

Hansti Duniya





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Regular Columns

4. Editorial
5. Sampuran Avtar Bani
- 26 Do You Know?
30. Look at the Picture
31. Picture Story
42. Laughing Time
46. Riddles
48. Colour It



Photo Features

12. Grandpa
34. Kitty



Stories

- 06 : Online Classes
Namrata Ahuja
- 10 : A Morning in
Sundervan
Harjeet Nishad
- 16 : The Mice and The ...
Gurdev Singh
- 22 : The Wise Old Lady
Radhelal Navchakra
- 24 : Who is Right
Jitendra Mishra
- 27 : The Happiness Stone
Sweety Hashmatrai
- 28 : The Impure Mind
Radhelal
- 31 : Meaningful Friendship
Ravindra Prasad
- 36 : Magical Pearls
Mahender Singh
- 38 : The Little Angel
Sanjay Tandon



Articles

- 08 : For Good Health
Aastha Kalra
- 18 : Fat and Diseases
Jagtar Chaman
- 29 : The Hues of Joy
Archana Jain
- 37 : Forgiveness
Aditi
- 40 : Republic Day
Asha Kapoor
- 45 : Celebrate Each
Moment ...
V.C. Ahuja
- 49 : Sweet & Polite...
A.S. Adarsh

Poem & Etc.

- 07 : Think Globally
H.S. Nirman
- 09 : Fragrance of Love
Rani Vohra
- 20 : The Winter
Jaswinder Sharma
- 21 : Guru Vandana
- 39 : National Flag
Rekha
- 44 : Hey its 2022
Tanya Sood
- 50 : Mother
Bhavya Jha

THE NEW YEAR MESSAGE

Every new year brings a message for us. Time changes and tells us to change too. Time says, "I have been in motion for thousands of years without looking back. I have always moved on. The year 2021 changed to become 2022. I cannot retrace my steps. I can only move forward."

After birth we also continue to move forward. As days become months, we become a year old. With the passage of time we grow in age. We celebrate our birthdays. People wish us, so do we on their birthdays.

There is something to ponder upon. The years will continue to pass. We shall continue to celebrate our birthdays. But was this birth just for getting educated, joining jobs and settling down after getting married. Everybody is knee deep into all this. So are we.

Dear Friends! Let us first of all bow to the ultimate source of this entire universe. Because of this life force we are all alive and wish everybody a Happy New Year. We wish everybody good health and peaceful, progressive life etc. In the same manner others give

us good wishes and we accept them. Sometimes we just do it as a formality.

This year let's connect to our ownself. First of all have a self talk. Let's wish and bless ourselves. This way our steps towards any task shall be from heart. It will always be true and pure. With our true and pious heart whatever we wish for ourselves shall we wish for others. Let this wishing not only be ceremonial. We should be the first one to start the process. Others will automatically get sensitized through ripple effect. Every task shall be conscious and in awareness, not half-hearted and unconscious.

Today we are alive but tasks done wisely and consciously by us will show up by themselves even when we are not there. The sun gives light and trees give fruits. Flowers spread beauty and fragrance. They don't do it as a formality. They are not even concerned if these are put to any use. They do it because of their inherent nature. We need to inherit that kind of disposition as illumines us as well as the humanity as a whole. With these heartfelt wishes we the 'Hansti Duniya Family' wish you a very happy new year.

—Vimlesh Ahuja

SAMPURAN AVTAR BANI



IK TU HI NIRANKAR 176

NAAM DE TULL KUJH HOR NAHIN TULDA NAAMI DI VADEAEE EY;
BE-ANT ATHAH AGOCHAR RACHNA JIHNE RACHAI EY.
KAN KAN ANDAR NAAM DA VASA NAAM DE BINA NA RAI EY;
DISDI TE ANDAR NAAM DA NAAM DE VICH SAMAI EY
SURAJ CHANN TARIAN ANDAR NAAM DI HI RUSHNAI EY;
AAN JAAN DI IS JAG ANDAR NAAM NE KHED BANAI EY.
APE GUPT TE APE ZAHAR DUNIA KAARE LAL EY:
RANG BRANGI MAYA DE IK JAL 'CH DUNIA PHAHI EY.
UCHA SUCHA TE VAD-BHAGI JIS NE TAINOON PACHHATA EY;
KAHE AVTAR IH NAAM VIHOONA ANHA JAG DA KHATA EY.

THOU FORMLESS ONE 176

Nothing can be equated with Divine, it is the glory of the Named One; He who has made the creation is limitless, fathomless and sovereign.

The Divine Name (God) dwells in every particle, there is nothing without the Divine;

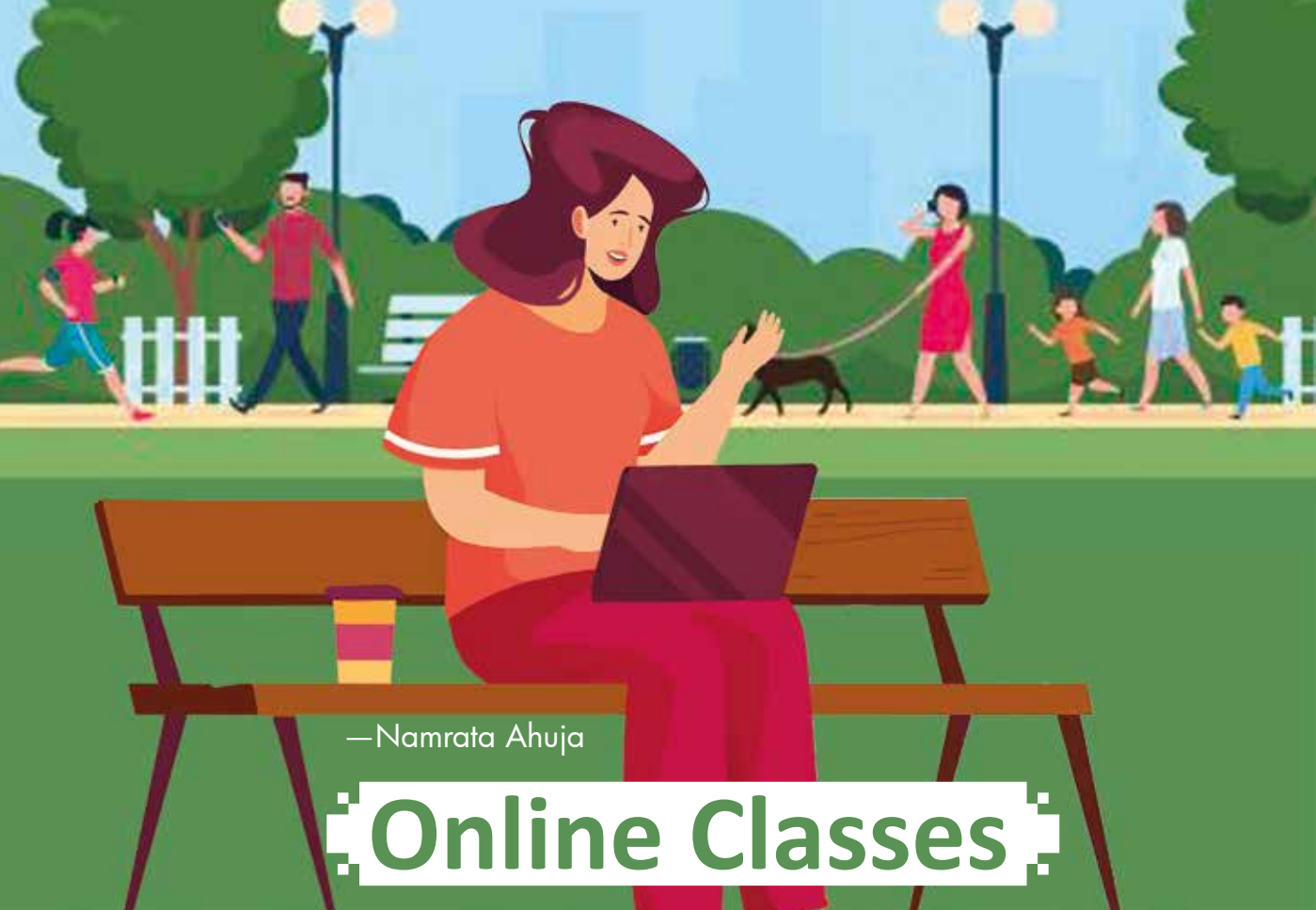
The visible and the invisible world is immersed in the Divine Name. The Divine Name is the glow in the sun, the moon and the stars;

The cycle of birth and death in this world is designed by the Divine Name. Manifest and covert, the Divine Name is directing every activity of the world;

The Divine Name has ensnared the world in the colourful net of materialism (Maya).

Exalted, pure and fortunate is the person who has recognized Thee;

Avtar says, bereft of Divine Name this world is a state of unaccounted ledger.



—Namrata Ahuja

Online Classes

My daughter was attending her online English class today, and I observed that her teacher was roaming about in a park and the class was going on. Earlier, my wife ignored it but did mention that to me at the end of the class.

Yesterday she got irritated. She complained to me that we should talk to school authorities and complain about her. The background noises were disturbing, and it was unacceptable that a teacher takes an online class while sitting on a bench in the park.

I asked her to talk to the teacher first before she escalated. Today she did that. In between the class, my wife interrupted and said that since you are roaming outside, there is a lot of disturbance, and kids cannot follow. My wife was agitated.

The teacher apologized and said her mother had been hospitalized and she takes classes from an outside parking area near the hospital. It's a matter of few days, but she didn't want kids to miss their classes.

My wife is sitting with guilt now.

Perceptions we create without understanding the real reason behind the situation lead us to such situations.

What was anger earlier, now changed to respect for the teacher.

Try to see both sides of the coin before complaining.



—H.S. Nirman, Chandigarh

Think Globally



*Think globally and act locally;
Thought and action reciprocally.*


*My floor might be someone's roof:
Both inter-depend, neither aloof.
The multi-storey life is set focally.
Think globally...*

*The environment says:
"Love, Love, Love".
The ozone-tent says:
"Love, Love, Love".
Why not talk love more vocally.
Think globally...*

*Different is the grammar
of songs and prose,
Break all barriers and come close.
The folk-songs are sung
very colloquially.
Think globally...*

*Common is the pleasure
and common is the pain:
Common is the loss
and common is the gain.
Why do you think
anything parochially ?
Think globally...*

Good health is the most precious possession of man. In fact it is the real wealth of man. What is the use of wealth if you are unhealthy and cannot enjoy any eatables?

Although money is important in today's world, but it should not be earned at the cost of health. We must take out some time from our busy schedules for ourselves. Taking out 15 minutes for Simran and regular exercise makes one more active and cheerful person. It is rightly said that a sound body has a sound mind. And if one has a sound mind, it is going to bring all the happiness and prosperity in life. 

—Rani Vohra,
Chhatarpur, Delhi

FRAGRANCE Of LOVE

The fragrance of love,
peace, harmony around all,
Let's thank Almighty God,
the provider of all.

God is supreme and creator of all,
With no difference, He dwells in all.
Who believe in God, would believe in all,
Out of love and passion,
He generated all.

This universe is wonderful
and charming for all,
The Earth, the sun, the moon and
the stars, so small.
With Divine arrangement He illuminates all,
Inspire us to love all and give peace to all.

Let's adorn our lives with grace and charm,
And make the world charming,
compassionate and calm.
Let's beautify with love,
this universe around,
In spite of diversities all around.

A Morning in Sundarvan

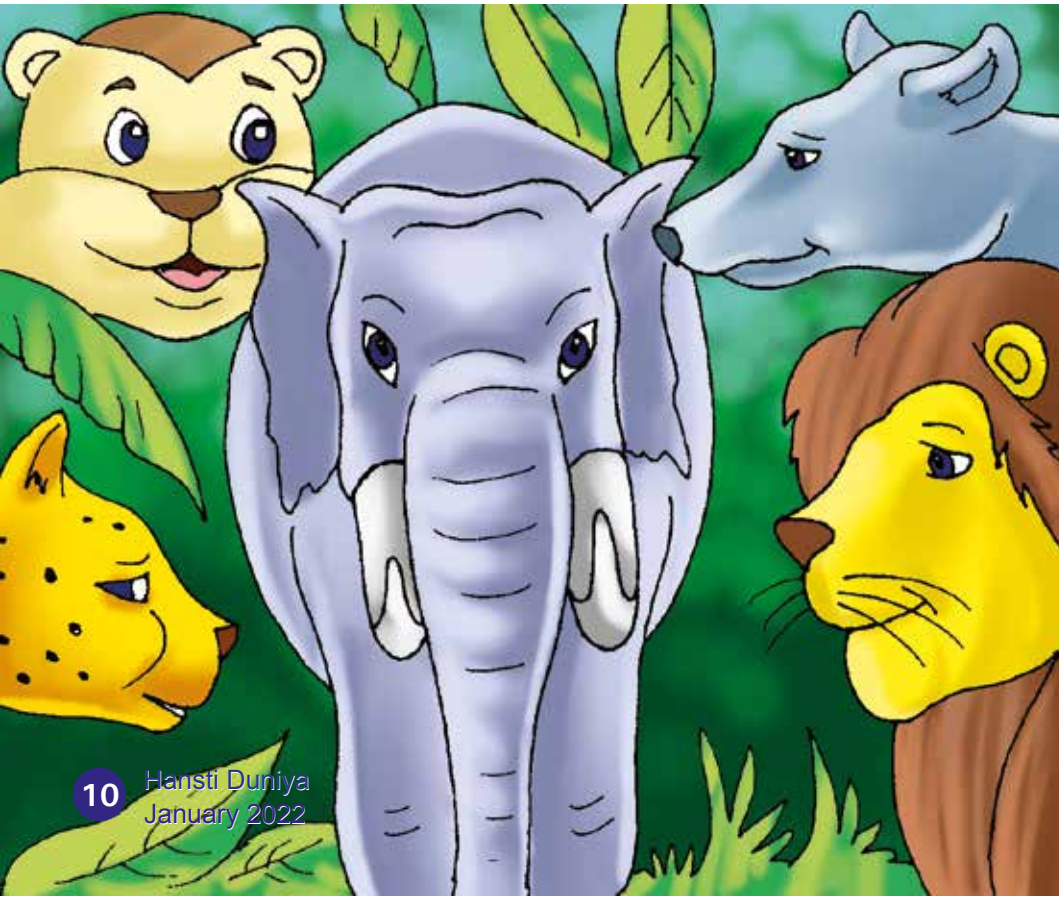
In the deep forest of Sundarvan, there lived a variety of birds and animals. All of them enjoyed their lives as they had plenty of drinking water of River Shyama situated right in the middle of the forest. Similarly, they had abundance of green leaves, fruits, etc. The colourful peacocks would perform beautiful dances during rains; while other birds and animals enjoyed demonstrating their peculiar performances. The cuckoos would recite kuhu-kuhu in their melodious voice and the green parrots would try to attract all by making sharp sounds through their red peeks.

The monkeys had a huge commune of their own in the forest and would be seen entertaining every one by jumping around the branches of trees. They would be seen removing lice from the bodies of their fellow beings, or holding their young ones clung to their chests and jumping up and down from one tree to another.

One morning, the monkeys were in their usual joyous mood of jumping dance. Bear, lion, elephant, camel, donkey, owl, etc., all were enjoying their expertise. Each one was impressed by their jumping skills and appreciated their acrobatic dance. However, a camel, called Gabroo, didn't

seem enjoying it. Neelu, the peacock asked "What is the matter, Gabroo Uncle? You are so silent and serious".

The camel was filled with jealousy. In disgust, he said: "Do you call it a dance? Anyone can perform such a dance. There is nothing



special about it to appreciate". While both of them were just discussing about the dance, there came Bear Dinu in the midst of their talk. Known for his habit of poking nose in every affair, Dinu asked the camel: "Gabroo Uncle, if



you think this dance is so simple, why don't you perform a better one? It will give us all the more pleasure and also remove doubts Neelu seems to have."

Hearing this, the camel got excited. He prepared himself to give a try to the acrobatic dance. "Yes, why not? I can do it too", the camel said. He started to dance. But with a tall body without the required flexibility as that of a monkey, the attempt of the camel looked totally absurd. However, the camel went on, and on. Seeing this funny performance, all could do nothing but laugh besides being annoyed at such a baseless dance. Then, the lion said: "Stop it. I have yet to see such a ridiculous dance in my life". The voice of rhinoceros came: "Even I can do far better than that", and started moving his huge and heavy body.

The birds and animals who were very amused at the jumping dance of

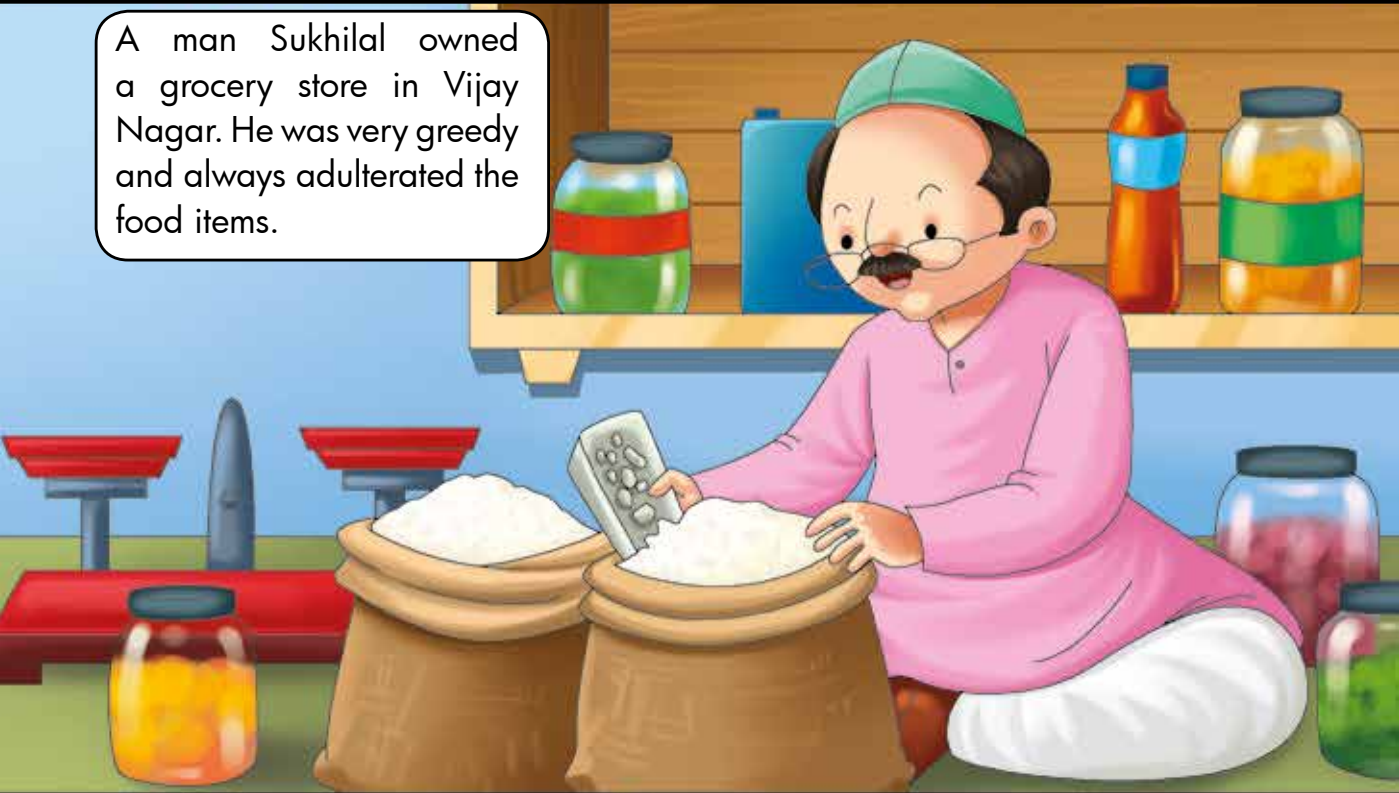
monkeys, had to cry out 'shame, shame' at the so-called dance of the camel and the rhino. All wanted their dance to stop. Then, the chimpanzee said: "No one can do other's job perfectly. If done, it is bound to be a failure."

The above incident of jungle teaches us that everyone has different qualities, unique body structure and a frame of mind. A donkey can lift more weight whereas a horse can race faster than others. A peacock's dance is a beauty, whereas the cuckoo's beauty lies in singing. If an elephant can carry a bundle of logs in its trunk, the chimpanzee can easily and freely jump to reach the top of the trees. Therefore, one must do jobs according to the capacity bestowed upon each by the Almighty. If anyone tries to do otherwise, it will be a sheer waste of time and, in addition, a laughing stock for others.

Grandpa

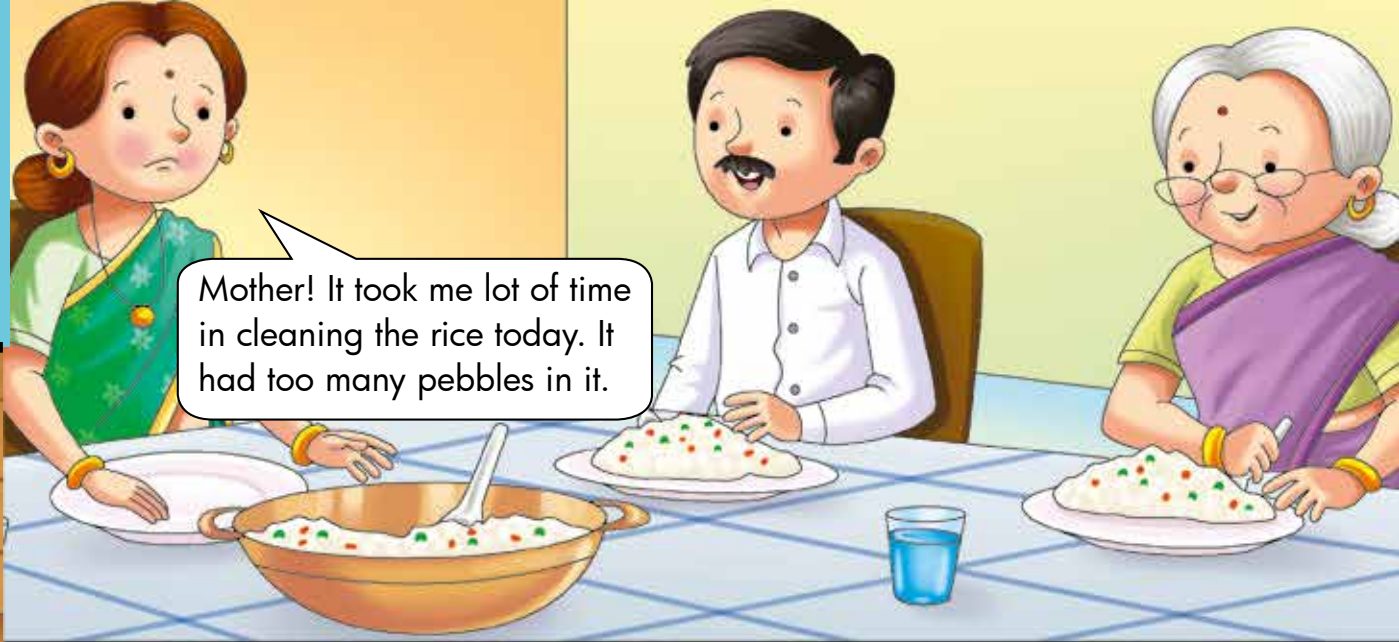
Story & Illustration
—Ajay Kalara

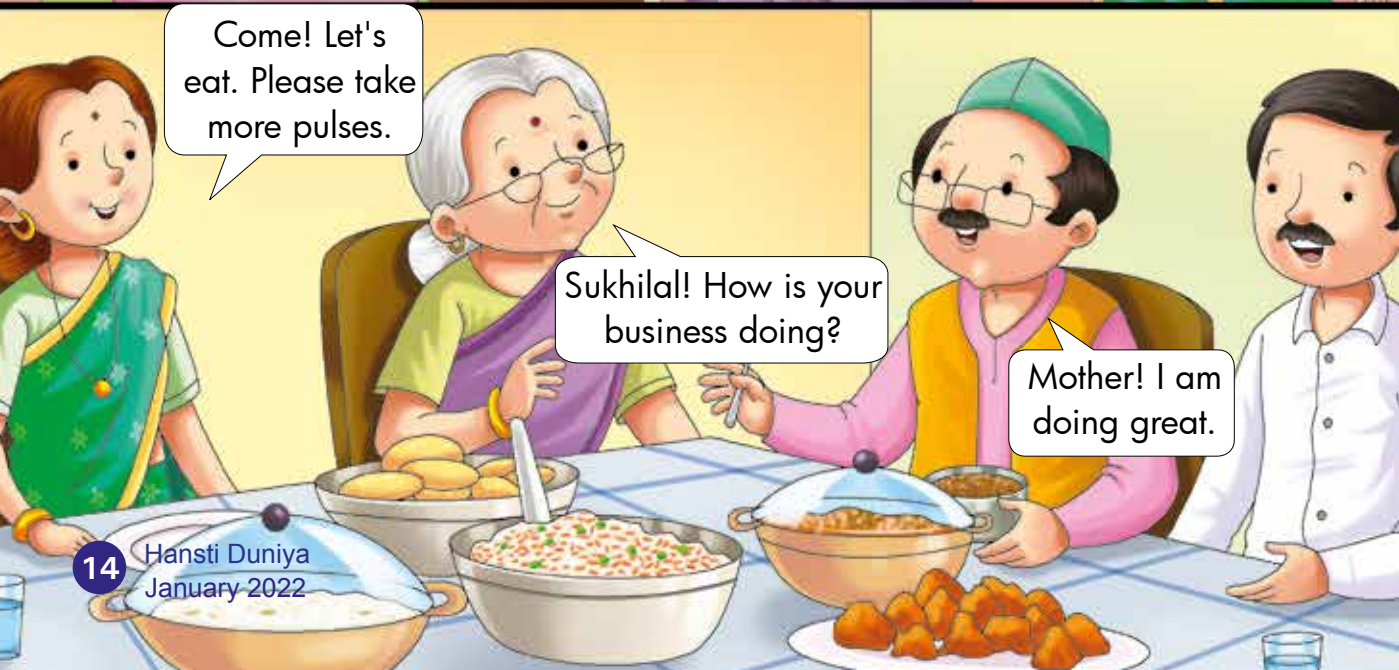
A man Sukhmal owned a grocery store in Vijay Nagar. He was very greedy and always adulterated the food items.



Brother! Please give me
2 kg of good quality rice.

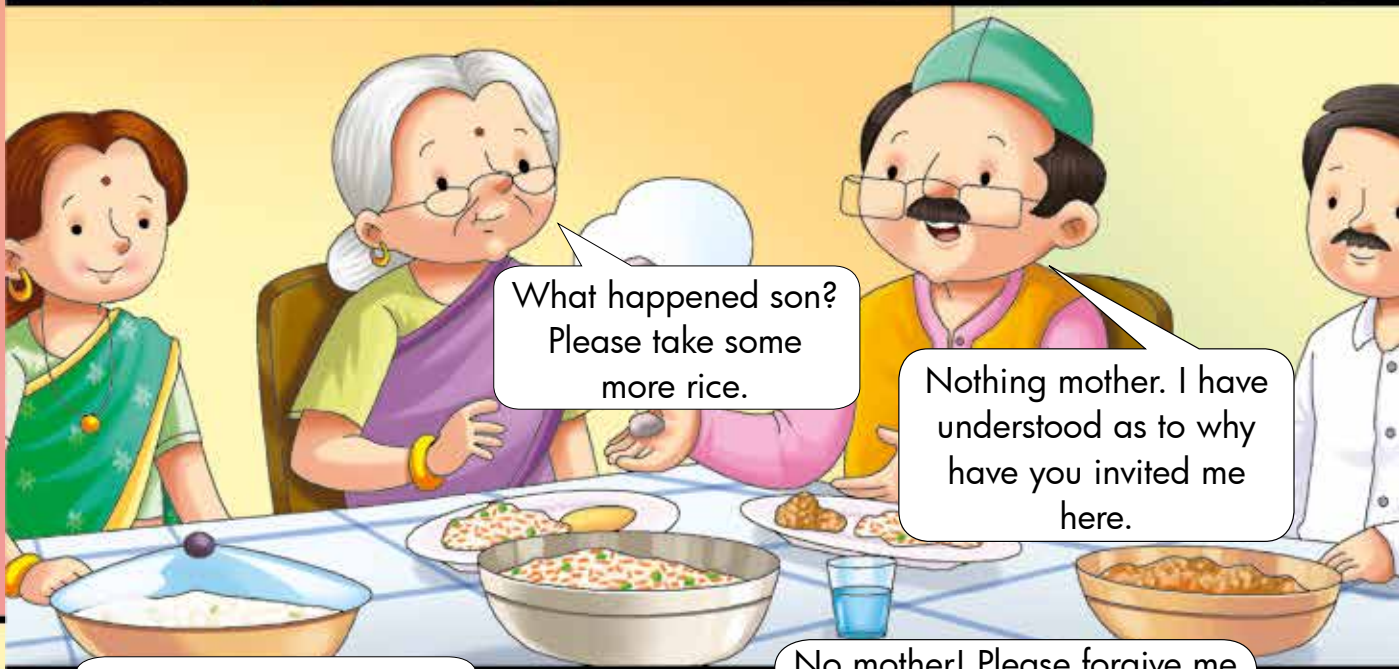






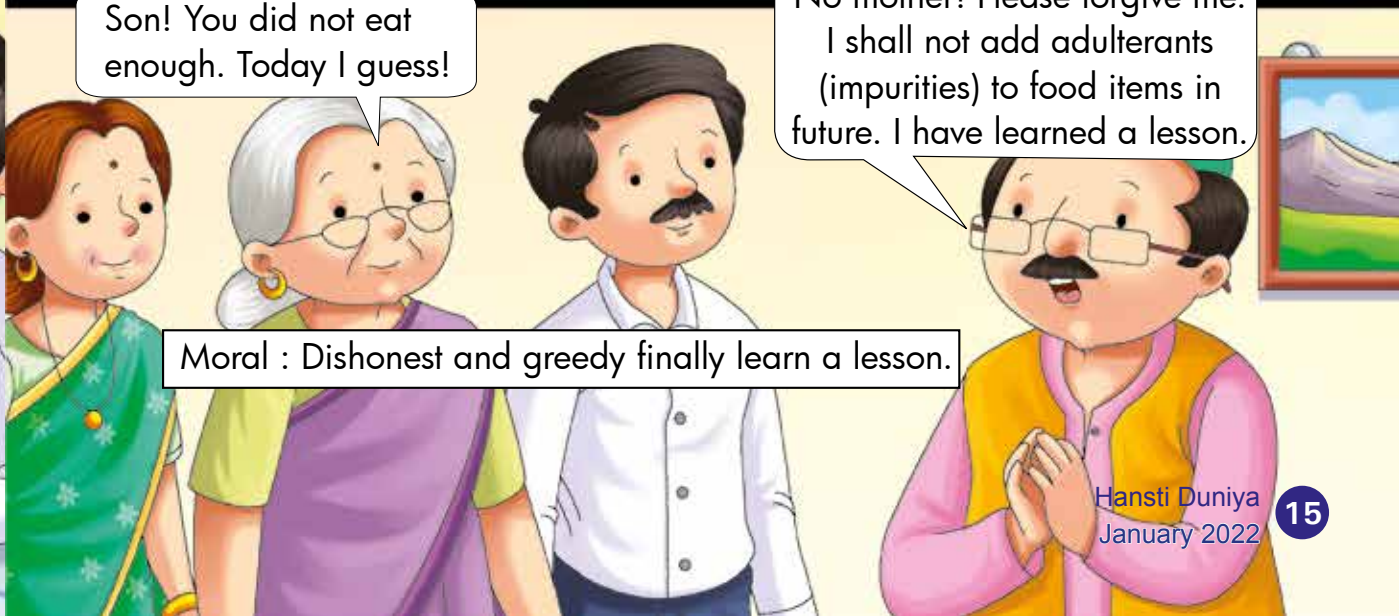


Oh!



What happened son?
Please take some
more rice.

Nothing mother. I have
understood as to why
have you invited me
here.



Son! You did not eat
enough. Today I guess!

No mother! Please forgive me.
I shall not add adulterants
(impurities) to food items in
future. I have learned a lesson.

Moral : Dishonest and greedy finally learn a lesson.

The Mice and The Elephant

There was once a region void of inhabitants, where houses and temples had fallen into decay. Amid the ruins, a colony of mice had lived for generations in an endless series of holes and runs, passing their time in attending festivals, dramatic entertainments, wedding-feasts, eating-parties, drinking-bouts, and other kinds of merry-making. One day an elephant-king, with a herd of over a thousand, hearing there was water in an adjacent lake, came to quench his thirst. And thus it happened that, as they trampled over the holes of the mice, large numbers of them were crushed to death.

Then the survivors held a consultation, and said: 'We are being slaughtered wholesale by these lumbering elephants. If they come this

way again there will not be one left to perpetuate the race. As the proverb says: "The mere touch of an elephant is fatal, and the sniff of a serpent causes death. Kings kill with a smile, and base persons destroy by flattery." Let us think of some effective solution for the present emergency.'

When they had decided upon a course of action, a party of them went to the lake, bowed before the elephant-king, and respectfully addressed him, "O King! Not far from here are our dwellings, duly inherited from a long line of ancestors. There for generations, with our families, have we lived and prospered. But now, your coming here for water has destroyed us in thousands. In fact, if you come that way again none of us will be left, and thus

our line will become extinct. If, you feel any compassion towards us, please use another path, because it may be that you will stand in need of our services at some time or other.' And the elephant-king, deeming their request perfectly logical, consented to use another path to the pool.



In course of time a certain king commanded his elephant-trappers to go to the forest and trap elephants. So they made a net of stout ropes, surrounded the elephant-king with his herd, and, three days later, dragged him out of it with strong tackle and tied him to thick trunks of trees in that very forest.

After the trappers had gone the elephant reflected, "In what manner, or by whose assistance can I get free?" It occurred to him, "We have no means of deliverance apart from those mice." So he instructed an old consort of his,

who had kept clear of the net, to go and inform them of his misfortune at the hands of the trappers.

When the mice heard of the matter, being eager to requite the former favour, they gathered by the thousand, and sought out the elephant herd. Seeing king and herd firmly fettered, they instantly gnawed the ropes where they stood. Afterwards they swarmed up the trees, and, by cutting the cords above, set all their friends free.

FAT AND DISEASES

Fats in the diet are obtained in two forms, the visible fats like butter, vegetable oils and invisible fats like milk and eggs. When fatty foods are taken they pass through the digestive tract. Enzymes convert these fats into fatty acids and glycerols (simpler forms of fats). These fatty acids and glycerols are absorbed by the blood capillaries in the small intestine.

Natural oils are also fats. The distinction between an oil and fat is that at normal temperature fats are solid and oils are liquid. Fats play two very important roles for us —

(I) In the formation of cell membrane.

(ii) As a source of energy and for storage of future food. Fats supply more energy approximately 93 calories/gm in comparison of protein and carbohydrates which provide only 4.5 calories/gm. It also protects our inner organs.

Need of fats for an adult man is at least 22 kg/year. But in India the consumption of fat is very low. It is about 5 kgs/year.

It is because of non availability and high cost of fats. In developed countries like Western Europe the rate of consumption of fat is 21.1 kgs/year.

Natural oils contain mainly two types of fatty acids

(i) Saturated fatty acids.

(ii) Unsaturated fatty acids.

There are some unsaturated fatty acids which the body needs but can not manufacture for itself. These are called Essential Fatty Acids. The requirement of these fatty acids are very small. These are present in any normal diet e.g. butter. Excessive quantity of these fatty acids cause growth retardation, increased cholesterol metabolism, formation of free radicals which can cause cancer and aging. Excessive quantity of fatty acids causes more incidence of tumors in mice. High fatty acid level in the diet causes coronary heart disease.

The excess of fat is stored as lipid. This is due to feeding habit in the first year of life, genetics, sudden lack of exercise and sedentary occupation. In



some cases psychological factors and hormonal imbalances may be involved.

Normal cholesterol concentration of human blood should be 250 mg/100gm. Excess amount of saturated fatty acids increases the level of blood. Cholesterol causes high blood pressure and heart attack where as excess of unsaturated fatty acids reduce the level. Therefore a diet containing higher amount of unsaturated fatty acids and a lower amount of saturated fatty acids would help to keep serum cholesterol level lower. The butter and coconut oil are considered more high cholestero-laemic in diet. Solid fat consumption should

not be more than 10% of total energy intake. In infants, deficiency symptoms will develop if less than 10% of energy is supplied by the fatty acids.

SUMMARY

Nutritionists have emphasized the need for calories, proteins, carbohydrates, minerals and vitamins but they paid little attention towards oils and fats nutrition. Oil's and fat's in human nutrition play opposite roles in developing and developed countries. In the former people suffer due to under consumption while in the later fat causes harm because of hyper consumption.



Poem : Jaswinder Sharma

THE WINTER

Although has reached
Winter has reached,
Every one seems
so much pleased.

The chilly nights
Make all to shiver,
The Sun sets faster
Than in summer.

Around the fire
All sit along,
And have a chat
All the night long.



There is plenty
of food to eat,
Gajak, Halwa,
And Kheer sweet,

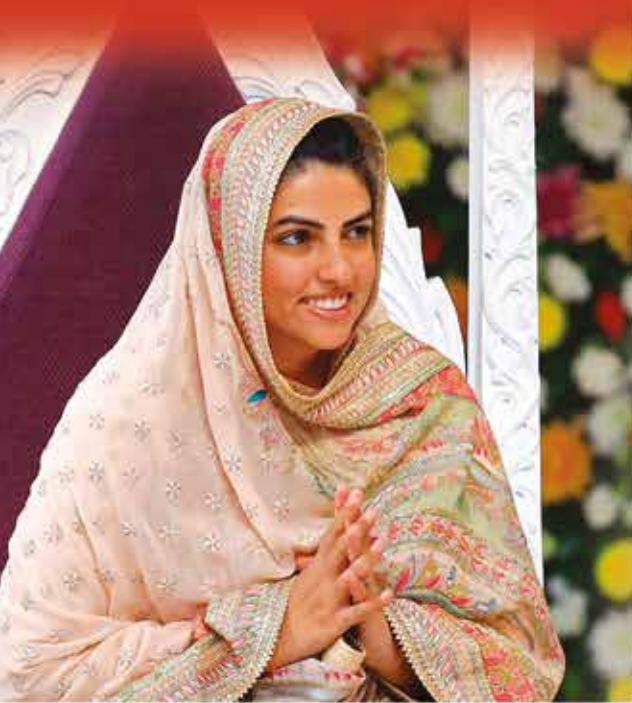
Favourable are
Nights for study
To make you
For exams. ready.

Mosquitoes do not
Any more bother,
Winter is of course
Than summer better.



Guru Vandana

Nirankari saints presenting 'Guru Vandana' on the occasion of 74th 'Nirankari Sant Samagam' (virtual) at the 'Adhyatmic Sthal' (Samalkha)



THE WISE OLD LADY

Once there was an irrational king. Whenever anybody would go with a complaint, he would proclaim an unwise judgment.

An old lady had her hut adjoining the three storeyed house of a rich man. In the morning and evening the old lady would burn coal and smoke would rise up the three storeyed house and enter the rich man's room through the window. The rich man really disliked it. He went to the lady and said, "The smoke from your fireplace enters my house."

The old lady said, "What can I do? You can close the window of your house to avoid the smoke."

"I shall not close the window", The rich man said. He wanted to irritate the old lady and buy her land.

"Ok as you wish", the old woman said. She continued to burn the coal and the

smoke continued to enter the rich man's room.

The rich man complained to the old woman many times but she did not pay any heed. She did not argue either.

Finally the rich man went to the lady and said that he would be complaining to the king against her since she was not paying any attention to what he was saying.

The old lady said helplessly "As you wish."

Finally one day the rich man went and complained to the king against the old woman. The old woman was summoned in the royal court. The king





said to the old woman, " The smoke from your fireplace goes to the man's room. It is spoiling his health. Do something so that it does not happen. Otherwise your hut will be removed from there."

The old lady knew that the king was irrational and could give any unwise decision. So she thought of a plan and told the king, " Sir! I have a complaint too."

" Please say", the king replied.

There is no sunshine in my courtyard because of the three storeyed house of of this rich man. Therefore my health is deteriorating. If he demolishes the upper part of his house I can get some

sunshine." After saying this the old lady became quiet.

Now the king got upset with the rich man and told him that the old woman was not getting any sunshine due to his three storeyed house. So he must do something about it or demolish the upper part of the house so that the old lady gets sunshine in her house.

It was an unwise decision. The rich man got alerted. He also admired the lady in his heart of heart for her wisdom.

Both of them reconciled and came out of the court. The rich man never bothered the old woman again. ◆

Who is Right

A king named Baldev Singh ruled over a state of Rajputana. His strength and wisdom matched very well with his name. One day he was in a meeting when suddenly a businessman came there and said, " My lord, I beg your pardon for coming here but nobody has been able to solve my problem. You alone can justfully solve it."

Baldev Singh looked at him attentively and said, "Please introduce yourself and apprise me of your problem. State everything clearly."

I have ten workers. Today I casually asked my workers as to who was the happiest person in the state. Everybody unhesitatingly pointed towards me. But one of the worker is doubting this and is declaring himself as the happiest," the businessman replied.

The king was surprised and spontaneously said,"He's saying a stupid thing." My Lord! So many learned people have tried to explain it to him but the proud man is not listening. Now you alone can do justice", the businessman said.

The soldiers brought the worker to the king at his behest. The king was taken aback when he looked at the worker. He was standing in front of him with folded hands partly clad in dirty and soiled clothes. Ok! This is the reality. But then

"My lord! I am a wealthy businessman. I deal in sale and purchase of animals.

he smilingly asked him, "So you are the happiest person of the state."



"Yes sir", the man replied who was standing calmly.

"Ok! You consider yourself happier than your employer", Baldev Singh asked again. "My lord! My name is Raghuvir. I have been working with my employer for past many

years. He is a gentleman. But because of his ego he is considering himself as the happiest person. All the workers agreed with his statement lest they should be removed from their job but I have no such fear", the man explained.

"That is all right but you are poor. How can you be happiest?", said Baldev Singh.

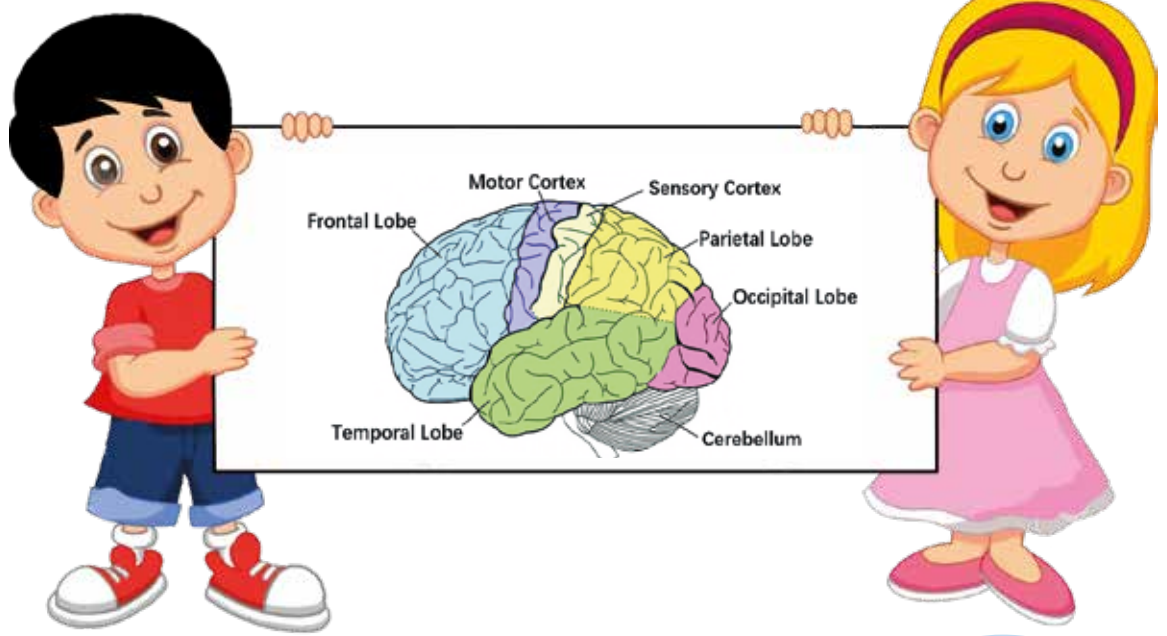
"That is what you have to decide", the businessman spoke before anybody else could speak.

"Ok! I shall decide tomorrow." After this Baldev Singh left the meeting. It was night time. Everybody was fast asleep. Baldev Singh went out in the city in common man's attire. It was quiet all around. People were in deep slumber. Suddenly Baldev Singh stumbled in front of a house where a window was open.

"It's very late, please eat your dinner. Are you going to do this bookkeeping the whole night. You don't rest during the day. At least rest at night", the



woman of the house said. "if I start resting my business will go haywire, we shall become poor and shall not be able to manage our daily bread", said the husband. Hearing this conversation between a businessman and his wife the king quietly headed towards the side inhabited by poor people. There was no light. Everybody was fast asleep. Baldev Singh smiled and came back to his palace. Baldev Singh proclaimed his decision in the morning in the court, "No doubt the businessman has a lot of money because of which he has many amenities for a comfortable life. He is happy but mentally and spiritually not contented. If somebody is not content how can he be happy. This poor worker earns his living by hard work. He is content with that and is not worried about his future. Therefore in my opinion he is the happiest not the businessman." Everybody present in the court praised the king for his logical decision and wisdom.



Do You Know

Q. What does the brain look like?

A. From above, the brain looks rather like a giant walnut, pink-grey in colour and wrinkled. It has the consistency of blancmange.

Q. What is the brain made up of?

A. The brain is a mass of over 10 billion nerve cells. These are surrounded and supported by cells called glia, which supply them with nutrients.

Q. What does the brain do?

A. The brain is the body's control centre. It sends message to and receives them from organs and tissues all over the body. The brain gives us our ability to learn, reason and feel. As well as our voluntary, or conscious, activities, too. For example, it controls heartbeat and digestion.

Q. How is the brain protected ?

A. The skull protects the brain from most physical injuries. The brain is also protected by three layers of tissue called meninges, which are wrapped around it. The inner layer acts as a barrier to prevent bacteria reaching the brain. The middle layer contains cerebrospinal fluid. This supplies the brain with food and oxygen and acts as a shock absorber, the outer layer lines the cranium. The skull itself consists of several bones which are fused together.

The Happiness Stone

There was a saint who was always in a state of joy. His face always gleamed with happiness. This made the thieves think that he had a lot of money otherwise there was no reason why should somebody remain happy always.

The thieves kidnapped the saint and took him away to a jungle. They said, "We have come to know that you have a 'Happiness Stone'. That is why you are always happy. Give it to us otherwise we shall not spare you.

The saint called all the thieves one by one and said, "I feared the theft of my 'Happiness Stone' so I have hidden it far away in the soil. The place is a little far from here. Just dig the soil under your head in the moonlight and you will get it. After saying this the saint slept off under the tree.

The thieves went away in different directions and started digging the soil arbitrarily. The moment they would get up, the shadow of moon would move and they had to start digging all over again. They dug hundreds of pits during the night but couldn't find the precious stone. They were tired, went back to the saint and accused him of misguiding them.



The saint laughed and said, "You should have understood the meaning of what I had said. 'Happiness Stone' is under your head means - one can remain happy by nurturing positive thoughts. You change your perspective and learn to be happy." When the thieves came to know of the reality they stopped stealing and mended their habits. They also learnt the art of staying happy. This is the 'Happiness Stone'.

Staying happy is the greatest asset and wealth.

THE IMPURE MIND

A saint lived in a hermitage on the bank of river Krishna along with his disciples. He was very popular in the surrounding villages.

Once in a year the saint would visit the village to listen to the woes of villagers and advised them accordingly. Villagers in turn also gave him some gifts. This year when the saint visited the village, the news spread quickly. He seated himself under a tree. The villagers started gathering there one by one and sharing their woes. He was side by side giving appropriate advice and accepting the gifts brought by them. After long time the landlord arrived on a decorated vehicle. Expensive clothes adorned him. He was wearing a necklace of pearls and diamond rings in his fingers. He got down from the vehicle and bowed to the saint. He said, "I have everything except piece of mind. Please tell me a remedy."

The saint was well aware of the cruel and unkind nature of the landlord. He said, "You

have no peace of mind because of your own folly."

"What type of folly", The landlord said controlling his anger.

The saint showed him a coconut and said, "If the outer covering is neat and clean but the inside is rotten, is it worth?"

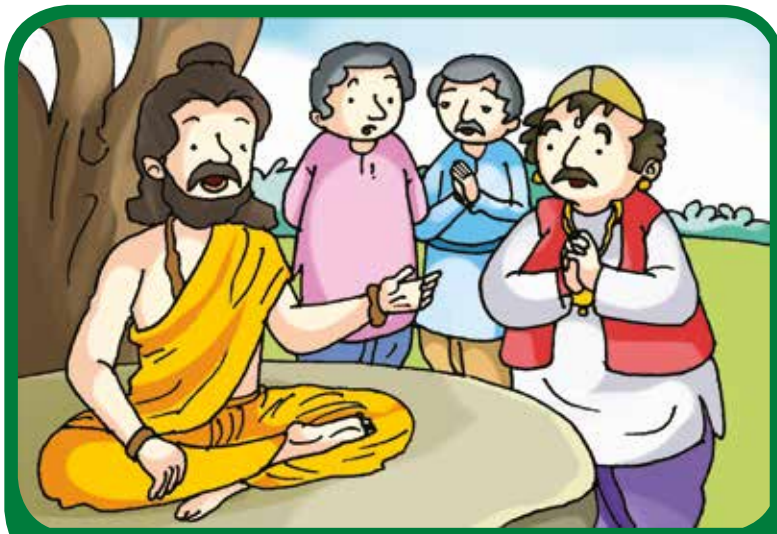
"Not at all", the landlord replied.

"Outer covering is the body while the inner core is your mind. Your folly lies in the fact that you have got your body neat and clean but your mind is not pure. You have no peace because of your mind. You have been wicked and unjust to people. Your mind is impure. How can an Impure mind be peaceful?", The saint said bluntly.

The landlord was taken aback. He asked, "What is the solution ?"

"You can purify your mind by good conduct and kindness. Only then, you can get peace", answered the saint.

The landlord realised his mistake and agreed to the saint's advice.





— Archana Jain

The Hues of Joy

The new year is celebrated with great joy and enthusiasm in the whole world. Display of fireworks, dancing and singing, singing religious songs etc are some of the ways in which new year is celebrated. Let's apprise you of some of these customs.

Looking at kangaroo is considered auspicious on the new year day in Australia. It is thought that wealth grows and brings prosperity if we see kangaroo on this day. We make new friends and business grows. Buying pictures and statues of kangaroo is also considered auspicious.

In Brazil ritual of singing religious songs is popular. People gather in the temples and make the temple fragrant with different scents. Doing this is considered to maintain peace and also safety from natural calamities.

In America fireworks are displayed at various places. From children to elderly all light fireworks all the way. Big balloons are flown in the sky.

In Germany there is a culture of celebrating new year by singing and dancing. Dancing is a good exercise and prolongs life. Singing is considered to promote joyful and happy events. Soldiers salute by firing fifty one canons.

The tribal people in South Africa consider hunting on this day a sin. They tend the injured animals and birds in the Jungle on this day. They also plant trees, while tribal people of Congo Fly Birds in the sky on this day. It is considered to keep the cycle of weather just right and a good harvest is reaped.



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

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, March 2022)

A fat boy

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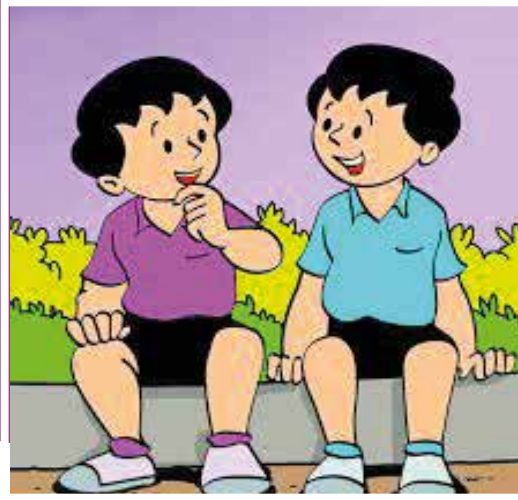
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This story by **Ravindra Prasad Sinha D/O Late. Sh.B.P. Sinha,**
Post : Libra. Distt. Raigarh (Chattishgarh)
has been adjudged the best. Congrats to her.

MEANINGFUL FRIENDSHIP



Ankur And Anish were good friends and studied in the same class. Ankur was good at studies and used to get good marks in almost every subject. But Anish was poor at mathematics. Due to this his parents used to be upset with him. Also Anish was in the habit of spending a lot of time playing online games. One day Ankur and Anish were sitting in a garden. Out of curiosity Anish asked Ankur, "Friend Ankur! How are you able to score very good marks in a tough subject as mathematics? Ankur told Anish that he listened to the teacher in the class attentively, regularly revised the sums done in the class and practiced the sums done in the earlier classes for an hour everyday. He also took the help of elders when needed. Hearing this Ankur immediately made up his mind to follow Ankur's footsteps. He became attentive in the class, revised the sums done in the class and practiced the sums done in the earlier classes everyday. He also sought help from his elders or some times even Ankur. He gave up playing online games. The result was that his score in mathematics considerably improved.



Kitty

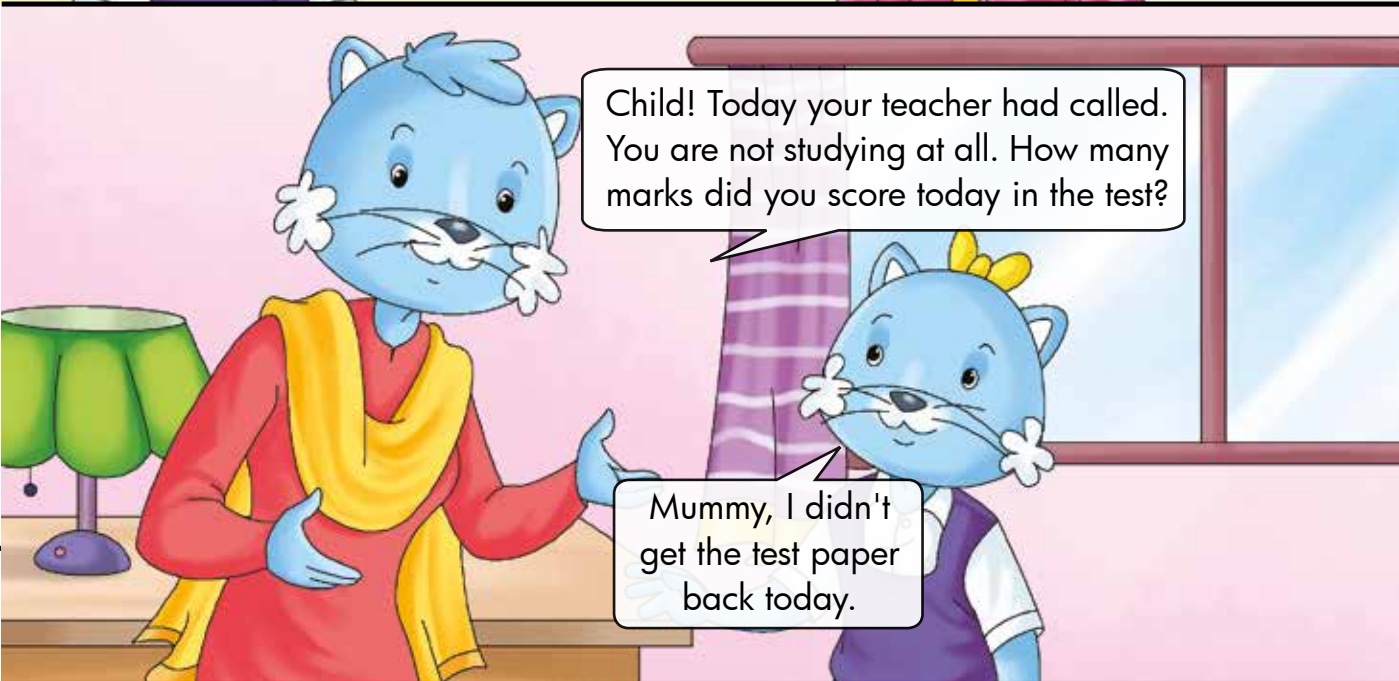
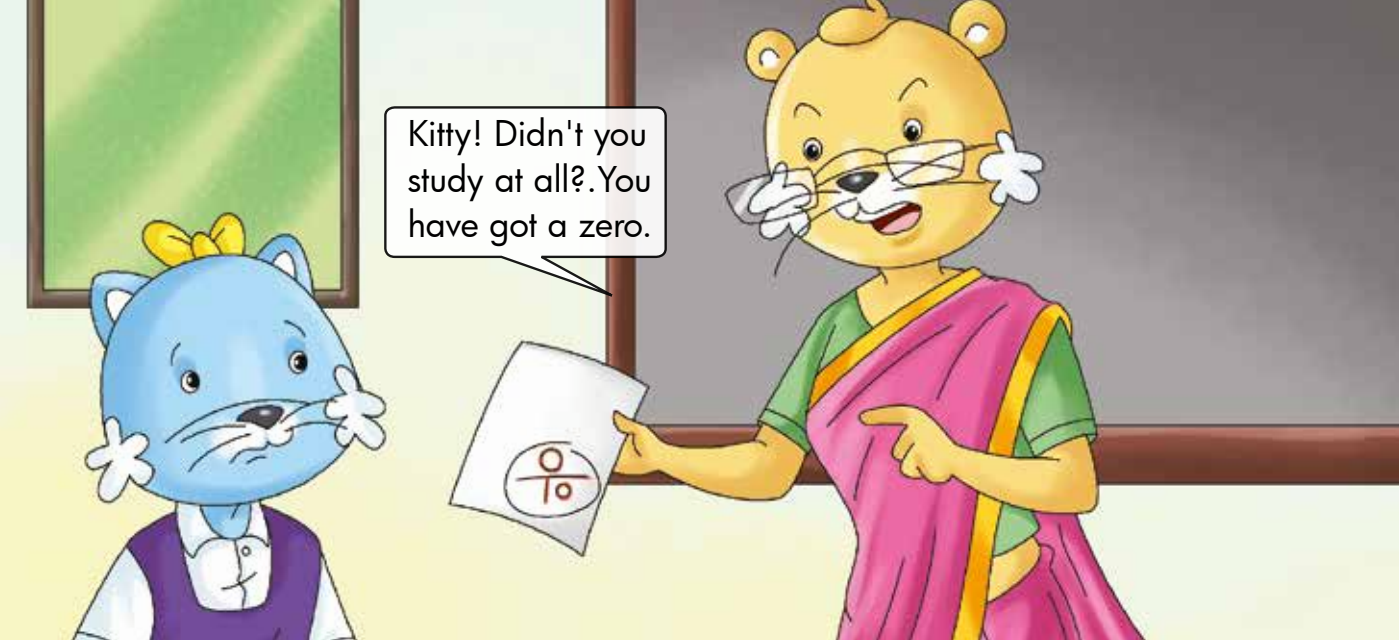
Story & Illustration
Vikas Kumar

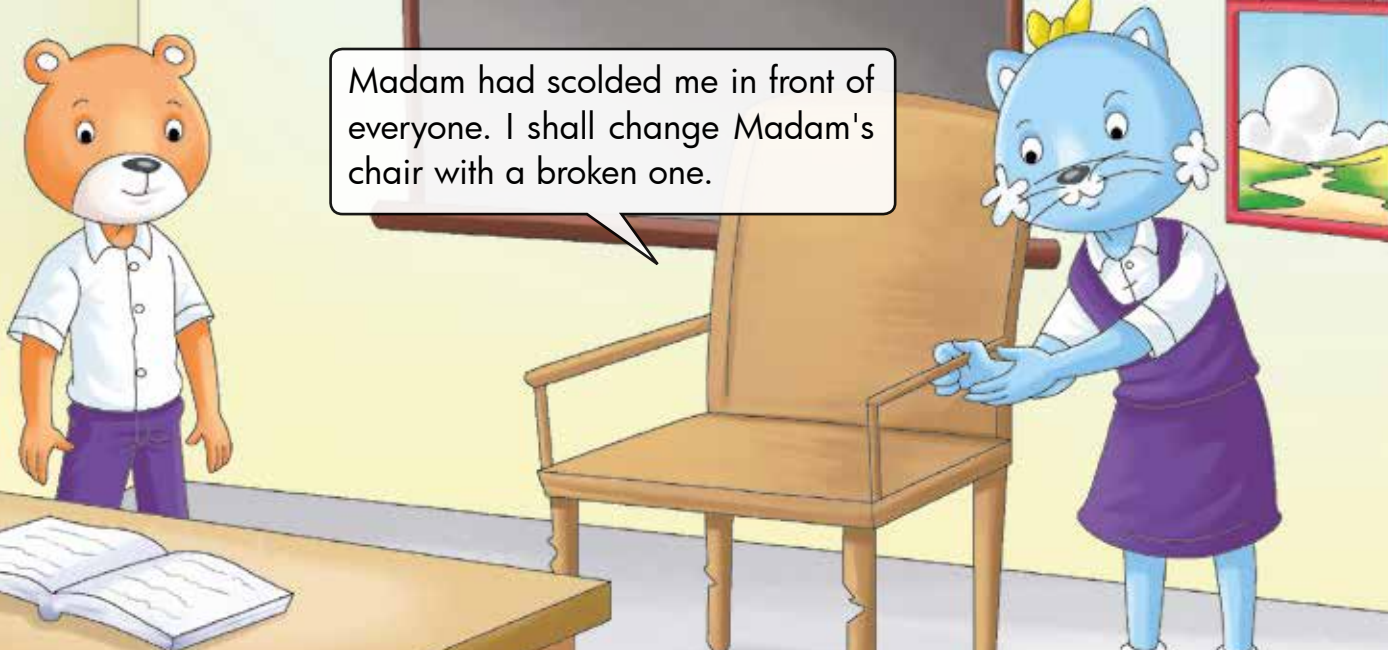
Children!
Today you
have a
surprise test.

I do not study
at all after
going home.
What shall
I do?



All the children start
writing the test.



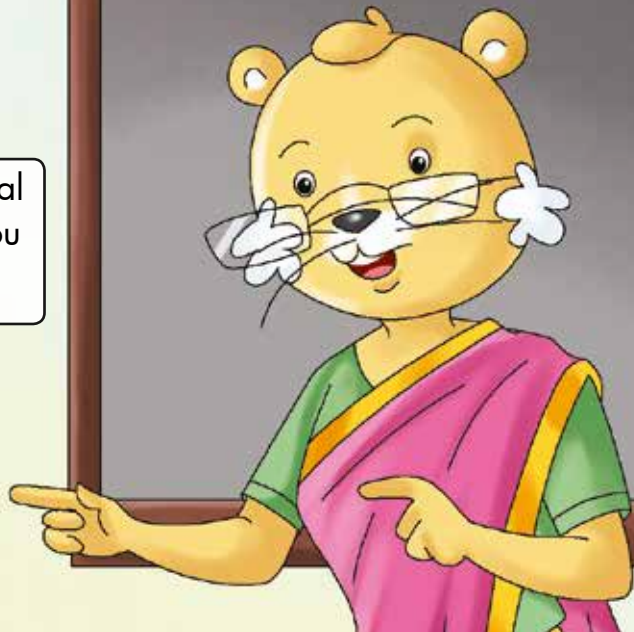


After lunch break the teacher came and started teaching.





Madam! Principal sir has called you in the office.



Kitty forgot that she had changed the chair.



Now I'm your teacher...



As soon as she sat on teacher's chair, she fell down and got hurt.



Today onwards I shall not repeat this kind of thing. I have realised my mistake.

MAGICAL PEARLS

This story goes long back in time. The city of Rampur was progressing gradually. The people lived in peace and happiness.

Seeing this king of the neighbouring city, Chandanpur was amazed as that the people of his city were neither happy nor prosperous like the people of Rampur.

Hearing this king of Chandanpur spoke – ‘What is the magic of seven pearls? I haven’t been able to understand its meaning.’

Then the king of Rampur explained to him ‘In our kingdom, you will find seven pearls in every household. Every pearl gives out a message and this way seven pearls give out one message each, which are as follows- ‘follow the truth, be non-violent person, don’t speak ill of others, be hard working, be sacrificing, be tolerant and learn to be content.’ This

way, every person who wakes up every morning follows these seven principles reminded by seven pearls.

The king of Rampur then further clarified’ This way every person wakes up in the morning and while seeing the seven pearls

For knowing the reason, the king of Chandanpur visited Rampur and asked the king about the cause of the progress, peace and happiness.

First, the king of Rampur welcomed the king of Chandanpur and then explained that– ‘In our city the cause of peace, happiness and progress is because of magic of seven pearls.’

takes and oath to follow its principles in his life. So this is the reason why there is no one who is unhappy or sad in the city. Everyone lives with a feeling of brotherhood while helping one another. While living with love and contentment they help each other and help in the progress of the city also.’





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 calmness, 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 that on doing so many mistakes if Satguru forgives us, then why can't we forgive others?

The Little Angel

A charitable organization was constructing a temple. Rich people donated generously. The marble tiles to be put were being auctioned. You could donate Rs.1000/- for getting your name inscribed on a large tile. To get your name engraved on a smaller tile you had to pay Rs.500/- There were yet smaller tiles for lesser prices. Many people gave donations in thousands and earned the pleasure of having their names engraved on the marble slabs.

A little girl saved her weekly pocket money of Rs.5/- and collected Rs. 45/-. She asked her father to give her a loan of Rs.55/-. He asked her why she needed it. She said, "Father, I prayed to God to give us a house of our own. He told me that His house was my house. So I want to contribute to the building of the temple, please lend me this money."

The father smiled and said, "All right young lady, but this is not a loan, it's my contribution, can I also share your home with your Lord?" The girl

ran off gleefully and handed over the money to the cashier. He said, "Little girl, the minimum contribution we are accepting is Rs.101/-. I'm afraid you'll have to get another rupee."

The girl's eyes filled with tears, she didn't want to run all the way home and she was also afraid that father may refuse to give the money to her. She hung her head to hide her tears and sat down, under the Banyan tree thinking what to do. Just then, a beggar came and asked her for alms. She was totally dejected and thought, "Oh Lord! You have refused to accept my money, so I shall give it to this beggar." She quietly, put the hundred rupees into the outstretched hand.

The beggar's eyes widened, in amazement. He held tightly, the money she had given him. He rushed to the temple cashier and gave the money to him. He eagerly drew out a shiny one rupee coin from his pocket and said, "Sir, you refused earlier to accept my donation of one rupee, but God sent



this money to me. Please take it now, as it is what you asked for."

The cashier looked at the beggar curiously and asked, "What name do you want the receipt in?" The beggar looked back at the little girl and said, "An Angel!"

It does not matter how much you can give; what matters is how you give it.

"There is nothing greater than having Love for God. Love is God and through Love alone can you merge in God."

—Rekha

National Flag

National Flag. On July 22, 1947, the Constituent Assembly of India adopted Tri-Colour with the Asoka Chakra in the center as India 's national flag. The national flag of India consists of three equal horizontal bands— saffron, white and dark green— with Ashok's wheel (having 24 spokes) in dark blue colour in the center of the white band; all strips being equal in width. No other cloth to be used for National flag except hand-spun and hand woven 'Khadi' The flag is rectangular in shape, the ratio of the length to breadth being 3:2 the emblem of the flag is an exact reproduction of the wheel on the Capitol of the Asoka Pillar at Sarnath. Saffron colour stands for bravery, the white stands for truth-peace and the green colour signifies growth and prosperity. It is called 'Tri-colour.

Republic Day

(26 JANUARY)

A country is Republic if it has an elected government and an elected leader or it is a form of government in which a state is ruled by representatives of the citizen body

India celebrates Republic Day on January 26 every year with a lot of pride and enthusiasm. This day is important to every Indian citizen. On 26 January 1950 almost 3 years after independence India became a democratic republic. Doctor Rajendra Prasad began his first term of office as president of the Indian Union.

While we got independence from British rule on August 1947 our country still did not have a concrete constitution.

Dr. B. R. Ambedkar became the chairman of a committee responsible for drafting the constitution on August 29, 1947. It took almost 166 days to complete the task. The committee kept the public in loop. Sessions of the committee were kept open to public. The committee ensured to include rights for all. A balance was maintained so

that all citizens of the country could enjoy equal rights pertaining to their religion, culture, caste, creed and many other things. The complete document on Indian constitution was presented to the country on January 26, 1950. India on this day became a republic state. Constitution of India is the world's largest written constitution.

On 26th January in 1929 Indian National Congress had proclaimed complete independence (Purna Swaraj). That was a reason why 26th January was chosen as the date for Republic Day.

This day is declared as a national holiday. All the offices, teaching institutions and markets remain closed. It is a moment of pride for the whole Nation. The day reminds us about all the fundamental rights and privileges country has offered us.

Republic Day is celebrated with a lot of enthusiasm and patriotism across the country. All over the country people hoist the national flag and pay tribute to Martyrs. This day is celebrated in



the form of a parade on the Rajpath in the capital of India, N-Delhi The President of India raises the national flag at Rajpath followed by national anthem and a mega celebration.

The Republic Day parade at New Delhi begins from the Rashtrapati Bhavan, passes through India Gate and reaches the Red Fort. The parade showcases India's defence capability, culture and social heritage The chief guest of the function is the president of India. VIPs from various nations are invited as chief visitors. 9 to 12 regiments of Indian Army march with their bands. President of India takes the Salute. The air force presents spectacular performances. Tableaus from various states display their

cultures. Padma awards are given by the president to the civilians of India every year on this occasion. The highest military awards are also given. Children who showed exemplary courage also get awards. The beating Retreat ceremony is conducted on the evening of 29 January. (It officially denotes the end of Republic Day festivities).

Schools, colleges and universities also celebrate this day with full enthusiasm showcasing parade, patriotic songs, dances and plays related to Journey of India from British rule to free and magnificent India. The day gives us the message of solidarity and freedom and teaches us to live in unity and peace.



Laughing Time

Teacher asked the students to tell the most common word used by students in a classroom.

Suddenly a student got up and said "Can't Sir"!

"Brilliant! You are right", the teacher said.

Arpit asked his roommate Romit about what they would do that night.

Romit said "We will flip a coin."

Then Arpit said "If it comes head, we will go for movies. If it comes tail, we will play cards, if it stands on edge, we will study."

Teacher asked the students to tell the importance of the year 1809.

Johnny stood up and said "In 1809, Abraham Lincoln was born"

Then teacher again asked the students to tell the importance of another year 1819.

Then Sohan suddenly stood up and said "Abraham Lincoln was ten years old in 1819."

Customer called Tech support : "My computer is not connecting to the Internet."

Tech support : "Ok, which operating system are you using?"

Customer : "Internet explorer"

Tech support : "No, just right click on 'my computer' and click on the properties menu."

Customer : "What are you saying, this is not your computer, it is my computer."

Teacher to student : "Make a sentence using the word I"

Student : "I is.."

Teacher : "No that is not correct, you should say I am."

Student : "Ok. I am the ninth letter in the Alphabet."

Praveen : Mom I have got a second prize in the race.

Mother : How many children participated.

Praveen : Two



The two partners in a law firm were having lunch when suddenly one of them jumped up from the table and said, "I have to go back to the office. I forgot to lock the safe!"

"What are you worried about?" the other said. "We're both here."

Boman Singh called an Englishman for lunch. There was curd on the table. The guest asked, "What is this?"

Boman Singh didn't know English, he said "Milk loose at night, morning turned tight in the morning."

A man goes to the doctor and says, "Doctor, wherever I touch, it hurts."

The doctor asks, "What do you mean?"

The man says, "When I touch my shoulder, it hurts. If I touch my knee - Ouch! When I touch my forehead, it really, really hurts."

The doctor says, "I know what's wrong with you - you've broken your finger!"



A company offered Rs 500 for each money-saving idea submitted by its employees.

First prize went to the employee who suggested the award be cut to Rs 250.

Mother to Mayur : "How was your exam? Were all questions difficult?"

Mayur : "No mom, all the questions were simple. Only answers gave me all the trouble!"



A man was complaining to a railroad engineer : "What's the use of having a train schedule if the trains are always late." The railroad engineer replied : 'How would we know they were late, if we didn't have a schedule?'

A teacher asked a student.
Teacher : Did your father help you with your homework?
Student: No, he did it all by himself.



HEY its 2022

The new year has just begun Then
For whom are you waiting
Let's start celebrating.

It's the new year
Let your loved ones come more near
Do not have any fear
Because the new year is again here.

Make new promises,
That you will definitely fulfill
This year don't break anybody's
heart

Or you will be apart.
Do the best you can
This year crackers must be banned
It is a good thing you must do
And it is definitely true.

Do your best
Best than the rest
Be like a flower
And you will shine like a star.

So why shall we wait
Let us celebrate
So do not look left or right
There is a party on tonight



❖ V C Ahuja

Celebrate Each Moment as a New Year

There are 365 days in a year and 24 hours in 1 day, every week has 7 days and every year has 12 months. Every day, every moment passes and one reaches year end. Everyday and moment passes and while traversing the path of life we reach a new goal and this new goal is named as 'The New Year'. The moment we hear about new year arriving we are filled with excitement about the goals we have to achieve that year. We prepare its outline and then make efforts in that direction.

From the first day of New Year we start wishing 'Happy New Year' to our friends, peer group, saints and those in touch with us. We all want everyone to be blessed with lot of happiness and we also live our life happily. This way, many

people also give us these blessings. Its praiseworthy that everyone gives blessings to others for new year.

Dear friends, it is worthy to note that just by wishing happy new year to one another, does that actually attract bliss in our lives and even when we have given a blessing to someone else, is it given from the bottom of our heart?

Yes indeed, if we have wished someone deeply from our heart, it does bring peace & happiness in our lives and the one whom we have wished also feels happy.

Filled with such feelings our week gets converted into a month and then 365 days become new year for us. When we wake up every morning, it will be a new year for us.

RIDDLES



1. Green is my dress,
I sit on the branch highest.
Fruits I eat,
your words I repeat.
2. I am like a frog with one toe,
in rain and heat I end your woe.
3. More I serve more I dissipate,
water is my associate.
Dirtiness is what I hate.
4. Stone on my head,
my abdomen has your finger.
Locate me I am circular.
5. Hammer me I expand,
Pricy, my colour is yellow,
Heat me I mellow.
6. Sun is not my friend darkness
I befriend, snake eats the pond,
the pond dries and the snake dies.

Answers

1. Parrot

3. Soap

5. Gold

2. Umbrella

4. Ring

6. Lamp and wick

RESULT FOR THE MONTH OF November 2021 ISSUE

CONSOLATION ENTERIES

Rytham Chhabara Age-11

487, 1st Floor,
Ashoka Enclave-III, Sector-35
Faridabad, (Haryana)



Shradha Gajanan Age-13

Mauli Niwas Sanjay Nagar
Shegaon Road, Khamgaon
Distt. Buldhana (MAH.)



Swastik Bhamne Age-10

N-43, J.D. 1/6/012
CIDCO, Nasik (MAH.)



Shilpa Paradise (Hyderabad)

Neetu (Delhi)

Priyanka (Delhi)

Rita (Ludhiana)

Radhika (Hyderabad)

Monu (Mumbai)

Bharat (Rohini, Delhi)

Raju (Delhi)

Ajit (Rohini, Delhi)

Monu (Mumbai)

Roshan (Mumbai)

Manvi (Delhi)

Roshan (Sangroor)

Leena (Allahabad)

Neetu (Varansi)

Pintu (Allahabad)

Rita (Kanpur)

Aditi (Delhi)

Colour it for January Issue

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

The result will appear in March 2022 issue. Full name and address should be mentioned clearly at the prescribed place. Children up to the age of 15 years only are eligible to participate.

Colour it



Name :Age

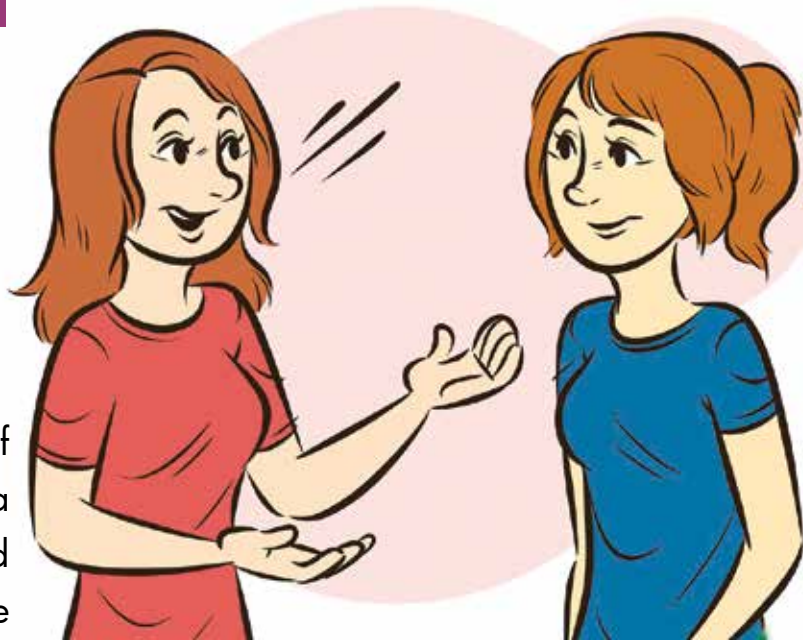
Address :

.....Pin Code

SWEET & Polite Speech

Sweet and polite way of expression, no doubt is a divine gift, but it can be acquired also. All that is needed is a little labour and a little care while speaking.

Man being the most wonderful and immaculate creation of God, He has bestowed upon him a unique gift of speech. He has enabled him to express his feelings, likes, dislikes, emotions and desires in the form of spoken words. But it is unfortunate to realise that certain people don't have the sense to make use of this valuable capability in a useful and proper way. Such people are despised and disliked everywhere. They, by their irresponsible utterances, create bitterness in the hearts of people and a little carelessness on their part makes the situation explosive. Such people are avoided by one and all. Their



bitter and sarcastic remarks distance them even from their own kith and kin.

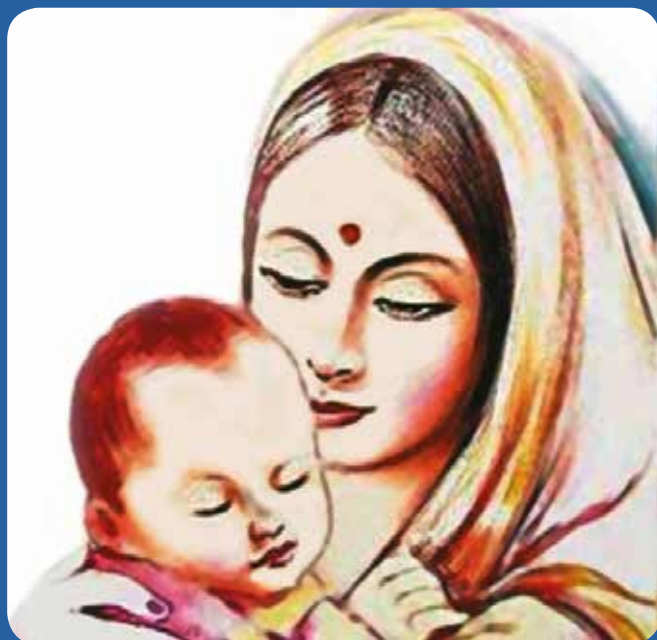
However, on the other hand, careful way of speech with judicious selection of words, impressive way of expression, sweet and attractive way of presentation makes an individual a popular and a lovable character. Everybody wants to be friendly with such type of people. They create their space in everybody's heart.

Before speaking, one should make it a point not to speak harsh and impolite words. The language should be polished, pleasant and sonorous. A little tinge of love and sympathy for the listener makes it all the more attractive and impressive.

Friendliness and close relationship should appear to be established between the speaker and the listener. As there is already too much grief, tension and poison in our day-to-day life, so there must be a healing touch in our speech. The last but not the least is that one should try to have a complete control over one's mood while speaking. Spoiled mood sets in a chain reaction. It spreads like a most contagious disease creating bitterness in everybody's heart.

If this much is done, one is sure to win everybody's heart. A beaming face with impressive gestures works wonders. It is a welcome sign and helps in mitigating the pain and bitterness which is unfortunately a part and parcel of our present day life. So, dear children you must pay attention towards learning the art of speaking sweet and you will be pleased to see its everlasting effects.

The art of speaking sweet words and smile costs nothing but pays much.



— Bhavya Jha, Delhi

MOTHER

Million things she gives me,
Mother, 'O' mother.
Tears she sheds to save me,
Mother, 'O' mother.
Heart of purest gold,
Mother, 'O' mother.
Just take a look what
mother stands for,
Mother, Mother, 'O' mother,
Mother stands to love us.
Because God cannot
come at all place,
Mother stands to love us.



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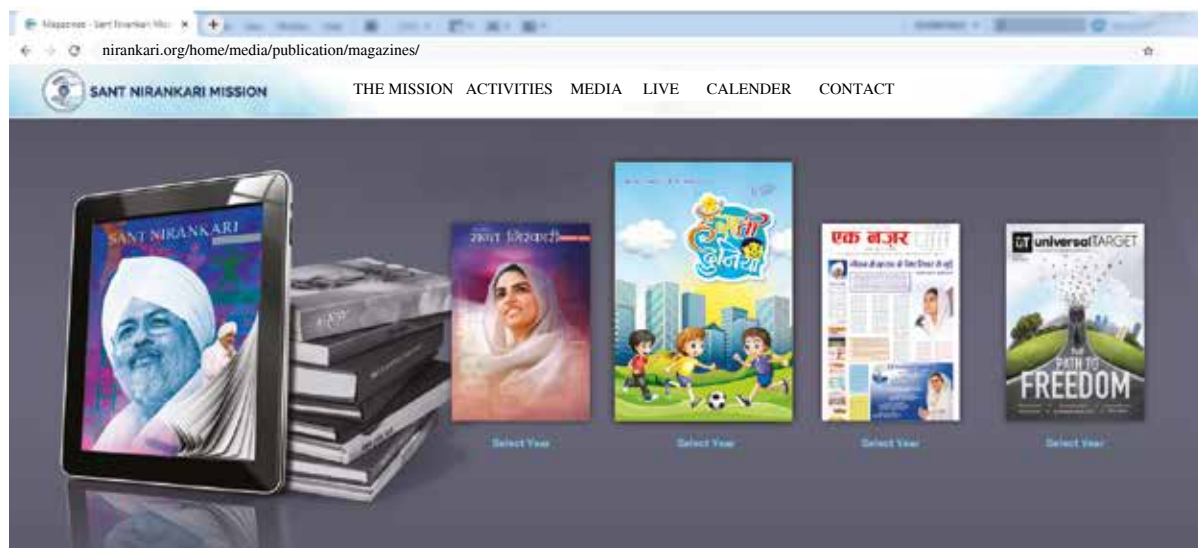
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Please open www.nirankari.org. You will observe different headings, viz., 'THE MISSION', 'ACTIVITIES', 'MEDIA' and 'GALLERY'. You may please click at the 'Publications' option under the head MEDIA. Here, you will find different options like 'Sampuran 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.

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 2. Inform Magazine Department, SNM on WhatsApp Mobile No. **9266629841** so that another copy is sent to you.

– **MANAGING EDITOR**

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

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