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Hansti Duniya





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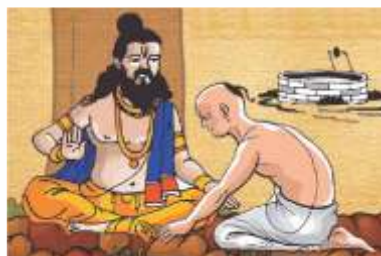
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THE ART of CREATION

Looking at a beautiful flower, we spontaneously say, "What a beautiful creation of nature!" Visiting hills, rivers, oceans or forests, we experience the same feeling of nature's beautiful art. In the same way a newly born child is also perceived as a marvel and considered as God's creation. Writings and experiences, we read in magazines are also termed as creation, i.e creation is a process of innovation.

A drawing, statue, a book or a piece of literature written by somebody are also termed as creation. Anything developed in reality to make something new is considered as a creation of that person.

Generally we hear of incidents when a child copied somebody else's work or did the same in examination. People also sometimes publish other person's write ups or even thoughts as their own. It has become very common these days. It is natural for the original writer to get upset about this. This is also an issue these days.

Dear friends! What is the solution? Inside 'Dadaji' of our magazine 'Hansti Duniya', Rev. J.R.D. Satyarthi ji explained this with an example. Somebody spoke to

the butterfly, "You make honey through so much hard work, collecting nectar from so many flowers. Making a spoonful of honey consumes a major part of your life, but someone may come and steal the entire honey in a single go."

The honeybee replied, "it is true that someone can eat the honey created by me but by no means can he make honey the way I make by collecting nectar from flowers. I enjoy the very act of creating and enjoy the process."

Let us all follow this teaching. Whenever we do something or create something, we should be so much engrossed in the process that the very act of creation gives us abundant joy.

Copying is like borrowing. One can pass an exam by copying somebody's work but never shall he be able to receive the knowledge he would have gained by his hard work.

Like, a butterfly only visits real and not artificial flowers, we also need to focus on originality and not copy others blindly. When we copy somebody we know the superiority of that person whose work we are copying. We may or may not admit it. Only the creator knows the art of creating.

We are grateful to and pay our salutations to Satyarthi ji for guiding us from time to time.

—Vimlesh Ahuja

SAMPURAN AVTAR BANI



IK TU HI NIRANKAR-170

KAI VARI TOON KEEDA BANION REENG REENG KE CHALION JAN;
SOCH KHAN TERI KI SI HALAT SAPP TE THOOAN BANION JAN.
GHODA KHOTA KUTTA BANION BANIA EYN TOON MAJH TE GAN;
CHAMGADAD TE ULLOO BANION KAI VARI BAGLA TE KAN.
GANDGI VICH KURLANDA SAIN TOON BHULL KE RAB SACHE DA NAA;
KAHE AVTAR PRABHU NOON MIL KE HUN TAN PA LAI UCHI THANH

Thou Formless One 170

O' man, you got birth as a worm numerous times and you kept on crawling on the ground;

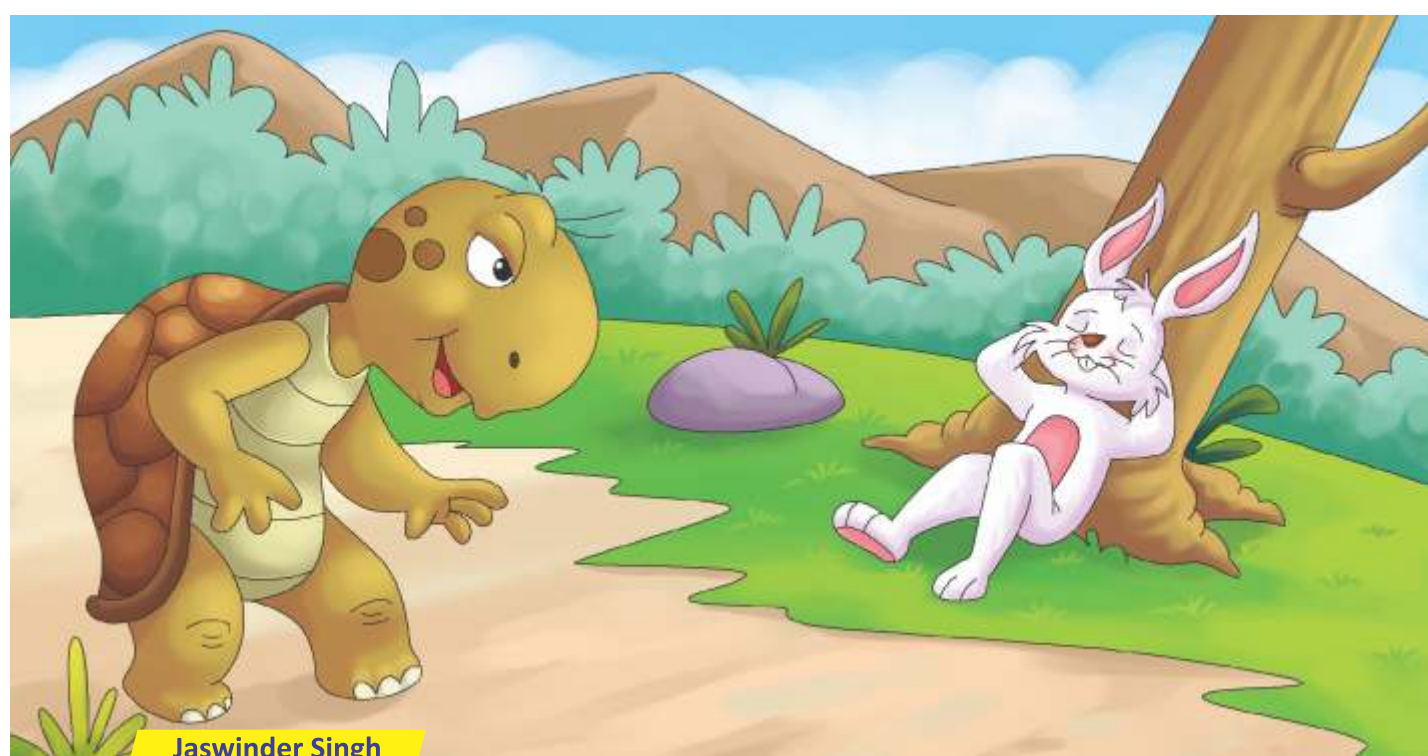
Imagine, what was your plight when you became a snake or a scorpion.

You also got birth as horse, donkey, dog, buffalow and a cow;

You also got birth as a bat, an owl, stork and a crow several times. Steeped in filth, you cried in helplessness forgetting the name of God; Avtar says, at least now you should elevate yourself by uniting with God.

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Jaswinder Singh

The Tortoise Won The Race

Radhika was a smart girl but did not take interest in studies. The mere look of books made her feel lazy. Her mother would give her books to study and on her way back she would find her either busy painting or gazing.

The mother would scold her. Her report card would be full of red marks indicating fail with the remarks- 'lazy and weak in all subjects. Work hard if you want to pass' etc.

Radhika's younger brother Bunty was good at studies, finishing his homework diligently. He had beautiful handwriting. When Radhika's parents praised her brother, she would brood silently. Radhika was fond of sleeping and gossiping with her friends. The

sheer name studies was enough to induce her to sleep.

The schools were closed for Dussehra and Dipawali holidays. Children were enjoying and busy playing the whole day. Bunty was also busy playing. Parents had bought him a new cricket bat. He would play the entire day with his neighbouring friends in the courtyard.

Radhika's grandmother visited her those days. Radhika was all the more happy. She would sleep with grandmother and pester her for telling stories. One day grandmother narrated her the story of proud hare who ran fast for a while and then slept off in the shade of a tree. The tortoise walked slowly but continuously and moved past him and won the race.

Grandmother said, "Although the story is very old but there is a message



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for you in this. Nowadays schools are closed. All the children are busy playing . You have time .You can make up for your studies. All your grades will improve.

Radhika understood grandmother's message. Next morning she opened her book with enthusiasm. In the beginning her head felt dizzy and she got bored. She was not used to studying for long hours.

Slowly she got interested in studies with the help of grandmother. She would not forget the story of hare and the tortoise. Social science and Science , that she found boring in the beginning had now started interesting her. Now mother would never scold her.

The schools reopened after a month. Radhika had already prepared well. Children were caught unaware. A lot of syllabus and homework was to be

finished. They had enjoyed like hell during the holidays. On the day result was declared, Bunty was tense. When the parents came back after receiving report cards, they first congratulated Radhika. She had achieved second position in the class. Bunty had just scraped through. Grandmother was very happy. Indeed the tortoise had won the race.

Moral- Slow and steady wins the race.



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— Sudeep Singh

Presidents of India

The following are the Presidents of India. Identify and name them:



1.



2.



3.



4.



5.



6.



7.



8.



9.



10.



11.



12.

Help Box

★ Dr. Shankar Dayal Sharma ★ Dr. A.P.J. Abdul Kalam ★ K.R. Narayan
★ Fakhruddin Ali Ahmed ★ Dr. Rajendra Prasad ★ Pratibha Patil
★ Dr. Sarva Palli Radhakrishnan ★ Neelam Sanjiva Reddy
★ R. Venkataraman ★ Dr. Zakir Hussain ★ V.V. Giri ★ Giani Zail Singh



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★ Answers on an other page



— Dr. Ashok K Chitkara, Chancellor

There is No Way to Happiness Happiness is the Way

When any work is done as a choice, you tend to enjoy what you do, and when it is finally completed, you experience a sense of fulfillment. That which gives you fulfillment you look forward to doing it again and again and again...

On the contrary, when any work is undertaken as a compulsion, you tend to struggle doing what you do, and when it is finally completed, you experience only a sense of relief. That which gives you relief, you just want to avoid it in the future. Even if you do it again, you will only do it reluctantly.

People who do everything as a choice are always fulfilled in life and hence have

thirst for more and more in life. People who do everything as a compulsion are tired of living and hence they even go to the extent of desiring to be relieved from this life.

People have become reluctant even to take care of their daily chores... In how many homes the morning is filled with persuasion to take bath? People have become reluctant to cook... Haven't precooked foods, fast foods, frozen foods and ready-made foods invaded every kitchen?

People are becoming reluctant to sit and enjoy their eating... Isn't skipping of breakfast and not finding time to have



lunch becoming so common? Adults are becoming more reluctant to go to their work than their children to their school... How else do you explain the increase in the number of heart attacks on Monday mornings?

If everything essential about life is seen as a compulsion, pursued as a struggle and completed with a sigh of relief... how can we improve the quality of our life?

Please! Let us add celebration to everything that we do. Let us shift from the attitude of "I must do. I should do." to "I want to do." Let every action of ours start as a choice; be filled with enjoyment and end with fulfillment. If we have to anyhow do, we might as well, enjoy what we do.

The disciple asked, "Master, now that you are enlightened, what do you do?" The Master replied, "I draw water from the well and chop woods." The disciple further enquired, "Before you got enlightened, what did you use to do?" The Master replied, "I used to draw water from the well and chop woods." The puzzled disciple questioned, "There seems to be no difference in your actions, now and before?" The Master said, "Oh, there is no difference in my actions but the quality with which I do my actions have changed. I do it with peace and bliss today."

Remember, there is no way to happiness. Happiness is the way !!

TRUST ME! GOD WHISPERS.



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— : Honey

Why do I call you **A FRIEND**

Because you are always
there for me
Because I see something
around you
Because you actually hear
what I say
Because you bring out
the best in me
Because you accept me
for who I am
Because I fear not to tell
you it like it is
Because you
make me smile
Because you are
down to earth
Because you make
me feel loved
Because you
stand by me.

—Neeta Chandani (Jaipur)

Forgiveness



The word 'forgive' means to pardon. When we do wrong to someone, we seek his or her forgiveness in order to restore the relationship. Forgiveness is an act of love, mercy and grace.

Sometimes we don't feel like forgiving those who have wronged us. It is easier to act our way into feeling than to feel our way into acting. By forgiving others, we free ourselves spiritually and emotionally. Forgiveness is an act of our own personal will in obedience and submission to the will of Nirankar, trusting Nirankar to bring emotional healing.

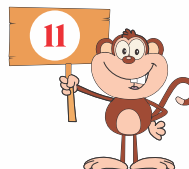
People who have experienced hurt or loss need time to sort things out. God's timing is always the right time for each of us. The act of forgiving others is between us and God. The only time we need to forgive a person face-to-face is at the moment we are asked by that person to forgive him for the hurt they have caused.

Forgiveness is a matter of body, mind and spirit. It cannot be done if

there is anger left over. When we forgive, our whole body lets go with a sigh of relief. This increases our relaxation, lowers our stress and enhances our resistance. Forgiveness allows us to return to the kind person we really are. Forgiveness transforms anger and bitterness into understanding, compassion and loving kindness.

Forgiveness is not reconciliation. Forgiveness is a powerful healer. It soothes and quiets emotions like depression, worry, shame, and guilt or fault.

Just think and ponder over if Satguru forgives us for our mistakes, then why can't we forgive others?



GRANDPA

Story & Illustration

— Ajay Kalara



Once there lived a boy in a town. His name was Vinay. Disturbing people, hitting passers by with stone, there were countless bad habits in him.



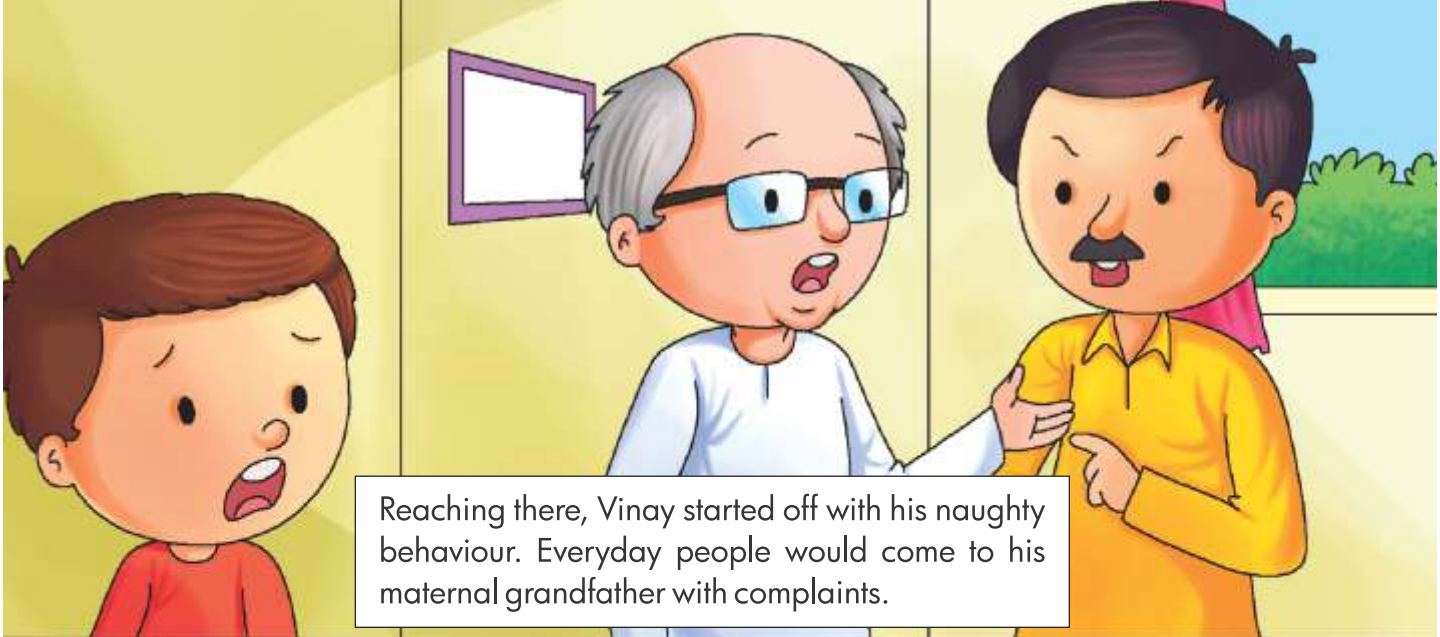
During the start of summer vacations, Vinay's mother sent him to his maternal grandfather's village.



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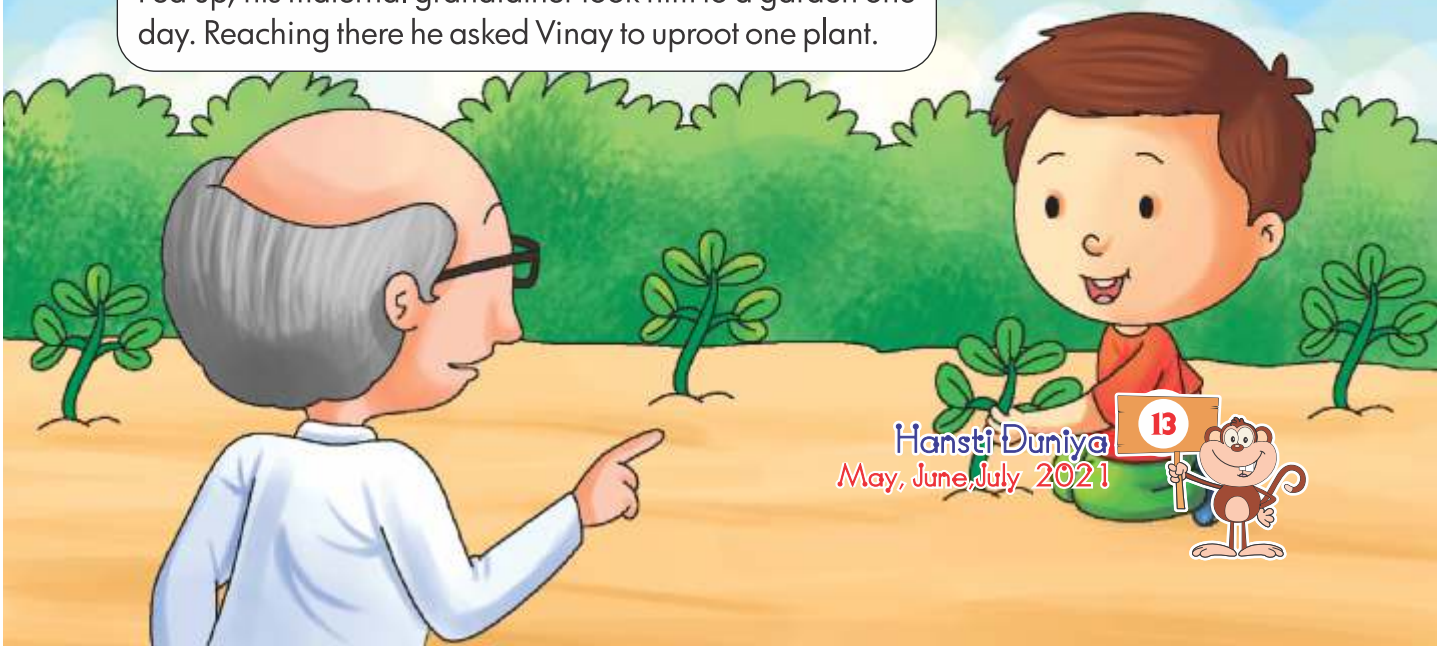


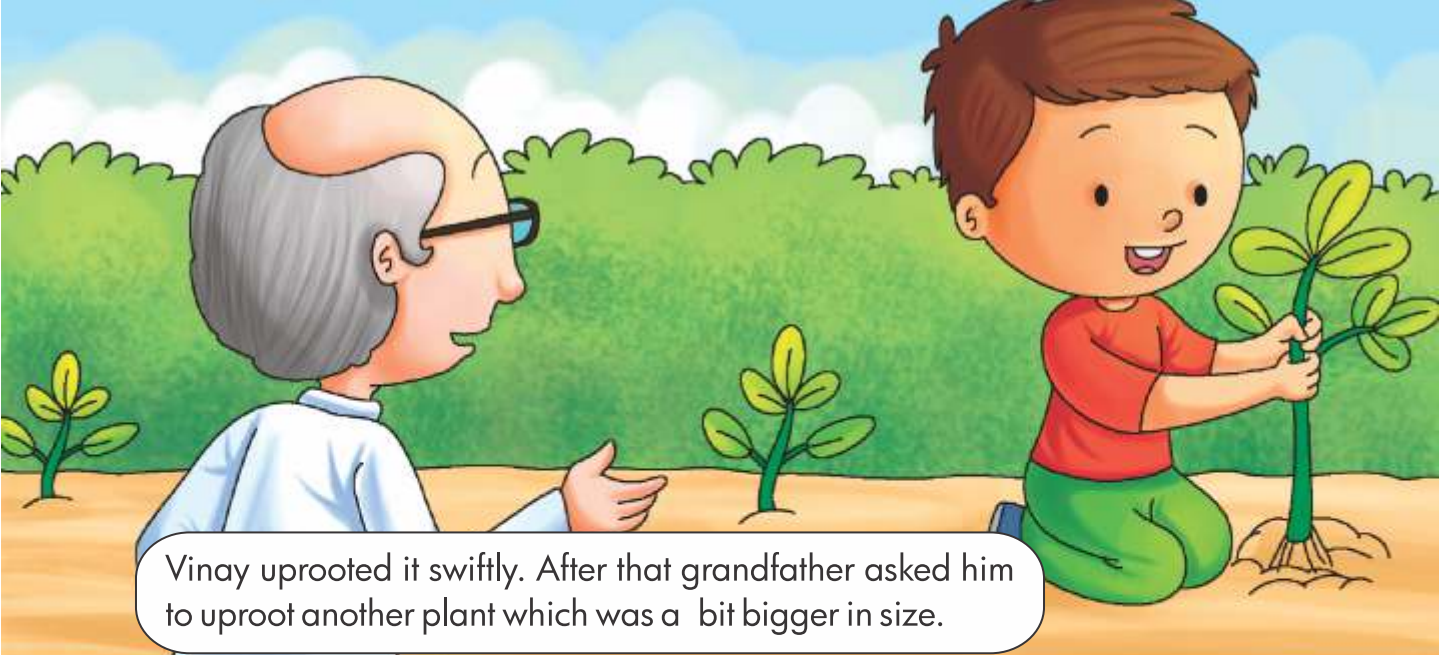
Reaching there, Vinay started off with his naughty behaviour. Everyday people would come to his maternal grandfather with complaints.

His grandfather would call him every day and explain to him in loving manner to improve himself. He would also beg for forgiveness but would later go back to his old behavior.

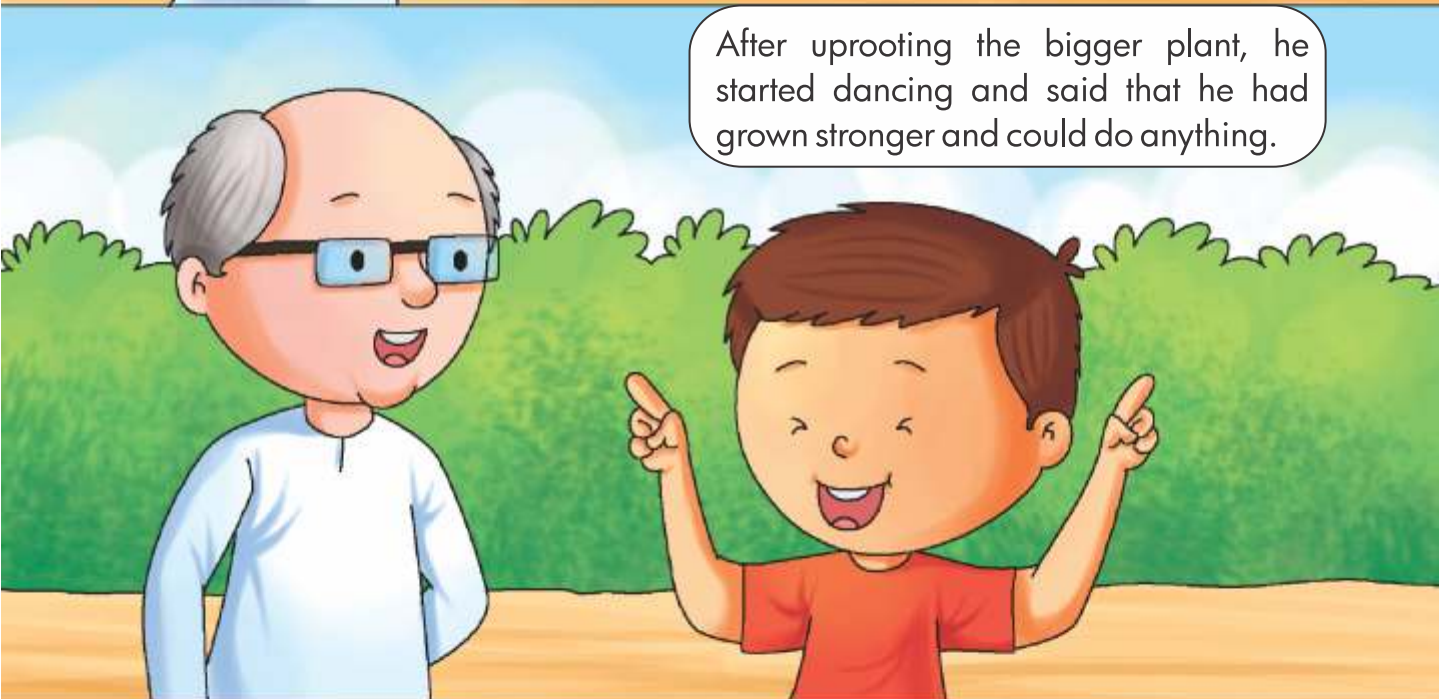


Fed up, his maternal grandfather took him to a garden one day. Reaching there he asked Vinay to uproot one plant.

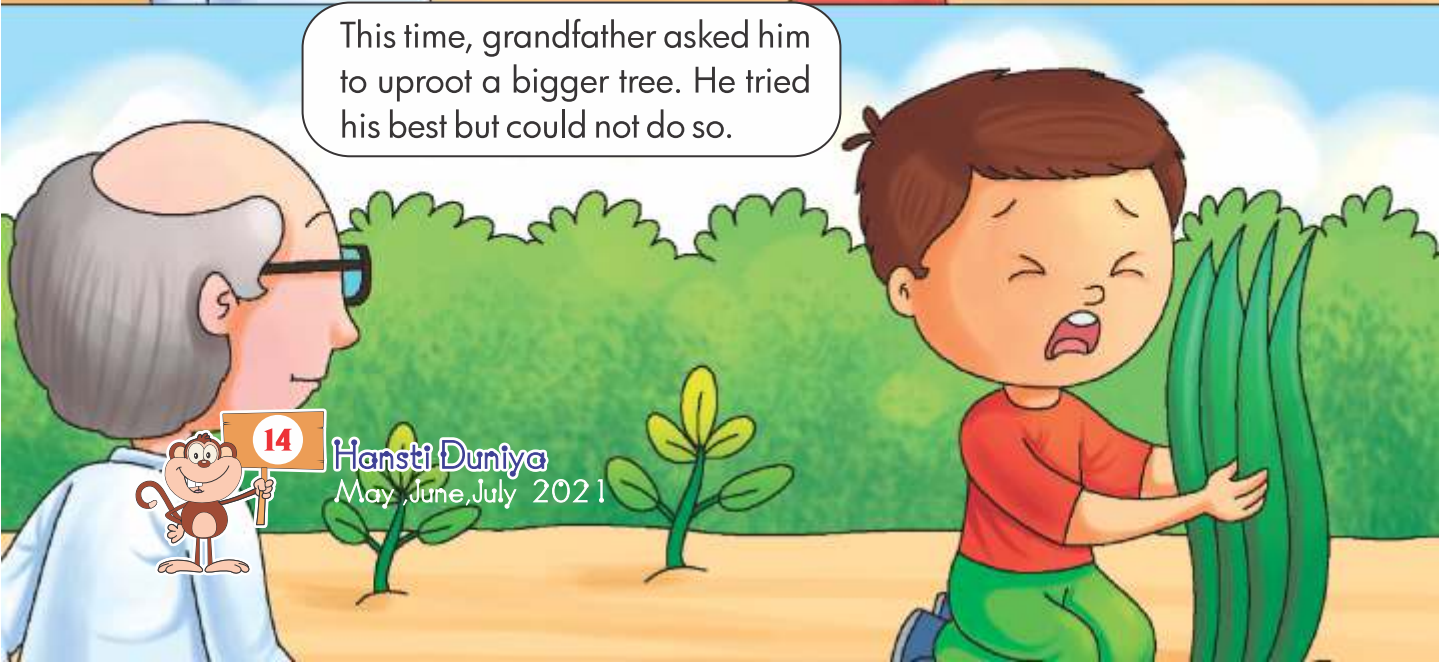




Vinay uprooted it swiftly. After that grandfather asked him to uproot another plant which was a bit bigger in size.

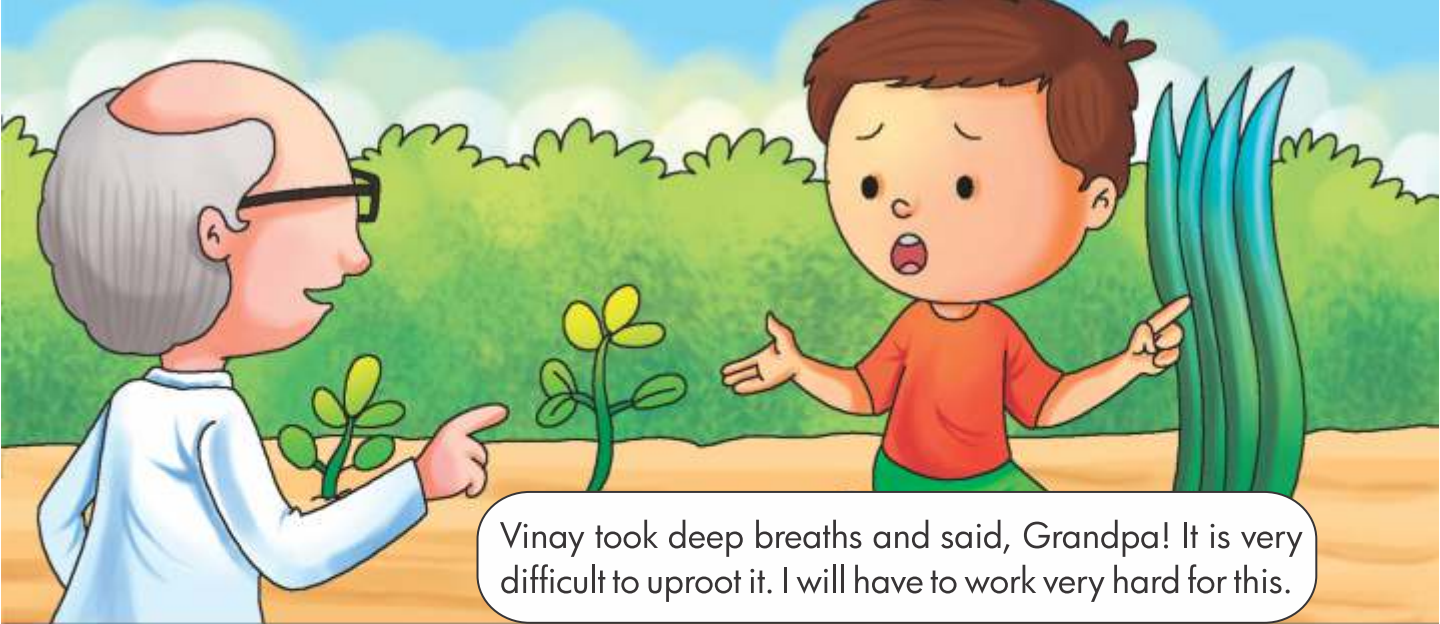


After uprooting the bigger plant, he started dancing and said that he had grown stronger and could do anything.

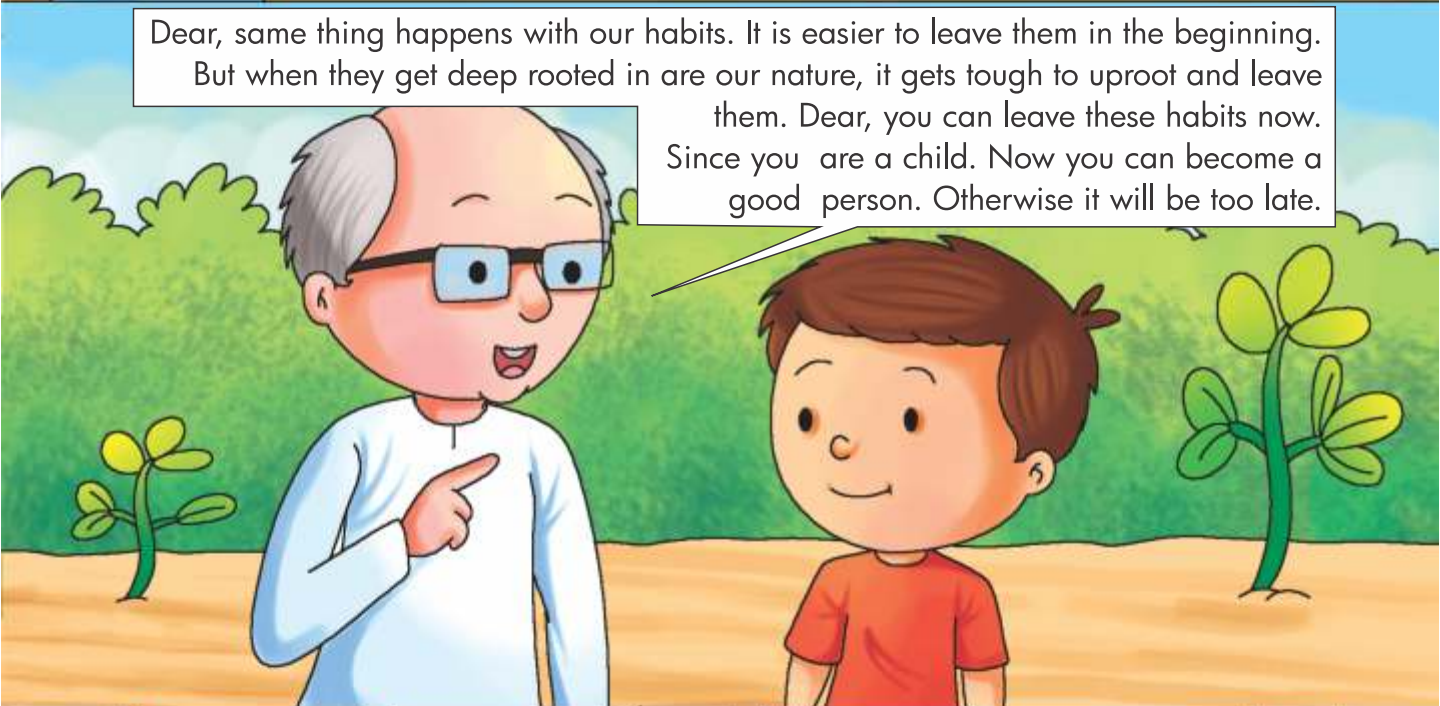


This time, grandfather asked him to uproot a bigger tree. He tried his best but could not do so.





Vinay took deep breaths and said, Grandpa! It is very difficult to uproot it. I will have to work very hard for this.



Dear, same thing happens with our habits. It is easier to leave them in the beginning. But when they get deep rooted in are our nature, it gets tough to uproot and leave them. Dear, you can leave these habits now. Since you are a child. Now you can become a good person. Otherwise it will be too late.

Vinay said he would leave his mischievous habits.





INTERNATIONAL SEMINAR ON ALL ROUND DEVELOPMENT OF CHILD

An international Seminar on literature for children was organised in New Delhi, by National Commission for protection of child rights (ministry of women and child development) at Constitutional Club of India (Speaker Hall), Rafi Marg, New Delhi by government of India on 22nd March 2021.

Shri Vimlesh Ahuja editor 'Hansti Dunia' (Hindi- English) at this occasion said that early years of childhood are years of development for a person. The impact of childhood learnings, remains throughout life. 'Sant Nirankari Mandal' is particularly concerned about motivating children towards character building and positivity.

Shri HarJeet Nishad apprised all of the fact that 'Sant Nirankari Mandal' publishes 'Hansti Duniya' in Hindi, Punjabi, English and Marathi languages for the overall development of children and makes it available at very low cost.

The mission's magazine 'Sant Nirankari' (11 languages) and Ek Nazar published in three languages publishes columns for the moral and spiritual development of children. Children's congregations and Kid's Divine (via internet) contribute in the development of children in a holistic manner. These tasks undertaken by the mission are very much in

line with basic agenda of today's seminar.

The main speaker Shri Rakesh Upadhyay of Varanasi said, "It is imperative to provide the right kind of values to children. The stories of Panchatantra ,Hitopadesh and Upnishad inspire towards wise living based on values".

Shri Priyank Kanongoo, Chairman national Commission for protection of child rights said that it was imperative to provide good literature for all the children. They can't reach out to us, we shall have to make efforts



to reach them". Shrimati Rupali Banerjee, member National Commission for protection of child rights observed that paying attention to children's literature and magazines is the need of the hour. Child feels lonely in present times. Giving proper time and love to children is everybody's duty in the family.





Riddles

1. What is as big as you but doesn't weigh anything.
2. What is that you can hold without using your arms?
3. Invite me or not, I will come on my own, will not pay any rent, will stay in every room of the house, you will not be able to catch me, you will not be able to live without me, tell, me who am I?
4. Eat me during summer, want to drink me all the time, love me most, fear, if I become steam.
5. I always carry weight, know how to cover space, deep relation with everything, available at every place.
6. Flow from top to bottom, accept every utensil, Look! Don't let me fall, otherwise it will be difficult to refill.
7. Attract iron, such is my power, but rubber defeats me, misplaced needle, I trace, strange is my game.
8. Lives without a body, hears without ears, speaks without a mouth, to which the air alone gives birth?

Riddles Answer

1) Shadow 2) Your breath 3) Air 4) Water 5) Gas 6) Liquid 7) Magnet 8) Echo

Answer : Presidents of India

- | | |
|-----------------------------|-----------------------------------|
| 1. Dr. Rajendra Prasad | 2. Giani Jail Singh |
| 3. V. V. Giri | 4. R.Venkataraman |
| 5. Dr. Shankar Dayal Sharma | 6. Dr. A.P.J. Abdul Kalam |
| 7. K.R. Narayan | 8. Fakhruddin Ali Ahmed |
| 9. Dr. Zakir Hussain | 10. Dr. Sarva Palli Radhakrishnan |
| 11. Pratibha Patil | 12. Neelam Sanjiva Reddy |



Being True to One's Words

The Army of Mughal emperor Akbar had conquered Chittor and Maharana Pratap was wandering in the valleys and forests of Aravali. Most of Maharana's soldiers had lost their life in the battle and the remaining were hiding themselves in the thick forests and caves of Aravali. Amongst these ,there was a commander named Raghupati Singh. He was brave , courageous and also true to his words. He had gathered some soldiers into a group and would intermittently attack the Mughal soldiers, injured them and ran away.

The Mughal soldiers were very much upset with these attacks, therefore the commander of Mughal Army announced a

big reward for the one who would catch Raghupati Singh alive.

One day Raghupati Singh got the news of his only child's serious illness. He was disturbed and wanted to see him. He was courageous, so rode a horse and rushed towards his home. As he reached towards the gate of the city, the watchman asked in a loud tone, "Who is there?"

Raghupati Singh told his name and purpose of visit. The watchman was more than happy seeing his victim right in front of him. As he stepped forward to arrest him, Raghupati Singh said, "Brother! Let me meet my ailing son. I shall arrange for his medicines and return within 24 hours. At that time you treat me the way you like."





At the first instance the watch man did not heed to his request but then let him go thinking that he wouldn't have revealed his correct identity if he were to cheat. He wouldn't breach his trust.

Raghuveer Singh arranged for the medicines of his son and started back. His wife tried to stop him. But he counseled her and went ahead to fulfill his commitment.

The next day when he reached the watchman, he was more than astonished.

He said, "Brother! You don't fear death. Despite an opportunity to flee away, you came here to embrace death.

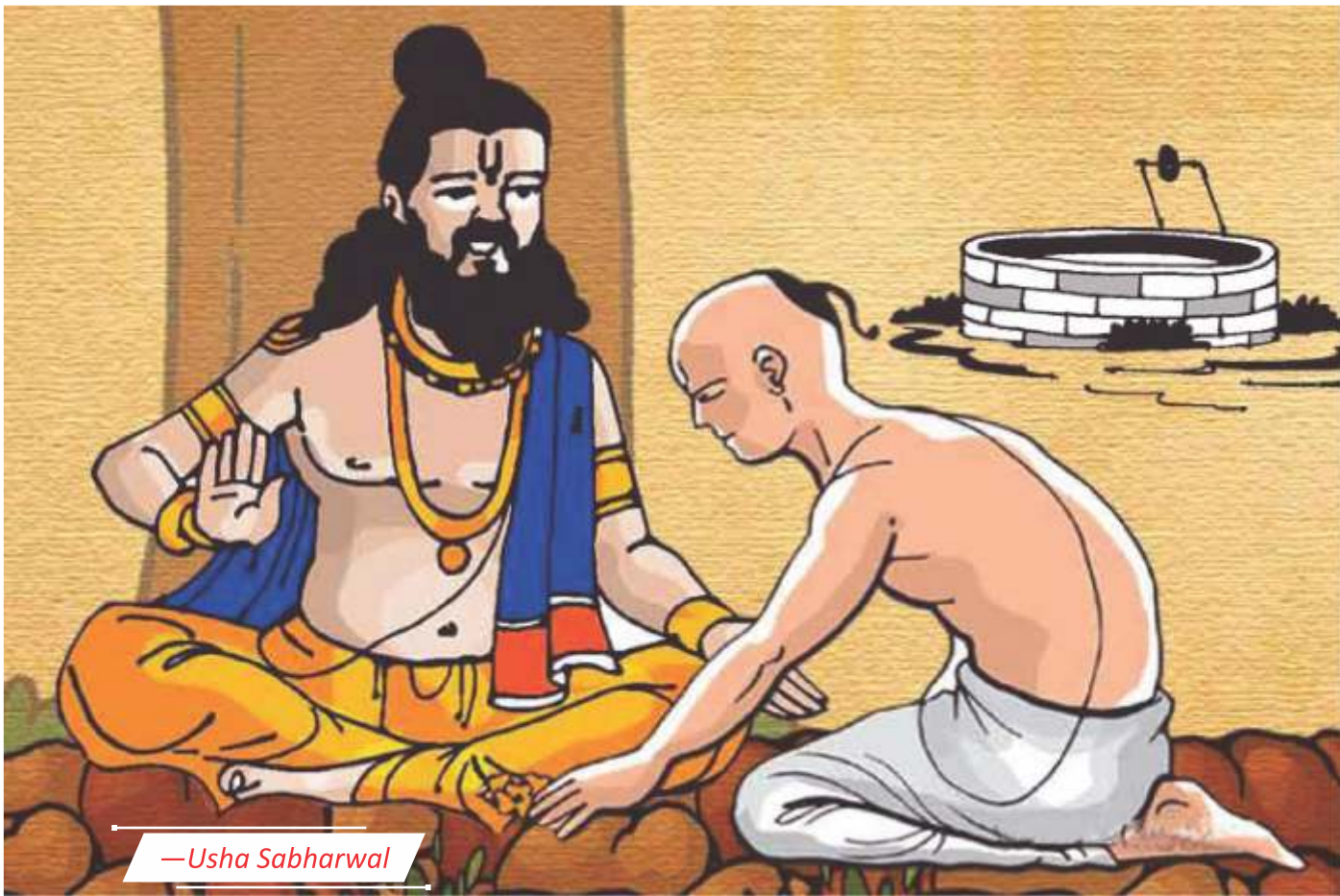
Raghupati Singh replied humbly, "More than death I fear breach of trust." The watchman was greatly impressed by Raghupati Singh's honesty and courage and said, "I shall never forget this lesson of being true to one's word, throughout my life. How I wish I could be courageous and a true human like you.

—Praveen Kumar

Health Benefits of Amla

- ★ Amla is Rich in Antioxidants.
- ★ Amla is Good for the skin, Hair and Eyes.
- ★ Amla Improves Digestion.
- ★ Amla Juice is a Diuretic.
- ★ Amla is Beneficial in Diabetes.
- ★ Amla can Delay Heart Disease.
- ★ Amla is Good for the Liver and the Pancreas.
- ★ Amla Improves Appetite.





—Usha Sabharwal

The Unique Offering

On the last day of their education, all the disciples were ready to leave for their respective homes. One of the disciples paid obeisance to the great sage Agastya and respectfully asked, "Gurudev! What shall I offer you"? The disciple was Sutikshna.

The Sage replied, "I am thoroughly impressed by your brilliance. Dear! You don't need to offer anything to me." But when Sutikshna insisted, he said, "You may, if possible bring Lord Ram to me."

The disciple on hearing Guru's wish erected a hut in the forest and began meditating upon Shri Ram all the time. During the period of exile coincidentally, Lord Rama along with Sita and Lakshman

happened to come there. Sutikshna got up and greeted them. Lord Ram was thoroughly impressed by ascetic way of life of Sutikshna. The Lord said, "What can I do for you? Ask for a wish. Today I am pleased with you".

Sutikshna said, "Lord! If you want to bless me, please bless the hermitage of my 'Guru' with your pious feet.

Lord Rama himself wanted to have a glimpse of sage Agastya. He followed Sutikshna to the hermitage. As they reached there, Sutikshna said, "Gurudev! Lord Rama is here." The greatest of sages Agastya's tears of Joy started flowing down his eyes. He felt truly blessed by this unique offering.



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— Anand Singh

DO YOU KNOW?



Q. How big is the Moon?

A. The Moon is 3,476 kilometers across — about the same width as Australia. Its total area is less than four times the size of Europe.

Q. Where did the Moon come from?

A. The Moon formed when the Solar System was formed, at the same time as the Earth. This was about 4.6 billion years ago.

Q. Why is the Moon covered in craters?

A. There are craters on Earth. They are made by meteorites crashing from space, and also by volcanoes. The same kinds of

craters occur on the Moon. The action of the weather smooths out most of the craters on Earth. However, there is no weather on the Moon so its craters have never changed and never will.

Q. How does the Moon stay up in the sky?

A. The Moon is pulled by the Earth's gravity, just like anything that falls to the ground. It moves around the Earth in a path, or orbit, that is almost circular. In this way, it keeps about the same distance from the Earth. It is an average of 385,000 kilometers away, or thirty times the diameter of the Earth. If the Earth were an orange, the Moon would be about the size of a cherry 2 meters away.





— H.S. Nirman

My Dear Earth

*My dear earth is the best island
In the vast-vast ocean of divinity.
Sun, moon, stars are her servants
Who team up like a trinity.*

*The people of earth my family
Don't call it even a community.
Than Pan-Arab, Pan-American
Pan-human, a better affinity.*

*If any body does not love me
I love him with impunity.
To love everyone everywhere
This life is an opportunity.*

*And to save us from any hatred
Lord, give us some immunity.
You live in everybody on earth:
Pray, make us know this unity.*



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— Sanjay Tandon

CHOICE OF WORDS

There once lived a man who had five sons. The eldest son was very fond of having his palm 'read' by palmists and astrologers. He would invite astrologers of repute and ask them to predict his future.

One day a palmist, 'read' the lines of his palm and said, "Oh God! Young man, your life will be full of misery. You shall be a witness to many deaths of your loved ones. Soon your parents will die. One by one all your brothers and their wives will die and you will have to carry their corpses to the crematorium. Your shoulder will ache, for having carried so many dead bodies and lighting their pyre. The last rites to be performed for each of these will become a burden on your heart. You will go through unimaginable grief seeing your brothers and their wives dying, while you the eldest will live on. Later, your own wife and two of your sons will also die. You will be



like a mad man after their death. May God give you strength to bear so much pain and suffering! To experience just one death of a loved one, can break a person. The deaths that you will be a witness to, are more than I can count on the fingers of my hands. Oh God! What a terrible future...." Having made these predictions, the palmist left, leaving the man very, very sad and broken. Whenever he would look at his beloved brothers, he would picture them as dead. He would mentally

picture them as corpses that he would be carrying on his tired shoulders. The whole incident was playing havoc with his nerves and he was very, much disturbed.

So, one day he decided to visit another famous palmist. The wise old palmist studied his palm; looked up from above his spectacles and said, "Well young man, you seem to have a very, very long life. You would probably live to be 105 years old. You would inherit a large part of your father's property. Good health would always be your asset. You shall enjoy the respect and support of all your brothers and their clan. All your grandchildren would love you and you would be a great favourite amongst your people. You have a wonderful life ahead of you. You have practically no problems ... no worries ... You are a very lucky man indeed."

Such is the power of words. The same thoughts can be expressed in different words. The choice is yours, the words are yours, use the bitter ones or the better ones. The choice will make you wise ... otherwise!

Moral : Speak obligingly even if you cannot oblige.



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— Rajender Pardesi

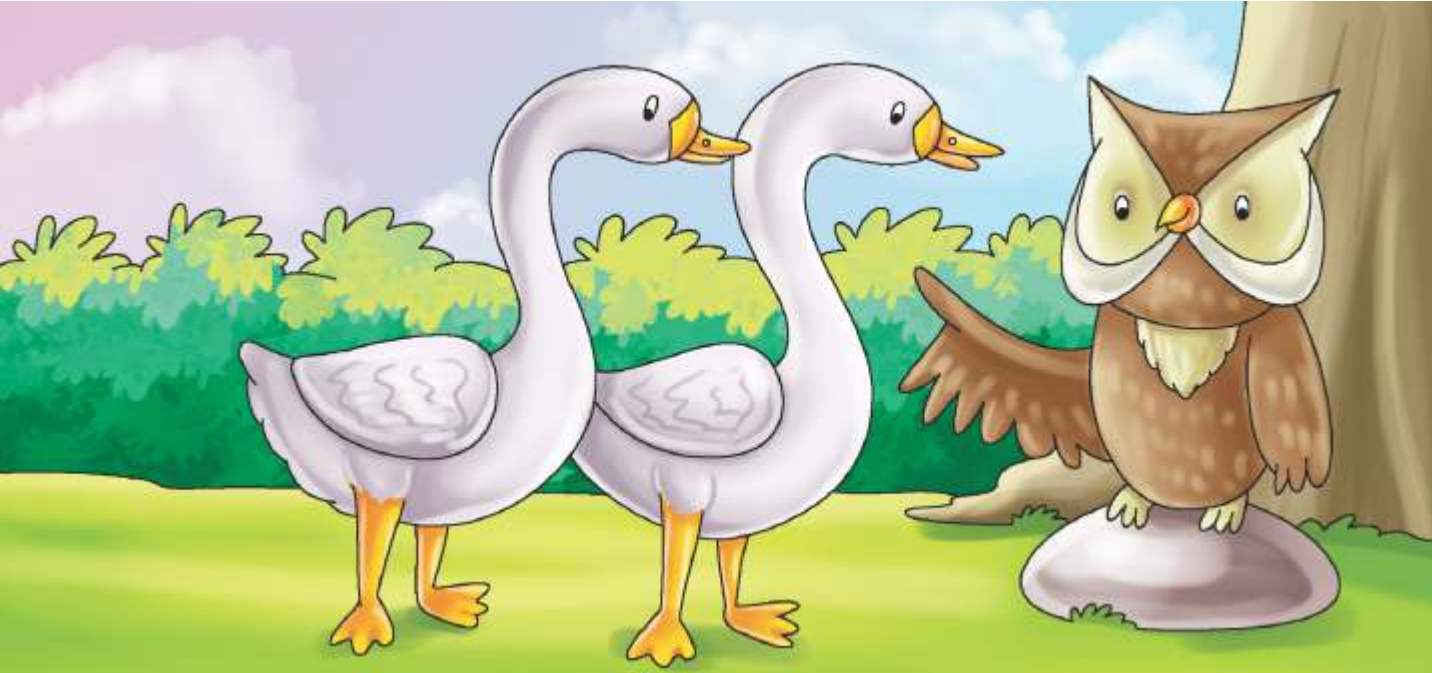
Justice of the Fools

Once upon a time a pair of swans lived in a beautiful surrounding of the 'Mansarovar', They lost way and reached a deserted place. Looking at such deserted site, the one swan said, "Where have we come?" Here there is no food or water to take and our life will be very tough.

They kept on wandering and now it was all dark. So the other swan said, "Somehow pass the night here and early morning we shall move back to our place."

As the night deepened, the pair of swans was resting under a tree, an owl which lived on that tree, suddenly started hooting. The swan said, "I am not able to sleep because of this owl."

One swan convinced other to pass the night somehow and in the morning itself they would leave that place. I think now you must have learnt why this place is so deserted.



Where such a foolish owl lives, that place will definitely be deserted.

The owl sitting on the tree was listening to both of them. Early morning the owl came to the swan and said, "I regret very much as you spent a restless night because of me."

The swan said, "No problem." As soon as the pair of swans started moving, the owl shouted, 'Why are you taking my brother along with you?'

The swan wondered and said, "Oh dear, this is my brother, she had come along with me, and now we are going back to our place."

The owl said, "You are telling a lie, at night I provided you the accommodation out of courtesy and in return in the morning itself you started moving along with my brother."

When the dispute between the two took an ugly turn, then the council was called. All heard the arguments of the owl and the swan with great attention. Then all the council members discussed the things separately too. All the members reached the conclusion that swan was owl's brother but he would leave the place ultimately and they will have to put up with owl only. So, it will not be proper to pass the verdict against owl. Thus a unanimous decision was passed by the council that swan was owl's brother. The other swan should accept the decision and should leave the place immediately.

The other swan was very much perturbed and depressed at the unjust decision of the council. It protested a lot but in vain, so it went away crying. ●

The Blanket with Holes

A king used to hold gatherings of scholars in his Court. They would answer the questions asked by the king. The Scholar, whose answers were found interesting and inspiring was honoured with a special prize of gold coins.

On the other side, crime was thriving in the kingdom. Bribery and thefts were on increase. Plundering and abduction were not even considered as crimes. Plundering at night in the dark was common.

Some of the king's fair minded citizens tried to apprise the king about the crimes. But King's spies said, "Sir there are so many kind of people with different occupations. Stray events of this kind are not worth your time."

The king in turn said, "Yes! You are right, the subjects anyway are accustomed to making a mountain out of the molehill."

As the spies themselves were involved with the criminals they would have got

entangled in the the web, had they apprised the king of the reality. That is why they would relate all complaints of subjects in a manageable manner lest the king should think about them seriously.

The subjects were fed up with the incidents of plundering and murders. One day, eminent people of the state held a secret meeting. In the meeting name of a young man was proposed who committed himself to bring the reality to King's notice. Once when the king was sitting amongst wise men of the state and there was an atmosphere of merrymaking, a beggar entered.

The wise men laughed at the beggar and said, " Now he will answer the questions, earn gold coins, construct a palace and live a luxurious life."

The king looked at the beggar from upside down. All his clothes were torn and the blanket he was wearing had many holes.





The king asked the beggar, "Old man! What brings you here, amongst the gathering of scholars?"

"I have come here to give you some wisdom rather than taking something", the beggar replied.

Hearing him, all the wise men laughed heartily and said, "He's probably wiser than us."

One of them again taunted looking at his torn blanket that had so many holes, "What wisdom can this man in rags have?"

Another honourable man told the king to shoo away the beggar as his presence was an insult to them.

"Yes sir! He should be shown his way immediately", all of them shouted together. I came here uninvited and shall go by myself but-. "What do you want to convey", asked the king.

The beggar showed the blanket to all of them.

The king and the wise men jointly said, "We saw this torn blanket, even before we

saw your countenance." "But then you could not make out anything from the torn blanket with the holes," questioned the beggar.

"What is there to make out? It is normal for a beggar to have torn clothes" reacted the king.

The beggar became serious and showing the holes of the blanket said, "There was no hole in this before. One hole came because of carelessness. But because of casual behaviour towards the hole the second hole came, followed by a third, then fourth and so on. When I approached the tailor for mending the blanket, he said that the blanket was not any good. Hearing this I wore this blanket and straight came to the king's Court."

"Nothing is clear yet", the king said.

The beggar said, "You are always busy in this question answer session with wise



men . How agitated are your subjects, you are not aware. Because you are surrounded by wise people all time, I wore this blanket with holes and came here so that you could derive a message. But you also started mocking at me."

The king felt a little embarrassed but said, "I have still not understood you".

The beggar said, "You are careless about your subjects. They are facing atrocities and victimization everyday. Your spies and corrupt ministers have sucked them completely. At the first instance of bribery I made a hole in the blanket. You were apprised of it, but you were casual. If you had cared, I would have got this hole darned.

But it did not happen. Your casual attitude resulted in the propagation of chain of criminal activities and I continued

to add holes in my blanket. When it became unbearable I have come to you."

It was enough to open the king's eyes. He dismissed all the corrupt ministers, jailed them and ousted the spies from the country .

Later the king came to know of the real identity of the beggar. He was not a beggar but a respectable citizen among the subjects. He called the young man in the full court and said, "I couldn't recognise a man of wisdom while sitting among wise men."

The man said, "Forget the past and concentrate towards the welfare of your subjects."

The king appointed the young man his Defence Minister and said, "You can take care of the subjects better than me."

The subjects were more than happy because a man from amongst them would be sitting along with the king and give them a patient hearing.



This story by **Nitika Dev**

D/o of Sh. Aman Dev,
H. No. 13, Kalpana Apartment, Vaishali, Ghazibad (U.P.)



Best Friends *Cheeku* and *Meeku*



Cheeku and Meeku were two little monkeys. They both lived on a tree in Sundarban.

They knew that anything dangerous could happen to them at any time in the forest. So they promised each other that they would remain united in any case of danger. They shared everything they got to eat and faced all the dangers together too. One day while they were sitting on the tree, Cheeku saw a venomous snake approaching them and jumped on to the next tree.

Meeku was still small and did not know how to climb. The snake was slowly coming nearer to Meeku. It made Cheeku worried but kept his calm and thought of a plan to help his friend. He started making sounds to call upon for help. But of no use. Cheeku did not lose hope and got hold of the tree trunk and shook it very hard. Meeku held on to the tree very tightly. The snake fell on the ground and Cheeku finally saved his friend.





Paste
Your
Photo

Name :

Father's Name :

Address :

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Mobile No.

Look at the Picture and Complete the Story

Complete the short story and send it with your passport size photograph to Editor Hansti Duniya English

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

E-mail : editorial@nirankari.org

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

Rita lived with her Parents

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Hansti Duniya

May, June, July 2021

— Raju Sharma

Self Confidence

Self help is a pillar to success as it is a great human quality. Every person should believe in it. Spoon feeding can not make a man successful in the long run. A person with self help is full of courage and determination and does not depend on others. He may suffer in life but will never lose patience. Difficulties do not frighten him. Hardships can not stop him/her from going ahead. So his/her life is full of adventures and challenges. Such a



human being accepts challenges in life. There are many people who believe in luck and do not have self-confidence. They are always shaky and undecided. They remain active and wait for success through luck. They think that their fate is responsible for their rise or fall. They forget the truth of the saying, "God helps those who help themselves".



— Radha

The Guest

Pain came as a guest to a man's house one day. Man could neither receive him with enthusiasm nor could he dismiss the guest, disparagingly. The host, managed to keep up the appearances and put up with him for the time being.

Ultimately, the guest chose to depart when then the host came to realize that he had been able to share some of the secrets of life with his guest. He had been rewarded with a new vigour to fare well in the life's battle, he felt.

Subsequently, pleasure arrived to partake of the man's, hospitality.

Man spared nothing to welcome him. He grew very intimate with him and almost the entire personality of his was at the disposal of the guest. He ever abode by the instructions of the guest.

The day arrived when the guest had to depart. It dawned upon man, then, that sloth had overtaken him, thanks to the company he had been keeping. Gone was his capacity to arrive at decisions in a jiffy, when he was. confused. He was doomed to lag behind in the struggle for existence.

Hansti Duniya
May, June, July 2021



— Priyanka

Protect yourself and others around you by knowing the facts and taking appropriate precautions. Follow advice provided by your local health authority. To prevent the spread of COVID-19:

- ☆ Clean your hands often. Use soap and water, or an alcohol-based hand rub.
- ☆ Maintain a safe distance from anyone who is coughing or sneezing.
- ☆ Wear a mask when physical distancing is not possible.
- ☆ Don't touch your eyes, nose or mouth.
- ☆ Cover your nose and mouth with your bent elbow or a tissue when you cough or sneeze.
- ☆ Stay home if you feel unwell.
- ☆ If you have a fever, cough and difficulty breathing, seek medical attention.
- ☆ Calling in advance allows your healthcare provider to quickly direct you to the right health facility. This protects you, and prevents the spread of viruses and other infections.

MASKS

- ☆ Masks can help prevent the spread of the virus from the person wearing the mask to others. Masks alone do not protect against COVID-19, and should be combined with physical distancing and hand hygiene. Follow the advice provided by your local health authority.



Hansti Duniya
May, June, July 2021

Thoughts to Ponder



★ Success without honour is an unseasoned dish, it will satisfy your hunger, but it won't taste good. Man's greatness lies in behaving as a man.

—Nirankari Baba

★ Some men are born great, some achieve greatness and some have greatness thrust upon them.

— William Shakespeare

★ People generally quarrel because they cannot argue.

— G. J. C. Chesterton

★ The real test of power is not capacity to make war but capacity to prevent it.

— Anne O Hore Mc Cornick

★ It is by acts and not by ideas that people live.

— Anatole France

★ We are more troublesome to ourselves than anyone else is to us.

— St. Francis de Sales

★ Man's highest life does not consist in self-expression, but in self sacrifice.

— R.H. Benson

★ There is nothing which we receive with so much reluctance as advice.

—Joseph Addison

★ The weak can never forgive, forgiveness is the attribute of the strong.

— Mahatma Gandhi

★ Character, not brain will count at the crucial moment.

— Rabindranath Tagore

★ The greater the will, the greater the flow of energy. If you can imagine it, you can achieve it too.

— Prof. J.S. Puri

★ Small opportunities are often the beginning of great enterprises.

— Demosthenes





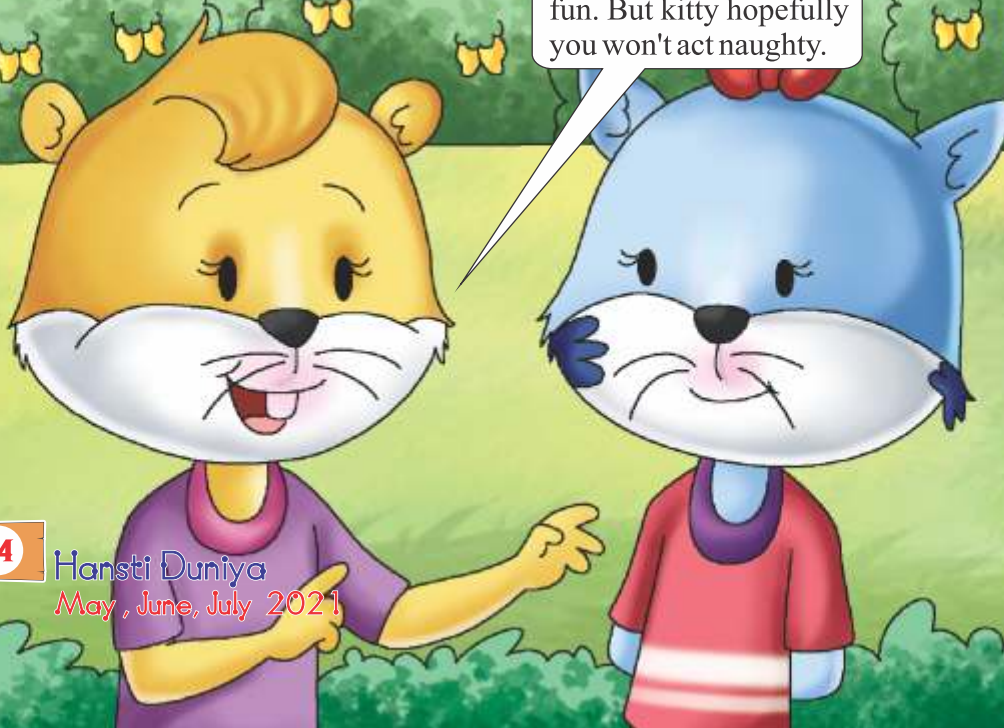
Kitty

Story & Illustration
— Ajay Kalra

There are sweet mangoes in this garden.
Will you all come to pluck them?

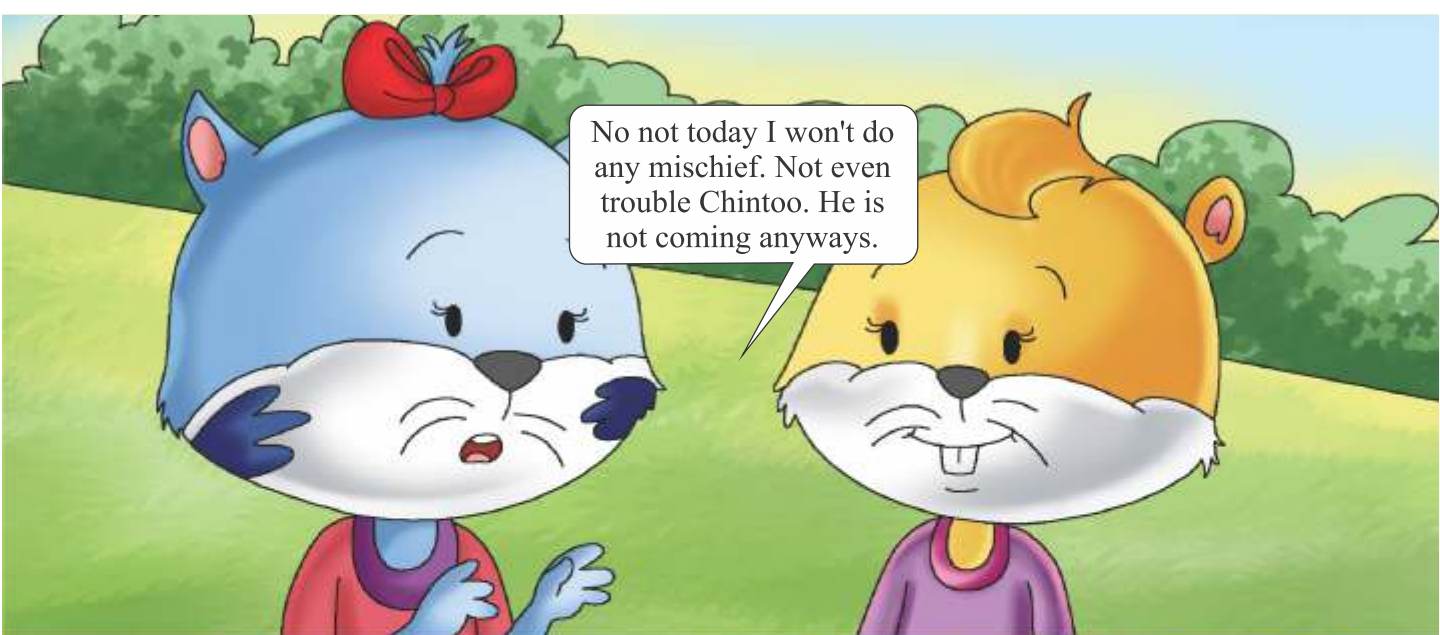


Don't wait, it will be
fun. But kitty hopefully
you won't act naughty.



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Hansti Duniya
May, June, July 2021



No not today I won't do any mischief. Not even trouble Chintoo. He is not coming anyways.

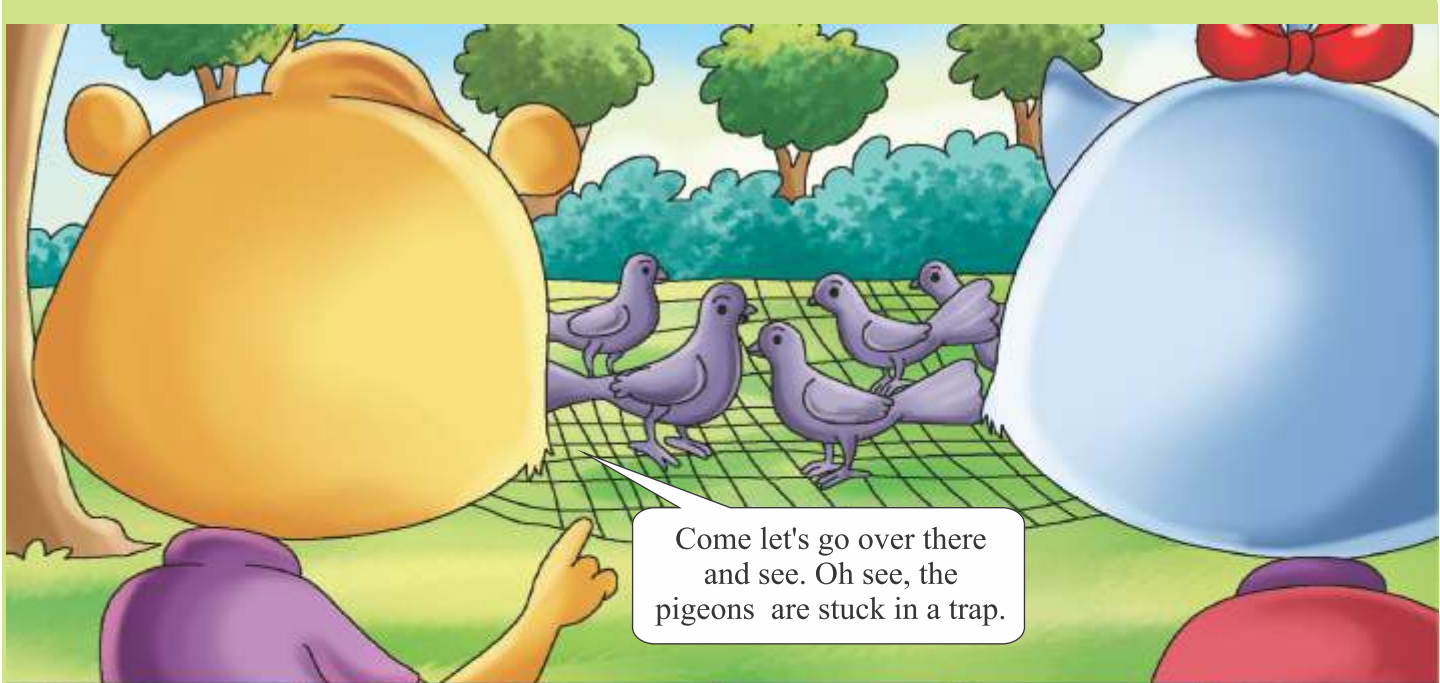


Montu is also not here. Come let's go.



Mauli listen carefully, I can hear sounds of someone being in trouble.





Come let's go over there and see. Oh see, the pigeons are stuck in a trap.



Oh! what to do now? Chintoo and Montu are also not here to help. They would cut this net in no time.

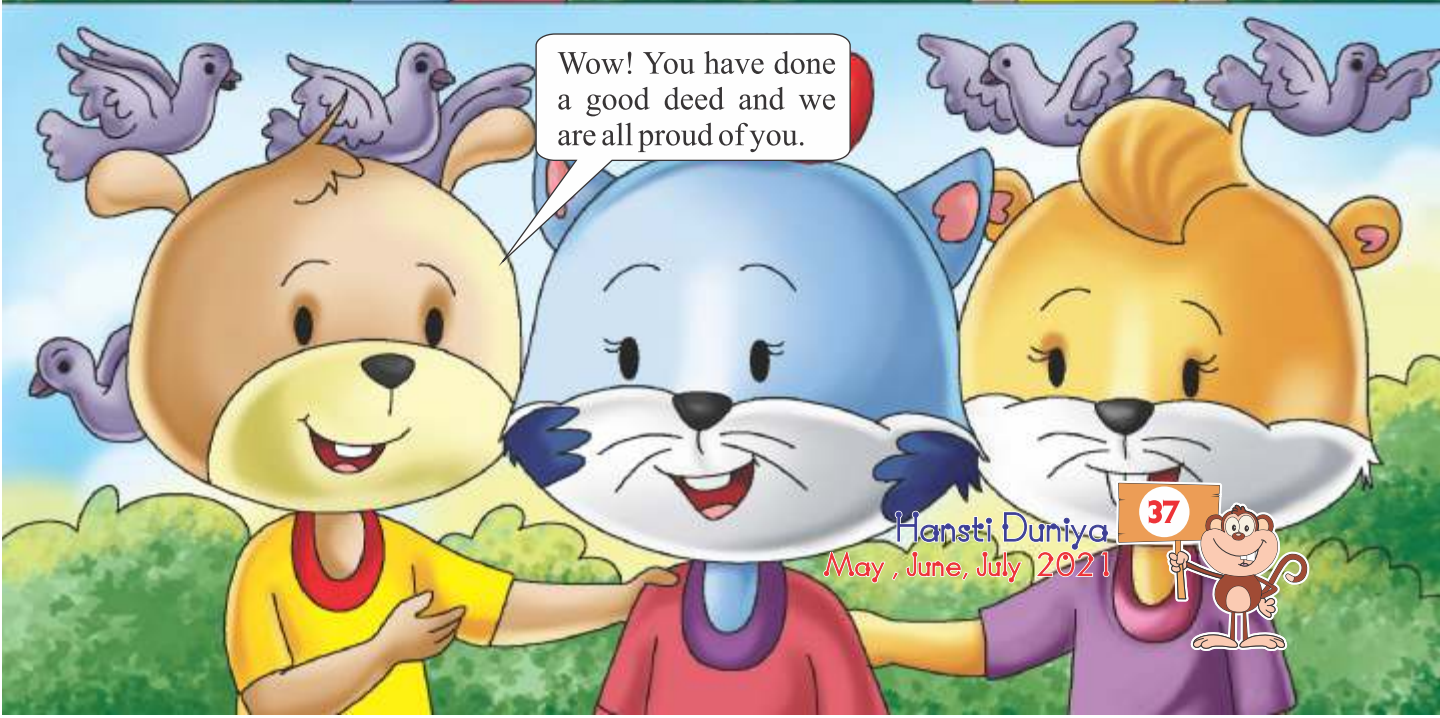


Kitty, I will keep watch on the hunter, you bring Chintoo to cut the net.



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May, June, July 2021



— Prateek Kumar

Benefits of Mango

1. Helps in digestion

Mangoes could help facilitate healthy digestion. According to the book, 'Healing Foods'. Mangoes contain enzymes that aid the breakdown and digestion of protein, and also fibre, which keeps the digestive tract working efficiently. Dietary fibre helps lowering risk of heart disease, type 2 diabetes. Green mangoes have more pectin fibre than ripe mangoes. (Also Read: 6 Fruits That Help Better Digestion)

2. Promotes Healthy Gut

According to the book 'Healing Foods', mango flesh contains prebiotic dietary fibre, which helps feed good bacteria in the gut. Healthy gut is beneficial for a healthy

state. Leaky gut, apart from poor digestion results in skin conditions like IBS, asthma, slow metabolism and other health issues. (Also Read: Kanji: The Miracle Winter Drink You Should Have for a Healthy Gut)

3. Boosts Immunity

You would be surprised to know that an average sized mango contains upto two-third of the daily recommended intake of vitamin C. The powerful antioxidant helps boost immunity system and prevents cold/flu. (Also Read: Aam Panna: What Makes The Pulpy Drink The Ultimate Summer Thirst Quencher)

4. Promotes eye health

Including mangoes in the diet may also help promote your eye health. Mangoes are rich in beta-carotene that helps in the production of Vitamin A. The powerful antioxidant helps improve vision, boosts overall eye health and even prevents age-related macular degeneration or loss of vision

5. Lowers Cholesterol

Eating mangoes could help regulate your cholesterol levels too. The high levels of fibre pectin may help bring down the low-density lipoprotein (LDL or bad cholesterol) which causes plaques in the vessels and blocks blood flow

6. Clears the Skin

Mangoes are filled with skin-friendly vitamin C and Vitamin A, both of which are crucial for healthy skin and skin repair. Mangoes, eaten in moderation are also



known to exfoliate and eliminate dead pores. According to Macrobiotic nutritionist and Health Practitioner Shilpa Arora ND, "Mangoes are loaded with skin healing nutrients; for example, fibre in mangoes cleanses your gut that is overloaded with toxic substances."

7. Even Diabetics Can Enjoy it

Yes it is sweet, and should be eaten sparingly, but that doesn't make mangoes a strict no-no for diabetics. The glycemic index of mangoes ranges between 41 to 60, with an average of 51. The value of 51 is on the lower end of the glycemic index scale. Foods that are less than 55 are considered to be low glycemic foods, which are safe for diabetics to consume. Foods with low glycemic index, make sure the release of sugar in the blood is slow, and there is no sudden spike in the blood glucose levels. Besides that, mangoes are also rich in dietary fibers, which again help regulate the blood sugar levels.

8. Aids Weight Loss

Mangoes when eaten in moderation could also help in weight loss. The phytochemicals in the mango skin act as natural fat busters. The mango flesh is filled with dietary fibres. Fibres induce a feeling of satiety. On eating high-fibre fruits or veggies you feel full for a longer time, which prevents you from tucking in other high fattening snacks.

— Rajat Kapoor



WE SPEND OUR TIME

We spend our time
doing different things,
But some tasks
might seem boring;
As some like reading
and for others
It leads to snoring,
But books are a treasure
and we should
read them with pleasure,
The pages might be a lot
you may feel the pressure,
But the knowledge they give
we can never measure.

Laughing Time



Dentist : For God's sake, stop making these noises and waving your arms in front of you. I have touched your tooth yet.

Patient : I Know, but you are standing on my corn.

Passenger : Well conductor, which end of the car do I get off?

Conductor : It doesn't matter. It stops at both ends.



An elephant was crossing a river through a bridge with an ant on its back. Suddenly there was a cracking sound of the bridge.

Should I get down or you will..?
asked the ant.

Why are you putting your hand in my pocket?

Sir, I was taking the match box—was the reply.

Couldn't you ask me for it? He asked angrily.

Sorry Sir, I don't talk to unknown people— was a polite reply.



A father carried his son to school in his car. He took a wrong turn at a crossing and feared action by police. Son told his father, "Pa not worry. Even the police van behind has also taken a wrong turn.



Hansti Duniya
May, June, July 2021



How was the paper ?

It was easy but question No. 5 confused me.

What was the question?

Question 5 wanted the past tense of "Think"

I thought and thought and thought and
end with writing 'Thinked'

Teacher : One day our country will be
corruption free." which tense is it ?

Student : Future impossible tense.

Soni : What 's an echo, dad?

Dad : An echo, my dear, is the only thing
that can deprive a woman of the last
word.

Mother : "Did you enjoy your first day at
school?"

Girl : "First day? Do you mean I have to
go back tomorrow?

A teenage girl had been talking on the
phone for about half an hour, and then she
hung up.

Father : That was short. You usually talk for
two hours. What happened?"

Customer : Excuse me, but I saw your thumb
in my soup when you were
carrying it.

Waitress : Oh, that's okay. The soup isn't
hot.

Father : What did you do
today to help your
mother?

Son : I dried the dishes

Daughter : And I helped pick up
the pieces.

A : Why are all those people
running?

B : They are running a race to
get a cup.

A : Who will get the cup?

B : The person who wins.

A : Then why are all the others
running?



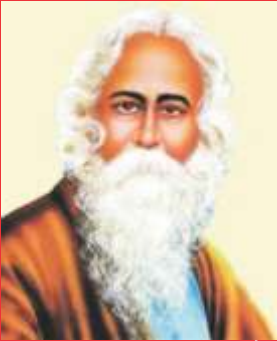
Said to a railroad engineer:

What's the use of having a train
schedule if the trains are
always late.

The reply from the railroad
engineer:

How would we know they were
late, if we didn't have a
schedule?

RABINDRANATH TAGORE



Robindronath Thakur, 7 May 1861 – 7 August 1941; sobriquet Gurudev, Kobiguru, Biswakobi) was a Bengali poet, writer, composer, philosopher, social reformer and painter. He reshaped Bengali literature and music, as well as Indian art with Contextual Modernism in the late 19th and early 20th centuries. Author of the "profoundly sensitive, fresh and beautiful verse" of *Gitanjali*, he became in 1913 the first non-European as well as the first lyricist to win the Nobel Prize in Literature. Tagore's poetic songs were viewed as spiritual and mercurial; however, his "elegant prose and magical poetry" remain largely unknown outside Bengal. He is sometimes referred to as "the Bard of Bengal".

Tagore modernised Bengali art by spurning rigid classical forms and resisting linguistic strictures and essays spoke to topics political and personal. *Gitanjali* (Song Offerings), *Gora* (Fair-Faced) and *Ghare-Baire* (The Home and the World) are his best-known works, and his verse, short stories, and novels were acclaimed—or panned—for their lyricism, colloquialism, naturalism, and unnatural contemplation. His compositions were chosen by two nations as national anthems: India's "Jana Gana Mana" and Bangladesh's "Amar Shonar Bangla".

— Himanshu

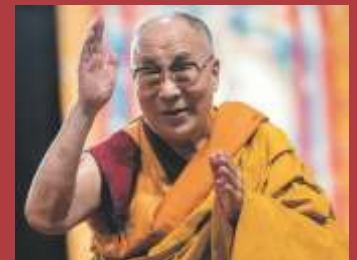
THE DALAI LAMA

The Dalai Lama says that he is active in spreading India's message of nonviolence and religious harmony throughout the world. "I am the messenger of India's ancient thoughts the world over." He has said that democracy has deep roots in India. He says he considers India the master and Tibet its disciple, as great scholars went from India to Tibet to teach Buddhism. He has noted that millions of people lost their lives in violence and the economies of many countries were ruined due to conflicts in the 20th century.

In 1993, the Dalai Lama attended the World Conference on Human Rights and made a speech titled "Human Rights and Universal Responsibility".

In 2001, in response to a question from a Seattle schoolgirl, the Dalai Lama said that it is permissible to shoot someone in self-defense (if the person was "trying to kill you") and he emphasized that the shot should not be fatal.

In 2013, the Dalai Lama criticised Buddhist monks' attacks on Muslims in Myanmar and rejected violence by Buddhists.



— Himanshu



Hansti Duniya

May, June, July 2021

RESULT FOR THE MONTH OF MARCH 2021 ISSUE

First :

Arpita Age : 11
Plot No. 100, Room No. 25
Nirankari Colony, Delhi - 110009



Second :

Jheel Lamba Age : 9
412 B-12, Abhinav Apartment
Vasundhara Enclave, Delhi-96



Third :

Rudhima Rastogi Age : 8
Village : Dhirpur, Delhi- 110009



Consolation Enteries

Arpita Saini (Johns Creek, GA, USA)
Sudeep (Delhi)
Amrit Kaur (Ludhiana)
Jyotish (Rohtak)
Navneet (Azamgarh, UP)
Mukesh (Kashmiri Gate)
Sonu (Rohtak)
Dinesh (Bahadurgarh)
Neetu (Gorakhpur)
Neha (Jaunpur)
Ashok (Sultanpur)
Richa (Dehradun)
Rita (Delhi)
Ajaypratap (Bardah)
Sunil Dikshit (Mumbai)
Vidisha (Bhagalpur)
Avyan Dev (Gurgaon)
Sumanyu Chawla (Shastri Nagar)
Seema (Delhi)
Ananya (Rajnagar)
Anmol (Parmanand Colony)
Manvi Maurya (Bengalore)
Neetu Singh (Delhi)
Prachi Sharma (Mukandpur)

"COLOUR IT" FOR MAY-JULY ISSUE

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

The result will appear in **September 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.

Hansti Duniya
May, June, July 2021



Colour it



Name Age

Address

.....





— Gurdev Singh

ALICE IN WONDERLAND

It was the spring season. Everywhere nature had spread greenery. Alice was sitting under a tree beside her sister who was reading a story book. But Alice, liked to look at colourful flowers and the butterflies around them. Alice was very happy to be in such beautiful surroundings.

Suddenly, Alice saw Mr Rabbit wearing his red suit. Looking at the watch on his hand, he murmured, "Oh I am late again. I must hurry." The rabbit seemed to be in great hurry. Soon, he disappeared.

Alice was surprised to see Mr Rabbit gone so quickly. Why was he in such a hurry? She began to follow his footprints. The footprints were no longer visible near a pit. She thought for a moment then

decided to descend into the pit. But as she stepped into the pit she slipped down and reached a tunnel.

She stopped inside the tunnel and said to herself, "It is good that I stopped otherwise I would have gone, I don't know where."

She looked around in the tunnel and found a small door. It was too small for her to enter. While looking for some device, she happened to see a bottle and a golden key on the table. Alice went to the table. She saw the words written on the bottle, "Drink me and see the result." Having read it, Alice was so eager that she drank it in one gulp. But soon after drinking the liquid in the bottle, she became very small. Now she had become so small that she could easily enter the door.

Seeing herself so small, she became happy as she was able to enter the door. Now she could find out what was there. She quickly opened the door.

As she moved on, she found herself in a beautiful garden where different kinds of flowers had blossomed. The sweet fragrance of the flowers was there in the air. Alice uttered, "Oh what a beautiful garden! I have never seen such a garden before."

Alice then went ahead and reached a small house. Looking at the house she thought, "This house must belong to the rabbit. I must go inside and look for him. Then, she went up to the house, opened the door and entered. She was right. It was the house of Mr Rabbit. She greeted the Rabbit and said, "Hello! Good morning, Mr. Rabbit."

But the Rabbit was angry. He said, "You do not have any manners. Don't you know that you must knock at the door?"

"Oh, I am very sorry. I forgot as I was so eager to know about you. By the way, I am hungry. Will you give me some food?"

But before the Rabbit could respond, she began to eat the piece of cake lying on the table. And she put another piece in her pocket. But as soon as she ate the cake her height began to increase so fast that she was about to touch the roof. She cried, "Save me dear Rabbit! I am frightened with this increasing height of mine. Kindly save me."

"You always do everything recklessly. Take this fan." The Rabbit gave her a little fan and went away. As soon as Alice took the fan, her height decreased. She quickly went to the garden in search of the Rabbit again. She did not see him. But then, her eyes fell on a strange insect on a mushroom. The insect was smoking. She wanted to say something but the insect himself said to her, "Would you like to smoke?"

"Yes! Thanks," said Alice. But as she smoked she felt herself becoming very small. Even the flowers appeared to her big like devils. Alice ran away from there out of fear.

Then, she saw a cat on the tree. The cat looked fearful. Alice was frightened of the cat. She asked the Cat in a trembling voice, "Have you seen the Rabbit?"

The cat stared at her and pointed towards a corner where a nameplate was hanging, "Mad Max and Mr Rabbit."

Alice went there and saw that Max and the Rabbit





were drinking tea. There were three chairs and tea pots on the table. Alice quickly sat on the chair. They did not pay any heed to her. She poured the tea for herself and enjoyed it.

Then, she thanked them and proceeded further. She said to herself, "They are very strange creatures. Well, it was good to leave them. I couldn't follow what they were talking about."

Alice went on walking and reached the garden of the Queen of Hearts. She saw that all the servants of the Queen were wearing the dresses that looked like playing cards. She started roaming around.

Then the Queen arrived. She looked upset. Her pet cat was on her head. The Queen asked her soldiers to cut off the head of the girl as she was at fault. Alice was stunned to hear the order of the Queen. She thought of a plan. She took out the cake from her pocket and ate it. Her height increased. The soldiers attacked Alice but their spears had no effect on her. Now the soldiers were afraid of Alice's huge size. They extended their hands of friendship towards Alice.

Then Alice asked them, "Why did you attack me with spears? Why is your Queen angry with me? The soldiers said, "You have stolen her things. "

Alice now understood that the Queen was misguided by that wicked Cat. Then she ate another piece of cake and she attained her original height. She was happy and said, "Oh God, I am thankful to you for helping me gain my normal height. Then she thought, "There are so many wonders in this garden. I must leave the garden at once."

Then she ran away from there. Running for some time she got very tired. She stopped under a tree and lay down to take rest but soon she fell asleep.

After some time, all of a sudden, Alice opened her eyes and said, "I had a wonderful dream." Her sister who was reading a story book said, "Alice, what was the dream? You had slept in my lap."

Alice narrated her dream and both burst into laughter.





— Sandeep Rahi

The Ant And The Cricket

It was high summer and the weather was fairly hot. An ant was busy carrying corn grains to its hole. She was storing food for the coming cold season.

Just near by, sat a cricket on a small green plant. He was singing merrily and enjoying himself. All of a sudden, he caught sight of the ant. He said to her, "Why are you toiling so hard in the hot sun. Come on; have some fun.

"Thanks, Mr. Cricket! I cannot waste any time. I am storing food for the coming winter season. If I don't do it now, I will have to go without food then."

"I pity you indeed. You do not know the value of fun," remarked the Cricket.

The ant did not pay heed to the cricket's words and went on with her work. Days passed

followed by weeks and months. The winter was about to set in. The cricket had not collected any food.



Hansti Duniya
May, June, July 2021

When it was mid-winter, the weather was very cold and plants had lost most of their leaves. The cricket found it hard to get any food. So, he had to remain hungry for two days.

Feeling helpless, the cricket was reminded of the hard-working ant. So, he thought of going to her and beg some food. He went to her place and knocked at the door. The ant opened it and said, "Hello Mr. Cricket! what brings you here?"

"I am dying of hunger, sister. Be kind to give me some food to eat. I did not store any food during summer. Foolishly, I kept singing and having fun," replies the cricket.

"Then dance the winter away. We ants never borrow or lend." saying so, the ant closed the door. The poor cricket went away sad and hungry.

Moral: No pain ; No gain



— H. S. Rice /

Give us Daily Awareness

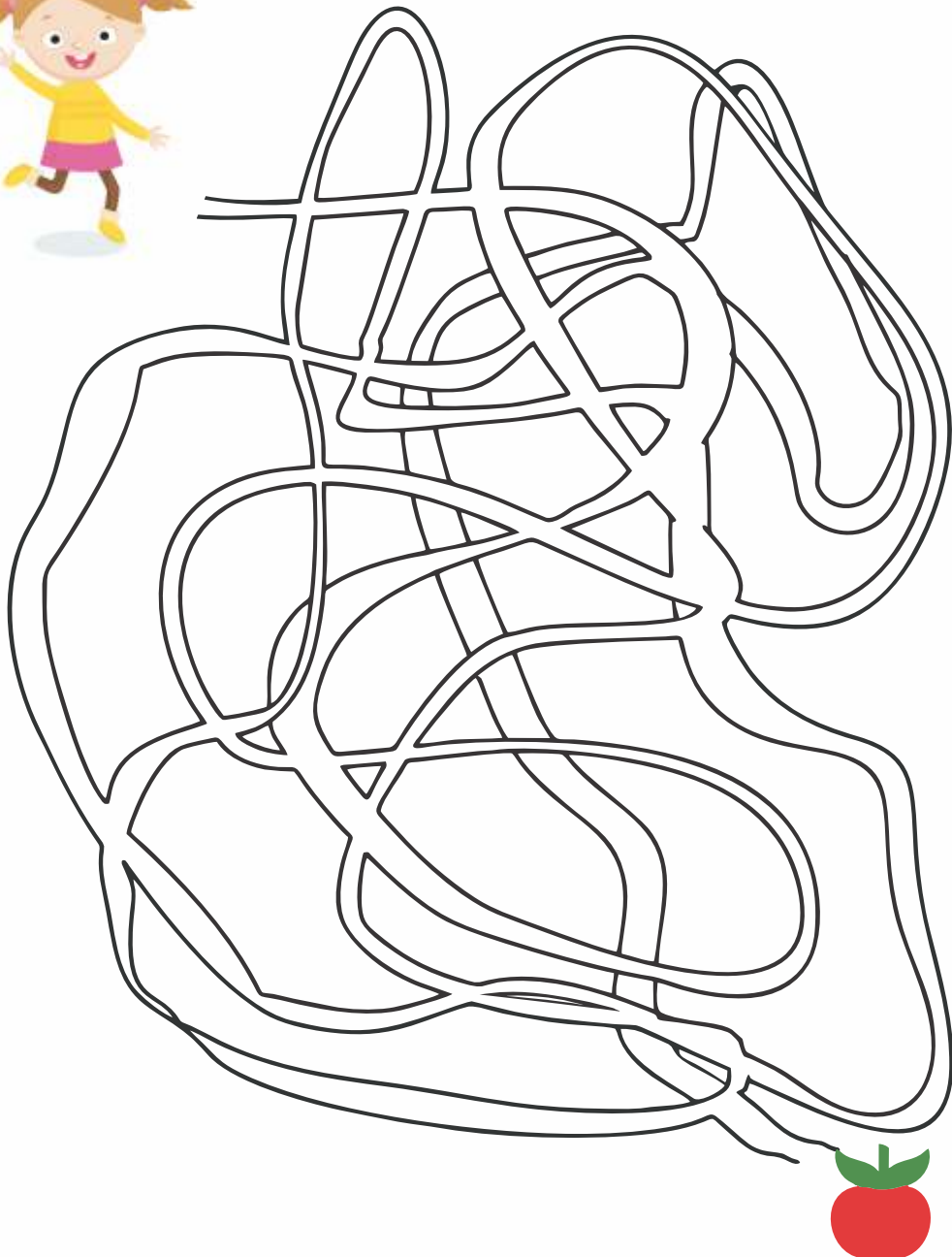
On life's busy
thoroughfares
We meet with angels
unawares
So, Father, make us
kind and wise
So we may always
recognize
The blessings that are
ours to take,
The friendships that are
ours to make
If we but open
our heart's door wide
To let the sunshine
of love inside.

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Find the Way

Show The Way To Sony To Reach An Apple



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—Sulekh 'Sathi'

Managing Editor, Magazine Department

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