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Hansti Duniya





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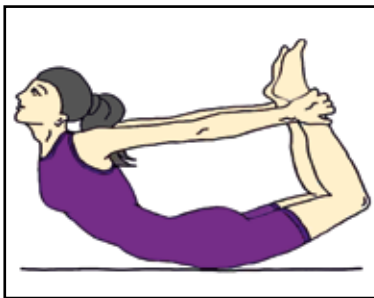
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A Good HUMAN BEING ALONE CAN BE A Good FRIEND

Children thrive on love. Anybody can catch their attention and charm them by giving love. Whatever the children do, they put their heart and soul in that. They cry, laugh, get angry, talk, shout, play and fight. During the fight, when one of them says sorry, the entire episode is forgotten as if nothing had happened. Love is never lost. This exercise of playing, fighting and conciliation continues among the little ones but they remain friends.

As children grow, they go to schools and colleges for education. They make friends over there. For higher education one has to choose different streams of study

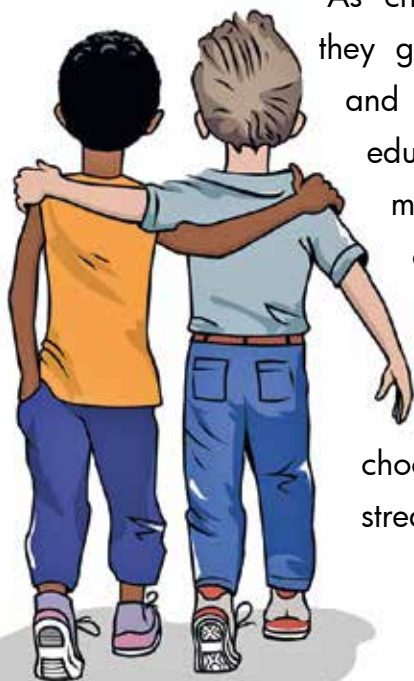
i.e commerce, science or arts depending upon his or her inclination. Despite choosing different streams they remain close friends. Friendship is not dependent upon one's financial status or any other consideration of inequality in society. It symbolises complete faith and love.

In fact sometimes we are able to confide in our friends regarding certain matters rather than our close relatives, parents or even siblings. A friend in need is a friend indeed who assists us in the hour of adversity. A true friend will try to help us out in difficult times considering it as his own problem and would never remind us of the favours conferred upon us. Such a person is also a good human being.

If we have friends who help us in the hour of adversity, spread smiles and don't make us feel burdened with their obligation, they are good human beings too. Such people who treat humans with due respect are living examples of humanity.

Let's be good friends, good humans and cooperate smilingly with others. Instead of expecting others to become our friends let's imbibe such qualities so that others wish to befriend us.

—Vimlesh Ahuja



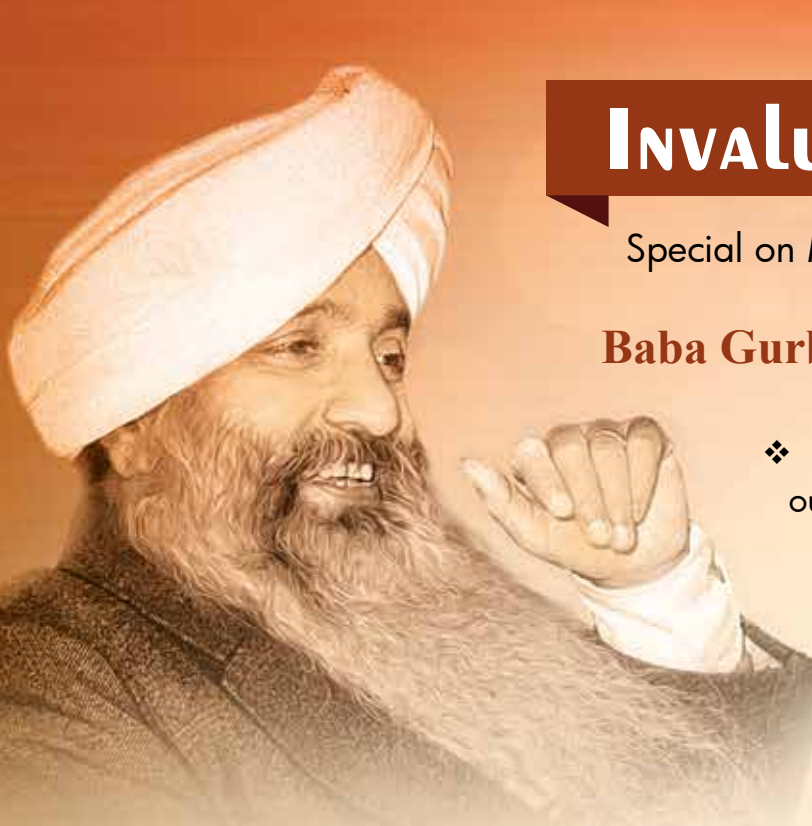
SAMPURAN AVTAR BANI

IK TU HI NIRANKAR 179

KOI PRANI IS JAG ANDAR HO JAE BE SAHARA JE;
JEEVAN NAIYA GOTE KHAE MILE NA KOI KINARA JE.
RISHTEDAR SABHE DUR KARAN MILE NA KOI DWARA JE;
AGGE PICHHE DUKH MUSEEBAT BAURA PHIRE VICHARA JE.
DUKH SHAREERAK HOVAN LAKHAN PHIRE OH MARA MARA JE;
MAYA VI JE KAND VIKHAVE MILE NA KOI SAHARA JE.
SABH PADARATH RUSSE HOVAN DUKHI TE GAMGEEN RAHE;
DHOI MILE NA KITE VI JEKAR HAR IK SHAI TON HEEN RAHE.
AISA PRANI JE DAR AVE SATGUR GALE LAGANDA EY;
KAHEAVTAROHJAANPRABHUNOONDUKHANTONBACHJANDA EY

THOU FORMLESS ONE 179

If a person in this world becomes helpless;
If the boat of his life is sinking and no shore is found.
If all the relatives shun him and no shelter is available;
If he has pain and misery around him and the poor man wanders in wilderness.
If the body is afflicted with countless sufferings and he wanders from pillar to post;
If the material wealth shows its back and he finds no support at all.
If material objects (Maya) are annoyed and he remains aggrieved and pensive;
If he finds no support anywhere, and he is bereft of everything.
If such a person approaches the True Master, he embraces him;
Avtar says, as he realises God, he is saved from sufferings.



INVALUABLE Words

Special on Manav Ekta Diwas (24th April)

Holy Words of

Baba Gurbachan Singh Ji Maharaj

- ❖ Our true wealth and capital is our children. We should emphasise on imparting ethical and accurate education to them. Such education can help in the welfare of the nation, society and the family.
- ❖ If we want our children to develop virtues, possess good character, conduct, and respect their elders, then we have to first set an example.
- ❖ The world-peace is possible only through God realisation. Human welfare is possible only by following the foot-steps of Prophets.
- ❖ Service, remembrance of God and attending congregation is the only sacrifice through which a saint can save himself from the vices of achiever and experienter.
- ❖ We should do good to others as our duty and not with the intention of return. This is true : what we give comes back to us.
- ❖ The purpose of uniting our children with service, remembrance of God and holy congregation is to develop them as noble and pious humans and good citizens. When the saints come at home, allow the children to serve them. This automatically inculcate the virtues in them.
- ❖ The simplicity and hard-work can only make the children talented, with good-character and health.
- ❖ Children are the foundation of the society. We should emphasize to nurture and educate them.
- ❖ The biggest revolution in the universe is the necessity to convert animalism to humanism and hatred to love.
- ❖ The divine souls value the 'Will of God' to be the supreme. Whatever God does that is for the best.
- ❖ The only way to fulfil our devotion is to remain united with God Almighty.

The Hasty Rabbit



It was a windy day. Strong wind blew so hard that there was a "whiz" sound throughout the forest. A rabbit was very much frightened. He ran and hid himself in a hole in the trunk of a big tree.

All of a sudden, he heard a big 'thud' sound near him. He sprang up and ran through the forest. He started hooting, "The sky has given way and fallen down".

On his way he met a deer. The deer asked, "Hey rabbit! Why are you running?" The rabbit answered, "Didn't you hear the sound? The sky has fallen down". The deer too started running.

They both met a zebra. On hearing the matter, the zebra also started running. As

the three ran they were joined by a giraffe, a jackal, a fox, a wolf, a bear and many more animals.

A lion heard the noise and came out of his den. He asked, "What is the matter?" All animals said in a chorus, "The sky has fallen down".

The rabbit said, "I saw a portion of a sky falling down". The lion asked, "Can you show me the place?"

The rabbit led all the animals to the tree. There, they found a mango lying. The lion said, "Here is the portion of the sky which has fallen down". All the animals were ashamed of their immature behaviour.

Moral : Heard instincts lead to chaos.

I WANT TO Study ...

Ritu was a seven year old hard working girl. She used to share household chores with her mother. Her father was a daily wager. He worked very hard. Her mother was a domestic help and did sweeping,

her to school. They were busy earning their livelihood. There was a school close to her residence. She would often hear the children reciting poems or tables. She would repeat in her mind what she heard. She had a sharp mind and could learn whatever she heard, very easily. She had learnt a poem by heart.

One day her mother got down with fever. She couldn't get out of the bed.

"Child! I am unwell today. I shall not be able to go for work. Can you go and do my share of work today?" the mother said.

"Ok mother! Where do I have to go?" asked Ritu.

"There is a school teacher's residence in a lane close to the roundabout. But be careful when you do the dishes especially the glass ware lest you should break them", the mother warned her.

"It's alright. I shall manage everything. Don't worry. Just rest", said Ritu.

Ritu left for teacher's residence. She crossed the roundabout carefully and

mopping and cleaning the dishes in some houses.

Ritu also sometimes joined her mother in her job as domestic help. Normally she stayed at home and looked after her two year old younger brother and assisted him in in bathing and eating his food.

Ritu had never gone to school but wished so. But her parents never thought of sending



reached the house where her mother worked. The door was closed. She rang the doorbell. The teacher opened the door.

"Who is there? What do you want?", asked the teacher.

"Today my mother is unwell. I shall do her job", said Ritu.

"Come in child. Will you do the household chores? That doesn't feel good. You are like my daughter", said the teacher.

"If I don't work today, a day's salary will be cut", Ritu said innocently.

"No! I shall not cut the salary. Your mother will get her full salary. Children need to play, study and smile. Household chores are to be done by elders", said the teacher.

"But my mother told me to do this work", said Ritu.

"That is not a problem child. There is not much work. Your aunt shall do that work today. Do you go to school? In which class do you study?" the teacher asked.

"No! I don't go to school. But I know what is taught in the school", Ritu replied.



"Ok !Tell me what is taught in the school?" the teacher asked smilingly.

Ritu recited the poem that she had learnt by heart.

"Good! You are brilliant. Can you read or write?", asked the teacher.

"No", she said sadly.

"Never mind I shall arrange for your studies. You have every right to study." said the teacher.

"But father does not send me to school", said Ritu.

"I shall speak to your father. You go home. I shall come to your residence in the evening", said the teacher.

Ritu returned home happily. She told everything to her mother. Her mother was also feeling better.



It was evening time. Somebody knocked at the door. Ritu ran towards the door. Teacher uncle was standing at the door. She was overjoyed.

Ritu's parents also came outside. Everybody greeted the teacher and offered a chair to sit. Teacher uncle enquired about everybody's well being.

"I have come to know that Ritu doesn't go to school. Why don't you send her to School?"

"What will she do in the school? We are poor. We don't have enough money. Anyway, she is a girl. She need not go to school. She has a younger brother. We shall send him to school", Ritu's father said.

"This is not right. There is no difference between a boy and a girl. Both need to be educated. it's their right. You don't need to

spend money on them. Government arranges for the education of children aged between 6 to 14 years under 'Right to Education Act'. You will not be required to pay any money", said the teacher.

"Is that so? We were not aware of it teacher. Now I shall think about sending Ritu to school", said Ritu's father.

"There is nothing to think. Tomorrow she needs to be admitted to school. The school is close by." said teacher uncle.

"Alright! We shall do what you say", Ritu's father said folding his hands.

Teacher blessed Ritu and left.

Ritu and her mother were very happy.

Ritu was very keen to go to school. Next day she was admitted to school and got down with serious studies.





—Ankur Chadha,
Birmingham (U.K.)

All is Yours

*The fragrant rose that you so delicately designed,
The solar system that you so cleverly aligned,
All is yours yet i think all is mine*

*The skill is yours yet you give me the credit
I boast, show off and play
Little do i know that i am always in debit*

*You have gifted me this saans
I know that you are this...Ehsaas
Your silence is hardev's speech
Who introduced me to your reach*

*I base my life on what i see
My house, my job, my friends
But do i know what i can really be?*

*You came to this earth in a beautiful form
To tell me that you have no form
And that you were never even born*

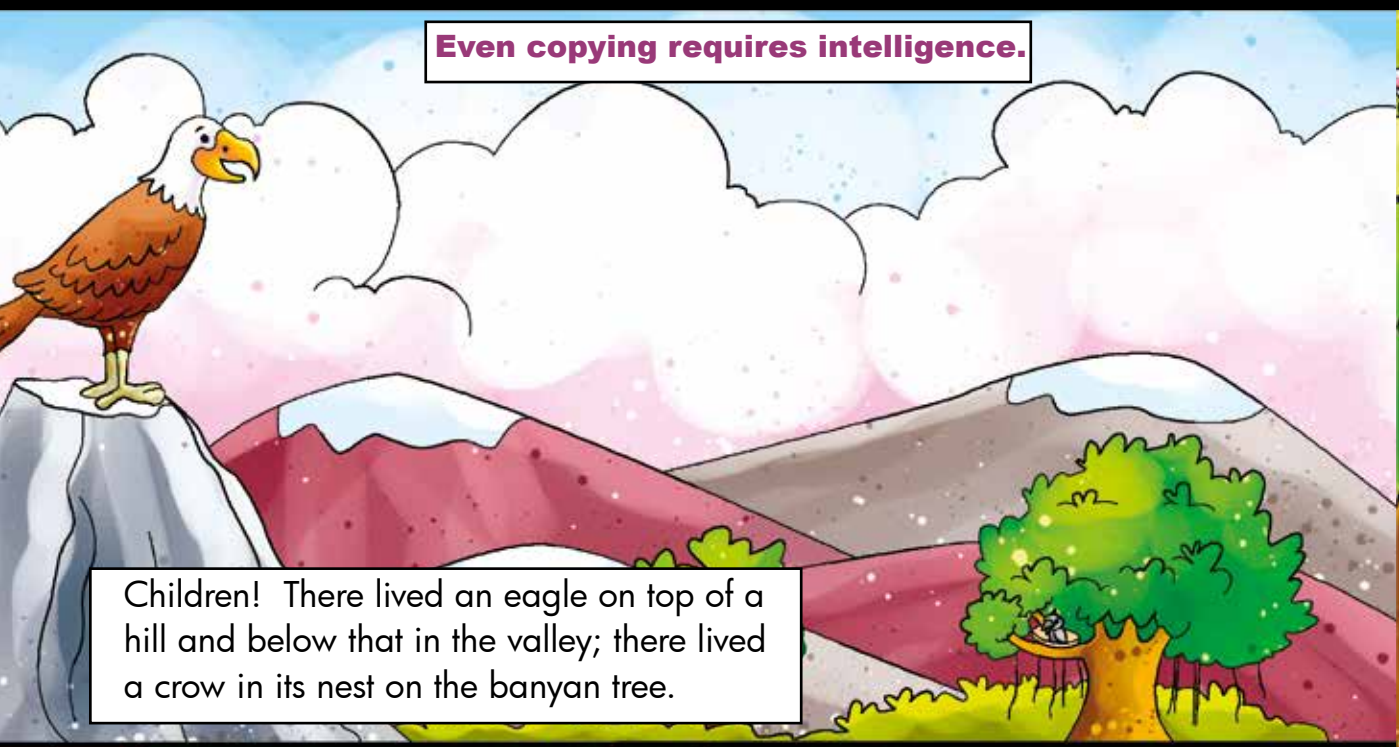
*You gave me this congregation
To continue our relation
Which has led me to this elation!*

Hardev, your door mat is my prayer mat.

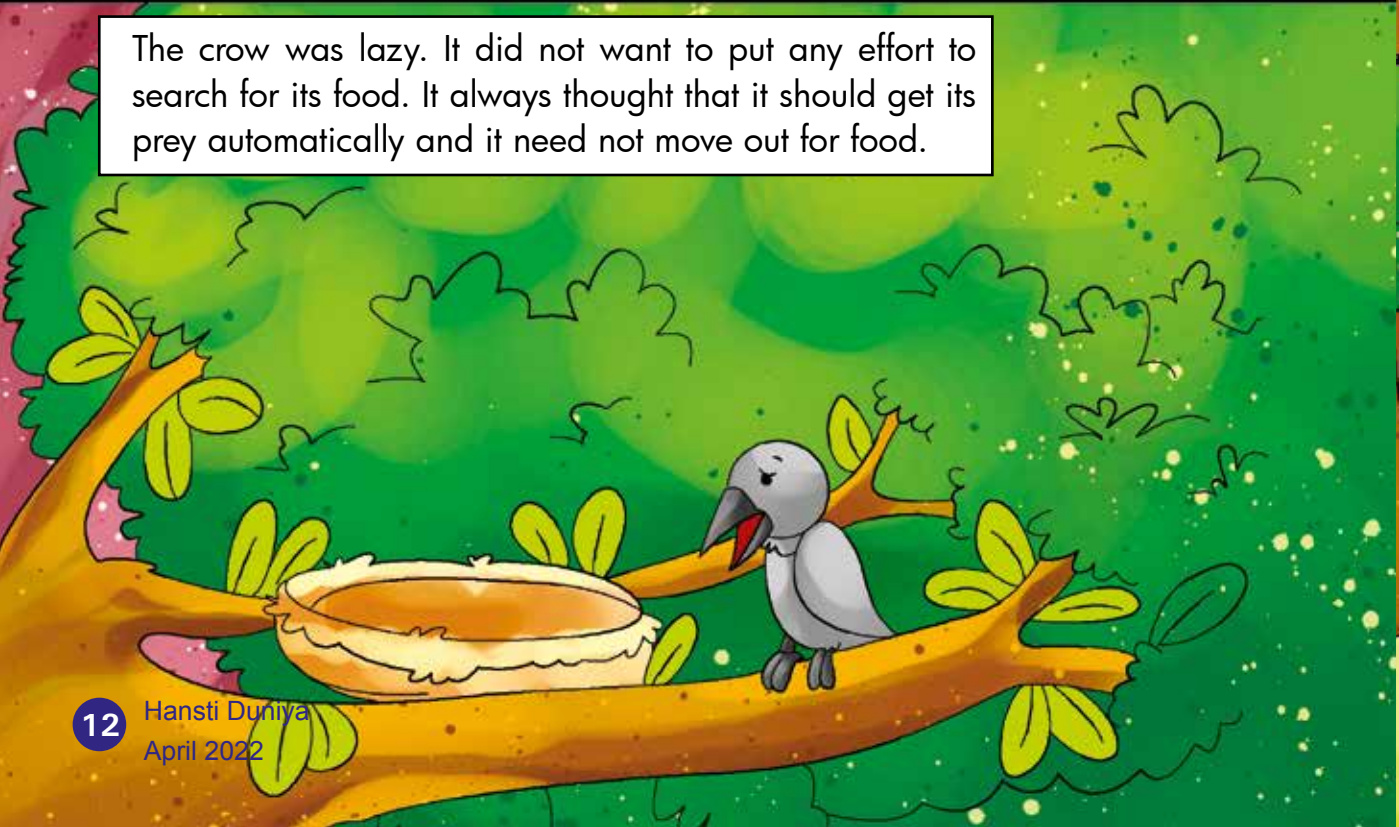
YOU GET WHAT YOU SOW

Story & Illustration
—Ajay Kalara

Even copying requires intelligence.



Children! There lived an eagle on top of a hill and below that in the valley; there lived a crow in its nest on the banyan tree.



The crow was lazy. It did not want to put any effort to search for its food. It always thought that it should get its prey automatically and it need not move out for food.

There were some rabbits in the surrounding where the crow lived on a tree.

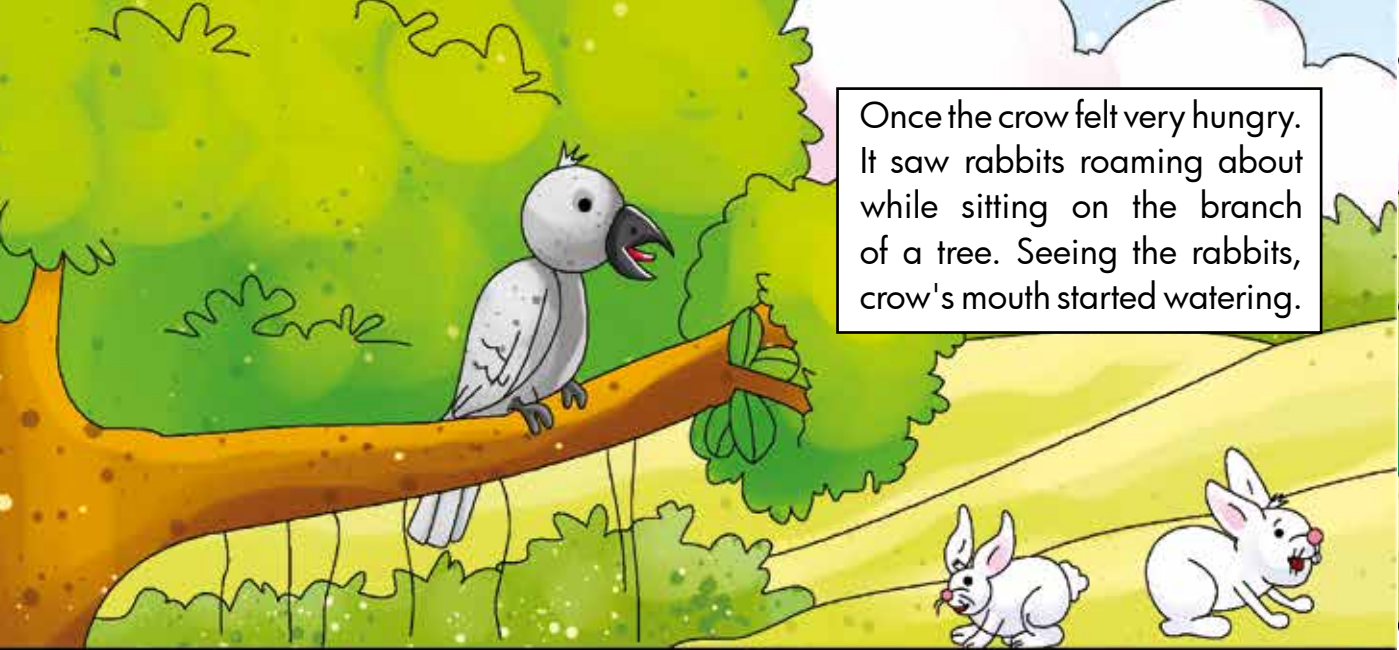


The crow always thought of those lovely rabbits as a feast.

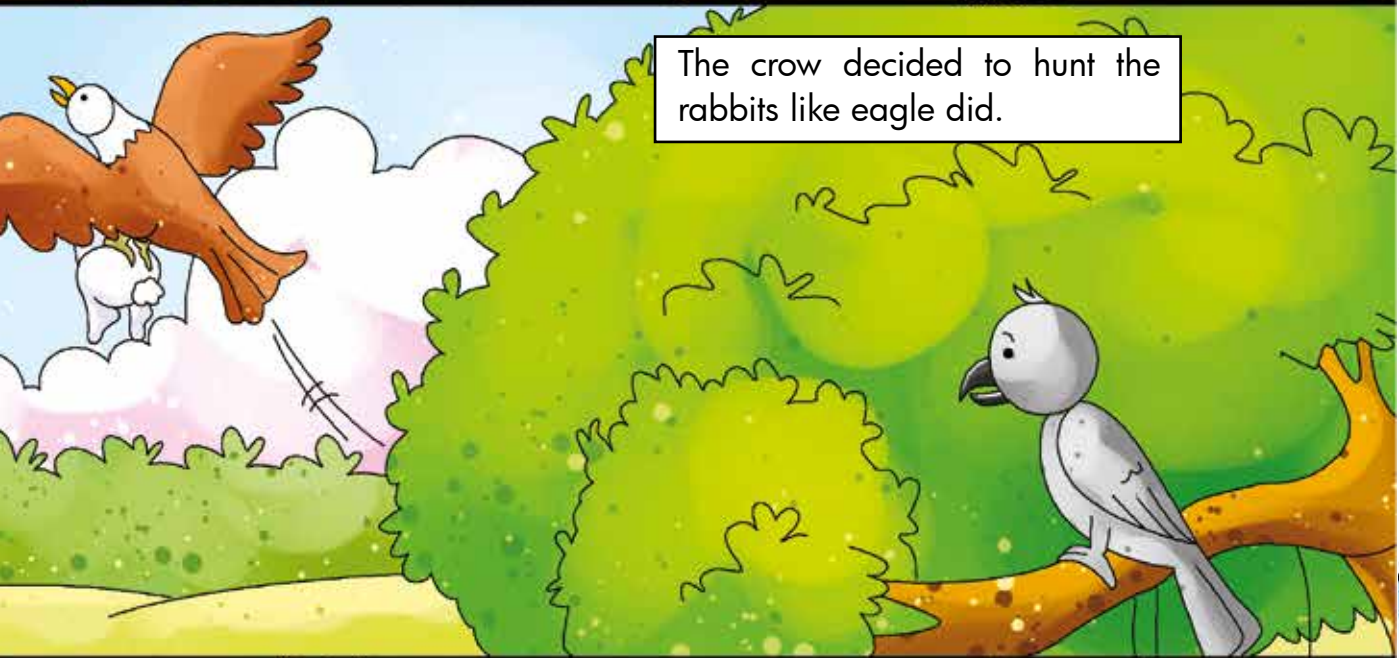


The eagle sometimes used to pounce upon the rabbits and made them its food.

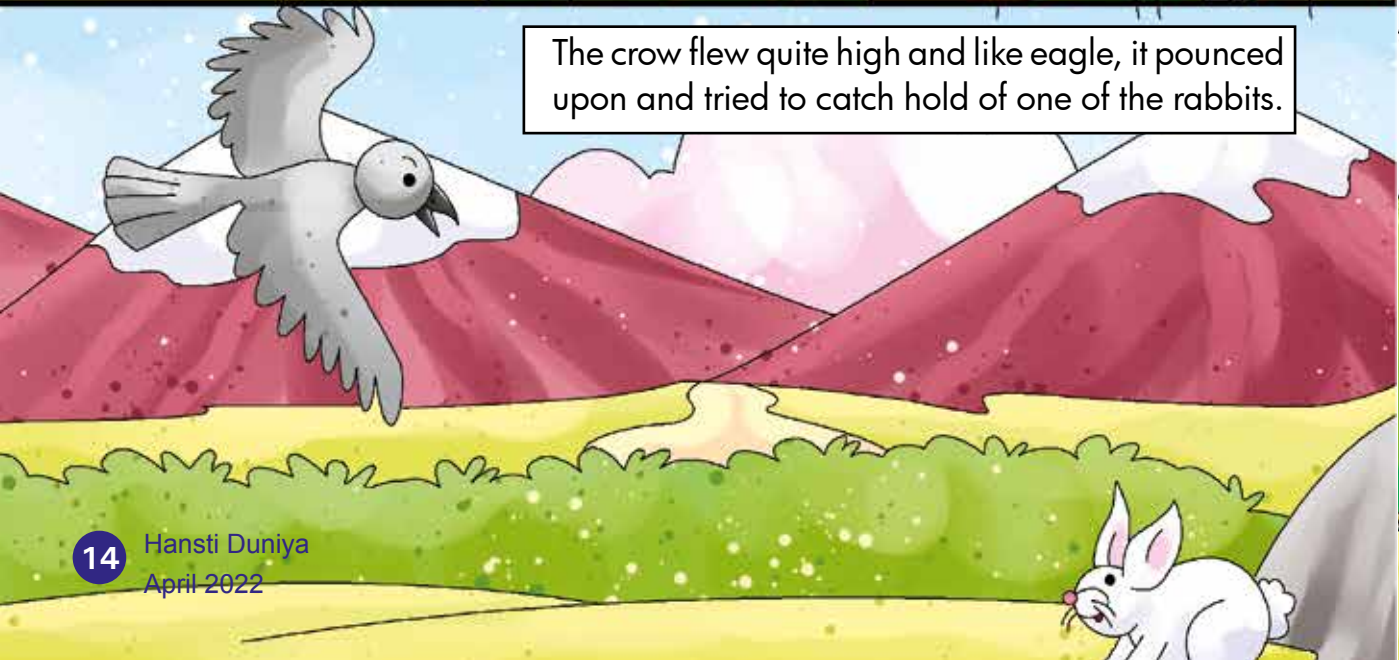




Once the crow felt very hungry. It saw rabbits roaming about while sitting on the branch of a tree. Seeing the rabbits, crow's mouth started watering.



The crow decided to hunt the rabbits like eagle did.



The crow flew quite high and like eagle, it pounced upon and tried to catch hold of one of the rabbits.

The rabbit saw the crow moving towards it and hid itself behind one of the rocks.



The crow was not experienced so it couldn't balance itself and fell down dead after hitting the rock.



Somebody has rightly said that we shouldn't copy others without applying our mind.



RESPECT YOUR ELDERS

A child had a great liking for a mango tree. Every now and then he would reach the mango tree, play, pluck mangoes, eat them and sleep in its shade when tired. The child and the tree developed a beautiful bond. It was a bond of love and closeness. The child grew older and his frequency of visiting the tree became less and less. After some more time he stopped visiting the tree altogether. When alone, the tree would cry recollecting the days of togetherness.

One day the tree saw the child coming towards him. He asked him to come closer. "Where had you gone? I remember you

everyday. Let's play together today", said the tree.

The child said, "I have grown older. At this age I have to study not play. But I don't have money for buying books and paying the fees."

The tree said, "You pluck mangoes and sell them in the market. Whatever money you get, buy books and pay your fees. The child plucked all the mangoes from the tree and left, never to be seen again. The mango tree kept waiting for him. One day he again came and said, "I have got a job and am married but I have no money to build a house." The mango tree said,



"You cut all my branches and construct the house." Young man cut all the branches and went away.

The mango tree was completely withered. Nobody would look at him. He had left all hope of seeing the boy who had grown young. One day an elderly man came there. He said to the mango tree, "You have probably not recognised me. I am the same boy who used to come to you time and again and you would give me all you had."

The mango tree said, "Dear! But I don't have anything left with me now. I can't give you anything."

The elderly man had tears in his eyes. He said, "Today I have not come to take anything from you. I have to play with you all the way. I shall sleep in your lap."

He embraced the tree and the withered tree again became green. Friends! The mango tree symbolises our parents. When we are small we love to play with them. As we grow older we distance ourselves from them. We approach them when in



need. Today many parents like withered trees are waiting to see their children. Go and embrace them. You will see they will again become lively in old age.

Our traditions teach us to love our parents, grandparents and elderly but we have forgotten these teachings. It's the right time to exchange love, affection and respect with them.

Moral : Respect your elders. Their blessings will save you from negativity.

The Parable of the Donkey and Tiger

The donkey told the tiger, "The grass is blue."

The tiger replied,

"No, the grass is green."

The discussion became heated up, and the two decided to submit the issue for arbitration, and to do so they approached the lion, King of the Jungle.

Before reaching for the hearing in the forest where the lion was sitting on his throne, the donkey started screaming,



"Your Highness, is it true that grass is blue?"

The lion replied,

"True, the grass is blue."

The donkey rushed forward and continued,

"The tiger disagrees with me and contradicts me and annoys me.

Please punish him."

The King then declared,

"The tiger is sentenced to 5 years of sentence."

The donkey jumped joyfully, brayed loudly and went on his way, contently repeating,

"The grass is blue."

The tiger accepted his punishment, but he asked the lion,

"Your Majesty, why have you punished me, although, the grass is green?"

The lion replied,

"In fact, the grass is green."

The tiger asked,

"So why did you punish me?"

The lion replied,

"That has nothing to do with the question of whether the grass is blue or green.

The punishment is because it is not acceptable for a brave, intelligent, law abiding citizen like you to waste time arguing with a donkey and on top of that, to come and bother me with a question whose answer you already know."

The worst waste of time is arguing with the fool and fanatic who doesn't care about truth or reality, but only the victory of their beliefs and illusions. Never waste your valuable time on discussions that make no sense. There are people who for all the evidence presented to them, do not have the ability to understand, and others who are blinded by ego, hatred and resentment, and the only thing that they want is to be declared right even if they aren't.

When ignorance screams, intelligence shuts up. Your peace and tranquility are worth more. So stay silent rather than argue with the foolish.



THE GREAT SCIENTIST THOMAS ALVA EDISON

Getting disheartened easily is instinctive in man. But hard work and persistence are the much required ingredients for success.

One of the greatest scientists of the world Thomas Alva Edison was very hard working. He was asked to leave the school because the teacher found him an extremely slow learner. His mother could understand his sadness and advised him to work with a fresh mind and go ahead in life.

Thomas Alva Edison was born in the village Milan in the Ohio state of America on February 11, 1847. Important areas of research work in the field of electric power generation, mass communication, sound recording and motion picture made him famous as an American inventor and professional. His mother who was a science teacher taught him reading, writing and elementary maths. His interest in technology and new inventions was immense. He would remain busy experimenting for hours



together. Edison proved to be a great inventor and brought revolutionary changes in human life. He brought a sea change by inventing phonograph and electricity bulb. He alone had 1093 patents in the USA and became one of the greatest inventors of the world. His great curiosity was fundamental to his inventions. He had already read writings of Hume, Sears, Burton, Gibbon and also the dictionary of Science at the age of 12. He started helping his family by contributing \$1 everyday by the sale of fruits and newspapers. Till the age of 20 he worked as a telegraph employee. He would spend the remaining time doing experiments and tests. He knew how to utilise time optimally.

He made important inventions from 1870 to 1876. He invented the procedure for sending many messages in a single telegram and improved the



machine used for sending telegram for stock exchange. He also made improvements in the Bell Telephone and discovered 'Ethereal Force' (radio waves). Phonograph machine invented by him became a very useful instrument after undergoing modifications. Edison made a bulb that had vacuum inside it. It remained lit for 40 hours continuously. It was a big achievement for him. In 1883

he invented 'Edison effect' that became the future 'radio valve'. Underground wiring was his brain child. Light, heat and power remained his fields of interest for research. He also improved electric dynamo and motor. One of his greatest inventions was electric goods train and messages to and fro from aeroplane while in air. He patented movie camera in 1891 and invented kinetoscope for its picturisation.

He put in extreme hard work in the factories of Menlo Park and West Orange (cities in the US) for 50 years and did hundreds of inventions. This great scientist passed away on October 18, 1931.

He inspired many people on the path of success. Such great personalities who become examples due to their hard work, persistence, patience and dedication are remembered for centuries. ◆

Change Of Heart

Even if all the people had the same complexion, diet, dress, language, life-style as also all the material comforts, they would still miss peace and harmony. They would still quarrel, hate and malign one another, as the aforesaid change would be merely cosmetic and superficial, not real—change of heart. Hearts can be changed only through spiritual awakening i.e. God-realisation.

— Nirankari Baba ◆

—Kiran Bala

The Tailor Bird

You may have observed the tailor stitching clothes. But can a bird stitch like a tailor. We shall tell you about that. This bird is 'Tailor Bird' or the 'Weaver Bird'. It is extremely proficient at its art and constructs its nest by stitching leaves.

Some birds in nature are just unique. One such bird is 'Tailor Bird' or the 'Weaver Bird'. It hops around the whole day therefore it is also called hopping bird. They are playful and bold by nature. When happy they hold their tail upright.

Tailor Bird is little smaller than sparrow. It feeds mainly on insects and keeps roaming around in search of food.

Upper part of its body is olive green while lower is white. It has small rounded feathers. Its beak is straight and long that is used for constructing the nest as well as eating food.



A needle and thread is what you need for sewing clothes. This bird uses its beak as the needle and foraged fibres like lint, cotton and cobwebs as threads. It uses broad leaves to make its nest because they are easy to stitch.

Normally its nest is held upright. It is easy to lay eggs and feed the chicks in that position. In fact it decides the shape of the nest based on availability of light and direction of wind. It is indeed a wise and skilled artisan.

—Rajan Sachdeva (USA)

EVERY EXPERIENCE BRINGS OUT SOMETHING GOOD,

Every experience brings out something Good,
Good Times become GOOD Memories,
Bad Times become GOOD Lessons.

We can always gain something from our experiences
... We Never Lose,

If we plant honesty, we will reap trust.

If we plant goodness, we will reap friends.

If we plant humility, we will reap greatness.

If we plant Seva (Service) we will reap happiness.

If we plant Sumiran (meditation) we will reap

"Everlasting Peace"





—Sankalp Shukla

GRAPES

Who has not read the story 'Fox and the Grapes'. (A fox tries to eat grapes from a vine but cannot reach them. Rather than admitting defeat he says they are undesirable.) The expression 'Sour Grapes' originated from this story. We are going to talk about the same grapes today.

These juicy pearls are grown to be eaten fresh or cooked as jams and jellies. Their colour can vary from light green to dark purple to black depending upon the variety.

The major grapes producing countries are USA, Spain, France, Italy, Turkey, Argentina, Iran, Portugal, Chile and South Africa.

In India they are mainly cultivated in Karnataka, Maharashtra, Tamilnadu and Andhra Pradesh.

Generally grapes need a hot and dry climate. Best soil for their cultivation is loam (almost equal proportion of clay, sand and silt) and sandy loam (more proportion of sand in loam soil) where water does not stay for a long time. Best pH for these is 6.5

to 7.5 neither acidic nor alkaline(almost neutral) land. It takes them almost 3 years to bear fruit.

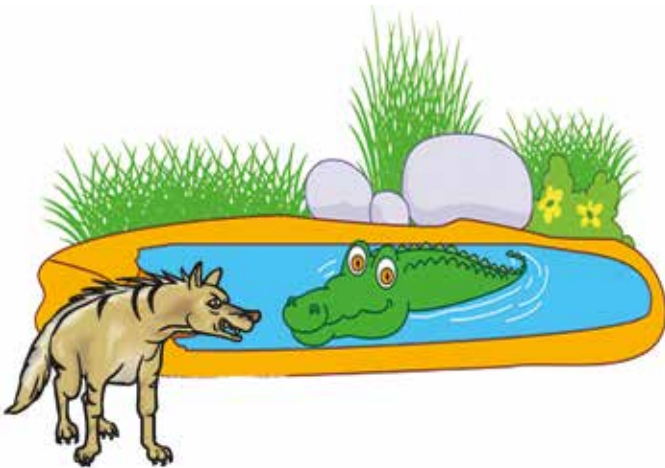
Benefits

1. They are a great source of vitamin C therefore they help the immune system.
2. Being rich in minerals like potassium, magnesium and calcium, they may help maintain and improve bone health.
3. They have low glycemic index (glycemic index is a measure of how quickly a food causes our blood sugar to rise), so they don't let blood sugar increase, hence protect against diabetes.
4. They are rich in fiber therefore they help reduce high cholesterol.
5. Grapes are full of antioxidants. So they fight against cancer causing free radicals.
6. Sodium content in grapes is very low. Blood pressure is lowered that way. It can protect against heart disease.
7. They can help maintain brain healthy as antioxidants present in them don't let parkinson's disease and alzmeir's disease.

The Wise Jackal

Once, there was a pool in Sunderban. On the bank of the pool there was an old peepal tree. In the pool, there lived a crocodile. By the side of the pool, a jackal had also made its den. Both the crocodile and the Jackal were good friends.

Once, the crocodile and the Jackal picked up a quarrel. While the crocodile was stronger than Jackal, the latter was wiser. One day, as Jackal came to drink



water under the peepal tree, the crocodile dived to catch it from its leg. Jackal knew that it was none but the crocodile. It played a trick and said, "Dear friend, You are no doubt stronger than me, but it is not my leg, rather roots of the tree which you are holding fast." Hearing this, the crocodile set free the Jackal's leg. The Jackal availed itself of the opportunity and ran off from there.

A few days later, the crocodile reached the den of the Jackal and sat there to catch it unaware.

When the Jackal returned in the evening, it felt some sound under the den and doubted it to be its enemy—the crocodile. It thought of a plan. It said loudly, "What has happened to the den? Why it is not responding on my return today?"

On hearing this, the crocodile started moving. It confirmed the Jackal's doubt of crocodile hiding there. The Jackal then left its den and went to a nearby heap of Paddy straw. But the crocodile followed it there too. Seeing the Jackal having gone away, the crocodile hid itself in the Paddy straw. When the Jackal returned in the evening, it felt some sound coming out of the heap. It again used its tricks. It cried: "O, Paddy! Why are you not shaking today?"

On this, the crocodile started shaking the Paddy straw. Having confirmed its doubt of crocodile being there, the Jackal went to the village and bought a burning wood. It set the paddy straw on fire and the poor crocodile was burnt alive.



THREE MICE



Once upon a time, there lived three mice. One day they smelt oil in a big container.

What then! All the three started roving around it. But the oil was just clung to the bottom. The mice hatched a plan that turn-by-turn holding the tails of one another they will move down the container and take oil of individual's share.

All the three assured one another that they will not go selfish.

The mouse moving first into the container thought that the oil was too

little, and she should take the whole of it?

The middle one thought that if the first mouse took the entire oil, nothing will be left for me. Why don't I jump first and finish the oil before the first one reaches it. The same plan struck the mind of the third mouse at the top, and then both of them also jumped together.

As a result of it all the three mice fell into that container and could never come out.

Thus, think before you leap.



A Wise Old Bird

Deep in the forest stood a very tall tree. Its leafy branches spread out like strong arms.

This tree was the home of a flock of wild geese. They were safe there.

One of the geese was a wise old bird.

One day this wise old noticed a small creeper growing at the foot of the tree. He spoke to the other birds about it.

"Do you see that creeper?" he said to them. "You must destroy it."

"Why must we destroy it?" asked the geese in surprise. "It is so small. What harm can it do?"

"My friends," replied the wise old bird, "That little creeper will soon grow. It will climb up and up on our tree and then it will become thick and strong."

"What of that?" asked the geese. "What harm can a creeper do to us?"

"Don't you see?" Replied the wise old bird. "Some one could climb up the tree by that creeper. A hunter could do so. And he could kill us all."

"Well, there's no hurry," they replied. "The creeper is very small. It would be a pity to destroy it now; destroy the creeper while it is still young." The wise old bird advised. "Now it is soft and you can cut

it easily. Later it will be hard and you will not be able to cut it."

"We'll see. We'll see," answered the birds.

But the birds did not cut the creeper. They paid no heed to the wise old bird's advice.

The creeper grew bigger. It began to climb up the tree.

As time passed, the creeper grew stronger and stronger. At last it was as strong as a stout rope.

One morning, when the flock of wild geese went out to search for food, a hunter went to their tree.

"So this is where the wild geese live," said the hunter to himself. "When they come home in the evening I shall catch them in my net."

The hunter climbed up the tree by the creeper. He reached the top and there he spread his net. Then he climbed down and went away.

In the evening the geese returned home. They did not notice the hunter's net. As they flew into the tree they found that they were caught in the net. They struggled hard to get out, but could not.

"Help! Help!" cried the geese. "We are caught in the hunter's net. Oh, what shall we do?"



"Don't make such a fuss, now," said the wise old bird. "Long ago I told you to cut the creeper, but you did not. Now see what has happened. Tomorrow morning the hunter will come back. He will climb up the tree with the help of creeper and kill us all."

"We were foolish," wept the birds. "We are sorry we did not listen to you. Please pardon us. Tell us what to do now to save our lives."

"Then listen carefully," replied the wise old bird.

"I shall tell you what to do."

"Tell us, please tell us," cried all the geese.

"When the hunter comes in the morning," said the wise old bird, "You

must all pretend to be dead. Just lie quite still. The hunter will not do any harm to dead birds. He will throw us down to the ground to be collected and taken home. When the last bird is thrown down, all must rise up and fly away."

In the morning the hunter went to the tree. He climbed up the tree. He looked at the geese in the net.

All the birds looked dead. The hunter took the birds out of the net one by one and threw them down on the ground.

The birds lay quite still until the last one reached the ground. All of sudden they came to life. They rose up and flew away.

The hunter climbed down. He was very much surprised at the way the birds had escaped.

The Shadowy Play

One day, Emperor Akbar got annoyed with Birbal and asked him to leave his kingdom. Birbal being a person of self-respect said to the emperor, "OK, Your Majesty, I am leaving this kingdom right now. I will not return until you ask me to."

Birbal left the kingdom with his family. After some days, Akbar started missing Birbal. He asked his men to search for Birbal in all the neighbouring kingdoms but to no avail. He was nowhere to be found.

Emperor Akbar thought of a plan. He proclaimed a reward of a thousand gold coins for the man who would enter his court in half light and half shadow. Akbar knew that only Birbal would be able to solve the puzzle.

Meanwhile, Birbal was staying with a brahmin's family in a distant kingdom.

When he came to know about the proclamation, he could not resist himself from solving the puzzle. Birbal asked the brahmin to go to Emperor Akbar's court and solve the puzzle. The brahmin said to Birbal, "I didn't even understand the puzzle and you are asking me to solve it." Birbal advised him to take a cot over his head and enter the court of Emperor Akbar. In this way he would be in half light and half shadow.

The next day, the brahmin entered Akbar's court with a cot over his head. Akbar said to him, "You have solved the puzzle. Now tell me, did you think of this solution yourself or someone else told you about this?" The brahmin told Akbar that a guest of his had told him the solution of the puzzle. Akbar understood that guest was Birbal. He immediately sent his men to fetch Birbal. Akbar was happy having Birbal again by his side. ♦





Do You Know?

Q. Why do we have day and night?

A. The Earth turns on its axis as it orbits the Sun, therefore part of the Earth is sunlit (day) while part is in shadow (night). Since the Earth spins all the time, day and night follow each other continually. Sunrise marks the start of day, and sunset the coming of night. In mid-summer in the Arctic (facing the Sun), it is always daylight and northern Europe and North America have long summer days. In the Antarctic, it is always night. In mid-winter it is the other way round. The Antarctic has permanent daylight, while the Arctic is in darkness, and northern Europe and North America have short winter days.

Q. What is the Earth's axis?

A. Take an orange and push a stick through its middle. The stick marks the axis of the orange. There is of course no stick through the Earth — its axis is an imaginary line between the poles. The Earth's axis is tilted about 23.5° from the vertical.

Q. Why do we have seasons?

A. The seasons (spring, summer, autumn, winter) occur because the Earth is tilted on its axis. As the Earth moves around the Sun, the hemisphere that is tilted towards the Sun gets more of the Sun's rays and so is warmer and has summer. The people in that hemisphere see the Sun passing higher across the sky, and the days are longer. Meanwhile the part tilted away from the Sun has winter because it is less warm. There the days are shorter. At the Equator, the length of a day varies very little.



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Look at the Picture and Complete the Story

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

Editor Hansti Duniya English

Address: Patrika Vibhag, Sant Nirankari Mandal, Sant Nirankari Colony, Delhi-09

E-mail : editorial@nirankari.org

(The best story would be published in Hansti Duniya, June 2022)

Once upon a time

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This story by Akshita D/o Sh. Amit
E-Wingh 203, Palm Court Complex Link Road, Malad (W)
Mumbai has been adjudged the best. Congratulations.



THE PUNISHMENT

Ajay lived with his parents in a village named Sinat in Nashik. He was very fat. He also did not go out to play but would play video games instead. He would eat lots of junk food such as burgers, pizzas, fries, chips etc. His parents told him not to eat all of this but he didn't listen. As a result he got obese. Though everybody in the school would tease him he still used to eat junk food.

He would also get stomach aches frequently. One day he had to go to his friend's party, over there all the people were laughing and were making fun of him. This made him realise his mistake. He decided to stop taking Junk food.

Moral : Always listen to your elders.





Kitty

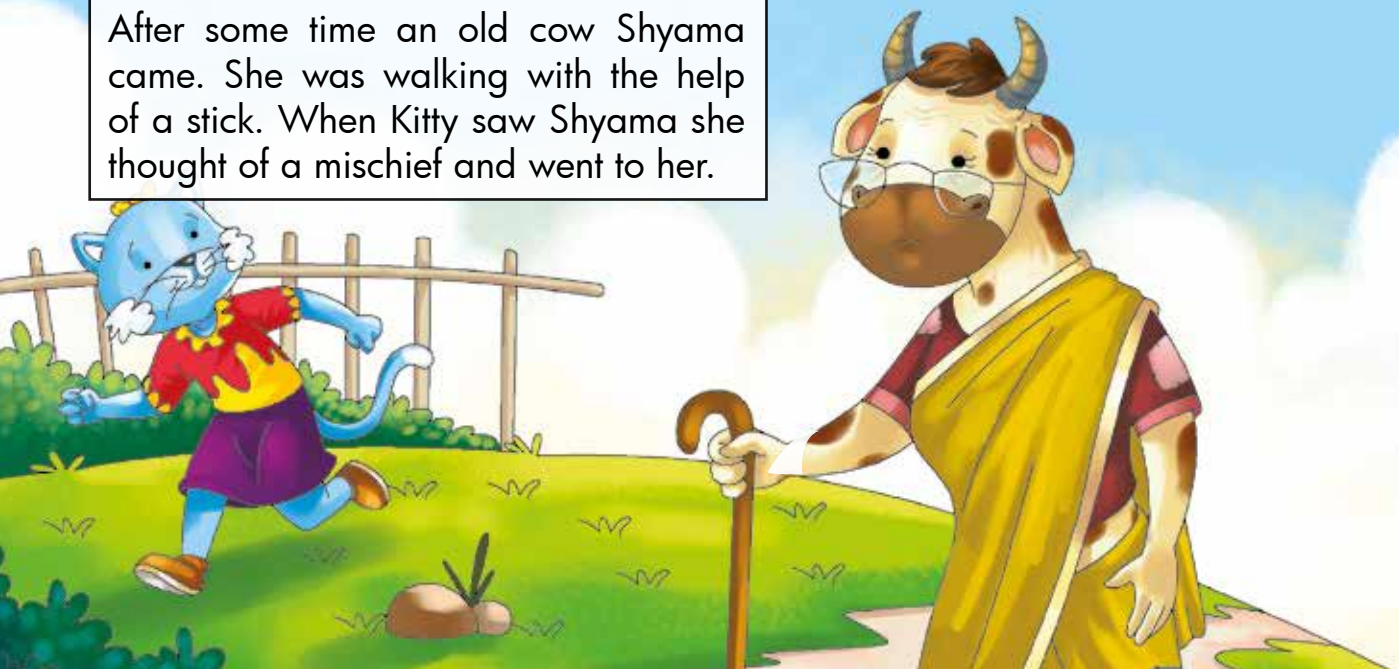
Story & Illustration, Vikas Kumar



Kitty and her friends started playing.



After some time an old cow Shyama came. She was walking with the help of a stick. When Kitty saw Shyama she thought of a mischief and went to her.



Kitty snatched old Shyama's stick and started troubling her.



Child! Return my stick.

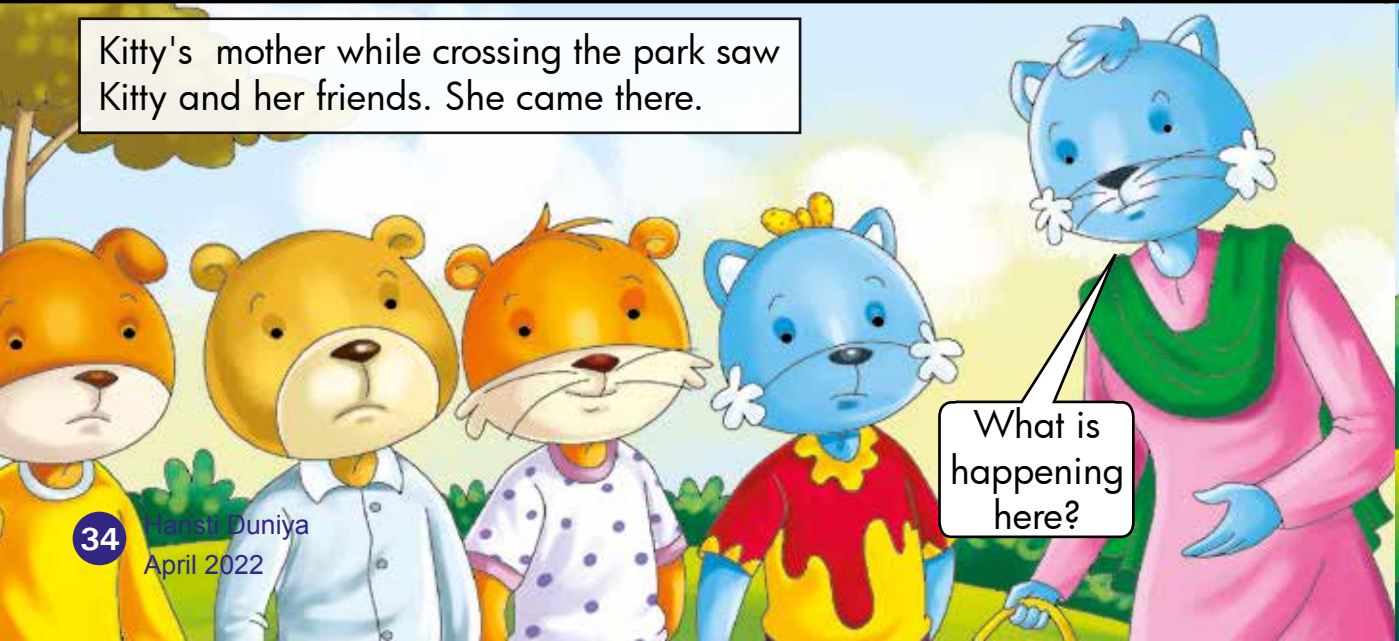


Kitty! Return old grandmother's stick.



Kitty annoyingly threw the stick in the mud.

Take it now.



Kitty's mother while crossing the park saw Kitty and her friends. She came there.

What is happening here?



Next Day





—Uma Bhatt

NUMBERING of Blind

One day, Emperor Akbar asked Birbal to make a list of all the blind people living in the kingdom. Birbal knew it was a difficult task as there were scores of kind people in the kingdom. After prevericating for a while , he asked the emperor, "Your Mafesty, why do you want such a list?"

"I want to give them alms, Birbal," replied the emperor.

"But, Your Majesty, the number of blind people in your kingdom is very large. In fact it is more than the number of sighted

people," said Birbal to put off the matter. Akbar was very much surprised to hear this. "I don't think so. If you are so sure about it then prove it to me," said Akbar.

Next day, Birbal took the frame of a cot and his servant, and went to the market. He started weaving the cot on the roadside. He asked his servant to stand next to him with a notebook and a pen. After some time, people started coming. They would stop and stare at Birbal doing such a trivial work. "What are you doing, Birbal?" they would ask.



Instead of replying, Birbal would quietly ask his servant to write down their names in his notebook. Soon people started whispering, "Birbal has gone mad. He doesn't know what he is doing. We should report the matter to the emperor."

A crowd gathered around him. Emperor Akbar too heard of Birbal's strange activity. He went out to inspect. As soon as he saw Birbal, he asked, "What are you doing, Birbal?" Birbal indicated to the servant that the emperor's name should also be written. Then, Birbal got up and said, "Your Majesty, I have written down the names of some of the blind men of our kingdom. Have a look

at this list." Saying so, Birbal handed over the list to the emperor. As the emperor started to go through the list, he was surprised to find his name also in it.

"What is this! What is my name doing in the list?" asked Akbar.

"Your Majesty, you had also asked the question, 'What are you doing?', even though it is quite plain that I am weaving a cot," replied Birbal.

The emperor started laughing at this reply. He understood that Birbal had done this to get rid of the task. "All right, since there are so many blind people, I would not ask you to make the list."

DHANURASANA?

How To Do DHANURASANA?

To perform Dhanurasana, place a yoga mat or bed sheet in a quiet place and lie down on your stomach.

After this, bend both your legs at the knees and hold both the feet with your hands.

Now, while breathing, lift your head and chest off the ground, pull your legs forward, and the body backward so that your posture looks like Dhanurasana.

Look forwards, keeping your elbows straight and both the legs together. Only your abdomen should be in contact with the ground.

Now take normal breaths and maintain this posture for one minute.

While breathing out slowly, bring your chest and legs to the ground and relax.

Benefits of Dhanurasana –

Dhanurasana has the following benefits. Let us explain further.

Reduces Depression –

Yoga helps in the mental and physical development of humans. According to

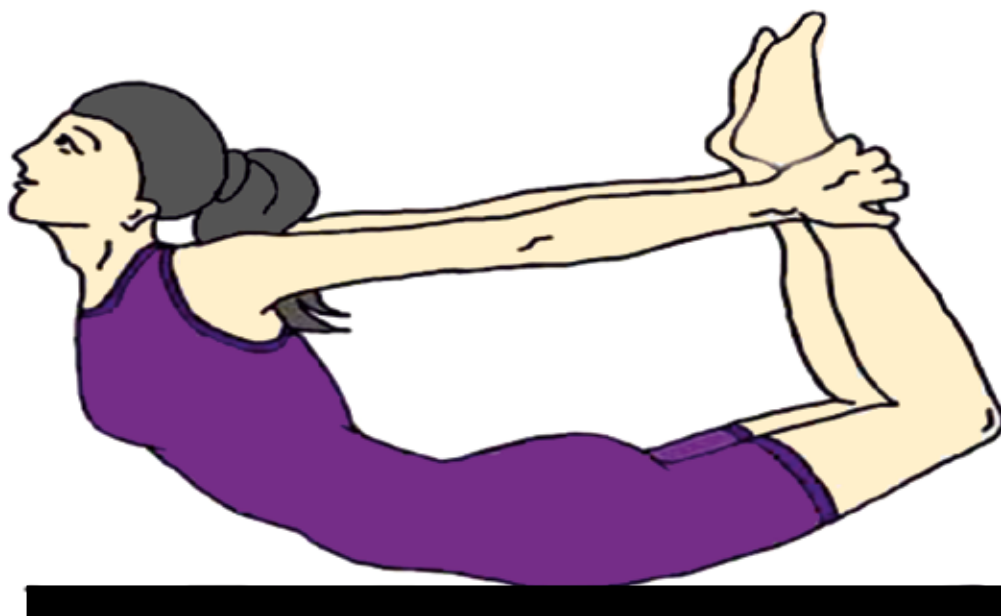
some research, performing Dhanurasana can reduce depression and stress. Also, it is beneficial in reducing the symptoms of depression. This asana reduces obesity and keeps the body balanced. Doing yoga helps to control the level of cortisol hormone as it is responsible for causing depression. If you have depression or anxiety, do Dhanurasana daily.

Strengthens The Abdominal Muscles –

Many yoga asanas can be used to cure health problems of the body; one such asana is Dhanurasana that is effective in strengthening the abdominal muscles. This asana involves bending the back that helps stretch the back muscles. It enhances the flexibility of the spine. It helps relieve all types of muscle pains. It would not be wrong to say that it strengthens muscles. (Read more – What are the causes of stomachache)

Strengthens The Back –

Dhanurasana is a good yoga posture to relieve problems like back pain. By doing this asana, blood circulation improves in the body. According to some studies, the problem of acute back pain in women can be cured by Dhanurasana. This posture provides relief from back



pain. But it is only beneficial if you do it regularly

Strengthens The Leg Muscles –

Dhanurasana stretches the muscles, and one can feel this stretch in the feet and hands muscles. It tones the muscles of the hands and arms. According to the experts, this effect has not been confirmed, but this asana is beneficial in strengthening the leg muscles. If you want to strengthen the arms and legs muscles, then do Dhanurasana.

Who should not do Dhanurasana?

Dhanurasana should not be done in some of the following diseases as it may further aggravate your condition.

- ❖ If you have recently undergone any abdomen or neck surgery, do not perform Dhanurasana.
- ❖ If there is any injury in the back or abdomen, then avoid doing Dhanurasana.
- ❖ People who are suffering from high blood pressure should not do Dhanurasana.
- ❖ People who have hernia should not do Dhanurasana.
- ❖ Do not do Dhanurasana in case of any leg or elbow injury.
- ❖ If suffering from ulcer, avoid doing Dhanurasana



—Ashwani Kumar "Jatan"

CREATION of God

*God created heaven and earth,
In God's hand death and birth.*

*God did everything right,
He think about our future's bright.*

*God makes the European and Asian,
And he also makes African and Russian.*

*All the human being is their son,
And whole the work he has done.*

*Search the God he's within reach,
But you can not find him a river or beach.*

*God is one they not are two,
You meet Satguru and then view.*



—Anjali Mishra

VIKRAMADITYA THE GREAT

Once emperor Vikramaditya was going somewhere with his Army. When his carriage crossed the grain market he saw some grains lying on the ground. He got down from the elephant and said, "Wow! Such a large number of pearls are lying on the ground. He started picking up the grains with his hands. When his ministers and other associates saw him doing this, they also started doing the same. Their bags got full with grains.

He addressed everybody and said, "The reason for shortage of food grains in our state is wastage and misuse. The grains we have collected are enough to satisfy the hunger of seven to eight people. Instead we are trampling them under our feet."

It is understood that there was never a shortage of food grains during the governance of Vikramaditya.

Friends! Let's pledge not to waste grains and save them from immoderate use so that our warehouses remain full and we can live a happy life.

THE CLEVERNESS OF CHUNMUN

Hasmukh kangaroo lived in the most beautiful house in Atlanta. There was green grass. The kangaroo had two little ones. A small bird 'Chunmun', a butterfly 'Rangeeli' and a moth named 'Manmauji' also lived in the garden.



Now the moth got thinking, from where to go out, on one side there was a web of the spider and on the other, the wire mesh. It was impossible to go out from the mesh and crossing net of the spider would endanger his life. The spider was

waiting for the time 'Manmauji' would be caught in the web.

Just then Manmauji saw 'Rangeeli' the butterfly fluttering its wings enjoying over the flowers. Manmauji called

These three were good friends. Chunmun had built a small nest in a small corner of Hasmukh's house and sunlight would enter the room from that corner. After the evening the three friends would meet in that corner and chat endlessly. This way the life of these friends was being spent happily.

One day from somewhere a wild spider managed to come from that window. It spun a web in around that window.

her and apprised her of his problem. Rangeeli sympathized with her but showed her helpless and said that she could not break the web and if she attempted she would herself get caught there.

Seeing Manmauji sad, Rangeeli consoled him and said, "Don't worry, I will just find Chunmun the bird.

She is clever, surely she will find a way out of this problem."



Rangeeli set out to find Chunmun. It didn't take much time for her to find the bird. Rangeeli told her about Manmauji's problem and the cruelty of the spider. Chunmun then thought of something and said, "Come lets take a look and then we will find solution."

Chunmun and Rangeeli flew and entered the room. Kangaroo Hasmukh and his kids had gone somewhere outside . Chunmun thought that even if the web is torn apart once, the spider shall remake it, so a permanent solution must be found.

She saw, that there was an important paper lying on the table which belonged

to Hasmukh. Chunmun picked that paper and threw it over the web. The paper got stuck there. Just the Hasmukh came and started looking for that paper. Manmauji went and hid inside the hole of the window.

Hasmukh just then saw the paper in the web which was spun over there. He picked the paper from there and started muttering "There is so much dirt around the house. There are small spider webs all around." He took a broom from the room. As he brought the broom, he swept away the web and threw the spider out.

This way Chunmun's intelligence solved Manmauji's problem. The three friends then lived happily ever after. ◆



Laughing Time

Chintu was removing wheels from his car.

Bunty : Why are you doing this?

Chintu : I am removing two wheels from the car.

Bunty : But why are you doing this? They seem alright.

Chunky : See! What is written here. 'Two wheelers parking.'

Mohan : Sohan! I have left my purse at home. Please lend me 100 rupees.

Sohan : Never mind. A friend in need is a friend indeed. Take 10 rupees. Go home and bring your purse.

Ringmaster : To an employee of circus
Why have you not locked the lion's cage?

Employee : There is no need. Nobody will take away such a dangerous animal.

— Pramod Kumar (Azamgarh)

In an interview for the post of a postman the question asked was- How far is Sun from the Earth ?

The candidate said, "Sir! If you want to employ me for this route I don't want this job."

Mr. Ramlal was traveling in his car. The car stopped with a jolt. He asked the driver, "Why this jolt?"

Driver : There was a big stone in front.

Mr. Ramlal : You should have given a horn.

Driver : Petrol is finished. The car cannot go ahead.

Madam : Never mind. Take it back to my residence.

An astronomer was seeing the stars through his telescope. A worker in the science lab saw a shooting star. He said, "Sir what a fantastic shot!"

— Raju (Jaunpur)



A leader inaugurated the newly constructed operation theatre in a hospital. He said in his inaugural speech," It is great to have this operation theatre in the hospital. It was much required for the entertainment of patients in such a big hospital.

— Sanjhvi (Delhi)

Ram : (Placing his hand on Shyam's shoulder) Which station is this?

Shyam : Brother! This is not a station. This is my shoulder.

—Rajni Batra, Ludhiana

Chintu : Sir I have made something through which you can see the other side of the wall.

Sir : Vow! what is it ?

Chintu : It is a hole in the wall.

—Rajni Gupta, Delhi

Shivam's mother was unwell. The doctor said," Some tests need to be done."

Shivam : Oh my God! My mother is not educated.

—Akhilesh Gupta(Sonbhadra)

Teacher : (Looking over Ankur's home-work) I don't see how it is possible for a single person to make so many mistakes.

Ankur : It was not a single person madam, mother helped me.

Savita : Inspector! My husband did not come from market, he went to buy vegetables.

Inspector : Don't worry, today, you cook pulses.

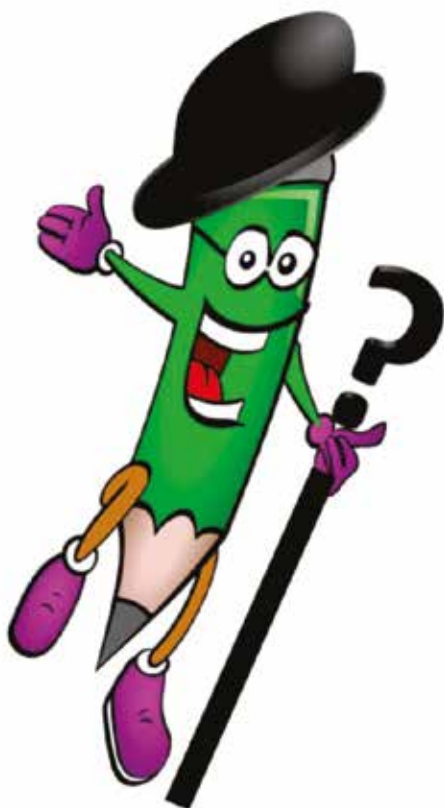
Sanjay : If you have Rs. 1,000 in both pockets, what will be your first thought?

Bharat : I will wonder, "Wow, whose pants am I wearing today?"

Teacher : In this box, I have a 10-feet long snake.

Rahul : Ma'am, you can't be fool me. Snakes do not have feet.

—Neha



RIDDLES

- Q.1 What kind of room has no doors or windows?
- Q. 2 He has married many women, but has never been married. Who is he?
- Q. 3 What has a bark, but no bite?
- Q. 4 What is it which is of the size of an elephant but has no weight?
- Q. 5 What occurs once in every minute, twice in a moment and yet never in thousand years?
- Q.6 What can you serve, but never eat?

- Q.7 It looks like a little prince and wears many layers of clothes. Guess what is it?
- Q.8 It's shape is round and in many colours, It is an ornament which every female loves to wear be it mother or sister. Guess what is it?
- Q.9 Give a word in which all the 5 vowels are present.
- Q.10 Imagine you are in a room, with no doors, windows or anything, how would you get out?
- Q.11 Which table has no legs but we feel it?
- Q.12 Which Union Territory is known for cherry?
- Q. 13 What kind of bulbs need water?

Answers to Riddles.

Ans-1. Mushroom, 2- A priest
 3. Tree 4. Shadow of elephant
 5. The letter M 6. A tennis ball
 7. Onion 8. Bangles 9. Education
 10. Stop imagining
 11. Comfortable 12. Puducherry
 13. Onion bulbs

RESULT FOR THE MONTH OF February 2022 ISSUE

CONSOLATION ENTERIES

Aditya Singh Age-10

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



Akshita A. Saulani Age-10

E- Wingh 203,
Palam Court Complex,
Malad (W), Mumbai



Unnati Negi Age-08

R.K. Villa, HNo. 456-B,
Lane -17, Sector-4,
Near DAV, New Shimla (HP)



Sungandhi (Almora)

Swastika (Nasik)

Sanyogita (Shimla)

Sameepta (Gogia)

Bharat (Delhi)

Roopa (Punjab)

Manvi (Delhi)

Roshan (Delhi)

Leena (Allahabad)

Neetu (Varansi)

Rajeev (Delhi)

Rekha (Delhi)

Monu (Ludhiana)

Ritu (Ludhiana)

Pintu (Kanpur)

Reetu (Mumbai)

Seelu (Agra)

Colour it for April Issue

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

The result will appear in June 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.

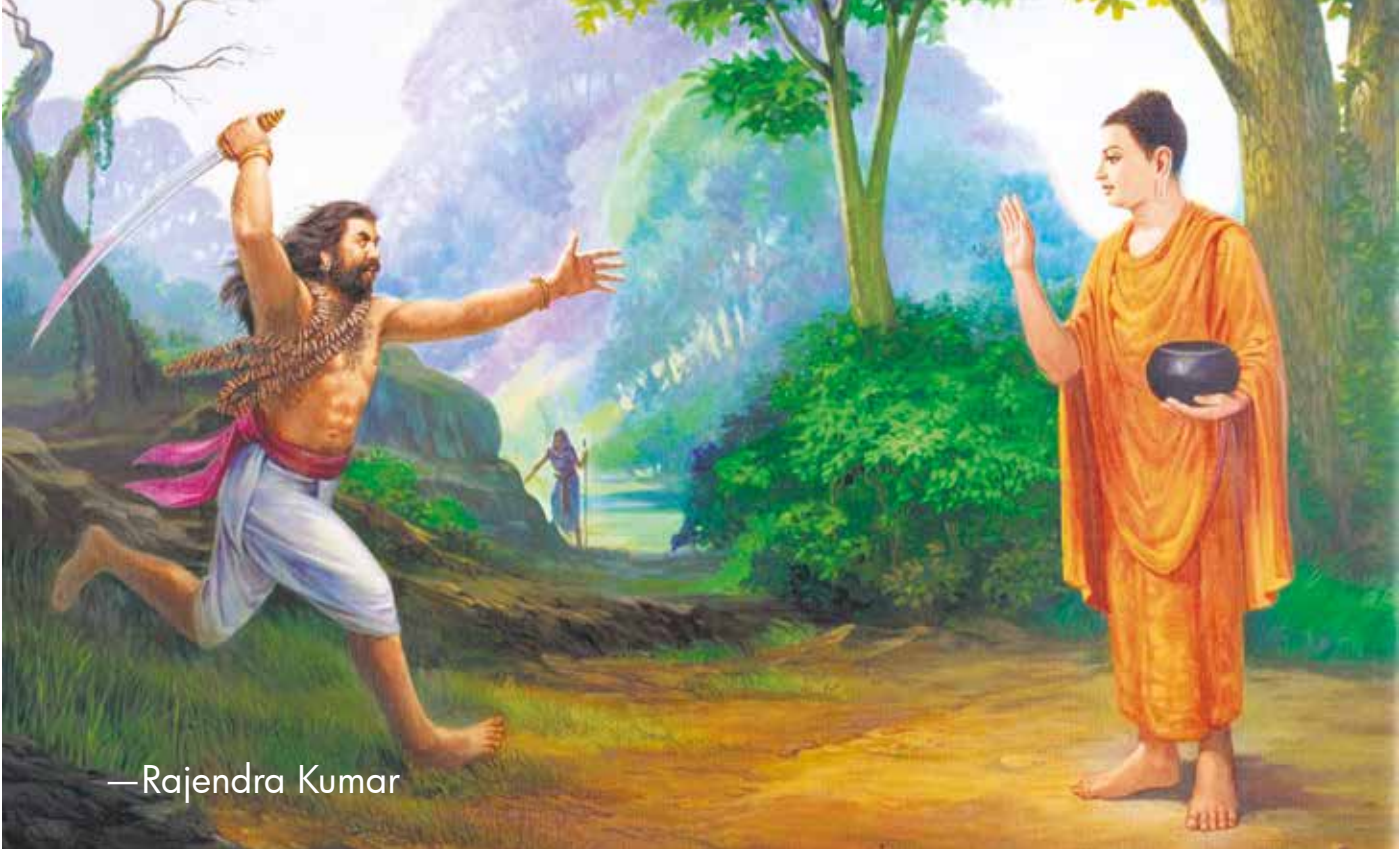
Colour it



Name :Age

Address :

.....Pin Code



—Rajendra Kumar

Victory

The Buddha walked on fearlessly. The robber, Angulimal, followed him as fast he could but was not able to catch up with him. He swore and shouted at Gautama Buddha, but the latter only smiled at him kindly and continued to walk through the forest. This went on for several hours and Angulimal, tired at last, sat down. The Buddha stood in front of him. His face was shining, full of kindness for the robber.

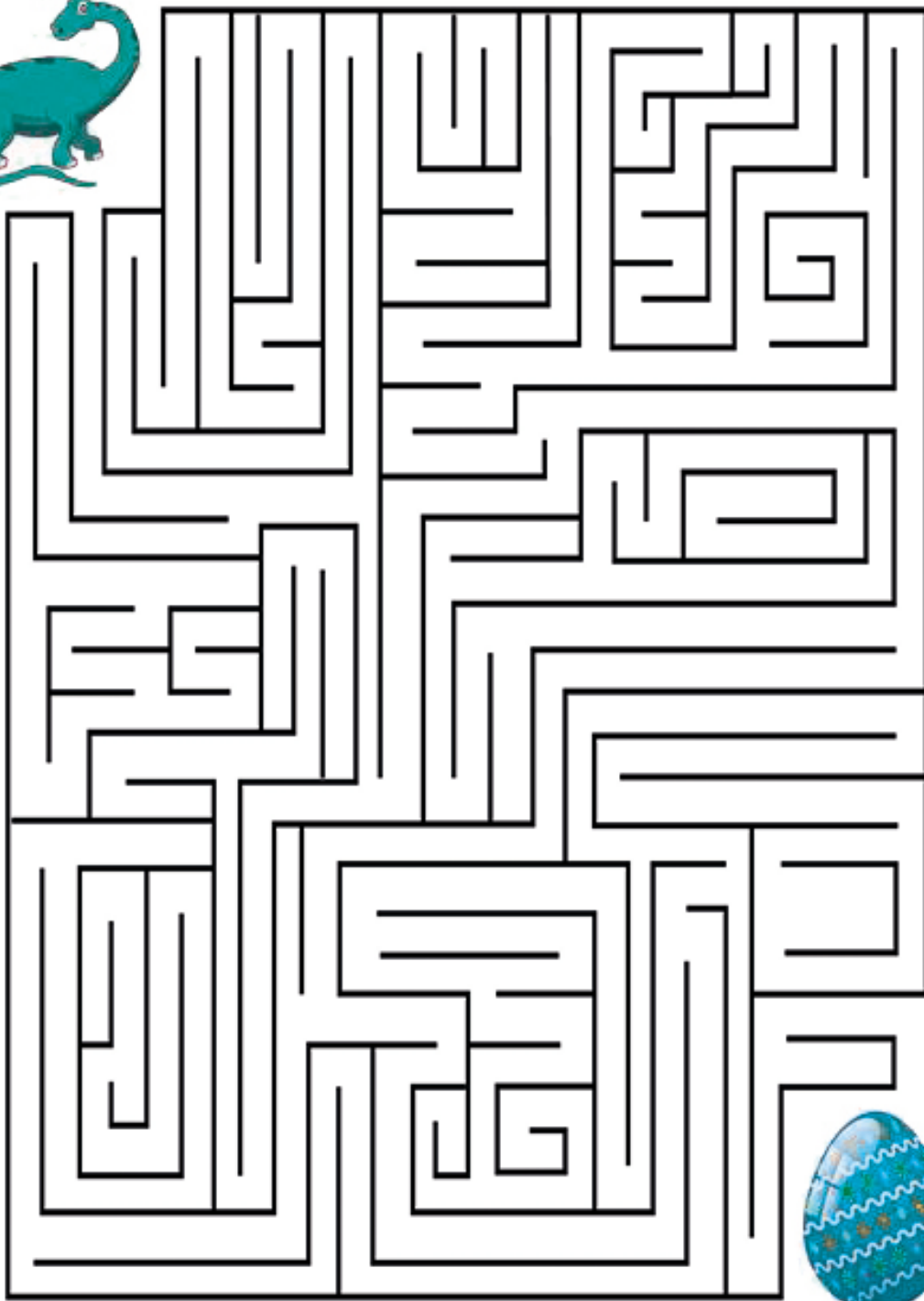
'Who are you', asked Angulimal. 'Why do you travel through this forest alone?' Are you not afraid of the robber Angulimal? Why he could not catch you? What Magic do you possess?'

Buddha's face was full of compassion and he replied gently. "I am a friend of yours and I have come to save you from further sin. I am not afraid of you because I love everyone. My magic is the magic of kindness for all living creatures."

These noble words touched the cruel heart of Angulimal and he fell at the feet of Buddha, "Save me, O lord!" he said, sobbingly, "I am the greatest sinner on earth!" Tears flowed from his eyes in unending streams and washed away all his sins.

Moral : People can learn biggest of lessons just by one Example.

Find the route to reach the target





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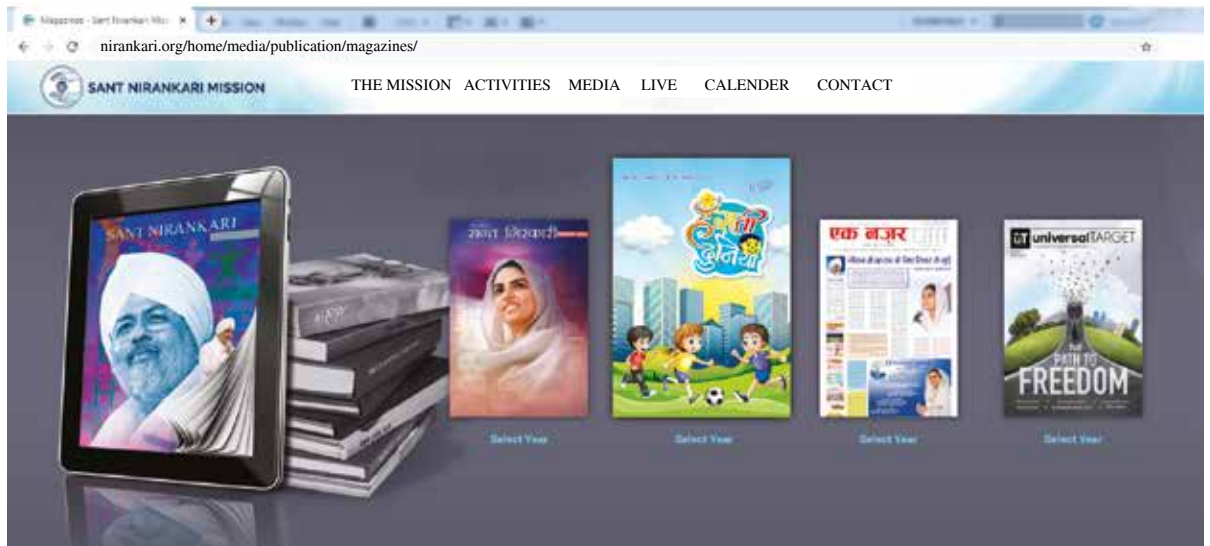
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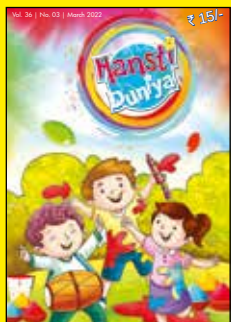
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Please open www.nirankari.org. You will observe different headings, viz., 'THE MISSION', 'ACTIVITIES', 'MEDIA' and 'GALLERY'. You may please click at the 'Publications' option under the head MEDIA. Here, you will find different options like 'Sampuran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

Magazine Department, Sant Nirankari Mandal
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