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Be Vigilant

The day we are born the cycle of life begins. Days become months and then years. As time passes, we continue to grow physically and evolve mentally.

Everybody wishes for name, fame and respect. Expecting respect from others is natural but do we respect others equally. We respect youngsters & gain reputation in the society. But we forget to respect our elders.

Education is the foundation on which our entire life rests. Schools, colleges and universities alone are not centers of education. Time and circumstances, specially difficult ones also teach us a lot.

The year 2021 is about to end. One more year will replace it. What did we learn or try to achieve? This is time to introspect.

An honest, true and sincere introspection will clearly show what we lost or gained during this year. Time will continue to flow. Time to enrich ourselves for becoming better beings will become past.

We expect others to treat us in a particular manner. We need to enrich ourselves with the same qualities we expect from others ie if we expect love, support or respect, we need to do the same unto others. This is the law of nature. The seed we sow grows into a tree. The enrichment process is time consuming but focused persistent effort does bear fruit. This is how we can shape ourselves in every sphere of life. Time once gone never comes back and becomes history. The moment lived without awareness shall never be redeemed. Therefore it is imperative that we live every moment mindfully, Lovingly and in self awareness. Life lived with these attributes shall become meaningful.

—Vimlesh Ahuja

SAMPURAN AVTAR BANI



IK TU HI NIRANKAR 175

TERI QUDRAT DA HE DATA ANT KISE NAHIN PAYA EY;
GITA GRANTH TE VEDAN NE VI TERA HI JAS GAYA EY.
LASANI LAFANI DATE KULL SIFTAN TON BAHIRA EYN;
DUNIYA DE LAYEE GUPT EYN BHAVEN BHAGTAN DE LAYEE ZAHIRA EYN.
HUKAM TERE NAL IS MAYA NE JEEAN NOON BHARMAYA EY;
HUSAN JAWANI DA DE CHAKMA CHAKRAN DE VICH PAYA EY.
IK TIL DA VI AQALAN WALE KAR SAKKE VISTHAR NAHIN;
TERI MEHMA TOOHION JANE TERA PARAVAR NAHIN.
MANMUKHAN NOON SAR NA TERA BHAGTAN NE PEHCHAN LIYAI;
KAHE AVTAR GURU TON JIS NE RABBA TERA GIAN LIYAI.

THOU FORMLESS ONE 175

O' the Benevolent Lord, none has encompassed the extent of Thy Creation;

The Gita, the Adi Granth and the Vedas have described only Thy glory.

O' the matchless and immortal Benevolent Lord, Thou art beyond all attributes;

To the people of the world Thou art hidden but to the devotees Thou art manifest.

It is under Thy command that the materialistic world (Maya) has deluded the human beings;

By giving deception of beauty and youth, people have been put to confusion.

The intellectuals have failed to expand Thy Creation even by a tiny bit;

Thou alone knoweth Thy greatness, Thou art infinite.

The self-willed do not know Thy secret but devotees have recognized Thee;

Avtar says, O' God, they are the ones who attained Thy Knowledge from the True Master.

Talking to Flowers

Poem : Avinash 'Fitrat'

Bloom thou
O beautiful flower
And make the earth
An attractive shelter

With thy hues
The day look bright
And thy fragrance
Does scent the night



The fragrant air
That comes from you
Makes gloomy face
Smile all the day through

The moths find life
From thy charming beauty
And it is you
Who amuse the butterfly

You really make
Paradise of the earth
Else, to reside
It may not be so worth.





DROPS CREATE AN OCEAN

Naren, the rabbit, was quite sharp at studies. He always stood first in his class. All the teachers of the school were very fond of him. Naren, too, was equally respectful to them. However, as sharp he was in studies, so much lazy he was in social works. Reason being that he lived in a remote area, away from the society. He was absolutely blank about how to behave and what to speak with others. Therefore, he could not get noticed in the society.

One day, sitting on a bed at the front of his house, Naren pondered as to why people ignored him. Why was it that the amount of love and affection he received

from his teachers, was not forthcoming from people of the society. It hurt him from inside. Chunky, the monkey, who happened to pass by, asked Naren "What is the problem, Naren? Why so sad?"

Naren said in a low tone "Chunky brother, I am not as popular as I am in the school. I cannot figure out the reason for this". Chunky replied "You are popular among the teachers in the school because you are quite active and good at studies. Same way, once you become active in social works, the society will also shower love and affection on you. "But, how will I command love and

affection? I am totally new in this field."

"Make contacts with people".

"What will happen, then?" "You will know more and more about them."

"It will require making contacts with people and their families".

"Yes", said Chunky. "But, if you want to be popular and command respect of the people, you will have to make special effort".

"And, what is that?" Naren was getting impatient.

"Make a new contact each day. Because if your contacts are with a few and limited number of people, your knowledge and experience will remain limited." But, if this keeps on increasing, nobody will be able to compete with you in knowledge and experience about people and their families". Each piece of information from a new family each day will add to your popularity in the same way as a drop added every day leads to the creation of an ocean one day.

Naren understood what Chunky taught. He started making a new contact every day. Soon he became popular in the society. Now, he was able to command love and affection of both the teachers at school and the people in society.



The Exact Painting

—Subhag Soni, Delhi

The royal painter at Akbar's court had a problem. He did not know how to solve it. After much thought, he decided that he should consult Birbal regarding the problem. He went to see Birbal.

"Come, Fazlji, what made you come this way today?" asked Birbal when he saw the painter. "Birbal, I have a problem," said the great painter.

"How can I help you?" Birbal said with a smile.

"Liaqat Ali, the rogue had commissioned me to paint a picture of him. He said that the picture must be exactly like him. I agreed. Last



week, I went to his house and spent the entire day painting his picture. That day he had a beard and a moustache. By nightfall I had completed the sketch. I said I would complete the painting and bring it after some time. Next day, when I went back with the complete painting, he had shaved off his beard. He refused to accept the painting on the ground that it was not his exact image. That day I again spent the entire day painting his sketch. But when I took back the picture he had shaved off his moustache. In this way he has been troubling me everyday. I don't know what to do," said the painter.

"I see. I have an idea. Follow my advice closely and your problem would be solved," replied Birbal.

The next day, the painter went back to Liaqat Ali. "Well Fazlji, have you brought my picture?" asked Ali.

"Yes," the painter said and gave him a package wrapped in paper. As soon as Liaqat Ali opened the package, he found a mirror in it. He became angry, "I had asked for a painting and you are giving me a mirror."

"Yes, but you insisted that the picture should be exactly like you. Only a mirror can fulfil your wish. Keep this mirror," replied the painter. Liaqat Ali realised his mistake, and agreed to pay him the money for the pictures that he had painted. The painter returned and thanked Birbal profusely. ♦

Thoughts

- ❖ A bitter tongue makes life bitter.
- ❖ In the times of difficulties do not ever say, God I have a big problem but, instead say, hey problem, I have a big God and everything will be all right.
— Nirankari baba
- ❖ Men are born with two eyes, but only one tongue in order that they should see twice as much as they say.
— Colton
- ❖ Flatterers are the worst kind of enemies.
— Tacitus
- ❖ "Happiness is when what you think, what you say, and what you do are in harmony."
— Mahatma Gandhi
- ❖ "Don't cry because its over, smile because it happened."
— Dr. Seuss
- ❖ People are just as happy as they make up their minds to be."
— Abraham Lincon
- ❖ "I am determined to be cheerful and happy in whatever situation I may find myself. For I have learned that the greater part of our misery or unhappiness is determined not by our circumstance but by our disposition."
— Martha Washington
- ❖ "Caring about others, running the risk of feeling, and leaving an impact on people, brings happiness."
— Harold Kushner
- ❖ "Its so hard to forget pain, but its even harder to remember sweetness. We have no scar to show for happiness. We learn so little from peace."
— Chuck Palahniuk
- ❖ Know how to listen, and you will profit even from those who talk badly.
— Plutarch
- ❖ He conquers who endures.
— Persius

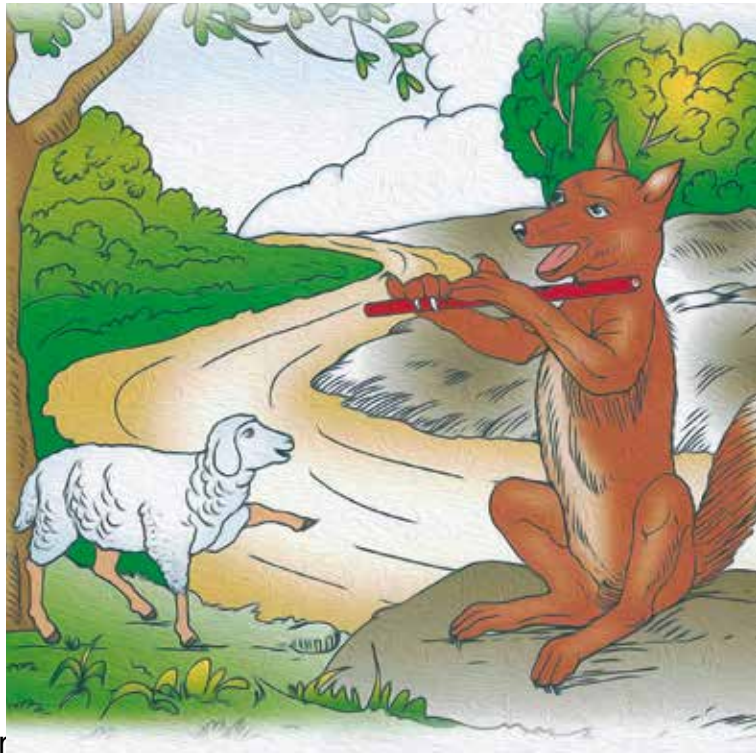
The Foolish Wolf's Flute

There was a large flock of sheep grazing on a lawn. A wolf stealthily stole a lamb. The lamb tried hard to get away but it could not. As the wolf was about to kill the lamb, an idea struck in the lamb's mind.

The lamb pleaded, "Oh wolf! I know that I am going to die now. Will you be kind enough to fulfill my last wish?"

The wolf asked, "What is your last wish?". The lamb replied, "I am fond of music. Before I die, I wish to hear, you play the flute". The wolf agreed and played the flute.

When the wolf stopped the lamb said, "Oh! what beautiful music! Will you play a bit louder, please?. You play far better than my shepherd".



The wolf was pleased by the flattery and started to play louder. In the mean time, the shepherd and the dogs who were in search of the missing lamb heard the sound. They came running and caught hold of the wolf. The lamb happily trotted away to his flock.

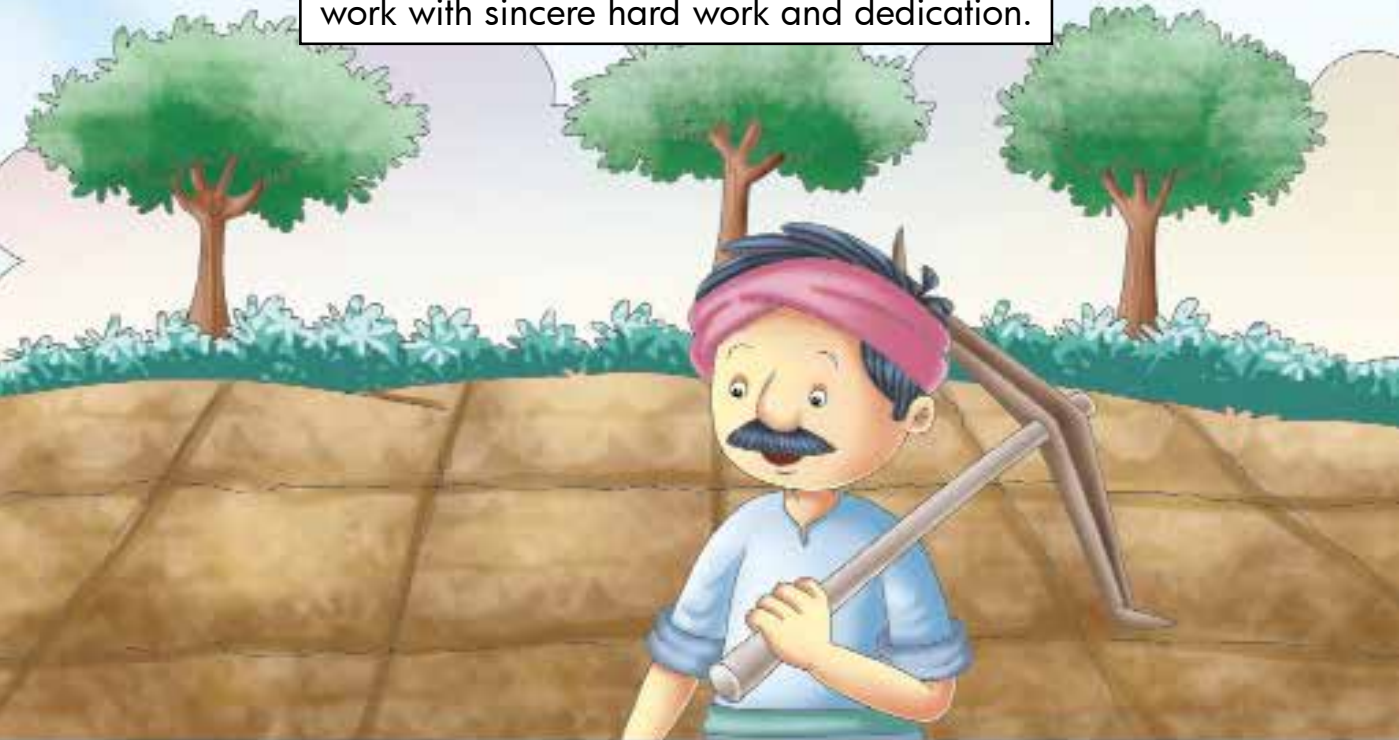
**Moral : Where there is
a will there is a way.**

GRANDPA

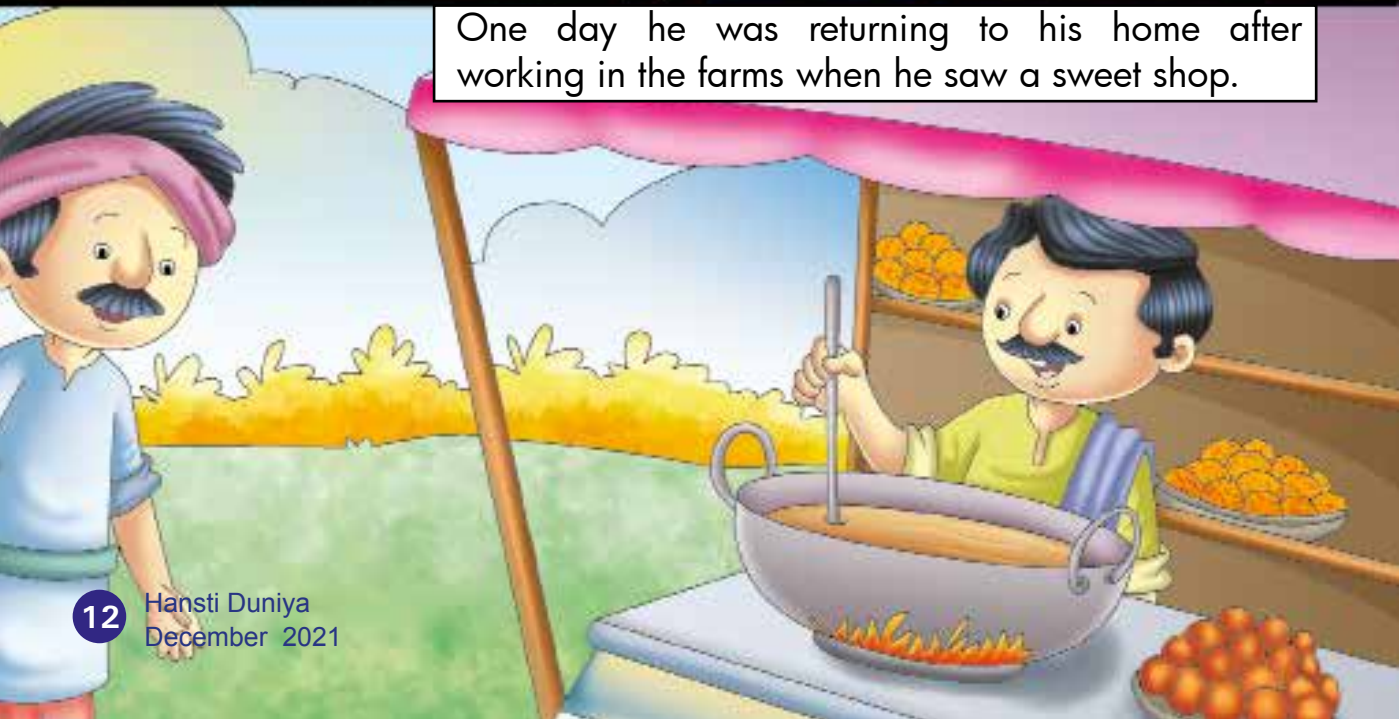
Story & Illustration
— Ajay Kalara

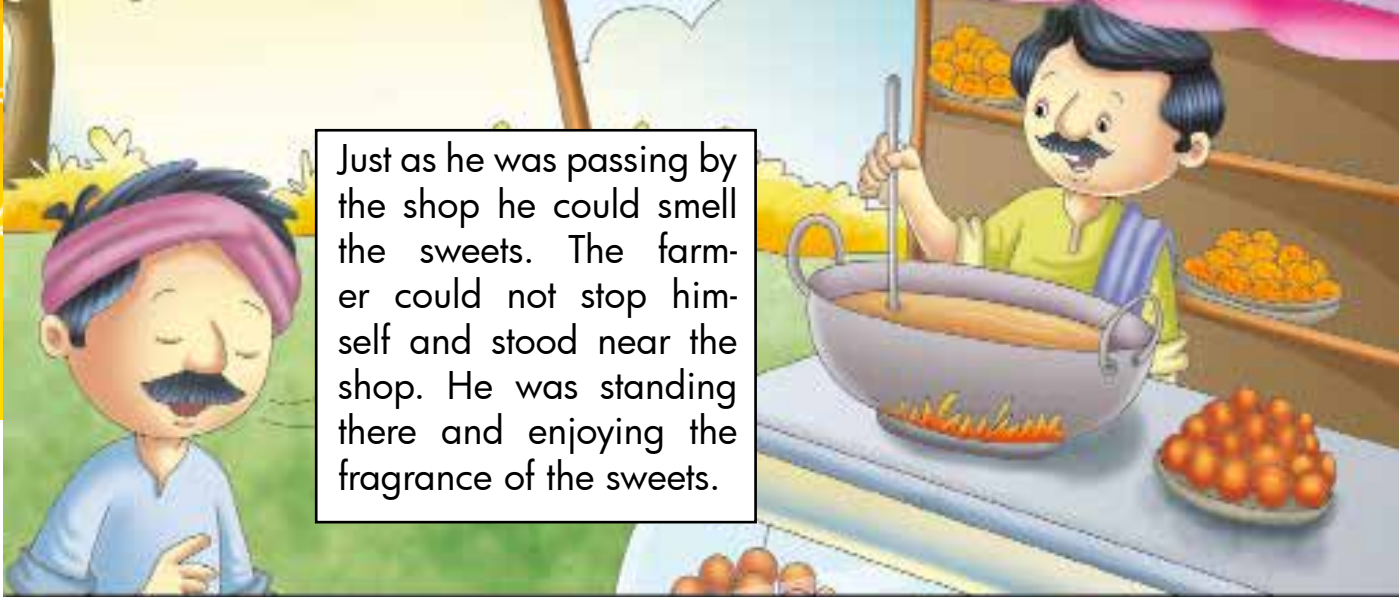


Once there was a farmer. He would do his work with sincere hard work and dedication.



One day he was returning to his home after working in the farms when he saw a sweet shop.



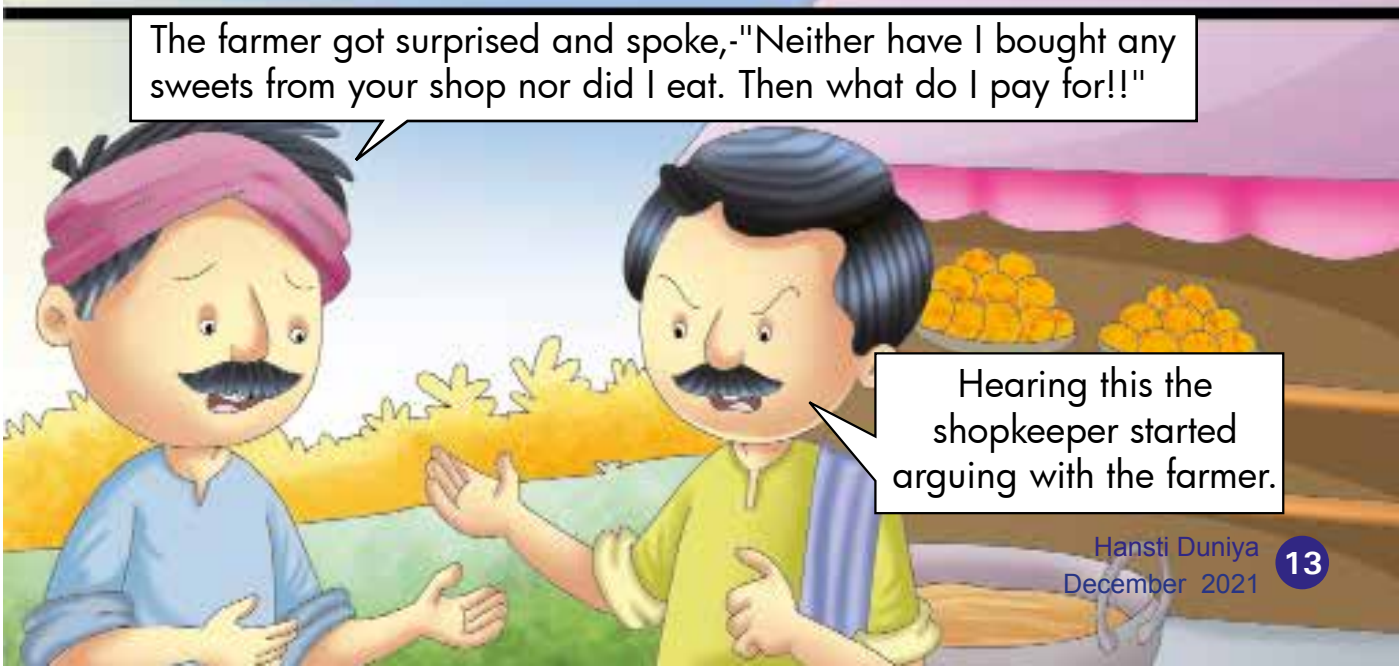


Just as he was passing by the shop he could smell the sweets. The farmer could not stop himself and stood near the shop. He was standing there and enjoying the fragrance of the sweets.



When the shop owner saw the farmer enjoying the fragrance of the sweets he went near him.

Shell out some money now.



The farmer got surprised and spoke, "Neither have I bought any sweets from your shop nor did I eat. Then what do I pay for!!"

Hearing this the shopkeeper started arguing with the farmer.



Oh what happened. Why are you two arguing?

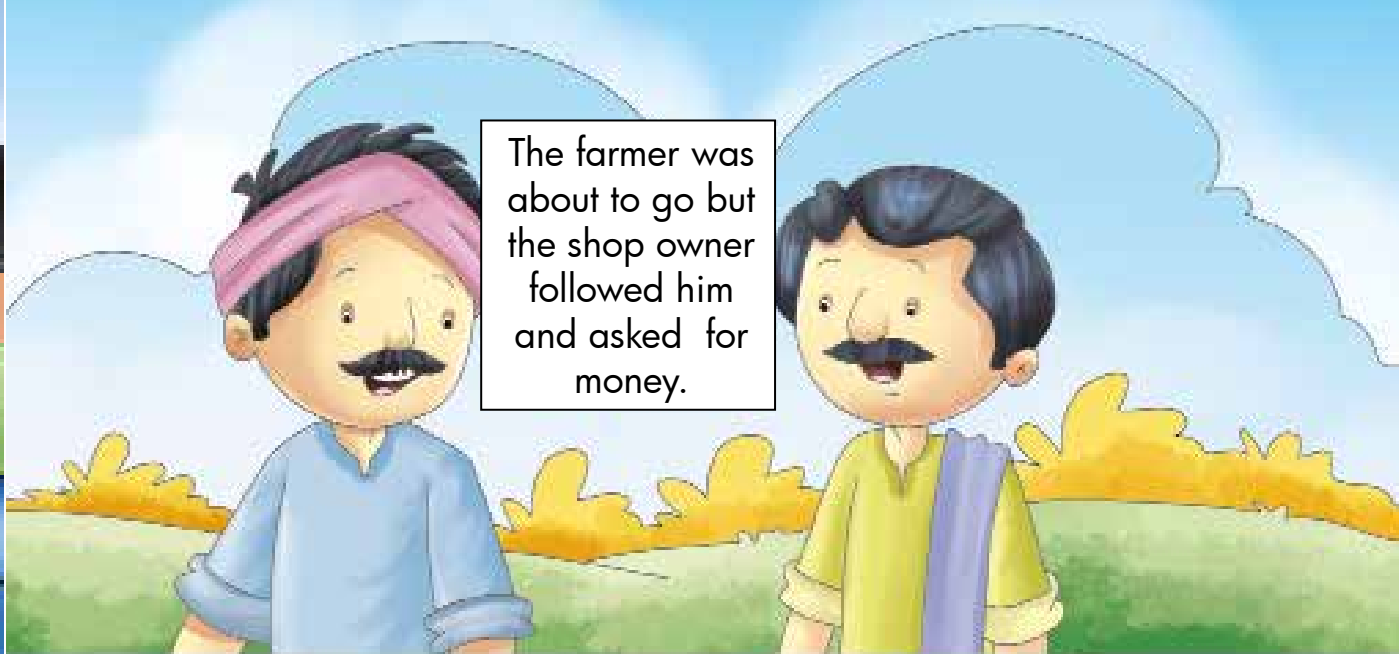
The farmer told everything.



Ok brother!
I will give
you a
suggestion.



The farmer went to the
sweet shop owner.
He took some coins
out of his pocket and
shook the coins.



The farmer was about to go but the shop owner followed him and asked for money.



Please give me money.

Like my smelling of the sweets is equal to eating the sweets, even my jingling of coins is equal to paying the money.



Hearing this everyone started laughing loudly and the shop owner went away from there shame faced.

Moral: With the help of wisdom all problems can be solved.

The Winter

Uf! Thou O' Winter Waves
How unfriendly are you knawes!

Everyone does grind his teeth
All shiver with terror of thee
Sun seems on holiday
As if lost has it heat

All shun the early rise
Blankets and quilts are wise
So, all day we keep in bed
Away from the waves' bite

Please stop the running water
Else, for school,
We'll be defaulter.

Mom calls for taking bath
But all we go to hide
Pray, Mom! don't force please
For we all want to sleep
Rise and warm us all O' Sun
So, we don't have the
school to shun.



FALSE FRIENDS LET US DOWN



Once there lived a hare in a forest. He was a very good-natured animal. He helped every animal that came to him. All the animals praised him for his good nature. They often said to him, "You are doing so much for us. Give us also a chance to do something for you."

One day, the hare was chased by hounds over a long distance. Getting tired, the hare slipped inside a thicket.

The hare thought of seeking help from his friends. Suddenly one of his friends, the horse, happened to pass by the thicket. The hare requested the horse for help.

"Sorry, Mr Hare ! I'm in a great hurry," said the horse, and left the place immediately.

After some time, another friend

of the hare passed that way. It was a hefty bull with sharp pointed horns. The hare requested the bull for help. The bull remarked, "I am sorry dear ! My friends are waiting for me in the pasture. I am in a great hurry indeed."

Then came a lion, the third friend of the hare. The hare asked him for help. The lion said, "Mr. Hare! it will be beneath my dignity to fight the hounds."

The hare came to realize that false friends don't help one in danger. So, one must never depend on them.

By now the hounds had come there. They spotted the hare inside the thicket, dragged him out and tore him to pieces in no time.

Moral: Fair-weather friends fall off in adversity.

NEVER BE UNGRATEFUL

It was the noon of a very hot day in high summer. Two fast friends Moti and Jyoti were coming back from their school which was at about two kilometers from their village.

Troubled by the hot sun, they looked for some shady tree. Soon they spotted one just by the way-side. They rushed

Moti said to Jyoti, "What tree is it ? Do you know ?"

"It is a simple tree—a useless tree indeed. Just look at its strong trunk, numerous branches and twigs and a thick umbrella of leaves. In spite of all this, it does not bear any fruit at all. Isn't it a pity indeed ?" replied Jyoti.

"Never say like that, Jyoti. Everything made by God has its own good and bad points. We cannot understand the secrets of Nature. So, we must never criticize her creations," argued Moti.

But Jyoti held on to his point and said many more things against the tree. The tree was listening to the talk going on under it. It was thankful to Moti but it felt quite sad at what Jyoti had said.

Unable to control its anger, the tree said to Jyoti, "You Ungrateful Wretch ! You came under me

when you were troubled by the hot sun. You felt relieved in my shade. Instead of thanking me, you are calling me useless. Get up and go away from here."

Moral : Always Learn to be grateful.



towards it and sat around its roots where the shade was the thickest.

They unloaded their bags from their shoulders and leaned their backs against the tree-trunk. Then they began to talk to each other.

Peanuts

— Aditi Mehara



1) Peanuts may lower the risk of cardiovascular disease

Eating peanuts may lower the risk of cardiovascular disease, a common complication of diabetes. Adding nuts to your diet may also help lower high blood pressure.

2) May help with weight control

Peanuts may help you feel fuller and have fewer hunger cravings, which can help you maintain a healthy weight and better control over blood glucose levels.

3) Peanuts may lower the overall risk for diabetes

Eating peanuts or peanut butter may lower the risk of developing type 2 diabetes (diet related). Peanuts are

high in unsaturated fat and other nutrients that help your body's ability to regulate insulin.

4) Lower Cholesterol

Peanuts contain mono-unsaturated fatty acids especially oleic acid that prevents coronary diseases (impaired blood flow in the arteries that supply blood to the heart). It lowers bad cholesterol and increases good cholesterol in the body.

4) Fight Stomach Cancer

Poly-phenols (Anti-oxidants) are present in peanuts in high concentrations. They have the ability to reduce the risk of stomach cancer.

5) Regulate Blood Sugar

Manganese in peanuts helps in calcium absorption, fats and carbohydrates metabolism and sugar level regulation in blood.

6) Fight Depression

Inadequate secretion of serotonin by the nerve cells in the brain is responsible for causing depression. Peanuts contains an amino acid called tryptophan which aids the release of serotonin, thus helping you fight depression.

7) Provide Clear Skin

The high content of dietary fiber in peanuts helps in flushing out excess toxins, thus making the skin clear and flawless.

8) Anti-Ageing Benefits

Peanuts contain Vitamin C and Vitamin E which can prevent signs of ageing like wrinkles, spots and fine lines. They also contain resveratrol, a potent anti-ageing agent.

Inspirational Incident : Dr Satya Prakash Verma

The Outcome of Determination

Guru Ji was trying to explain a topic time and again but a disciple was not able to understand at all. Guru Ji got irritated. He asked the disciple to show him his palm. The disciple showed him his palm.

Looking at the palm Guru Ji said, "Son! Go back home. Don't waste your time staying here at the Ashram." "What happened Guru Ji?" asked the disciple .

"Your palm doesn't have the line of education" Guru Ji answered. Guru Ji showed him the palm of another disciple and said, "See here is the line of education. It is missing in your palm. So do not waste time. Go and get busy at home."

The disciple took out a knife from his pocket that he used to cut 'datun' (A twig used to clean teeth with. He cut through his palm with the sharp edge of his knife and made a deep line. The palm became red with blood. He said, "Guru Ji! I have drawn the line of education on my hand." Guru Ji embraced the disciple and said," No power on this earth can stop you from getting education. Son! Determination and hard work change the lines of our palm."

The disciple was Panini. He composed the world famous grammar book 'Astadhyayi' No other grammar book in any language of this standard has been written by anybody even after centuries.



— Raj Kumar Jain 'Rajan'

THE CONSEQUENCES 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.





THE WINTER DAYS

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

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

Fierce are the winter waves
Keep shut the bungalow gates
Study hard and shut the plays

There come the winter days.
The days are getting short and short

Enjoy the longer nights most
Get up early, with sun-rays
There come the winter days.

Guarding The Field

Kalu the bear was a hard working farmer. He had sown peanuts in his field this season. He worked day and night and his hard work bore fruit. Bunches of peanuts had started growing on the roots of plants.

One day when Kalu went to the field, he noticed some rats biting away the peanuts. He got angry and upset. He roared loudly, when all the rats ran away.

Now Kalu started worrying about the fate of peanuts in case the rats continued to visit. He thought of hiring someone to guard the field. He went to Pinku the dog and said, "Pinku! If you guard my field I shall give you a bag full of peanuts."

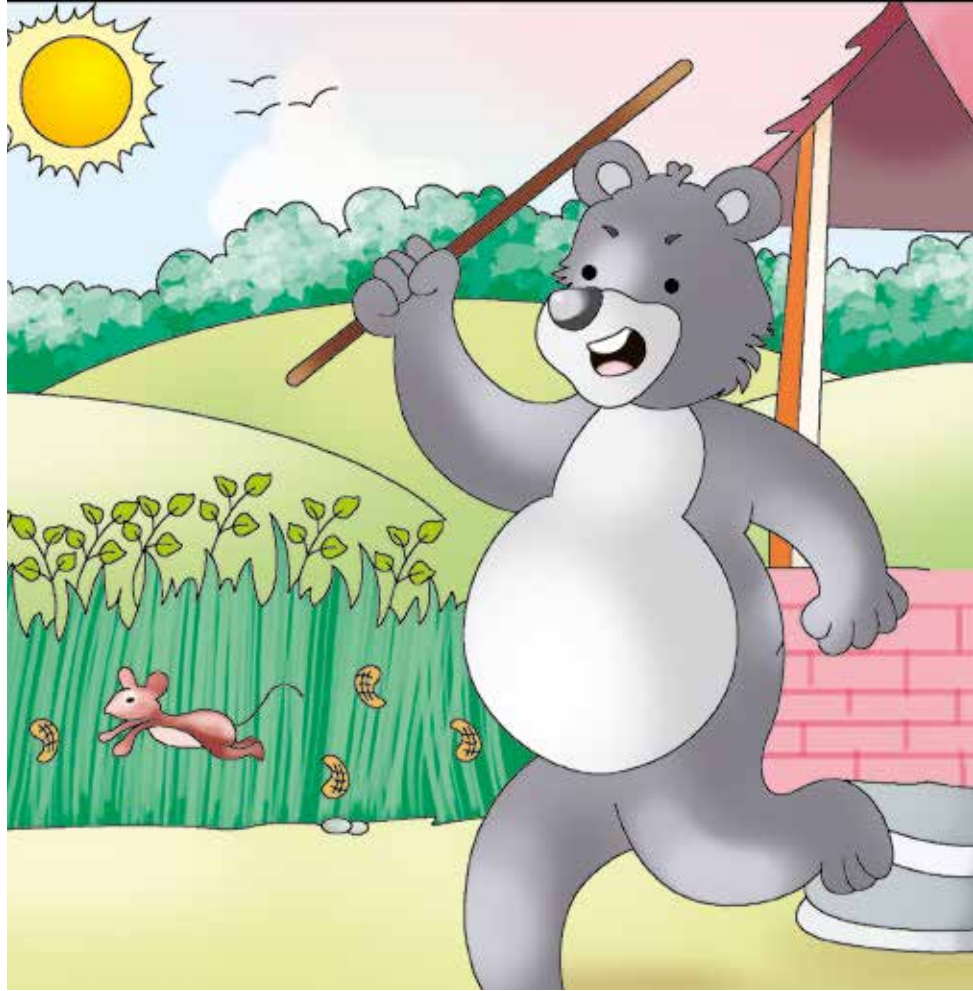
Pinku had no other task so he agreed happily and started the job the same day. Now the rats were miserable because of hunger. They didn't go to the field fearing Pinku. One day the leader of rats called a meeting and said, "If Pinku continues to guard the field like this we may die of hunger. You accompany me to Pinku. I have thought of a plan. You will see that we shall have our way without any harm being done to us."

All the rats apprehensively reached Pinku. Pinku thought the rats were coming to attack the peanuts. He became alert and started barking loudly. Chunchun gathered courage, went to Pinku and said, "Pinku



Ji! Please don't be angry. We are here to help you. You are on the lookout for Bhuri the cat, who quietly eats away your food. I can tell you her whereabouts."

"Yes! Hurry up. Tell me where is Bhuri. I have to teach her a lesson", Pinku Roared.



Chunchun was happy to see his plan working. He said, "You will have to make an agreement."

Pinku said, "What is it?" Chunchun said, "You will let us enter the field." Pinku agreed.

The rats were very happy. Chunchun disclosed the whereabouts of Bhuri to Pinku. Bhuri was running here and there to save herself. Meanwhile the rats were enjoying a feast in the field everyday.

One day when Kalu came in the field, he was taken aback looking at

the condition of his crop. He saw that Pinku was nowhere to be seen and the rats were enjoying the peanuts. He went around shouting. The rats started running here and there and finally left the field.

Kalu was pained to see the destroyed crop. He thought if he had guarded the field himself, things would have been different. This is what happens when we thrust our work on others. The same day he constructed a place for himself and started guarding the field.



Do You Know

Q. How do insects grow up?

A. Insects go through changes as they grow from the egg to the adult. These changes are called metamorphoses. There are two types: insects such as grasshoppers pass through three stages, each resembling the adult more closely. This is incomplete metamorphosis. Complete metamorphosis, as in the butterfly, involves four stages: egg, larva, pupa and adult. The intermediate stages bear no resemblance to the adult. You could not guess that a caterpillar would turn into a butterfly. Inside the pupa an amazing change takes place and a butterfly comes out.

Q. Which ant grows its own food?

A. Like other ants, leafcutter ants of Central and South America are 'social' insects—they live together in groups called colonies. These ants strip leaves from trees and use them as a basis for growing fungi in underground 'gardens'. The workers chew the leaves and compress them into fungus beds, fertilizing the growth of the fungus with their droppings. The growing fungus is used to feed the whole ant colony.

Q. How do bees make honey?

A. Honey is made from nectar, the sugary liquid present in flowers. It is sucked up by bees using their long tongues and stored in their honey stomachs. When the bee's honey stomach is full, it returns to the hive and passes the nectar to other workers as a thin runny fluid. The hive bees then mix the nectar with secretions from their mouths before depositing it in open cells in the honey comb. Within about three days the nectar compound is transformed into honey. The finished honey is then sealed with a wax cap until needed for future use, to feed young bees or as winter food for all.



THE CLEVER HARE

A fierce lion used to kill animals without need. The animals of the forest decided to request the lion not to do that. They went to his den and put forth a plan before him.

"We shall send one animal daily in the morning for Your Majesty. We request you, O Lord, to protect us and not kill us without need," prayed the animals.

The lion agreed to the plan which came into practice from the very next day. Things went on well for a month or so. Then one day it was the turn of an old wise hare.

The hare was very wise and clever. He moved slowly towards the lion's den. On the way he kept thinking of a plan to get rid of the lion. Suddenly, he passed by an old well with water in it. At once the hare hit upon an idea.

As the hare was moving slowly, he

reached the lion's den very late. Awfully hungry, the lion roared, "Why have you come so late and why are you gasping like that?"

"I was stopped by another lion on the way, Your Majesty ! And he wanted to eat me up. I've come here after running a long way," replied the hare cleverly.

"Another lion! where does he live ?" asked the lion. "In an old well just on the way-side," replied the hare.

"Take me there at once," thundered the lion.

The hare led the lion to the old well and said, "That lion lives in this well, sir."

The lion peeped in the well and saw his own reflection in the water. Taking it for the other lion, he jumped into the well to fight his rival but was drowned to death.

THE RESULT OF CARELESSNESS

"Mother, where are my socks?"

"Just bringing:"

"Please bring them at once, I am getting late for school,"

"Here are they," Mother gave the socks and went into the room.

Prashant was still looking for something here and there. Then he shouted, "Where are my pencil and rubber, mother? At night I had just placed them here; I don't know what has happened to them."

"Just bringing," replied mother from inside the room.

"Take this pencil and rubber, you never collect them at night and start shouting in the morning, I have told you many a times to collect them and keep them in your school bag before going to sleep. But you never pay any heed. But Prashant ran for school, without listening to what mother was saying.

Prashant was class eight student. He was a brilliant student. He was also well behaved. But he was careless. He would never take care of his belongings.

On his return from school, he would just throw away his bag and his socks and run out to play.

When he sat for studies and did not find his things intact, he would get perturbed and start shouting. Then his mother would come and collect the things for him.



Prashant's parents tried to make him understand several times that he must check his school bag before going to sleep at night, but to no avail.



It was an examination day. As usual Prashant got up late in the morning. So, he was in haste. Only twenty minutes were left for the examination to start. In confusion, he took his geometry box and started for school.

No sooner did he reach the school than the examination started, Prashant took his seat.

The question papers were distributed. The students were busy in going through their respective question paper. Some of them had even started solving it. But when Prashant opened his geometry box, there was nothing but a pencil and a scale. Then he recollected that he had left his pen on bed itself while solving his Maths questions. He started looking here and there to get some spare pen from his friends. He asked Abhishek too if he had got one, but he had none.

Prashant started getting all the more perplexed, it is all due to my carelessness. Had I acted upon the

advice of my mother and father I would not have faced this situation today, he thought to himself.

Seeing Prashant perplexed, the teacher asked, "What's the matter, Prashant? You seem to be perturbed." Yes sir, in haste I even forgot to bring my pen, Prashant said.

This is the result of not taking care of your belongings. Had you checked your geometry box well before going to sleep at night, it would not have happened. Just due to your carelessness, you are suffering. Thank God, your father has just come to give your pen. Otherwise, you could well understand the loss of time you had to suffer.

Sir, I promise not to be careless in future. I'll take care of my things. Saying this, Prashant took the pen and started solving his question paper. His mother and father were very happy to see him transformed.





PASTE
YOUR
PHOTO

Name :

Father's Name :

Address :

.....

.....

.....

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

Add.: Patrika Vibhag, Sant Nirankari Mandal, Sant Nirankari Colony, Delhi-09

E-mail : editorial@nirankari.org

(The best story would be published in Hansti Duniya, February 2022)

Ankur lived in a village

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This story by **Sanyogita D/O Sh.Dhanpat,**
Set No. 10, Block -B, Type -3, C.P.W.D Colony,Bemloi, Shimla-171001
(HP) has been adjudged the best. Congrats to her.



Friendship



Chunnu and Munnu two dogs were good friends and would always play together. One day they were playing in the garden. Munnu was having a ball in his mouth. Chunnu was asking from him but Munnu was not throwing the ball towards him and kept on playing alone. One day Munnu was in a problem and he asked Chunnu to help him but Chunnu refused to help him. After 3 months, Munnu faced a problem and he asked chunnu to help him. Chunnu helped him. After this Munnu realised his mistake that his behaviour was wrong and he apologized to Chunnu. Chunnu and Munnu started playing together and decided that in future whatever may happen, they shall never betray each other and will always be good friends forever.

Moral : —Friends in need are friends indeed.



ORANGE



Sweet and juicy to taste oranges are popular all over the world. Belonging to a group of citrus fruits, oranges have more health benefits than one. The colour orange takes its name from the fruit. Oranges are grown in many parts of the world. Top leading country is Brazil, USA is at number two China and then India follows at number four.

In India Nagpur is known as orange city because of the best quality orange production in India. Orange trees can reach a height of 10 metres (33 ft). A dry climate with a rainfall ranging 50 -75 cm in the months June to September, proper

summer heat and winter are beneficial for a good crop. Sweet orange can be grown safely above a sea level of 900 metre.

Some of the important benefits of orange fruit are:

- ❖ Orange is a very good source of vitamin C. Good intake of vitamin C is associated with a reduced risk of colon cancer.
- ❖ Being rich in vitamin B6, oranges help in production of haemoglobin.
- ❖ Due to the presence of magnesium, they keep blood pressure under control.
- ❖ Fibre in orange helps in keeping blood sugar level under control for people with diabetes.
- ❖ Antioxidants in orange prevent aging.
- ❖ Orange helps in making new cells.
- ❖ Being rich in potassium, orange keeps your muscles, nerves and heart healthy.
- ❖ Orange peel is used for medicinal and cosmetic purposes.

Caution: - Due to the presence of fibre, consumption of fruit has more health benefits than consuming juice. Packed juice anyway contains preservatives and hence not very healthy.

DELIGHTFUL MESSAGE

Why do thou fly away
O butterfly pretty
Your presence is a boon
That makes all so happy

You have so colourful feathers
That fascinate everyone
On thy beautiful sight
Children have a great fun

After feeding at varied flowers
Thou wander place to place
And enrapture children's mind
With thy enchanting ways.



FLOWERS

Clasping thorns to the bosom
Flowers know how to blossom

Never do they take to pricking
To the plant they keep sticking

Flowers teach us to smile
To sorrow not for a while

Warriors path do they grace
To worship Lord's feet they race

A child is like bouquet of flowers
Blessed with God's blessings showers





Kitty

Story & Illustration
—Ajay Kalara



See, my father bought such a nice watch for me on my birthday. It looks so lovely on my wrist.



Wow! Such a wonderful watch. Please give it to me for a while.



Chintu, stay away from it.
You will spoil my watch.



See, Chintu is outside; I will hide it in Chintu's
bag and tell the teacher that my watch is lost.



It's not good to lie like this;
Chintu will be scolded for this.



It will be fun, hurry up
let's hide the watch.



Mam! My watch is lost, I can not find
it, please get all bags checked.

Children, Carefully check
your bags, in case you
find Kitty's watch there.





How it is possible that no one could find the watch, I had myself kept it in Chintu's bag.

Here is your watch. When you were hiding it in my bag, I had seen from outside and kept it back in your bag.



This is wrong to accuse others. You shall be punished now.



Mam, please forgive me. I will not repeat this mistake in future.

Your punishment is that you will not wear this watch in school from tomorrow.



Health Benefits of **Amla**

Indian Gooseberry (Amla) is mostly available during the winter months. This fruit contains a mixture of different flavors. There are several health benefits of eating amla on a regular basis because it is a powerhouse of nutrients. Therefore It is rightly called a superfood. Some of its important benefits are:

1. Improves Immunity : Amla because of its high concentration of Vitamin C and great antioxidant power is an excellent source of building immunity. It is known to reduce the effects of many health problems such as cancer and heart-related issues.

2. Prevents Chest Congestion:

Amla is used to fight cough and cold. Amla Powder mixed with two teaspoons of honey provides relief from cough and cold when consumed around three to four times a day. Therefore, Amla is used in case of cough and other respiratory illnesses.

3. Prevents Constipation :

The alkaline nature of Amla is known to clear and strengthen the digestive system. The high fiber content of Amla is extremely good for the digestive system as it cures constipation.

4. Helps lose weight :

Amla juice taken with a little salt and pepper can assist in curbing appetite as it keeps one full for longer periods. It also acts as a laxative due to its high fiber content.

5. Acts as a Blood Purifier :

Its Vitamin C content makes the blood vessels stronger and thicker. Amla acts as an antioxidant and hence detoxifies the body. It can increase hemoglobin if taken regularly.



Compiled by : Sunil Nagpal, Delhi

REQUISITES FOR LIVING

- ❖ Health enough to make work a pleasure. Wealth enough to support your needs.
- ❖ Strength enough to battle with difficulties and overcome them.
- ❖ Grace enough to confess your sins and forsake them.
- ❖ Patience enough to toil until some good is accomplished.
- ❖ Charity enough to see some good in your neighbor.
- ❖ Love enough to move you to be useful and helpful to others.
- ❖ Faith enough to make real the things of God.
- ❖ Hope enough to remove all anxious fears concerning the future.

6. Helps control chronic ailments:

Amino acids and antioxidants present in amla help in better functioning of the heart. Chromium in the fruit helps to enhance the activity of insulin thus regulating the blood sugar level, making it excellent for diabetics.

7. Improves Eyesight : Amla contains carotene which is responsible for improving the vision. Amla in daily diet can improve overall eye health and help relieve problems such as cataract.

8. Relieves Pain: Due to amla's anti-inflammatory properties, pains like that of joints and mouth ulcers can be relieved by using it regularly.

9. Beauty Benefits of Amla: It is excellent for hair and skin. Therefore it is used for its anti-aging properties.

a) Amla is a tonic for hair as it cures dandruff, prevents hair loss and slows down greying of hair

b) Amla not only keeps the skin glowing but also keeps it healthy and blemish-free.

Caution: For diabetic patients intake of amla can reduce the level of blood sugar drastically. So it must be taken while monitoring the sugar level.

Compiled by —Dimple Bawa



Laughing Time

A driver who was driving very fast was stopped by a traffic police inspector. He took out his diary and said, "What is your name?"

Driver: My name is Kapaalamaat
Chandra Tascal Katarjimu
naaku da ...

Police inspector interrupted him and said, "Please stop. Don't drive so fast in future.

A gentleman came out of a pond with great difficulty. Getting upset with his friend he said, "You had told me this pond is shallow. But it is deep. I could hardly save myself from drowning."

Friend: I didn't know that. I just guessed looking at the swimming ducks.

In an interview for security guard, a man was asked if he could converse in English. The man said, "Sir! Are we expecting thieves from England?"

Teacher : Vicky! Tell me where are the Himalayas?

Vicky : Sir! I don't know.

Teacher : Stand Up on your bench.

Vicky : (Vicky stood up on the bench)
Sir! I still cannot see it.

- Sushant Motihari

Manager : (to helper) Ramu! I am removing you from your job today.

Helper : Sir! I have not done anything. Why are you removing me from my job?

Manager : Since you don't do anything, that's why I am removing you from your job.

Teacher : Sir! Your son Monu is weakest in the class.

Monu's Father : Sir! By God's grace we have two buffaloes. There is no dearth of milk and ghee at home. I don't know why is he weak.

- Ashish Khurana (Sadulshehar)



A mouse told the cat that she was inviting him for dinner that day. The cat agreed happily. When the cat came in the evening, the mouse said, "Please wait, Let me hide myself."

A man went to a hotel for dinner.
 Waiter : Sir! Our food will give you a feel as if you are eating at home.
 Man : Then I better eat at home.
 - Prateeksha Kushwaha (Etawah)

Monu : Sonu! I can see only two stars in the sky.
 Sonu : Where are the other stars?
 Monu : (Jokingly) Its night time. They have gone to have dinner.

Amitesh : Why are you late?
 Rahul : There was a man who lost a hundred dollar bill.
 Amitesh : That's nice. Were you helping him look for it?
 Rahul : No, I was standing on it.

John : Oh God, give me a room full of gold.
 Paul : Oh God, give me a room full of diamonds.
 Sweany : Oh God, please give me keys to both the rooms.

Guest : This wall is so thin that you can almost see through it.
 Host : That's the window you are looking at.

Tenant : Does this roof leak continuously?
 Landlord : No! It leaks only during rainy season.
 Doctor : I had given you a medicine to boost memory last time. Is there any improvement?
 Patient : No Sir! I forget to take the medicine every day.

Ram : Friend! You swim very well. Where did you learn it?
 Friend : I learnt it in water.



- Lakshita, Delhi

ENVY, JEALOUSY, APPRECIATION & BROAD MINDEDNESS

Mr. Vanwale was giving the finishing touches to the decorations. He had taken leave for the day and prepared the hall of his house for the festival the next day. He was removing the ladder when his neighbour Mr. Shrenish stepped in. "Oh, you are preparing the house for the feast? The room looks too crowded with buntings and coloured paper. And what gaudy colour really! And look at the flowers—they are too worn out! And the covers of the sofa do not match the decorations....." And he went on and on. Mrs. Vanwale heard all the criticism and stepped in. "Oh good evening, Mr. Shrenish. You must excuse my husband, as he has to go for a bath." Mr. Shrenish went home. "Oh how inauspicious the day is! It forebodes a bad day for tomorrow," sighed Mr. Vanwale. "Nothing of the kind! The room looks beautiful and tastefully decorated. Only Mr. Shrenish was jealous of your wonderful work. He is envious because he cannot get things done at home! So he runs down others. There is a beautiful glow in the room. How auspicious things

look!" Mr. Vanwale was mighty pleased and felt his work well rewarded. It is good to reflect on the incident. There are some who always throw cold water on the work of others. They cannot bear to see others doing well. They cannot stand the good work or achievements of others; so they make up for themselves by finding fault with others. Such envious remarks discourage people. But the person who is jealous or envious also suffers. For envy eats up a person inside; the person has no peace within. It is like acid corroding metal. It makes a person bitter and dissatisfied. There is a place for criticism—things can be improved and suggestions can be made and carried out; this is positive criticism. Negative criticism finds fault with things, with no advice or suggestions to improve things. Even together with constructive criticism, praise must be given which is due. Appreciation is a wonderful tonic that encourages a person in any endeavour. It boosts a person's morale and the person is always grateful for the encouragement.



Some persons have a knack at pointing faults and failings. Such remarks go against charity and fellow-feeling. A person who finds only faults is irresponsible. For growth, praise is necessary. But flattery and false praise also do harm. They create a false impression in the person's mind that things are all right-but in reality they are not!

To root out envy in yourself, be content with what you have. The moment you see what others have, you start envying them and become jealous. If you are satisfied, envy cannot step in. To weed out envy you must learn to laugh at yourself. Everyone has failings and shortcomings. If you see the brighter side of things, jealousy can take no root in you. Keep a balance; do not

underestimate yourself-for it discourages you and leads to envying others. Do not overestimate others when comparing them to yourself. It opens the road to jealousy. Discontent and envy make rich people poor; and contentment and satisfaction make poor people rich.

Jesus tells this parable. A rich man had big fields and wanted work to be done. He went to the market place and hired some men and agreed to pay them Rs. 10 in the evening. At noon he found some without work and called them to his field. Early evening he found some idle and made them work in his fields. In the evening he called all the men. He paid those who worked from early evening Rs. 10. When the early morning workers also received Rs. 10 they began to grumble: "These men worked only

in the evening. While we put up with a whole day's work in the hot sun-yet you paid them the same as you paid us." Friend, said the rich man, I have not cheated you. Did you not agree to work for Rs. 10 for the day? Take your amount and go; I want to give the other men as much as I have given you. Am I not free to do as I wish with my own money? Or are you jealous because I am generous?"

A jealous or envious person always thinks himself deprived of something when someone else gets praise or honour. It hurts his pride. For a jealous person is also a proud person. He wants to be the centre of attraction, he wants honour and respect shown to him. So when others get it, he feels hurt.

Unkind words hurt a person and when someone gets discouraging remarks, they can stop a person from trying.

A man made an experiment. He had three groups of children. He asked each group to write a paragraph. The first group he praised for the good points they made. He found fault with the second group, he made correction. He did not correct the answers of the third group and just left them alone.

He did this several times. At the end he found the first group improved a lot due to encouragement. The

second group made some progress in expression because of correction. But the third group did poorly. Other things being equal, praise and encouragement certainly go to improve matters. Because of encouragement and praise, the first group of children did well. The second made some progress; but not so much as the first group. The third group made no progress at all.

Do you remember in your life when people praised you or appreciated what you did? You can count them as they are few. Do you recall any occasion when you praised some one or congratulated someone for winning a prize or doing something well? By nature you or others are slow to encourage or congratulate others. You can make a resolution to appreciate people more. Certainly your mother does a lot for you. She prepares good dishes or tasty sweets. You have enjoyed them. Now say a word of praise to your mother. But really mean it! Also do it to your family members. As the saying goes "Say it with flowers." Do not be shy or dumb to praise or appreciate someone who is successful. It may be your friends or neighbours. Say something positive when they are successful. This makes you broad-minded and not selfish and envious when you appreciate the good things in others. It will prevent you from having a jealous attitude.



By : Chand Mohd. Ghosi

Guess and Count

Wow! What a pleasure, count and tell the number of mice jumping in front of the cat.



Total Eleven mouse

RIDDLES

1

Long legs, long neck
But I am not giraffe
Symmetry I lack
Can you speculate.

6

What can be
spread without hand
and feet, but result
of hard work and
sweat?



2

I am like a bead
Golden and juicy
Set in dry leaves.

5

Five circles
of Olympics
represent which
values?

3

In the sky I roam
as vapour
Above land,
under the land
Flowing is my
nature.

4

No food I eat, no
water I drink
But like humans I
always think.



Answers:

1) Camel 2) Strawberry

3) Water 4) Computer

5) Five continents of the world

6) Goodwill

—Compiled by : Richa

RESULT FOR THE MONTH OF October 2021 ISSUE

Sanyogita

Age-10

Set No. 10, Block B, Type-3
CPWD Colony, Bemrol,
Distt. Shimla (H.P.)



Vaibhav Gupta

Age-14

A-5/501, Green Park
Santacruz (W) Mumbai



SomyaYadav

Age-8

104/4, Indra Park
Gurugram (Haryana)



CONSOLATION ENTERIES



Viridi Gupta (Green Park, Santacruz)

Jyoti (Mumbai)

Sapna (Allahabad, U.P.)

Neetu (Dehradun)

Priyanka (Dehradun)

Radha (Mumbai)

Rekha (Mumbai)

Amarjeet (Rohini, Delhi)

Renu (Delhi)

Ankur (Rohini, Delhi)

Maaya (Jaunpur, U.P.)

Roshan (Mumbai)

Manvi (Delhi)

Jheel Lamba (Mumbai)

Radha (Sangroor)

Neetu (Delhi)

Prateek (Chandigarh)

Renu (Varansi)

Sonu (Delhi)

Colour it for December Issue

On page 48, a beautiful picture is given; colour it and send it to us latest by **January 15, 2022**. Office address: **HANSTI DUNIYA**, Nirankari Complex, Near Nirankari Sarover, Nirankari Colony. Delhi - 110009

The result will appear in **February 2022** 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

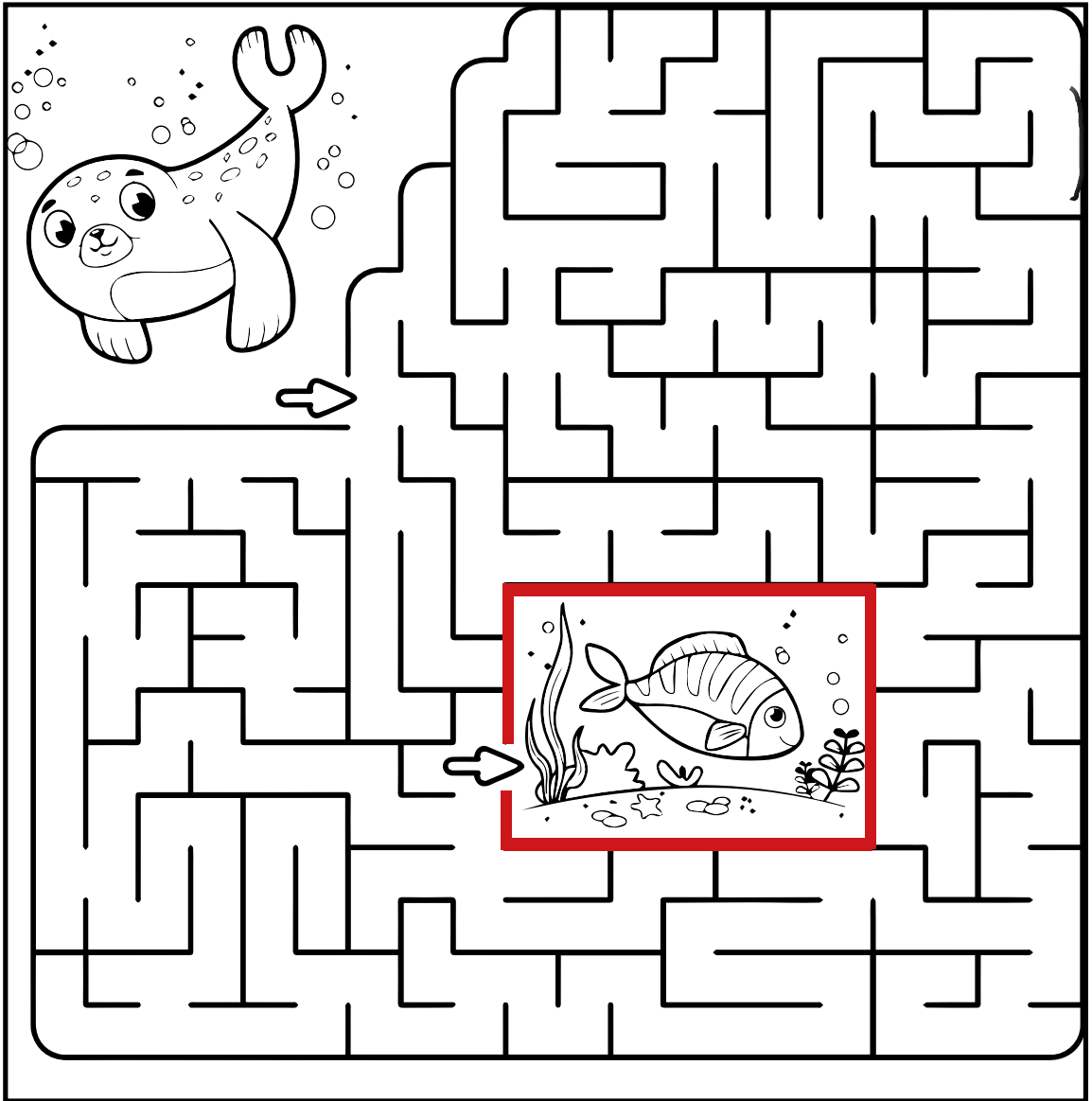


Poem : Gafoor 'Snehi'

END THE YEAR

With December goes the year
The New Year approaches near
Let us ponder year's gains
And the loss that us pains
And think what next to do
To wash the dirt from the brains
Be our actions in right direction
Of good deeds make no mention
Never to feel tired of work
In facing woes take no tension
Imbibe ever virtues of life
And leave no room for vice
Making use of every moment
Endeavour to achieve that is nice
Let us welcome the 'New Year'
For the post, shed no tear.

Help us to reach Red Box!





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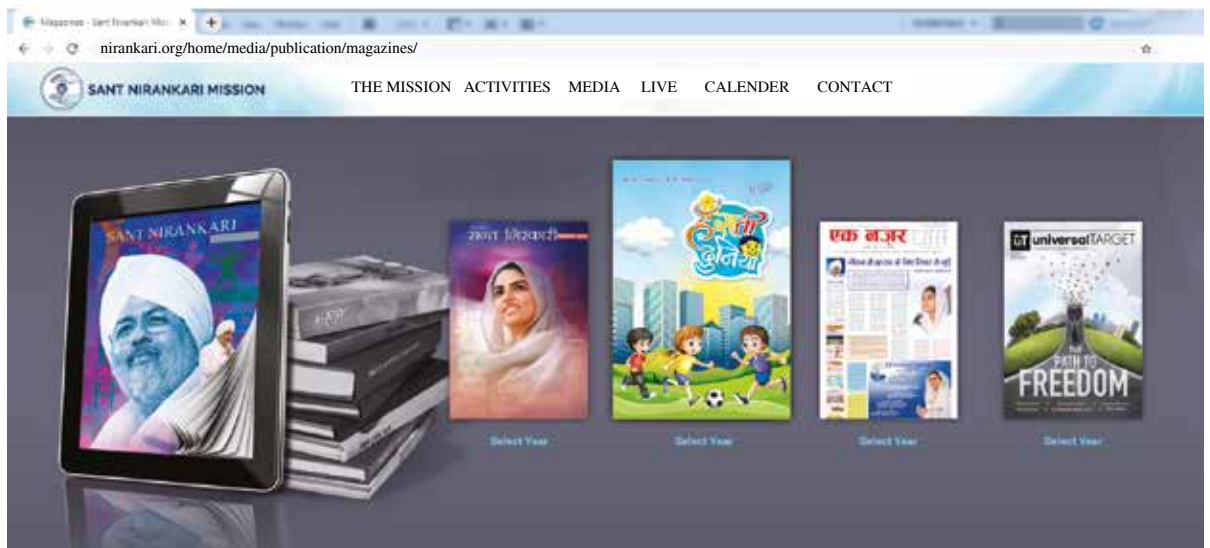
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– **MANAGING EDITOR**

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