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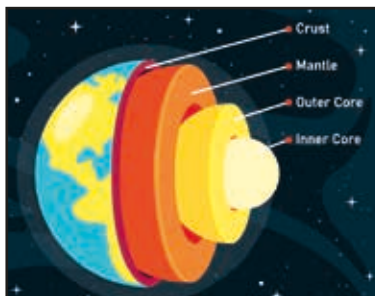
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## Take Responsibility of Your Own Happiness

**N**o one wants to be miserable or sad. Rather everyone wants to be happy. But it is not so. We look for happiness all around. When a child is born, parents try to keep him happy by doing innumerable things for him. They are more than concerned for his diet, maintenance and education. They consider it as their duty and remain busy doing things for the child. Gradually the child develops a feeling that he is happy because everybody is doing things based on his needs.

We were all children at a given point of time and unconsciously developed this attitude. As we grow up we become more and more dependent on others and expectations from others become our habit. We are not even sure as to when did we become dependent on others for every little thing. Despite understanding all this we remain busy gathering resources and things of comfort from others and consider it to be our right.

We may be expecting happiness and respect from somebody who is not willing to give that. Everyone has his/ her own priorities and preferences. Does someone wish to give time and importance to other person? Is any of his motive met with.

Dear friends! It is imperative to ponder over the fact- Are we expecting more than necessary from someone. Sometimes we hope to get good things from somebody who doesn't possess them. Sometimes people have only selfish motive and shall not do anything for anyone or give happiness or respect or even the right kind of treatment unless their motive is met with.

Friends! We need to practice doing small things on our own and make ourselves capable enough that we need minimum support from others. This way we shall be able to complete big tasks and shall also be able to aim higher. This will give us satisfaction as well as joy. We have to face disappointment because we expect good things from others which they don't have. We in the meanwhile miss doing many good things ourselves because we are busy finding faults in great and good people of high stature. We need to respect and revere everyone because everybody has one or the other virtue and we miss them. We should in fact applaud ourselves also if we are able to do something good, otherwise we must at least continue trying. This will always keep us happy.

—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 VITERI SHAN NAHIN SI.  
JAMMIA JAD SAIN SUN TOON PRANI TAINOON APNI SAR AHIN 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 SHARE 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 wereborn, yourheartwas 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.

# FESTIVAL OF COLOURS



*Let's immerse  
Ourselves in colours  
And do away  
With sorrows of life  
hug all affectionately  
To spread love  
And make all  
Smile for a while*

*There will be  
A shower of colours  
Holi Festival  
Is Power of Colours*

*Besmeared with  
Variety of colours  
Rub the young  
and old  
With colours their faces*

*All sing and dance  
Forgetting all enmity  
hug each other  
Exchange  
sweets  
And conveying  
message  
of love to humanity.*



— M.P.K. Kutty

# Holi MESSAGE

## LIVE, LOVE AND LAUGH



Whatever the legend behind the Holi festival, it is characterised by fun and frolic. It is associated with Spring and its colours.

With the onset of spring, it is time for partying. The sun shines brighter and nature puts on colours. The children look forward to the celebration in gay abandon. Freedom from the daily drudgery is welcome. Festivals are invented for coming together to share a little joy and laughter.

There is this story about a great comedian in a city. In his own private life, he was not very fortunate, but had lately faced many tragedies. But his shows continued to draw large crowds. Unable to face the pressures of life, he went and consulted a psychiatrist for help. You know the advice he received? "Go and watch the great comedian of the city for a few days!!"

There is a Jewish story about a Rabbi. Once when he was in prayer, there appeared before him Prophet Elisa in a vision. With a smile he told the Prophet: "I am glad to meet you. What have you to tell me?" Elisa replied: "Do you see the two persons on the other side of the street?" "Yes," said the Rabbi. The prophet then remarked: "I know you fast and pray. Yet you are not eligible for a position as exalted as those two persons!"

The Rabbi could not understand the words of the prophet and grew curious. He went to the other side of the street and met the two men. "Do you practice charity? Do you give to the poor?" the Rabbi inquired. "We are beggars. What can we give? How can we give?" responded the two men. "Do you pray?" Came the next question from the Rabbi. "We are illiterate. We do not know how to pray. And no one has taught us how to pray!"

The Rabbi wondered how these men who neither prayed nor gave in charity can get to heaven. After a few thoughtful moments he again asked: "If you are not praying you must at least be fasting!" The reply was again in the negative. "Then what are you doing every day?"

"We simply crack jokes to bring laughter to people in sorrow! When we see someone who is unhappy we try to make him laugh" they said in reply. Now the moral of the story is that there is a special place in heaven for those who try to make others happy. No doubt, charity and prayers are good and have their place. But all of us can do our bit to comfort those in sorrow; to bring relief to those who weep.



# THE JACKAL AND THE LION/CUBS

Once upon a time a lion and a lioness lived together in a forest. One day two little cubs were born to them. The lion and the lioness were both very happy to have two nice little babies.

The lion said to the lioness, "You must stay at home and look after the babies until they grow up. I shall go out and bring you all the food you need."

Every day the lion went hunting and brought home enough food. One day, however, he could not find an animal to kill. In the evening, as he was returning home, he found a baby jackal. He picked it up and took it to the lioness.

"This little jackal is the only food I could find for you today," said the lion. "Kill

him and eat him. I did not like to kill him because he is only a baby." "My dear," replied the lioness, "if you did not like to kill him because he is only a baby, how do you think I can kill him? I am the mother of two babies that are just like him. No, I shall do him no harm. He shall be my third son."

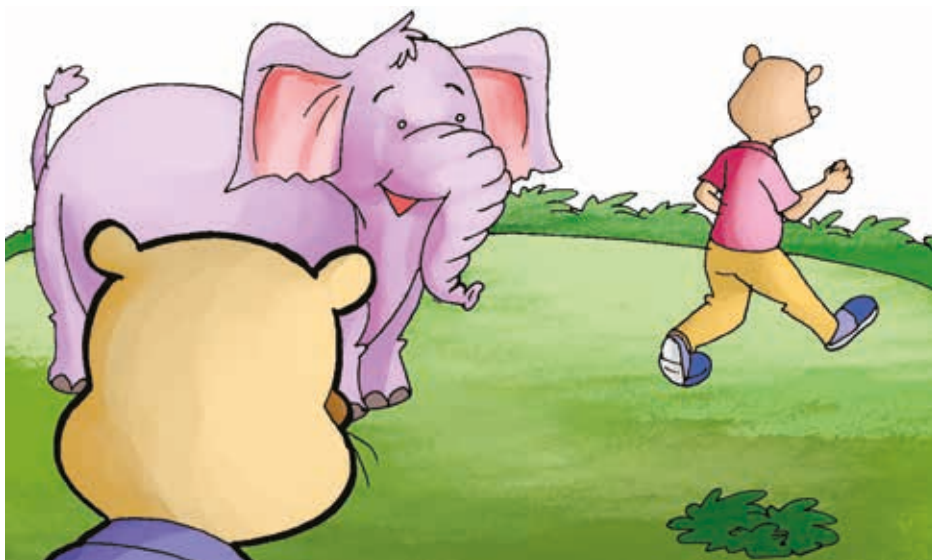
So the lioness looked after the baby jackal. He lived with her two cubs and the three babies all grew up together.

The three little animals were always together. They ran about and played together. Sometimes they had little adventures together. They would go into the forest and chase any wild animal, they saw.

One day a wild elephant came walking through the forest.

The two lion cubs saw the elephant and followed him. They wanted to kill the elephant. But their brother, the young jackal, was frightened.

"That is an elephant," cried the jackal, "don't





go near him. He will kill you!" And the young jackal ran away.

Seeing their brother running away, the two lion cubs lost courage and ran home.

The lion cubs told their mother and father about the elephant they had seen; and they told them how their brother had been frightened and ran away.

The young jackal heard this. He felt very much hurt. He was angry and began to shout at the young lions. He told them he was not a coward; he was as brave as they were.

"Come out and fight with me," he said. "I shall show you who I am."

The lioness took the young jackal aside. "You should not talk like that to your brothers," she said.

But this only made the jackal more angry. "What right have they to make fun of me?" he said.

"Am I less brave than they are? I will show them my strength. I will kill them both!"

But the lioness only smiled at the jackal.

"You are brave," she said, "and you are also handsome, and you have brains. But, you see, in your family no elephants are killed."

The jackal could not understand what she meant by this.

"What do you mean?" he asked.

"Listen to me, my boy," replied the lioness. "Your mother was a jackal. I took pity on you. I brought you up like one of my own children. My sons do not know that you are a jackal. But now you should run away and live with your own people. If you don't, my children will kill you and eat you up."

The young jackal then felt very much frightened. He quickly ran away to save his life.

**Moral : Mother's heart is compassionate.**

# The Wise Fisherman

A King was fond of eating fish in his dinner every day. A fisherman was ordered to bring fresh fish for the royal kitchen daily.

One day, choosing the best pieces, the fisherman went to the royal palace. Reaching the gate, he asked the sentry to let him in. But the sentry said, "I won't let you in unless you promise to give half the price of the fish to me."

The fisherman was in a fix. If he did not go in, the king would punish him. But if he shared the price with the sentry, he would get much, too less. So, he thought hard over the matter and hit upon a plan. Promising the sentry to give him half the price, he went inside.

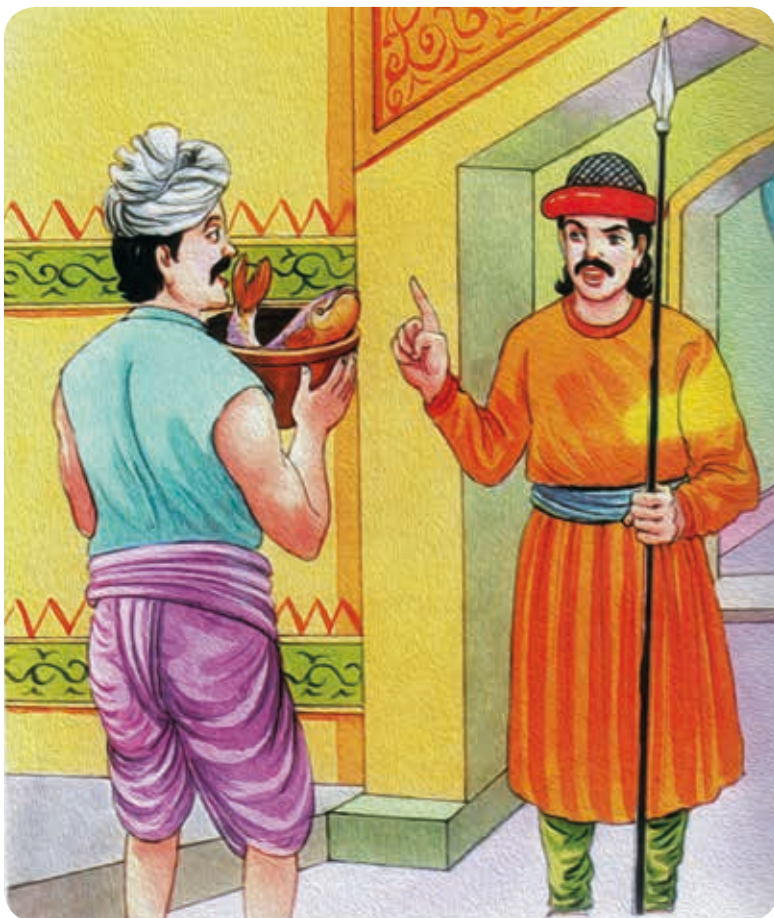
The fisherman reached the court and showed the fish to the king. The king approved them and the fisherman

handed them over to the royal cook. Now the king said to the fisherman, "What do you want as the price of the fish?"

"Fifty lashes on my back," was the fisherman's reply. The king was wonderstruck to hear the fisherman.

But the fisherman insisted on being lashed. So, the king ordered one of his soldiers to lash the fisherman.

Having got twenty-five lashes, the fisherman asked the soldier to stop. Then he requested the king, "Your Majesty ! I've a partner. The price should be







equally divided between the two. So, the remaining lashes must be given to him."

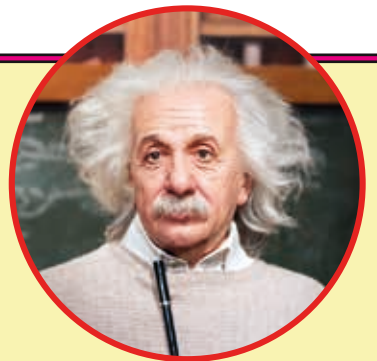
"Who is your partner ?" enquired the king. "Your sentry," was the fisherman's reply.

On asking, the fisherman narrated the entire story and the sentry was lashed and sent to jail as well.

**Moral : Wisdom can get justice.**

## ALBERT EINSTEIN

**Whose birth anniversary falls on March 14 won the noble prize for Physics in 1921. Some of his important quotes are as follows:**

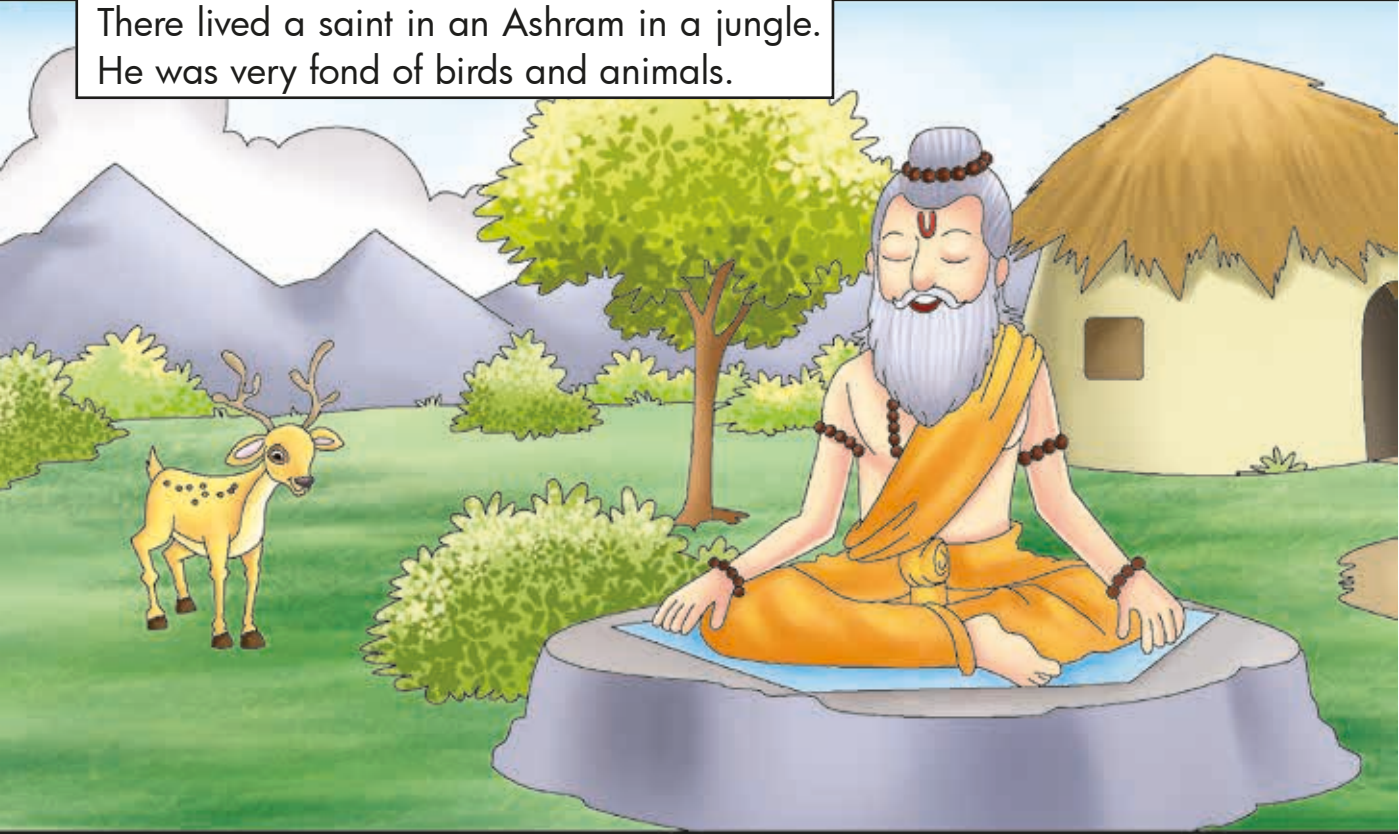


1. I believe in one thing that only a life lived for others is a life worth living.
2. I would teach peace rather than war, I would inculcate love rather than hate.
3. Try not to become a man of success but rather try to become a man of value.
4. I speak to everyone in the same way whether he is the garbage man or the president of the university.
5. All religions, arts and sciences are branches of the same tree.
6. life is like riding a bicycle. To keep your balance you must keep moving.

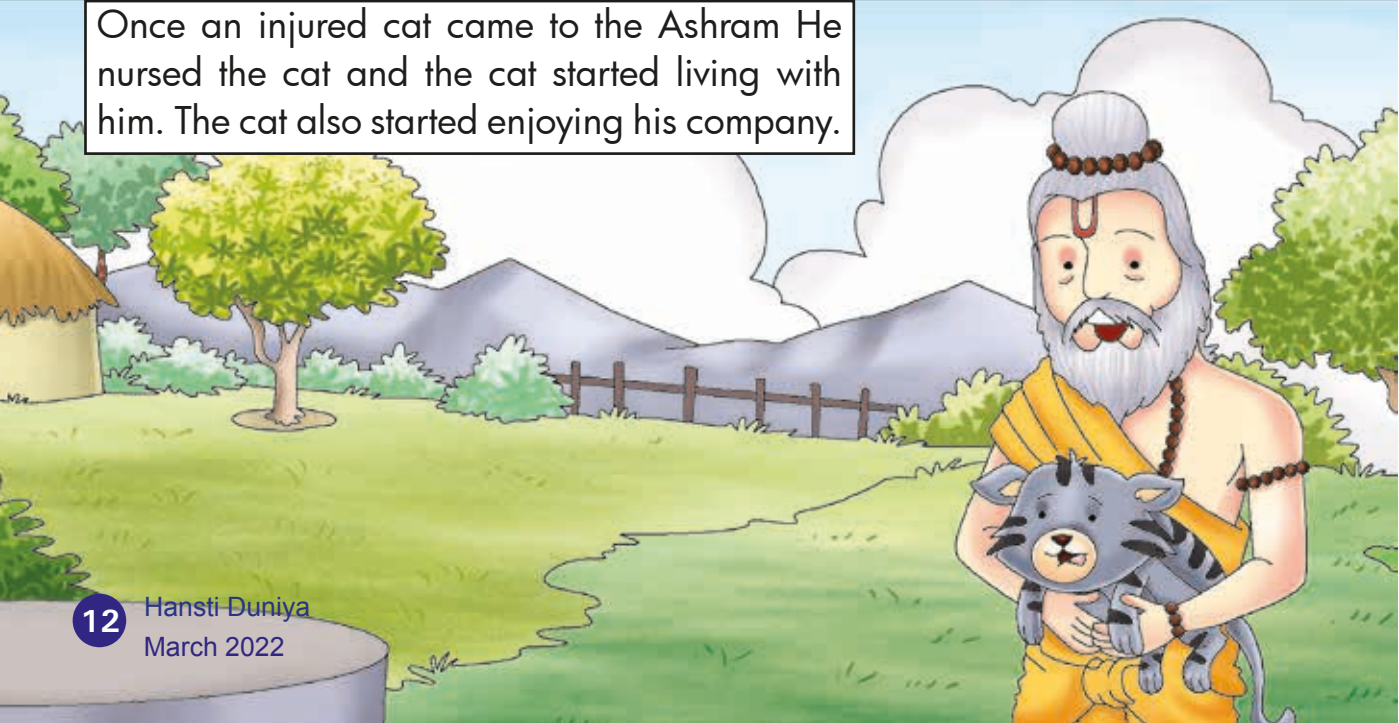
# Tit For Tat

Story & Illustration  
—Ajay Kalara

There lived a saint in an Ashram in a jungle.  
He was very fond of birds and animals.



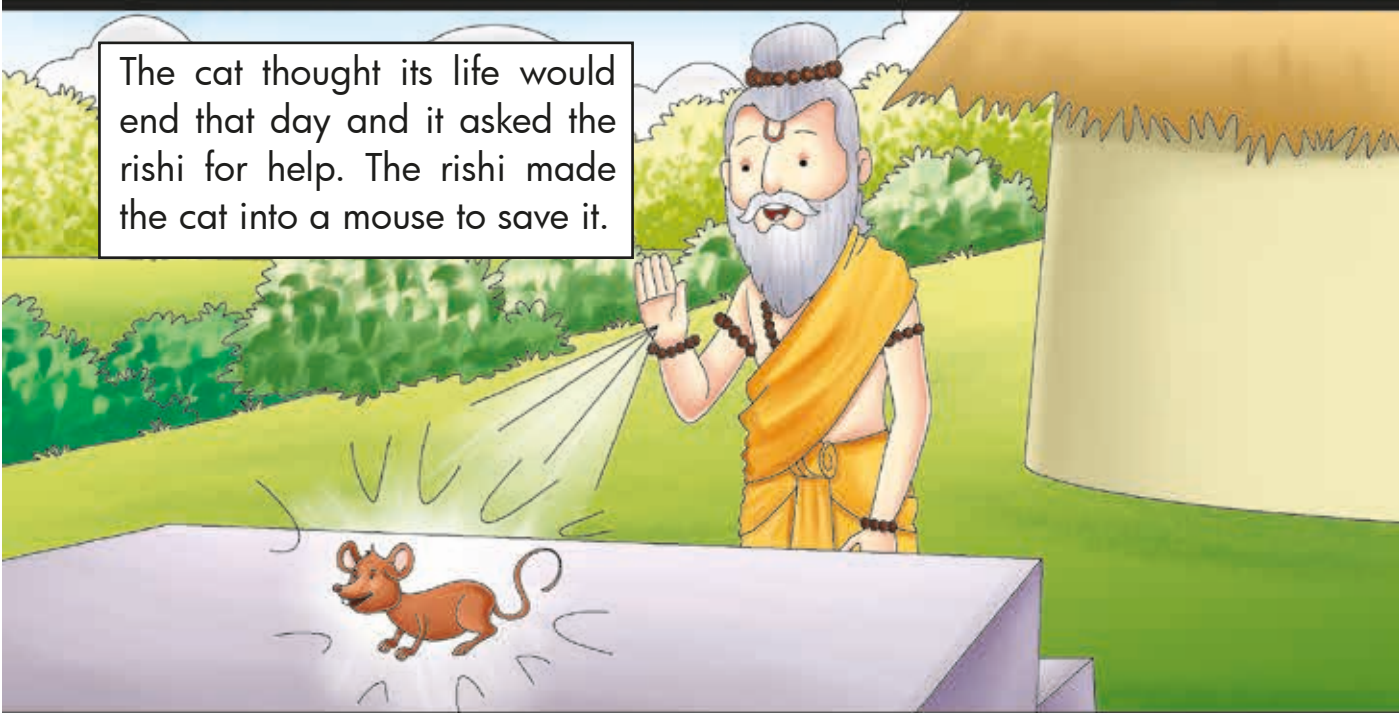
Once an injured cat came to the Ashram He  
nursed the cat and the cat started living with  
him. The cat also started enjoying his company.



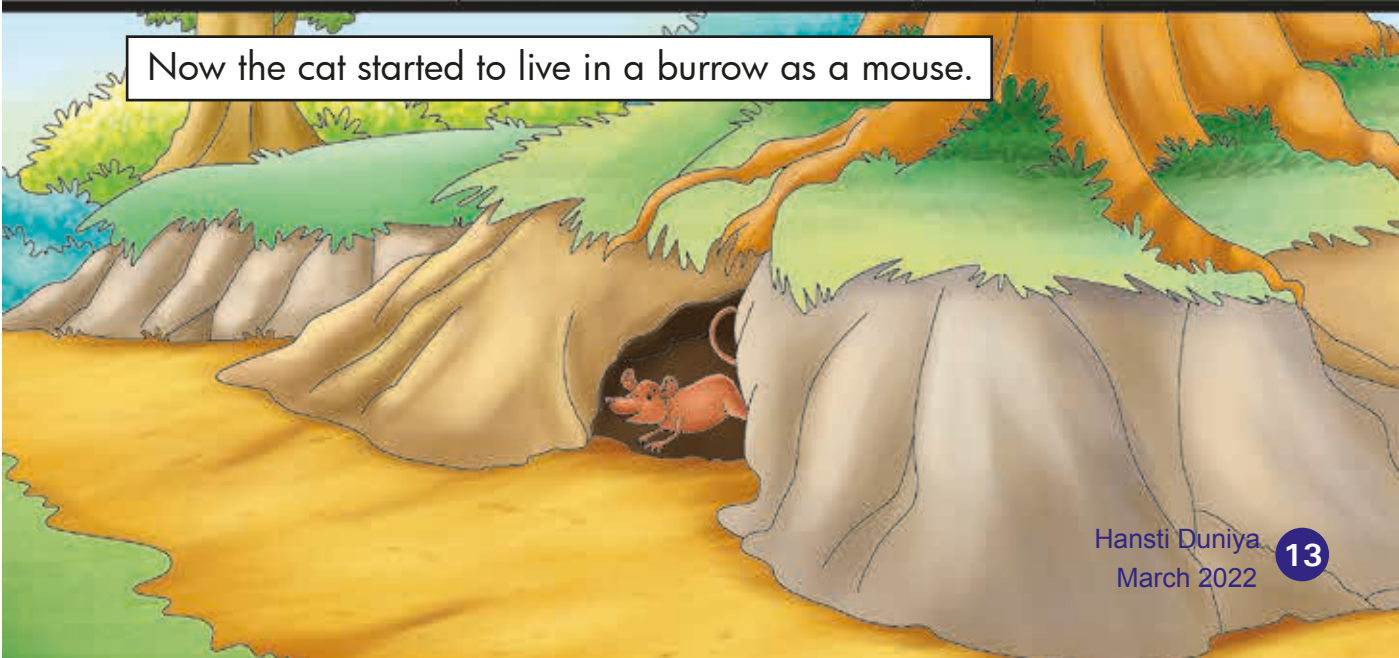




One day the cat saw a fox. Seeing the fox the cat got scared since it had been injured by the fox earlier.

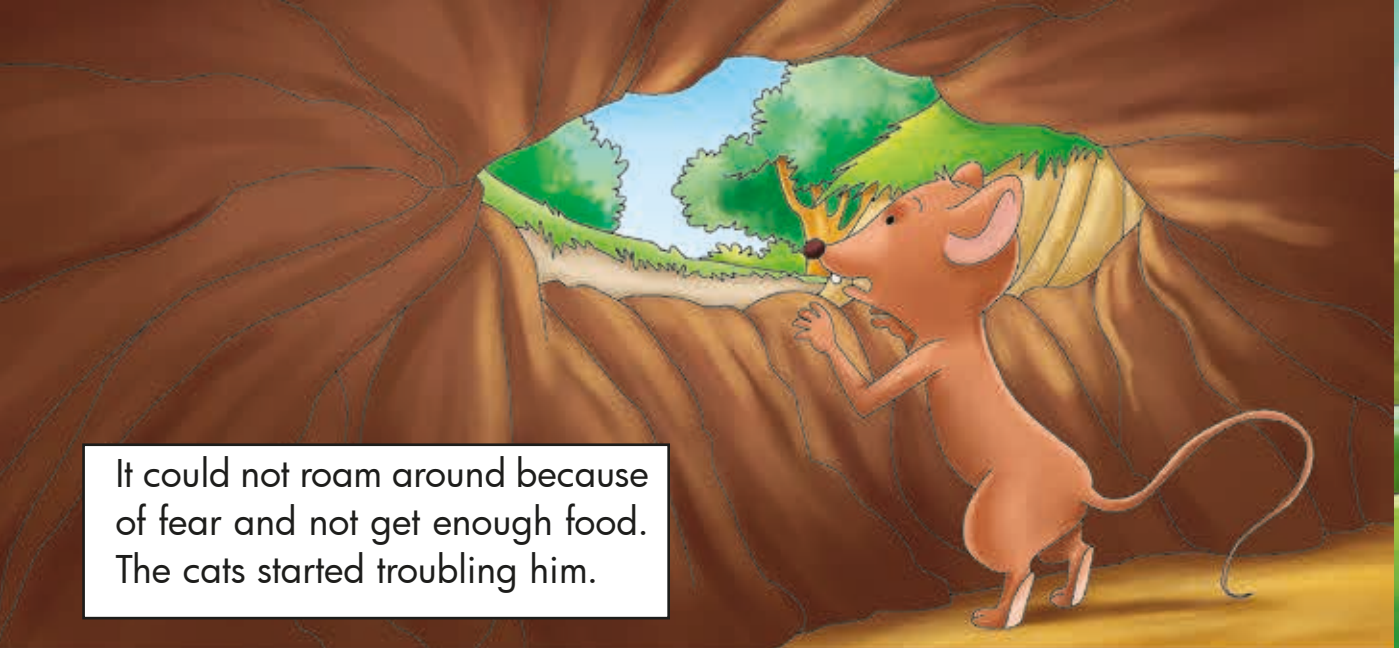


The cat thought its life would end that day and it asked the rishi for help. The rishi made the cat into a mouse to save it.

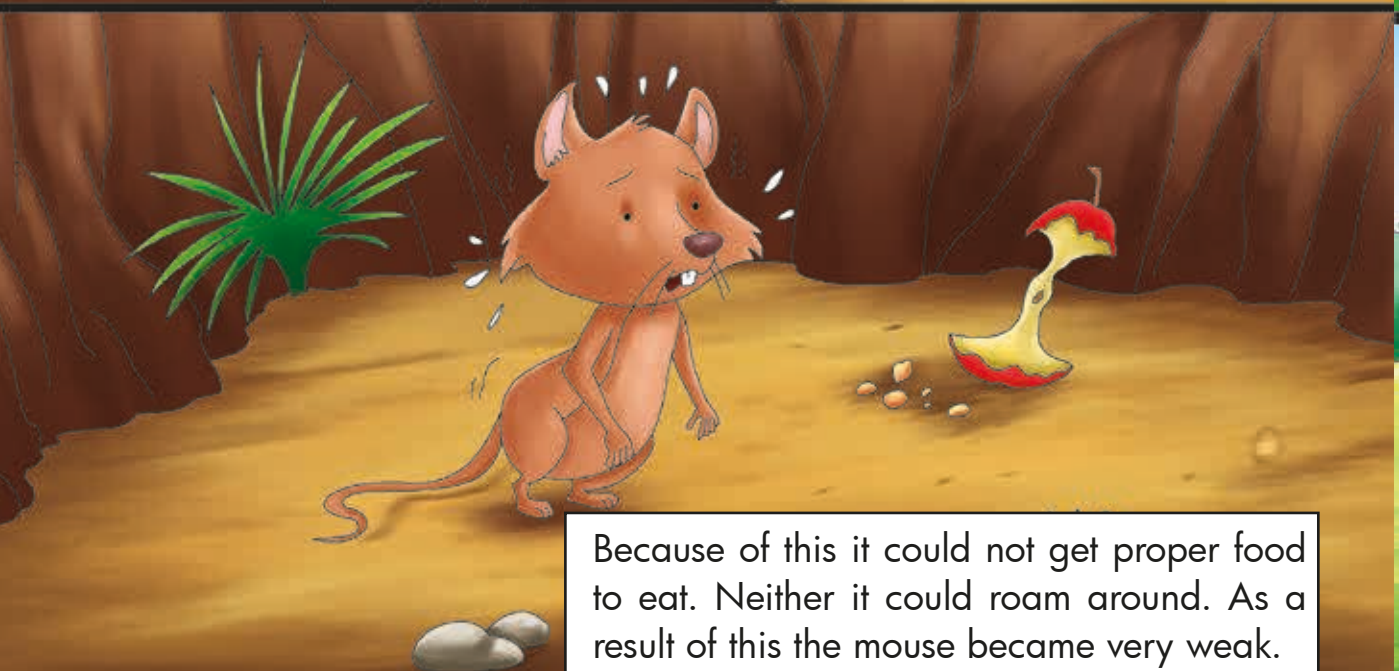


Now the cat started to live in a burrow as a mouse.

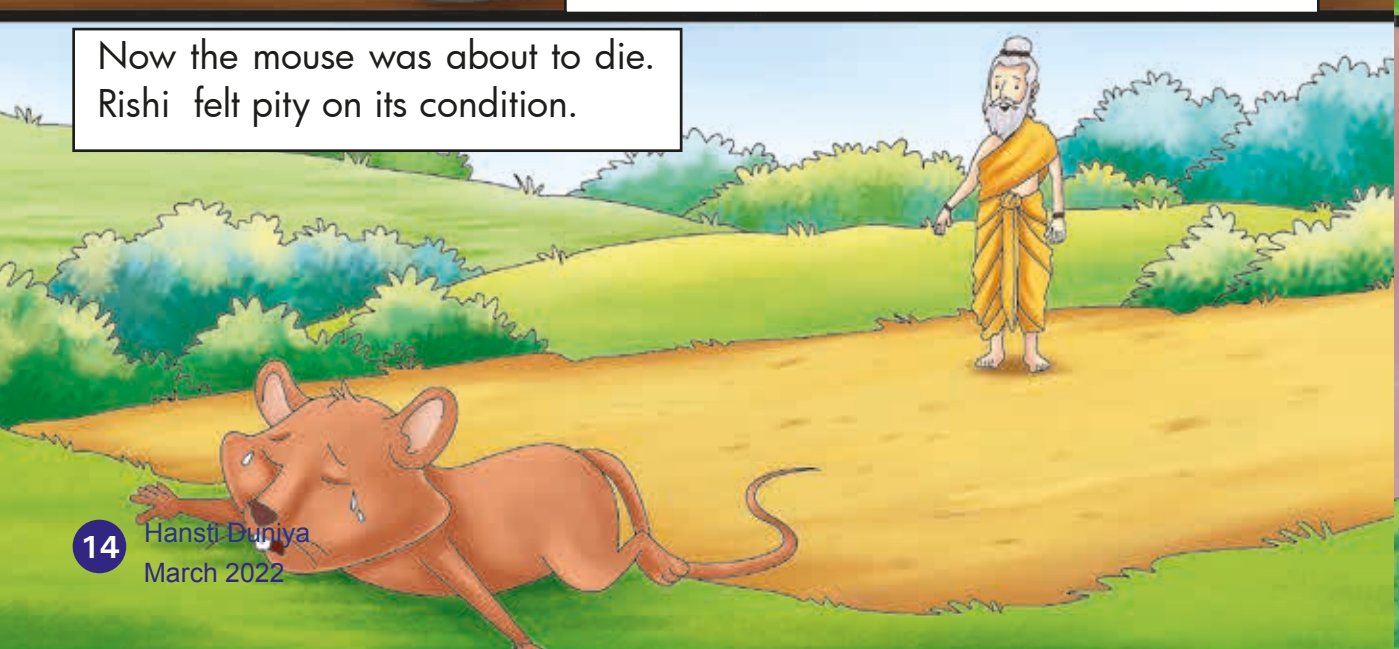


A cartoon illustration of a brown mouse standing on a ledge inside a dark brown cave. The mouse is looking out through an opening in the cave wall towards a bright, green landscape with trees and a blue sky. The mouse's expression is one of longing or fear.

It could not roam around because of fear and not get enough food. The cats started troubling him.

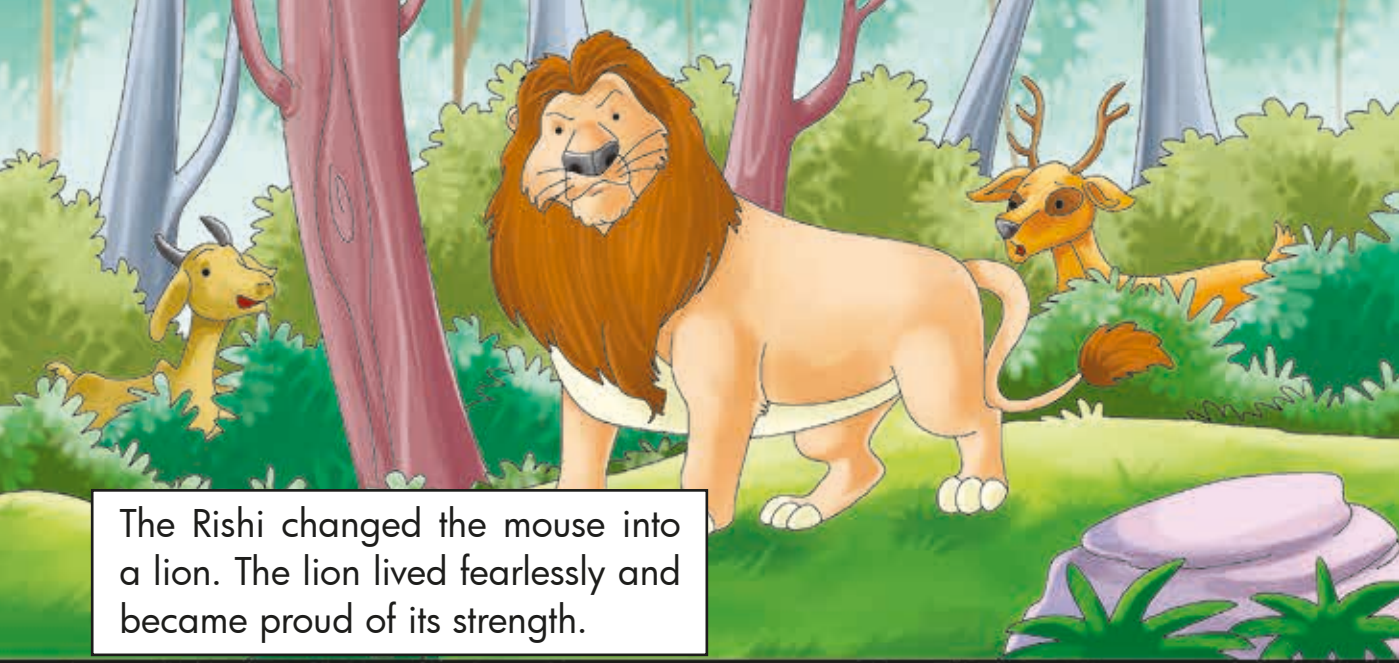
A cartoon illustration of a brown mouse standing on a sandy ground inside a cave. The mouse is looking at a piece of food, possibly a piece of fruit or a vegetable, which is lying on the ground. The mouse's expression is one of hunger or disappointment. There are some small rocks and a green plant in the background.

Because of this it could not get proper food to eat. Neither it could roam around. As a result of this the mouse became very weak.

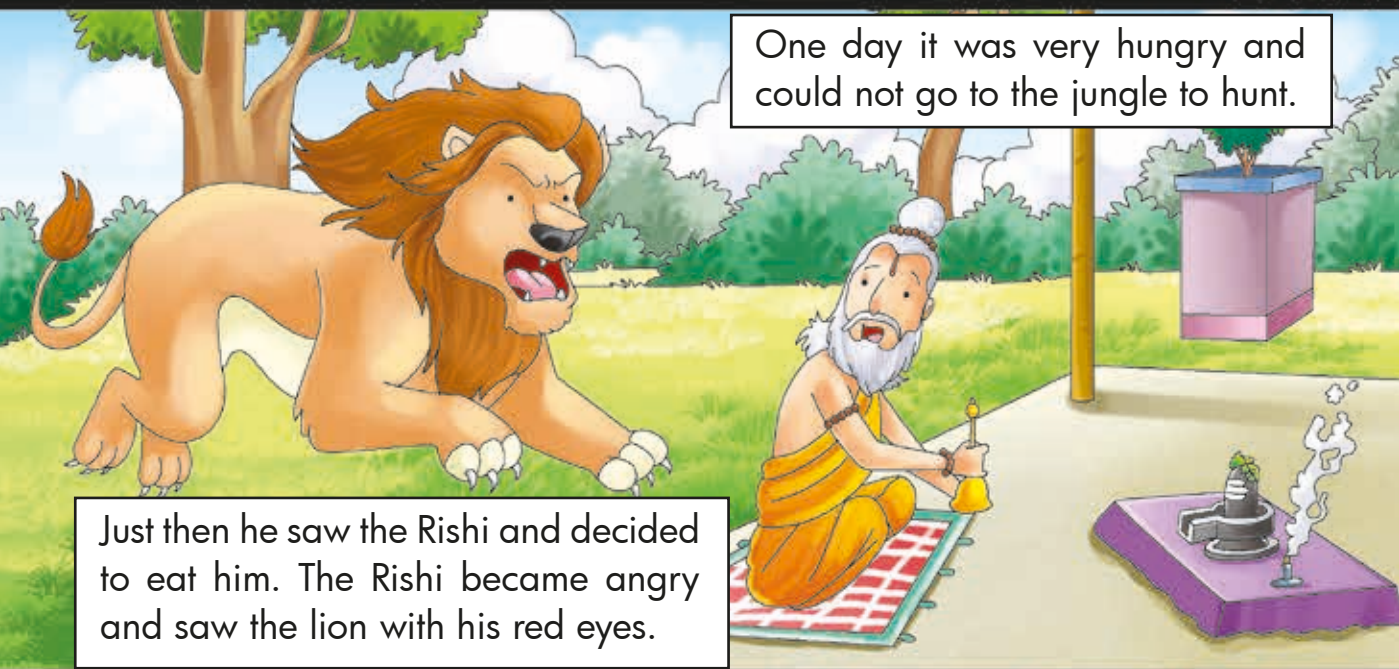
A cartoon illustration of a brown mouse lying on its side on a sandy ground. The mouse's eyes are closed, and it appears to be dead or unconscious. In the background, a man with a long white beard and a yellow shawl is standing on a path, looking towards the mouse. The scene is set in a green, hilly landscape with some bushes.

Now the mouse was about to die. Rishi felt pity on its condition.





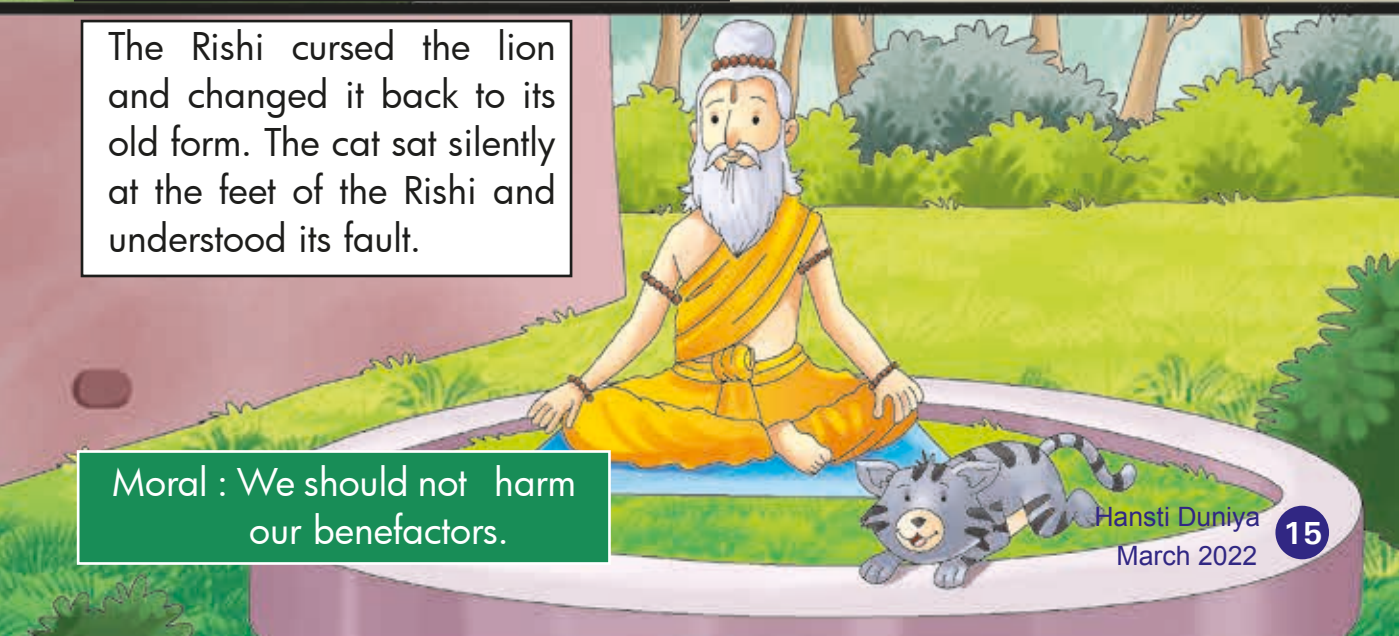
The Rishi changed the mouse into a lion. The lion lived fearlessly and became proud of its strength.



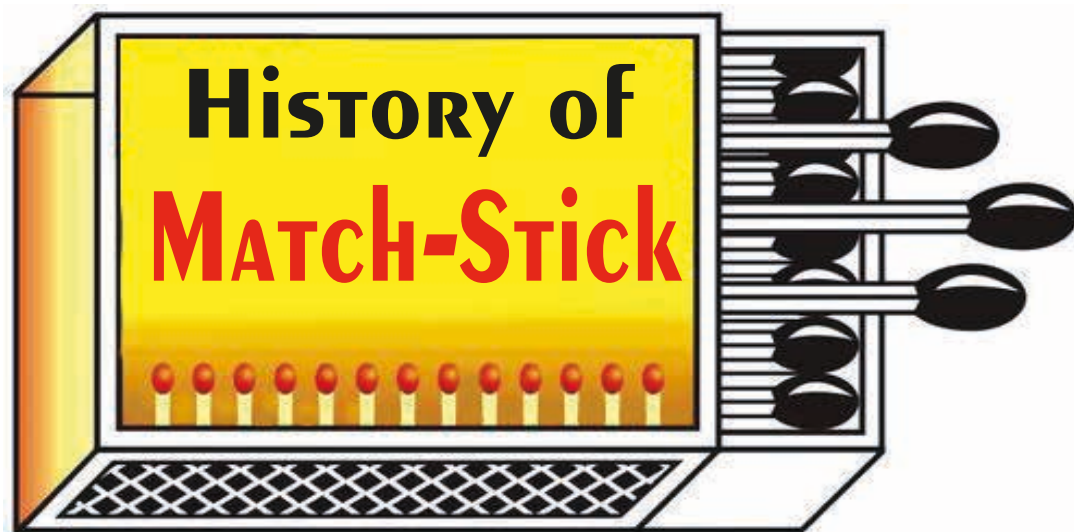
One day it was very hungry and could not go to the jungle to hunt.

Just then he saw the Rishi and decided to eat him. The Rishi became angry and saw the lion with his red eyes.

The Rishi cursed the lion and changed it back to its old form. The cat sat silently at the feet of the Rishi and understood its fault.



Moral : We should not harm our benefactors.



A matchbox is a product which is used in each and every home. The product which is so useful, how much do we know about it? Let us look at some interesting facts about it.

Matchbox is of two types-

- i) Explosive matchbox and
- ii) Safe matchbox.

Explosive matchstick is one which produces fire by rubbing it on any rough surface. Sulphur, wax, phosphorus trisulphide, antimony trisulphide, potassium chlorate, glass and sea sand is used to manufacture this type of matchstick. In this, a stick of 8 cm length and 0.3 cm diameter is used. These sticks immediately catch fire by a simple rubbing, so its use is not considered safe. The color of its one end is either red and white or blue and white.

While manufacturing the safe matchstick, instead of phosphorus trisulphide, red phosphorus is used. This stick doesn't catch fire by itself; rather

burns by rubbing it on a special type of chemical pasted on the matchbox. That's why these are considered to be safer ones.

As far as the question of manufacturing a matchstick for the first time is concerned, the credit goes to an English pharmacist John Walker. He had manufactured it in the year 1827. But the credit of manufacturing the very first safe matchstick goes to Gustaaf pasch who manufactured it in the year 1844.

In India the Indian matchstick was manufactured in Shivakasi at Tamil Nadu by Nadaan brothers by installing Kaleshwari match factory.

The matchstick is not only used to light the fire, rather messages are also conveyed through it. Vimco Company in 1980 had released a series of matchsticks on Ramayana which included various episodes on Ramayana. Advertisement was also publicized on matchsticks. ◆





A poor farmer lived in a village named Salhadipur. He did not have much property, just a little land and a few cows. He had three sons. Their names were Ramu, Prema and Narayan. All of them were very obedient and respectful to their father. When the farmer was at his death bed he called the three sons and said, "Dear! My end is near. Don't fight over the division of property after my death. I have only 17 cows and these must be divided according to my last wish.

Ramu has a big family. He needs much more money than you two. Therefore half the number of cows should be given to him. Prema is also married therefore one third of the number of cows must be given to him. And Narayan you don't have any family therefore you take one ninth of the number of cows." After saying this the farmer died.

Division of property became a strange problem for the three sons. They asked for advice from many people but could not reach at an amicable solution. Lastly they heard that the head of the village Mangilal was very wise. They went to him and apprised him of their problem. The head of village was initially puzzled but then said, "Please come tomorrow I'll find out a solution."

Next day when all of them reached the head of village Mangilal, he could solve their problem. He added one of his cows to 17 cows of the farmer. The number of cows now became 18. He gave half the number that is nine cows to Ramu. One third of cows, that is six cows were given to Prema and one-ninth that is two cows were given to Narayan. This is how 17 cows were divided  $9 + 6 + 2$ . Head of the village took away his own cow that was left behind.

**Moral :** The true sign of Intelligence is not knowledge but imagination. (Albert Einstein)

# Mickey the Squirrel and Vicky Rat

Mickey the squirrel lived in a hollow of a tree close to the city's grainmarket. Mickey had shifted to this place just a month before. Earlier she lived in a hollow of the banyan tree close to the river little away from the jungle. Mickey was not able to gather enough food over there therefore she decided to leave the banyan tree.



Under the banyan tree a rat Vicky lived in a burrow. Vicky was also new to the place having come here just four days before. Therefore he had not been able to socialize with other rats.

One day the squirrel while leaving for search of food fell down from the tree due to some imbalance. By chance the rat had come out of his burrow and was looking up. He immediately went to the squirrel and said, "Sister! Hope you didn't get hurt. Shall I escort you to the doctor."

Mickey liked Vicky's courtesy and said, "Thank you brother. I had a narrow escape. I could have been badly injured."

"Will you be my friend?" Vicky the rat proposed to Mickey the squirrel. Mickey agreed quickly. They became friends. Now Vicky the rat asked Mickey as to where was she going while coming down from the tree.

"I needed to bring some grains. There is a warehouse of Food Corporation India close by. It is full of grains the whole year. I bring grains from there and enjoy eating in my house", replied Mickey the squirrel.

"Wow! I shall also join you. I shall also enjoy enough food. The house where I lived earlier had a lady who was very miserly. There used to be

limited stocks of grains in in the house. I couldn't eat enough to satisfy my hunger", said Vicky. Mickey the Squirrel smiled and said, " We shall enjoy together."

During the noon time Mickey the squirrel and Vicky the rat quickly went towards the ware house. The place was full of trucks loaded with grains. The grains were being loaded and unloaded. Mickey and Vicky stealthily entered the warehouse. Nobody noticed them. Both of them took the required amount of grains and left. They came home, enjoyed the grains and slept off peacefully. Both had a sound sleep.

In the morning Vicky came out of his burrow. He was looking for Mickey the squirrel. He thought the squirrel might be sleeping. He was about to go back to the burrow when Mickey came out of the hollow and said, " Today I shall not fall down from the tree." Vicky smiled and Mickey came down slowly.

Both of them went towards the warehouse as before. Men were busy loading and unloading the grains. Both of them entered the warehouse to get the required amount of grains and went back home.

These were good days for them. This continued for a year. Both of them had



become fat by overeating. They had gained a lot of weight and couldn't move around easily.

Mickey the squirrel would continuously think in the hollow for a remedy. Vicky was also upset due to overweight. Both of them decided to see, bear the doctor.

Bear the Doctor had his clinic under a tree in the jungle. He looked at Mickey and Vicky and said, "Both of you seem upset because of your fat."

"True", both Mickey and Vicky said together.

"I shall tell you a remedy to reduce your weight." He now gathered all information about their eating habits.

"Stop stealing. Work hard"

Mickey and Vicky took some medicines from the doctor and left the clinic. They looked at each other ,quickly left the clinic and decided to work hard

**Moral: Hard work beats talent when talent doesn't work hard.**



Poem : Mahender Kumar Verma

# The Charming Colours of Holi

The charming and  
bright colours  
Holi has the  
right colours

Making fun, they jvilate  
Together all do celebrate  
None can escape,  
The colours of Holi

There is no room for debate  
spares none, the bright colours  
Holi has the right colours

Singing and making floic  
Dancing on the notes of music  
With syringes colours do shower

All bathe in colourful water  
Holi brings a jvilation  
Wonderful is its celebration

— Sukriti Bhatnagar

# Myna That Enjoyed Gossip

Sundarban was a beautiful place  
with widespread natural beauty.

Many birds lived on a tree over  
there. A peace loving family of pigeons  
also had their nest on the same tree.

A Myna also lived on the adjoining  
tree. She was very talkative and fond  
of gossiping. She would quickly finish  
her morning chores and sit outside  
the nest to enjoy gossiping with the  
passers-by.

Myna was proud of her beautiful  
feathers and sweet voice. She would  
speak abusively about others.

While talking to the parrot she  
would say , "Your feathers are so  
beautiful. Look at the crow, he is very  
ugly. His voice is so harsh and has a  
black body." Then they would have a  
hearty laugh.

When she would meet the crow she  
would say, "Brother crow, why should  
I hide parrot's behaviour from you. He



is very proud of his colour. But look at his ugly nose and the voice is so hoarse. Nobody will ever like to meet him again if he heard him speak."

The pigeon couple were conservative. They never enjoyed sitting with myna. She didn't spare them either.

Time passed by. The birds who had befriended the myna were clever. They knew that she was well off. They enjoyed eating goodies at her place while gossiping. Sometimes they even borrowed things from her. Therefore they always flattered her. She also acted proudly.

Myna acted in an authoritative manner therefore she became fat out of pride.

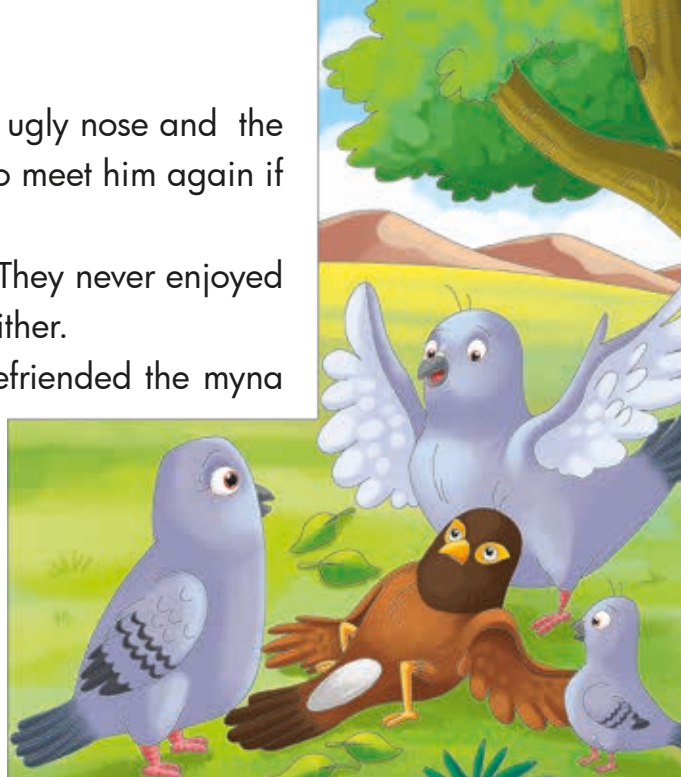
One fine morning she was enjoying with her friends.

A hunter happened to see her. He hit the beautiful myna with a shotgun. She was injured and fell down from the tree. All her friends flew away leaving her alone over there. No one stayed back to help her.

Suddenly the pigeons happened to see the injured, unconscious myna.

They felt sympathetic towards her. They made a heap of dry leaves with the help of their children and covered the myna. This is how she escaped the sight of hunter.

The Hunter looked for her for sometime but then left the place disappointedly.



When the myna regained her consciousness she found herself surrounded by the pigeons and their children. They were fanning her with their wings and giving water with the help of their beaks.

They escorted her to their nest. She stayed there till she became healthy again.

She got a new life with the help and support of the pigeon family. Her fair weather friends neither came to see her nor for any help.

Now the myna had understood that a friend in need is a friend indeed. In the company of pigeons she forsake gossiping and also got rid of her false Pride.

**Moral: A friend in need is a friend indeed.**





Carbohydrates provide energy to the body. Rice, sago, wheat, refined wheat flour, semolina, jaggery and sugar have large amounts of carbohydrates. In addition potatoes, sweet potatoes, yam and water chestnut are rich sources of carbohydrates.

Vitamins are a must for the body. They increase the resistance and protect it from disease.

There are various types of vitamins like A, B, C, D, E, F. Vitamin B (complex) itself is made up of eight vitamins. Green leafy vegetables should be consumed for getting vitamins. In addition, lemon, Java plum (Jamun), papaya, guava etc should also be consumed. Milk should be taken daily.

Fats are also necessary for the body. Excess of fats are not good. They can be obtained from edible oils, ghee and butter.

Minerals are also needed in small amounts. Calcium, phosphorus, potassium, magnesium, zinc and iron etc are the main minerals. For minerals vegetables and fruits should be consumed. Dry fruits are also a good source of minerals.

If all these components are present in your diet, you can live a long, healthy and disease free life.



# ESSENTIAL COMPONENTS of Food

Food is our basic need. We cannot survive for many days without it. Our body gets nourishment only if our diet is nutritious and balanced. Food consists of some basic components like carbohydrates, proteins, vitamins, minerals and fats.

The main component of food is protein. It is required for the growth and development of body. Milk and Milk products like curd and cheese are a good source of proteins. chickpeas, peanuts, soyabean, pulses, grams, sesame and coconut contain proteins in large amount.





—Dr. Desh Bandhu Shahjahanpuri

## This Holi

**H**arish was very happy because he was going to celebrate this Holi with Raju Uncle. Raju Uncle lived in a city. Harish always celebrated Holi in the village. He was very much excited because this year he would be able to see the celebration of Holi in a city.

Harish loved the festival of Holi. He would start preparing for the Holi festival 15 days in advance with his friends and would start collecting the dry leaves, twigs and branches. A huge 'Holika Mound' would be prepared with cow dung cakes. After burning the 'Holika Mound' the people of village embraced each other and applied Gulal (brightly coloured powder) on each other. They would make groups to sing songs, dance

and enjoy.

He had heard that people in the city made a very big 'Holika' (the cow dung mound). He secretly wished to witness the Holi celebrations in the city. He was very happy and excited when his Raju uncle had proposed that they would celebrate Holi in the city next year. His parents had also agreed to his uncle's proposal.

Two days before Holi, early in the morning he along with his father sat in the bus and left for the city. He was sitting on the window side and enjoying the view. Suddenly he saw some people cutting the trees along side the road. Big trees along the road were being cut. He was taken aback. He asked his father as

to why were those people openly cutting the trees and nobody was objecting to it.

Harish's father told him that the trees were being cut so that the roads could be widened to facilitate transport. Harish was not convinced by father's explanation. He was very sad to see the cutting of trees. He had read that cutting of trees adversely affects the environment. Cutting of trees and jungles brings natural calamities like floods and droughts. Temperature on Earth is rising because of cutting of trees. Everybody is well aware of this, then why are the trees being cut.

Harish was unhappy with the happenings around. He knew that cutting of trees was not the right thing. He was totally confused. He again asked his father if people didn't know about the consequences of cutting trees .

"Of course! It is a well-known fact now", father said.

Harish was sad. They had reached the city. Raju Uncle had come to receive them at the bus stand. They sat together in an auto rickshaw and left for uncle's residence. He had enjoyed the auto rickshaw ride for the first time. He was astonished to see the crowds in the city. There was noise all around.

Within minutes they reached Raju Uncle's house. After lunch they all went around the city. He was happy to see the colours and water guns on the shops. When they reached a roundabout, he saw stacks of logs of wood lying over there. Uncle told him that those were there for 'Holika Dahan'. Harish asked uncle, "There are no cow dung cakes here, how would they carry out 'Holika Dahan'?"

"Cow dung cakes are not available here. But for carrying out the tradition small rings of cow dung are prepared and garlands of these are made with the help of a rope. These are then mounted on the Holika Mound",said uncle.

"'Holika Dahan' must be happening at a large number of places in the city. For that so many trees are needed to be cut", Harish asked sadly.

"Yes true ,wood from hundreds of trees is burnt off on this day but this has been happening for years now. This is a tradition",said uncle.

Harish now recalled the trees being cut for widening of the roads. "Cutting of trees for widening the roads is not a tradition. But thousands of trees are cut. If cutting of trees is an urgency then there should be tree plantation also. Widening of roads is not a one day project. It takes years to complete. Trees must be planted



in lieu of the ones that are being cut. By the time the road gets completed trees will also grow up. In the city number of trees that are cut are not the same as are being planted during Holi festival. This way the entire Earth will be devoid of trees. How shall life be sustained without trees. There shall be destruction because of floods and droughts", Harish spoke in a single breath.

Uncle was listening to Harish attentively. What he was saying was logical and carried weight. He had no answer to his questions. After sometime Harish said, "I am thinking of a solution to this problem. If you assist me the festival of Holi can become a memorable one. We can add a tradition that will save the Earth from getting deprived of trees."

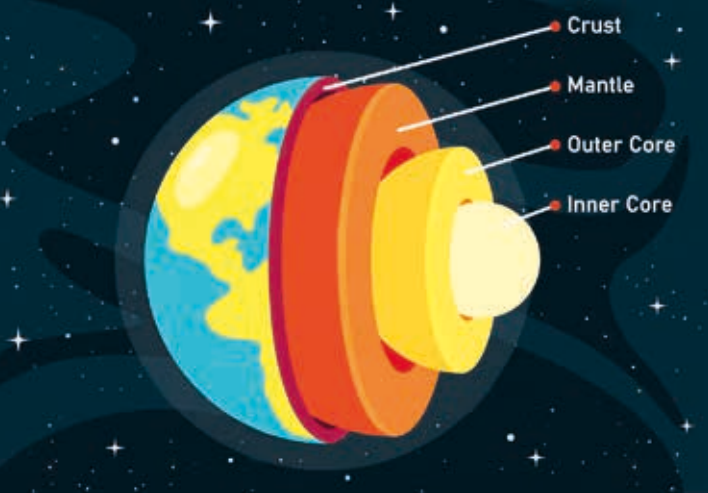
"What is the solution?", asked uncle.

"This time when we burn 'Holika' we shall also plant a tree. The number of trees should be at least equal to the number of 'Holikas' burnt in the city", Harish apprised uncle of his solution.

Uncle smiled and said, "This is a wonderful suggestion. We must do this. But it's not easy to execute. Anyway, we shall take the initiative, start the tradition and shall plant a tree this Holi. Every year we shall do the same while celebrating Holi."

Harish felt good when he listened to his uncle. He was happy because when people will accept this tradition wholeheartedly, we shall be able to replenish the number of trees being cut. Mother Earth will also keenly wait for the festival of Holi because on this day people will adorn it with trees.





# Do You Know?

## Q. Is the Earth solid?

A. The crust is solid, but the rocks of the mantle are so hot that they are partly molten, rather like hot toffee. The outer core is hotter still (between 2,200 degrees Celsius and 5,000 degrees Celsius) and is completely molten and liquid. At the very centre is a ball of hot rock, squashed so tightly that it is solid. The core is far too hot and solid to drill through.

## Q. What are rocks made up of?

A. The Earth's crust is made up of rock. Rocks are solid clusters of minerals (chemical substances composed of crystals). The minerals quartz, feldspar and mica are found in granite rocks, for example.

## Q. What is the biosphere?

A. The biosphere is the Earth's 'skin' of soil, water and air. Within it live all the planet's plants and animals. No other planet in the Solar System has such a biosphere.

## Q. Why does the Earth orbit the Sun?

A. Like other planets, the Earth is held in a path, or orbit, around the Sun. The Sun's gravity is the force which holds the Earth in place. The Earth travels 958 million kilometres around the Sun in 365 days 6 hours and 9 minutes. This is called a year.

## Q. How much land is there!

A. Less than one-third of the Earth is covered by land. The land is older than the oceans. The rocks of the largest landmasses - the continents are up to 3.8 billion years old. The oldest rocks in the ocean are less than 200 million years old. The Earth's surface is about 71 percent water. Water includes the oceans, ice and water vapour in the atmosphere.

# Banana



**B**anana is full of nutritious elements. It is a most popular fruit all over the world. There are about 35 species of banana in the world, out of which 14 are found in India. The banana is being produced in India since ancient times. Many varieties of banana are found in India. Neutran in Kerala, Puwan in Tamilnadu, Basrai in Gujarat.

The plant in trees yield fruits the whole year, but the bumper produce is found in some special months (August to December).

In our country, banana leaves are used for decoration at many festivals and occasions, such as in performing Pooja,

etc. Banana is also used in the treatment of many diseases.

- 1 (Itches/Ringworms). On applying the paste of lime and banana fruits (well mixed), gives immediate relief.
- 2 For mouth ulcers- Eat banana with cow's curd in the morning. The ulcers will disappear in a few days.
- 3 Fire burns - Applying the paste of banana (well grinded) gives relief from fireburns.
- 4 For Naksir (Oozing of blood from Nose)-Eat 2 bananas with sugar mixed milk for some days. It will help cure the disease.

# ***Biting Nails Can Cause Stomach, Teeth Problems***

**D**o you bite your nails very often? You are then suffering from a habit disorder, putting you at a greater risk of digestive and enteric diseases like intestinal worm infections.

Biting nails results in the transportation of germs and bacteria that are buried under the surface of the nails into the mouth. Once the bacteria enter the stomach, they multiply there, causing various gastro-intestinal diseases.

Habitual nail biting is also detrimental for the front teeth, resulting in caries, common oral disease.

A compulsive nail biter also bites off the surrounding skin and cuticle, beaking the skin and transferring microbial and viral infections from the mouth onto the fingers.

Long-tem nail-biting can also interfere with normal nail growth and cause deformed nails.

According to experts, people of all ages bite their nails. About 50% of children between the ages of 10 and 18 bite their nails at one time or another, Nail-biting occurs most often when teens go through puberty changes and is a common stress-relieving habit. About 23% of young adults, aged 18 to 22, bite their nails. Most of them stop on their own by the age 30.

S.K. Thakur, gastro-enterologist from Sitaram Bhartia Hospital, says "One in four Indians is a victim of intestinal worm infection caused by nail biting.

The nail is a cartilage. Eating it does not pose a serious threat as it is not a foreign body. "However, the problem is with the bacteria that live on the nail bed. Most of these in children are dirt and faecal matter, the bacteria goes back into the body and multiplies resulting in worms.



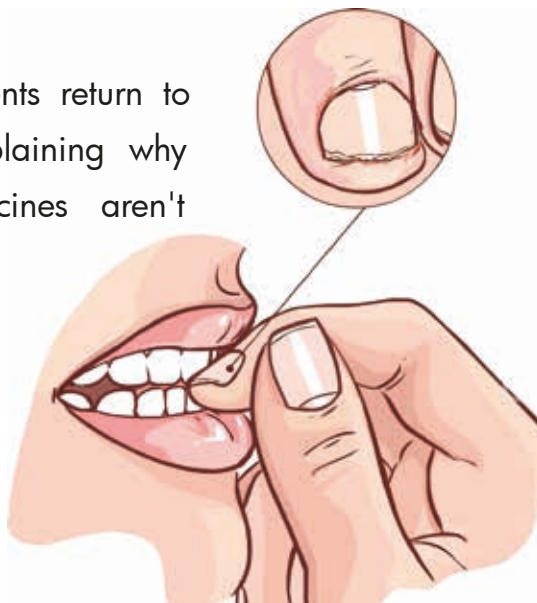
That's why parents return to us regularly complaining why de-worming medicines aren't proving effective.

It's actually because constant nail biting is resulting in fresh infections," Thakur added.

Clinical child psychologist Manju Mehta from AIIMS said, "Nail biting is a very common habit and is a manifestation of depression, isolation, stress and anxiety.

Most people bite nails while reading, watching television or talking on the phone, without realising it.

Behavioural therapy and self-control rather than steps like putting neempaste, bandages and pepper on nails as a deterrence is a better cure. "Children bite their nails when they are having problems at school or with friends. Because it does not bother others, it is not considered a mental disorder but a habit disorder. We suggest self-management strategies like reward and punishment



and keeping hands busy while studying, playing or watching TV.

Even schools have started appointing counsellors to address this problem. We tell parents to teach children ways to cope with the habit rather than punishing them by putting chilli powder on their nails," Mehta said.

- Ranjeet  
**Happy Holi**

*Holi has come  
Holi has come  
Holi brings happiness  
Holi is festival  
of colours  
Holi brings with  
loved ones  
To eradicate evils  
Light the lamps  
of goodness  
Enjoy this festival  
With colours and gulal*



PASTE  
YOUR  
PHOTO

Name : .....

Father's Name : .....

Address : .....

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.....

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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

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Ankur and Anish .....

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This story by Prerna Nishad D/o Sh. Yogesh Nishad  
Vrindavan Colony, Teli Bag, Lucknow (U.P.)  
has been adjudged the best. Congratulations.



## Homemade Food Versus Fast Food



Ankur lived in Kanpur with his parents. His parents got him admitted in one of the popular schools of the city. In the school canteen, burger, pizza and cold drinks were sold. Ankur was fascinated by all the fast foods. He would give his tiffin to his friends and himself eat fast food from the canteen. He got so used to the fast food that his pocket money was not enough for him. So Ankur started stealing money from his father's pocket.

After a few months Ankur developed a stomach ache. His parents took him to the hospital. Doctor carried out all the tests and found out that his liver had a problem and that was because of excess of fast food.

His mother said, "Doctor! I always give him homemade food. After saying this the mother started crying. On seeing mother's condition Ankur could not control himself and asked his mother for forgiveness. "Now onwards I will always eat homemade food. I used to take lunch from home but would give it to my friends. Now I shall not do this", said Ankur. But the doctor said, "Anyway you will have to be admitted to the hospital. Only then shall you get well." Ankur could not write his final exams because he was admitted in the hospital. Because of one wrong habit Ankur lost money, exam and health.





# Kitty

Story & Illustration, Vikas Kumar

My father has brought new clothes for me, today I will wear new clothes.



Chintu if you wear new clothes, how can I stay behind. My mom has also brought new clothes for me, so I will also wear them.

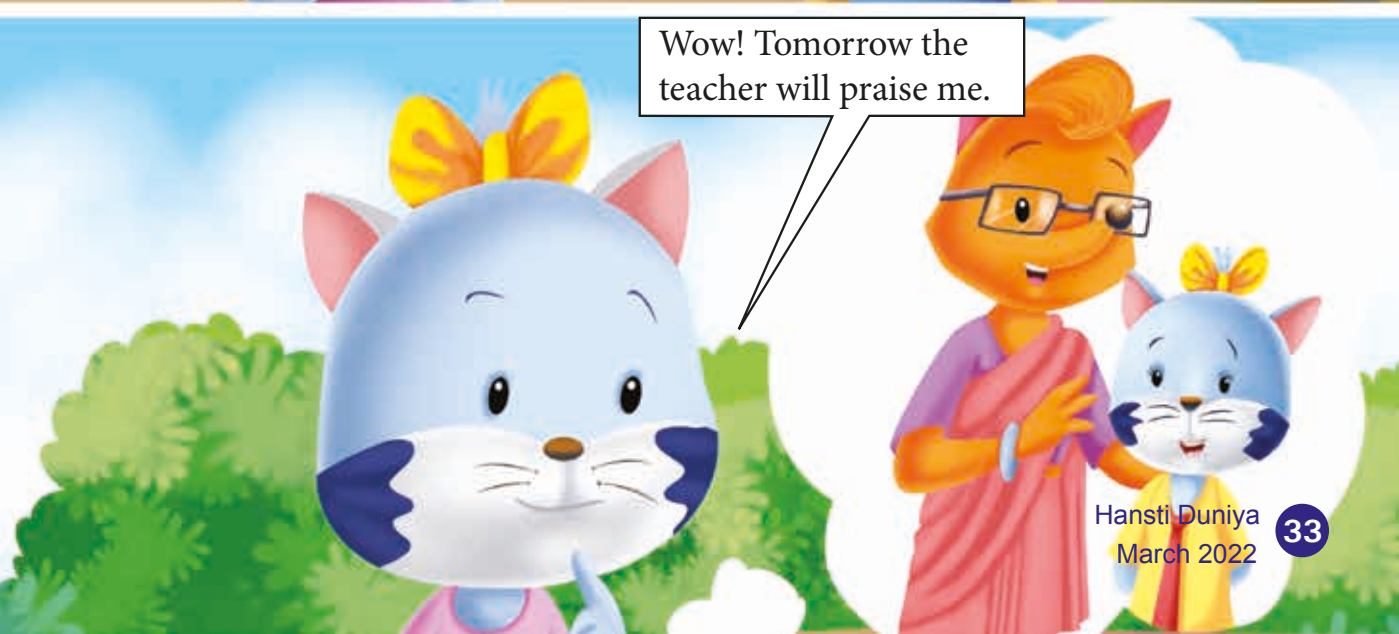




Today, I will do my homework first, then I will have food.



Yes-yes, I will also do my homework, then eat food.



Wow! Tomorrow the teacher will praise me.





Oh, so Kitty is opying me, now I will read and complete the book of stories.



Oh, its really simple, I will also read the full book of stories.



Today I will complete my homework early and clean the room.





Yes I can also clean my whole house today.



Now my full room is clean, I will rest now.



I am tired of copying Chintu, his house is so small, but my house is bigger.

Oh my hands and feet are aching. I did a big mistake by copying Chintu. Now I understand that one must use wisdom.

# YOU ARE A MASTERPIECE

In Florence, there is a special museum that was built to house the statue of David created by Michaelangelo several hundred years ago. This is perhaps the most beautiful piece of sculpture in the world.

The story of the creation of the David is very interesting. Michelangelo was commissioned by the Medicis to create a statue for the main square in Florence. The Medicis were the wealthiest and most powerful family of Italy at the time. A commission for a statue from the Medicis was not only a great honor; it was also a task that could not be refused.

For two years, Michelangelo searched for a block of stone out of which he could create the kind of masterpiece the Medicis were looking for. Finally, on a side street of Florence, partially overgrown with weeds and covered with dirt, he found a huge slab of marble lying on wooden trestles. It had been

hauled down from the mountains years before and had never been used.

Michelangelo had walked past this street many times but this time he stopped and looked more closely. As he walked back and forth studying the block of marble, he actually envisioned the statue of David and saw it in its entirety. The sculptor quickly arranged to have workmen haul the block of marble to his studio some distance away.

He then began the long, hard job of hammering and chiseling. It took him two solid years of work to create the rough outline of the statue, he then put his hammers and chisels aside and spent two more years polishing and sanding before the statue was complete. Michelangelo was already famous as a sculptor and the news that he was working on a major commission for the Medicis spread all over Italy.

When the day came for its first public viewing, thousands of people came from all over Italy and gathered in the main square. When it was unveiled, the crowd stood gasping in awe. It was breathtakingly beautiful. People cheered. Women fainted. The audience



was amazed at the incredible beauty of the enormous statue. Michelangelo was immediately recognized as the greatest sculptor of his age.

Afterward, when Michelangelo was asked how he was able to create such a masterpiece, he replied by saying that he saw the David complete and perfect in the marble. All he did was to remove everything that was not the David.

You are very much like a great masterpiece enclosed in marble as well. But the marble that envelops you is the marble of materialistic possessions, hatred, envy, greed and small-limited thinking rather than an excited

anticipation of faith and prayer. To realize God, your greatest need is to break out of your envy and hatred by removing all negative beliefs and materialistic chains that hold you back from fully surrendering yourself to this Almighty.

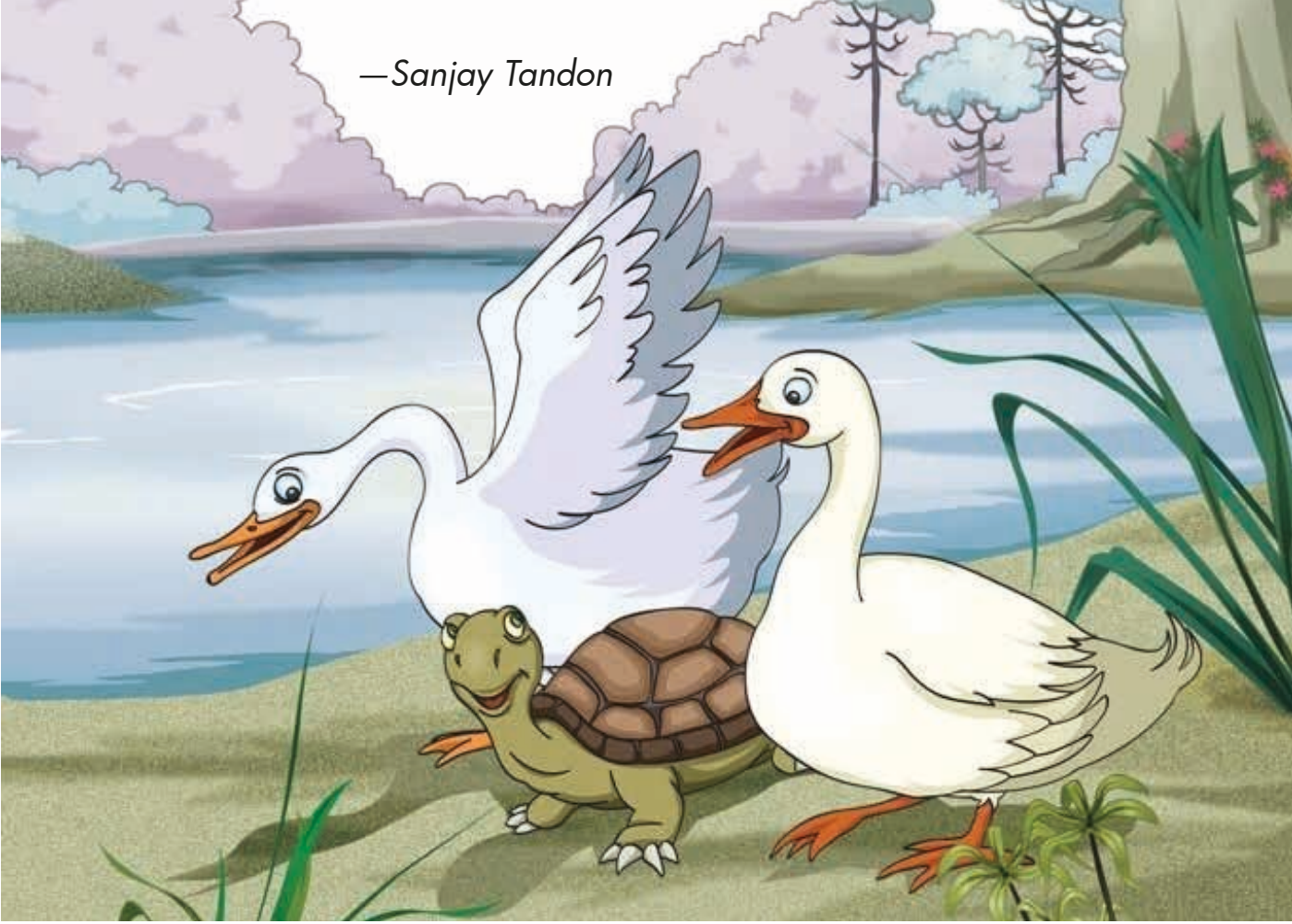
But remember, even after the David had been released from the marble, it took Michelangelo two solid years of sanding and polishing to turn it into a masterpiece. In the same way, we also have to keep working on ourselves, sanding and polishing.

**Moral :** —Success is a marathon not a sprint.



# Thoughts

- ❖ The reward of one duty done is the power to fulfill another.  
—George Eliot
- ❖ Waste of time is the most extravagant and costly of all expenses.  
—Theophrastus
- ❖ Flatterers are the worst kind of enemies.  
—Tacitus
- ❖ Let thy vices die before thee.
- ❖ Caste is no bar. The one who worships God is a devotee of God.
- ❖ Open the closed fist if you want to shake hand with others.
- ❖ There is only one way to merge with God, that is, to know and realise Him through the True Master.  
—Nirankari Baba
- ❖ Only the brave know how to forgive; it is the most refined and generous pitch of virtue human nature can arrive at.  
—Sterne
- ❖ Those who work for appreciation and fame end up quarrelling and fighting with each other.  
—D.S. Shauq
- ❖ Hope is life and life is hope.  
—Adele Shreve
- ❖ Right intention is to the actions of a man what the soul is to the body, or the root to the tree. —Jeremy Taylo
- ❖ If you cannot do great things, do small things in great way.  
—Napolean Hill
- ❖ The fire proves gold, adversity brave men.  
— Seneca
- ❖ Fearing the rains, do not run to the river. —Babu Mahadev Singh
- ❖ Avoid evil and it will avoid thee.  
Scottish Proverb
- ❖ Be spiritual, not religious.  
— Nirmal Joshi
- ❖ Humble thyself in all things.  
— Thomas Kempis
- ❖ We live more by example than by reason. — Latin Proverb
- ❖ Self-trust is the first secret of success. — Emerson
- ❖ Be wiser than other people if you can, but do not tell them so.  
— Earl of Chesterfield



# TRUE FRIENDSHIP

**T**here was a lake in a forest. As the lake was drying up, the fish of the lake began to move farther away from the banks. Two cranes also lived on the banks of this lake. Now they could not catch enough fish for their food. So the two birds decided to fly away to another lake which was full of fish.

Their friend, the turtle, asked the cranes to take him along with them. But how could he go with them? He had no wings to fly.

But the turtle had a plan. He asked the cranes to bring a long stick. The cranes did as they were told. The turtle then told them to hold each end of the stick in their beaks. The turtle slowly walked to the middle of the stick and held on to it with his mouth. The cranes understood the idea.

They spread their wings and flew for a short distance with the turtle hanging on to the stick. The plan worked. They were all happy as three friends would be able to live together near the new lake.

Before taking off, one of the cranes warned the turtle that he was not to open his mouth during the flight. If he did so, he would fall down and die. The turtle promised to obey.

The next day they were ready to take off. As they flew into the air, the turtle also flew along and felt very happy.

They flew over many fields, hills and rivers that the turtle had never seen before as he was always crawling on the ground. He liked what he saw.

As they were passing over a village, the people looked up at the strange sight. What they saw made them laugh and wonder. The turtle was angry to see people laughing at him. He wanted to tell them who he was, of his clever plan and what he was doing up there. But remembering the promise he had earlier made to his

friends, the cranes, he kept his mouth shut. Beyond the village was a beautiful lake. It was surrounded by high hills, beautiful flowers and shady trees. And it was full of tasty fish. The two cranes landed safely on the banks of the new lake. The turtle let go off the stick and started crawling on the ground once again.

In the evening the people of the village came to the lake. They saw the two cranes and their friends, the turtle who was hanging on to the stick between the two cranes that morning. The children of the village soon became friends with the cranes and the turtle. The turtle entertained them with his small, funny face and his tricks. He brought laughter and joy to their lives. He also taught them what real friendship was and that friends should always help one another.



## HEALTH BENEFITS OF GINGER

—*Bhanu*

- ❖ Osteoarthritis Remedy
- ❖ Prevents Alzheimer's
- ❖ Prevents Colon Cancer
- ❖ Cures Infections
- ❖ Eases Muscle Pain



- ❖ Helps with Digestion
- ❖ Helps with Nausea
- ❖ Controls Blood Sugar Levels
- ❖ Fights Inflammation
- ❖ Remedy for Migraine



# Word Play

A king summoned his astrologers and told them the dream he had the previous night.

"I yawned in front of a mirror and saw that there was only one tooth left in my mouth. What does it mean?"

The astrologers conferred among themselves and finally gave their interpretation:

"It means, they said, "that all your near and dear ones will die before you."

The king was horrified.

"How dare you say such things!" He shouted, and drove the astrologers out of the palace. But the dream troubled him and finally he sent for his Chief Minister who was known to be a very intelligent man.

The Chief Minister came and listened to the dream and gave his interpretation, "It means, your Majesty" he said, "that you will have a very long life, a very long life indeed. You will outlive all your relatives."

The king was so pleased that he gave him a purse of gold coins.

**Moral: Always Speak Truth**

## Form - IV (See Rule - 8)

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I, Raj Kumari, do hereby declare that the particulars given above are true to the best of my knowledge and belief.

Date : 1-03-2022

**Raj Kumari**  
Publisher



# Laughing Time

Doctor : For good health you must exercise everyday.

Rajesh : Sir I play cricket and football everyday.

Doctor : How long do you play everyday?

Rajesh : I play till the battery of mobile doesn't get discharged.

Father : Son! What is your score in Maths?

Son : Just 10 marks less than my elder brother.

Father : How many marks did your elder brother score?

Son : 10 marks.

Sohan : Brother! Why are you distributing sweets?

Brother : I have lost my horse.

Sohan : This is not a happy event.

Brother : Thankfully I was not riding the horse.



Sonu : Monu! Which day of the week were you born?

Monu : Friday. How about you?

Sonu : Sunday.

Monu : It is not possible. Sunday is a holiday.

Taxi Driver : Sir! There is a failure of brakes. The taxi is not coming to a halt.

Passenger : First you must turn off the metre.

Mother : Bablu! Why have you come home early from school?

Bablu : Mother! I had a fight with Dablu, so the teacher sent me out of the class.

Mother : Why did you fight with Dablu?

Bablu : I had to come home early.

Student : Sir! Will you punish us if we don't do anything.

Sir : No.

Student : Sir! Thank you. I have not done my homework today.



Raju was making a drawing in the drawing room. Mother scolded him and said, "Is it a place to make a drawing?"

Raju : Mother! This is drawing room, so I am making a drawing here.

—Vikas Kumar (Begusarai)

The child asked his father, " Father! Can you sign with eyes closed?"

Father : Yes, very easily.

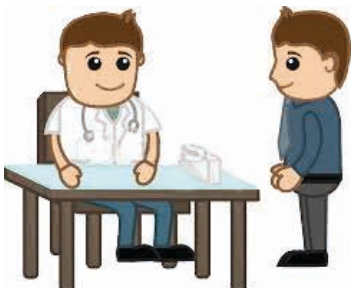
Son : Please sign my report card with eyes closed.

Mohan : Sohan! Why are you sad ?

Sohan : I had lent some money to a friend for plastic surgery. Now I am not able to recognise him.

Rajiv : My eyesight is very sharp. I can see clearly upto 2 km.

Mohan : My eyesight is sharper than yours. I can see the sun that is crores of km away.



Pinku : That day my shot while playing cricket was just too good. The audience as well as the players ran away.

Rinku : How is that possible?

Pinku : By mistake the ball hit a beehive.

Daughter : Mother! What is the full form of PM?

Mother : Prime Minister.

Younger brother : Sister! It can be Papa Mummy.

Ramu : Even the king used to bow before my grandfather.

Shyam : Oh really, what was your grandfather?

Ramu : He was the king's barber.

A man went to psychiatrist.

"What is your trouble?" The doctor asked. "I am losing my memory. In fact, I forget everything right away. What do you suggest I do?"

"Pay me in advance," replied the doctor.

—(Gurmeet Tuteja Indore)



# Solomon Makes his Choice

**N**ever before or ever since has there been a king like David. He was a great soldier; though there have been other soldier-kings. He made wonderful music and wrote beautiful poems; other kings have done that too. But David was a man after God's own heart. He loved God and he trusted Him all along his life.

David wasn't goodie-goodie. He did some very wrong things. He even fixed it for one of his generals to die in battle, so that David could marry his beautiful wife Bathsheba. But when David did something wrong and God told him about it, he was really sorry, and he tried his hardest to put things right.

God loved David, He promised to make him the first of a line of kings that would go on for ever. When David was old he gave the kingdom to his son Solomon. The trumpets blew. 'Long live King Solomon', everyone shouted.

'Be sure to do all that God tells you', David said to his son. 'And you must build God's temple, here in Jerusalem. Everything ready.'

David died and Solomon became king.

One night he had a dream. In his dream God said, 'You may choose one special gift, what is it to be?'

'I want to be a good king, like my father,' Solomon said. 'But I'm young and





I've a lot to learn. So I choose wisdom. That's the gift I need to rule your people well.'

God was pleased.

"I will make you wise," he said, wiser than anyone ever before or will ever be. I will also give you riches and honor. And if you obey me as your father did you will have a long life too.' When he woke up, Solomon knew it wasn't just a dream. God really had promised to make him wise.

One day two women came to him. "We live in the same house," the first one said. 'And we both were expecting babies. I had a lovely baby boy. Two days later that woman had a baby too. But her baby died in the night. And while I was asleep she stole my baby and put her dead baby in the bed with me.'

'It's a lie,' the second woman said. The baby's mine.'

What was King Solomon to do? How could he find out who was telling the truth?

'Each of you says the baby is hers,' he said. 'Very well.' And he called for one of the guards.

'Draw your sword and cut the child into two,' he said. 'Let each of the women have half.' (He was testing them.)

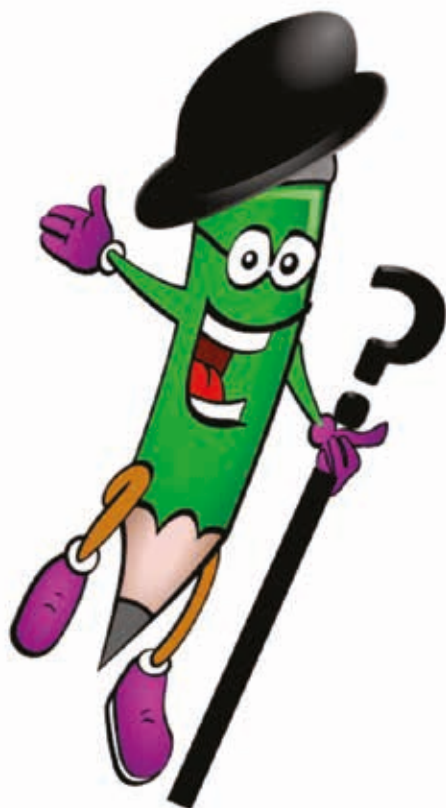
The real mother cried out in dismay, 'Please don't kill him! Please, your Majesty! Let her have the child.'

But the other woman said, 'Go ahead, cut the child into two. Then neither of us will have him.'

Then Solomon said, 'Don't kill the baby. Give him to the first woman. She loves the child. She is the real mother.'

Everyone marvelled at Solomon's wisdom. His fame spread far and wide.

# RIDDLES



1. The children's Day falls on what date?
2. Which is the longest road?
3. Which is the largest planet?
4. In which state of India has the largest marble deposit?
5. Which is called the pink city?
6. Which is the highest gate way?
7. There are two mothers and two daughters, how many females are there?
8. Mother and daughter were coming from one side and two men were coming from other side. They met their

- husband in the way. What was the relationship between men?
9. Which is the highest mountain in India?
10. Which crop is called 'Rabi Crop'?
11. Who was India's first women Ambassador?
12. What can you catch but not throw?

## Riddles Answers

1. 14th November
2. G.T. Road
3. Jupiter
4. Rajasthan
5. Jaipur
6. Buland darwaja
7. Three
8. Father-in-law and son-in-law.
9. Himalaya
10. Wheat
11. Smt. Vijay lakshmi Pandit,
12. Cold



## RESULT FOR THE MONTH OF January 2022 ISSUE

## CONSOLATION ENTERIES

### Aditya Singh Age-10

501/A-Wing,  
Nouve Apartment,  
Triveni Nagar, Malad (E)



### Sameepta Gogia Age-10

855, Mukharjee Nagar  
Delhi-110009



### Bhavya Jha Age-09

House No. 176, Jharoda  
Shiv Kunj, Delhi-110084



Shilpa (Delhi)

Neha (Delhi)

Rohsan (Hyderabad)

Neetu (Mumbai)

Bharat (Delhi)

Rajeev (Delhi)

Rekha (Delhi)

Monu (Ludhaina )

Ritu (Ludhiana)

Radhika (Azamgarh, U.P.)

Roopa (PB.)

Manvi (Delhi)

Roshan (Delhi)

Leena (Allahabad)

Neetu (Varansi)

Pintu (Kanpur)

Shilpi (Lucknow)

Richa (Jhansi, U.P.)

## Colour it for March Issue

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

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

# Colour it



Name : .....Age .....

Address : .....

.....Pin Code .....



Poem by: Preeti Gupta

# ***What is Life?***

What is life?  
Just like a flower  
Which comes like a bud  
Goes like a Shower.

Petals are shattered,  
Leaves are shed,  
All that is left  
Are stems that are dead.

So is a man  
With a short life-span,  
should try to help others  
As much as he can,

Take it seriously  
And not so light  
Life is not a drink  
But a fight for the right.



# WHO WILL GET THE FLAG?



*Chand Moh. Ghosi*  
—Chand Moh. Ghosi



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नए पुराने



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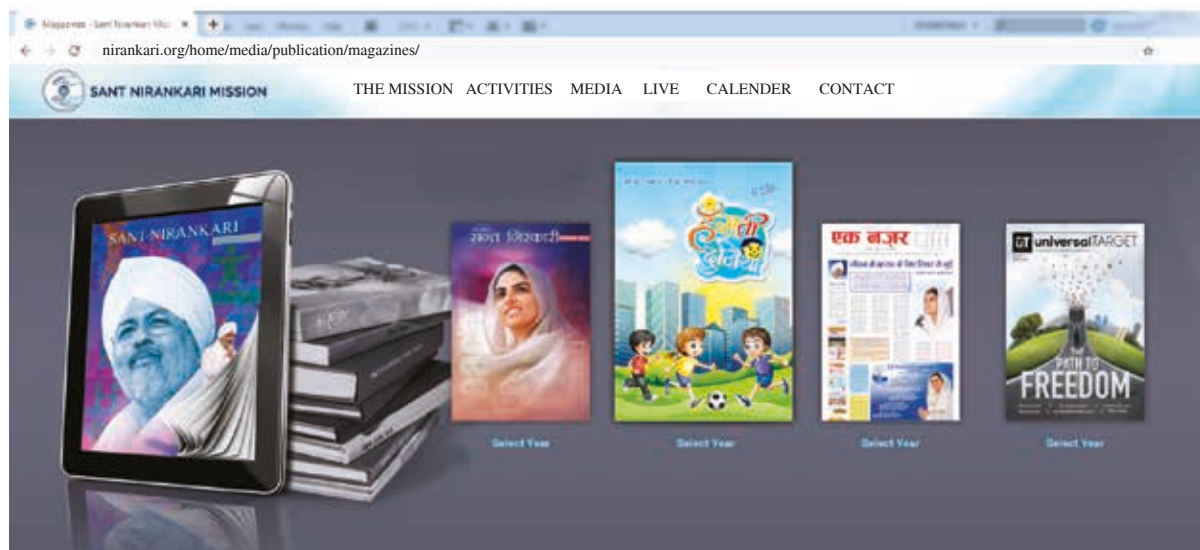


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Please open [www.nirankari.org](http://www.nirankari.org). You will observe different headings, viz., 'THE MISSION', 'ACTIVITIES', 'MEDIA' and 'GALLERY'. You may please click at the 'Publications' option under the head MEDIA. Here, you will find different 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 10<sup>th</sup> & 11<sup>th</sup> 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.

– **MANAGING EDITOR**

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

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