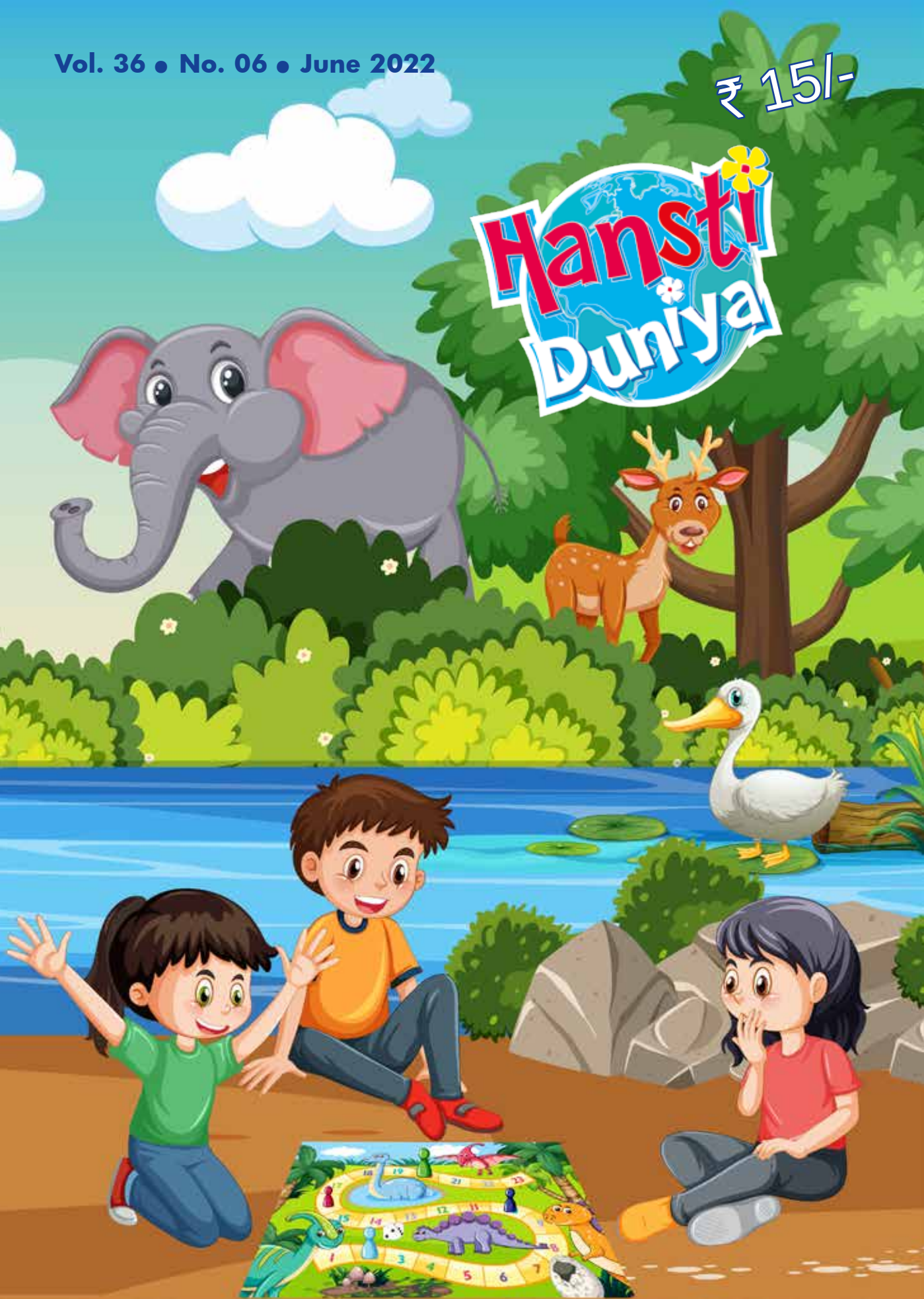


Hansti Duniya





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Be Grateful

Every parent wishes to see his/her children healthy, brilliant, leaders, characterful and at the top. On an average all the parents wish to see their children surpass them and make them proud. To achieve this they try to get them admitted in best schools, colleges and universities for best of education.

When the child returns from the school for the first time and explains to his mother about the school in his imperfect language the mother is overjoyed.

Earlier happiness of parents was limited to their own achievements. When the child represents the school or college in any competition like games, painting or debate at any level the joy of winning an award gets associated with school, college, friends and society at large.

When he represents the state and then the nation, he makes the entire nation feel proud and honoured. Now everybody including himself share the joy of winning. Parents at this point of time feel self satisfied and blissful.

Friends! Sometimes we observe that a person after reaching heights may while

sharing his experiences praise himself only eg he worked very hard from the beginning. He studied despite various odds and also did menial jobs along with studies. He may give the whole credit of his progress to his own efforts. But there are some great men who give credit of their achievements to their parents, friends and teachers and express gratitude towards them.

Dear friends !We have to make a choice right away. Which type of person I want to be. Let's ponder over whether I can do everything by myself. Can I do anything just on my own. If nobody ever taught me how to walk, read, write, eat and drink what would have been life like. We must never forget to be grateful to all those who helped us in any way or in any area in whatever small way and must express our gratitude towards them publicly. That will not demean us rather raise our level in the eyes of all. In return parents, family members, friends and teachers will shower their blessings upon us leading to spiritual joy.

—Vimlesh Ahuja

SAMPURAN AVTAR BANI



IK TU HI NIRANKAR 180

HINDU MUSLIM SIKH ISAI SAKE IKO JIHE INSAAN;
IKO DI SABH DEN DUHAI GITA VED GRANTH QURAN.
IKO SANJHI SABH DA SANJHA IKO IK EY IH BHAGWAN;
MANGTE SARE IKO DAR DE IKO DATA IK SULTAN.
IKO SAJANHARA JAG DA PUTLI WANG NACHANDA EY;
SWAS BHARE IH MITTI ANDAR KHEDAN KHOOB KHIDANDA EY.
DUNIA TE PARKASH KARAN LAYEE CHANN SURAJ CHAMKANDA EY;
AAPE AAP EY HAKAM IKO JAG TE HUKAM CHALANDA EY.
KAUN KHIDARI KHED HAI KIS DI JE IH BANDA JAAN LAVE;
KAHE AVTAR OH PAL PAL CHHIN CHHIN DAM DAM MAUJAN MAN LAVE.

THOU FORMLESS ONE 180

Hindus, Muslims, Sikhs and Christians, all are human beings alike;
The Gita, the Vedas, Adi Granth and the Quran, all testify the One Alone.
There is only one common denominator for all, and this is the only self-same God;
All are beggars at the same door, and there is only one Giver, and one Lord.
There is only one creator of the universe, who makes all to dance like puppets;
He instills life in models of clay and makes them play different roles.
He makes the Moon and the Sun shine to illumine the world;
He Himself is the sole ruler who commands the universe.
If a man comes to know as to who is the player and whose play is this;
Avtar says, such a person then enjoys every moment and every breath of his life.

THE BRAVE BOY Dudha

A 15 year old Bhil (a tribe in Central India) boy of Mewad was passing through Aravali mountains while going home after grazing his cows. Suddenly he heard the sound of neighing of horse. When he looked in the direction from which sound had come, he noticed a horse close to a rock and also a majestic figure wearing royal clothes.

Dudha could notice the hunger on the face of the royal person. He had overheard the villagers saying that Rana Pratap was fighting the Mughals to free Mewad and was wandering in the jungle. He was happy because Rana Pratap didn't surrender to the Mughal king. Dudha said, "Are you our king?" Maharana Pratap replied in affirmative by moving his head.

Dudha asked, " You seem to be hungry."

Maharana Pratap said 'yes' by again moving his head.

Dudha could know longer see Maharana Pratap hungry. He ran fast to his place, took the food kept for himself to Maharana and gave it to him. Maharana Pratap ate the food given by the boy with

great love and affection. This became Dudha's routine. Dudha would take the food along for the Maharana while taking the cows to jungle for grazing.

One day two Mughal soldiers was strolling. "Where are you going with the food?" they asked. Dudha could immediately make out the reason as to why were they asking about the food. Dudha replied, "Cow shed of my cows is nearby. This is my food."

The soldiers allowed him to go but suddenly they understood that he was telling a lie. They called him back. Dudha could make out that they were suspecting him. He left the track and started climbing on the hilly rocks. They targeted a sword towards him and hit him. His hand got cut and fell down. He thought that in the absence of food Maharana Pratap will have to starve. He quickly picked the food with the other hand and moved fast towards the jungle.

The Mughal soldiers were taken aback. They were compelled to think about the devotion of the boy. They also understood that nobody could enslave such people. The land was blessed.

Maharana Pratap was sitting in the Jungle in a pensive mood. He was stunned to see the condition of the boy. He embraced the bleeding boy. Tears of love flowed down his eyes. He was convinced that freedom of the land was more precious than his hunger or thirst.

Who could enslave Mewad inhibited by brave boys like Dudha.



As You Sow So Shall You REAP

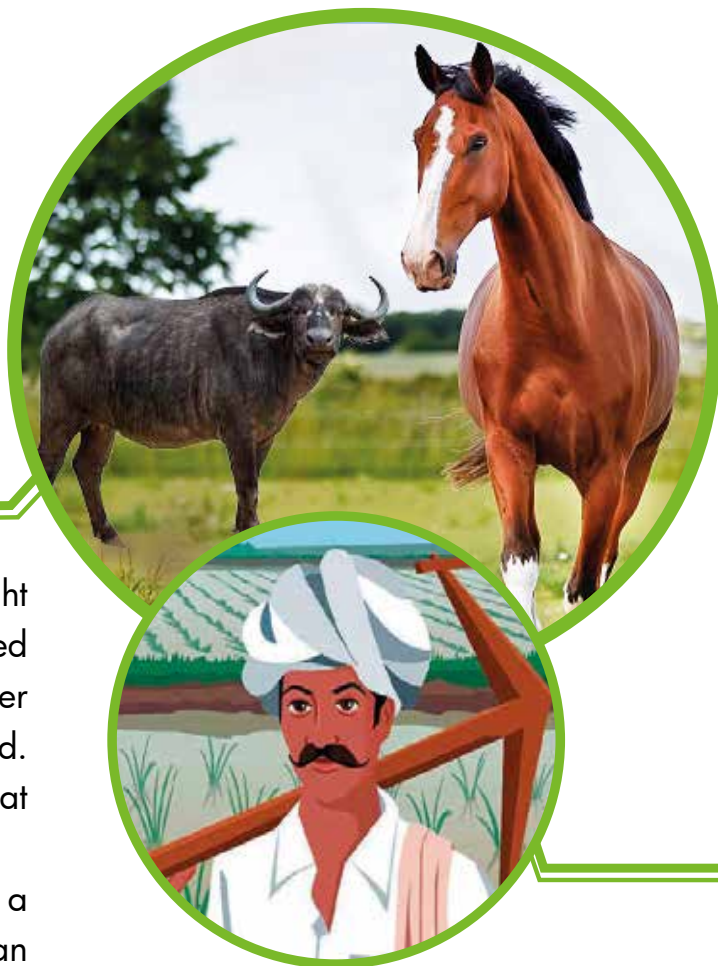
Once a buffalo and a horse fought over something. Both of them lived in the same jungle, grazed together and drank water from the same pond. Buffalo hit the horse very hard and beat him blue.

The horse ran away, went to a man and asked for help. The man said, "Buffalo has big horns and is very strong. I shall not be able to win over her."

The horse said, "You sit on my back holding a big stick. I shall run fast. You continuously hit her with the stick and beat her blue. Then tie her with a rope."

The man agreed to what the horse had said but asked as to why he needed to tie the buffalo. The horse said, "Buffalo's milk is very sweet. You can drink it."

The man agreed to the horse's proposal. When the buffalo was hit with the stick time and again she fell



down tired after sometime. The man tied her with a rope. The horse said, "Now you free me, I shall go and eat grass."

The man started laughing loudly. He said, "I did not know that I could ride you. I shall get milk from the cow and ride on you."

The horse started crying and repented for what he had done but now nothing could be done. He had to bear what he had done unto the buffalo.

Moral : If you dig a hole for others, you are sure to fall in it your self.



THE CURATIVE POWER OF MANGO

Vegetable markets are again brimming with mango lovers. Mangoes are available in every part of India. They are very nutritious. The mango tree remains green throughout the year. Mangoes are also grown in other countries like America, Australia, Pakistan and Sri Lanka etc but quality of mango found in India is rated higher. Ripe mangoes have proven health benefits. Ayurveda speaks very highly of mangoes. According to Ayurveda mangoes are sweet, invigorating, energy booster, soothing, juicy, digestive, good for heart, cure acidity and diseases concerning bile.

The chemical analysis of mango shows that it has nearly 86% water, 12% carbohydrate, 1.1% fibre, 0.6% calcium, 1 percent fat, mineral salts 0.3% and 5 mg of iron in 100 gram of fruit. Mangoes also contain vitamin A, B and C.

Normally there are two varieties of mangoes. The first one is small and juicy to be only used without cutting. The second one is cut with a knife and eaten. The different varieties are Malda, Bambaia, Langda, Safeda, Dashari, Hapus, Siroli and Fazli etc.

Mangoes help in healing a wound fast. They increase hemoglobin in the body and are also helpful in relieving tiredness.

Drinking warm or cold milk after eating mangoes is very beneficial. It immediately boosts energy. It also has curative properties. Some of these are as under:

- ❖ Ripe mango is roasted in hot ashes and is cooled. When sucked it helps in curing dry cough.
- ❖ Eight to ten spoons of sweet juice of mango when mixed with two spoons of honey help in conditions arising from flatulence.
- ❖ A wound formed if a body part gets burnt can be quickly helped if ashes of burnt mango leaves mixed with water or ghee are applied.
- ❖ Tender leaves of mango tree when chewed and rubbed on teeth help them become strong.
- ❖ Aam Panna prepared from raw mangoes when given in small quantities is helpful in heat stroke.
- ❖ If juice of mango seed is dribbled in the nose, it helps in bleeding from nose.

Mangoes are very beneficial in all respects but a few precautions are necessary before they are consumed. They must be dipped in water for at least two hours before eating. Little bit of juice in the beginning must be disposed off. People suffering from bile ailments must use it in limited amounts. Pulpy mangoes should not be eaten empty stomach. They can be eaten with or after food. Sorbet (Sharbat) must never be taken after eating mangoes. Buttermilk, if consumed after mangoes is very beneficial. Overripe mangoes that have froth must never be consumed. They will do more harm than benefit.

—H.S. Nirman,
Chandigarh

My Dear Earth



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

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

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

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

—Aman Chaudhary

Riddles

Q 1 : What is so fragile that saying its name breaks it?

Ans. : Silence.

Q 2 : What can run but never walks, has a mouth but never talks, has a head but never weeps, has a bed but never sleeps?

Ans. : A river.



Q 3 : What two things can you never have for breakfast?

Ans. : Lunch and dinner.

Q 4 : What can fill a room but takes up no space?

Ans. : Light.

Q 5 : If you drop me, I'm sure to crack, but give me a smile and I'll always smile back. What am I?

Ans. : A mirror.

Q 6 : What is the capital in France?

Ans. : The letter F is the only capital letter in France.

Q 7 : The more you take, the more you leave behind. What are they?

Ans. : Footsteps.

Q 8 : I turn once, what is out will not get in. I turn again, what is in will not get out. What am I?

Ans. : A key.

Q 9 : A man calls his dog from the opposite side of the river. The dog crosses the river without getting wet, and without using a bridge or boat.

Ans. : The river was frozen.



Thoughts

❖ A humble person gets honour and regards everywhere.

— Nirankari Baba

❖ Age is an issue of mind over matter. If you do not mind, it does not matter. — Mark Twain

❖ Loving is living; if you cease to love, you cease to live.

❖ We do not stop playing because we grow old. We grow old because we stop playing.

— George Bernard

❖ Whosoever seeks to set one religion against the other, seeks to destroy all religions.

— Frank Roosevelt

❖ Gold Medals are not really made of gold. They are made of sweat, determination and a hard to find alloy called guts.

— Dan Gable

❖ By the time a man realises that may be his father was right, he usually has a son who thinks he is wrong.

— Charles Wordsworth

❖ Those who work for appreciation and fame, usually end up quarrelling and fighting with each other.

— Nirmal Joshi

❖ It is not how much we have, but how much we enjoy with whatever we have. That gives happiness.

— Giani Joginder Singh

❖ "There are decades when nothing happens, and there are weeks when decades happen."

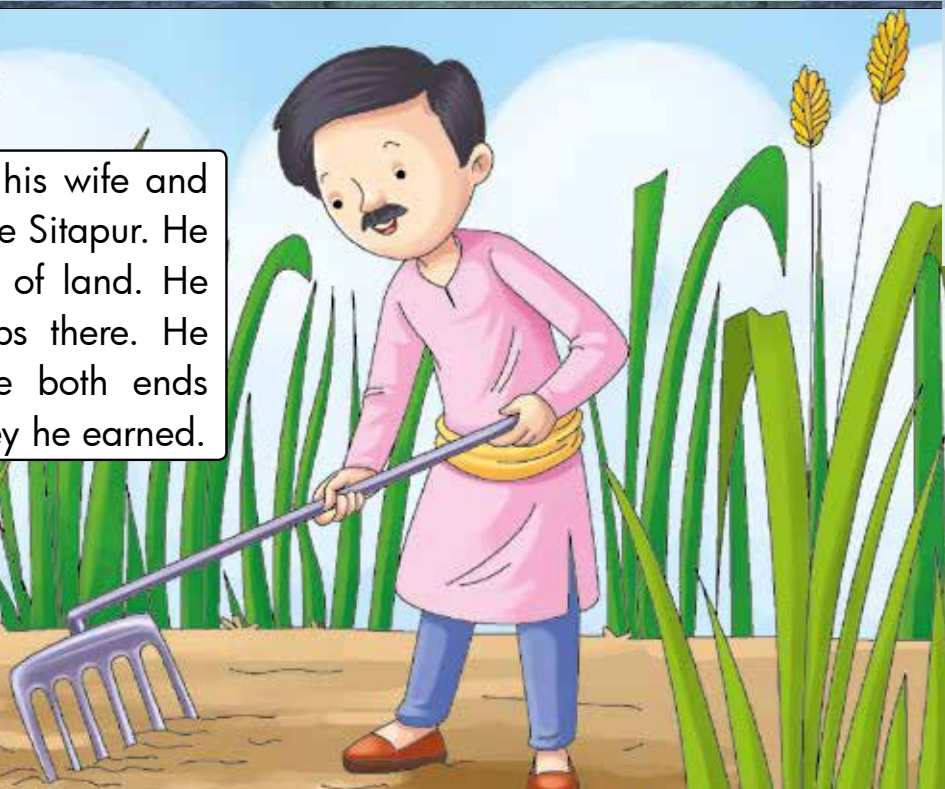
— Vladimir I. Lenin

HARD WORK

Story & Illustration
— Ajay Kalara



Ganesh lived with his wife and mother in the village Sitapur. He had a small piece of land. He used to grow crops there. He could hardly make both ends meet with the money he earned.

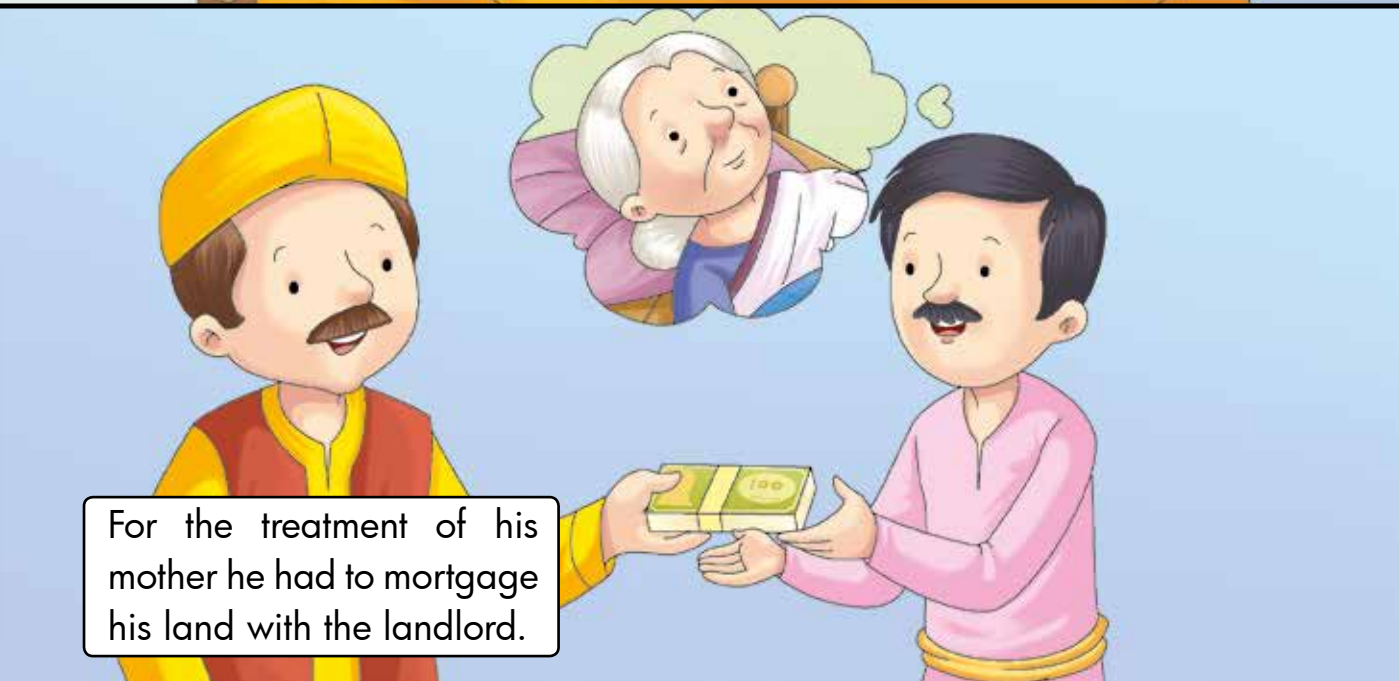


Ganesh's mother was ill for long. He would always be worrying about her.





Sometimes later Ganesh's mother became very ill.




For the treatment of his mother he had to mortgage his land with the landlord.

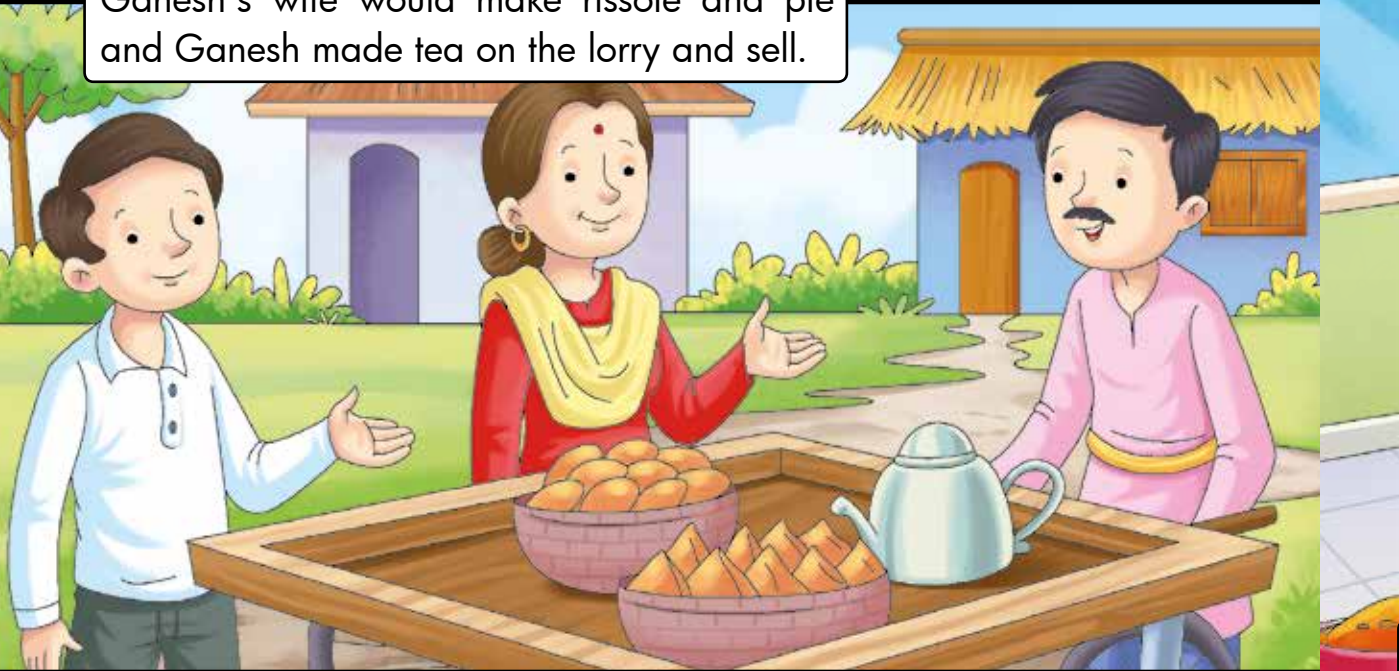


The entire money has been used up. How shall we make both ends meet?

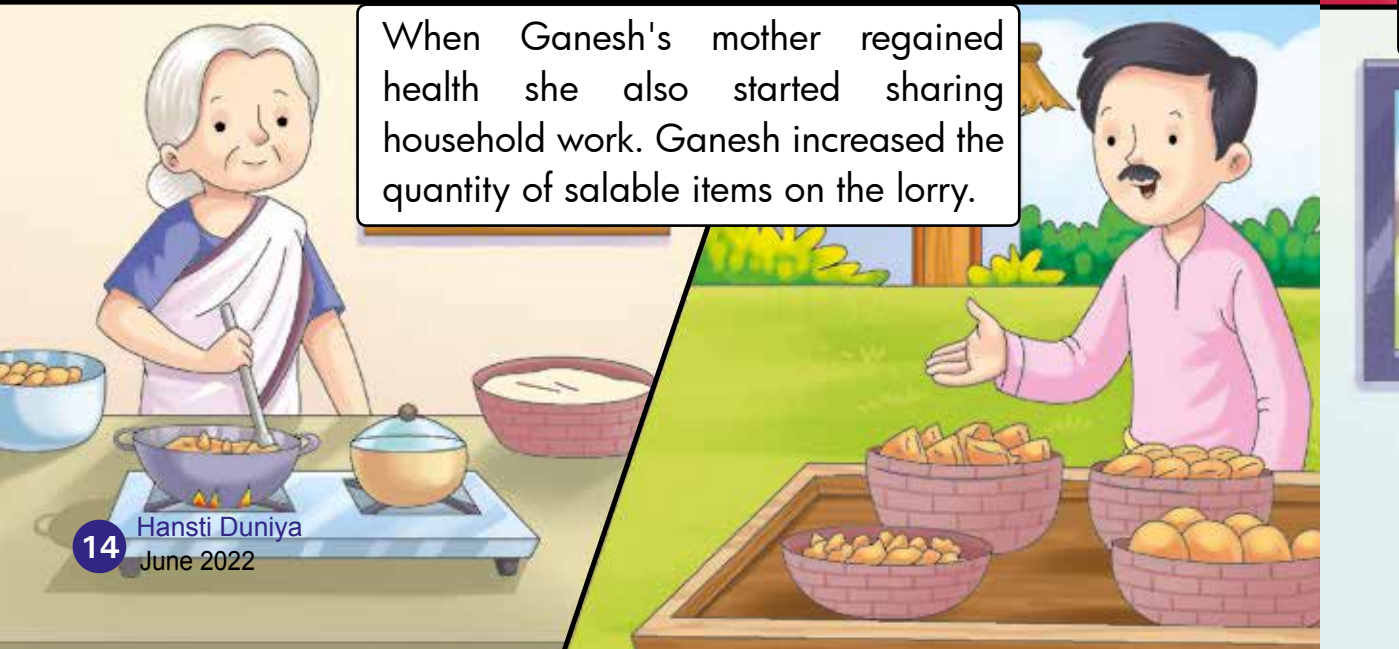
Listen! We can start a new business.

A woman in a red sari with a blue border is standing in a kitchen. She is looking towards a man in a pink kurta who is standing next to her. On the counter in front of them is a large yellow pot on a stove, a white bowl, and two blue jars. The background shows a doorway and some pink flowers.

After a few days Ganesh started a new business. He started selling rissole (Samosa), pie (Kachori) and tea on a lorry.

A woman in a red sari with a yellow border is standing behind a wooden lorry. She is gesturing towards a man in a pink kurta who is standing next to her. On the lorry, there are two baskets filled with golden-brown samosas and a white teapot. A young boy in a white shirt is standing to the left of the lorry, looking at the food. The background shows a blue house with a thatched roof and some greenery.

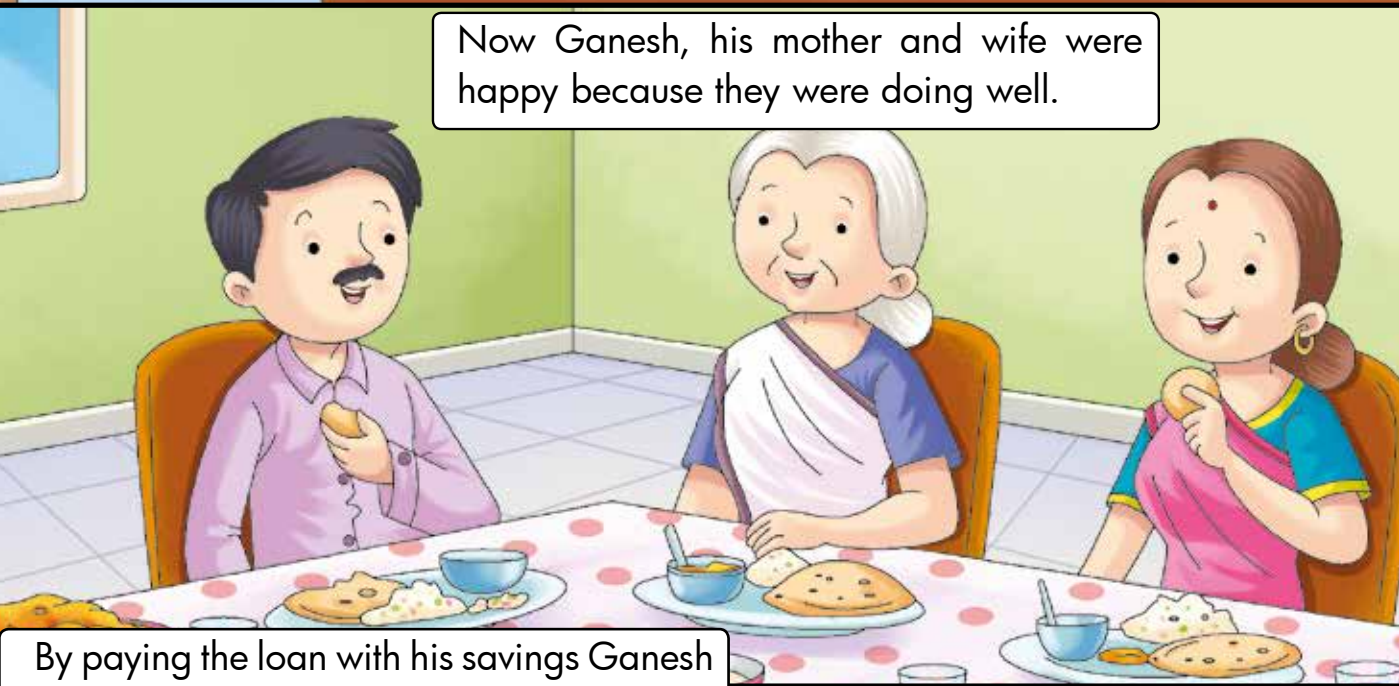
Ganesh's wife would make rissole and pie and Ganesh made tea on the lorry and sell.

An elderly woman with white hair, wearing a blue sari with a white border, is standing in a kitchen. She is looking towards a man in a pink kurta who is standing next to her. On the counter in front of them is a large yellow pot on a stove, a white bowl, and two blue jars. The background shows a doorway and some pink flowers.

When Ganesh's mother regained health she also started sharing household work. Ganesh increased the quantity of salable items on the lorry.

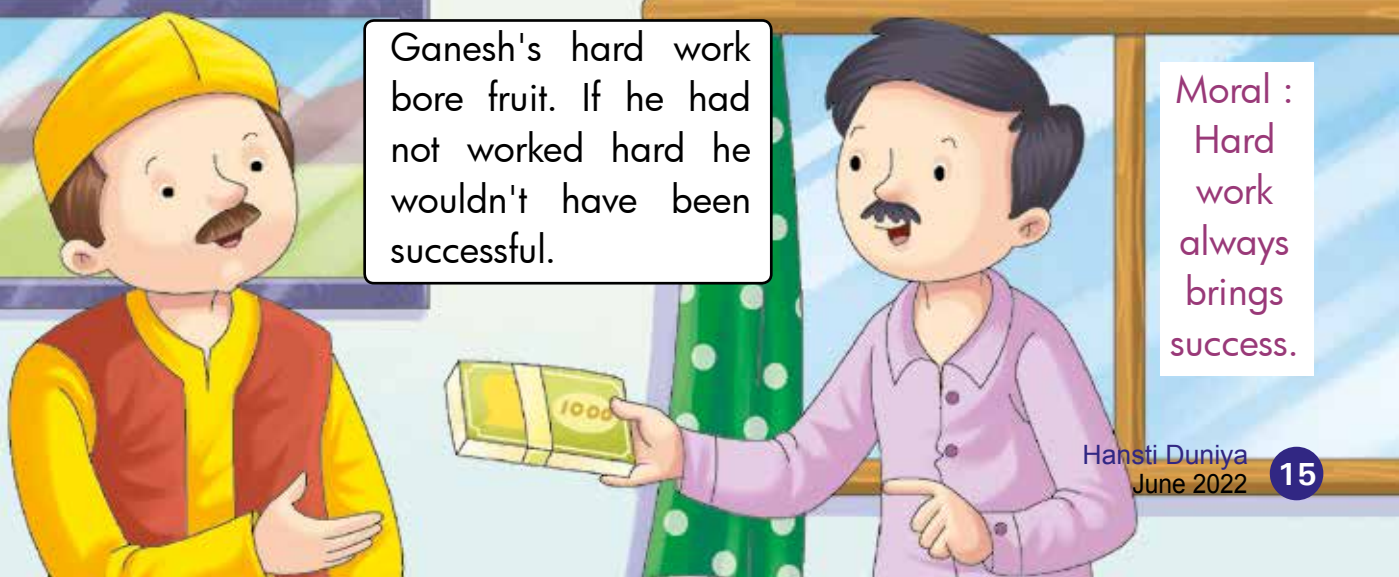


After sometime Ganesh with the help of his savings opened a small shop and started selling things from there.



Now Ganesh, his mother and wife were happy because they were doing well.

By paying the loan with his savings Ganesh repossessed his land after sometime.



Ganesh's hard work bore fruit. If he had not worked hard he wouldn't have been successful.

Moral :
Hard
work
always
brings
success.



— Ramesh

The Town Builders

Muskrats are ratlike rodents that look a little like small beavers and live in water. The animal gets its name from the two musk glands under its tail. The glands give off a heavy, musky smell. Muskrats were originally found only in North America. People took them to Europe and Asia about 100 years ago, and they soon made themselves at home in those regions as well.

Muskrats build their houses in water, as a part of a 'town'. Mounds of mud, bulrushes, and other plants are heaped up into a dome-shaped structure. This rises above the surface of the water. The animals dig tunnels from under the water up into the mound. They then hollow out a room at the top, a few inches above the waterline. Muskrats also dig narrow channels through the surrounding plant growth. The channels are connect to each other and to other mounds. Muskrats can sometimes be seen swimming along these channels. They feed on different kinds of sedges, reeds, and roots of water plants, as well as mussels, crayfish, salamanders, and fish.

Muskrats have small eyes and ears and a long scaly flat tail. They use the tail as a rudder for steering or changing direction while swimming. The hind feet are partially webbed and are used as paddles.

Muskrat fur is waterproof and keeps the animals warm. Muskrats continue to be trapped because of the quality of that fur. Because of that, there are far fewer muskrats today than there were in the past.



Greediness is a Curse



A wise and kind king took good care of his subjects. Even the angels were happy with his conduct and visited him frequently.

The king had many virtues but had one bad habit. He always trusted his ministers and associates blindly. He would never doubt anyone.

Once three angels came to the king in his court. The king was informed about their arrival. The king got up and welcomed them. He paid his obeisance and made them sit on his throne.

They asked about the well being of everybody. The king replied that everything was fine and there was peace in the state.

The Angels said, "You are blessed. You

have worked for the welfare of your subjects. You have got schools, pools for drinking water and rest houses constructed for your people. We are pleased with you. How can we help you?"

The king said, "I wish that you guide me towards the path of goodness. Help me improve when I am wrong. I surrender unto you. Kindly oblige me by being my guests tonight." The angels accepted the king's request.

The king called for the royal priest and told him to escort them to the guest house, get the food suitable for their need and make them feel comfortable.

The royal priest escorted them to guest house. He served them very well. He massaged their feet and continued to praise himself.

It was morning time. The Angels said, "We are pleased with your service. You may ask for a boon."

He was in fact waiting for the moment. The angels were wearing unusual kind of beautiful garlands. The entire guest house was fragrant with their fragrance. The royal priest said, "Your garlands are very beautiful. Such fragrant flowers are not available on this earth."

"You are right. These are from heaven. They have strange powers. One who wears them cannot be defeated by anybody. All his wishes are fulfilled. He does not age," replied the angels.

When the royal priest heard this he thought of asking for the garlands.

The Angels asked again, "What is your wish?"

The royal priest said, "If you are pleased with me you may please give me these garlands."

The angels became silent for a moment. One of them said, "A person who is not greedy can have my garland."

The priest said, "I deserve it. You see my life is full of sacrifices. I am not greedy at all. You may give this to me."

The angel gave the garland to the royal priest.

Now the second angel said, "I also want to give my garland to you but only a person who never told a lie can wear it."

Royal priest said, "I can't praise myself but I have never told a lie."

Second angel smiled and gave the garland to him.

Royal priest looked at the third angel with greedy eyes.

The third angel said, "Only a dutiful person who never cheated anybody can wear it."

"Sir I am grateful. The king has already apprised you of my conduct. I am a religious person and teach others the path of duty. I deserve this garland too."

The third angel gave his garland to him. Royal priest was happy and proud wearing the garlands. At the same time the king's carriage escorted the angels to the king's palace.

No sooner had they reached the palace when a helper came running to the king and said, "My Lord !Help !Royal priest is getting suffocated. He is about to die."

"What happened?" the king asked atonishingly. "Just now the angels were with him."

"My Lord! It seems royal priest has done some wrong. Angels had given him their garlands. As he wore them they started getting shorter and shorter. The flowers



are suffocating his neck like Iron chains. Please help otherwise royal priest will die."

The king looked at the angels in astonishment. The angels said, "Royal priest is bearing the fruit of greed and is a liar. He must have been cheating you and your subjects. He lied to us also. He was greedy so he served us. He took our garlands by telling lies." The angels narrated the entire happening to the king.

At the same time helpers escorted the royal priest in the royal carriage to the palace. His throat was choking and eyes protruding. He could hardly speak.

He got down from the royal carriage and fell down on the angels' feet and said, "Please forgive me. I am not what I had portrayed myself to you". Tears flowed down his eyes.

When the angels touched the flowers they became their original self. Royal

priest quickly removed the garlands and said, "I don't deserve them."

The angels took the garlands in their hands and said, "Who in your court deserves these?"

Everybody was quiet. All searched their hearts and found one or the other vice in themselves. "See your people love you, so they are quiet. The people you trust cheat on you.," said the angels.

"The king should trust people but not blindly. He should oversee the jobs of everyone. That is the right way." The king felt ashamed. He said, "I am no less. I considered myself very great while the king is just a servant of the subjects. You have apprised me of my mistake."

The angels gave the garlands to the king and said, "Till the time you will do your duty, they will remain fresh and fragrant."



— R.N. Kabra

MY FAVOURITE TOY
MY TEDDY BEAR

It is very soft and lovely chubby
It's colour is pink, so I call it, "Pinky Dear"
It smiles with me and looks with cheer

I sleep with my Teddy Bear
It takes me to lovely forests in dream

I enjoy these trips very much

Friends may cheat or tease

But this friend loves to please

Our friendship is so nice

That, I kiss it daily thrice

I can't give it to any one

No king or queen can take it from me

It is only mine

And will always remain mine

It is soft and very fine

It is always mine never thine

I thank my grandfather

Who gave me this lovely all time - gift

If you ask me to give it you

I will surely disappoint you.



— Dinesh Darpan

Invention of Reinforced Cement Concrete (RCC)

Joseph Monier a French gardner lived in Saint- Quentin-La-Poterie. Sometimes Joseph would act crazy when he would throw away flower pots and they would break.

One day he thought of making flower pots that won't break if thrown. This according to him would be great. He started working on the idea. First he made flower pots with the help of clay. But they broke. Then he made very thick flower pots but they were very heavy. Later he used concrete (Hard building material made by mixing together cement, sand, small stones and water) but that too didn't work. Next time he wound thick iron wire all around the pot. After a few days the wire got rusted and it was a waste. But Joseph didn't give up. He continued to make efforts towards his objective.

Finally he thought of making a pot with the help of iron wire and then made a layer of concrete on it.

Joseph monier's experiment was successful. This pot proved to be strongest. The material invented by crazy Joseph Monier was 'reinforced cement concrete'. It is because of reinforced cement concrete that today we have high rise buildings, roads and bridges etc.





Do You Know?

Q. When did America first appear on maps?

A. Before 1500, maps made in Europe did not show America. It was unknown to Europeans until Christopher Columbus sailed across the Atlantic Ocean in 1492. Soon mapmakers began to show the coast of the eastern America. The name America was first used on a German map in 1507.

Q. When did sailors first use maps?

A. The first charts (sea maps) were made in Europe in the 1300s. They were called portolan charts and showed the Mediterranean coast in some detail. Sailors could recognize bays and headlands. A web of lines joined the various ports shown on the map, to help sailors find the right direction.

Q. How is height shown on a map?

A. Height is difficult to show on a flat map. Colour shading shows areas that are the same height above sea level. Contour lines on a map also show height. The closer together contour lines are, the steeper the slope.

Q. What is a map projection?

A. No flat map can be entirely accurate because the Earth's surface is curved. A map projection is a means of transferring the curved surface onto a flat map. One map projection can be imagined by wrapping a cylindrical roll of paper around a globe. It was made popular (though not invented) by the Flemish mapmaker Gerardus Mercator (1512-1594).



— Praveen Kumar

Minor Planets

On January 1st in 1801, a man named Giuseppe Piazzi found a new object in the sky. It was circling the Sun out beyond the planet Mars, and Piazzi thought it might be a comet. Some people thought that it was a new planet. Over the next few years many more objects were seen. All of these were much smaller than a planet. Astronomers now call these objects 'asteroids' or 'minor planets'.

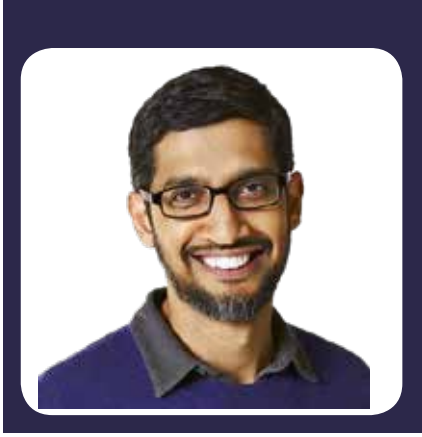
There are thousands of asteroids in our solar system. They tend to vary in shape, ranging from large spheres to smaller slabs and potato-shaped objects. Some asteroids are big. Most are the size of a boulder. The asteroid that Piazzi found, called Ceres, is the biggest discovered so far. Its diameter is about 930 kilometres. Smaller asteroids form when two big asteroids smash into each other and break up. Astronomers think that there are millions of tiny asteroids in the solar system.

Like planets, all asteroids in our solar system circle the Sun. The path that a planet or an asteroid follows when it circles the Sun is called an 'orbit'. Most asteroids are found farther from the Sun than Earth, between the orbits of Mars and Jupiter. Some, though, come quite close to the Sun.

Many people believe that millions of years ago an asteroid hit Earth and led to the dinosaurs' dying out. Some filmmakers in Hollywood have even made popular science-fiction films using the idea of an asteroid hitting Earth.

— Asha Kapoor

Success Story of Sundar Pichai



Google it. How many times we say it in a day. This is the power of search engine 'Google'. Sundar Pichai is the CEO of Alphabet Inc. (parent company of Google) and Google. He is a living example of dedication and hard work. His journey towards success has many ups and downs. He was born on June 10, 1972 in Madurai In Chennai. His Father Raghunatha Pichai was an Electrical Engineer and mother Lakshmi Pichai was a Steno Grapher. He belonged to a very humble family who could afford only basic amenities. They neither had a T.V. nor car. His father was keen to give his children good education.

Sundar did his schooling from Jawahar Vidyalya and VanaVani Matriculation Higher Secondary school in Chennai. He was very good at numbers and also a keen sportsperson who was the captain of his school cricket team. He also won many prizes for winning the game. He was a great fan of Sunil Gawasker and Sachin Tendulkar and wanted to follow their footsteps. After completing his class XII he went to IIT Kharagpur. While interacting with students of IIT Kharagpur, when he visited the campus after 23 years of his passing, he admitted that he had seen a computer for the first time in IIT Kharagpur. He got

a silver medal there for his academic performance and was awarded a scholarship for studying at Stanford University. He completed

his masters there, worked for some time and then did his M.B.A. in 2002 from the Wharton School of the University of Pennsylvania.

In 2004 he joined Google. He worked on products such as Google Toolbar. He was involved in the development of Google's own browser, chrome. Chrome was made available for use to public in 2008. At the same time he was made the Vice President of product development of the company. Till now 'Chrome' stands at number one. When Alphabet Inc. was created in 2015 he was made the CEO of Google. In 2019 he was also made the CEO of Alphabet. He is a visionary under whose able guidance Google and Alphabet are touching new heights.

He is a calm, soft spoken, down to earth and simple person who never forgets his roots. His dedication, perseverance, determination, hard work and smart work are his pillars of success. He is a team player who believes in lifting others up in everything they do. His life story proves that it is not your background but imagination and perseverance that make you succeed.



Naughty Sonu Learnt a Lesson

—Jitendra Mishra

Sonu was a very naughty boy. He was always up to one or the other mischief. Everybody tried to counsel him but Sonu paid no attention. Today he crossed all limits. Father had left for his office after breakfast and sister left for school. Sonu's school was closed. Mother was busy in the kitchen. Sonu was thinking of a Mischief.

Suddenly he saw a sparrow's nest in the window. He was thrilled. The sparrow was sitting close by. She was tired and about to go to the nest. Sonu picked up a stone but the sparrow rushed to the nest.

Sparrow's little ones started making a noise when they saw their mother. Sonu was happy. He thought of entertaining himself with the little chicks. He started waiting for the sparrow to leave the nest. After a while the sparrow left the



nest in search of food. It was golden time for Sonu. He stood on the table top and put his hand in the nest. Sparrow's little ones started making a noise, "Don't kill us", probably they were saying this in their own language. But Sonu was busy. He softly removed them from the nest and put them on the table.

He kept some milk in a bowl. But the chicks were frightened. They didn't look at the milk at all.

Sonu got angry. He broke the nest with a stick. Thankfully there was no baby inside otherwise it would have died. The chicks were still making a noise. Sonu put them in a cage.

After a while the sparrow came back. Suddenly she saw her babies in the cage. Tears flowed down



her eyes when she saw them safe. She was hovering around the cage as if asking them as to how It all happened.

The babies replied in their language that they were safe but naughty child had locked them there. He had also broken their home. Then the babies became quiet.

Sonu was standing at a distance and enjoying their conversation. He told his mother, I shall rear them up, tie their legs with a rope and fly them like a kite. He started clapping.

"This is not right. You have broken their home and as if this was not enough you want to treat them badly. If same happens to you what will happen to me. Probably you are not able to comprehend", the mother scolded Sonu. She added, "It is not humannnes to tease animals for your

entertainment. A good human being always works for the well being of others."

Sonu was attentively

listening to his mother. He thought mother was right. He recalled the time when he was running high fever and mother looked after him the whole night. It is true that a mother can't see the child's pain. When Sonu saw the sparrow, she was crying.

Sonu realised his mistake. He asked his mother to excuse him and freed the babies.

When the sparrow saw the babies being freed she started making a noise and hugged the chicks. Sonu also had tears in his eyes. He promised not to repeat any act of this kind that could make somebody else's life miserable.

Moral : Always be kind to animals, if you want to save this planet.

7 Benefits of Drinking Green Tea

❖ Green Tea increases fat burning and improves physical performance. It helps you lose weight and lowers your risk of becoming obese.

❖ Green Tea is loaded with antioxidants and nutrients that have powerful effects on the body. It improves brain function and controls high blood pressure.

❖ Green Tea lowers the risk of throat infections and leads to improved dental health and reduced bad breath.

❖ Due to its antioxidant and anti-inflammatory properties, Green Tea also reduces the signs of aging.

❖ Green Tea regulates glucose levels and thus, lowers the risk of diabetes.

❖ Green Tea reduces bad cholesterol in the blood and improves the ratio of good cholesterol to bad cholesterol.

❖ Green Tea contains antioxidants that lowers risk of various types of cancer.



Benefits of Drinking Water

❖ Carrying nutrients and oxygen to your cells.

❖ Flushing bacteria from your bladder.

❖ Aiding digestion.

❖ Preventing constipation.

❖ Normalizing blood pressure.

❖ Cushioning joints.

❖ Protecting organs and tissues.

❖ Regulating body temperature.



— Richa

The Lesson

“Why have you not learnt your lessons? Questions and answers of a science lesson were to be learnt. Jatin did not do so. The teacher got upset with him. Though Jatin did his best to learn them, but always failed in his efforts. Therefore, he had to tolerate his teacher’s warnings.

He was unable to find a way out to avoid such a situation. After reaching home, he took food and sat with his school bag.

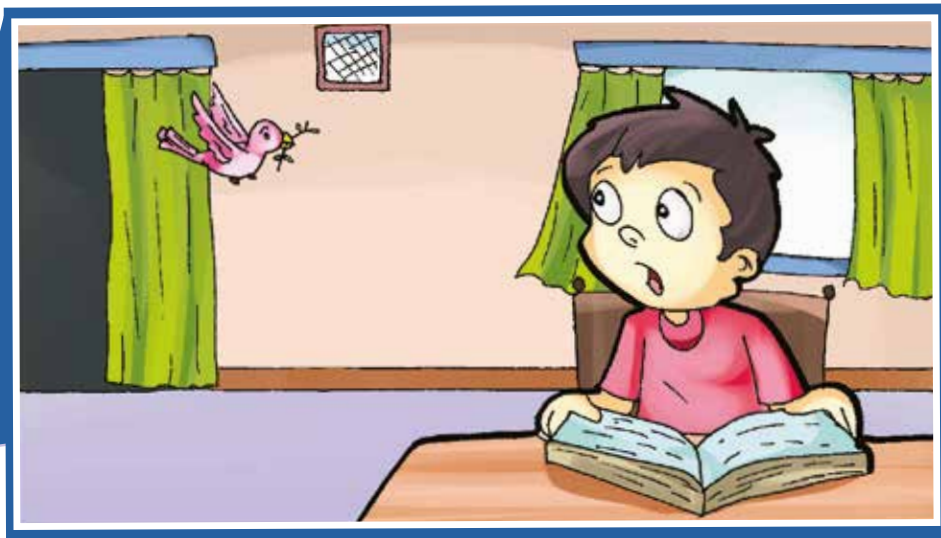
However, she saw it again falling down.

Didi! What this sparrow is doing? Jatin questioned his sister, knitting nearby in the room.

“Building a nest”.

Jatin started looking the exercise of sparrow. It picked up the grass piece as many times as it fell from the ventilator. Finally, she succeeded in placing the grass at the ventilator. Then she went for another piece.

Jatin saw that the sparrow did not concede defeat and never gave up her effort of placing the grass at the ventilator.



“Chi chi”. Jatin heard sparrow’s chirping as he opened his book. He saw the sparrow holding a piece of grass in her tiny mouth. She kept that grass piece at the ventilator. But, oh, it fell down. Flying down, she picked it up and placed it back.

Jatin now understood the key to success, to work hard with a strong willpower. He was impressed. From then on, Jatin never had to hear any harsh words from his teacher. Now he could learn the lessons without difficulty.



— Sakshi

Clever Tortoise



One day a fox feels very hungry. It starts looking around and sees frog catching insects. Fox sneaks up behind the frog. It is only two steps away, but frog does not notice it at all. As luck would have it, tortoise sees it. It stretches out its neck and grips fox's tail with its teeth. 'Ouch! Ouch! Who is biting my tail?' Fox shouts. Tortoise keeps a tight grip. When frog hears fox cry, it jumps into the water. Fox is very angry at not catching frog. It looks behind. "Oh! It is Tortoise. Well, if I can't eat frog, I'll eat you!" fox springs at Tortoise, but Tortoise is not afraid. It draws its neck and four feet back into its hard shell. When fox can not bite tortoise's head and feet, it tries to bite its little tail, but tortoise also draws its tail back into its hard shell. Now fox is both angry and hungry. It tries to bite Tortoise's shell, but it is so hard and slippery that fox cannot.

Fox is beside tortoise. it shouts, "I'll toss you up into the sky and let you fall

to your death." "Go ahead," tortoise says happily. "I was just thinking of playing up there for a while".

Fox is furious, "I will throw you into the fire and let you burn to death." "Ha! Ha! Ha!" small laughs tortoise. "Go ahead. I'm feeling cold and I was just thinking of warming myself by a fire" "I am going to throw you into the river and drown you," fox roars. When tortoise hears this it begins to cry. "Oh, don't do that, I'll die!" When fox hears tortoise's plea, it grabs tortoise excitedly and throws it into the water with a splash. Now, tortoise is very happy. It swims towards frog. Tortoise and frog are good friends. They laugh and shout, "Do you still want to eat us, fox? Come on!" fox gets mad. It throws itself at frog and tortoise and falls into water. Bubbles appear on the surface of water. Fox sinks to the bottom and is never seen again.



PASTE
YOUR
PHOTO

Name :

Father's Name :

Address :

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Mobile No.

Look at the Picture and Complete the Story

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

Editor Hansti Duniya English

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

E-mail : editorial@nirankari.org

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

One day lazy pandit

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This story by **Arminder Singh S/o Sh. Manjeet Singh**,
H. No. 180/7, Cross Road, Sant Nagar, Delhi- 110084 has been
adjudged the best. Congrats to him.



PROTECT THE FORESTS

Richie was a simple boy. He enjoyed playing with neighbouring children. He loved the sound of birds singing on the trees. He would always think very positive about nature and plants. He new that trees gave flowers and also shelter to Birds.

His grandmother used to tell him stories about plants and forests. One day his grandmother escorted him to a jungle. He was very much excited looking at the butterflies. Honey bees were visiting flowers one by one. Grandmother told him that honey bees make honey with nectar from flowers. He gained a lot of knowledge in the forest. He was overjoyed to see the view there. Grandmother told him that forests sustain life. We must protect the plants and trees. They give us oxygen, fruits, flowers, medicine and shade.

Benefits of Watermelon

Sweet and edible red colored flesh, black seeds and green rind, this oblong to round fruit watermelon is cultivated worldwide but in India it is mainly cultivated in Maharashtra, Karnataka, Tamilnadu, Punjab, Rajasthan, Madhya Pradesh, Uttar Pradesh, Telangana and Andhra Pradesh. Its Origin is deserts of Africa.

The melons grow on vines that can become as long as 3 meters.



Water melons need warm climate, a lot of sun shine and dry weather for production of fruit.

Water melons grow best in sandy, loam soil that doesn't retain water. They grow best in neutral to slightly alkaline soil. In Northern India It is sown in the month of February-March while in North East and North West of India it is grown in November to January.

Composition :

Approximate composition of this delicious fruit is :

92% water, carbohydrates 3%, cholesterol 0%, vitamin A 11%, vitamin C 14%, calcium 0.5%, Iron 13%, potassium 3% and dietary fibres 1%.

BENEFITS : Hydrates our body : It supports overall health because of its high water content.

Reduces dental problems: Intake of water melon because of its Vitamin C content reduces dental problems.

Helps nervous system : A rich source source of vitamin C it assists in better functioning of nervous system.

MUSCLE SORENESS : An amino acid present in water melon has been understood to help perform better during exercise and reduce muscle soreness.

GOOD FOR HEART : water melon may help lower cholesterol and blood pressure thus decreasing the cause of heart disease.

HELPS PREVENT ASTHMA : Being a good source of vitamin C, battling with asthma could be easy if we consume water melon.

GOOD FOR SKIN : Vitamin A and c present in water melon delay appearance of wrinkles hence promoting skin health.

IMPROVES DIGESTION : Water and fiber content in this fruit may aid bowel movement.

REDUCES KIDNEY DISORDER : Calcium and potassium present in water help in flushing out toxins through kidneys.

EYE HEALTH: It may decrease the chances of degeneration of the eye tissue.

HELPS PREVENT CANCER : Some plant compounds contained in water



melon may combat cancer.

HELPFUL IN LOSING WEIGHT : The high fiber content in water melon is Helpful in losing weight.

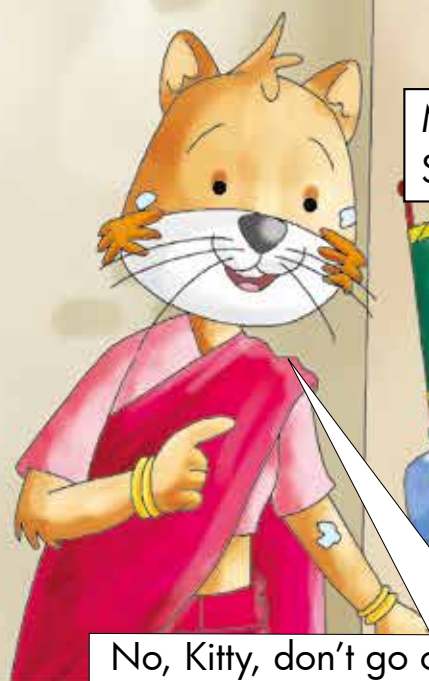
SIDE EFFECTS : As with every thing, excess consumption of fruit can have many side effects despite its marvelous benefits :

1. It can cause diarrhoea and increase in blood sugar level.
2. It may cause overhydration. Excess water in the body may cause loss of sodium from the body.
3. Excess of potassium in water melon can lead to irregular beat weak pulse rathearte etc.



Kitty

Story & Illustration— *Bhuvan Kumar*



Mom, it is very hot today.
Shall I go out for a walk?



No, Kitty, don't go out in the sun. You will fall sick.

Oh Mom, it's too hot today.
It's just unbearable.





I am going out, I am feeling very hot. Bye—Mom.



How about going to swimming pool? Water will be cool there.



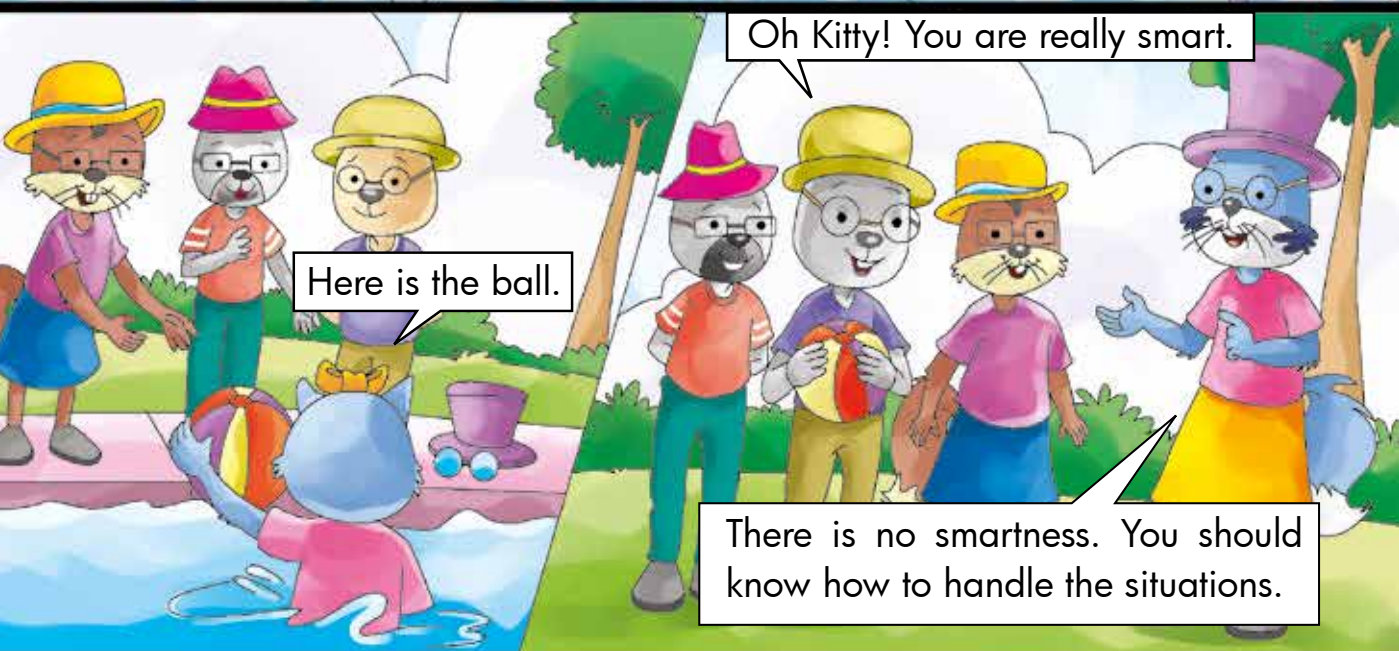
Oh! I am feeling good here. I will ring up and call here all my friends, Mintu, Molly and Chintu too.





Oh! the ball has gone into the water. How to get it back?

No problem, I know how to swim. I can take it out.



Here is the ball.

Oh Kitty! You are really smart.

There is no smartness. You should know how to handle the situations.



Yes, why not?

Will you all take cold drink?

We shall also learn how to swim.

Kitty! We really enjoyed very much today. We had never thought that we could enjoy so much on a hot summer day.

THE FROG PRINCE

Once, there was a king who had many daughters. Though they all were beautiful but the youngest one was the most beautiful. The king loved all his daughters. There was a pond near the palace. There was a fountain in the pond, where beautiful lotus flowers blossomed.

The youngest princess used to sit on the bank of the pond during summer. She liked to be in the cool breeze there. She had a golden ball with her. She played with the ball throwing it high up. She enjoyed the game of ball. So, one day, when she was playing with her lovely ball, it fell into the pond. She ran after the ball but soon it sank. She was helpless and could not do anything by herself. Her sisters had already warned her that the pond was very deep. She started crying.

Hearing her cry a frog came out of the pond and said, "O Princess, do not weep. I will bring your ball. But..."

"But what? Tell me what do you want in return?" asked the princess.

The frog said, "If I bring your ball from under the water, what will you give me?"

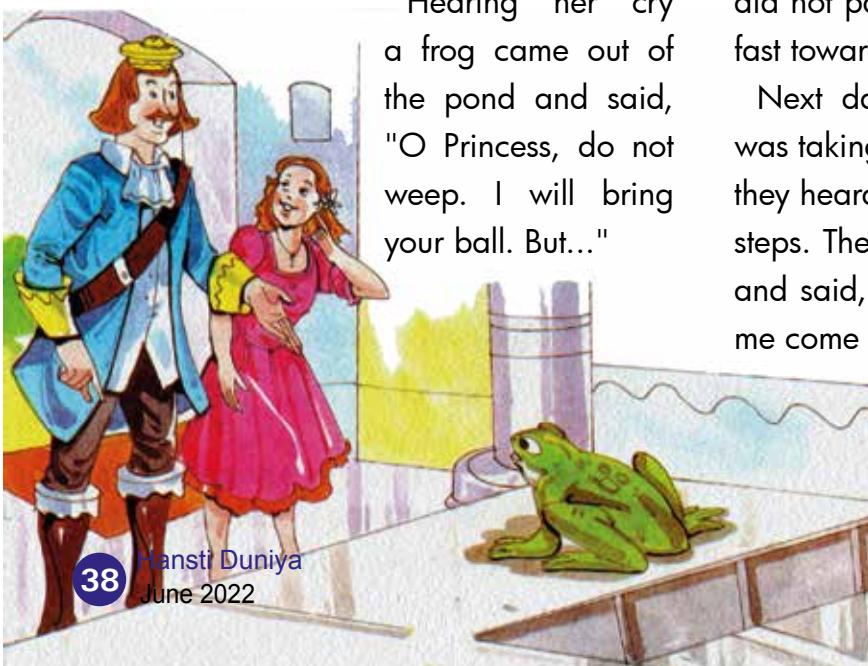
"I will give my jewellery, even my crown to you. But I want my ball back," said the princess. The frog came near her and said, "I have nothing to do with the jewellery, pearls or diamonds. Make me your friend and allow me to share your meals, and even the bed with you. If you agree, I will bring the ball."

The princess wanted to get her ball at any cost so she replied in a hurry, "Yes! Yes! I accept all your conditions. Please take out my ball." Pleased with the promise of the princess, the frog jumped into the pond and brought the ball out. The princess was very happy to see the ball. She took the ball and ran to the palace. The frog said, "O Princess! Why don't you take me along with you? Wait! I cannot walk so fast."

But the princess forgot her promise and did not pay any heed to the frog. She ran fast towards the palace.

Next day, when the youngest princess was taking food with her sisters and father, they heard the footsteps of someone on the steps. Then, someone knocked at the door and said, "O princess, open the door. Let me come in. I am so tired."

The princess opened the door and seeing the frog, she said, "Why have you come here? Get lost!"





By that time the king also came there. He said, "A guest should not be treated in this way. Listen to what the frog wants to say." The princess went back and sat on her seat without saying anything. The frog followed the princess and sat on the dining table.

Then the king said, "What happened my dear? You look worried!"

The princess then narrated all that had happened at the pond. The king said, "You are supposed to fulfill your promise now. The frog has done what he was supposed to do. Now it is your turn."

So, the princess offered to share her meals with the frog. He ate the food happily. Then he drank the water from her glass. The princess hated the frog so she turned her face from the frog.

Then the frog said, "Take me to your room. I want to sleep." But the princess scolded the frog, "You cannot sleep on my bed, you dirty frog." But the king reminded

the princess of her promise and asked her to fulfill it. So, the princess took the frog to her bedroom. She slept on her bed. But soon the frog jumped on to the bed of the princess. Seeing the frog on her bed the princess cried, "How dare you come to my bed? Now you have crossed the limit, I will teach you a lesson." Then she picked up the frog and threw him on the ground with all her might. But to the surprise of the princess, the frog changed into a handsome prince. The prince said, "O Princess do not be surprised. I am a prince but a wicked witch had made me a frog. Today you helped me get rid of the curse of the witch and gave me a new life. I am grateful to you. I want to marry you. Do you like my proposal?"

The princess gave her consent. The king got his daughter married to the prince. Thereafter the prince went to his country with the princess and lived happily.



Laughing Time

Teacher: Sonu ! The essay you wrote on cow is exactly the same as written by your brother. Did you copy his work?

Sonu : No Sir. We have the same cow.

Deepak : Tinku! You saved the boy from drowning but then you started beating him?

Tinku : It was written 'Swimming is prohibited here'. Why did he go for swimming there?

Officer : Ramu All other workers are carrying two bags each. Why are you carrying one bag.

Ramu : Sir ! They are lazy. They don't want to take two rounds.

Son : Papa! If people start living on the Moon, what will happen?

Papa : When people over there will throw rubbish, it will fall straight on us.

English is a strange language. sometimes Ch is spoken as ch sometimes as k. One of our friends went to visit someone in the college. He asked professor Chopra, "Sir! Where is Chemistry department? Professor Chopra said, Ch is pronounced as 'K'. it is Kemistry. He said," Thank you ! Professor Kopra."

Nirmala : Geeta! There is no cheese in this cheese and peas curry.

Geeta : Even Gulab Jamun (Indian sweet) does not have any 'Gulab '(Rose) in it.

Employer : Driver! Why have you started driving so fast suddenly?

Driver : There is a failure of breaks. Before a mishap happens I want to reach your home.





Kesar : Upasna! Go and get a mirror.
I want to see my face in the mirror.
Upasna came empty handed and said,
"Kesar! I couldn't! see your face in any
mirror. All of them showed mine.

Beggar : Please give me some money.
God will bless you.

Ram : Do you have change for
rupees hundred.

Beggar : Yes!

Ram : First use that money .

Mohan was reading an article on
blood.

Sohan : Mohan! Why are you
reading this article on
blood?

Sohan : Tomorrow I have a blood
test I am preparing for it.

—Meenakshi Anand (Kanpur)

The vegetable seller was splashing
water on spinach time and again.
A man who was seeing him do this
for sometime said, "If spinach has
regained consciousness please give
me half kg of it.

Doctor : Do you get a sound sleep
now?

Patient : Yes Sir! Till midnight I
continue to think as to why
I couldn't sleep earlier?



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

Praveen : How many children
participated.

Praveen : Two!

—Sanjay Kumar
Delhi



Mint

Mint is a popular calming herb that can be used fresh or dried. Mint oil is used in toothpastes, gums and beauty products for its anti bacterial and medicinal properties.

Mint is easy to grow and can be easily cultivated at home. Mint leaves are commonly used in the whole world. It can be used for making chutney, drinks or for adding flavor and freshness to food items.

Benefits:-

1. Eliminates bad breath:- It inhibits the growth of bacteria and cleanses plaque deposition in teeth. It kills bacteria and beats bad breath, keeping the mouth and teeth healthy.

2. A great remedy for the common cold:- Mint contains menthol. It may help break up phlegm and mucus. It can then be expelled easily.

3.Helpful in morning sickness and nausea:- It can be a great remedy to treat nausea associated with morning sickness.

4.Helpful in gastrointestinal problems:- Mint leaves have anti-inflammatory properties. So it helps in reducing inflammation in stomach. Mint leaves also help relieve indigestion.

5. Good for skin:- Due to its anti-inflammatory and anti bacterial properties, it soothes and calms the skin. Salicylic Acid contained in mint can keep the acne and blemishes at bay.

6.Boosts immune system:- Rich in phosphorus, calcium and vitamins C,D,E and A, it has the potential to boost the immune system. It protects the cells thereby reducing the risk of chronic diseases.

Disadvantages:- In some cases mint leaves can cause allergic reactions leading to triggering of asthma. If taken in large amounts mint leaves may cause heart burn, nausea and dry mouth.



RESULT FOR THE MONTH OF APRIL 2022 ISSUE

CONSOLATION ENTERIES



Shreya

Age-12

C/o Sh. Sanjay Kumar
J-Block, Jahangir Puri
Delhi- 110033



Neha (Delh)

Komal (Chandigarh)

Avyan Rai (Noida)

Anjali (Mumbai)

Amrit (Rohini, Delhi)

Rita (Kanpur)

Prerana

Age-11

C/o Sh. Yogesh Kumar
Vrindavan Colony
Teli Bag Lucknow (U.P.)



Anmol (Parmanand Colony)

Manvi Maurya (Banglore)

Jheel Lamba (Delhi)

Umesh (Bahadurgarh)

Mukesh (Kashmiri Gate)

Ram Awadh (Bikaner)

Tapsya (Rohini)

Neelu (Azadpur, Delhi)

Rekha (Bijauli, UP)

Manvi Bansal

Age-10

D/O Sh. Maan
Lehnagoya
Distt. : Sangroor (Punjab)

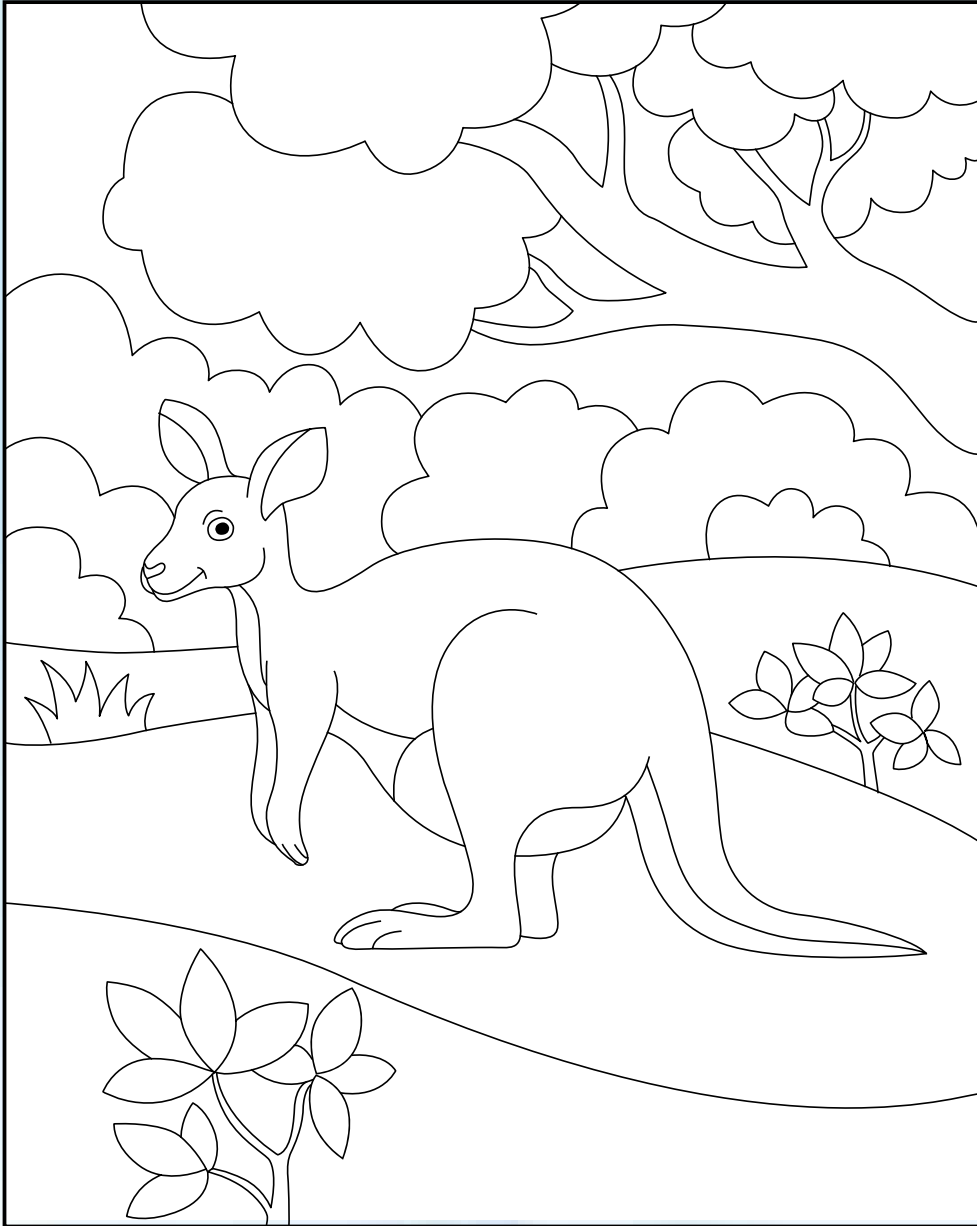


"COLOUR IT" FOR JUNE ISSUE

On page 44, a beautiful picture is given; colour it and send it to us latest by **July 20, 2022**. Office address: **HANSTI DUNIYA**, Nirankari Complex, Near Nirankari Sarover, Nirankari Colony. Delhi - 110009

The result will appear in **August 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 : Kamla

Path of Truth

Hanging from the vine were
Bunches of grapes ripe
All full of sweet juice
None was of the sour type

Tempted underneath was
A watching greedy fox
She tried to jump to grapes
But they were far-off

Decrying the grapes she
left the place in haste
Saying, all grapes are sour
Not even worthy to taste

Never do thou O' children
Speak ill of others
Ever tread the path of truth
Even in the odd hours



—Jagdish Kaushal

The Kind Boy Napoleon

This is an incident that happened in the eighteenth century. A boy had gone out for a morning walk with his sister Elisa. A poor girl had a basket of fruits on her head. She was leaving her house for selling them. Elisa unmindful of her surroundings was running aimlessly in a joyful mood. She suddenly hit the girl with fruits. The basket of fruits fell down on the stones lying on the road. Many bananas and oranges were smashed.



The girl started crying when she looked at the damaged fruits. It was natural for her to get upset because there was no one else except her old ailing mother at home. Her father had died. Her only source of income was from selling of fruits and with

that she bought food and medicines for her mother. She wouldn't be able to get meals or medicines for her mother, this was disturbing her.

Elisa got nervous. She told her brother, "Let us run away. Otherwise people around will beat us."

Her brother said, "You have spoilt her fruit and want to run away from here. You are responsible for her loss. Take her home. We have to pay for her loss. We need to help the poor. Here any way we are guilty." They came back home and told everything to their mother. Elisa's



mother scolded her and said, "I shall pay for her loss but you will not get your pocket money till the money is recovered."

Children! Do you know the name of this kind boy? He was Napoleon who later became the king of France. He was a great warrior.



Compiled by : Sakshi Gulati

The ARROGANCE

After travelling long through a forest, Kalidasa reached a village. He felt very thirsty and looked around for water, whereupon he saw an old woman drawing water from a well. He went up to her and asked her for water. She agreed to give him water, but asked him to first introduce himself, "Who are you? Introduce yourself." (apna parichay do)

Now Kalidasa, who was a renowned and revered scholar of his time, thought that an ordinary and old village woman was not worthy of knowing who great Kalidasa was. So he said, "I am a traveller." But the old lady replied, "No, you cannot be a traveller. In this world there are only 2 travellers – the Sun and the Moon. Both appear to Rise and Set every day

and keep travelling perpetually. Who are you?" Then thirsty Kalidasa said, "Alright then, treat me as a guest."

The lady promptly replied, "No you cannot be a guest, son. In this world there are only 2 guests – Youth and Wealth ... both are temporary and do not stay even if you plead with them a million times, and hence can only they be called as guests. Who are you?" Thirsty but now quite intrigued with the profoundness of this old lady, Kalidasa said, "I am a Tolerant person, mata (sahansheel vyakti)."

Now the old lady replied, "You don't quite look tolerant, young man. In this world only 2 truly know the meaning of Tolerance Bhoomi (Earth) and Tree. How much ever you stamp the earth or throw stones at the tree (for the fruits), both

continue to nurture us. So, who are you?" With unquenched thirst, Kalidasa was increasingly becoming irritable. He said, "Fine then, consider me a stubborn person (hatavaadi)."

The lady smiled and said, "No my child, you are not that stubborn. There are only 2 truly stubborn personalities our nails and our hair. We keep cutting them non-stop, but they continue to grow. Who are you?" Kalidasa had been patient so far, but now in anger he said, "Alright, I am a fool".

Now the lady gave a wide smile and said, "There are only 2 kinds of fools in this world a King who rules without having any capability or knowledge and a Minister who is a sycophant to such a King and lavishes praises on such a useless king. Who are you?"

Kalidasa realised that he had been outsmarted by an old illiterate village

woman. In complete awe and humility, he fell at the feet of the lady, saying, "O mother! How ignorant I was to think that I know myself. I am ashamed of myself. Pardon my ignorance. Show mercy, and grant me water, I beg of you."

When he touched her feet and then got up, whom did he see?

Mata Saraswati the Goddess of Learning and Wisdom.

She said, "Kalidasa, you are wise But only if you know yourself do you become a true Manushya (human being). Your ego has overshadowed your achievements. You are educated, but you are also given to arrogance. Hence, I had to come to guide you."

The mark of a true human being is not his knowledge, but his humility. Your intellect and education is of no use if it only feeds your ego.



FATHER'S DAY



- ❖ Father's day is celebrated on 3rd Sunday of June every year.
- ❖ Sonora Smart Dodd founded Father's Day.
- ❖ Father's Day was celebrated in the year 1910 for the first time.
- ❖ American President Lyndon B Johnson gave recognition to Father's Day.

An Inspiring story (from a beautiful friend)

— Kamal Jain

Looking AT Life DIFFERENTLY



A rich man was once interviewed on an Israeli TV program. He was a billionaire. He was asked if he had ever been surprised by anything. He said yes, on one of his many trips around the world, a Christian man shocked him with his belief.

So he began: In the street of Jerusalem one day, I looked directly inside a Church and saw a man extending his clenched palms towards heaven.

It was after afternoon prayer. Everyone else had finished praying and gone, but he remained praying.

Curious, I went inside the Church to see the man's face and I saw him in tears as he was praying fervently.

I waited patiently until he was done with his prayer. Then I asked what the problem was.

He said he had an urgent need for \$10,000 for his Wife who was in the hospital. I said, "Is this why you are praying so passionately?" He said yes.

Coincidentally, I had exactly \$10,000 in my pocket. So I counted the money and gave it to him. Without waiting to thank me first, he prostrated instantly to thank GOD. Then he stood up and thanked me too.

Bewildered by his attitude, I told him how impressed I was. So, I extended my personal card containing my direct line and direct email address.

"I'm impressed by you, anytime you need anything, money...any amount, call me directly and you shall have it."

This man shocked me!! He refused my offer. The TV host was surprised too. "Why did he reject your offer?"

"His reason made me a changed man" answered the young billionaire.

"What was his reason?" The obviously impatient TV host asked.

Well, in his words, he said "No, thanks. I won't call you when I need money or anything else. I will always call the ONE who sent you."

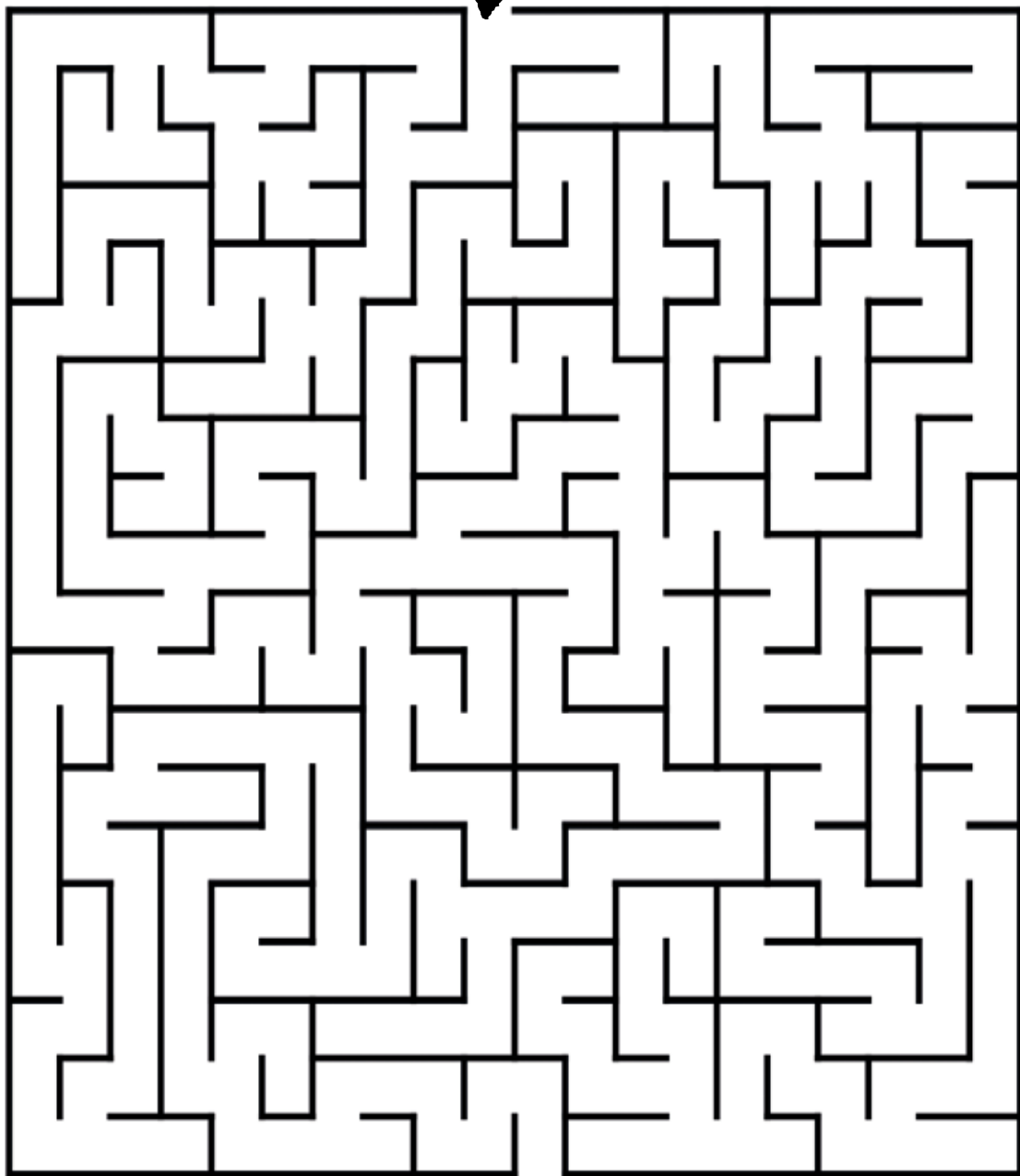
Don't let any man play God in your life. Truly, God was, God is, and God will always be the Giver and Controller of the Universe. Hold unto Him.

Sending you good vibes to start your morning with positive energy.



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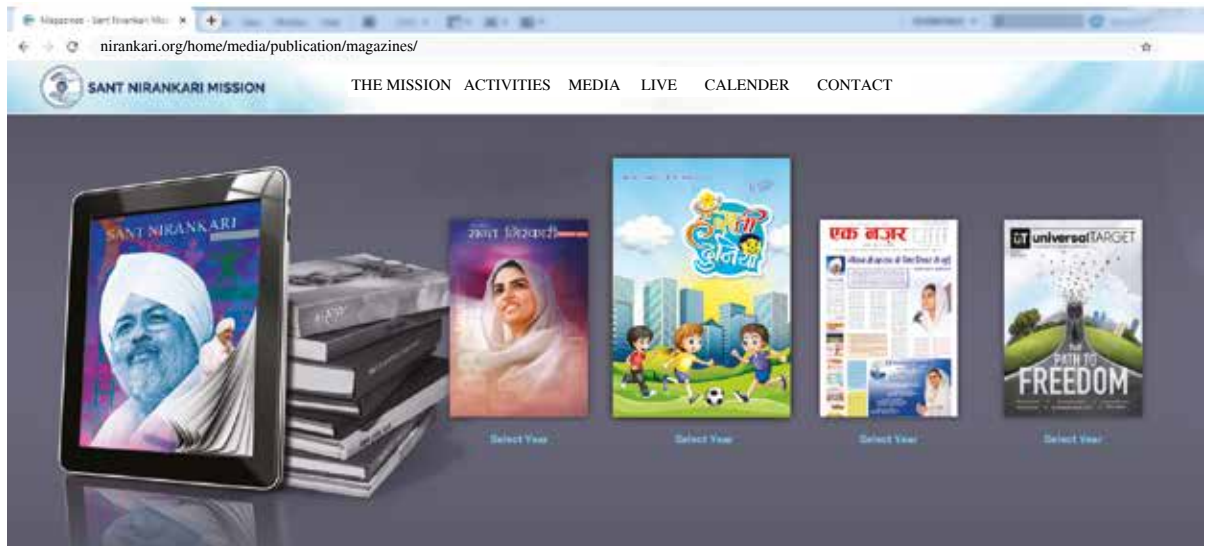
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