

Vol. 36 | No. 12 | December 2022

₹ 15/-

Hansti Duniya





Hansti Duniya

● Vol. 36 ● Issue No. 12 ● December 2022 ● Page 52
(A Monthly for Children's Mental Development)
Published in English, Hindi, Punjabi and Marathi

Printer & Publisher Raj Kumari

On behalf of Sant Nirankari Mandal (Regd.)
Delhi-110009, printed at HT Media Limited
Plot No. 8, Udyog Vihar,
Greater Noida - 201306 (U.P.)
and published at
Sant Nirankari Satsang Bhawan,
Sant Nirankari Colony, Delhi - 110009

Vimlesh Ahuja **Rajat Kapoor**

Editor (Honorary) Associate Editor (Honorary)

Email : editorial@nirankari.org

Ph. : 011-47660200

Fax : 011-27608215

Website : <http://www.nirankari.org>
kids.nirankari.org

Subscription Details

Country	1 Year	3 Year	5 Year	11 Year
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

4. Editorial
5. Sampuran Avtar Bani
32. Look at the Picture ...
44. Laughing Time
46. Do You Know?
48. Colour It
50. Spot The Ten Differences



Photo Features

12. Grandpa
34. Kitty



Poem & Etc.

- 7 : The Year Ends
Gafoor Sanehi
- 23 : Support
Rajat Kapoor
- 25 : Etiquette Tips
For Dining
Simarpreet Kaur
- 26 : Mom Dearest Mom
Allankrita
- 27 : Self Esteem
Naresh Ahuja
- 30 : Colour of Flowers
Praveen
- 33 : Funfair
Lakshita
- 43 : Mind Dear Mind
H.S. Rice

Stories

- 6 : Persistence
Pushkar Dwivedi
- 8 : Lamp A Symbol ...
Vijay Khatri
- 10 : The Lesson
Farrukh Hussain
- 17 : Helping A Thief ...
Kamal Jain
- 24 : The Little Box
Nikhil
- 28 : King Solomon
Smitha Baiju
- 29 : The Cheater
Ruby
- 40 : The Warden's ...
Sanjay & Priya Tandon

Article

- 16 : Jesus Christ
Nazir
- 18 : Paper ...
Asha Kapoor
- 19 : Satsang is My Mother
Manpreet Singh
- 20 : Environment ...
Ankushree
- 22 : Indian Godsebery
Paridhi Jain
- 31 : Living in A Joint Family
Sanskriti Khanna
- 38 : Dr. Rajendra Prasad
Kailash Jain
- 42 : Sapce Suit
Vidya Prakash
- 49 : Love of Mother Land
Roopnarayan Kabra



TIME TO INTROSPECT

Every year the month of December precede the new year. Again the new year ends with the month of December. At the end of year we introspect about our achievements and unfinished tasks. We get so busy with work that despite certain achievements the unfinished tasks remain neglected.

Once a man told his four sons at the beginning of the year to gather information about a certain tree in a particular jungle. He gave them a time duration of 1 year. Whosoever got time in a certain month of the year, went and gathered information. They were all keen to share the information with their father. When the time came, the first one said that it was hardly a tree just a log of wood and in fact useless. The second one said, little, delicate leaves adorned the tree making it look very beautiful. The third one said, the tree was full of fragrant flowers. The fourth one described the tree as a gift of nature. It was full of fruits that were satiating the hunger of passers by.

Same tree was seen at different times of the year. Therefore they saw it in different stages of fruition. That became the source of information for that person. They had made different assumptions for the same tree because they visited the tree at different timings of the year.

Friends! Sometimes we meet a person when he is getting angry with someone and we consider him as an angry person. But if another person is treating someone affectionately we will call him as modest. If someone by chance does a mistake we call him dishonest or lazy etc.

I need to check if during the whole year, whenever I was angry, it was momentary, habitual or only superficial. In the same way sometimes our projection of love is just a show off and we make it an instrument for getting some work done by a person. We give ourselves a benefit of doubt whenever we do something wrong.

Are we seeing others just superficially and wasting our time and energy. If we have made certain assumptions during the year about someone, we must first completely understand his view point. Other people may also make certain assumptions about us. Our mindset should be pure and caring. What we expect from others should we adopt ourselves in our lives. Then every December shall be a new year. We are grateful to the month of December because it is time to introspect.

— Vimlesh Ahuja

SAMPURAN AVTAR BANI



IK TU HI NIRANKAR 178

JAMMIA JAD SAIN SUN TOON PRANI KOI MAZHAB IMAN NAHIN SI;
JAMMIA JAD SAIN SUN TOON PRANI KARAM KAND SAMAN NAHIN SI.
JAMMIA JAD SAIN SUN TOON PRANI GAL JANJOO KIRPAN NAHIN SI;
JAMMIA JAD SAIN SUN TOON PRANI KUJH VI TERI SHAN NAHIN SI.
JAMMIA JAD SAIN SUN TOON PRANI TAINOON APNI SAR NAHIN SI;
JAMMIA JAD SAIN SUN TOON PRANI MOH MAYA NAL PIAR NAHIN SI.
JAMMIA JAD SAIN SUN TOON PRANI DIL TERE HANKAR NAHIN SI;
JAMMIA JAD SAIN SUN TOON PRANI NAL KISE DE KHAR NAHIN SI.
AAPE GAL VICH PHAHIAN PA KE SIR TE CHUKKE HARE NE;
KAHE AVTAR IH DRISHTMAN JO NIRE BHULEKHE SARE NE.

THOU FORMLESS ONE 178

Listen O' man, when you were born, you had neither religion, nor faith;
Listen O' man, when you were born, you did not have any article to perform rites
and rituals.
Listen O' man, when you were born, you were not wearing the sacred thread or
the sword;
Listen O' man, when you were born, you had hardly any status.
Listen O' man, when you were born, you had no awareness about yourself;
Listen O' man, when you were born, you had no sense of attachment.
Listen O' man, when you were born, your heart was devoid of ego;
Listen O' man, when you were born, you were not jealous of anyone.
Putting the noose around your neck, you are carrying the burden on your head;
Avtar says, all that is visible is a mere delusion.



— Pushkar Dwivedi

Persistence

Raju came and sat near the entrance of the house. His annual exams were approaching. He was worried and hopeless. He didn't understand as to how he would pass. There seemed no way out.

Raju had failed in 2 subjects in his quarterly exams. He was weak in Maths and English.

He was not sure of passing in class 7 and getting promoted to class 8. Papa had warned, "If you don't

pass, no play time and enjoying with friends."

He would not be taken to Mussoorie and Nainital during the summer vacation, if he did not pass. He would get miserably upset with this thought.

He just looked down and took a deep breath. Suddenly he saw a small ant that was carrying a big insect in its mouth and trying to go up the wall. But the ant would fall down time and again.

Raju continuously looked at the ant. She was holding an insect much bigger than its own size. It fell down twice but succeeded the third time. Raju felt good seeing the ant succeed.

Suddenly Raju thought, if an ant by mere continuous effort and hard work could succeed in climbing up the wall,

he could also pass in the annual exam by sheer hard work. This way he could please his father and enjoy what he wished for. He was joyful and quickly proceeded towards his room where his books were waiting for him.

Moral : Try try again.



THE YEAR ENDS

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

**HAPPY NEW
YEAR
2023**



Lamp

A Symbol of Hope

A small lamp used to peep out of a window every day. Early morning when the sun would rise, there would be light everywhere. The birds welcomed the sun and joy spread all around.

The lamp felt very small in front of the Sun and used to get depressed. He would think, I cannot light up the world like the Sun does, nor can I give energy. I am useless. May be I shall have to spend my entire life like this. Will there be a day when I shall shine like the sun and people will welcome me.

The candle would see the lamp everyday and asked it about its sadness. The little lamp replied, "The Sun lits up the entire world and gives it energy. It removes darkness from every nook and corner. I am very small. I can never be like the Sun. even

if I try hard, I shall never be able to lit up the world and give energy as the Sun does. In the evening when it is dark, I get really upset.

The candle tried to counsel the lamp, "Little lamp! Light and darkness, joy and misery are part of life. We cannot change them. A day full of light shall always be succeeded by darkness. You may not be able to lit up the entire world but you can at least lit up the path of one person and help one being.

The lamp said, "I try hard but don't succeed. I can only light up this little area not the whole world like the Sun. Will this be my fate forever? Shall I never become magnificent like the Sun?

The candle said, "You may not ever become the Sun but can become its symbol. You may not be able to give energy as the Sun but can ignite hope to fight the darkness. You may not be able to light up the way Sun does but can light up one person's space.

The little lamp was listening carefully to the candle but still cursing itself for being inferior. The candle further said, "We may not able to achieve something very big but can do at least a little task. God has entrusted every one with one task or the other. We may not be able to give sunshine to the entire earth but



can remove darkness from one home at least. We can guide the path of someone in the absence of Sun.

The little lamp was a little relieved. The festival of Diwali was to be celebrated after some days. It was the full moon night and very dark. Today everyone was eagerly waiting for the lamps not the Sun.

Colorful candles and lamps were lighting up every home. They were inspiring to fight against the darkness. They were the source of joy and energy for all. Everyone was happy today. All young and old were feeling joyful and energetic by merely seeing the lamps. People were trying to remove darkness by lighting up little lamps. Darkness is a symbol of sadness.

The little lamp was happy today. It was also lighting up a house along with other lamps. The lighted lamps seemed to be giving a message, "A little source of light has the ability to fight against the deepest of darkness."

When the candle saw the lamp smiling it said, "I had told you that you can perform big tasks despite your small size. You may not have too much light like the sun but you have the capacity to fight darkness.

You have given new hope to everyone. People remain energized the whole year



with their hope and shall wish from you the same hope of joy and success every year. Faces of sad and depressed people were brightly shining with Joy. The little lamp had understood its own importance. Though small, it was the 'Lamp of Hope'. Hope gives strength to fight against the darkness of sadness, misery and failure.

The lamp had understood that God had gifted everyone with some task. We have to do that task with honesty and spirit. We don't have to consider ourselves weak or inferior, looking at someone else's ability and success. An average person can perform a quality work. Everyone has his relevance. We should do the tasks entrusted upon us by God as our own and try to bring excellence to them.

The candle was happy to see the transformation of little lamp. Both of them continued to spread light, energy and hope!



The Lesson

Rohit and his friends were on their bicycles and were speeding up. On the way, there was a spot full of mud. At a corner, a squirrel, Soni, was enjoying sunbath sitting under a tree. Rohit and friends speedily crossed through the spot and the mud spilled over Soni and she was completely covered with mud. She started crying looking at herself. She was somehow convinced that Rohit and friends are most likely going to hurt themselves on their way.



Everybody knew that Rohit and his team were a naughty lot. They would harass almost everyone, that is why people did not like them, particularly Rohit who was the leader. Rohit's parents did their best to convince him to give up naughty habits, but Rohit did not pay any heed.

Rohit's school was in Harit Nagar. Because of the long distance, the children plied to school with their bicycles. In between, there was a railway crossing and the children were required to be careful while passing through the crossing. Many a times, Rohit would venture to pass the crossing through a corner even while the railings were down to give way to a train scheduled to cross at that time every day. Sometimes, Shyam uncle, the guard, forgot to put the railings down though he was watchful about the train.

However, Rohit and friends were not bothered. Without looking at sides of railway track, they would often cross it and, at times, without caring about the barrier. There was a constant possibility of a fatal accident. Because of this, Shyam Uncle would often rebuke them and even made a complaint in their school. All these warnings had no effect on them.

Recently, they started another game. They would place stones at different points on railway track. They would take a lot of joy when the passing train would crush the stones into small pieces or powder.

One day they were enjoying this game when Ramesh, their classmate, arrived there. "What is this that you are doing?

This way, the train can skid. You better remove all these stones”, Ramesh said to Rohit and his friends. But no one cared. They saw an approaching train. Rohit and friends got to a side and Ramesh stood at a distant place.



The moment the train crossed, a stone somehow swung a little high and struck Rohit’s face. Next moment, Rohit was bleeding profusely. Seeing Rohit in such a condition, all the friends ran away. Ramesh took him immediately to a doctor who applied ointments and bandaged his wound. It was Rohit’s good luck that the stone was comparatively smaller otherwise his eye could have been damaged.

After the incident, Rohit remained at home for a few days during which his friends posed as innocents. But shortly, they started doing the same things again.

One day, Rohit and his friends reached the railway crossing. The gate was closed and a train was approaching them. Rohit and his friends had no concern and started crossing the track. All the friends passed through the crossing. Rohit’s pants, somehow, got stuck in bicycle’s

chain and he fell on the track. He found himself unable to stand and the train had reached nearer. He clearly saw his death too close and started trembling. In a state of great shock, his eyes got closed.

Somebody got hold of him and pulled him along with the bicycle. The train passed through shrieking. On opening his eyes, Rohit found Shyam uncle pulling his pants out of the chain; and he went unconscious.

When he reopened his eyes, he found himself in his house. His mom, dad and friends were around. All were relieved to see Rohit gaining his senses. He took a vow that he would refrain from such naughty acts and would never cross the railway crossing, if closed.

After the incident, Rohit was a completely changed boy. He learnt the lesson of his life.

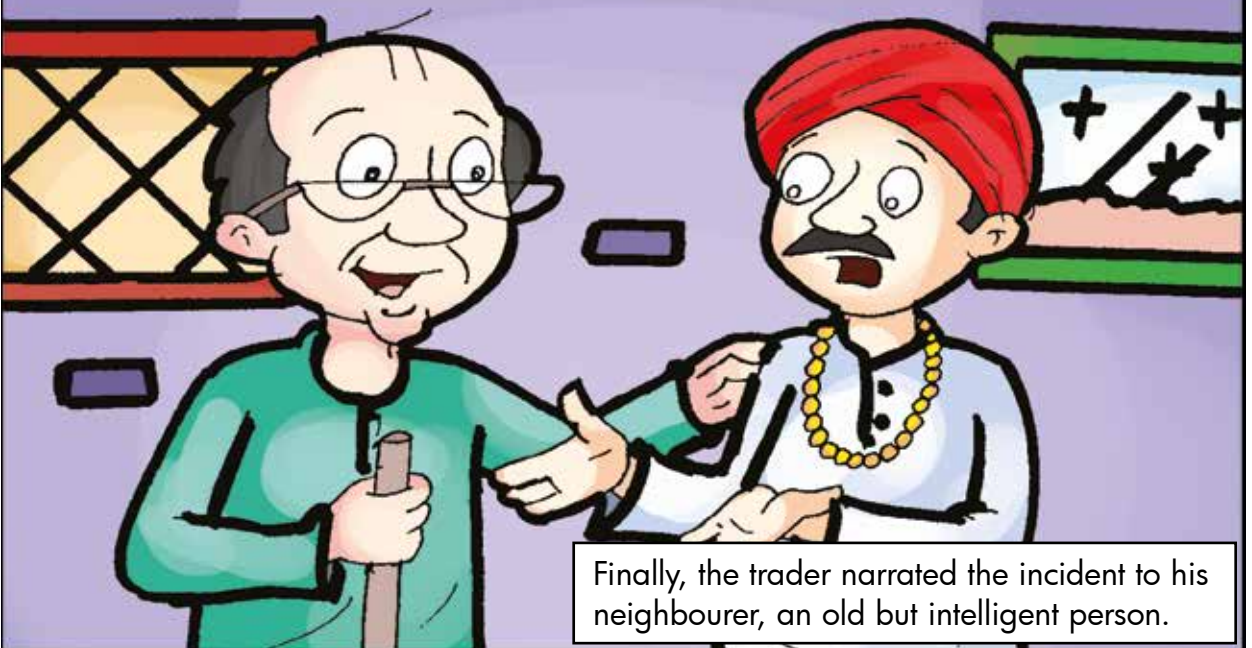


GRANDPA

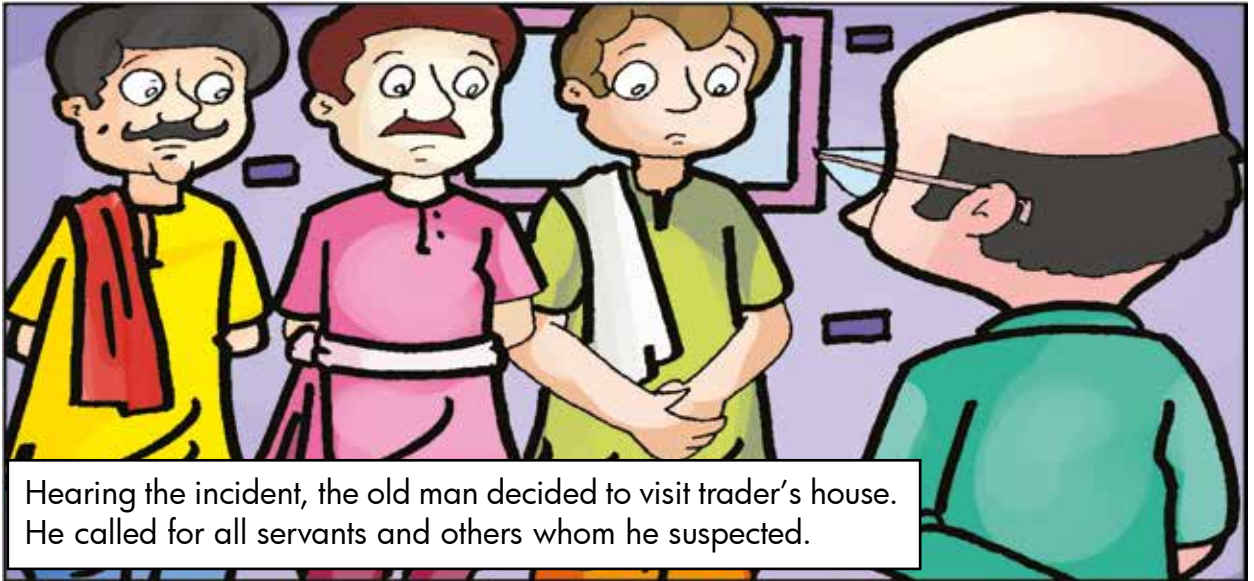
Story & Illustration — Ajay Kalara



A long time back, a theft took place in a trader's house. Even after a hard search, the thief remained untraceable.



Finally, the trader narrated the incident to his neighbour, an old but intelligent person.



Hearing the incident, the old man decided to visit trader's house. He called for all servants and others whom he suspected.



The old man handed over a stick to each person. All the sticks were equal in size, without a difference. Then, the old man said:

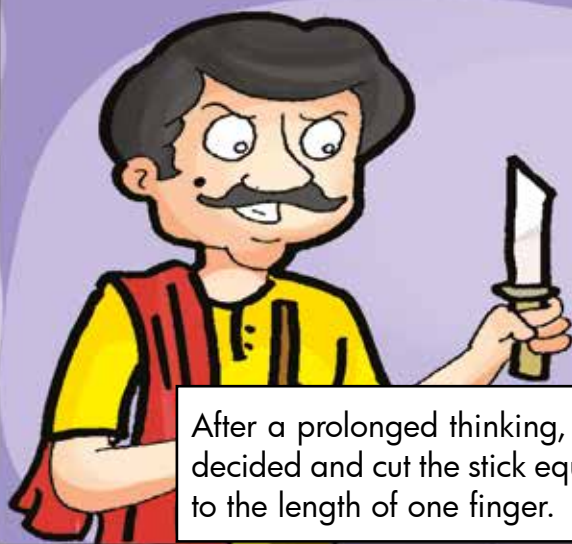


Each one of you take a stick to your home and bring it back tomorrow morning. But note, its length automatically grows equal to the length of a finger if it comes in the hands of thief. The stick helps me catching the culprit.



Every one took a stick and went home.

Included amongst them was the real thief. He reached home and started thinking.



After a prolonged thinking, he decided and cut the stick equal to the length of one finger.

Next morning, each one started showing their respective stick. The real thief was happy about his trick. He became eager to submit his stick.

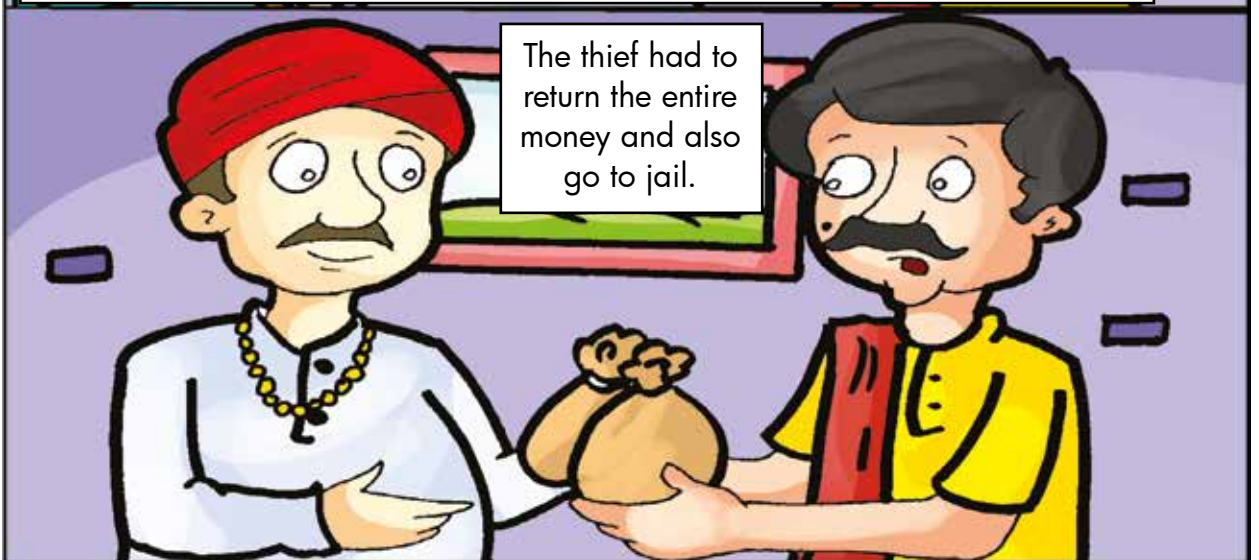




Finally, the time came when the thief happily produced his stick.



The old man noticed the smaller stick (because the thief had cut it.) He understood who the real culprit was. With old man's wisdom, the thief was caught.



The thief had to return the entire money and also go to jail.

JESUS CHRIST

Jesus was born in Israel 2000 years ago. Modern civilization marks his birth by dividing time B.C. (before Christ) and A.D. (Anno Domini—or the year of our Lord). For his first thirty years, Jesus lived a traditional Jewish life, working as a carpenter. In his thirties, Jesus began his public teaching and display of recorded



miracles, yet still never travelled more than 200 miles from his birthplace. Over a three years period, despite his efforts to keep a low profile, Jesus' reputation spread nationwide. The Jewish people took note of him, Jesus' key messages included:

- God loves you and is with you.
- Love one another.

- Immense value of each person
- Good news: kingdom of God has come to earth.
- God forgives those who ask.

As a result of these preachings the number of his followers increased dramatically. In the city of Jerusalem one record states that some 3000 new followers were added in a single day. The religious leaders responded by trying to stamp out Jesus' followers, many of these people chose to die rather than deny their belief that Jesus was truly God. Within 100 years, people throughout the Roman empire became followers of Jesus. Christianity, became the official religion of the Roman Emperor. Jesus' words and life still speak loudly for themselves.

Jesus claimed to be God, which was a direct violation of the Jewish law. Therefore the religious leaders asked the Roman government to execute him. In each of several official trials, the Romans found that he was not guilty of breaking any Roman law. Even the Jewish leaders recognized that Jesus followed the Jewish law perfectly. Lord Jesus Christ stood for humanism, love and humility. Love of God, and love of man are the two pillars on which his teachings are based. According to Jesus, all the law and the teachings of prophets are based on these two commandments You shall love the lord your God with all your heart, and with all your mind. This is first and great commandment. And the second is you shall love your neighbour as your self.



Helping A Thief

There was a man who was considered as the richest in the town. However, he did not make any kind of donation or helped anyone in spite of having so much of wealth in his hands. Many people suggested him to do so, but the rich man did not seriously ponder over it.

One night, a thief broke into his house and carefully collected all the valuables of the house and put them in a big bundle. Putting the heavy bundle on his head, the thief lost his balance and the bundle fell on the floor, creating a loud sound in the night's silence. The rich man got up at the heavy sound. He went up to the thief and started helping him to lift the heavy bundle. Looking at the shivering thief, the rich man said, "Don't worry. You can take all these materials with pleasure. You are just like me, collecting wealth all the time but giving nothing away to any needy person. Therefore, this wealth has



become unnecessarily a heavy load on my head. Had you cared to collect lesser, you could have easily lifted the bundle. Anyway, you may take away all the articles collected by you.

The thief was stunned to hear this. He said repentantly, "Sir, please excuse me for my fault and take back all these items".

The rich man said, "You can be pardoned only on one condition. Take some money from the bundle and start some business. This way, a part of my gathered money will be put to a good use and your life will also improve." The thief followed his advice.

From then on, the rich person started helping every needy person. ❖

Paper

(Manufacture and concerns)

History

The word paper is derived from 'Papyrus', a tall plant resembling grass that grows in or near water. It was cut into strips that were flattened by pressing. These were used by ancient Egyptians, Greeks and Romans. History reveals that parchment, a writing material made from animal skin was used in middle ages by monks to make handwritten books. Later, inner layer of birch bark and palm leaves were extensively used for writing.

Bamboo, silk, bones, shells, clay tablets and wax tablets were also used for writing. Bamboo was heavy, while silk was expensive. Wax tablets could be melted to rewrite.

Invention: A Chinese court official Cai Lun gets the credit for inventing a method for making paper. He was inspired by wasps and bees. He used mulberry bark, rags and some other plants with high fibre content, crushed these into pulp, removed water by pressing and hung the thin mat like material to dry in sun.

Developments: In 1690 first US mill in Pennsylvania used shredded old clothes and rags into fibres and made paper out of it.

Mills later shifted their focus to trees because wood is cheap and more abundant.

Presently some of the trees that are used for making paper are pine, spruce, fir, hemlock, bamboo, eucalyptus and subabul. These trees have long fibres.

Manufacture: The following steps are mainly involved in the manufacture of paper.

1. **Cutting:** Wood is cut into chips of approximately 12-25 mm length and 2-10 mm thickness.
2. **Pulping:** The chips are screened. Too big or too small pieces are removed. They are chemically treated to remove the glue like material (lignin) to retain only the fibrous material (cellulose) which is the main ingredient of paper.
3. **Bleaching:** Brownish fibrous material from the previous step is bleached with different chemicals like chlorine and hydrogen peroxide. It brings shine to the material.
4. **Beating:** The pulp is beaten mechanically (grinding) to get rid of looseness, porosity and roughness. Beating also increases strength of paper.
5. **Pulp to paper:** Pulp is fed into automated machines to get a layer of paper.



SATSANG Is My MOTHER

I am one of the luckiest human beings who got the chance to see this Nirankar that made my life complete.

He has given me everything in life. He has specially blessed me with three things i.e. Sewa, Simran, and Satsang. These things are part and parcel of my life. I have learnt many things from Satsang. Satsang taught me not to stay in bad company. The time when I was about to do something wrong, which I shouldn't be doing, my mind always flashed back and said to me "Go to Satsang". Satsang hasn't taught me this; and that was the end of it and Satsang saved me from wrong doing.

I always got more than I expected. I learnt from Satsang that we should always be thankful to God, no matter how much He gives us, we should learn

to be grateful to Him. He knows when, where and how much to give. He will never let his saints stay in hunger or pain. Everyone does not have everything. I also learnt that we should pray to Him who gives us just enough in which we can stay happy. Satsang had made me realize what my motive is, why I have got human birth. It has given me gyan, the biggest gift a human can expect for, and now I never feel lonely. I know this Nirankar is always there with me and I can talk to Him whenever I wish to and I know He will help me in any trouble because I know He listens to me. And I will always pray to Him to keep me in touch with Satsang, because Satsang is my mother and I don't want to lose my mother.



Concerns :

- ❖ 12, 17 trees are required for making 1000 kg of high quality paper. 15 trees will have to be cut to produce 1 ton paper for magazine. Newspaper making requires a little less number
- ❖ A very large amount of water is required for manufacturing paper.
- ❖ The bleaching agents add to pollution.

Recycling : When you recycle used paper it is used for making books, cardboard boxes, envelops, magazines, cartons and newspapers. Most paper boards, cereal boxes, candy and bakery boxes can be changed into new paper products.

Let us try and contribute to Sustainable Development.



Environment And Excavation

Our earth has an abundance of various minerals like iron, copper, coal, gas, etc. Through excavation, these minerals are taken out, as various industries are dependent on them. Excavation, however, creates tremendous dust which pollutes entire surrounding atmosphere, like air, water running in ponds and river, and soil making the land unproductive and farmers are forced to lose their crops.

Our country produces as many as fifty different types of minerals and ores through excavation. This is achieved through blasting of hills and excavating deep in the earth.

Excavation is of two types – one is from open minefields and another from underground mines. However, the transportation of both such excavations creates the most of pollution.

Excavation of both hills and land also involves cutting of trees, resulting in rapid loss of forests. Therefore, excavation is one major cause of landslide and deterioration of land. The areas of land from where iron ore is excavated look red all around. The rivers become red and consuming their

water can cause a number of diseases. Therefore, the villagers make alternate sources of water. They dig big holes in the fields along the shore of the rivers. The water passing through these holes gets filtered. The water so collected is used for daily use.

Similarly, the areas near the gas mines have turned yellow. Rivers, ponds, wells, etc., all look yellowish. Yellow layers of soil can be seen in fields. There is a constant problem of water for drinking and bathing.

After extracting gas, the remains and the water wastes are passed through water spreads around this area. The yellow water, caused by excavation of these gases, is seen not only on the surface of the land, but also at 50 to 80 feet below the land. The potable water can be found only at 100 to 150 feet below the ground, boring of which makes it unaffordable. Crops get spoiled and growing fresh crop is just not possible. If it is, the grain content is very low. People suffer from water-borne diseases. That makes the life of inhabitants difficult. Such areas have constant growth in death rate, low productive capacity and weak cattle stocks.



The pollution because of wastes released by gas factories could be checked by dumping them deep down in the earth. Filtering the lime mixed water of gas factories could reduce the water pollution.

Coal excavation creates maximum pollution. It pollutes not only the air and water, but also adds to sound pollution. The entire area looks dark - be it land, water or air. The pollution caused by coal transportation is most dangerous. The coal taken out from the coal mines is cleaned in the washers and the water released by these washers makes all sources of land (fields, rivers, ponds), polluted in black. People living around these mines and minefields suffer the most.

Pollution has many indirect drawbacks, too. It leads to removal of trees. Illegal means are adopted to remove trees for profit purposes. Although, the law provides for growing equal number of trees to make recovery of removed trees,

but it is not being followed, resulting in loss of forests. Forest is a great source. It does not mean merely a group of trees, but it is a natural habitat which takes care of the existence of whole range of birds and animals.

No doubt, excavation is necessary for extraction of minerals and ores so vital for the growth of our industries, but there is a need of greater control so that the atmosphere is cleaner. There are many steps which, if taken, can control on water, air, and sound pollution. Some of the steps are : building of concrete roads around mining areas, regular water showering on mud roads, rich tree plantations around the entire mine areas, provision of water and waste treatment plants in every mine and factory, use of machines with better technology to check sound level, etc. These steps will not only improve quality of life of present, but also of the future generations.



INDIAN GOOSEBERRY

(Amla)

Indian gooseberry has been named 'Dhatri phal' by our ancestors i.e. the one that nurtures us like a foster mother.

This fruit keeps us healthy and also protects from many diseases because it is rich in vitamin C. Although it tastes acrid some people consume it raw. Raw fruit is used to make tasty sauce. It is a blessing for hair. Regular use of Indian gooseberry promotes long, thick and black hair. It has a cooling effect on the body. If eaten in the presence of morning sun in winters the jam made from this fruit gives Vitamin C and the sun rays give Vitamin D.

As the legend goes, winter season is known as healthy season.. precious gifts like sweet potato, guava, peanuts, ginger, turmeric, tomatoes and carrots etc are provided to us in winters by mother nature. All these things are healthy for their virtues. Indian gooseberry among these is full of medicinal values and is abundant in winters. This fruit doesn't

lose its vitamin C content even on cooking or preserving as powder or in any other form to be used in any other season. Products made in winters from gooseberry can be used in other seasons. It is a special advantage of this fruit. It helps maintain good eye sight and easy flow of blood by removing obstructions. It helps relieve body heat.

An analysis of 100 gram Indian gooseberry shows that it has 600 mg vitamin C. Proteins, fats, fiber, calcium, minerals, phosphorus and iron are much more in it as compared to other fruits. One fruit has vitamin C equivalent to 2 oranges or 5 bananas. No other fruit can compete with Indian gooseberry for purification of blood. It keeps the cells of brain and heart healthy and also helps maintain a healthy liver because of its cooling effect. It is more useful if eaten just before or after eating food. It also protects the teeth against pyorrhea. Its fine powder if rubbed on teeth gives them a shine and removes odor from the mouth.

Some of its uses as medicine are as follows:

1. Its powder if taken with water or honey gives relief in constipation.



2. Regular use of the fruit kills worms and give relief in piles.
3. Grate or crush gooseberry and take out its juice. Heat it with equal amount of coconut oil at low flame. When the water evaporates, filter and apply on hair. It will keep them healthy.
4. Sauce made from Indian gooseberry helps to protect the body from many diseases.
5. Amla powder mixed with 'Mulethi' powder when taken empty stomach helps relieve cough and phlegm
6. Amla powder mixed with coriander powder in equal amount if taken with honey helps in headache from heat and also relieves dizziness.

Regular use of Indian gooseberry helps maintain health youth and vigour.



—Rajat Kapoor

SUPPORT



Our habit has always been
to seek support,
getting it from anyone
who can afford,
Also from your family
living in the abode,
giving us happiness
and better grip and hold
Those who support others
they are like gold,
providing warmth to those
who are stuck in cold,
taking it easy
and the concept is old,
so learn to give support,
without being told.

The Little Box

Once there lived a farmer named Ruldu in a village. He would work in the field the whole day. Despite his working very hard, he was not able to make his both ends meet. For days together, his family had to go without food.

One day, his wife Lakshmi said, "In spite of our working so hard, we remain hungry. But look at our king and the queen. They do not do any work but still they are living in luxury. If only we were also able to live like them. How nice it would be."

Just then the king happened to pass by their house. He heard what Ruldu's wife had said.

The king knocked at the door. Ruldu's wife opened the door and asked, "Who is there?"

"I am the king of this state. I have heard that you are living very hard days," the king said. "We are dying of hunger. We have not had our meals for many days," Lakshmi said.

"I sympathize with you. Both of you

can come with me to live in the palace. You will get to eat to your fill and fine dresses to wear. And you will not have to work," the king told them. They were both very happy. They went with the king.

On reaching the palace, they were provided with new dresses to wear and sumptuous food to eat. They also slept peacefully. "You ask for whatever you want and live happily here. But remember that you never open the little box lying there in the corner of your room. Mind, if you ever open it, you will have to return to your village," said the king and left the place.

Both Ruldu and his wife spent some days eating delicious food and enjoyed themselves thoroughly.

Looking at the little box lying in a corner, Lakshmi often got very curious. What can be inside this box? She would ask Ruldu.

"The king has forbidden us to open it. So, don't try to open it. If you open this box, we will have to go back to live the same hard days". Ruldu said.



But Lakshmi was obsessed with the thought.

"It does not matter. I want to know what is in that box. We will just open a little and see what is inside. Then immediately we will close it. Thus no one will come to know about it," said Lakshmi.

One day compelled by Lakshmi, Ruldu opened the box. A small mouse jumped out of it. They tried their best to catch it, but in vain. Just then, the King came there. They both felt very embarrassed.

The King said, "You are so stupid. You could not obey this simple thing. So, you are not fit to live in this palace. Leave the palace at once and return to your village. Ruldu and Lakshmi returned sadly".

Moral : Do your part and God will do the rest. ❖

— Simarpreet Kaur (Delhi)

ETIQUETTE Tips FOR DINING

1. Unfold napkin and put it in your lap. Don't clean the cutlery or wipe your face with the napkin.
2. Wait until all members are served at your table before beginning to eat.
3. Hold knife in your right hand and fork in your left hand.
4. Do not talk with food in your mouth.
5. Chew with your mouth closed.
6. Don't add salt and pepper before tasting the food.
7. Avoid loud eating noises, such as slurping and burping.
8. Eat slowly in small bites.
9. Do not hold food on the fork or spoon while talking.
10. Turn off your cell phone or switch it to silent or vibrate mode before sitting down to eat.
11. When you are finished with your dinner, place the napkin loosely on the table, not on the plate or chair.

—Allankrita

Mom Dearest Mom

When I was a babe, you rocked me,
You softly hummed until I slept;
You kissed me when I got hurt,
When I took ill, you really wept.



When I started rolling in cradle
You desired to see me crawl,
When I started crawling, you longed
To see me walk without a fall.

When I started walking, you longed
To see me run very fast,
When I started running, you taught
All about the world so vast!

Although now I'm tall as you,
And look like you, all do say,
Still you are as important O' Mom,
As you were until yesterday.

Days ahead when you turn frail,
I shall be your walking stick,
I'll secure you between my palms,
And let not the breeze blow off the wick!

— Naresh Ahuja

Self ESTEEM

We wait impatiently for the 'New year'. It is welcomed with fanfare in advance. All are congratulated and wished for their 'Health', 'Happiness' and 'Success' in life. It is time to make new resolutions and kick off the bad ones.

Time flies with its pace. When the current year starts and ends, we fail to keep in step with it, The New Year comes unannounced.

We hear the approaching footsteps of the New year before the old year rings out. It is time to evaluate ourselves in the passing year and take note of our failures and successes. Now 2022 is on its last leg. We have to meditate (think). and answer some question:-

Have I done something, I oughtn't to have done?

Did I work to fulfil my desire or I was thoughtful and caring for others.

Did I work on my resolutions or was it merely a formality?

Did I cheat/back stab some one ?

Was I respectful to my elders from the depth of my heart?

Did I use my colleagues for my selfish ends?

Did I help or stood by my friends in the hour of need?

I am answerable to all the questions myself and none else. I must introspect and it'll help me to know myself better. Pleased others outwardly, befooled others with my shady behaviour to reap profits. Those who work with all their heart automatically gain keeping these things in mind, we can raise our personality and esteem in our eyes.



KING SOLOMON AND THE QUEEN OF SHEBA

King Solomon was famous for his wisdom. The Queen of Sheba wanted to test him. One day she went to the king with two garlands. One of the garlands was made of real flowers. The other one

"O wise King, tell me, without moving from your seat, which one of these two garlands is made of real flowers."

The king looked at each of the two garlands very carefully. They looked

very much alike. He could not tell one from the other. When his eyes failed to guide him, the wise king used his brain to solve the problem. A bright idea came to his mind. He ordered one of his servants to open the window overlooking the garden. The servant opened the window. Soon bees came in from the garden and began hovering around the garland in the Queen's right hand.

The King smiled and said, 'The bees of my garden tell me that the garland in your right

hand is made of real flowers."

The Queen bowed down with respect and said, "O King, your answer is right. You are, indeed, a very wise man." ❖



was made of paper flowers. But both the garlands looked exactly alike. She held one garland in each of her hands and stood in front of the king. She said,

THE CHEATER

Lampu Elephant was the king of Sundervan. All the animals were living happily and peacefully in his kingdom. But for the last few months, there had been complaints of thefts in the jungle. And the culprit had not been caught till now. All were scared of the thief.

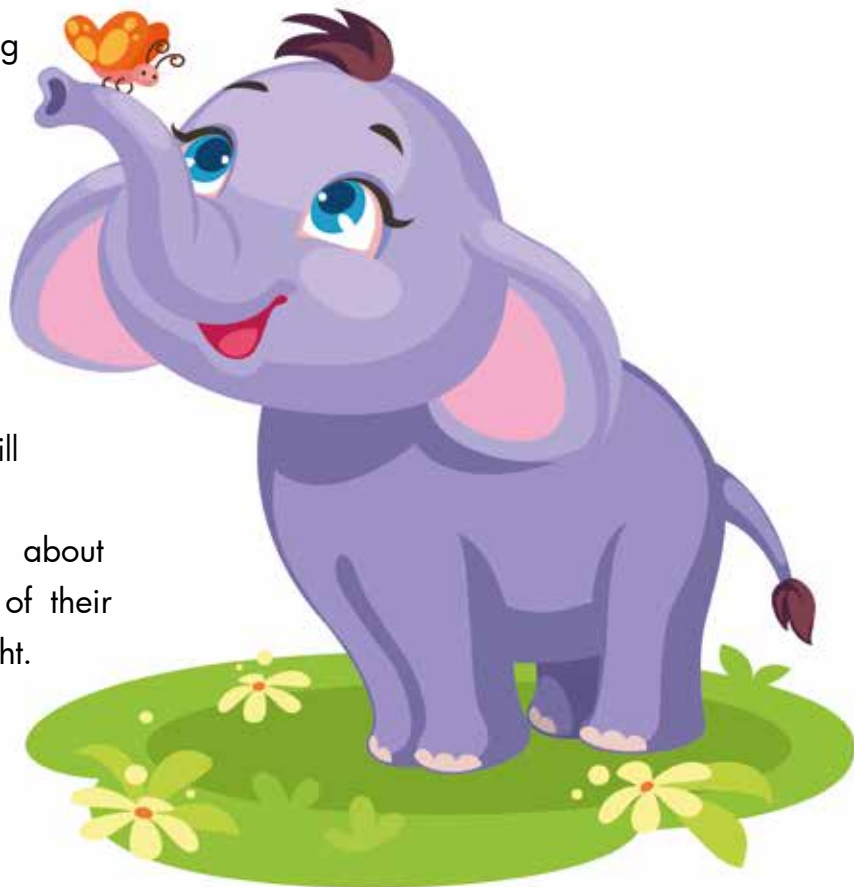
The king was worried about the innocents being robbed of their belongings in a broad-day light.

One day, the king was walking in the kingdom in disguise. He thought of a plan and sat under a tree.

Soon he saw Bunty bear roaming there in a suspicious manner. The king got suspicious about him. After a while Bunty reached the tree where the king was sitting. Since the king was in disguise, Bunty asked, "What are you doing here?"

The king replied, "Sir, I am in great trouble. I shall be very obliged if you help me by lending some money."

Bunty had already noticed the ring in king's figure. He was happy to see



it. He said, "Why not? But since I am not carrying money with me at the moment, you will have to accompany me to my house."

The king agreed. He followed Bunty. The latter was apparently concerned for the ring only. He thought, on reaching home, he would snatch the ring.

After a while, both reached home. Bunty asked the king, "how is this ring with you? Tell me truly from where did you

steal it. Otherwise you will be soon put behind the bars."

The king pretended to be afraid and said, "Sir, the king had himself given it to me as a gift."

"No, you are telling a lie", saying this, "Bunty snatched the ring and pushed out the king."

The next day, the court was held. On entering the court room, the king said, "I have lost my precious ring. It was very costly. I don't know who has stolen it. Whosoever finds it, return it to me".

Bunty was shocked to hear it. Different expressions reflected on his face. After a while, all left the place.

On reaching back home, Bunty took out the ring. Then he went to a jeweller's shop. After a close look at it, the jeweller said,

"It is not of gold. You won't get anything out of it."

Bunty was surprised. He put the ring in his pocket and reached the palace of the king. The king was relaxing. He greeted him and said, "Sir, yesterday I found this ring on my way. It seems to be yours only."

The king took the ring and said, "let us go to the court room. There the king said, "I have caught the culprit who robs the innocents. He is here, pointing towards Bunty," he said, "Arrest this cheat. I have caught him red-handed. Yesterday, I was in disguise. I had a ring. I pretended to be very poor and begged for some money. He took me to his house and snatched this ring from me." Thus, Bunty bear was put behind the bars for 10 years.



— Praveen

Colour of Flowers

Flowers are coloured to attract insects and other visitors, which bring about pollination in a flower. During day light the colour of a flower plays a very important role in attracting insects. At night, the fragrance cannot help, hence most of the night blooming flowers have a very strong fragrance which acts as the main attraction e.g. Jasmine, night queen etc.

During the day, a different class of pollinator agents are active e.g. bees, butterflies & birds which prefer highly coloured flowers. At night, a different class of pollinator agents are acting e.g. moths and bats which prefer a pale colour. As a result, odour becomes the main attraction; flower colours become unimportant, and from fancy colours they are slowly reduced to white.





—Sanskriti Khanna, Panchkula

LIVING IN A JOINT FAMILY

Benefits of the joint family system outweigh its drawbacks, if any. Being a teenager living in a joint family, the grandparents play an important role in our lives.

There is a strong and natural bond of affection between grandparents and grandchildren. Grandparents are the best friends a child can have. It is no wonder then that as children our lives are greatly influenced by our grandparents. Our future is fashioned by them to a large extent.

With their vast range of experience in life, grandparents are an invaluable source of education for the young generation. By participating in the upbringing of children at home, they shape future citizens of the country into responsible and disciplined members of society. If grandparents are themselves

truthful, punctual and disciplined, they can inculcate these positive values in their grandchildren as well.

Whenever children feel down in dumps or have some problem, they can always rely on their doting grandparents to lend them a patient ear and guide them out of the troubled waters. Such understanding children are sure to grow up into considerate and caring adults.

It hurts me to know that like in foreign countries; in India too old people's homes are coming up fast. I fail to understand the mentality of the people who can be so heartless as to deprive their children of the love and friendship of grandparents by sending them to such desolate places. How can they ignore or choose to forget the sacrifices their parents must have made in bringing them up?





PASTE
YOUR
PHOTO

Name :

Father's Name :

Address :

.....

.....

Mobile No.

Look at the Picture and Complete the Story

Complete the short story and send it with your passport size photograph to

Editor Hansti Duniya English

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

E-mail : editorial@nirankari.org

(The best story would be published in Hansti Duniya, February 2023)

Zali and Mali

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

This story by **Lakshita Bhasin D/o Sh. Ashok Bhasin**,
Gali No. 15, Sant Nagar, Delhi - 110084 has been adjudged
the best. Congrats to him.



Funfair

A funfair has been held since Monday. Children have come here with their parents and siblings and are enjoying the joy rides. Children are buying goodies from stalls and winning prizes by pricking the balloons.

There is a magician in a big tent. Ankur and Anish are also enjoying the magician's tricks. The children are wonderstruck by magician's tricks. He takes out two pigeons from his hat and they fly off. Then he takes out some toys from his hat and suddenly they disappear.

People are clapping. Suddenly Ankur asked Anish, "The magician is showing many things but can he show God?". Anish asked the same question from his mother. Mother said, "Children! Satguru alone in this world can show God. Rest of the world is too engrossed in the material created by God. Children who attend congregations regularly, they learn good habits and also remain in the awareness of God through Satguru's blessings".





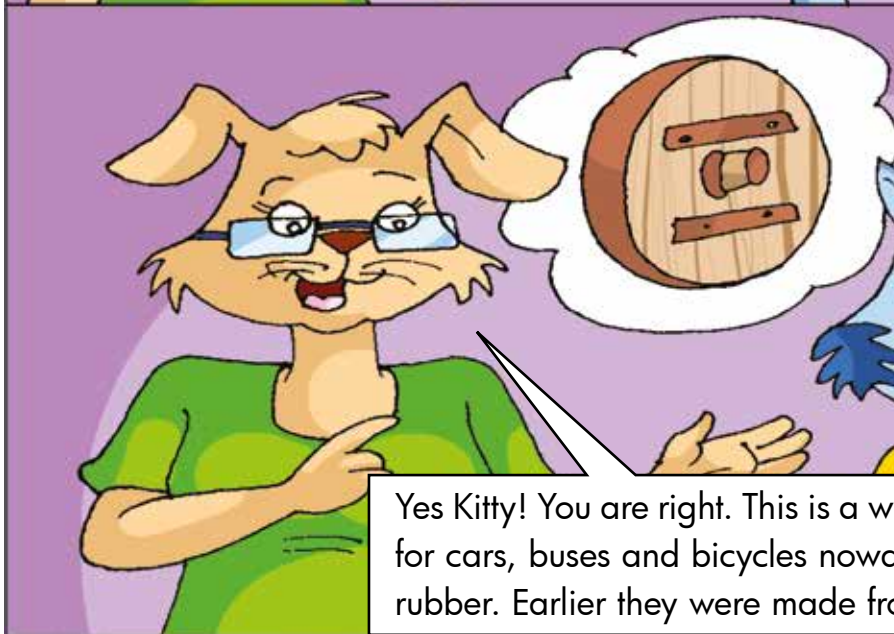
Kitty

Story & Illustration
— Ajay Kalara

Children! What have I drawn?



Madam Ji It
is wheel



It is made
up of wood.

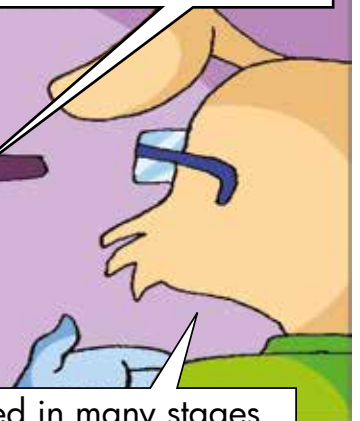
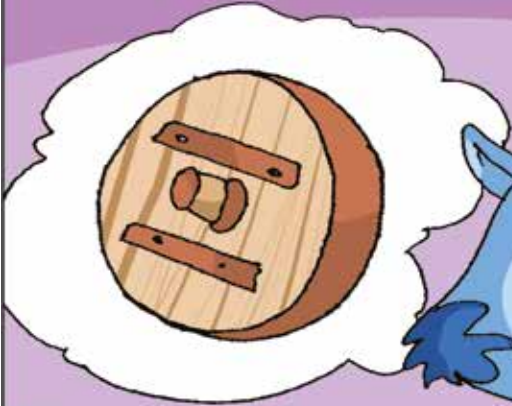
Yes Kitty! You are right. This is a wheel. The wheels used for cars, buses and bicycles nowadays are made up of rubber. Earlier they were made from wood.

Madam! When was wooden wheel invented?

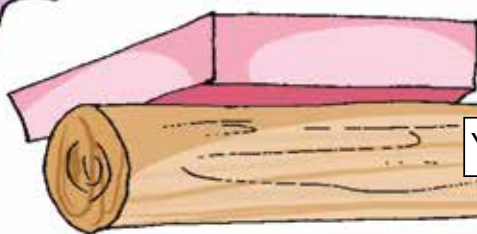


The wooden wheel was first of all made in Mesopotamia (Western Asia). Many wooden pieces were joined to make a wheel. It happened during civilization of Samaria 3500 years B. C.

Madam! How did the wheel reach its present state? Please tell us.

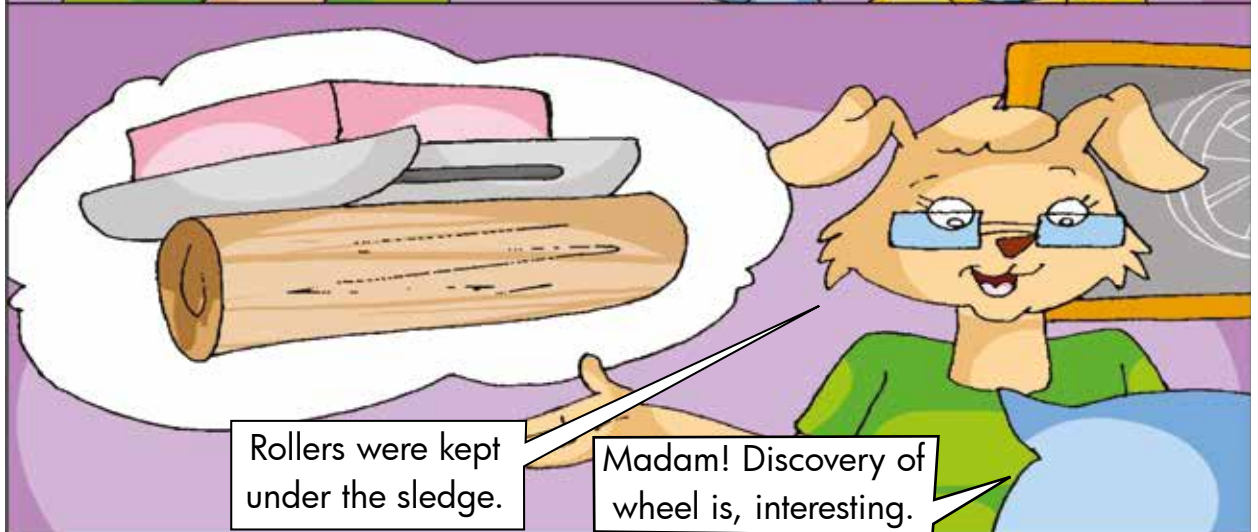


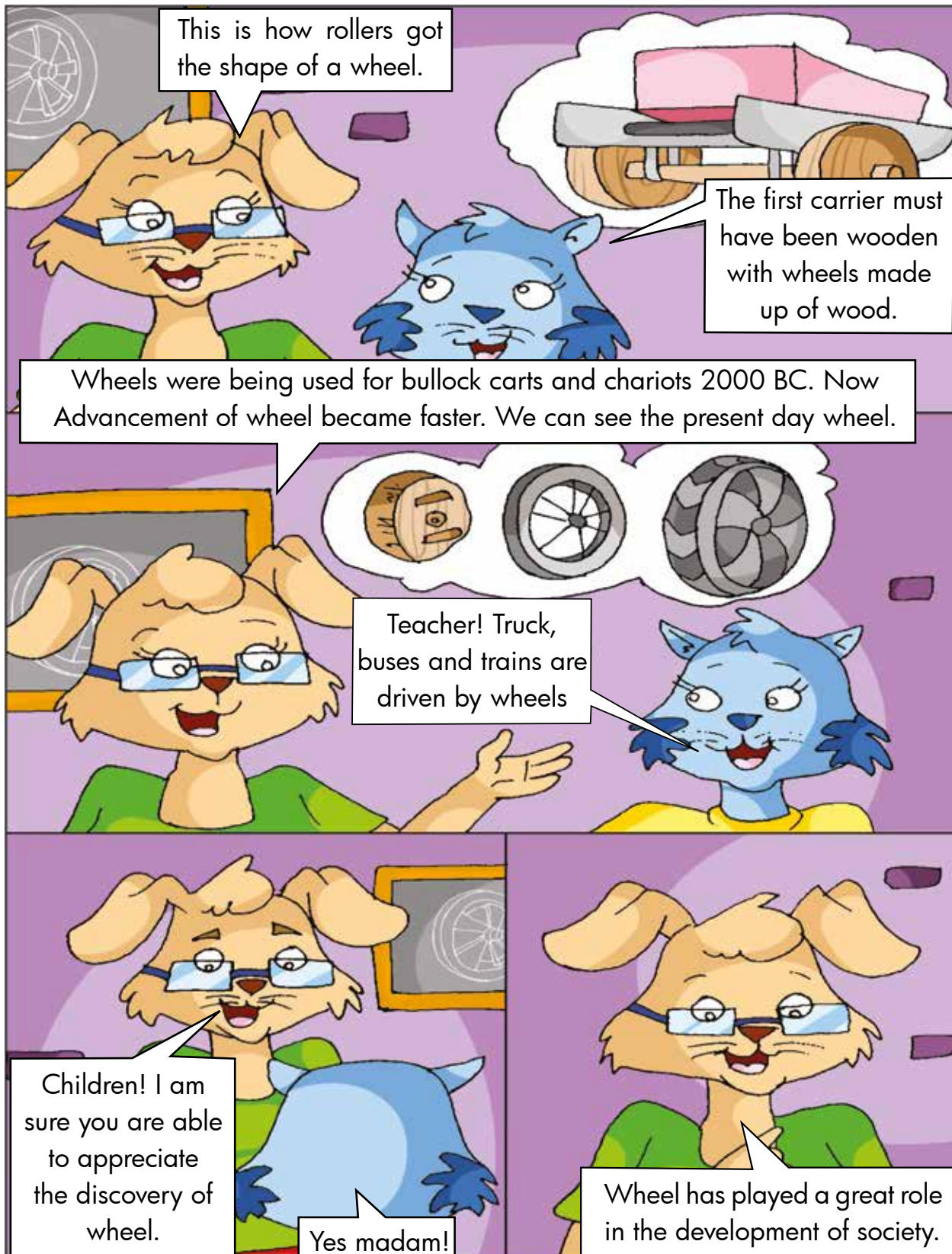
It happened in many stages.



Yes Madam!

To carry heavy things easily, rollers (wooden spherical logs) were placed under the goods.







— Kailash Jain

Dr. Rajendra Prasad

In today's world when politics based on principles and values is at its last breath, psycho fancy, prestige, corruption, consciencelessness, selfishness etc have permanently become a part of politics and politics instead of being a mission has become a profession the very thought of Dr. Rajendra Prasad gives a comforting feeling. Such simple personality, fragrant with the soil of land, the first president of India is difficult to find nowadays.

Lord Linlithgow the then viceroy had defined the personality of Dr. Rajendra Prasad like this- Dr. Rajendra Prasad is neither like Indian jujube (Ber) sweet from outside and hard inside nor like almond, hard from outside and sweet inside but is like grape fruit that is sweet from inside out.

This saintly politician was born in a small village Zeradei in district Siwan in Bihar on December 3, 1884. He was remarkably talented from very childhood. He passed all his education in first class and was personification of self confidence and self respect

He passed his law with excellent marks and started practicing in the high court of Kolkata. He was highly appreciated and was very popular because of his talent. He did not compromise with his values and principles in his profession. His practice was based on humanity and honesty. In 1917 he was highly influenced by the 'Champaran satyagraha' of Gandhiji. He left his law practice and sacrificed his entire life for the nation under the leadership of Gandhiji. In 1935 he served whole heartedly the people affected by destructive earthquake. He was elected the president of Indian National Congress thrice. In 1946 he was given the Ministry of Agriculture in the interim government under the leadership of Nehru ji.

In 1950, January he was unanimously chosen the first president of free India. Even at this position he remained simple to core. He could never adopt to the luxuries of President House. He considered the extravagance and frills of president house as a sheer wastage. He couldn't adopt to the soft mattress of president house on

huge beds. He got wooden planks fixed on the beds and slept there for all 12 years. He really got upset when he saw a bill of rupees 250 of clothes especially tailored for him. He considered it just wastage. He was a living example of Gandhiji's 'Guru Shishya' tradition. Gandhiji valued his simplicity and talent. Once he spoke about Dr Rajendra Prasad to some young people like this- He is Dr Rajendra Prasad from Bihar. His sacrifice is a matter of pride for us. He was to become the High Court judge but he sacrificed not just the position but his entire life for the nation and society. Gandhiji used to call him 'Ajatshatru' (one who had no enemies).

Doctor Rajendra Prasad was a great supporter of Hindi language and literature. Hindi became national language in our Constitution because of his efforts. The Hindi version of constitution of India was prepared by his efforts only. He is probably the only Indian politician who wrote his autobiography in Hindi. This unique heritage for Hindi literature was written while he was in jail. He was very good at seven languages but had special affinity for Indian languages. Sanskrit was very dear to him. During his tenure as president he inaugurated conventions of 'World Sanskrit Council' twice and delivered his inaugural speech in pure Sanskrit language.

The nation will always be proud of this son of India. His multifaceted talent, simple personality, self sacrificing nature, compassion, empathy, patriotism, determination, diligence etc. make him extraordinary.

IMPROVE YOUR KNOWLEDGE

1. Humming Bird can fly both forward & backward.
2. African Goliath Beetle is world's heaviest insect which weighs upto 100 grams.
3. Mute Swan is world's heaviest flying bird which weighs upto 18 kgs.
4. The Humming Bird lays the smallest egg in the world among the Birds.
5. The Thread snake is the shortest snake, it is 10.8 cms long.
6. Whale Shark is the biggest fish among the fish and weighs 43 tonne, 60 feet long.
7. Age of the oldest snake known to man is 40 years.
8. Sturgeon fish lays upto 2.5 millions eggs at a time.
9. William Friese-Greene made first cine camera.
10. The great wall of China is visible from the space.
11. P.R. Umrigar was the first Indian to hit a Double Century in a test match.
12. Delhi became the capital of India in 1911.

THE WARDEN'S LESSON

A group of sixteen boys shared a dormitory in a boy's hostel. They were all students of management. Being from affluent families, most of them had their own bank accounts and spent money carelessly. It so happened that one day, Sunil found that an amount of Rs.7,000/- that he had withdrawn from his bank account the day before, was missing from his cupboard. He raised a hue and cry about it. The boys almost came to blows with each other. Sunil was furious that he could not get to the bottom of the affair.

He brought the matter to the notice of the warden. The warden heard him out and had a fair idea of who the culprit could be. He said, "Sunil, if you get back the sum you have lost, would you drop the matter?" Sunil looked up with a sullen face and said, "Alright Sir, but how would I get it back, without knowing who stole it?" The warden gave him a cheque for Rs.7,000/- and said, "You have your money; don't raise the issue again. The matter ends here." Sunil was

much taken aback. He had no choice but to remain silent. He took the cheque and left the room.

But did the matter end here? No, read on.

Five years passed. One day, the warden received a hand delivered letter through his peon. He was pleasantly surprised to read its contents. This is what it said:

Dear Sir, I never had the courage to own up before you when I stole Rs.7,000/- from Sunil's cupboard. But the way you stood in for me, touched me and I told myself, 'If you are a man, you will make good his loss, as soon as you can.' Sir, because of you I am still a man. You taught me more by this incident, than all the teachers of this institute put together, in the five years that we have been here. I am very sure that you always knew that it was me, but you did not expose me in front of everyone; instead you helped to uphold my dignity. Today, I have received my first salary cheque. Do allow me to make up for my misdeeds. I am enclosing a cheque for Rs.7,000/-. If you would agree to see



my face, I am waiting outside your door. May I request for a few minutes of your time? Yours sincerely, Kunal Dewan.

Needless to say, the warden sprang up from his chair and grabbed the handle to open the door. Kunal stood in the doorway. His eyes were full. He bent down to touch the feet of the warden, but the warden held him up half way, and hugged him close to his heart. He said, "I knew you would come one day Kunal.

You are not just a man; you are a great man and I am proud of you."

Teachers can do great things to children, if they were not just to teach subjects like English, Maths or Business Studies.... But if they were to just teach children ... to make them complete human beings!

MORAL:—EDUCATION MUST AIM AT PROVIDING THE CHILD NOT LIVELIHOOD, BUT A LIFE WORTH LIVING. ALL DEGREES AND SCHOLARSHIPS HAVE NO VALUE IF IT DOES NOT INCULCATE GOOD QUALITIES.



Amazing Facts

Silkworm : A silkworm has eleven brains.

Ant : An ant can pull loads 300 times its own weight.

Dolphins : A dolphin sleeps with one of its eyes open.

Butterfly : A butterfly has 12,000 eyes.

Lady Bird : A lady bird is not a bird, it is a beetle.



—Vidya Prakash

SPACE SUIT

Space suit has many uses in addition to being a safety armour for the astronauts. It is imperative to know about the earth's atmosphere before understanding the usefulness of space suit.

The atmosphere puts a pressure equivalent to the weight of a huge car per square metre on us. We don't feel the pressure because pressure inside our body and outside is same. We can consider an example to know as to what would happen if the temperature and

pressure inside our body were different from outside. If we evacuate a vessel by boiling a liquid in it or by any other means, it will collapse. Similarly an unprotected astronaut will swell and die and his blood will start boiling like water. Boiling point of a liquid depends on the atmospheric pressure. Water boils at 74 degree at a height of 9 km. Above this it will boil at less than body temperature. At 0 pressure the blood of an astronaut will change into fatal foam.

Keeping the geographic and atmospheric facts in mind the space suits for astronauts are designed in such a manner that they can be protected from the hazards of space. These hazards are high temperature, dangerous radiation, fast moving objects and vacuum etc.

Space suits are known as 'Manned Maneuvering unit' (MMU). This suit is made up of layered cloth. Every layer has a purpose. One of the inner layer controls temperature. The astronaut can leave the space shuttle and fly in space freely if they are wearing this. There is arrangement for oxygen gas also.

Every suit has a basic life support system. The required amount of oxygen and water can be kept in it. With this supply the astronaut can stroll in the space for hours. Space suit also has arrangement for liquid cooling and ventilation.

In fact every space suit is made up of many different pieces. Every piece is designed in a particular shape. An astronaut going for this risky trip in space is given this space suit made up of these pieces so that he/she can complete the trip safely.



— H.S. Rice

MIND DEAR MIND

Mind, dear mind,
have no sense of authorship,
The sense is full of pain
Kind, be kind to your own self, and
Don't think things in vain.

Now that you know
that the transitory show,
Of the five is to end anytime,
Now that you see
From the death you are free,
And the life is a life sublime.

Find, please find,
the feet of the saints who
Blessed you and broke your chain.
Kind, be kind...

The author of the whole,
The world and the soul,
Is the One now you see all-around.
Why vie with the maker,
life-giver and the taker;
with the will of whom you are bound.
Signed, be signed, for the
service of the saints
Who turned your loss into gain.
Kind, be kind...



Laughing Time

After Golu's Throat had been operated, he continuously asked for water.

The nurse was completely confused because no patient asks for water continuously after the operation.

She gave him a glass of water and murmured that she had never seen such a person who felt so thirsty just after the operation.

Golu said, "Sister! I am not thirsty. I just want to check if my throat is not leaking after the operation.

Teacher : Children! When did Vasco Da Gama come to India?

Raju : Sir! In winters.

Teacher : How do you know?

Raju : I saw his picture in the book, he was wearing a coat.

Mother : Get up Rohit, Sun has risen long before.

Rohit : No issues. The Sun sleeps much before I do.

Pappu went to buy fans.

Pappu : Give me two fans.

Shopkeeper : Which ones?

Pappu : One lady's fan and one gent's fan.

Shopkeeper : There is no Lady's or gent's fan.

Pappu : Why not? One Usha fan, one Bajaj fan.

Chotu went for a journey by train for the first time. There was an announcement – Passengers without ticket, Careful.

Chotu said -Vow, without ticket are careful, and we are careless.

Teacher : Why don't you clean your face after eating? I can tell you by looking at your mouth as to what you ate today.

Student : OK Sir! What did I eat?

Teacher : Porridge.

Student : No sir! I ate Porridge yesterday.

— Gurmeet Singh (Indore)



A child after his birth asked the nurse for her mobile.

Sister : Why do you need the mobile?

Child : I shall just inform everyone that I have reached safe.

Umesh : Someone picked my pocket today.

Suresh : You should have informed the police.

Umesh : I did a mistake.

Suresh : What was it?

Umesh : I immediately got the pocket stitched from a tailor.

Atul : Nikhil! You saved a boy from drowning but then you started beating him. Why?

Nikhil : It was clearly written – Swimming is prohibited. Why did he go there for swimming?

A politician asked his secretary before an election speech as to what should he promise the people.

The secretary said, "Sir! This place is drought prone. You may promise them rain.

—Nisha Chaudhary (Jammu)

Montu : Papa! Someone is asking for a donation to make a swimming pool.

Father : Give him a glass full of water.

Doctor : You are very weak. Eat fruits without peeling.

Patient : Ok Doctor Saheb.

Next day-

Doctor : You can go home.

Patient : Sir! I have stomach ache.

Doctor : What did you eat?

Patient : Coconut, without peeling it.

A : What is half-black, half grey, has five and a half-legs, 87 teeth, of which 52 are canine, and has two long tongues?

B : I don't know, but if you see it, just run.

Employer : We need someone responsible for the job.

Job Applicant : Sir your search ends here! In my previous job whenever something went wrong, everybody said I was responsible. —Rahul



Do You Know?

Q. Where are the inner and outer planets?

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

The planets and asteroids go around the Sun in oval paths, or ellipses.

Q. What is an orbit?

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

Q. Which planets have rings around them?

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

Q. Where does the Solar System end?

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

RESULT FOR THE MONTH OF October 2022 ISSUE

CONSOLATION ENTERIES



Mivaan Age-10

D/o Amandeep
792-A, Surya Enclave
Jalandhar (Punjab)



Vanshika Chauhan Age-10

Gali No. 5 House No.112
1st Floor, Nirankari Colony
Delhi - 110009



Radha Age-12

Mukundpur, Near Bandh
Delhi - 110084



Meena (Delhi)
Dhamu (Mumbai)

Manoj (Noida)
Reena (Mumbai)
Roshani (Noida)

Rita (Delhi)
Sweta (Baksar)

Ramesh (Noida)
Navita (Kanpur)

Renu (Delhi)
Sonu (Chandigarh)

Kusum (Delhi)
Sudeep (Delhi)

Shivani Chauhan (Kanpur)

Pratiksha (Noida)
Manoj (Dehradun)

Pinku (Bangalore)
Chirag (Delhi)

Colour it for December Issue

On page 48, a beautiful picture is given; colour it and send it to us latest by January 20, 2023. Office address: HANSTI DUNIYA, Nirankari Complex, Near Nirankari Sarover, Nirankari Colony. Delhi - 110009

The result will appear in February 2023 issue. Full name and address should be mentioned clearly at the prescribed place. Children up to the age of 15 years only are eligible to participate.

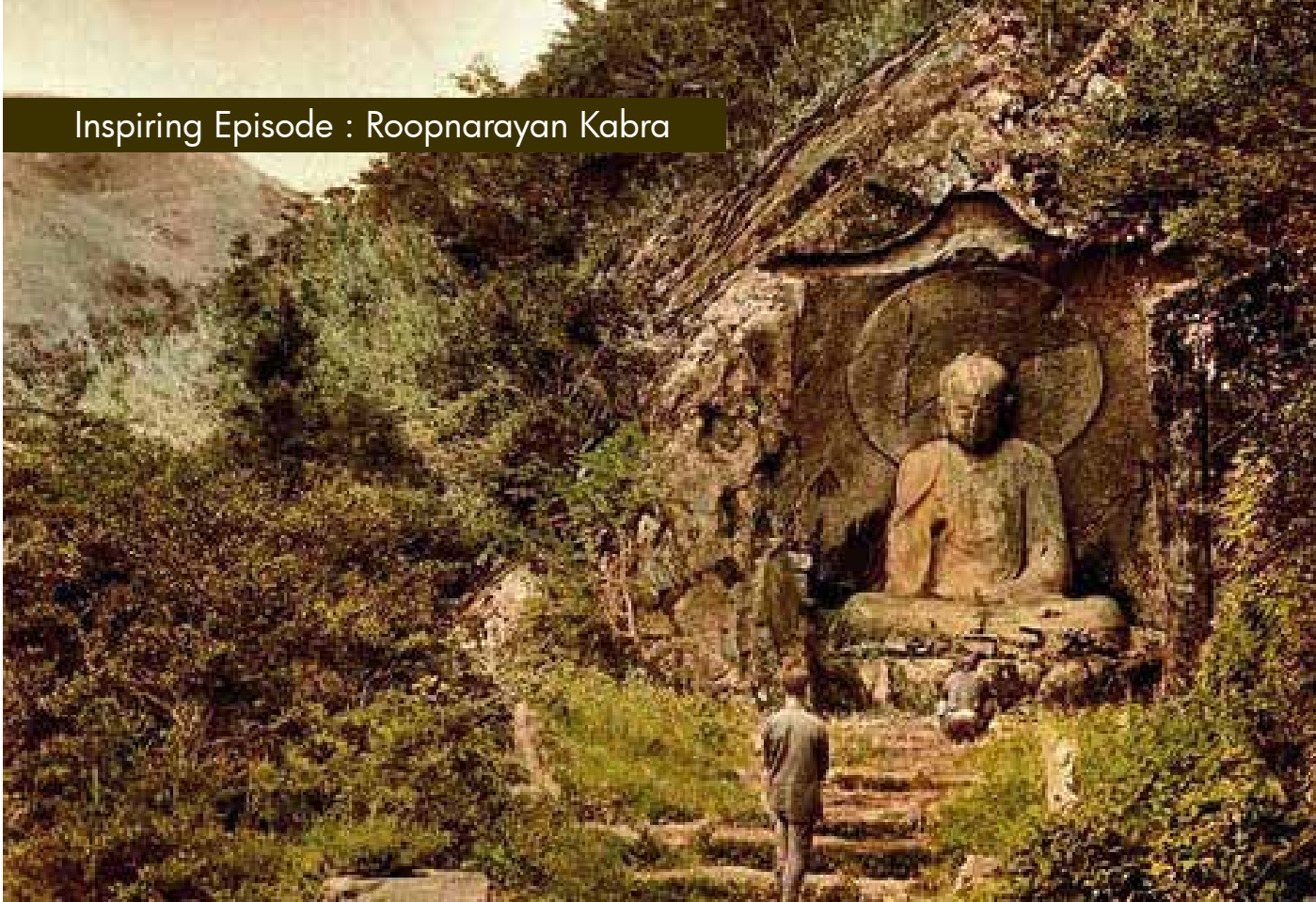
Colour it



Name :Age

Address :

.....Pin Code



Love of Motherland

A painter from Japan came to Sarnath with the purpose of sketching important incidents of the life of Bhagwan Buddha. The whole day, he was immersed in depicting the incidents of Buddha on walls. In the evening he used to cook rice, dal and potato in a pan to prepare khichadi for himself.

One day a Buddha-disciple saw him mixing few grains of rice from a box to the rice preparing for self. The disciple said, "Is there something special in these grains of rice that you have mixed from the box?"

The painter said, 'Dear, these rice grains are grown in my country, Japan.' I consider these to be the sacred grains of my motherland, so I mix these to my food daily. This way I feel myself connected to my motherland.

Buddha-disciple was amazed to see the love of the Japanese painter for his motherland.



Spot The Ten Differences





radio.nirankari.org

24x7



www.nirankari.org

Catch the latest episode
on 10th of every month



kids.nirankari.org

Catch the latest episode
on 23rd of every month

शुनो तराने
नए पुराने



Bhakti Sangeet

radio.nirankari.org

Catch the latest episode
on 20th of every month



SOUL VIBES

radio.nirankari.org

Catch the latest episode
on Last Friday of every month



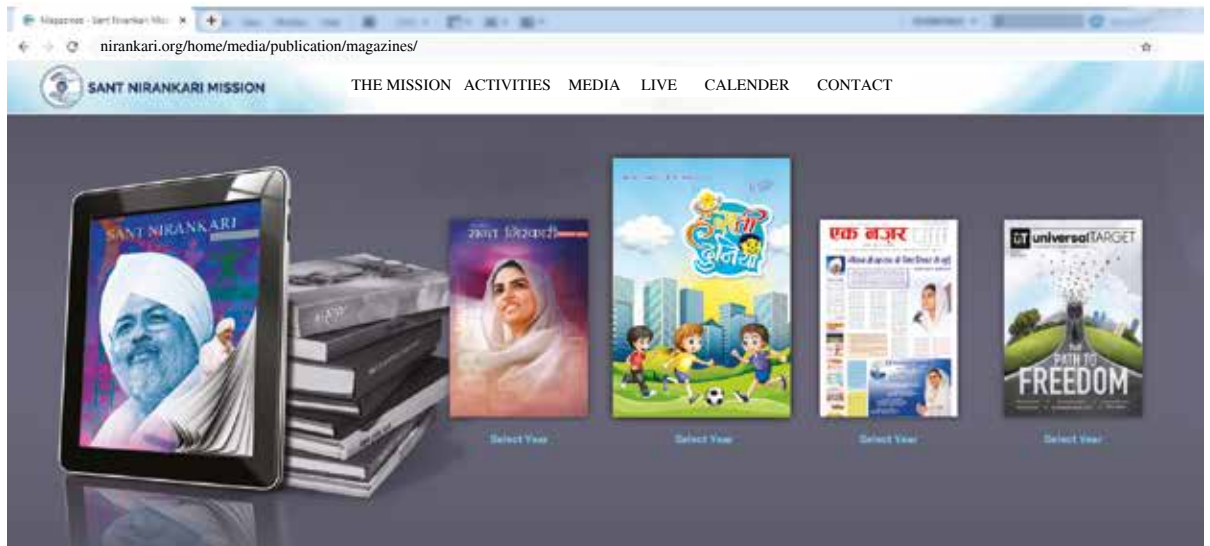
radio.nirankari.org

Catch the latest episode
on 1st & 16th of every month



Registered with the : Delhi Postal Regd. No.DL (N)/186/2021-2023
 Registrar of Newspaper : Licence No. U (DN)-21/2021-23
 For India Under Number 47383/1988 : Licenced to post without Pre-payment

Nirankari Magazines on 'Nirankari Website'



Kindly follow the under-mentioned procedure to get access to the Mission's Journals, viz., 'Hansti Duniya', 'Sant Nirankari', and 'EK Nazar' available at the Nirankari website:

Please open www.nirankari.org. You will observe different headings, viz., 'THE MISSION', 'ACTIVITIES', 'MEDIA' and 'GALLERY'. You may please click at the 'Publications' option under the head MEDIA. Here, you will find different options like 'Sampuran Avtar Bani', 'Sampuran Hardev Bani', E-Books, Articles and Magazines. Upon clicking 'Magazines', the pages of the Mission's magazines, viz., Sant Nirankari, Hansti Duniya, Ek Nazar and 'Universal Target', will open. You can have access to all or any magazine you may wish to peruse.

INFORMATION FOR READERS



- ♦ Are you regularly getting your copy of the 'Hansti Duniya English' every month?
- ♦ The Magazine Department ensures that it is despatched on the 10th & 11th of every month. IN CASE IT IS NOT RECEIVED WITHIN ONE WEEK, PLEASE:
 1. Contact your nearest post office.
 2. Inform Magazine Department, SNM on WhatsApp Mobile No. **9266629841** so that another copy is sent to you.

*Magazine Department, Sant Nirankari Mandal
 Nirankari Complex, Burari Road, Delhi-110009*

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