

★ Vol. 35

★ No. 04

★ April 2021

₹15/-

Hansti Duniya





Hansti Duniya

● Vol. 35 ● Issue No.04 ● April 2021 ● Pages 52

(A Monthly for Children's Mental Development)
Published in English, Hindi, Punjabi and Marathi

Printer & Publisher **C. L. Gulati**
on behalf of Sant Nirankari Mandal (Regd.)
Delhi-110009, printed at M.P. Printers,
B-220, Phase-II, Noida (U.P.) Pin - 201305
and published at
Sant Nirankari Satsang Bhawan,
Sant Nirankari Colony, Delhi-110009.

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SUBSCRIPTION

Country	1 year	3 yrs.	5 yrs.	11 yrs.
India/Nepal	₹ 150	₹ 400	₹ 700	₹ 1500
U.K.	£15	£40	£70	£150
Europe	€20	€ 55	€ 95	€ 200
U.S.A.	\$25	\$70	\$120	\$250
Canada/Australia	\$30	\$85	\$140	\$300

Other countries: Equivalent to U.S. Dollars as mentioned above

Regular Columns

04. Editorial
05. Sampuran Avtar Bani
30. Look at the Picture
32. Do You Know?
40. Laughing Time
42. Exercise With Your Mind
44. Colour it
50. Find The Right Path

Photo Features

12. Grandpa
34. Kitty





Poem & Etc.

06. Meaning of Love
Ashwani Kumar
07. National Flowers
Nitin
16. God I Love You
Barq Sehbai
20. No Escape
Rajat Kapoor
24. The Jurisdiction of ...
H. S. Nirman

Artical

08. The Power in ...
Ashok K. Chitkara
19. How to Keep
Kidneys Healthy
Sanjay Badhan
22. Ajay Pratap Singh
The Bread of Life
23. The Jackal & the Kite
P.C. Roy Chaudhary
25. Hot and Cold
C.P. Singh
27. Patience
Kanika

Stories

09. The Pompous ...
Dimple
10. Petty Matter
Mahendra Singh
17. Sentence for Theft
Vaidehi Sharma
21. The Fox Without Tail
Samdrishti
26. The Art Examination
Sanjay Tandon
29. Love of Nation
Hitesh Khurana
33. The Misguided Boy
Priya Tandon
38. Birbal's Khichdi
Priyanka
45. Goats Across a Bridge
Gorang Singh
46. Passer by
Returns Thirsty
Madan Devra

Editorial

The Living Teacher

Everybody wishes to rise in life and of course higher than others. In the process he leaves others behind and starts considering himself superior. Instead of satisfaction, ego overpowers him. This is true for all, whether they rise to a position themselves or are assisted in reaching there.

Some students after completing their studies become doctors, engineers and officers of high rank for earning their livelihood. This way they continue to progress, serve humanity and are also honored in the society. Their conduct unknowingly starts changing slowly. They begin to idolize this changed conduct. This is the beginning of subtle ego and it limits the growth of their other dimensions and possibilities.

Everybody is blessed with unlimited dimensions and perspectives. The teacher in oneself alone can bring to foreground these possibilities in their best form. Such a person is disciplined, a good human being and guides everybody through his conduct with the help of literary resources. This kind of multi dimensional living being

who also introduced 'Hansti Duniya' is remembered as 'Jivant Shikshak'. In 'Hansti Duniya' along with moral education for children, a message for every body is given that the stature of man cannot rise without being a good human being. Honesty, qualities of a good citizen and to be truly human are indeed expected from a man.

He would say that man's energy gets diverted to nonessential directions. By changing his direction his disposition can be changed for better. He can be transformed from a man to a human being and such a person shall sacrifice all he has for welfare of humanity. He nourished humanity with his blood, guided all and changed the mind set of society to make it better. He also introduced programs like simple marriages and discouraged dowry system. This gave momentum to courageous and meaningful change towards betterment of society.

The entire humanity specially the 'Hansti Duniya' family pays its tribute to Baba Gurbachan Singh Ji. 'Hansti Duniya' is a medium for giving his message through poems, stories, articles and inspiring write ups to one and all. We are grateful to him for his motivating guidance.

— **Vimlesh Ahuja**



SAMPURAN AVTAR BANI



IK TU HI NIRANKAR-169

LOHA JHAT HI SONA HUNDAI JO PARAS NOON CHHOHNDA EY;
CHANDAN KOL JO BUTA UGGE CHANDAN VARGA HONDA EY.
HASDE KOL AA KE HAS PAINDA JIHDA BANDA RONDA EY;
ROGI NOON JAD DAROO MILDA SUKH DI NEENDAR SONDA EY.
MAILE KAPDE DI JION SABAN SARI HI MAL DHONDA EY;
GANGA DE VICH DIGIA GANDA JAL VI GANGA HONDA EY.
BHAVEN KINNA PAPI HOVE SANT SARAN JE ANDA EY;
KAHE AVTAR DER NAHIN LAGDI CHHIN VICH MUKTI PANDA EY.

Thou Formless One 169

The iron, on touching the alchemy, turns into gold in no time;
The plant which grows near the Sandal tree, becomes like the Sandal tree.
The bewailing person also starts smiling, when he gets the company of a smiling person;
An ailing person gets sound sleep when he gets the medicine.
Just as the soap washes all the dirt off the clothes;
Just as filthy water becomes as pure as the Ganges after merging with the Ganges.
Likewise, if a notorious sinner seeks the shelter of the True Master;
Avtar says, he attains salvation in no time.

By :- Ashwani Kumar "Jatan"

Meaning of Love

Love is a beautiful gift of God,
Love is the path of searching the lord,
You never reach the God by working hard,
You see the God through love not sword,
God gives you a facility above,
But God wants your only love,
You spread your love in all men,
God will love you like his own son.



Being Human

Develop our strength,
And be strong
Don't blame others,
For being wrong

Everyone is fighting,
Damaging prosperity
All they need,
Is a lesson of humanity

Human being need
To be aware,
Fight is wrong
Love is fair,

We do not create
Wall of hatred
Adopt humaneness,
And forget threat.



National Flowers

Given below are the national flowers of some countries.
Write the names of countries related to them.



Water Lily



Hibiscus



Golden Wattle



Dahlia



Jasmine



Lavender



Tulip

Flower	Country
1. Water Lily
2. Hibiscus
3. Golden Wattle
4. Dahlia
5. Jasmine
6. Lavender
7. Tulip

Answer : 1. Bangladesh 2. Malaysia 3. Australia
4. Mexico 5. Pakistan 6. Portugal 7. Turkey



— Dr. Ashok K Chitkara,
Chancellor Chitkara University

The Power In Your Words

I heard about a doctor who understood the power of words. One prescription he gave to all his patients was to say at least once every hour, "I'm getting better and better every day, in every way." The doctor's patients experienced amazing results, much better than the patients treated by many of his colleagues.

When you say something often enough, with enthusiasm and passion, before long your subconscious mind begins to act on what you are saying, doing whatever is necessary to bring those thoughts and words to pass. Sadly, most people insist on saying negative things over their lives. They continually denigrate themselves with their own words. They don't realize that their own words will decimate their confidence and destroy their self-esteem. In fact, if you are struggling with low self-esteem, you need to go overboard in speaking positive, faith-filled words of victory about your life. Get up each morning and look in the mirror and say, "I am valuable. I am loved. God has a great plan for my life. I have favor wherever I go. God's blessings are chasing me down and

overtaking me. Everything I touch prospers and succeeds. I'm excited about my future!" Start speaking those kind of words, and before long, you will rise to a new level of well-being, success, and victory. There truly is power in your words.

To live your best life now requires that you believe you are a victor and not a victim. When you go through disappointments in life—and we all do—or when you face a setback and it looks as though one of your dreams has died, keep believing. When it looks dark and dreary and you don't see any way out, remind yourself that God created the whole universe. He is in control of your life, guiding and directing your steps. His plans for you are good and not evil. Don't make the mistake of sitting around feeling sorry for yourself. No, put on a fresh new attitude. Take what God has given you and make the most of it. You know the truth; it's time to allow that truth to set you free.

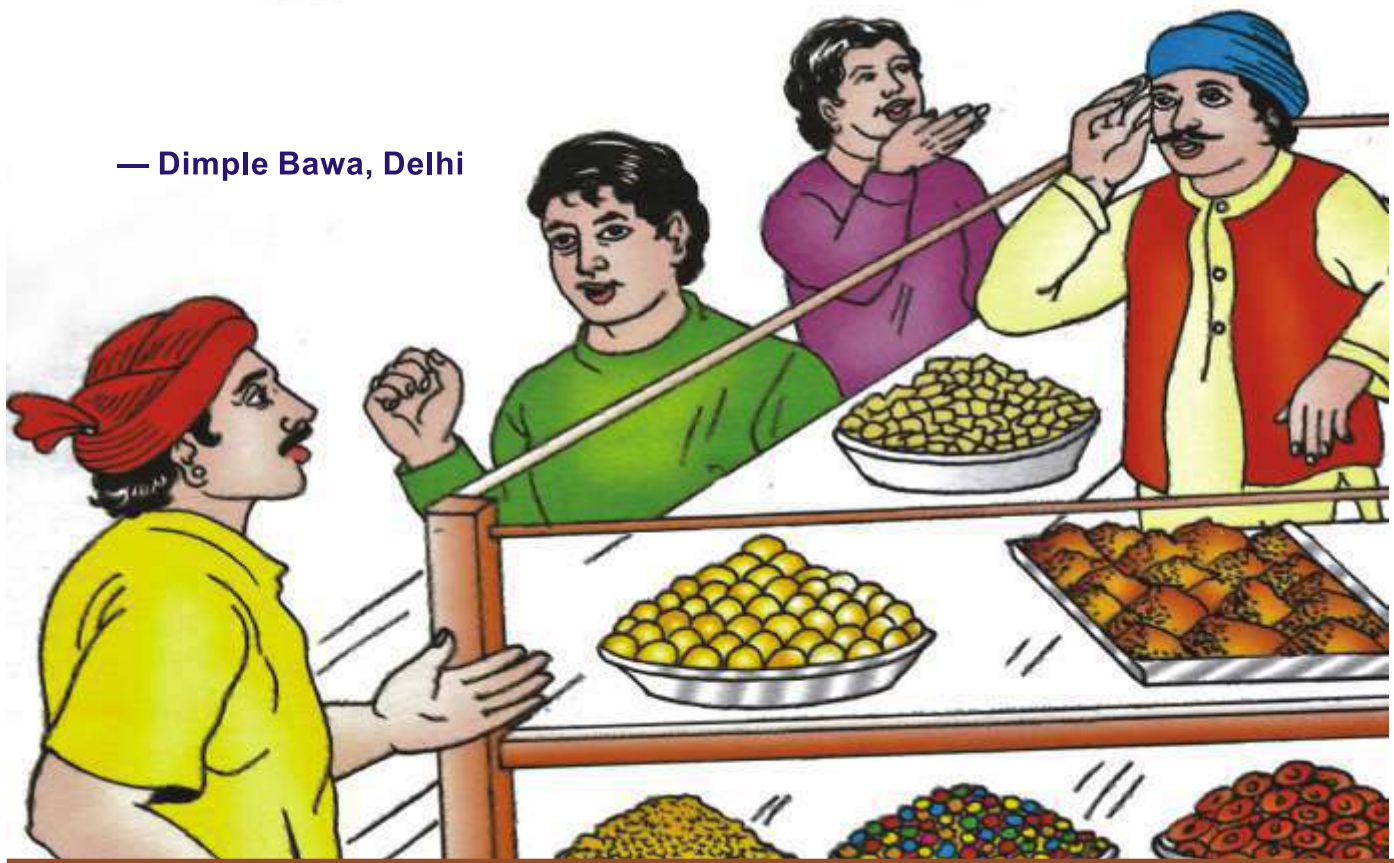
"Words are powerful, they have the ability to create a moment and the strength to destroy it."



H a n s t i D u n i y a

April 2021

— Dimple Bawa, Delhi



The Pompous Merchant

There was a poor man, who was wandering through the bazar. He was fancied by the colourful dresses displayed in textile shops, the chubby dolls hanging in doll shops, and so on.

He came to a savory shop. Delicious looking sweets and savoury were decoratively displayed in the shop. The flavor of the sweets was breathtaking. The poor man stood gazing at the sweets for sometime. Only after a longtime did he come to his senses.

He was about to move from the place when he heard the shopkeeper calling him. When he turned, the merchant said, "That would cost you ten rupees. Pay the money and then leave the place".

The poor man was astonished, "What for are you demanding money for?" he asked. The merchant said, "That is the cost for the flavour you have been enjoying for such a long time".

"What an injustice", cried the poor man, "Will anyone ask money for the smell?" Only then did an idea flash in the mind of the poor man.

He kept his hand inside his shirt's pocket and started shaking it. A few coins he had began to jingle. The merchant asked, "Give me the money". The poor man said, "Of course I have given you the money".

The shopkeeper asked in the dismay, "How?" The poor man said, "If smelling flavour is as good as eating sweets, hearing the sound is as good as having received money".

Petty Matter

Dear Mohan! Have your food. It has long been served, Mummy said two-three times, but Mohan responded in one single sentence, "Just coming, Mom".

It was becoming a routine. Mom would serve the food, but Mohan would be busy playing with friends. He just could not think about food. Mom was perturbed with Mohan's carelessness. She knew that if food is left open for long, it would attract germs and dust, proving harmful for health. It was explained to Mohan several times earlier. But Mohan didn't care and would put a query, "Mom, how would a little delay matter?"

In the evening, Mom called Mohan, handing him a plate, she said, "Son, wash this plate cleanly and keep in the kitchen". Mohan did accordingly.

Next day, mom said, "Dear, bring the plate I gave you last evening to clean". Mohan brought the plate and handed it over to mom. Then she asked, "Look it carefully and tell me if it is clean?"

Mohan looked and was surprised. The plate which was thoroughly cleaned last evening was covered with a layer of dust. He said, "Mom, it is dirty, it has got dust on it."

Mom said advising, "Dear Son, the plate got a layer of dust because it was kept in open. In the same way, your food which is left open for some time attracts dust and that is harmful for your health. Therefore, whenever you are called for food, you should immediately leave games and have





your food, ensuring that the food you take is dust and germ-free. More the delay, dirtier the food is. That can make you sick. Moreover, ignoring food is like an insult to it.”

Mohan got the point. Apologizing he said, “Mom, from today onwards, I

won't repeat this mistake. I considered it to be a petty matter. Now I understand its importance, and also an insult to the food if it is left unattended. Now I will take the food immediately and that too after properly cleaning my hands.

Since then, Mohan did not make that mistake. Whenever his mother would call him for food, he would not take time to leave his games, wash his hands and start eating his food.

Mom was indeed happy to see this change in Mohan.

Education is not what a man knows
but what a man is.



GRANDPA

Story & Illustration
— Ajay Kalara



Grandpa, please narrate a story today.

Ok. Children today I will narrate
you story of a brave boy.



H a n s t i D u n i y a

April 2021

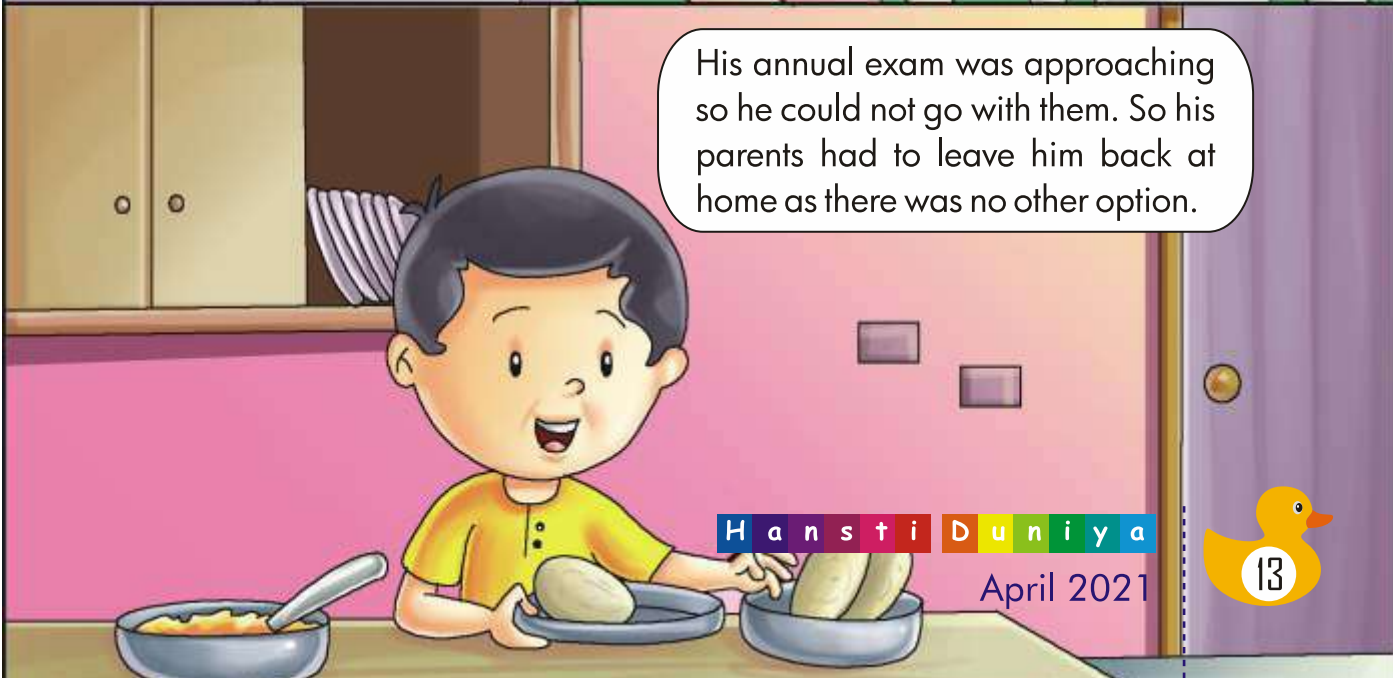



The name of this brave boy was Veer. Extremely fearless and brave . Neither was he scared of darkness like other children nor was he scared of anything else.

One day his grandmother fell ill and the parents had to go to the village for some reason.




His annual exam was approaching so he could not go with them. So his parents had to leave him back at home as there was no other option.

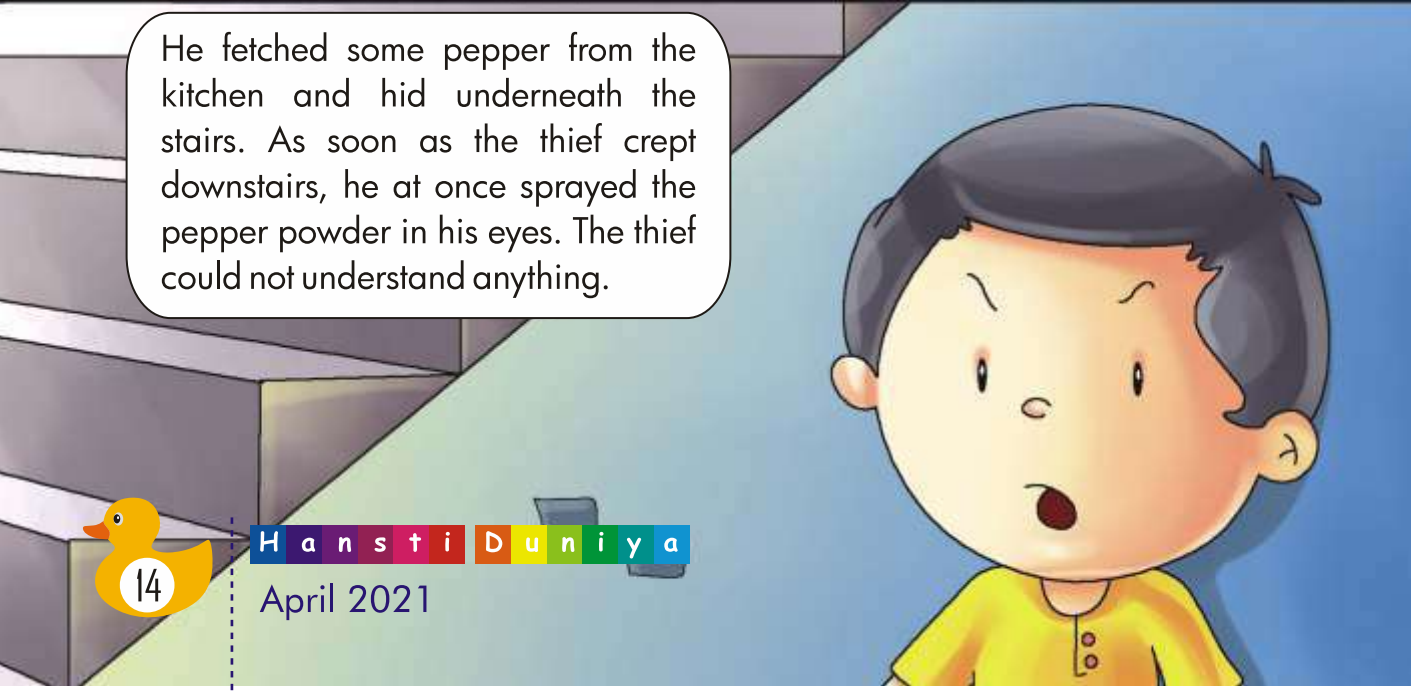


A cartoon illustration of a young boy with dark hair, wearing a yellow shirt, sleeping peacefully in a bed with a blue pillow and white blanket. A window with a red curtain is visible in the background, showing a bright, sunny day outside.

At night, when Veer was sleeping he felt as if someone was there on the rooftop and it won't be difficult for any thief to enter his house through the roof.

A cartoon illustration of the same boy sitting up in bed, looking thoughtful with his hand on his chin. The room is now dark, indicating it is nighttime, with a night sky and clouds visible through the window.

He thought of a plan and made himself ready to face any situation.


A cartoon illustration of the boy looking surprised or concerned, with wide eyes and an open mouth. He is standing in a room with a staircase visible in the background.

He fetched some pepper from the kitchen and hid underneath the stairs. As soon as the thief crept downstairs, he at once sprayed the pepper powder in his eyes. The thief could not understand anything.

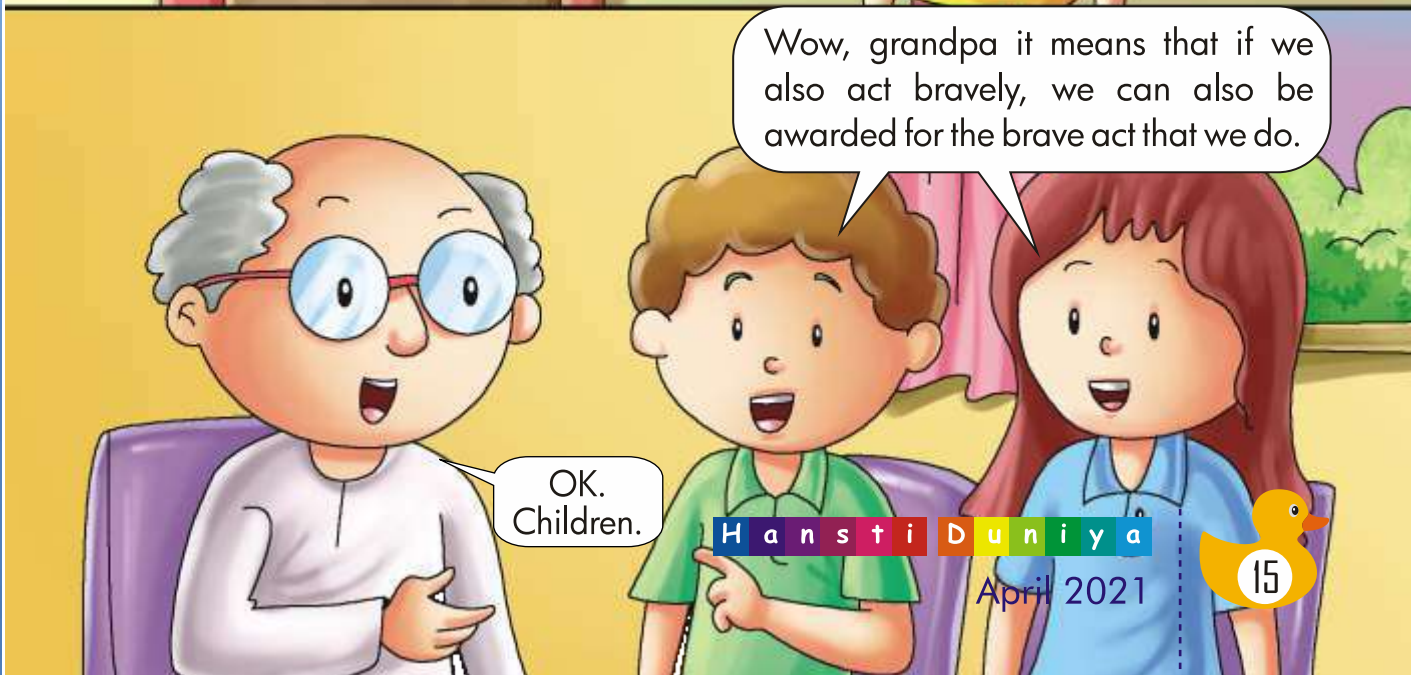


Wow, so clever and brave was Veer.

The thief fell on the floor with pain and meanwhile Veer called up the police.



Moreover he locked up the thief inside so that he might not try to escape.



Wow, grandpa it means that if we also act bravely, we can also be awarded for the brave act that we do.

OK.
Children.

Homage to Baba Gurbachan Singh Ji

— Barq Sehbai

God I Love You!



The Master is a gift of God,
And God, in fact, You are.
I call you Satguru, Swami, Baba or Dervesh
You are my Brahma, Vishnu and Mahesh

The past is dead and gone,
The present is vital and alive.
With a new insight awareness,
I steer ahead, O Lord, my pole-star.

You are ever with me, My Lord,
Like a guide, a glowing dawn.
Once I have grasped the melody of life,
Thee is no conflict, confusion and strife,

The Master never goes away
Never ever stays away
Gathering wings I uplift myself
Soaked in faith, feeling protected

- ★ Humility is necessary with service.
- ★ Truly rich are those who are contented.
- ★ Remembrance of God leads to stability.
- ★ If the son is good, then there is total salvation; and if daughter is good, then there is total salvation of two families.
- ★ If we want our children to be virtuous, with good conduct and character, respecting the elders, then we ourselves have to demonstrate such qualities through our life.

Thoughts



H a n s t i D u n i y a

April 2021

Sentence For Theft

All the animals lived peacefully in Chandan Van. King Sher Singh had allotted tasks to everyone in the jungle. All the animals used to complete the assigned task sincerely. The Cuckoo bird would nurse everyone in the jungle. The owl would stay awake at night and would keep a watch. The dog and wolf would look over the

border of the jungle and the crow would carry letters in the jungle.

All the animals would do their tasks with dedication. But the crow became lazy. He would delay in bringing the letters and also delivered the letters at wrong address. The behaviour of the crow started offending the residents of jungle.

One day the animals complained to Sher Singh about the behaviour of crow. King Sher Singh ordered the crow to be brought to him. The crow did not go to meet Sher Singh as per his orders. The



king ordered tiger to go and bring the crow to the him. The crow saw the tiger coming for him and he flew away. King Sher Singh assigned the task of distributing the letters to the parrot. The parrot started doing his work with complete devotion.

After some days the crow returned to Chandan Van forest. The crow would hide inside his nest and at night he would enter houses of other animals to eat their food. When the food started disappearing this way, the animals started feeling bad. They all asked the owl to catch the thief.

One day the owl saw the crow stealthily entering a bird's nest. He made a noise and called out, "Thief" the crow was very clever. He hid somewhere.

In the morning many birds along with the owl went to look for the crow in his nest but to no avail. He hid himself somewhere.

King Sher Singh said "The crow has flown somewhere. So it will definitely return to his nest by night".

The king asked the animals to

hide around the nest of the crow. At night the crow reached the nest and then flew to the nest of cuckoo. The cuckoo was not in her nest. She had gone to visit a patient. The crow ate to his fill, also stole some food and hid it inside his beak.

In the morning the owl narrated the entire incident of theft of last night. King Sher Singh sent for the search of crow to the other forest. At last the crow was found hiding in a dense forest. The crow was captured at last. The animals took the crow to the tiger.

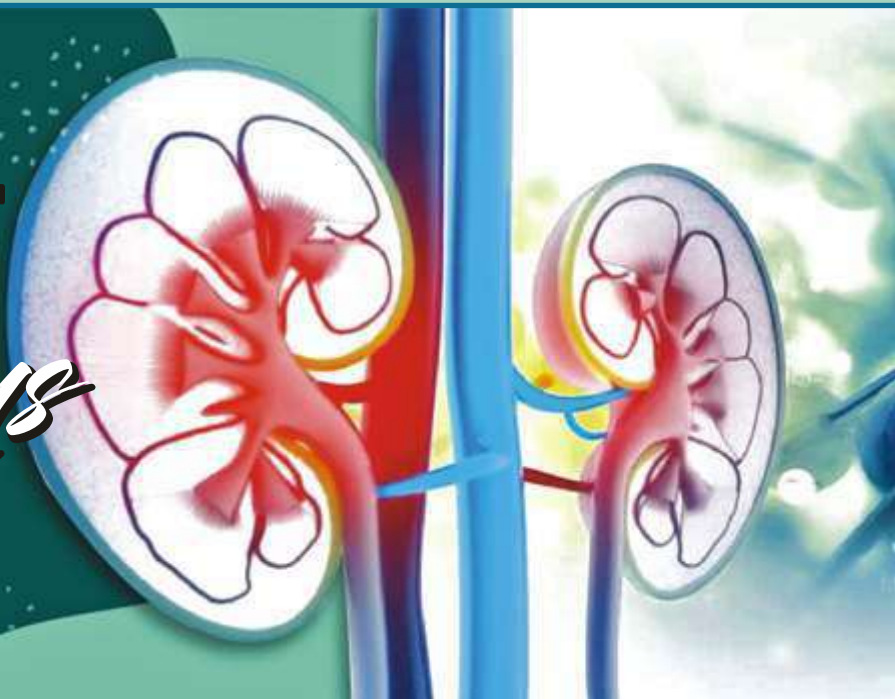
Sher Singh caged the crow in a wooden cage. The crow became restless there due to hunger and thirst. He was not given anything to eat and drink. The crow pleaded and swore in front of the king that he would not steal in future.

The King Sher Singh punished him by saying " You will no longer live in Chandan van. If you are seen anywhere around you will be caged and given death sentence."

The crow flew away hastily and never visited Chandan Van again.



How to keep your *Kidneys* *Healthy*



- 1.** Drink lots of water every day: Water keeps you hydrated and helps the kidneys to remove toxins from your body. So, drink at least 8-10 glasses of water a day.
- 2.** Reduce the intake of salt: Salt increases the amount of sodium in diet. It not only increases blood pressure but also triggers the formation of kidney stones. So, reduce its intake.
- 3.** Drink healthy beverages: Including fresh juices in your daily diet is another way of drinking more fluids and keeping your kidneys healthy.
- 4.** Don't resist the urge to urinate: Filtration of blood is a key function that your kidneys perform. When the process of filtration is done, extra amount of wastes and water is stored in the urinary bladder that needs to be excreted. So, if you start ignoring the urge to go to the washroom, the urinary bladder stretches more than its capacity. This affects the filtration process of the kidney.
- 5.** Avoid self medication: Increased dosage of medicines that you are not aware of can increase the toxin load on your kidneys. So,

always follow dosage recommendations given by doctor and do not take over-the-counter pills.

6. Exercise daily: Exercising and eating healthy can surely help you to lose extra weight and enhance kidney health.
7. Say NO to alcohol and smoking: The intake of alcohol disturbs the electrolyte balance of the body and hormonal control that influences the kidney function. Smoking slows the flow of blood to the kidneys. When less blood reaches the kidneys, it impairs their ability to function properly. So, say NO to both alcohol and smoking.
8. Manage diabetes, high blood pressure and heart disease: In most of the cases, kidney disease is a secondary illness that results from a primary condition such as diabetes, heart disease or high blood pressure. Therefore, controlling sugar levels, cholesterol and blood pressure is essential to keep kidney disease at bay.



— Rajat Kapoor, Delhi

No Escape

It can find its course
No need to guide it
It will appear through pores
You tried to hide wherever you
could.

But you could not do so
As life was happiness,
not sorrow

You ran through woods,
You ran through sands.

But after you it came well planned

You tried to hide,
You wanted to give up
What did I do,
that it came through"

Crossing all the barriers.

Yes, I found, it was the truth

The truth that follows you,

Crossing all terrains

Finally it caught you,

When you were drained

Surrender you did,

and asked for mercy

you could not hide from it

because as you sowed,

You had to reap..



The Fox without Tail

One day a fox was roaming in search of food in a forest. A hunter had laid a trap under a tree. Unfortunately, the fox was caught up in the trap. The fox began to heave in order to get out of the trap. In the struggle, he lost his half tail.

The fox felt extremely sad to lose his half tail. Not only this, he felt small as well. He knew that every animal would laugh at him. As for the foxes, they would tease him calling him a tail-less fox. So, he thought hard to do something. Soon an idea struck him. He thought, "I must persuade other foxes to part with their tails so that they may not mock at me."

So, the fox decided to call a number of foxes and talk to them. Accordingly, he invited a large number of foxes to his house. They were entertained well and then the

fox said to them, "Brothers ! listen to me ; I want to talk to you on a serious matter."

"What is it ? Let us know ; we'll consider it from every angle indeed," said an old fox.

"Each of us has a tale. It is just a burden—a useless addition to the body. Without it, each of us can run much faster to chase the prey. So, it is advisable that we should part with our tails. They look very ugly and are very heavy as well," argued the fox.

The foxes began to look at one another. But one clever young fox had seen that the fox was tail-less. So, he said, "Excuse me, sir. I'm sure you would not have given us that advice if you had not lost your tail."

Hearing this, the fox felt ashamed and ran away from there.

Moral : Truth Always Prevails.

The Bread of Life

Wheat is one of the oldest and most important of the cereal crops. Many people eat wheat products at every meal. It is an important ingredient of many breads, pastries, and pastas. Wheat has lots of nutrients and is a major source of energy for humans.

Wheat can be eaten simply by soaking and cooking the seeds, or grain. But for many foods the grain has to be turned to flour first. This requires grinding the wheat.

The wheat plant is a kind of grass with long slender leaves. In most kinds of wheat the stems are hollow. The top part of the plant is made up of a number of flowers. Two to six flowers form groups called 'spikelets'. Two to three of the

flowers in each spikelet produce grains. It's the grains that are used as food.

More of the world's farmland is used for growing wheat than for any other food crop. The world's largest producer of wheat is China. Other leading producers are India, the United States, Russia, France, Ukraine, and Turkey.

Many thousands of varieties of wheat are known. The most important ones are used to make bread and pasta. Club wheat, a soft variety, is used for cakes, Biscuits, pastries, and household flour.

Wheat was first grown on farms about 9,000 years ago in the Euphrates River valley of the Middle East. In ancient Egypt, wheat was so important that the people buried some with the pharaohs (kings). In this way, they believed, the pharaohs would never go hungry in the afterlife.



—P. C. Roy Chaudhary



The Jackal & The Kite

Why do jackals have the tip of their tail black as if burnt?

Once upon a time a jackal and a kite lived as friends and used to go out together looking for food. Once they hit upon a plan. They sent word to a village that a neighboring Raja would soon come and loot the village with his army. The next morning the jackal took an empty pitcher and marched towards the village beating on it with a frightful clamour, and the kite flew overhead screaming as loud as it could. The villagers were scared that the Raja's army was approaching. They fled into the jungle leaving all their food behind. The jackal and the kite settled down to a merry feast and laughed

between themselves as to how they had cheated the villagers.

There was, however, an old woman who could not run away, and had hid herself inside her house. When she saw that no army came but only a jackal and a kite, she sneaked off to the jungle and reported to the villagers. They came back and surrounding the village caught hold of the jackal and gave it a sound beating with sticks. They then tied some rags to the tail and set fire to it. The jackal fled for his life, with the tail-tip aflame. He jumped into a tank and had the fire put out. Since then jackals carry in their tails a black tip and in their minds a dislike of men.

— H. S. Nirman

The Jurisdiction of My Love

This is the map of the world I live in,
This is the jurisdiction of my love,
All the continents, are my sentiments,
I am to fly and to fly as a dove.
This is the map...

This jurisdiction is the power to
love everyone with some sacrifice.
Selfless service of the humanity,
No vested interest, no avarice.
A low profile with a very high morale
Trust in God and it will never fail.
Winning the mind, winning the mankind
My experience, my anubhav
This the map...

I owe something to everybody
And everybody owes something to me.
It is in between two open hands that
Something important we have to see.
Co-residents of the 'Planet Earth'
share this one-and-the-same home and hearth,
All human-beings are fellow-beings
to remain forever just hand 'n' glove
This is the map...

'A' for Australia, 'A' for my Asia,
and 'A' for my Africa.
'E' for my Europe, 'A' for Americas
and 'A' for Antarctica.
The five oceans of my emotions
just embrace my seven continents.
All the nations, are my relations.
And this bond is over and above
This is the map...



— C.P. Singh, Delhi

Hot And Cold

We can use our fingers, our tongue, or almost any part of our skin to feel just how hot or how cold something is. This is important because our bodies need just the right amount of heat so that we can live comfortably.

When it's cold and we want to make a room warmer, we turn on the heater. In the summer when it's hot and we want to make the room cooler, do we add cold to the room?

No. We take away some of the heat. We say something is cold when it doesn't have much heat. The less heat it has, the colder it is.

Air conditioners suck hot air from a room. Pipes inside the air conditioners

take a lot of heat out of the air, making it cold. Then a blower fans the cooled air into the room again.

When we want to know exactly how hot or cold something is, we use a temperature. The temperature tells us how hot something is. Some countries measure temperature in 'degrees Celsius ($^{\circ}\text{C}$)'. Others use a different measuring system of 'degrees Fahrenheit ($^{\circ}\text{F}$)'.

We can use thermometers to measure air temperature, oven temperature, even body temperature. And your body temperature tells not only whether you feel hot or cold but whether you're healthy.



— Sanjay Tandon

The Art Examination

A teacher of Art was to take an examination of the students of his class. They had just completed an extensive study on 'Still life.' For the examination the teacher said, "You can work on this at home or at school. I am dividing all of you into two groups. Students in Group-A shall paint only one pot each. Students of Group-B can paint and submit as many pots as they like. You must submit your work to me after a week. I shall mark you out of 100."

So, the entire week, all the students worked hard to excel. The students of Group-A, had to work only on one pot each, so all of them got enough time to put in a lot of detail into their work. Quite a few master pieces were created!

The students of Group-B, worked on one pot after the other. By the end of the week, some presented five pots, some six, some even more. The teacher collected the submissions and sat down to mark them.

When he read out the marks awarded to them all on the following day, which group do you think would have done better? Which group out did the other?

Rational thinking would say that since the students of Group-A got to concentrate

on just one pot each and that they were able to direct all their time and energy into a single pot, this group should in general have done better than Group-B.

But, the verdict was tilted in favour of Group-B. Let us see why. With each successive pot that the student painted, he or she was able to practice more. New ideas cropped up and the hand became more at ease with the job. Each successive pot painted, was better than the earlier one. The last pot painted by most of these students was a class apart from either of those submitted by their friends in Group-A!

Sometimes; or rather most of the times, 'Practise makes a man perfect'. For an artist, each painting contributes to his growth as a more and more mature creator. For a student, each time he goes over the text to be learnt, he knows it just a little better. For an employee, each time he works at the same kind of assignment, he sharpens his skills a wee bit more. Sit up and get to work. Don't idle away your time! Even if you fail, just get up again and try harder. Remember, Success is just a little failure that decided to go on.

As for perfection, remember that whatever is worth doing is worth doing well! So whatever you do, give it your best shot!

Moral : Practice makes a man perfect.



H a n s t i D u n i y a

April 2021

Patience

Patience is the ability to tolerate waiting without frustration and agitation. Due to patience, a person is able to control his emotions and impulses.

Patience is a rare virtue in today's world. It not only makes one compassionate and empathetic but also decreases stress and improves decision making. Patience makes a person a better human being. Follow these four tips to increase your patience:

1. In a fast paced life, at times slowing down is the best way. Try to slow down and take some deep breaths before you act.
2. Think before you speak. Sometimes we just blurt out that pops into our head without considering the consequences. If we pause and think about what we want to say, we can avoid hurting others.
3. Always remember that when you are patient, you take time to assess every situation. You weigh the pros and cons and hence, you don't rush into anything you will regret later.

4. Understand the addictive nature of anger, irritation and outrage and try to overcome them.

It is rightly said that - Patience can't be acquired overnight. It is just like building up a muscle. Every day you need to work on it.

5. To increase your level of patience practice breathing techniques, Yoga etc. which will help increase a feeling of well being which will increase blood flow in body and make one calm a patient person.



Belapur's Doctor

Belapur was a small village. It was a very beautiful village. On one side the flowing river and on the other side green forest. One side of the river there were hills and that looks very beautiful from far.

In a village there was a person named Amrit Lal ji, very old doctor. His age was about 90 years. In that old age also his face did not have wrinkles. His face was charming, and he had black hair and did all his work by himself. Being old he went to forest for a walk, and did exercise to warm himself. In morning after God's prayer he treated people for free and people gave him sugar, rice, cereals, ghee, fruits, clothes etc in return of their treatment.

One day doctor fell ill. The whole village was very shocked. All were praying for speedy recovery of doctor. Without him they would all die.

After listening this doctor smiled and said that he was ill, so how they would die. Villagers said collectively in one voice that who would take care of them.

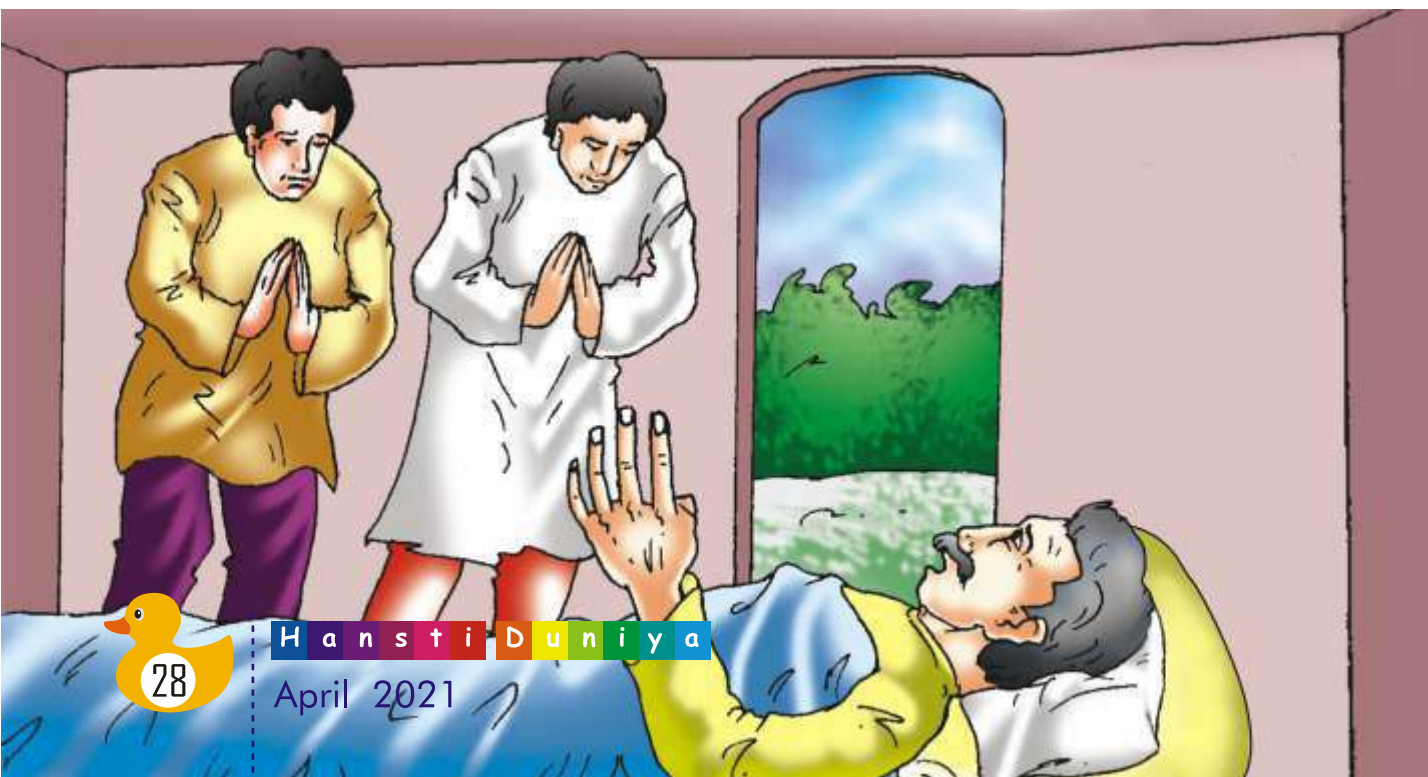
Doctor told them to listen to the four points.

After this the villagers asked what they had to listen.

Doctor said, "First point is wake up early in the morning, second exercise, third take bath daily, and fourth is eat only when you are hungry. If you follow these four doctors then you all will live happily and never become ill". The doctor died after that.

The whole village plunged into sadness. After doctor's funeral the whole villagers collected and took a decision to follow doctor's advice.

Then no one fell ill. All lived happy and healthy life in the village.



This story by **Hitesh Khurana**

Son of Dhiraj Khurana, H. No. 1/78A , Shastri Colony
Sector - 19, Faridabad (Harayana). has been adjudged
the best. Congrats to him.



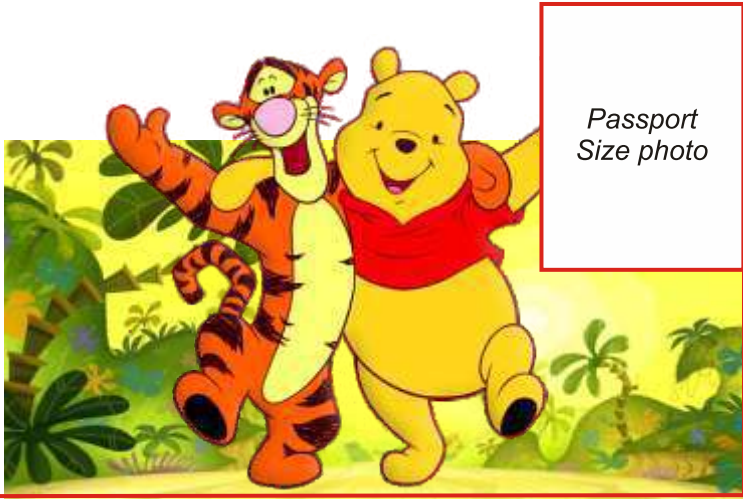
Love of Nation

Ankur and Anish were two friends. They lived in Krishna Nagar. They were very mighty and fearless. Anish's father is an army officer. Ankur's father is an engineer. Anish's father brought some gapes for him and his friend Ankur was very fond of veggies and fruits. One day, Anish invited Ankur to have lunch with them because his father came after a long time on a holiday.



Ankur was very curious to meet Anish's father because he wanted to become an army officer on day. Next day they all gathered for lunch. Anish was very happy because he was having lunch with his father and friend. While having lunch Anish's father shared many stories of brave soldier friends. After hearing the stories, Anish and Ankur got more excited to join Indian Army. Anish's father guided them to stay fit and study well so that they can be selected in Indian Army and serve the nation.

Moral : Good Thoughts inspire us to do Good Deeds.



Passport
Size 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

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

E-mail : editorial@nirankari.org

(The best story would be published in Hansti Duniya, June 2021)

Cheeku Tiger and Meeku Bear lived in a Jungle.....

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H a n s t i D u n i y a

April 2021



— Sharda Narayan

The Sun

Every morning, grows the Sun
Light on earth, throws the Sun

Braving the dense darkness
A bright day shows the Sun

Though it sets, rises daily
No fatigue yet knows the Sun

Piercing through the clouds dark
How steadily glows the Sun!

Let's learn to serve humanity
As light bestows on all the Sun.

— Hari Prasad Dharmak Vishal

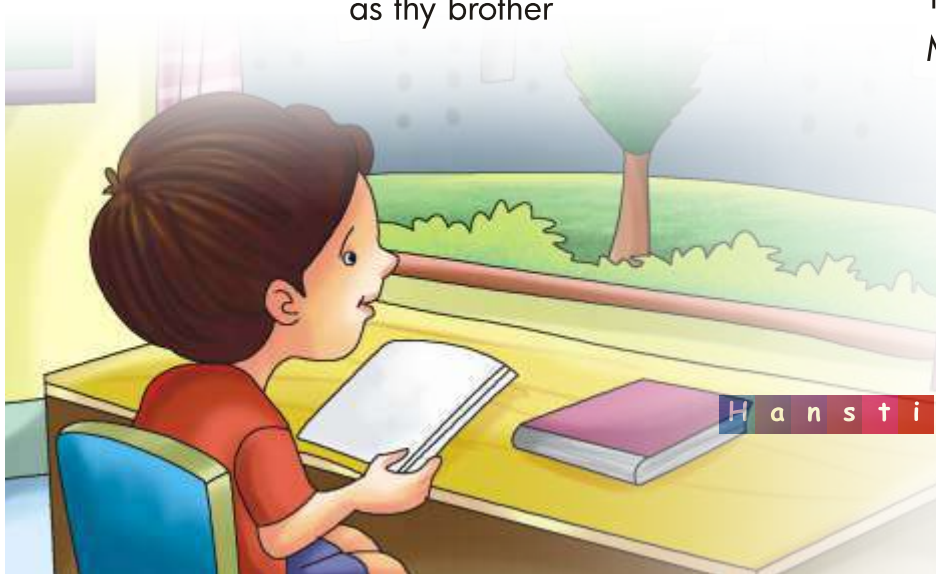
Be The Pride of Nation

To study, attention
pay O' Children,
Together all do
Play O' children

Never quarrel
with each other,
Love everyone
as thy brother

Education makes
truly one great,
So, never depend
On thy fate

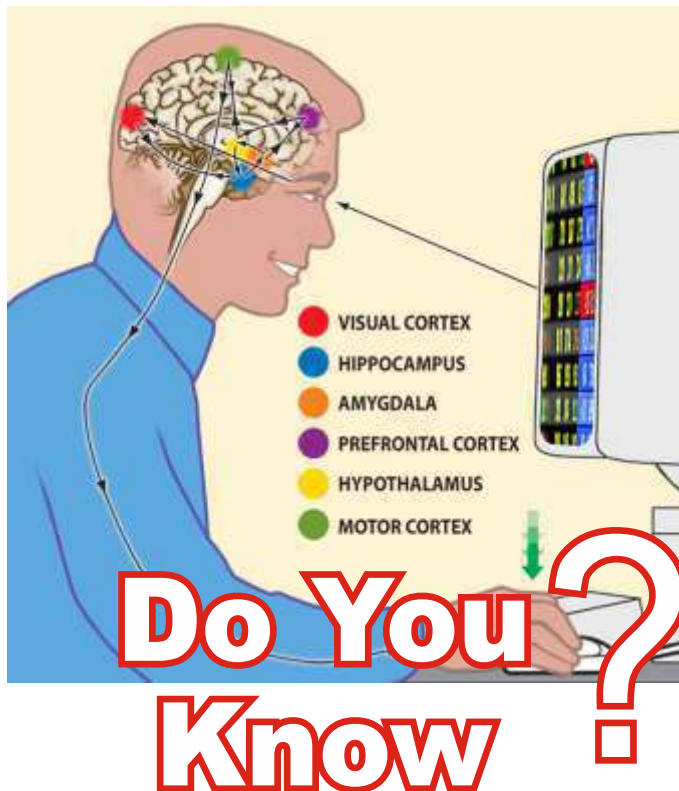
Like great martyrs
be a patriot,
To save thy nation
Make thy lot



Hans ti Duniya

April 2021





Que.: How do our eyes work?

Ans. : The eyes are two tough balls of tissue containing transparent jelly. At the front of each eye is a transparent covering called the cornea. The coloured part of the eye is called the iris. It surrounds the pupil, a dark hole through which light enters the eyeball. Six muscles connect the eyeball to the bones in the eye socket and move the eyeball around. The " optic nerve runs out of the back of the eye and goes to the brain. Light rays enter the eye and pass through the pupil to the lens. Both the curved surface of the eye and the lens bend the rays

and focus them into a clear image onto the retina. Cells in the retina send messages along the optic nerve to the brain.

Que.: What gives your eyes their colour?

Ans. : Your eye colour is produced by a pigment called melanin. Eyes can be brown, blue, grey, green or somewhere in between. The colour depends on how much melanin is present in the iris — brown eyes contain much more than blue eyes.

Que.: How do we see colours?

Ans. : There are three types of cone cells, each sensitive to one of three colours: red, blue or green. We see other colours when a combination of cone cells are triggered. For example, when both red and green cones are stimulated, we see yellow.

Que.: Are two eyes better than one?

Ans. : Yes. Two eyes see over a bigger area, and because our eyes are set slightly apart, they see objects from slightly different angles. The brain fits the two images together to give a 3-D image, which helps us judge distances better.

— Raju Sharma





— Priya Tandon

THE MISGUIDED BOY

Balu was a boy who took pleasure in making fool of others. Wherever he went and whenever he could he never missed a chance of making others feel stupid.

Once, as he was walking on the road, he saw a barber shop. Now, Balu's mind started rolling into action. He wanted to make a fool of the barber. Balu approached the barber and asked, "Sir, how much do you charge for a shaving?"

"Five rupees", replied the barber. Balu at once sat on a saloon chair and said, "Please, do me a shave". For a minute the barber was puzzled. Then he looked into the fooling tendency of

Balu. He decided to teach Balu a lesson.

The barber covered Balu's body with a barber's towel and went to the table. He took the foaming kit and made a rich lather. He applied the rich lather on Balu's face as though he was going to give a shave. But after applying the foam, the barber became busy with some other jobs.

Balu waited for sometime. But the barber did not come to him. Finally, Balu lost patience and asked, "Are you going to give me a shave or not?"

The barber coolly replied, "I am waiting for a beard grow on your face". Balu felt ashamed of his deed.



Kitty

Story & Illustration :

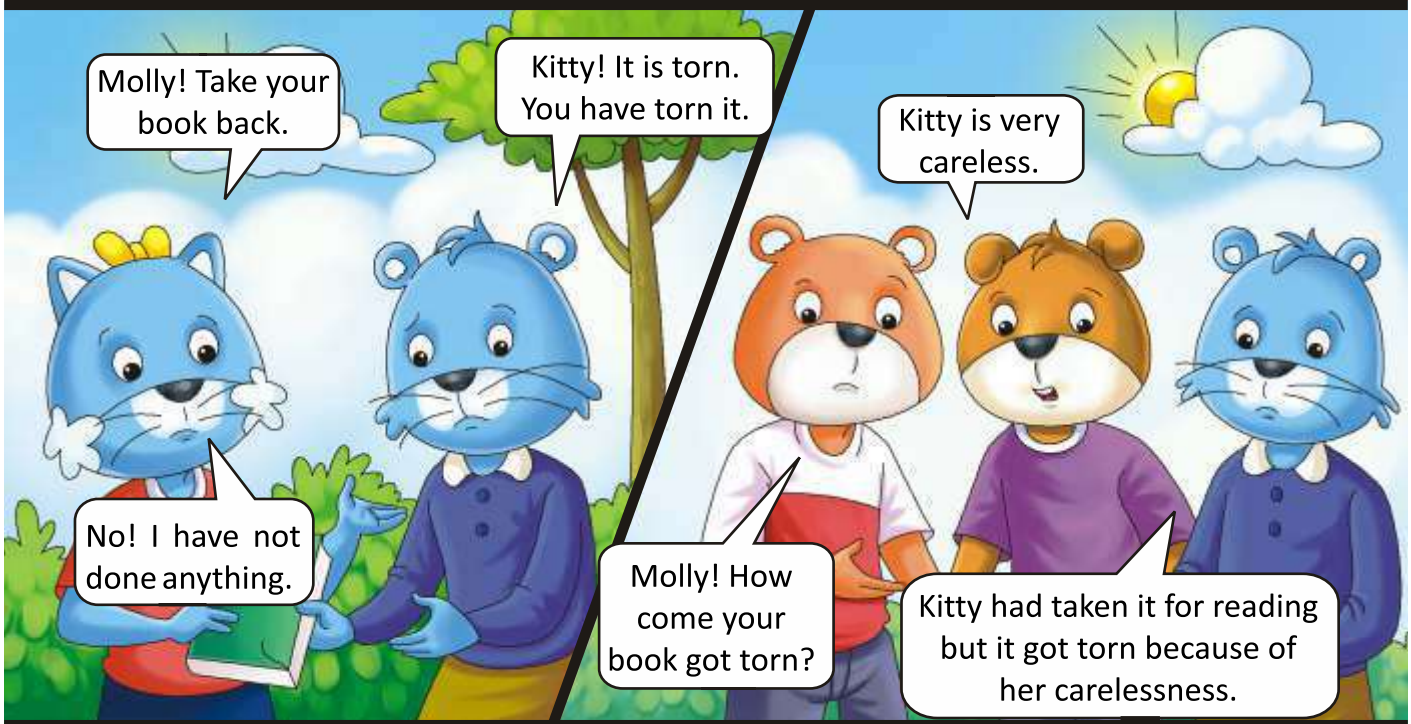
— Aaryaman Prajapati





The book got torn due to Kitty's carelessness.

Kitty! Look at the state of Molly's book.



Molly! Take your book back.

Kitty! It is torn. You have torn it.

Kitty is very careless.

No! I have not done anything.


Molly! How come your book got torn?

Kitty had taken it for reading but it got torn because of her carelessness.




Chintu! You give me your toy monkey that dances. I shall play with it.

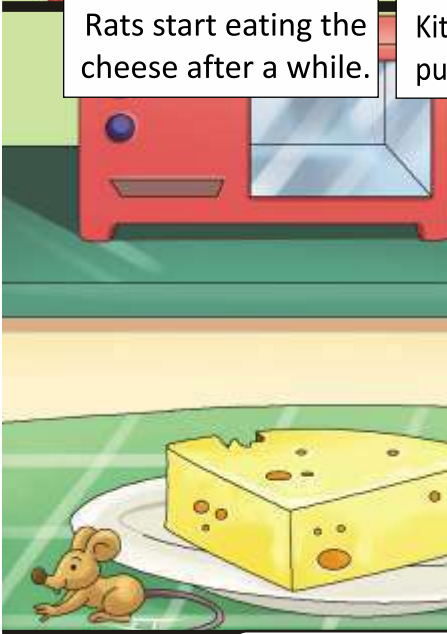
No! Not to you at any cost.



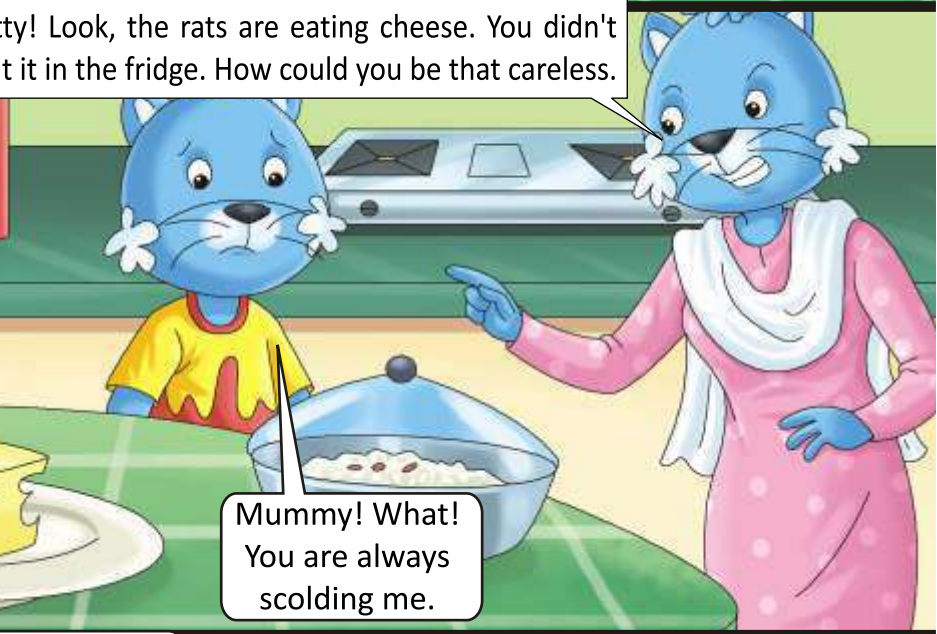
Kitty! Just keep this cheese in the fridge.




I shall just place it here. Later I shall put it in the fridge.




Rats start eating the cheese after a while.



Kitty! Look, the rats are eating cheese. You didn't put it in the fridge. How could you be that careless.



Mummy! What! You are always scolding me.



Kitty! it is not right to be so careless. You will face difficulty because of this.



Mummy! Chintu refused to give me his toy. He said, I shall break it.

Yes! Because you are careless.

Mummy is right. There are mishaps happening because of me.



Friends! Please forgive me. I shall not be careless in future. I have realised my mistake.



Kitty! Good you realised your carelessness. Take this toy monkey. You may play with it. But take care.

Thank you, Chintu.

Kitty! If you need the book again, take it, but be careful.

Now I shall be careful with everything. I shall not be careless.

— Priyanka, Delhi

Birbal's Khichdi

One day a brahmin came to meet Akbar to seek his help. He was in need of some money.

Now there were some courtiers in Akbar's court who liked to have fun at somebody else's expense. One of such courtiers stood up and said to the brahmin, "Can you stand in the cold waters of the Yamuna for the whole night? If you succeed, Emperor Akbar will reward you." The emperor also agreed to this.

That night, the brahmin stood in the cold waters of the Yamuna the whole night. Emperor Akbar had appointed a guard to keep an eye on the brahmin.

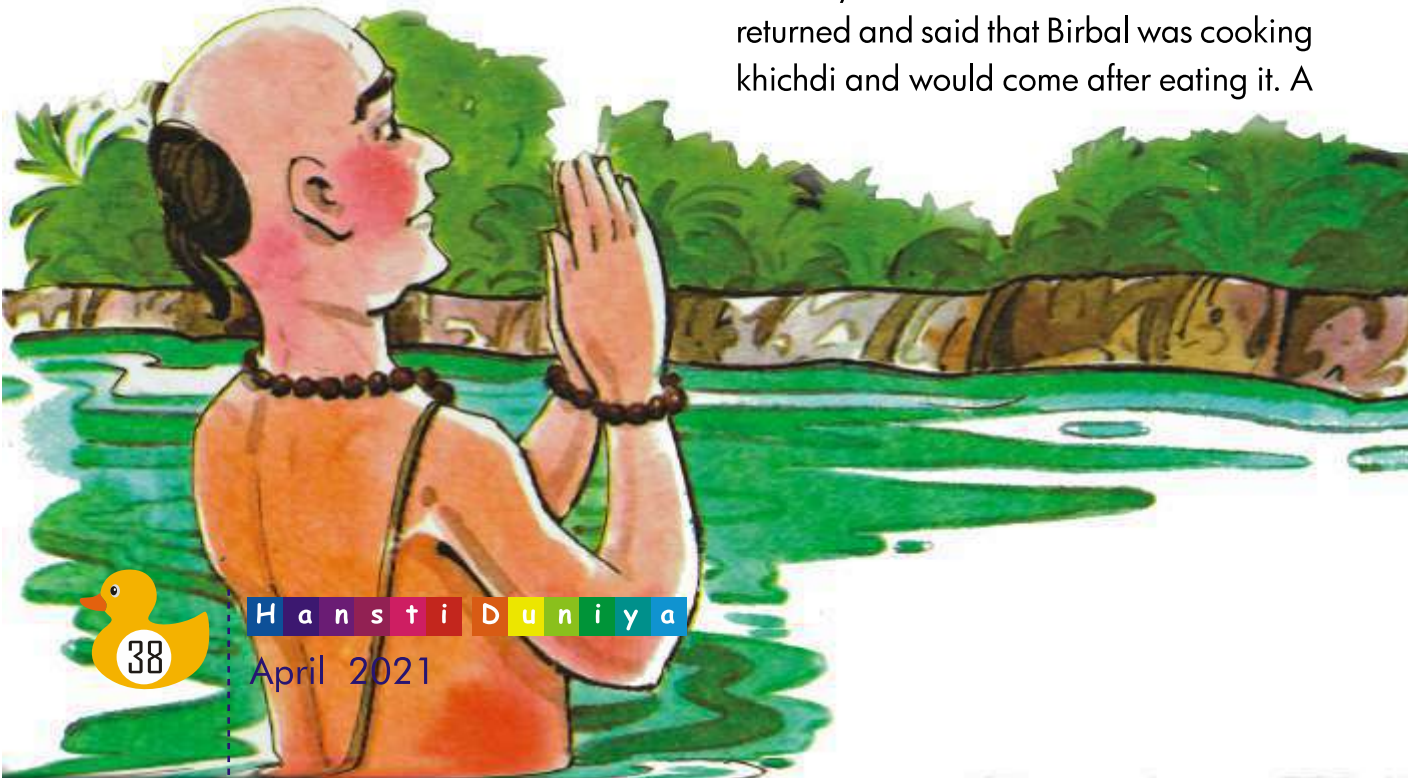
Next morning, the guard reached the court with the brahmin. He assured the emperor that the brahmin had stood the whole night in the cold water. "How were you able to spend the entire night in the cold water?" the emperor asked in an amazed voice.

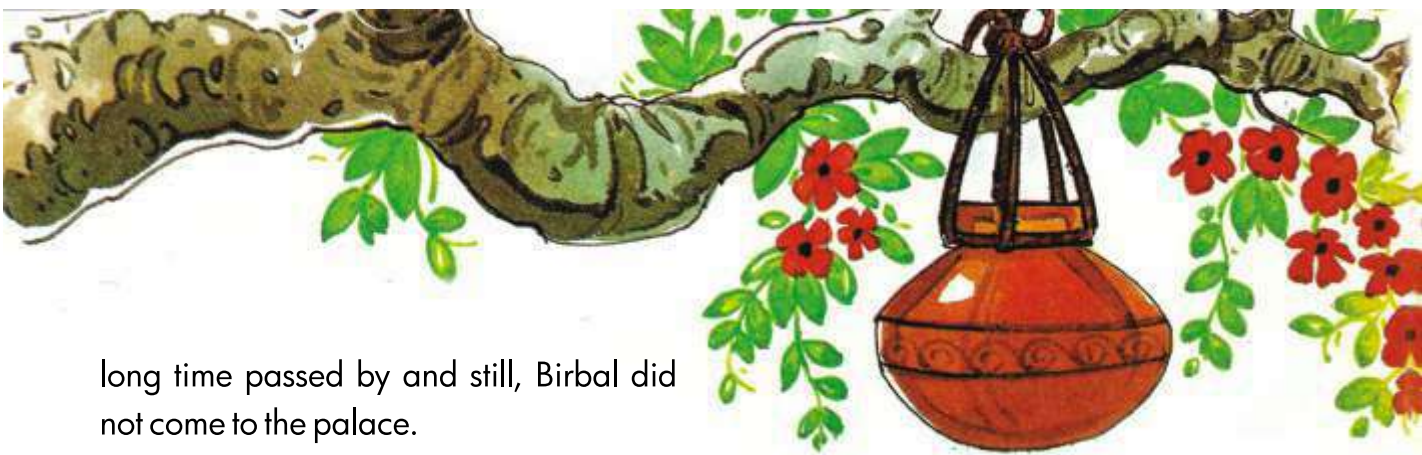
"I got solace from watching the lamps of your palace, Your Majesty," the brahmin replied politely.

At this, the emperor said, "Then I will not give you any reward. You were able to stand in the cold water as you were getting warmth from the lamps."

The brahmin felt very sad and went away. Birbal was also present there. He felt very angry with the emperor at this injustice. He decided to do something to help the poor brahmin.

The next day Birbal did not appear in the court. Akbar ordered a man to go and see why Birbal had not come. The man returned and said that Birbal was cooking khichdi and would come after eating it. A





long time passed by and still, Birbal did not come to the palace.

Emperor Akbar again sent a man to see what was delaying him, and again he got the same information. At last, he himself went to see which type of khichdi Birbal was cooking that was taking so much time.

When he reached Birbal's place, Akbar found that he had hung the pot of khichdi on a high branch of a tree, and below it, he had lighted a small fire.

"Birbal, what is this?" asked the emperor. "Is it possible for the heat of the fire to reach the pot from such a distance? Your khichdi would never get cooked in this way."

"Why, Lord? If that brahmin could receive the warmth from the lamps of the palace, which were so far away then why can't the warmth of the fire reach this pot which is much nearer?" replied Birbal.

Emperor Akbar at once realised his mistake. He also understood Birbal's purpose for cooking his khichdi in an extraordinary way. "Birbal, I understand your meaning. That brahmin would get his reward. Now can you hurry up with your khichdi? I need you in the court".

Birbal left his khichdi and gladly went with the emperor. Next day, the brahmin was called at the court and was rewarded by the emperor.



Laughing Time



Employer : We need someone for this job, who is responsible.

Applicant : Sir, your search ends here, in my previous job, whenever anything went wrong, they said I was responsible...

Life is very short and we must find a reason to smile. Anything which makes you smile from inner heart is really worth for you. Some short jokes are really capable of doing the same. So never forget to live in present.

Interviewer : What is skeleton?

Santa : Skeleton is a person who started dieting but forgot to stop it..!

Beggar : Please give me one rupee.

Seth : You look very young, why don't you do some work?

Beggar : I am asking for a rupee, not your advice or a job.

The mother says to her daughter, "Did you enjoy your first day at school?"

The daughter answers,
"First day? Do you mean I have to go back again tomorrow?"

Principal : "I've had complaints about you, Johnny, from all of your teachers. What have you been doing?"

Johnny : "Nothing, sir."

Principal : "Exactly!"

Doctor : Your pulse is as steady as a clock.

Patient : You've got your hand on my wristwatch.



H a n s t i D u n i y a

April 2021





Teacher : What's the past participle of the verb "to ring?"

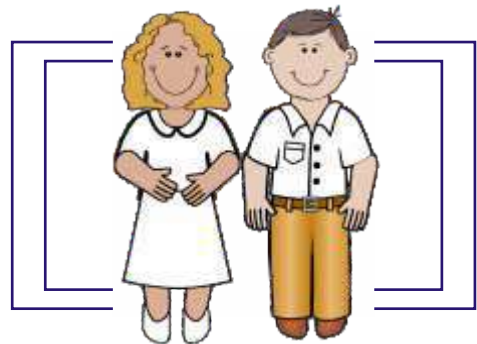
Student : What do you think, sir?

Teacher : I don't think. I KNOW.



Teacher : "Isaac Newton was sitting under a tree when an apple fell on his head and he discovered gravity. Isn't that wonderful?"

Student : "Yes sir, if he had been sitting in class looking at books like us, he wouldn't have discovered anything."



A crow shits on Amit. Preeto gives tissue paper to him.

Amit : No use, Now crow has flown.

Praveen : Why is a man always on right side and woman on left side in photograph?

Sanjay : Because, as per balance sheet liabilities are on left side and assets on right side.

Two factory workers talking-

Woman : "I can make the boss give me the day off."

Man : "And how would you do that?"

Woman : "Just wait and see." She then hangs upside-down from the ceiling.





— Sakshi Batra, Delhi

Exercise

With Your Mind



- Q. 1. It has no legs, but comes and goes. It has no tongue, but speaks well. What is it?
- Q. 2. Black seeds sown in a white field; there grows wisdom. What is it?
- Q. 3. What goes up without wings or ladders?
- Q. 4. A lady with a single eye.
- Q. 5. A white man with black hat.
- Q. 6. What does a shark like to eat with peanut butter?
- Q. 7. What do cats eat for breakfast?
- Q. 8. Why can't a leopard hide?
- Q. 9. What do you give a dog with a fever?
- Q. 10. What do you get when you cross a cat with a lemon?
- Q. 11. Why did Captain Cook sail to Australia?
- Q. 12. Where would you find Hadrian's Wall?
- Q. 13. What sits quietly in the corner, but flies in the world?
- Q. 14. What hasn't done anything wrong, but is always beaten?

Answers

1. Letter 2. Book 3. Smoke
4. Needle 5. A matchstick
6. Jellyfish 7. Mice Crispies
8. Because he's always spotted!
9. Mustard, it's the best thing for a hot dog. 10. A sour puss.
11. It was too far to swim.
12. At the bottom of his garden.
13. Stamp 14. Drum



H a n s t i D u n i y a

April 2021

RESULT FOR THE MONTH OF FEBRUARY 2021 ISSUE

First :

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K -57 Shalimarbagh
Delhi - 110 033



Second :

Avyan Dev Age 9
7/15, Vaishali
Distt. Ghazibad (U.P.)



Third:

Prtiksha Age 10
7/175 Sant Nagar
Delhi- 110084



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Sudha (Delhi)
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Avyan Dev (Gurgaon)
Sumanyu Chawla (Shastri Nagar)
Anjali (Mukandpur)
Ananya (Rajnagar)
Anmol (Parmanand Colony)
Manvi Maurya (Bengalore).
Jheel Lamba (Delhi)
Prachi Sharma (Amarawati)
Amrit (Roop Nagar, PB)
Sonu (Rohtak)
Dinesh (Bahadurgarh)
Mukesh (Kashmiri Gate)
Sonu (Rohtak)
Dinesh (Bahadurgarh)
Neetu (Gorakhpur)
Rekha (Jaunpur)
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Richa (Dehradun)
Chhaya (Azamgharh)
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Sunil Dikshit (Delhi)

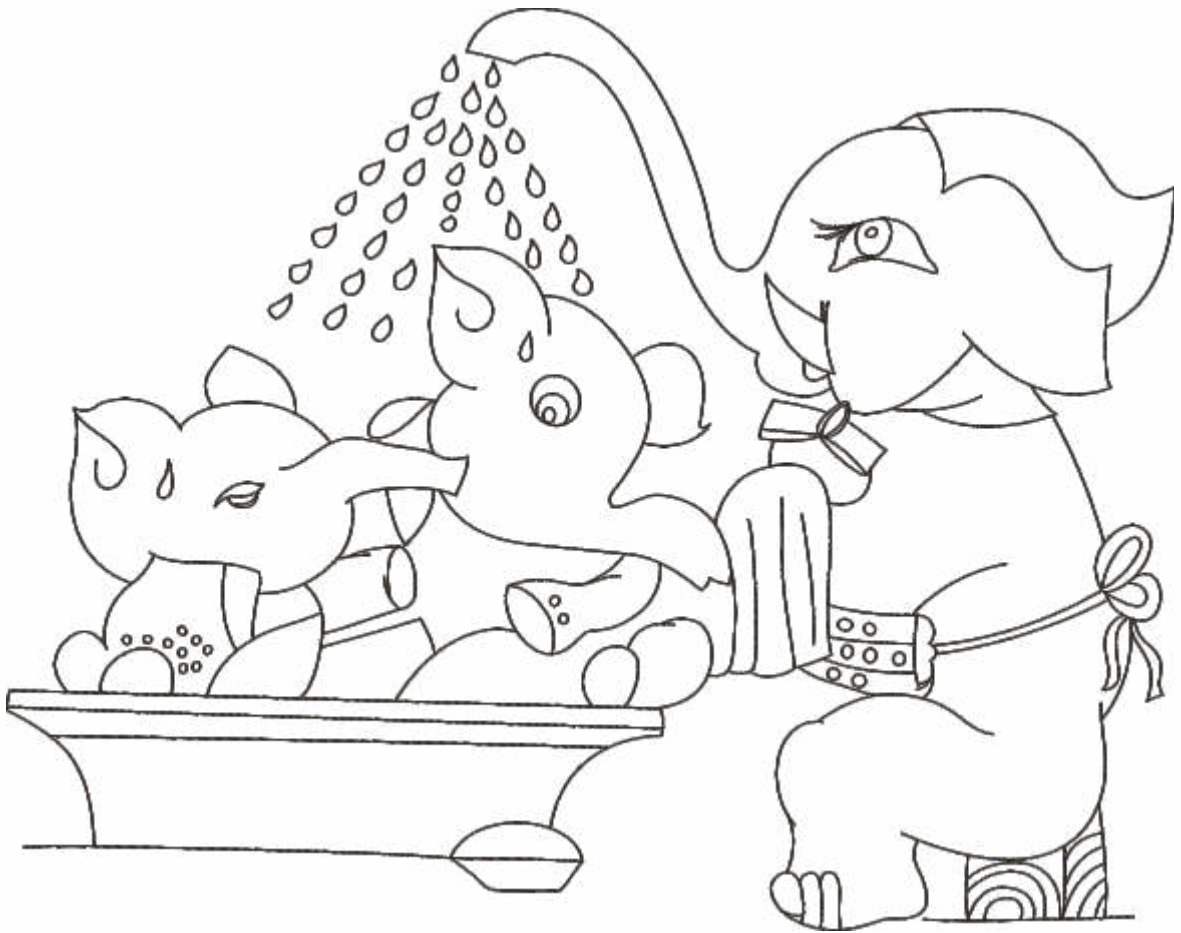
"COLOUR IT" FOR APRIL ISSUE

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

The result will appear in **JUNE 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

.....



H a n s t i D u n i y a

April 2021



— Gorang Singh (Delhi)

Goats Across a Bridge

There was a lush meadow. Across this meadow ran a brook. There was a bridge to connect the two parts of the meadow. Animals used to cross this bridge to graze on both the parts of the meadow.

Once, two goats who were grazing on either side of the river, wanted to cross the bridge at a time. But, the bridge was too narrow to hold the goats. Both the goats were so adamant

to cross at the same time. This led to a quarrel among them. At the end both fell into the brook and got drowned.

There were two other goats who wanted to cross the bridge. They were willing to adjust. One goat squatted on the bridge while the other crossed over this goat. After that goat had crossed, the goat which had squatted got up and walked across the bridge. Thus, both the goats crossed the bridge.

A NICE THOUGHT

No comparison between the Sun and the Moon
They shine when it's their time
Everything is universally designed to work
Every wave is from the Ocean of the Ocean and in the Ocean
Welcome everyone and celebrate every day

—Naresh Ahuja



H a n s t i D u n i y a

April 2021



Passerby Returns Thirsty

Once there was a village in which everyone had low intellect. That is why it was called 'village of fools'.

Once a passerby was going through that village. He was thirsty. There was a well in that village. A person was bathing there.

The passerby went to that person and said "Dear brother! I am feeling thirsty; please can I have water."

The person cleaned his bucket and hanged it inside the well to fetch water from it.

As he was pulling up his bucket

from the well, the person said, "Brother, isn't it the same village which is famous with the name 'fools village'.

The villager felt hurt and he released the bucket of water back in the well, and spoke in an unusual dancing manner, "Fools existed once, now no one's a fool I am saying it truthfully.

There is no doubt about it" The passerby heard it, and then just started laughing out loudly as he had to go thirsty from the village.





Story : Ilurani

A Unique Gift

Famous scientist Benjamin Franklin needed some money for publishing a Science Journal but he couldn't arrange enough money. He became very tense because of this. One day early morning someone knocked at his door step. As he opened the door he met with a childhood friend who was running a business in the city. He greeted his friend warmly. After serving snacks he told his friend that he wished to publish a science journal but...

"What is the reason", asked his friend.

"In fact I don't have enough funds" Benjamin apprised him of his problem.

On hearing this the friend took out his cheque book from his bag and signed a cheque for 50000 dollars and said, "You

start publishing the journal with this money." Benjamin started publishing the Science Journal and it met with a great success. When he had enough money he went to his friend to return the money.

Benjamin's friend said, "Now I shall not take this money back. Just Keep it with you and help a needy person. When he comes to return the money , just tell him to help a needy. This way my dollars will continue to help people."

Benjamin really liked his suggestion. He thanked his friend and said, "This act of benevolence on your part shall ever remain alive in the history."

Moral : Goodness never goes waste.

Putting Love in Action

There was once a little girl who had a bad temper. Her mother gave her a bag of nails and told her to hammer a nail into a fence every time she lost her temper.

The first few days, the girl had driven numerous nails into the fence. As weeks went by, she learned to control her anger and the number of nails hammered daily gradually dropped down. She discovered, it was easier to hold her temper than to drive nails into the fence.

Finally the day came when the little girl didn't lose her temper. She was able to control her anger. Her mom suggested that the girl now pull out one nail for each day. After some time the girl told her mom that she had taken all the nails out.

Her mom said, "You have done well, my daughter, but look at the holes

you left in the fence. They will never be the same. When you say things in anger, you leave a scar just like this one."

I realized a few months back that when I got upset with a professor, or colleague, or friend .. I tend not to express my anger or negative feelings. But when it comes to my family members, I express my feelings without thinking twice. And sometimes, I think, I am disrespectful.

When you love someone, it can be easy to take advantage of that love, sometimes without knowing it.

With my parents, I know that they will always love me no matter what I do



.. .but why is it, we often treat those we love most with less respect than strangers?

Let us not make this same mistake with God. Let us not take His love for granted. We should remember to constantly thank him and ask for His forgiveness.

Suppose a man is in a courtroom. The judge gives the man one final chance to say something before his sentence is pronounced. The man says, "My dear judge, I know you are kind-hearted and good. So, please forgive me for my (transgression) misdeed".

The judge will respond, "I am a good judge and that's why I will carry out justice. I will give you your sentence and protect others from your sins.

We must remember - for those who loves God , He disciplines.

But when we sincerely ask for forgiveness and withhold (refrain) from repeating the same mistakes, then God never fails to take care of us. We just have to remember this step.

Suppose you are in court and the judge has given you a choice: imprisonment or pay a fine. You're a poor man and cannot afford the fine.

But somebody you don't know suddenly stands up in the courtroom and says, "I will pay your fine."

Chances are you will run to that person and profusely thank him.

We must thank God for all the bounties and mercies.

—Sunil Nagpal

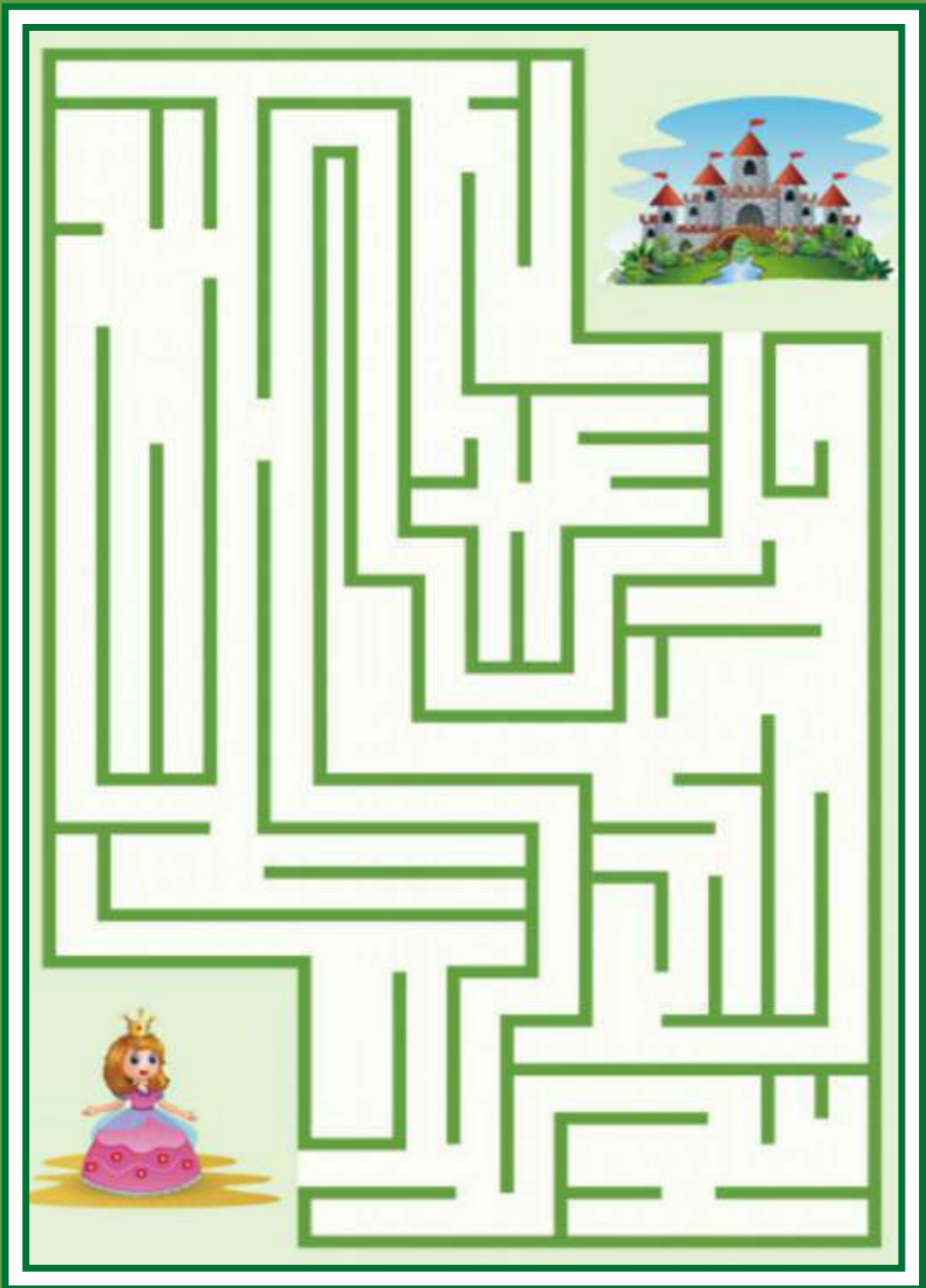
SMILES

Smiles Are
Fat — Free
Sugar — Free
Reduce Blood Pressure
Absolutely Free Of cost
So keep Smiling
And
Win hearts
Smile is an inexpensive



way to have good looks
When we smile,
we exercise 17 muscles
When we frown (Get angry)
we exercise 43 muscles.
It is better to smile
and have good looks.
Smile is like a magnet
to attract and please others.
Everyone likes smiling faces.

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Registered with the
Registrar of Newspaper
For India Under Number 47383/1988

: Delhi Postal Regd. No. DL (N) /186/2021-2023
: Licence No. U (DN)-21/2021-23
: Licenced to post without Pre-payment

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FOR VALUED WRITERS



- ★ Published in eleven languages, 'Sant Nirankari' is exclusively a spiritual monthly magazine, containing articles by learned writers. A creative coordination with the society in spirituality and literature is also ventured through this journal.
- ★ Another fortnightly journal, viz, 'EK Nazar', is brought out in three languages. Its main subject matter includes ideology, children's world, scientific and literary articles, inspiring stories and texts about places and personalities, etc. Efforts are made continuously to make these columns more attractive, informative and interesting.
- ★ Another publication, viz., 'Hansti Duniya' is brought out in four different languages. Its purpose mainly is to benefit children by way of improving their all round personality by way of providing knowledge through interesting stories, scientific fictions, poems, quiz, etc.
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—Sulekh 'Sathi'

Managing Editor, Magazine Department

Seek blessings of Satguru Mata Ji by participating in the propagation campaign of Sant Nirankari Magazines.

Posted at LPC Delhi RMS, Delhi-110006. Prescribed Dates 10th & 11th. Date of Publication: 7th & 8th. Same Month