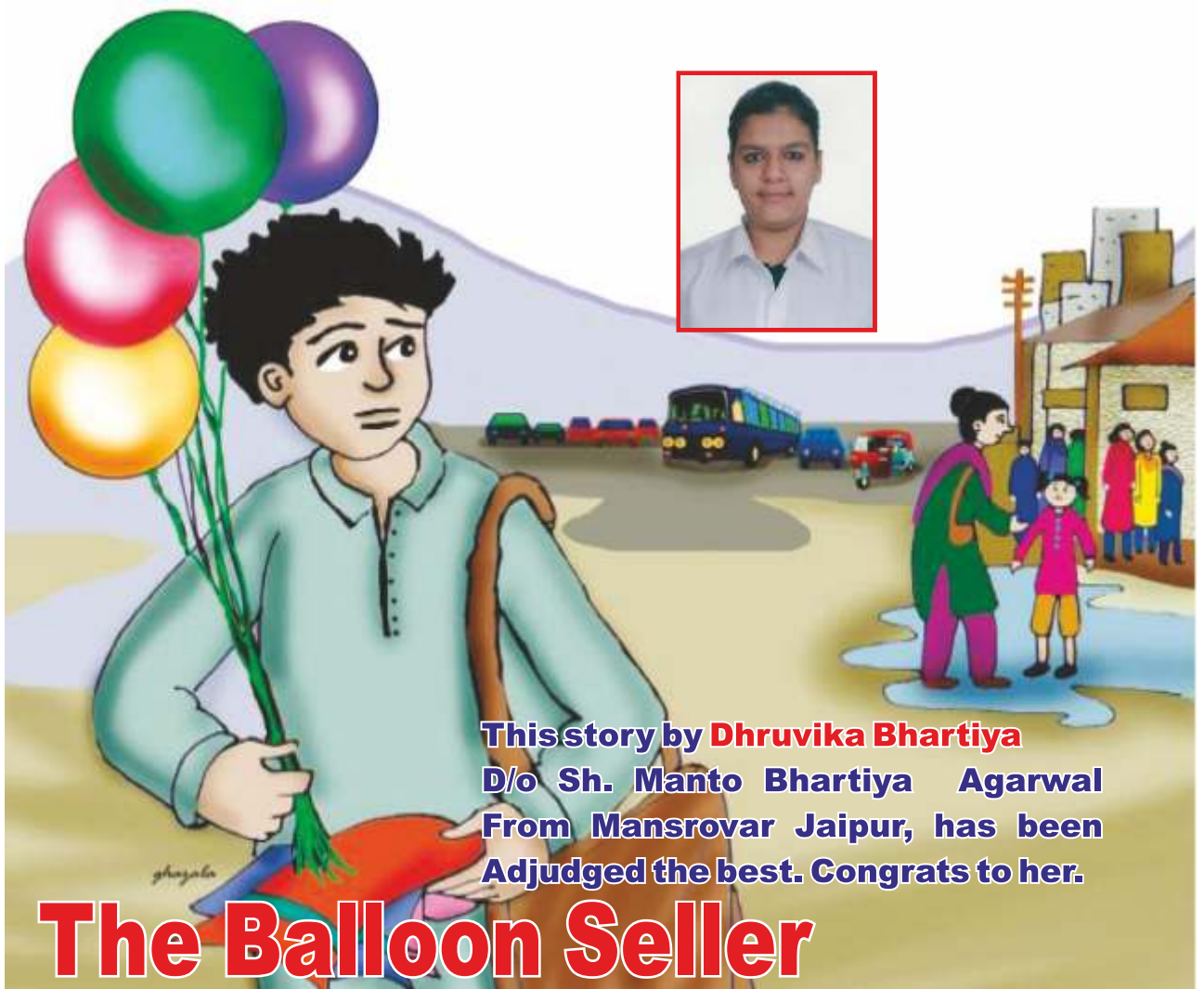
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This story by **Dhruvika Bhartiya**  
D/o Sh. Manto Bhartiya Agarwal  
From Mansrovar Jaipur, has been  
Adjudged the best. Congrats to her.

# The Balloon Seller

A balloon seller was selling balloons in the market place and a child saw him. He looked very sad and tired. Ajay went to the seller and asked why he was sad. But then his mother scolded him for talking to a stranger. Ajay, the next day again went to the balloon seller. The seller told him that he was very sad because his son was not well and he did not have money his treatment him.

After a month Ajay went to the seller and gave him money. The seller asked where he got so much money from. Ajay replied "I sold some small things without telling anyone and collected money for your son." The seller had tears in his eyes and gave a hug to Ajay and thanked him for the help.

**Moral-** Do good to others, you will feel very happy and satisfied.

—Figar **The Parrot and  
The Eagle**

A hunter had a Parrot. Once, he hunted an Eagle and shut him in a cage near to that of the Parrot.

The next day, when the hunter was away, the Eagle started breaking the cage. He was applying all his might to break away the wires of the cage. In this attempt, he even hurt his beak. The blood started oozing out from his beak. But he did not lose his heart. Rather, he started with renewed strength.

The Parrot started laughing at this foolish attempt of the Eagle. He said to the Eagle, "Brother, why are you doing this all?"

"To secure my freedom," the Eagle replied. "But you will get hurt in this way," the Parrot said.

"It is necessary to make sacrifice to attain freedom. The oozing of blood doubles my strength," the Eagle answered.

"But how long will you go on doing this?" The Parrot questioned. "Until I get my lost freedom," the Eagle replied confidently.

"But you may thus lose your life even. Of what use will the freedom be to you, then? Parrot tried to pacify the Eagle.

"To live freely is the only aim of my life. I love freedom," the Eagle said.

"Oh! You seem to be a fool. This is no way to attain freedom. See, I have been shut in this cage for the last two years. I too am trying to be free, but not the way you are doing. I first relish the food served by the hunter. Thereafter, I devote sometime daily to break the cage," the Parrot tried to be smarter.

"I fail to understand you. It's no use to live like a slave. Dear friend! I love freedom, while you love food." And the Eagle resumed his attempts.

Eagle's labour bore fruit at last. He pushed the wire of the cage so forcefully that it broke into two. The Eagle felt very happy on his success. He got out of the cage and flew high into the sky. And in no time, he vanished from Parrot's sight.



The Parrot was stunned to see this. He said to himself: "Truly, freedom needs sacrifice. How foolish I am to have spent my life as a slave. I must take a lesson from Eagle.

Like Eagle, the Parrot too started breaking the cage with his might. After continued attempts, he at last succeeded in his mission. And he could also enjoy a free life now.

Poem : Rajat Kapoor, Delhi

## Saints

**When the world moves  
in the way it does,  
Saints are not  
affected by the rush**

**They always try to help  
and others they push,  
In the direction of sanctity  
saving from sharp bush.**

**However the saints  
never have pride,  
Because they always  
keep God as a guide,  
So saints have freedom,  
while the world is tied.**





# Kitty

Story & Illustration  
—Ajay Kalara

Mom! We will go to granny's house tomorrow.



Yes dear, you can also call your friends there. Then from there you can together go for picnic.

Hello grandmother. Tomorrow, I am coming to your house with my friends.





Wow! Kitty we will all go together and have a good time.



Come on. We will be late.



Grandmother, can we go to your garden for spending some time?


Why not dear.






Wow! So many mangoes. Oh if i give these mangoes to my friends they will get less.

Wow! I will eat all these mangoes by myself.



Oh! brothers, I will eat these mangoes alone.

Oh God!, so sad. She is not allowing us to eat.



Kitty we all are leaving.

Yes! Yes! You call can leave.





Ouch!

Save me!



Oh Kitty! how come you fell down

Come we will take you to your home.



Aunty, Kitty fell down.

Sorry dear friends! Come we will all enjoy the mangoes together.

Sorry mother, I didn't allow my friends to eat these mangoes and I feel very bad that I reacted this way and yet they helped me. In future I will distribute and eat in my friends company.



# Thoughts to Ponder

- ★ Character, not brain will count at the crucial moment.
- ★ The weak can never forgive, forgiveness is the attribute of the strong. — Rabindranath Tagore
- ★ Some men are born great, some achieve greatness and some have greatness thrust upon them.  
— William Shakespeare
- ★ People generally quarrel because they cannot argue.  
— G.J.C. Chesterton
- ★ The real test of power is not capacity to make war but capacity to prevent it.  
— Anne O Hore McCornick
- ★ It is by acts and not by ideas that people live.— Anatole France
- ★ We are more troublesome to ourselves than anyone else is to us.  
— St. Francis de Sales
- ★ Man's highest life does not consist in self-expression, but in self sacrifice — R.H. Benson
- ★ There is nothing which we receive with so much reluctance advice. — Joseph Addison
- ★ Love is a commodity that never diminishes by dividing.  
— Nirankari Baba
- ★ The matchstick first burns itself before burning other things. Anger is also like a match stick; it destroys us first, before destroying others.  
— Ramaya Sree Modali
- ★ When the power of love overcomes the love of power, the world will know peace.  
★ Let us forget bitterness of the past and strive to foster mutual understanding and harmonious relations — Nirankari Baba
- ★ With beautiful deeds life becomes beautiful.
- ★ A warm smile is the universal language of kindness
- ★ Important are those who give importance to God and Love.

— Satguru Mata Sudiksha Ji



## **DON'T KILL, BUT KEEP ALIVE**

Inspirational Excerpt : Vaishali

**A**ngulimal was a dreaded dacoit. He would make garlands of fingers of those whom he would kill. He would wear such garlands. That is why he got the name of Angulimal. Robbing and killing people were just like a normal task for him. People were fearful of him. His very name chilled their blood gripped them with panic.

Once, Mahatma Buddha went to the area where Angulimal lived. People forewarned him about Angulimal and his acts. But Buddha was fearless. He roamed about that area. Angulimal came to know of it. Furiously, he approached Buddha to kill him. Buddha welcomed him with a smile and love. It was a unique experience for Angulimal. He became a little soft at such a lively behavior of Lord Buddha.

Buddha said to him "Will you please bring four leaves of the tree there?"

It was not a problem. He rushed towards the tree and returned with the leaves.

Buddha said "Now, one more job. Would you please put these leaves back from where you plucked them?"

Angulimal said in surprise "How is it possible?"

Buddha said, "Then brother when you know that which once plucked cannot be regrown, then why do you engage yourself in killing when you can not give back life?"

These words conveyed the message of truth to Angulimal. From that day on, he took shelter of Buddha and was a changed man.

# Laughing Time



Mother – Nitu, Have you turned off the gas?

Nitu – Don't worry, I have closed the door from out side.

---

A professor was one day walking along a very narrow street when he came face to face with a rival.

The street was too narrow for two to pass. The rival, pulling himself up to his full height, said haughtily, "I never make way for fools!"

Smiling, the professor stepped aside and said, "I always do."

---

A child asked to his mother : Mom! Can you give me some money?

His mom : why?

-I will give to a old man

His mom : Well done! Okay, where is the old man ?

-Mom.. He is at the end of the street...He is selling ice-cream

Father–My son, did you sleep in the examination hall?

Rajesh– Daddy, you yourself had told me that if any question was difficult to answer I should not waste time. I should do something else. So I slept





Ambulance service? It's urgent please.

What happened, Madam?

Coffee fell on my saree while drinking.

Are you really looking for an ambulance for this madam?

Actually my husband laughed at me.

Got it Madam, I 'll be there in two minutes.

Teacher : Tell me newtons three laws

Student : Sir can not recall all of them but only the last line

Teacher : Ok tell me that only

Child : .....and it is the third law of Newton



A scientist was doing an experiment. He removed a man's brain & went to take some rest. When he came back the man was missing. The scientist began searching. After some years he met this man at a bus stop. Scientist asked the man. What were you doing all this time without brain..?

Man : I had been working as a teacher in engineering college .....





★ Never test good people because they are like diamonds. When you hit them, they will not break, but they will only slip away from your life.

— Sarita Rai, Dehradun

★ The people who hide their feeling usually care the most.

— Ankita Rai, Delhi

★ May be God wants us to meet a few wrong people before meeting the right one, so that when we finally meet that person we will be grateful.

— Sudha, Azamgarh

★ Sometimes, the eyes tell a story better than the tongue.

— Avneesh Gulati, Chandigarh

★ Silence and Smile are two powerful tools. Smile is the way to solve many problems and silence is the way to avoid many problems.

— Prveen, Delhi

★ Smile more than you cry, give more than you take and love more than you hate.

— Raunak, Mumbai

★ An important matter loses importance, if it is irrelevant.

—Sagar, Wazirabad

★ For the fighter the fight itself is a victory for he takes delight in it alone.

— Kunal, Ropar

★ If you wish to reach the highest, begin at the lowest.

— Lokender, Bikaner

★ The best way to remember your wife's birthday is to remember it once.

—Vijyant Gulati , Chandigarh

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

—Dr. Richa Rai, M.B.B.S.

# Result for the month of April 2019 Issue

**First :**

**Niharika Shandil** **Age 13**  
1300 E Fairview St. chandler,Arizona  
85225 (United States)



**Second :**

**Sameep Batra** **Age 9**  
1-A-2/FF. House No. 221  
Paschim Vihar, Delhi-110063



**Third:**

**Vandita Arora** **Age 7**  
A1-101, Puri Pranayam,Sec 82-85,  
Greater Faridabad.



## Consolation Enteries

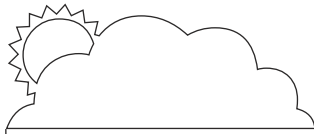
Ishana Sethi (Nirankari Colony, Delhi)  
Parul Sharma (Singapore)  
(Aryan Dev) Goa  
Mona (Old Faridabad)  
Samanyu, (Shastri Nagar)  
Pulkit (USA), Indu Sharma Kharar  
Nonu, Mahilpur (Delhi)  
Nitika Dev ( Vaishali),  
Poonam (Rohtak)  
Shelly Thakur (Gohar)  
Het Ram,Ruby (Manimajra)  
Simi (Pandoh)  
Ananya (Rajnagar Extn.)  
Pooja, Ludhiana.  
Urmil, Ahemdabad  
Sonna (Bikaner)  
Lokinder (Jaipur.)  
Preeti (Morinda), Shally (Bathinda)  
Reena (Dwarka), Manju (Mandi)  
Sunny, Samrara, Kamala (Bhojpur)  
Namarata (Palwal), Raju (Bhawini)  
Ashu (Sundernagar), Pari (Mukandpur)  
Satvik (Mukherjeenagar.)  
Kiran, Panipat, Ankita, Amarawati, Amrit,  
Hardevnagar, Ashwani, Lucknow. Sakshi,  
Barilley.

## "Colour it" for June Issue

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

The result will appear in **August 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 .....

.....

— Kiran, Delhi

# LIFE



To a student life is study

To a love sick, life is a beautiful body

To a shirker, life is nothing

To a worker, life is a constant struggle

Life is a jest for a joker

Life is money for a miser

Life is a hunt for the hunter

Life is a trade for the trader

To a fraudulent, life is a fraud

To the proud life is pride

To the patient life is a long waiting

To the healthy , life is a long comedy

Life is thought for the thinker

Life is wine for the drunkard

Life is a dream for the dreamer

Life is a battle for the warrior.



## WORDS DIVINE

1. Always remain within the command of the Master.
2. This body is like a dream. When the body itself is unreal, then all things of this world are unreal. God alone is true. Hold fast to it.
3. Body is the abode of pain and pleasure. Of necessity, both must operate. So accept them cheerfully. A great man goes through years of suffering in a matter days. So do not worry.
4. Meditation is our real work. This always be with us as it is the gift of the Master. It will grow; it will not diminish
5. Welcome the hours of pain as blessing, because both pain and pleasure come to us from Him, why resent? The lord is always with us and watches us. If pain is for our good. He sends us pain; If pleasure is to our good. He sends us pleasure. Both come to us through His will.



# HE IS THE BOSS

One fine morning, a king was going for a walk with his ministers. On his way he saw a young boy playing in mud. He ordered his soldiers to bring that boy to him. The soldiers followed the orders and escorted that boy to the king. “Why are you playing in the mud, you seem to be quite smart & bright then why are you playing in the mud & spoiling your clothes?” the king questioned the boy.

“Your majesty, I am playing in the mud because I am made up of this mud & after I die, I’ll again turn in to the same,” the boy answered with a smile on his face. The king was amazed at the young boy’s reply. The royal minister witnessing the same, approached the king & suggested, “Your majesty I think this boy is very intelligent & bright, he will in deed prove to be a wise addition to the royal court.” The king was convinced by his minister & thought this boy will be the perfect advisor for him. Resuming the conversation the king said, “Will you become my chief advisor? In return I shall give you a lot of money, power & everything you ever demand.” The boy smiled at king’s comment.

“Your majesty I’ll love to be your advisor, your servant, but I have four wishes. If you fulfil them I’ll definitely become your advisor.” The boy said.

The king agreed without thinking & asked the boy what his wishes were. The young boy presented his four conditions before the king.

1st Wish: “Whatever dish I want to eat you’ll provide me with the same, yet you will not have the same for yourself.”

2nd Wish, “You will give all expensive clothes to me to wear but you will not wear them yourself.”

Boy continued and said that the third condition: “Whenever we go for a walk, I’ll not follow you, rather we would walk together side by side.” Boy then stated his last condition: “Whenever I sleep you will look after me.

After hearing these conditions, the king was appalled & could no longer make the sense of these. “What nonsense is this I am the king. I can give you all the delicious dishes to eat, but deprive myself of all the delicious meal. I shall give you all the expensive clothes,

but refrain from wearing them myself." But whenever we go for a walk, you must follow me, after all I am the king. And lastly, why would I look after just an ordinary advisor when you go to sleep? I would not do the same for you.

The boy smiled & maintained his composure, "Your Royal Highness, then you pardon me. If you cannot accept my four conditions then I cannot accept your offer to be a royal advisor." The boy replied.

My true master(GOD)

can only be my boss. The young boy proceeded in a humble tone, "He gives me everything I want to eat, but he himself does not ask for the same. He gives me all the clothes I want to wear but he himself does not wear them back. Whenever I go for a walk, he is always with me & when I go to sleep. He watches me, but never asks me to do the same. So it is very clear, that only He can be the true Boss, my Master."

After hearing the boy's words, the king fell to the young boy's feet and said, "Please become my advisor and teach me how to lead a good life."

The boy replied in a humble way, "Please come with me, I shall take you to my Master who will bless you and guide you lead a blissful life."





**T**he first woman to join the coveted Indian Police Service (IPS) in 1972, *Kiran Bedi, was born on 9 June 1949 in Amritsar, Punjab.* She has had an illustrious career, earning widespread adulation for her no-nonsense attitude and devotion to her work. She served as police advisor in the United Nations peacekeeping department and was honored with the UN medal for her outstanding service. She earned the nickname 'Crane Bedi' for towing away the then Indian PM Indira Gandhi's car for parking violation.

Education: Kiran Bedi did her schooling from Sacred Heart Convent School, Amritsar, Punjab from 1955-1964. She then graduated in English (1964-68) from Government College for Women, Amritsar, Punjab. Later, she secured a master's degree in Political Science from Punjab University, Chandigarh. This gutsy police officer went on to secure an LL.B degree in 1988 from Delhi University and a Ph.D. on the subject 'Drug Abuse and Domestic Violence' from the Indian Institute of

Technology, New Delhi, in 1993, even while she was in service.

Family : Kiran Bedi was born to Prakash Lal Peshawaria and Prem Lata Peshawaria in Amritsar, Punjab. She has three sisters named Shashi, Reeta and Anu. All the four sisters excelled in their chosen vocations and have contributed to their respective fields. Kiran is married to Brij Bedi, a university tennis player, textile engineer by profession and a renowned social activist. They have a daughter, Saina, who is married to Ruzbeh N. Bharucha, a journalist by profession.

#### Excellence in Tennis

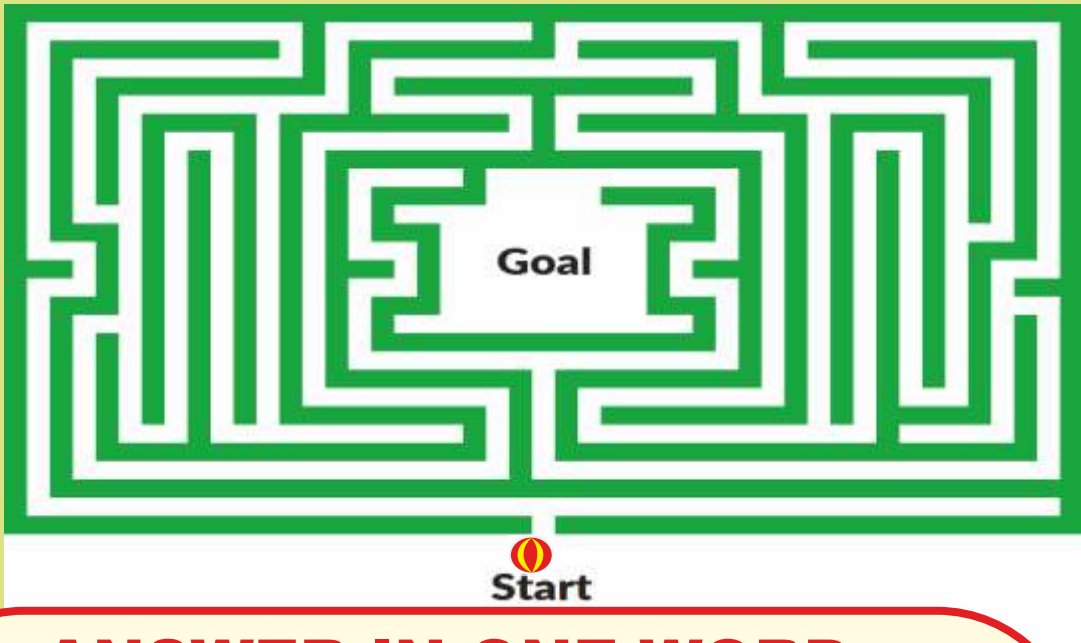
She has been an Asian tennis champion. Her father was an excellent tennis player and has trained all his daughters in the same sport.

#### Her Tenure as an IPS Officer

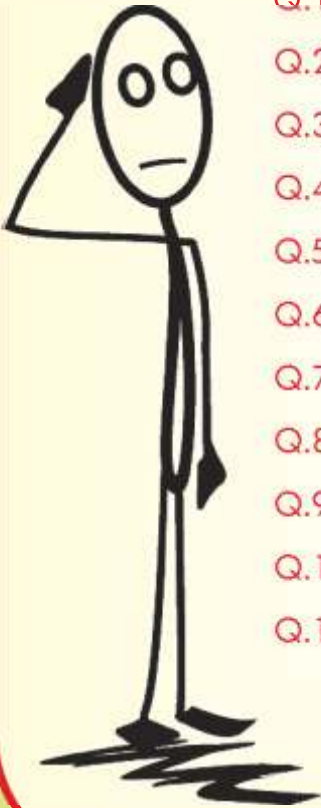
She joined the Indian Police Service (IPS) in the year 1972 after receiving training at the National Police Academy at Mount Abu. She was first posted as the Sub-Divisional Police Officer at Chanakyapuri Police Station in Delhi, which covers the areas of Rashtrapati Bhawan, PM House, Lutyens Delhi and offices of many key government officers and ministers. She then became the first woman officer to lead Delhi Police's male contingent at the Republic Day Parade in 1975. At present she is Lt. Governor of Puducherry.

—Harjeet Nishad, Sultanpur

# Maze



## ANSWER IN ONE WORD



- Q.1: Who was the youngest Prime minister of India?
- Q.2: What is currency of Iran?
- Q.3: Which thing causes harm to the files of the Computer?
- Q.4: Which is the most populous city in the United States?
- Q.5: Who is a wild four hoofed grazing animal?
- Q.6: Who was the first muslim President of India?
- Q.7: Which is a positively or negatively charged particle?
- Q.8: Which is a planet between Mercury & Earth?
- Q.9: Which is the largest continent of the world?
- Q.10: Which is the largest ocean on the earth?
- Q.11: Which is the largest desert in the world?

### ANSWERS

- 1.Rajiv Gandhi 2.Dinar 3. Virus 4.New York  
5.Deer 6.Zakir Hussain 7. Ion 8. Venus 9. Asia  
10. The Pacific Ocean 11. Sahara



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