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Outdo Your Self

A child doesn't start walking from the time he is born. Gradually the body grows and, by the time he is almost one and half years, he learns to stand by himself. Slowly he starts walking. Parents feel delighted seeing their young one stand at its feet. In the beginning he starts walking one or two steps holding parents' hands. In between the parents loosen their grip. The child sometimes falls, balances, again tries and finally learns to walk.

We all were little ones at a given point of time. Now that we have grown older, nobody is there to help us walk.

Routinely we keep telling our children to top in the class consisting of 40 to 50 students. We also encourage them to achieve this. That is how a student learns that he needs to top, but the truth is that only one student would top, not all. This practice continues in all spheres of life and takes the form of competition and sometimes conflict because from very childhood our thinking has been moulded this way. Knowingly or unknowingly we

get into a race of outperforming others.

Dear friends! Competition is natural in every sphere of life but a healthy mind and an awakened intellect can make the things pleasant and harmonious. One person wins and the other one loses. If the winner wishes the one who lost, to move ahead and be successful next time winning over his shortcomings, it will be his true victory. The one who lost must appreciate and congratulate the winner genuinely and learn the skill and art of his presentation. It shall really be wonderful.

Pure and pious spirits weather in business, profession or family shall always bring happiness. The way we slowly learnt to walk, today we must ascertain that we need to improve, grow and push our limits step by step everyday. Today I am an improved person as compared to the previous day and the next day shall be based on this improved version of mine. There shall be no discord and every next moment shall be better than the earlier one.

—Vimlesh Ahuja

SAMPURAN AVTAR BANI



IK TU HI NIRANKAR 173

NIRANKAR DI ZAT HAI SACHI BAQI JHOOTHIAN ZATAN NE;
IKO GALL HI LEKHE PAINI HOR KOODIAN BATAN NE.
DEVAN WALE DATE REHNA REHNIAN NAHIN IH DATAN NE;
IKO SACHE NAM DE BAJHON DHRIG DHRIG KARAMATAN NE.
REHNDI EY JO KOL PATI DE US DIAN WAH BARSATAN NE;
JIS DA PREETAM HAI PARDESI US DIAN KALIAN RATAN NE.
GHAR DA MALAK GHAR NA DISSE KEHDE KAMM SUGATAN NE;
KAHE AVTAR GURU DE RAHIN RAB NAL HUNDIAN BATAN NE.

THOU FORMLESS ONE 173

True is the entity of the Formless, all other entities are untrue;
Only one thing will be counted and accepted and all else is false.
The benevolent One will stay forever, while all material objects that He has given
will not; Cursed are the achievements without the true name of God.
The woman who stays with her husband enjoys the rains;
But the woman, whose beloved is far away, finds the nights dark and dreadful.
All his gifts are meaningless without the presence of the master of the house;
Avtar says, one can enjoy communion with God through the blessings of the True
Master.

Diwali In Chandanvan

Chandanvan was busy in arranging a grand Diwali festival. Motu, the elephant suggested, "Children! For this grand occasion, the ground near the stream will be ideal".

Sumukh, the monkey, Chippu the deer, Sonu the jackal, the bear Kalua, Patlu the Giraffe etc., all of them headed towards the suggested site for inspection. Really, it was a beautiful and safe place. On two sides were big hills; on the third side was a stream of shining silver water. In between was the

big ground merging ahead with deep forest. Everyone greeted Motu for his selection. Without a second thought, all of them quickly cleaned the ground. The cat aunty and Kalua bear got busy in preparing dishes and sweets. Sumukh the monkey, left to bring fresh fruits. Patlu the giraffe and Sonu the jackal left for the city to purchase crackers and fire items. Khairi the cow took the responsibility for supply of milk. Everyone was busy in completing the allotted responsibility.





Motu the elephant did not go anywhere. He sat in a corner under the shade of a banyan tree. Everyday told him, “Dada, you are the eldest and wisest. Therefore you look over the arrangements”. And, what a supervision! Anyone making a mistake would be corrected with affection. In this way, under the supervision of Motu, the arrangements were complete by the afternoon. Then everyone took a bath in the stream. Kalua the bear and cat aunty served the delicious food items and were fully enjoyed by all. After the food, Motu said, “Dear children!

Take rest till evening so that Diwali is celebrated till late night without getting lazy and sleepy”.

All of them went under the shades of trees. They felt drowsy and soon all fell asleep. Motu kept awake, and made all of them awake in the evening. After a face wash in the stream, all took light snacks.

The evening was getting darker. Illumination job was for the glow-worms. At the signal of Motu, they scattered all over the trees and hills. With this glimmering, the darkness went off. All the children got their share of

A Sharp Mind

There was a frog, a real clever one. A crow had been trying to catch him for many days. But the frog was not easy to be grabbed.

However, the crow got a good chance one day. The frog was enjoying sunbath with eyes closed. The crow came suddenly from behind and grabbed him from the leg and flew up. The helpless frog was caught unaware; but kept his cool. He started thinking of a way to get rid of the crow's fist.

The crow settled on a tree and told frog "get ready to die, man! I am going to eat you up."

By now the frog had recovered from the shock. He said smilingly "Hi, the king of crows! Perhaps you are not aware about the brown cat living on this tree". She is my aunt. If you hurt me even a bit, you won't be safe either".

crackers and fire items and went away in different directions of the ground.

Suddenly, there appeared to be a disturbance. The faces of the entire animal family went pale. Chippu, the deer jumped across the ground and approached Motu and said "Dada, the tiger in the jungle is staring at us". Motu came forward in his usual swinging style. He saw the bright eyes of the tiger. All the animals gathered behind him. The cat aunty said, "Dada, it seems all the preparations will be a waste."

"No, nothing will happen. I will make him go away". He moved a few rocks with his trunk and placed them in the direction of the tiger. Placing about a dozen of fire rockets on the rocks, he asked Sumukh "Light a match stick and touch the tips of rockets".

The jackal, rabbit, deer, speckle, etc., were looking at this exercise amazingly. Sumukh lighted the match stick and touched the tips of crackers. "One..... Two.....Three....". Looking the flamed rockets coming in his direction, the tiger got scared and ran back.

"Enjoy Diwali. Now the tiger would not have the courage to look back to this side", said Motu and went to a corner to sit. Motu was right. The tiger did not return that night. Chandanvan witnessed the most joyous Diwali.





The crow got frightened a little. But holding frog's leg, flew up to a hill.

The frog was scared now. He was convinced that the crow won't spare him. But he did not expose his fear on his face. 'Dear King of crows. Here also, you are not going to make it. I have a dog friend here. If he comes to know, your wings will be scratched apart'.

Furious crow now flew to a river bank. "Here! Nobody is going to come to your rescue, I am sure" said the crow.

Frog didn't seem to have any further trick. Still, driving some idea from his mind, the frog said "Well, now I am totally in your hands. You can eat me comfortably. But, would it not be better,

if you care to sharpen your peak, I will have less pain that way."

Crow was trapped. He said "Hey, it is not a big deal" saying so, he started rubbing his peak against a stone at a corner.

That was the best chance for frog. He immediately jumped into the water. Poor crow, he lay on the bank with a heavy face. There came a voice from the water "Hello, the king of crows! You did, no doubt, sharpen your peak. Better you sharpen your brain too. That way, you might succeed."

Poor crow! He was cutting a sorry figure for being such a brainless.

— Ashwani Kumar "Jatan"



Satguru's Tips

Satguru gives us, useful tips,
Helping hand is better than
praying lips,

Share prosperity with one
Almighty will magnify,
God blesses you.
Be fruitful and multiply,

God loves helping nature,
Helping people build our future,

Please help others ?
Without any clause,
Helping people
You will never face a loss

Thoughts



- ❖ When we perform a task without understanding it, we don't get total benefit. In the same manner in piety, when we do something it is imperative that we know its relevance and rationale. Otherwise it will come in the category of rituals and will become a misconception.
- ❖ In Nirankari Mission we do certain activities whose rationale is not known to the youth. It is natural for them to have questions in their mind. Eg. When we prepare 'Charnamrit', we perceive 'Satguru' in the saint concerned. Here spirit is foremost. It is the spirit and faith that makes this holy water act like medicine. Without faith even the medicine will not work.
- ❖ If we get the shelter of a thick tree while it is raining, we are saved from getting drenched. Similarly refuge in Nirankar protects us from miseries

and restlessness and we feel secure. We cross the journey of life afloat. During the construction of a building, support of a network of bamboos is given. In the same way if a boat is secured with an anchor it stays stable even in a storm, because it is fixed securely in the solid ground. Similarly support of Nirankar does not let us go hay wire in disturbances of life. This awareness of Nirankar dwells in the mind and soul of an enlightened saint and he lives every moment of life submitted to Nirankar. Day and night means the support and awareness of omnipresent Nirankar stays with us all the time. —Satguru Mata Sudiksha Ji

- ❖ Think ten times before speaking, when angry. —Dr.Rajendra Prasad
- ❖ A sensible person doesn't cry over past, doesn't weave dreams for future, rather makes best use of present. —Gaite
- ❖ Health leads to happiness and health can be gained by exercise. —Tomson
- ❖ Faith is power. —Robertson

■ Compiled by : Sh. Ram Prajapati

GRANDPA

Story & Illustration

— Ajay Kalara

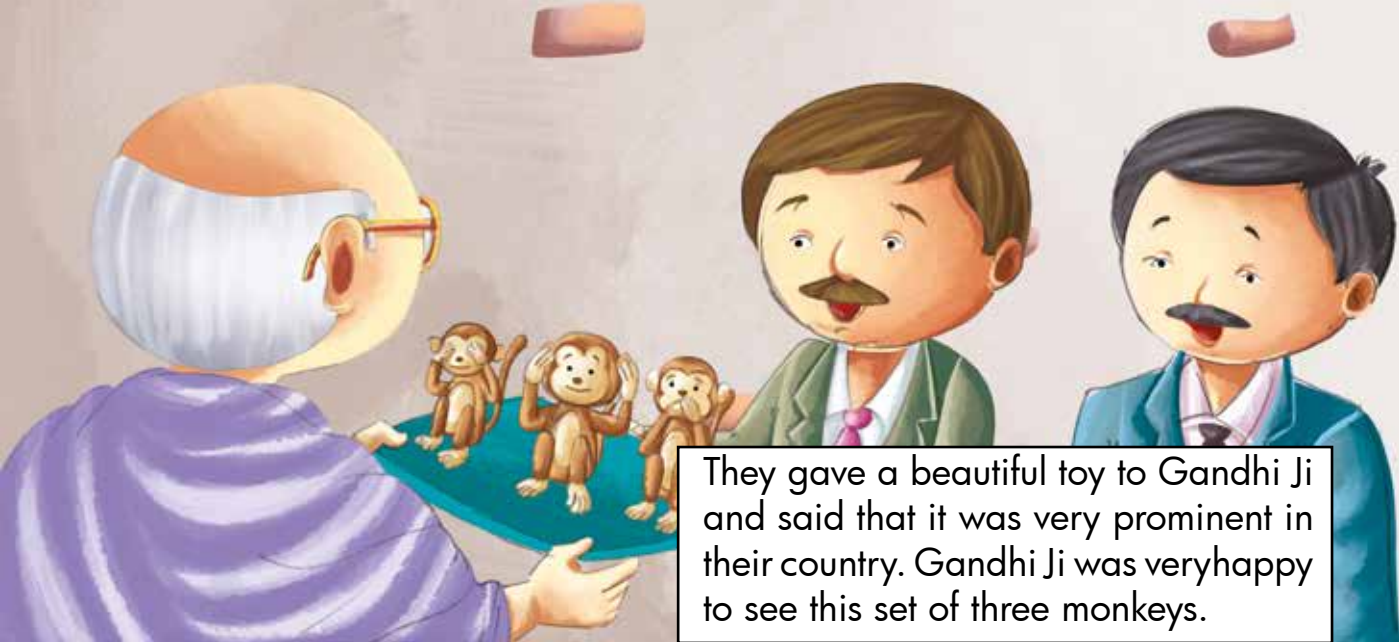


Mahatma Gandhi was called 'Bapu' with love. Children! Do you know Gandhi Ji had three monkeys also? How did these monkeys come to him?

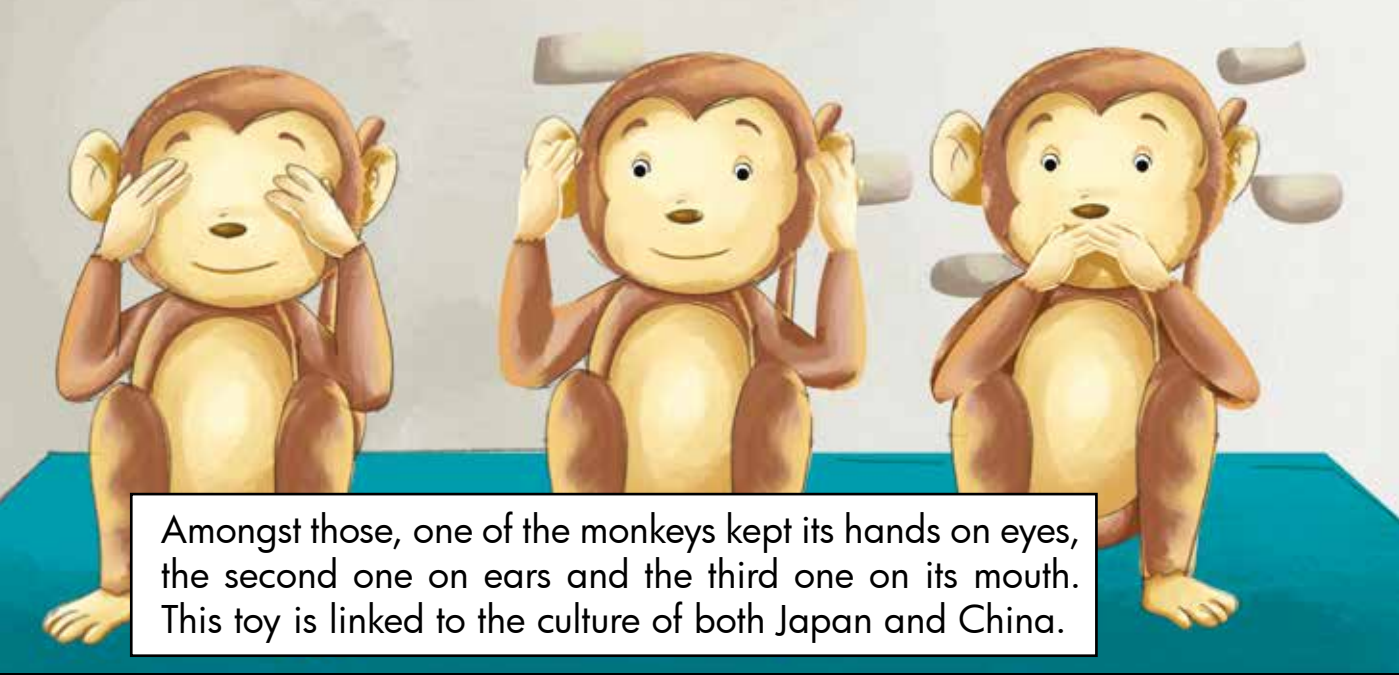
No, Dada Ji, we don't know.

No problem, I will tell you the story of three monkeys.

Once, some Chinese came to see Gandhi Ji in Shanti Niketan.



They gave a beautiful toy to Gandhi Ji and said that it was very prominent in their country. Gandhi Ji was very happy to see this set of three monkeys.

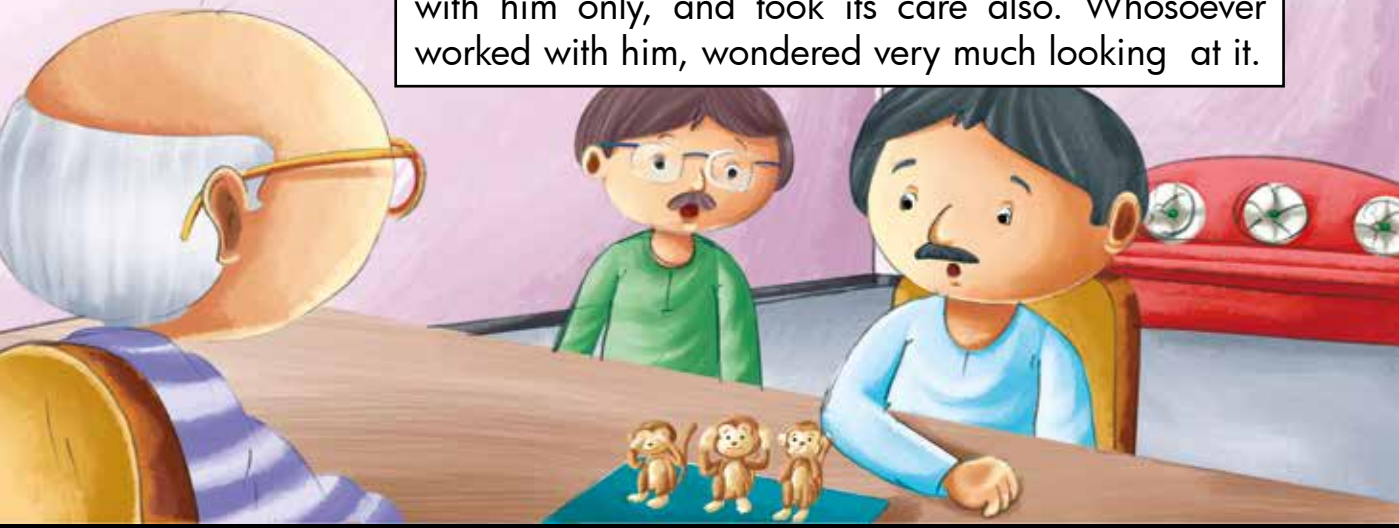


Amongst those, one of the monkeys kept its hands on eyes, the second one on ears and the third one on its mouth. This toy is linked to the culture of both Japan and China.



This toy is very attractive; It will keep it with me forever.

After that, wherever Gandhi Ji went, he kept this toy with him only, and took its care also. Whosoever worked with him, wondered very much looking at it.



One day Gandhi Ji was very minutely observing this toy. One of his companions asked- 'Bapu, you keep on looking at an ordinary toy as if some special memories are associated with it.'



Gandhi Ji said, 'It's not an ordinary toy, all the three monkeys are giving us different lessons. Look at the monkey, keeping its hands on eyes, it teaches us never to see evil and its name is Mizaroo.'





The second monkey keeping its hands on ears, teaches us never to hear evil and its name is Kikazaroo.



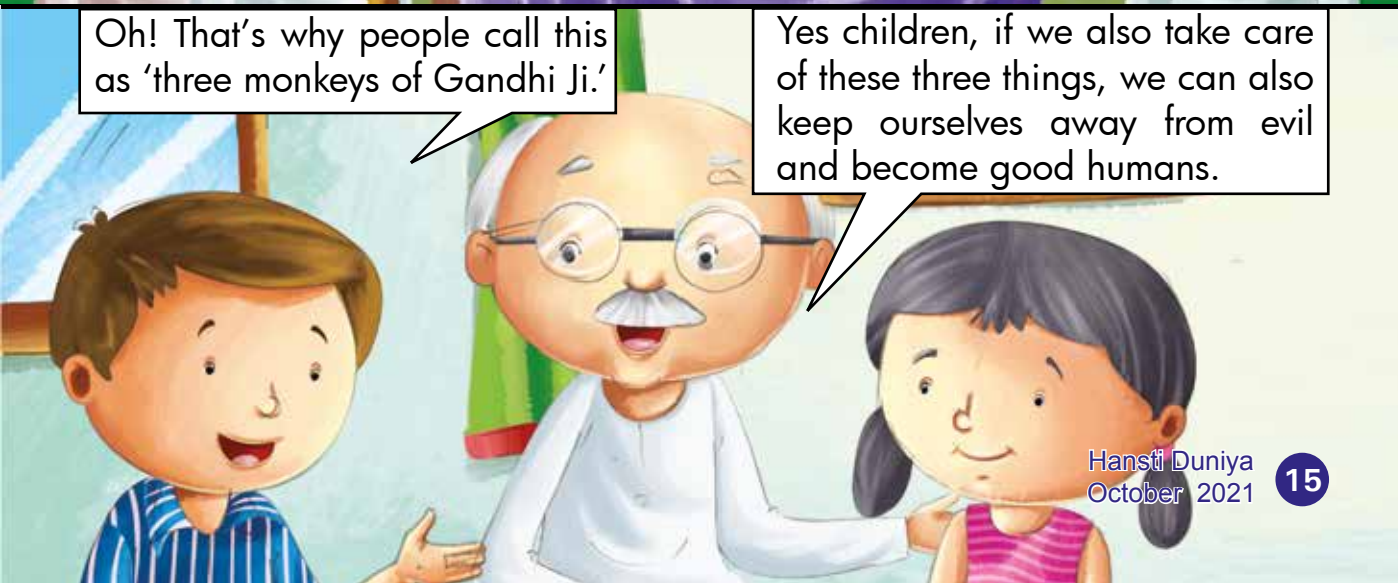
The third monkey keeping its hands on mouth, teaches us never to speak evil and its name is Ivazaroo.

Gandhi Ji said, 'Do not speak evil, do not hear evil, do not see evil' these teachings I want to spread to each and every house so that all people could save themselves from evil.



Oh! That's why people call this as 'three monkeys of Gandhi Ji.'

Yes children, if we also take care of these three things, we can also keep ourselves away from evil and become good humans.





India's Best Ever Performance in Olympics History Created by Winning 7 Medals

India won one Gold, two silver and four bronze Medals, a total of seven in Tokyo Olympics. This is the best ever performance of the country in Olympics. Earlier in London Olympics India had won two silver and four bronze Medals.

Neeraj Chopra became the second Gold winner after Abhinav Bindra, in the category of javelin throw singles.

Weight Lifter Mera Bai Chanu won a silver medal after 21 years. Earlier Karnam Malleswari had won a bronze in 2000.

Badminton star P. V. Sandhu consecutively won a bronze for the second time in Tokyo Olympics. Earlier she had won a silver in Rio Olympics.

Lovlina Borgohain the Indian boxer won a bronze in Tokyo Olympics. She is the third Indian player having won a bronze in boxing. Earlier it was won by Vijender Singh (2008) and M C Mary Com (2012)

Although Indian wrestler Bajrang Punia could not fulfill his dream of winning a gold but he did bag a bronze in Tokyo Olympics. He was the second Indian wrestler in addition to Ravi Dahia who also won a medal.

Indian men's hockey team won a medal after 4 decades in Tokyo Olympics by winning a bronze medal. It was India's 12th medal in hockey in Olympics.

Courtesy: Dainik Jagran



— Rajesh Arora

The Power of Mind

The lion Singh Raj ruled the forest Dev Van. He was very much proud of his physical strength. On the contrary he was mentally very weak. He was not a good decision maker at all. Officials ruled the subjects. There was complete disorder in his kingdom.

Taking advantage of the situation, king of the neighbouring forest Gabbar Singh attacked the state of Singh Raj. Singh Raj was defeated. He ran away from the forest and took shelter in a cave of a mountain.

Here an old monkey was busy meditating. Singh Raj stayed in the cave for quite some time.

One day Singh Raj started crying. The old monkey asked Singh Raj, "What is the matter? Why are you crying?"

Singh Raj said, "Saint! I am missing my mother land. It gave me food, water,

fruits, flowers, medicines, fragrant air and its land. I owe a lot to my motherland. I want to get it freed. But what to do? I was defeated."

The saintly monkey understood the king's mental weakness. He said, "O' king !Whosoever experiences the power of mind would know the extent of power one can attain. Awaken and enhance the power of your mind. Then you will realize that physical strength is of no value in its comparison. You are proud of your physical strength only.

When the king Singh Raj heard the words of wisdom of the saintly monkey, he roared. He gathered his friends and confidants and attacked Gabbar Singh. There was fierce fighting. Gabbar Singh died and Dev Van was freed.

Moral: Power of Mind is greater than physical strength.

HOW TO KEEP HEART HEALTHY

You know that exercise and a good diet can keep your heart healthy. But what else can you do to keep your ticker



going strong? Here, cardiothoracic surgeon Marc Gillinov, MD, recommends five key things you need to do every day to help your heart work most efficiently.

1. Eat healthy fats, NOT trans fats. They are industry-produced fats often used in packaged baked goods, snack foods, margarines and fried fast foods to add flavor and texture.
2. Practice good dental hygiene, especially flossing your teeth daily. Those who have (gum) disease often have the same risk factors for heart disease.
3. Get enough sleep. Sleep is an essential part of keeping your heart healthy.
4. Don't sit for too long at one time and remember to exercise on most days.
5. Avoid secondhand smoke like the plague. Be firm with smokers that you do not want to be around environmental smoke — and keep children away from secondhand smoke.

Follow these five tips and you'll be doing your heart a favor. You'll feel better and be able to stay active with a heart-healthy lifestyle.

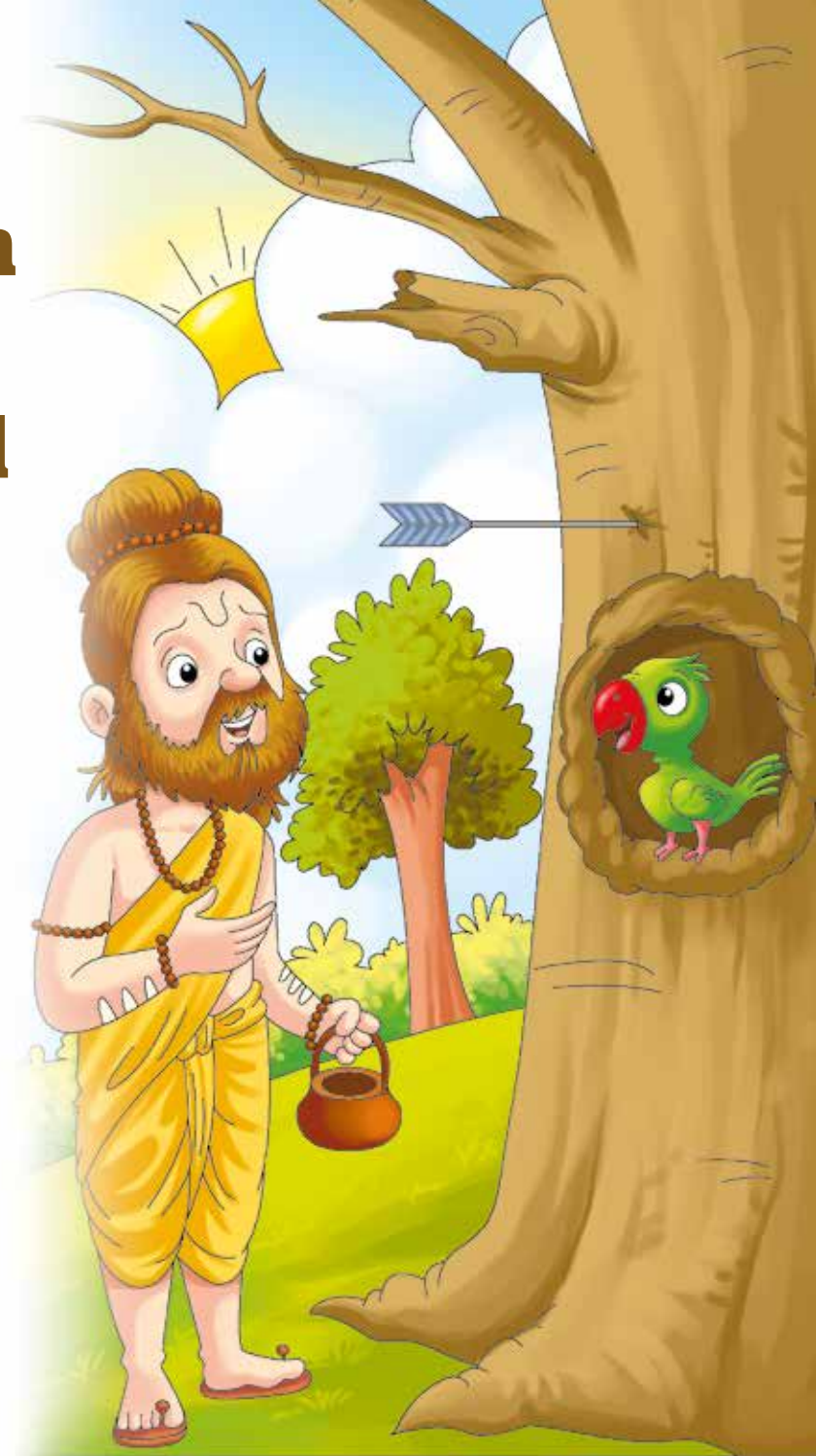


—Dr. Vijay Prakash Tripathi

A Friend in Need is a Friend Indeed

A hunter did not succeed in his venture the entire day. He got very upset. He had a poison arrow. Angry as he was, he entered the thick forest where he saw some deer. He targeted them with that arrow. He missed the target and the deer ran away. The arrow instead of hitting the deer, hit a huge banyan tree. The hunter could make out that the tree wouldn't survive for long so he returned home.

Large number of birds inhabited that tree. They would eat fruits of the tree and sing songs. The tree started withering away because of the poison arrow and the branches started falling on the ground. The birds began to leave their nests because of fear. A



parrot lived in the hollow of that huge tree. He was greatly distressed by the misery of tree. He had lived there for many years and did not want to leave the tree in that state and go elsewhere.

Lord Indra was witnessing the entire happening. He impersonated as a 'Brahmin' and came to the

parrot. He said, "Why are you staying in the hollow of this withering tree? Why don't you go elsewhere?"

The parrot said, "Lord Indra! I have recognised you. Greetings." Lord Indra was pleasantly surprised. He said lifetime of this tree is over. It will not bear fruits any longer. You go to any other big tree. You will meet new companions and get fruits for food and also a hollow covered with green leaves for living. Life will be secure."

The parrot replied, "Lord! The tree has been my companion since I was born. I opened my eyes in the hollow of this tree. I grew up and had my learnings here only. This tree has protected me in difficult times. I played and enjoyed here. How can I leave this at this difficult time?"

Hearing the parrot Lord Indra was delighted. He said, "I am happy with you. Ask for a wish."

The parrot said, "If you really want to grant me a wish, kindly make the tree green again. This is my sole wish."

Lord Indra granted the wish. He splashed the tree with immortality drink (Amrit). The tree again became green and bore fruits. Birds again started singing.

Lord Indra said, "A friend in need is a friend indeed." The tree also praised the parrot a lot.

A true friend always stands by you in the time of adversity. Difficult times are the litmus test of friendship.



— Mahender Singh Shekhawat

Who is Superior

It was the festival of Diwali. Earthen lamps were lit up all around. One of the lamps said, "See I'm spreading light and removing darkness. As the wick inside the lamp heard this, she said, "Brother lamp! I'm spreading light because I'm burning."

Hearing the wick oil quickly said, "Wick! You can't burn without me. You are burning because I am the medium. So I am superior."

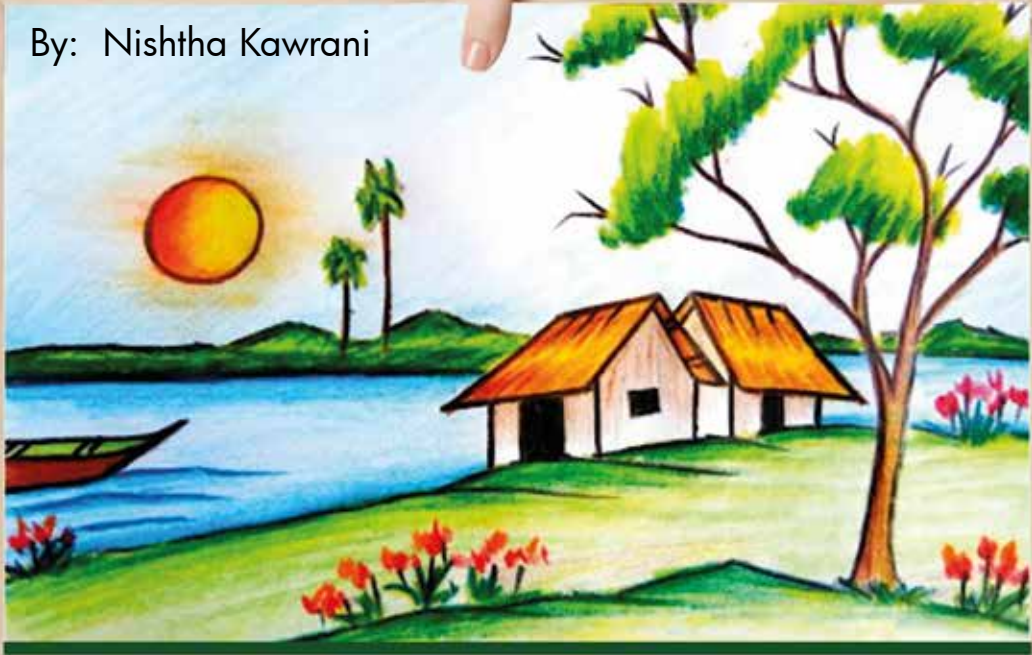
This led to arguments amongst the three of them.

The lamp said, "I'm superior. You can't survive without me. Now oil and wick started explaining their importance."

Hearing all of them clay said, "Lamp! You are superior because you have given shelter to oil and wick. But you have no existence without me. Therefore every thing is important at its own place. If we don't cooperate with each other, there will be no light. For light our cooperation is imperative."

Hearing the clay every body became silent.

By: Nishtha Kawrani



Wonders of Nature

Wonders of nature
got thunders of rain,
making us happy in
the monsoon days.

I saw birds chirping with delight
as if they will have a dinner on clouds tonight.

Nature is God's loveliest gift
but humans are creating risk to it.

It is a gift to admire and thank
but not to misuse and to make scrap.
So thank God for what he has given
do not question Him for what he has not.



The Outcome of Greed

Jheengu and Dheengu, two rats were great friends. Both of them lived in a burrow at the bottom of a thick banyan tree. Jheengu was sober and disciplined while Dheengu was irritable and greedy.

Sometimes Jheengu would bring fresh walnuts for Dheengu and at another time Dheengu brought fresh peanuts for Jheengu. They also helped each other at difficult times. Jheengu remained upset because of irritable temperament of Dheengu. He tried to counsel him many times.

One evening when they returned to the burrow, Dheengu's stomach was in great pain. In fact when he had gone

out in the morning in search of food in the adjoining field, he found a heap of peanuts.

He entered the field and ate peanuts much more than his hunger. Peanuts are difficult to digest therefore in the evening he had stomach ache. The whole night he cried out of pain.

In the morning Jheengu said, "Today we shall not go out in search of food. You rest for a while. I shall cook Khichdi. You will feel better when you eat light."

He worked hard and managed to get ingredients for Khichdi. He got lentils from Bulbul the Squirrel and Chimpu rabbit gave him salt and ghee. Golu pigeon

gave vessel for cooking and Muniya hen brought fire. Rice were already there in the burrow. Jheengu brought water from the nearby river. He really worked hard to cook Khichdi.

When Khichdi got ready, Jheengu said, "I shall come back fast after having a bath then we shall eat together. Till then you rest." When Jheengu went out to have a bath, Dheengu thought of tasting the Khichdi because there was time for Jheengu to come back. Khichdi was very tasty therefore he ate a little more. Greedy as he was, he ate the entire Khichdi of his share.

He was still not satiated. Therefore he ate Jheengu's share too. He already had an upset stomach, now that he had eaten the whole Khichdi his stomach was bloated. He started crying out of pain.

When Jheengu returned, he found Dheengu crying with pain. Without giving a second thought, he went out to call the doctor cat. He totally forgot about the Khichdi.

Dheengu drank a lot of water because of pain. So his belly burst out and he immediately died.

When Jheengu came back and saw Dheengu in that state, his eyes watered and he felt very sorry for Dheengu. He thought, if he had not eaten his share of Khichdi he would not have been in that state.

Moral—Greediness is a curse.



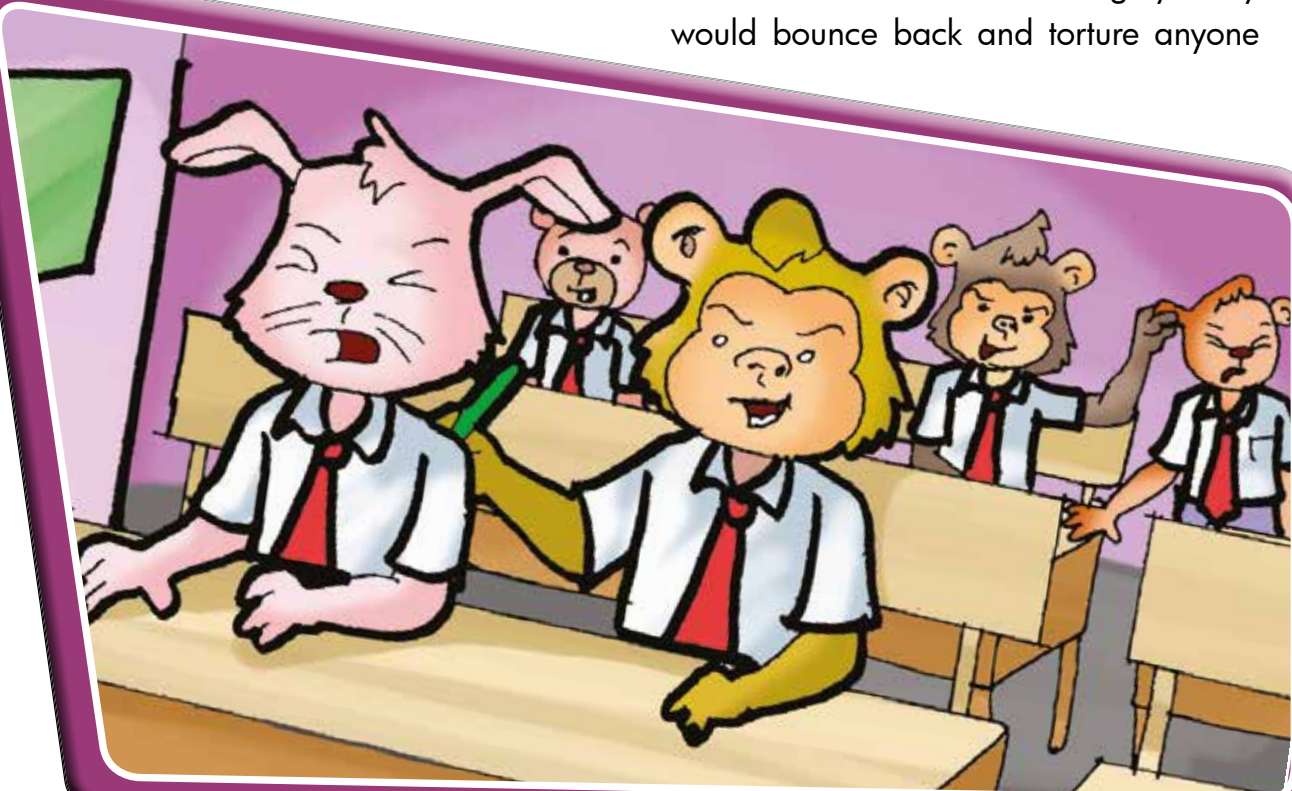
Story: Sukeerti Bhatnagar

Strength of Unity

Tunnu Monkey and his wife Tinni were quite gentle, soft and cool by nature. However, their sons – Chinki and Minki – were quite stubborn and naughty. That is why there began a commotion ever since they arrived at this new jungle, Anandavan. The peace of this new place was shattered. While at school, they wouldn't pay any heed to their teacher, the elephant grandpa at the school and,

instead, would offend other students making them miserable.

Hardly any day would pass without someone having been assaulted by them. One day they crossed the limit. They scratched the back of Balu rabbit with their pen till it started bleeding. On the other side, Minki pushed Gilli, the fox, from the swing. But both kept silent as they had no guts to complaint against these two monkeys. This fear among all, made the twosome more and more naughty. They would bounce back and torture anyone



who dared to give them any advice. Both would shout at them and say “You all are jealous of us as you are not able to climb the long and high trees, nor jump through their branches and enjoy life. If there is a flood in the jungle, you all will drown, and we will swing over the trees and enjoy the fruits”. And they would start plucking the unripe fruits and throw them here and there.

One day, Saloni, the starling, reacted sharply and said “You guys keep on boasting about yourselves. Look at me. I can fly high in the sky. And you! You take pride only in climbing the trees which can fall apart through a storm or heavy rains, or can be destroyed by fire. What will you do, if something of this kind happens?”

“Foul talk, Saloni! You are quite wise. Don’t praise yourself”, advised Hiranman, the parrot. Saloni became quiet.

“Look at this tiny bird. It will get exhausted if held even in a small grip”, said the arrogant Chinki laughing, and supported by his brother, Minki.

It had been raining for the last few days and the water started accumulating in the nearby plain grounds. The Shyama River was overflowing. The King, lion, cautioned everyone saying “Friends,



looking at the water all over, I feel that the water can enter the jungle too. Therefore, it would be better if we all move to Champak forest, as that is located at a higher level. If we do not move now, it might be difficult to do so later on”.

The elder ones consented and started moving out of Anandavan. Chinki and Minki made mockery of this move and said “Well, we are not moving. We are not afraid of the water- rise. The affected ones will be bears, wolves and fat elephants, and not we. We will live comfortably on trees, swing around, jump and enjoy sweet fruits. All the inhabitants, including their parents, tried to persuade both of them to agree for the move out. But both were adamant and insisted to stay back.

The starling Saloni, gathering her stuff, said in a sarcastic tone “These two will never agree to anyone’s advice. They would like to go on their own.” Soon everyone was on the move to the

Champak jungle. Even the ones who also knew climbing trees felt it proper, for the safety of their children, to move out with others. By the evening, the entire jungle was empty. The pervading silence of the jungle made Chinki and Minki afraid. But nothing could be done now. Slowly, the rising water started taking the entire Anandavan in its lap. Seeing this, both of them forgot about taking their pride in making fun of others, and looked really worried. The strong and cold winds and the lightening in the dark scared them and made them sit alone on a branch of a tree. They did not know when they slept.

Next morning, the first scene stunned both of them. Anandavan was completely drowned. Before they could think anything for their safety, the branch of the tree, on which they were sitting, broke and fell

into water. Suddenly they were hit by a big block of wooden log that came straight towards them. They caught hold of the block and sat on it. Floating ahead, the block came across a big tree and halted for a while. Both of them swiftly climbed the tree to save their lives. They watched the floating block and observed that several logs tightened together took a form of a strong block sitting on which they saved their lives. Had the logs been left in singles, each of them would have drowned.

The scene changed their heart. They took a strong decision to live together with others having respect and love for them. They had now well understood that the real strength lay in unity only.

Moral : Unity is Strength

Story : Subhash

Hunter And Skull

A hunter found a human skull in the forest. Surprised, he asked him: 'What brought you here?' The skull answered: 'Talking brought me here.' Amazed, the hunter ran to the king and reported to him: 'I have found a skull in the forest that talks.' Neither the king nor his courtiers would believe such a thing. So the king along with the hunter and his guards set out, to find the truth.

When they came to the skull, the hunter asked as before: 'What brought you here?' There was no answer, for the skull remained silent. The angry king called the hunter a liar and ordered the guards to cut off his head and leave it in the forest as a prey for the ants.

When everybody had left, the skull spoke again and he asked the head of the hunter: 'What brought you here?'

And the head of the hunter gave the answer: 'Talking brought me here.'



— Rita

The Richness of Justice

A king once planned to construct a summer palace. His minister selected a beautiful location. When the king went to inspect the location, he found a farmer's hut nearby.

The king thought, "How nice it would be if I could remove the hut". He called the farmer and said, "I will pay you a handsome amount. Kindly vacate the hut".

The farmer replied, "Your majesty, kindly pardon me. I am unable to vacate the place".

The king said, "You fool, I say I will pay you an amount which you would never be able to see in your whole life. Still you are unwilling to vacate the hut".

The farmer said, "My lord, this is the place of my forefathers. My father was born here. So was I. This hut is my heritage, my lord. No money can compensate for my memories".

The king was pleased with the farmer's love for heritage. The king constructed his palace near the hut itself. He was proud to say "Here is beauty in my palace, and there is heritage in that hut".



*Here **Ravan** is Set on Fire Twice a Year*

The festival of Dussehra is celebrated in a very uncommon way in Harroti Anchal. In the towns of this area Ramleela is staged before the festival. Only men portray all the characters. They wear different types of masks and crack jokes at Ravan.

It is customary to set Ravan on fire twice a year. At some places in the villages, huge statues instead of an effigy are made. They are beautifully decorated on the day Dussehra is celebrated. Pitchers filled with red coloured liquid are placed in its mouth and belly on the day of festival. The forces of Ram kill Ravan with an arrow. During the process

red coloured liquid starts flowing out of thorax and abdominal region of statue.

As the statue falls down, the villagers laugh heartily. They beat the thorax of Ravan with sticks. They also take pinches of dust of the smothered statue home.

In some parts of Harroti, horses and armaments are worshipped to keep away any misfortune. Races of horses, camels, bullocks and donkeys are organised. The owner of the winning animal is given the title 'Ravan'.

Dussehra in Harroti Anchal has a kind of peculiarity. A mood for Dussehra gets created towards the end of Navratras in the month of Chaitra. People come out of their

houses with swords in their hands to kill Ravan. Proudly touching their moustache they hit the effigy of Ravana. Dust from the effigy is sprinkled in the fields. They believe that this will protect the crops from wild animals and rats. Risky tricks are performed at religious places of villages a day before Dussehra.

On the day of Dussehra, red faced monkeys are fed to their fill with good food. The villagers go to the Jungle with a particular kind of drum. A peculiar sound is produced by beating the drum hard. Red faced monkeys get attracted to this sound and gather there. Head of the village serves food in Pattals. (plates made up of leaves) The monkeys enjoy the food. The villagers believe that Hanuman the devotee of Shri Ram disguises himself as monkeys and accepts food.

Foreign tourists are also seen in this different kind of celebration in Harroti. They take pictures of villagers while they kill Ravana to their countries.

—Jagtar Chaman



How Does a Telephone Carry Your Voice?

To understand the way a telephone works, we must first understand the way we hear. Anything that vibrates, or moves back and forth, sends out sound waves. These waves travel to our ear-drums, which vibrate in step with the sound waves.

When you speak into the mouthpiece of a phone, your voice makes sound waves. These waves hit a thin iron disc in the mouthpiece and make it vibrate. This disc is connected to a transmitter, which consists partly of a box filled with carbon grains.

As the disc vibrates, the carbon grains alternately press together and loosen, in time with these vibrations. A battery sends current through the carbon grains. This current varies according to the vibrations of the iron disc, which, in turn, varies with the sound waves made by your voice.

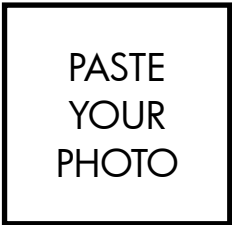
This current flows along wires connected by above-ground telephone poles and also along underground cross-country lines and undersea cables.

The person receiving the call has an iron disc in his instrument too. This disc also vibrates in time with the sound waves of the incoming call.

These vibrations cause sound waves, the same as those made at the other end, to reach the ear held to the receiver.

Would you believe.....

As of 1977, over 398,182,000 telephones were in use all over the world!



This story by **ISHA VINAYAK KOTIAN D/O Sh.Vinayak N Kotian**

B-001, Ground Floor, Brahma Darshan Complex,
Near R.K. Hotel, Virar (E) Maharashtra has adjudged the best.



The Result of Good is Always better

One day Radha was telling a story to children. The children were very excited to listen to the story about a lion and a mouse. The story was as follows-

One day, a lion was sleeping in a forest. Suddenly, a mouse came and started dancing on the lion's back. The Lion caught the mouse. She said: 'Please don't kill me and, in return, I will help you one day'. One day, the lion was hunting and got stuck in a net, laid down by a hunter. The lion started roaring loudly. The mouse heard his roar and came to the lion's rescue. The mouse cut the net with his sharp teeth. The net was cut to pieces and the lion escaped from the net.

Moral : Help those who are in need and God will always return the favor.

The Unworthy Friends

There were a few crows who had no other work than to enter the neighbouring fields and stealthily pick up corns and grains.

Once a pigeon was starving. Her master was not properly feeding her. She found that the crows were having a good time.

She asked the leader of the crows "Hello crow leader, you have nice food everyday. Can you join me also in your group? I too, would fly with you and enjoy good food".

The crows were more than happy to join a pigeon in their group; So, they readily accepted the pigeon's request.

From that day the pigeon began to go with the crows. Time was passing smoothly. The pigeon almost forgot her master

One day as usual, the crows planned to steal grains from a nearby farm. They flew out to the farm and landed greedily on the crops.

Alas! what a surprise, no crow was able to fly off. The farmer had neatly spread a net over the crops and all the crows got caught in the net. The pigeon also got trapped.

Now she thought, "Whatever be the cause, bad company is bound to lead us into trouble one day or the other".

Moral :

(EVIL FRIENDSHIP
LEADS TO TROUBLE)



Mahatma Gandhi Ji

Mohandas Karamchand Gandhi whose birth anniversary falls on 2nd October was born in the year 1869 in Porbandar in Gujarat. His father was Karamchand Gandhi and mother's name was Putlibai. Mahatma Gandhi's birthday is commemorated in India as 'Gandhi Jayanti' a national holiday and world wide as the International Day of nonviolence. He is formally referred to as father of nation.

He had elementary education in Rajkot and at 13 years of age he was married to Kasturba. In 1884 he graduated from high school. Despite his mother's resistance he sailed to London on 4th September 1888 to carry out his studies of law. After returning to India he couldn't make a career in law but in connection with a case he went to South Africa. Immediately upon arriving in South Africa Gandhi faced discrimination because of his skin colour and heritage. He lived in South Africa for 21 years.

In 1915 when he returned to India, he organised peasants and farmers and urban laborers. Collectively they protested against excessive land tax and discrimination. He further led campaigns for easing poverty, women rights and religious harmony and ending untouchability. His topmost motive was to achieve Swaraj or self rule. By 1920 he became a dominant figure in Indian Politics.

He lived modestly in a self-sufficient residential community, ate simple vegetarian



food and undertook long fasts for self purification and political protests. In 1942 he led Quit India Movement. He was imprisoned several times. On August 15, 1947 India was freed from British Rule. But the cost was high. Two new nations, India and Pakistan were formed. There was an outbreak of communal riots between Hindus and Muslims. Gandhi was blamed by supporters of both sides.

On 30th January 1948 Nathuram Godse fired three Bullets in his chest when he was going for his evening prayer. This is how a brilliant life came to an end. On 31 January 1948 he was cremated on the bank of Yamuna and his ashes buried. Shortly later a monument Rajghat was built there.



Kitty

Story & Illustration : Ajay Kalara

It is very pleasant today.
Let us go for a walk.



Why not- Let us call
Chintu & Molly.





Let us go to river bank. We shall enjoy ourselves.



Enjoy yourself. Come out neat and clean.



Save me! Save me! I don't know how to swim.



Wait. I am coming to save you.



Kitty, this is not good. What if something untoward had happened?. Let us go home.



OK I will reach first of all.



Help! Help!
I have fallen in slush (Mud)



Ha ! Ha! Let
us throw Kitty
into river, it
is necessary
to get her
cleaned.



Kitty felt ashamed. Remember
evil gets evil.

Do You Know?

Q. Where does the Solar System end?

A. The most distant planet, Pluto, is often thought to be at the edge of the Solar System. Its orbit is at an average distance of 5.9 billion kilometres from the Sun. However, some comets are thought to travel halfway to the nearest star — a distance of about two light years. This would make the Solar System about four light years across.

Q. Where are the inner and outer planets?

A. The inner planets are the four planets nearest to the Sun. They are Mercury, Venus, Earth and Mars, all made of rock and metal. The five other planets — Jupiter, Saturn, Uranus, Neptune and Pluto — are farther away from the Sun and are called the outer planets. These, except Pluto, are gaseous. The planets and asteroids go around the Sun in oval paths, or ellipses.

Q. What is an orbit?

A. An orbit is the circular or oval path that something follows as it moves through space. The planets move in orbits around the Sun. Satellites orbit the Earth. To get into orbit around the Earth, a spacecraft has to fly out into space beyond the atmosphere where it is partly free from the Earth's gravity.

Q. Which planets have rings around them?

A. Four planets have rings around them - Jupiter, Saturn, Uranus and Neptune. The rings are thin belts of rocks orbiting the planets. Saturn's rings make it the most beautiful planet in the sky.



RIDDLES

1

Do you know my trick
in cold or rain with
no oil and wick,
With lantern in my
wings, I sparkle in
dark and wink..

4

I am multi-colored red,
green and yellow;
I rest on
Flowers which
are my pillow.

5

I nibble this green
queen, it bites
me red.

6

Through grounded
feet I drink and
eat, dance but
never leave my
seat.

3

No feet but I walk,
Never change my
path. My steps are
even, home is my
heaven.

2

No stopping
at gate, bring
visuals to entertain
and update.



RIDDLES Answers

1. Firefly
2. Television
3. Clock
4. Butterfly
5. Betel
6. Tree



Laughing Time

Mohit : Why is our language called the mother tongue?

Rakesh : Because the father never gets a chance to speak.

Boss : Do you believe in life after Death?"

Employee : Certainly not! There's no proof of it"

Boss : Well, there is now. After you left early yesterday to your uncle's funeral, he came here looking for you.

Wife : I'll grant you, your fondest wish.

Man : I want a spectacular job. Something no man has ever succeeded at or has ever attempted to do.

Wife : I change you into a housewife.

Two Best advices for safe life :

1) Always speak the truth, no matter how bitter harsh it is.

2) Run immediately after saying it.

Chhotu : Brother! How do you translate 'Mein Nahin Jaanta'in English.

Brother : 'I don't know.'

Chhotu! How come you are MA in English?

Johnny : Teacher, will you punish me for something that I didn't do?

Teacher : Not at all.

Little Johnny : That's good. Actually I didn't do my homework!!

Wife to her husband in a party : For the fourth time you are going to bring Ice-cream.

Don't you feel ashamed ?

Husband: No, I keep telling that it is for my wife.

Papa : Son! Why are you carrying this weighing balance and weights in your bag?

Son : Papa !Teacher says, "Weigh your words before speaking." (Renu Hinganghat)

Amit : Sumit! Your little brother born the previous week cries too much, why?

Sumit : If you don't have teeth, no hair on your head, little feet with which you can't walk or stand and you can't even speak anything, I think you will also cry.





A monkey went up a tree. A baboon sitting there said, "Why have you come here?"

Monkey : I have to eat an apple.

Baboon : But this is a mango tree.

Monkey : Yes, I know. I have brought the apple along with me.
(Ashutosh Kumar Modi Nagar)

A police inspector scolded a man involved in a duel and said, "Take a pledge that you will not touch anybody from hair." The man said, "Sir! I cannot pledge this."

Sub Inspector : Why?

Man : Sir I am a barber.

A man who had come for an interview of a security guard was asked if he could converse in English. The guard asked softly, "will the thieves come from England?"

A child was standing close to a cage that had a lion.

Papa : Get a little away from the lion.

Son : Papa! Don't worry.
I shall not harm the lion.



Ram went to a tailor.

Ram : How much do you charge for stitching a pant?

Tailor : Rupees 500.

Ram : How about shorts?

Tailor : Rupees 200.

Ram : Ok. Stitch shorts, just they should be as long as my legs are.

Ramu bought two tickets for the bus.

Conductor : Why did you buy two tickets?

Ram : In case I lose one, I shall have the second one.

Conductor : If you lose the second one?

Ram : I have bus pass.

Tinku went out to deposit some money in the bank.

Cashier : This note is torn. Give another one.

Tinku : I want to deposit in my account
Torn or not ,should not matter to you.

A truck was pulling another truck with a chord. A man on the road started laughing. He said, "My God! Two trucks to pull a chord."

Mala : Geeta! I can't see any cheese in the vegetable curry of peas and cheese.

Geeta : Have you ever seen 'Gulab' in 'Gulab Jamun'?

—Kanchan

Apple

An apple a day keeps the doctor away. No wonder, it is a wonder fruit.

There are nearly 10,000 most eaten varieties. 7000 alone are grown in North America. In India it is primarily cultivated in Jammu and Kashmir, Himachal Pradesh, hills of UP and Uttaranchal, Arunachal Pradesh, Nagaland, Punjab and Sikkim.

It grows best in climates that are cold in winter, moderate in summer and have medium to high humidity.

Apple tree can grow from 10 to 30 feet tall and nearly as wide. It can live for hundred years or even more. Apple trees bloom in the spring, set fruit and take from hundred to two hundred days to harvest.

Some of the benefits of eating apple are :



- ❖ Keeps the teeth healthy and sparkling.
- ❖ It also keeps the brain healthy and active.
- ❖ Since it contains dietary fibres it helps in digestion and keeps intestine related diseases at bay
- ❖ It is anti cancerous because it detoxifies the body.
- ❖ Good for respiratory system because it does not allow viruses dominate in throat and lungs.
- ❖ It fights tension and maintains the level of pleasure hormones.
- ❖ Good for heart and liver because it does not let extra fat accumulate and maintains the level of cholesterol.
- ❖ Few precautions which must be taken while consuming apples.
- ❖ It should be avoided before sleep because it raises the level of insulin and sugar and sleep and sleep cycle are disturbed.
- ❖ It should be preferably taken an hour or two after breakfast or lunch because empty stomach it can cause burning, gas and restlessness.
- ❖ Eating of apple should not be followed by radish, drinking of water or milk.
- ❖ Canned juice should be avoided because it doesn't have fibre and may have added sugar.

—Compiled by : Richa

RESULT FOR THE MONTH OF August 2021 ISSUE

Amber Lamba Age-9

Abhinav Apartment,
Vasundhara Enclave,
Delhi - 110096



Sanyogita Age-10

Abhinav Apartment,
Set No. 10, Type-3,
Block-B, Delhi - 110096



Aveer Mohan Age-9

25/60, Punjabi Bagh West,
Delhi - 110026



CONSOLATION ENTERIES



Mana Chitkara (Delhi)

Isha Vinayak Kotian (Veera, Mah.)

Priyasha (Chandigarh)

Abha (Mumbai)

Komal (Chandigarh)

Raunak (Mumbai)

Avyan Rai (Noida)

Anjali (Mumbai)

Rekha (Jaunpur, UP)

Amrit (Rohini, Delhi)

Radha (Delhi)

Rita (Kanpur)

Chhaya (Azamgarh, UP)

Anmol (Parmanand colony)

Manvi Maurya (Banglore)

Jheel Lamba (Delhi)

Radha (Sangroor)

Nisha (Delhi)

Prteek (Banglore)

Rohan (Delhi)

"COLOUR IT" FOR OCTOBER ISSUE

On page 44, a beautiful picture is given; colour it and send it to us latest by **November 20, 2021**. Office address: **HANSTI DUNIYA**, Nirankari Complex, Near Nirankari Sarover, Nirankari Colony. Delhi - 110009

The result will appear in **December 2021** issue. Full name and address should be mentioned clearly at the prescribed place. Children up to the age of 15 years only are eligible to participate.

Colour it



Name :Age

Address :

.....Pin Code



—Neetu Singh

The Message of Dashanan

The war between Ram and Ravana had concluded. Ravan was lying at death bed in the war field, but Ram did not show any feeling of joy or happiness because of victory. Lakshman was surprised at this. Before he asked, Ram said, "Lakshman we are victorious for true, but today this world will lose a great intellectual and scholar. Go to the great wise man and learn from him the magic Mantra of governance.

Lakshman went to Ravana, who was lying in the war field. Standing by his head side he said, "O' great scholar Ravan! I, the younger brother of Ram

have come to you to acquire knowledge. Kindly advise.

When Ravan heard Lakshman, he said, "A person who is not humble is not worthy of being a disciple. You are standing with your armament along my head side. Is it the code of conduct?"

Lakshman immediately stood by his feet side with his hands folded leaving behind his armaments. At that time Ravana said advising him, "Lakshman you have come when I am about to depart from this world. I shall not be able to impart complete knowledge to you but I shall tell you the gist of all knowledge

based on my experiences of life. I meditated hard and acquired powers, but I used them for my selfish interests. That created many enemies. Even my younger brother Vibhishan became my enemy. I never used my power for the welfare of others.

I always considered my enemy inferior and weak as compared to me. That mistake of mine has put me in this state. Never rate your enemy inferior to you.

Lakshman! I wished for three things in life and I had the power and capacity to fulfill them but I could not do that.

I wished to make a stairway between heaven and earth, to make fire smokeless and overpower death.

These things were easy for me. I know the technique of connecting the earth and heaven as also how to make fire smoke less. I had imprisoned death. I could overpower it as soon as I wished to. But I would think what is the hurry? I shall do it tomorrow,' but before that my end came. Lakshman! My magic Mantra is never leave for tomorrow what you can do today."

After speaking this Ravana closed his eyes. Lakshman bowed his head to the great intellectual and returned to his brother Shri Ram.

—Gurdev Singh

HANSEL & GRETEL

Once, there lived a poor woodcutter in a hut in the forest with his two children—the son Hansel and the daughter Gretel. Their mother died and father married another woman. The stepmother was of cruel nature and did not treat the children well. She would often fight with her husband on trifles.

One day, she said to the woodcutter, "You don't earn enough by selling the wood to feed four members. If we get



rid of your children, we can have sufficient food."

The woodcutter silently heard his wife. She went on saying, "Go and leave the children so deep in the forest that they can never come back." But fortunately the children overheard their step-mother. Gretel was too nervous and shocked. But her brother pacified her saying, "Don't worry, we will find our way back."

Hansel collected some white pebbles and put them in his pocket.

That night, the wife kept on pressuring her husband to get rid of the children by leaving them in the forest. Next day, the woodcutter took the children with him and went deep into the forest. There he said to them, "Wait for me till I return with wood." Both the children waited for long. But their father did not come back. Evening approached and it began to get dark. The children got frightened. Gretel started weeping. Hansel also felt sad. But, he consoled Gretel saying, "Gretel, don't worry. Stop crying. I am with you. We shall find our way back home." "But how?" asked Gretel sobbing.

"I dropped white pebbles on the way while coming to the forest. I will follow them to go back." said Hansel.



Fortunately, it was full moon night. The pebbles could be seen easily. Hansel caught the hand of his sister and followed the pebbles. Soon they reached home. The door was closed but they entered the house through the window and slept on the bed.

In the morning, when their stepmother saw them she was furious. She scolded the children and locked them in a room. Then she said to her husband, "You are good for nothing. Both the children have come back home!"

The woodcutter was very happy to see the children back. But kept quiet in front of his wife. She locked them inside a room and kept them without food and water. She gave them dry bread at night. Gretel ate it but Hansel kept it in his pocket.

Next day, the woodcutter again took them to the forest. Hansel dropped the pieces of bread on the way to find his way

back home. But the birds ate the bread crumbs. So when they tried to return they could not find the pieces of bread and hence got lost.

Gretel began to cry and said, "I feel afraid in the forest. I am hungry and cold." Hansel pacified her and they sat under a tree.

Both, the brother and sister spent the night in great fear under the tree. Next day, they again began to look for their way home. They were lost in the forest. Wandering about in the forest, they suddenly saw a hut there and went near it. Seeing the hut, Hansel was amazed, "Oh, this hut is made of biscuit and chocolate and ice-cream!"

"Yes! I am hungry, let us eat said Gretel. They ate chocolate and ice-cream. The door of the hut was opened by an old, ugly woman. Both the children got frightened looking at her.

The old woman said, "Do not be afraid. Come in and have something to eat as both of you must be hungry."

Hearing the old woman both the children became happy and went inside. The old lady was a wicked witch. She used to kill and eat the people who lost their way in the forest. She fed both the children and then said, "Listen O girl! Do all the work of the house. And you boy! You are lean and thin. First I will make you fat and then I will eat you." Saying so she locked Hansel in the cage and engaged Gretel in the chores of the house.

From that day Hansel was pampered by the witch. The witch used to touch the boy's finger to check whether he had grown fat. The children came to know that her eyesight was weak and she couldn't see well. So Gretel gave a thin bone of a cock to her brother. Whenever the witch





wanted to see the finger, Hansel showed her that bone. The witch got angry and said, "You eat too much but do not get fat. I cannot tolerate it now."

So, one day the witch said to Gretel, "Today I will eat your brother. Go and keep the oven ready."

Gretel went into the kitchen and got the oven hot. Then the witch asked her again, "Go and see if it is hot enough."

Gretel went but came back quickly. She said, "I don't know whether it is hot or not. You go and see for yourself." So the witch went to check the oven. When she was peeping into the oven, Gretel pushed her into the oven. She was burnt alive. Gretel then rushed to her brother and opened the cage. They hugged each other happily. Both lived there for some time and then decided to put the gold coins hidden by the witch in a box and

start for home. Luck favoured them this time and soon they found their way back home. They saw their father. He looked sad and was sitting outside the house. They rushed to their father who hugged his children and said, "I am very happy. Your step-mother has died. Now you will live here happily."

Gretel said, "Promise us that you will never leave us in the forest."

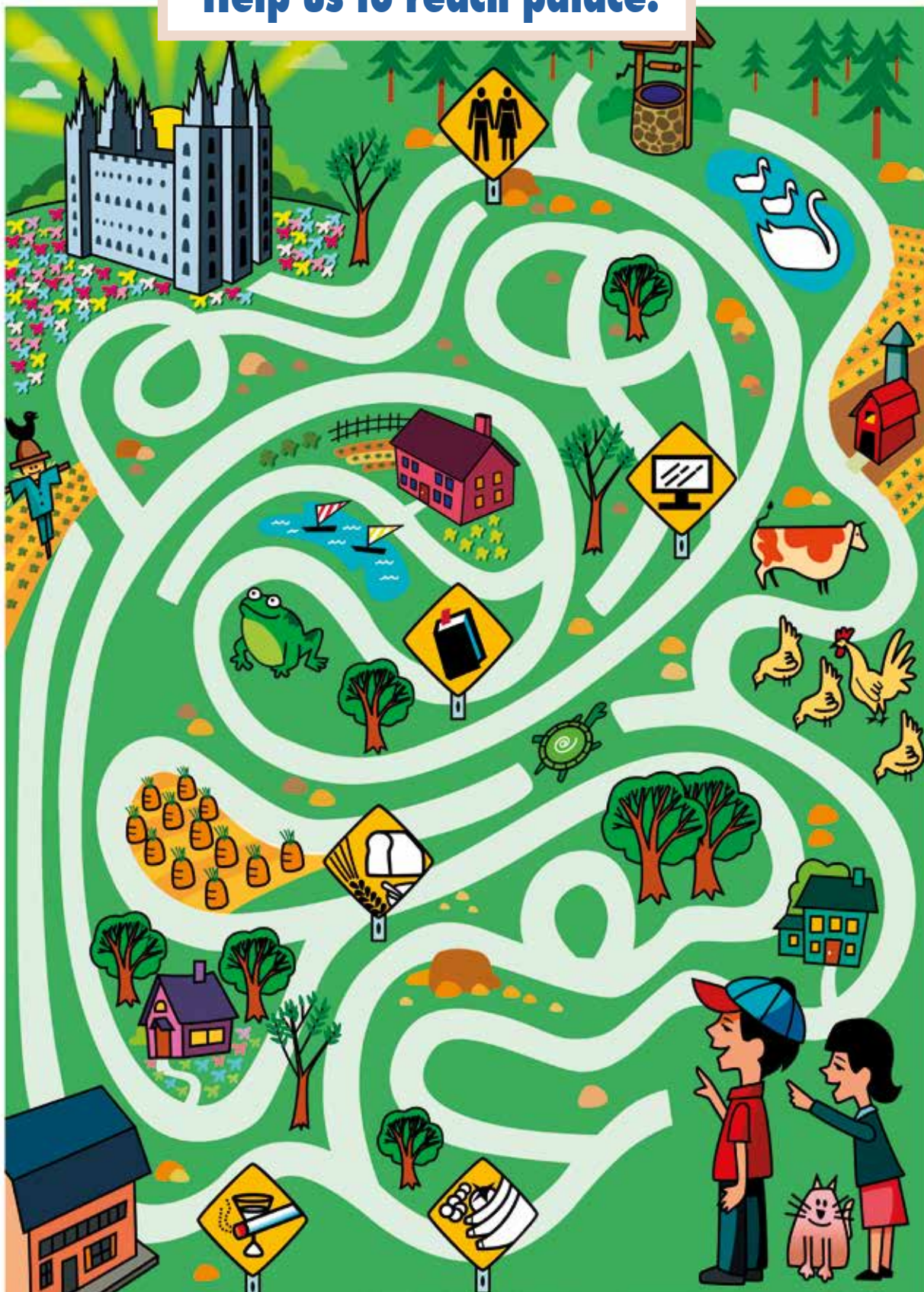
Father promised and kissed Gretel on her forehead.

Hansel showed the box of gold coins to his father and said, "We won't have to suffer any hardship now. We are no longer poor. We will lead a happy life. See these gold coins."

The woodcutter was very happy. He hugged both his children. They began to live happily together.



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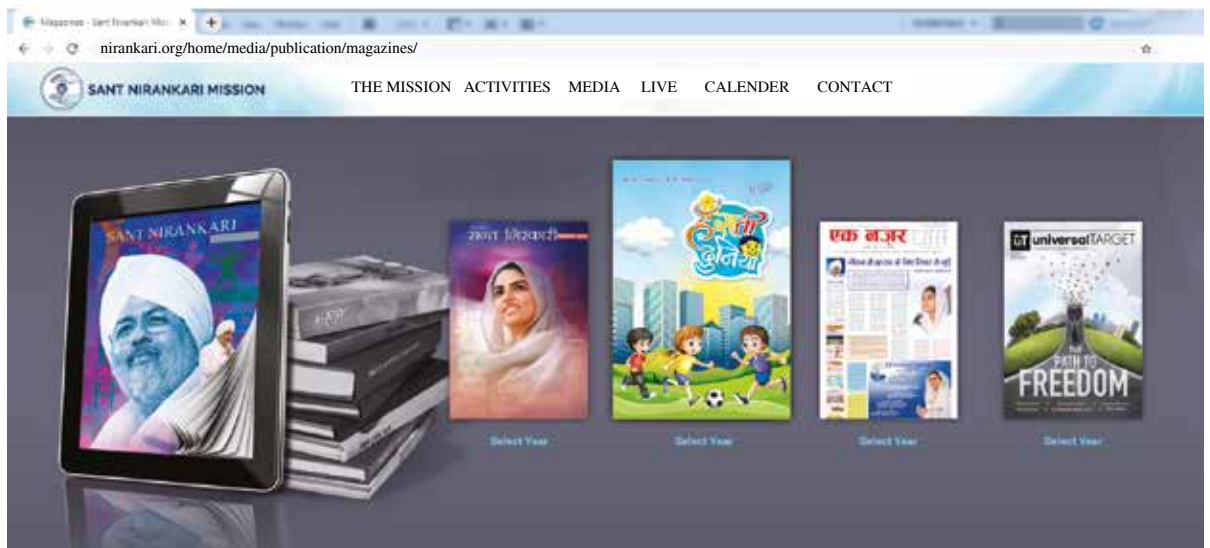
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