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Hansti Duniya





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Regular Columns

- 04. Editorial
- 05. Sampuran Avtar Bani
- 20. Riddles
- 24. Thoughts
- 26. Do You Know?
- 40. Look at the Picture
- 41. Picture Story
- 42. Laughing Time
- 46. Colour It
- 50. Maze



Photo Features

- 12. Greedy Business Man
- 32. Kitty



Stories

06 : The Awakened Saint
Dinesh Rai

10 : What is Your Choice?
Radhe Lal Navchakra

16 : Poor Birds
Sewa Nandwal

19 : Mind Your Health
Naresh

21 : A Matter of Self-Respect
Ilu Rani

27 : Catching The Culprit
Dilip Singh

29 : Poor Ironsmith
Deepanshu

49 : The Hasty Rabbit
Jagtar Chaman



Poem & Etc.

09 : Where the Mind is ...
Rabindranath Tagore

25 : The Tri- Colour
Kulbhushan

31 : We are One
H.S. Nirman

31 : Water is Much More ...
Vibha Verma

Article

08 : Shri Draupadi Murmu ...
Asha Kapoor

22 : Life is Adjustment
C.L. Gulati

36 : Union is Strength
Kalpnath Singh

38 : Tricolour-India's Pride
Kamal Jain

44 : Punjab Kesari ...
Rajender Yadav Azad

47 : Major Dhyan Chand
Pramod Kumar

DON'T BE ENSLAVED By YOUR RIGHTS

As we grow, gain a little consciousness and start understanding the world around us and society, we become aware of our rights. If somewhere the rights are not being given, one feels offended or if any obstruction comes in the way one knows that nobody has the right to seize his rights.

Our constitution also gives us fundamental rights like right to equality, right to freedom, right against exploitation, right to freedom of religion, culture, right to education and right to constitutional remedies.

If someone interferes with these fundamental rights, one leaves no stone unturned to restore them and considers it his fundamental duty to protect them. In the process of protecting his own rights he unknowingly violates someone else's rights and never regrets about this. His only concern is self interest. A small interest overpowers his mind even if it causes damage or hurts someone's feelings.

Dear Friends! It's an irony that we can cause a damage to someone while

fulfilling a small interest of ours.

In today's world one is busy securing his rights and pays no attention towards his duties. He turns a blind eye towards his duties as if totally unaware of them. He doesn't care to respect people around him. He takes their help when needed but doesn't reciprocate when they are in misery. He rather ignores and hurts them.

Freedom is not just about expression, equality or education. Let us remember to speak softly and sweetly, never bitterly to hurt someone. We must rise above casts and creed and treat everyone equally and respect appropriately. Education shouldn't be just a means to get a job rather an instrument to sensitise us towards performing our duties.

Friends! Let us ponder over. Do I have control over my mind. If my mind obeys me, I shall not have an issue with performing my duties. But the mind is overwhelmed with all the rights. That is the cause of its enslavement. No one likes chains but love attracts people and they get bonded willingly without any pressure. Let us immerse ourselves in love and disburse it. Do away with hatred because as we sow, so shall we reap. Let us move forward and lit the lamps of love.

—Vimlesh Ahuja

SAMPURAN AVTAR BANI

IK TU HI NIRANKAR 182

KINNA EE KOI HOE SUKHALA HOVE JE DHANVAN VI OH;
RAJA VI JE HOVE JAG DA KAR LAE LAKHAN DAN VI OH.
DAR TE REHN BHIKHARI HAR DAM SHAN HOVE LASANI VI;
GARIBAN ATE ANATHAN UTTE KARDAI MEHARBANI VI.
DAN RARE TE PUNNIH SAMJHE TARAS VI SABH TE KHANDARAHE;
JO KOI MANGE SABH NOON DEVE DANI VI AKHVANDARAHE.
JAG DI SHOBHA JAG VICH REHNDI AGGE GALDI DAAL NAHIN;
KAHE AVTAR HARI DE BAJHON KUJH VI JANDA NAL NAHIN.

THOU FORMLESS ONE 182

One may be rich and prosperous to any extent;

One may be the emperor of the world and may donate lakhs in charity.

One may have beggars at his door all the time and his grandeur may be matchless;

One may be kind to the poor and the orphans.

One may donate and take it as a virtue, and may be compassionate to all.

One may give whatever the other asks for, and may be called a great donor.

All the worldly glory remains in this world, and does not succeed hereafter;

Avtar says, nothing except God goes with the man.

The Awakened Saint

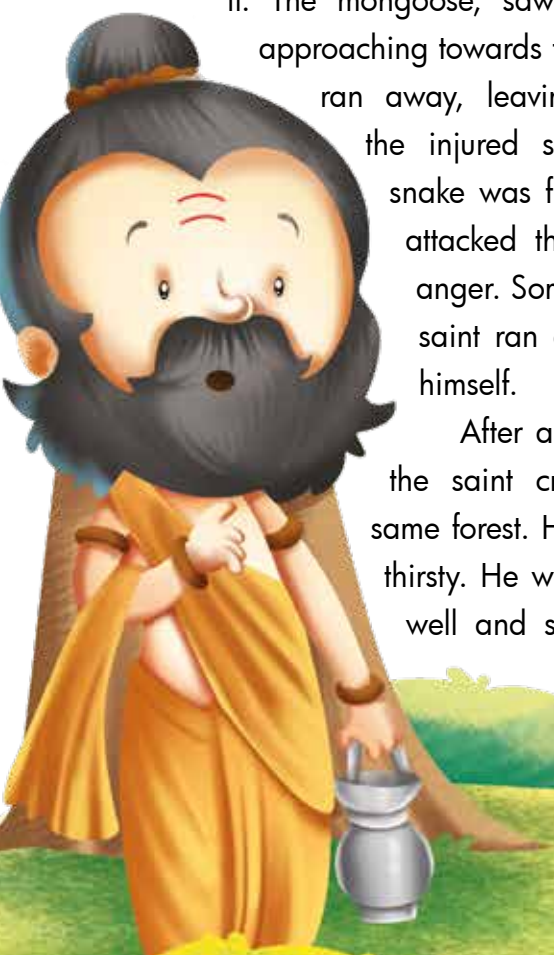
Once, a saint was crossing through a forest. He saw a fight between a snake and a mongoose. The snake was bleeding profusely. The saint took pity on it. The mongoose, saw the saint approaching towards them, and ran away, leaving behind the injured snake. The

snake was furious and attacked the saint in anger. Somehow, the saint ran and saved himself.

After a few days, the saint crossed the same forest. He felt very thirsty. He went near a well and saw a few

shepherds throwing stones at an object inside the well. He saw same very snake had fallen in the well and was again bleeding because of the injuries sustained by stone-pelting. Further, it was unable to come out of the well because of skidding level.

The snake pleaded the saint, "Please, help me out; otherwise these children will kill me or I will drown in water". The saint being benevolent took pity on the serpent. With the help of a string, he pushed down his begging bowl. The serpent easily placed itself in the pot. The moment it came out, it said, "Sir, a snake charmer was after me and to save my life, I fell in the well. Ones who injured me were humans. Therefore my enmity is with humans. You are also a human. Therefore,



I will bite you. The snake tightened saint's leg. Before it could bite, the saint flung it away. The snake fell again into the well.

The snake again requested the saint to help him. The saint said this time, "You are not worthy of pardon. I have seen the result of helping you. Now, I would leave without bothering to know whether you live or die. The saint had gone not too far when he thought of helping the snake.

The saint told the snake, "I will hang down the chord with my pot. You can cling on to the chord and come up. But, I won't give you my hand for help. By the time you come out of the well, I would have gone far away. The snake had no option but to start climbing up slowly with the help of chord. The saint climbed up a tree to see snake's reaction. It came out of the well after some time and with its extended hood

looked around in anger, as if searching someone. After some time, the snake went away. The saint climbed down the tree, washed his bowl, drank cool water and took on to his path.

Lesson : Keep away from the company of bad guys. Think about your own safety, before extending help to them. ◆





Draupadi Murmu ***President of India***

Draupadi Murmu the 15th President of India, is the second woman after Pratibha Patila as well as first person belonging to the tribal community to be elected as the President of India.

She was born to a Santali Family on June 20 in the year 1958 in Baidaposi area of Rairangpur, Odisha. Her father Biranchi Narayan Tudu was the traditional head of Village Council.

As a student of school she was very simple who probably did not even have a geometry box. She completed her graduation from Rama Devi Women's College.

After completing her education she worked as a junior assistant in the State

Irrigation and Power Department from 1979-1983. After this she worked as a teacher at Shri. Aurobindo Integration Education Center at Rairangpur till 1997.

In 1997 she joined Bhartiya Janta Party in Rairangpur. In the same year she was elected as the Councillor of the Rairangpur Nagar Panchayat.

In her political carrier she served in the Odisha Legislative Assembly from 2000-2009. In the year 2007 she received the prestigious Neel Kantha Award for the best MLA from Odisha Legislative Assembly.

Her life has been full of ups and downs. She lost her husband, two sons and mother in just a span of 6 years from 2009-2015. She was extremely depressed and took refuge into spirituality and made it an integral part of her life.

She became the first woman Governor of Jharkhand on May 18, 2015 where she served till July 2021.

On July 25, 2022 she assumed the office of the President of India.


In her first address after the small she said that even poor can dream big and fulfill them. She intends to focus on welfare of the marginalized.

She has appealed to the country's youth to lay the foundation & future along with building their own. She assured the youth her full support.

— Asha Kapoor

- By Rabindranath Tagore

Where the mind is Without fear



"Where the mind is without fear
and the head is held high;
Where knowledge is free;
Where the world has not been
broken up into fragments by
narrow domestic walls;
Where words come out from
the depth of truth;
Where tireless striving stretches
its arms towards perfection;
Where the clear stream of reason
has not lost its way into the dreary
desert sand of dead habit;
Where the mind is lead forward
by thee into ever-widening
thought and action-
Into that heaven of freedom,
my Father, let my country awake."

What is your Choice?

A saint had his hermitage at the bank of river Koshi. Many disciples would come for studies there. Praveen and Naveen were two such disciples.

One day the saint went out for a walk with Praveen and Naveen. It was morning time. While returning, the saint stopped near a tree. It was a jujube, tree (Ber). The tree bore many ripe jujubes. It also had thorns.

The saint plucked many jujubes and gave them to Praveen for eating. He also plucked some thorns and gave them to Naveen. Naveen took the thorns. But he couldn't understand as to what he was expected to do with them.

"Let us go to the hermitage". said the saint.

Three of them moved ahead. On the way Naveen gathered the courage to ask the saint as to why he was given thorns while Praveen was given fruits. Praveen had eaten the fruits, what was he expected to do with the thorns.

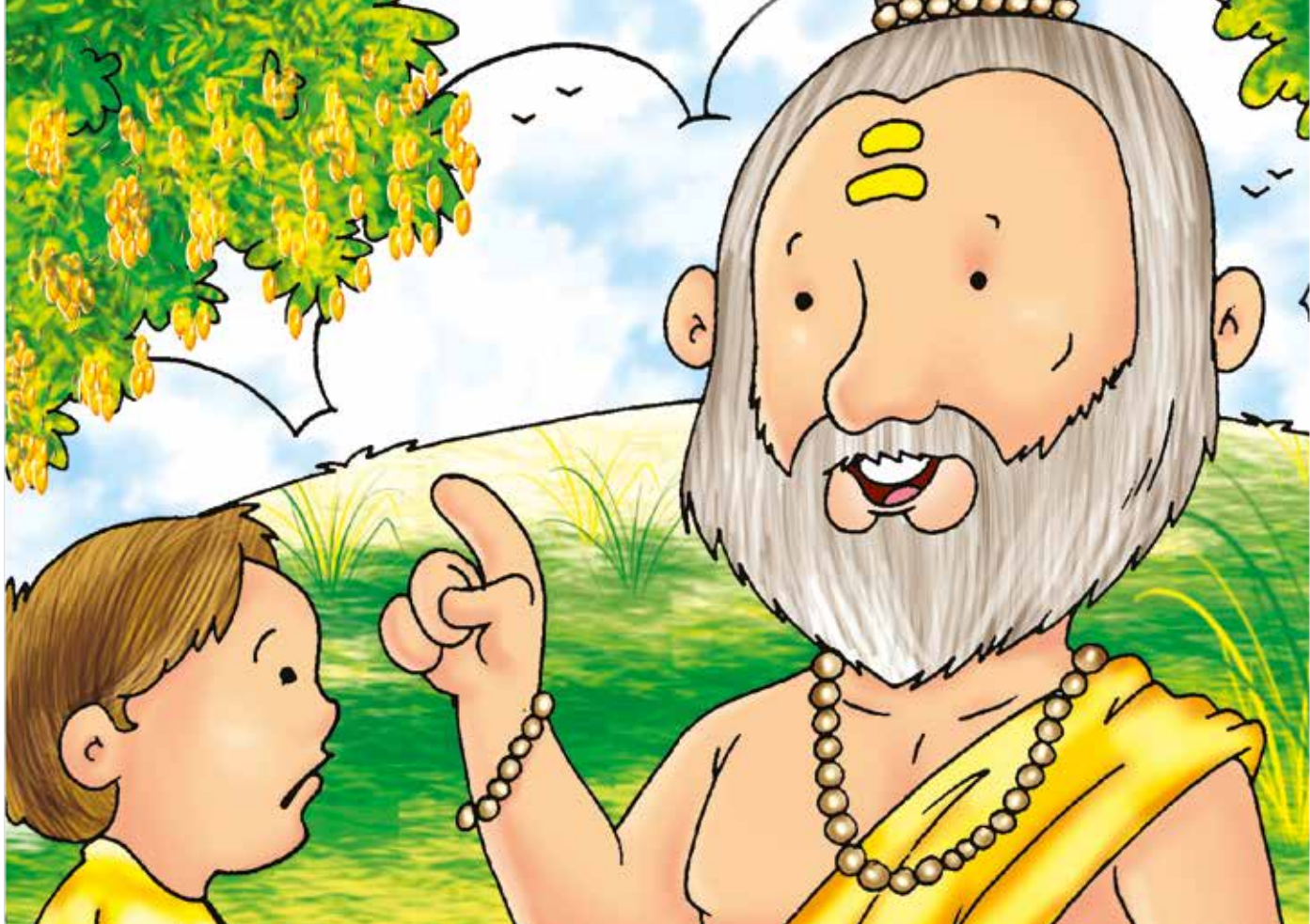
"That you know better," the saint said plainly.

"I have not understood" Naveen said surprisingly.

Even Praveen couldn't decipher saint's gesture.

"Naveen! I have given the things you cherish, to both of you. You know what you like. I have not given you anything that you don't like; so there is nothing to be surprised.





"Is it really my choice?" Naveen couldn't follow the saint's clue.

"Yes Naveen"

"How come?" Naveen was astonished.

"The tree bore the fruit as well as the thorns. What is good and what is bad according to you?"

Naveen was clear, "Fruits are good while thorns are bad."

"Everyone has certain virtues and some vices. No one is perfect with all the virtues and no one has all disagreeable habits", explained the saint.

"So"? Naveen was curious.

"You only focus on other person's bad habits, you cannot see any virtue in him.

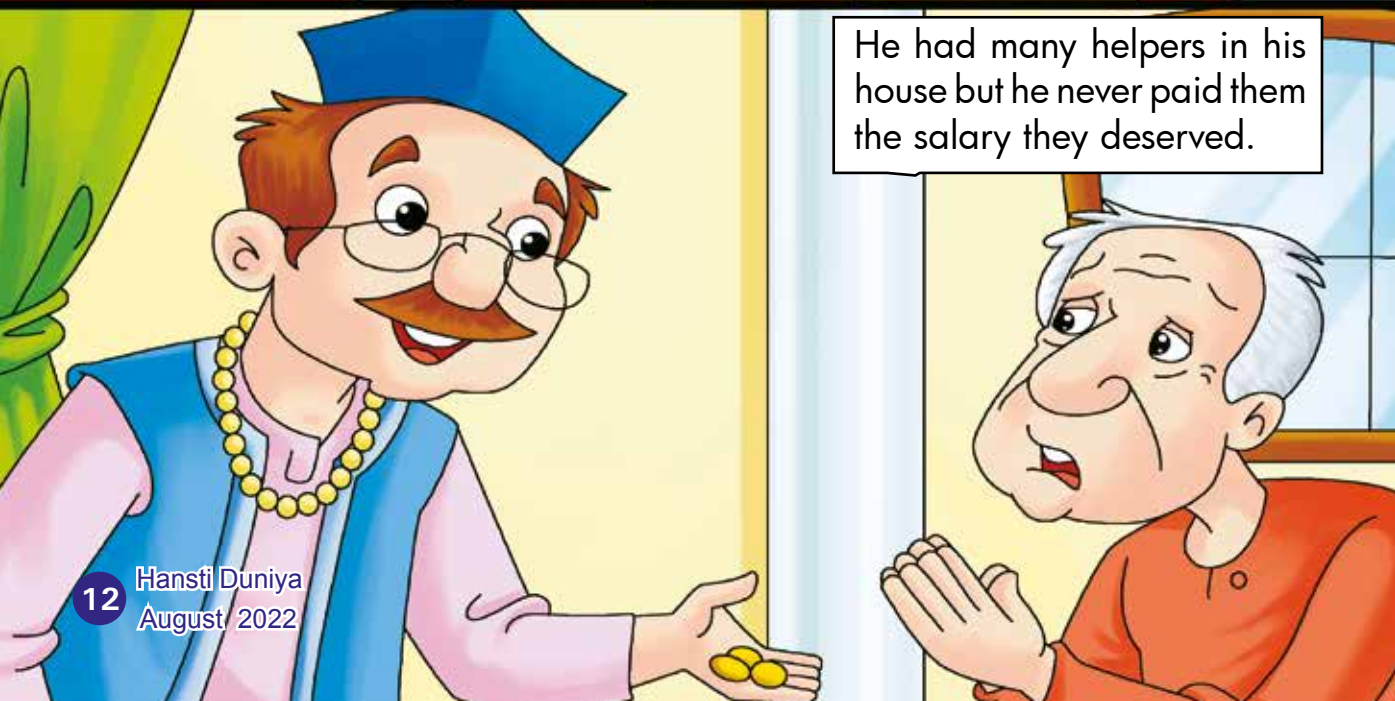
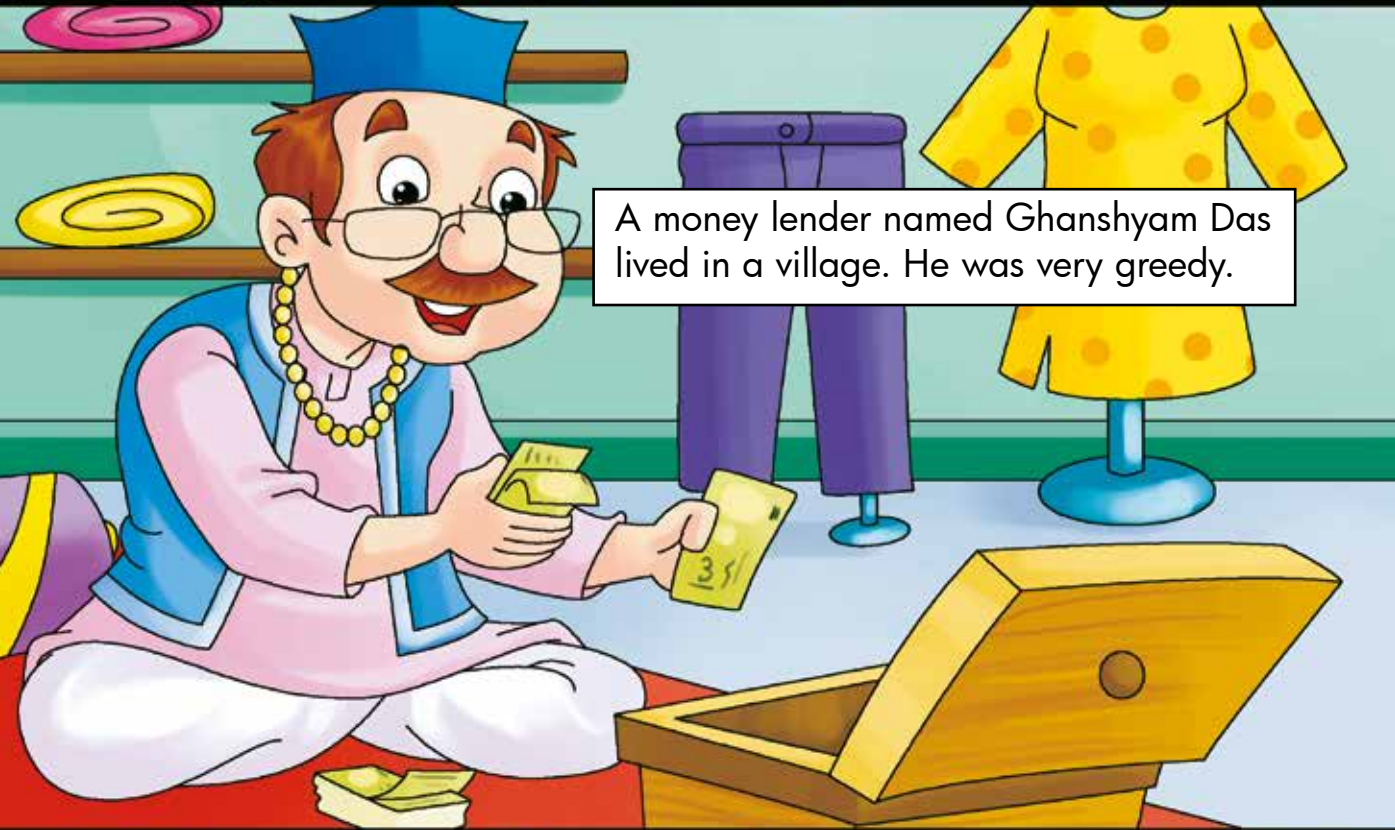
Praveen looks for something good in everyone and tries to imbibe that. You both have different nature and choice. Considering this I gave fruit to Praveen and thorns to you. You have been given things of your choice. So you should not complain. Do you have something to say?"

Naveen understood the depth of saint's teaching. From that day onwards he started improving himself. Now he also started looking for something good in his fellow disciples. He would then try to imbibe that. Naveen completely changed and would appreciate one and all always.

Moral : Our choices determine our character.

Greedy Businessman

Story & Illustration —Ajay Kalara

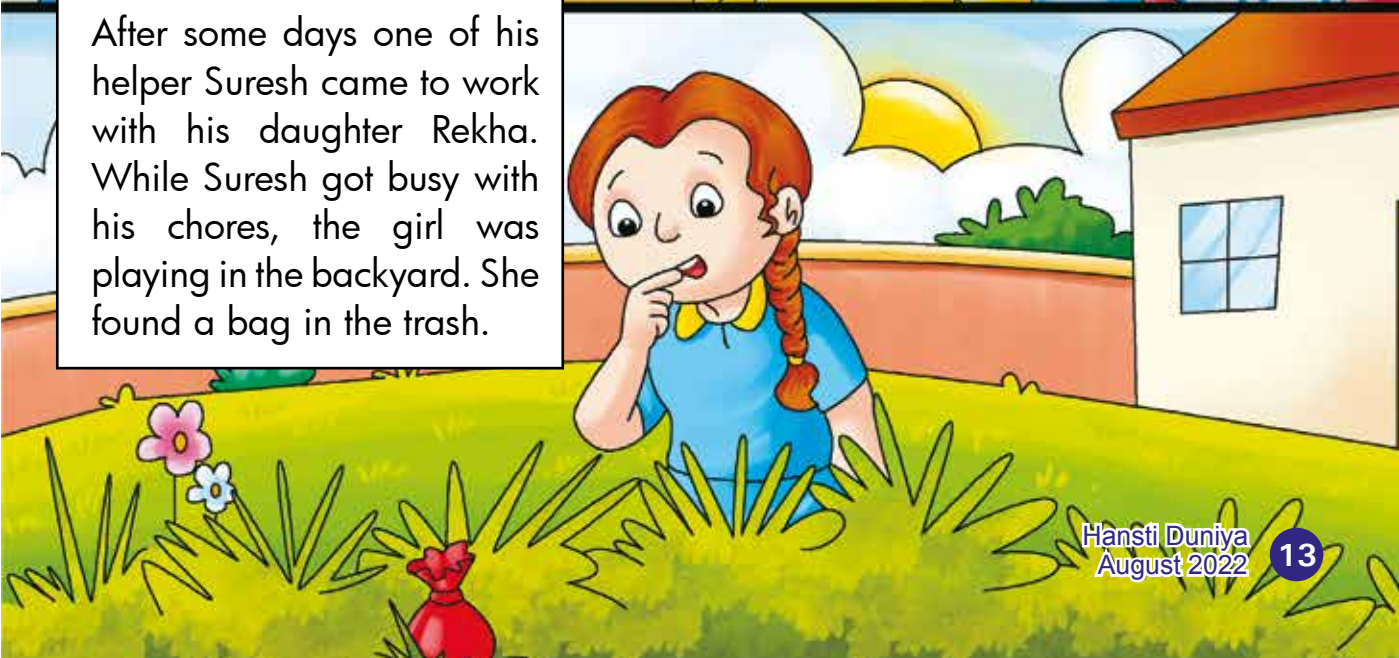




One day a bag containing 25 gold coins got misplaced in his house.



He looked for the bag in the whole house but in vain. He also asked about the bag from his helpers but it was of no use.



After some days one of his helper Suresh came to work with his daughter Rekha. While Suresh got busy with his chores, the girl was playing in the backyard. She found a bag in the trash.



Suresh and Rekha went to Ghanshyam with the bag.

Suresh said sir! It contained only 25 coins.

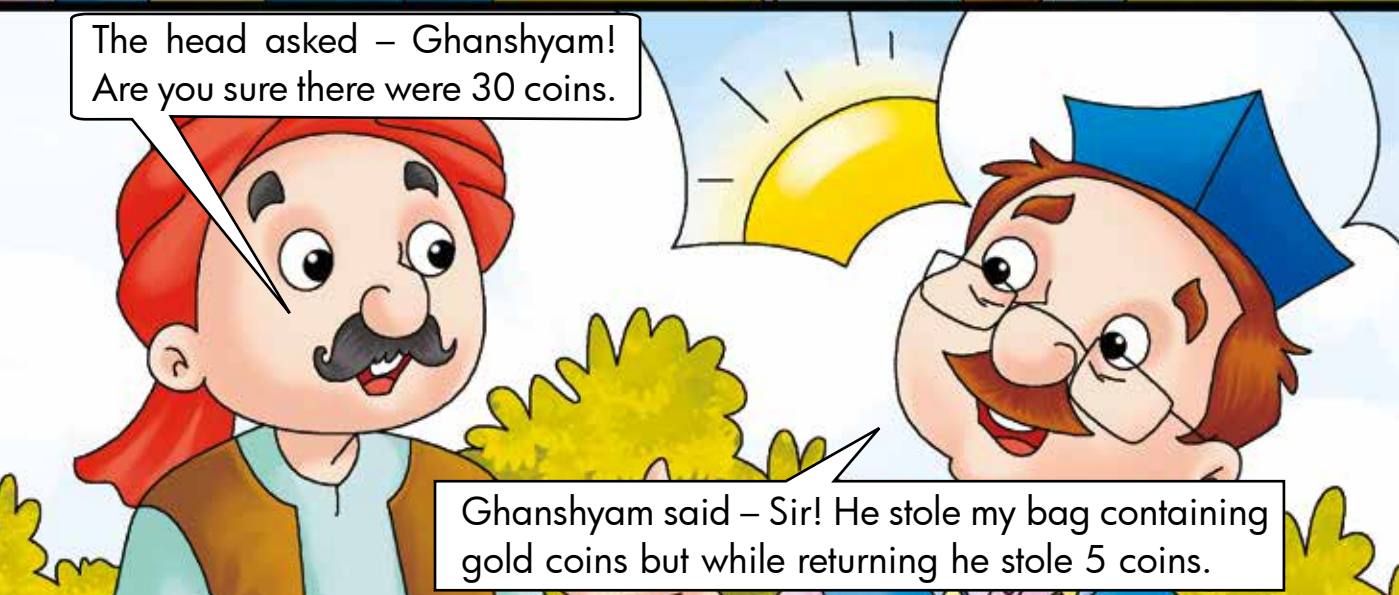
Ghanshyam opened the bag and said – Oh! It has only 25 coins. Where are the remaining 5 coins?

Ghanshyam said—you are being dishonest. I shall summon you to village council (Panchayat).



Ghanshyam said to the head of council – sir! He stole my bag containing 30 gold coins.

Suresh said – no sir! It had only 25 coins.



The head asked – Ghanshyam! Are you sure there were 30 coins.

Ghanshyam said – Sir! He stole my bag containing gold coins but while returning he stole 5 coins.



Ghanshyam said – yes sir!

The head said – then this bag is not yours. This is somebody else's bag, because your bag had 30 coins. I give this bag to Suresh for his honesty. We shall try to search your bag.

Moral : Greediness and telling lies are wrong. They will always bear consequences.

POOR Birds

Sajal came out of his room and went to the lawn. He spontaneously walked towards the tree at the corner of the lawn. He had made a nest and kept four birds there. The innocent birds were very friendly with Sajal. He used to talk to them. When he reached the tree, he was stunned to see the condition of the nest. The nest was broken and lying on the ground while the birds were also lying dead half burnt. He moaned loudly at the condition of the birds. He went inside to speak to everybody.

His mother was busy cooking in the kitchen. She saw Sajal and got worried. She said, "What happened?"

"My Nest....."

"What happened to the nest?"

"Billu has broken the nest", Sajal complained.

Mother was astonished thinking as to why would Billu do that. Billu lived in



the neighborhood and occasionally played with Sajal.

Mother said, "Did Billu Come here"?

"I am not sure" said Sajal.

"Then why are you blaming him," mother wanted to know the

reason.

Sajal said, When we were playing cricket yesterday he had come. But we did not let him join in because the match was about to get over. He got irritated and warned us that he would break the nest. His father also came there. He said, "What is the matter? Are you not going to school today?" "No! You will also not go to office", Sajal said angrily.

"The nest he had in the lawn with four birds in it is broken and the birds are dead", said the mother.

"All my friends are dead" Sajal said sadly.

"This is sad", Papa expressed his sorrow and consoled Sajal. "I shall not listen to anybody, till the murderer is punished" Sajal said angrily.

Papa asked surprisingly, "Do you think some body has killed them deliberately? May be it is a cat".





"No it is not a cat", Billu has killed my friends," said Sajal.

"He cannot do this. He is your friend," Papa tried to explain. "He is not my friend. He is stupid. Yesterday he had warned me that he would ruin the nest," Sajal said angrily.

"He must have said it in a bad mood. One says so many things when he is upset," Papa tried to explain.

"No he has done this disgusting act. No one else can do it", Sajal repeated.

"Ok show me", said father.

Sajal escorted him to the ruined nest. Papa observed it carefully and said, "This accident has happened because of fire".

"Father! Billu is a cruel boy. He must have burnt the nest", said Sajal.

"Fire broke because of electricity. Why is this bulb here? asked father.

"I had hanged this bulb for light," said Sajal. Papa carefully saw the wire and said, "Here is a bare wire. It is live. This is the cause of fire and death of birds." But Sajal wanted to speak.

"Why did you hang a bulb here? Birds any way can see in the dark," interrupted Papa.

Sajal understood his mistake and said, "But papa I can't see in the dark. I had hanged it for myself" "How it occurred to you? "Papa wanted to know.

"Actually I had read that a bird makes his nest in the light of fireflies,"

Sajal said hesitatingly.

Papa smiled, "you were doubting your friend for no reason."

By then Billu also came and said, "Sajal! I came to know that your nest got destroyed and the birds also died."

"Yes! See here" Sajal pointed towards that side.

"I am really sorry. They were so beautiful and innocent. But how did it happen? See I am not responsible for this. Don't blame me", Billu tried to clarify.

"I know. It happened because of current of electricity", said Sajal.

"This is very sad. The innocent birds died," Billu sympathized with Sajal.

"It's all because of my stupidity," Sajal said sadly.

Never mind, it cannot be reversed. Don't worry. My uncle has many birds. You accompany me to my uncle's place. We shall get some birds for you in the evening," said Billu.

"Is it?" Sajal could not believe.

"Yes! My uncle is very nice. He will surely give." Billu said. Sajal was being grateful to Billu.

Billu warned, "Don't fix a light there."

"I shall hang the light at distance. Earlier I had fixed it in the nest itself", Sajal accepted his mistake.

"Are you not going to school today?" Asked Billu.

"I shall come a little late? Let me bury these birds," Sajal said with tears in his eyes.

"I shall join you. They were my friends too". Billu kept his hand on Sajal's shoulder and tried to console him. Both of them joined in doing the needful and then left for their school.





— Naresh

Mind Your Health

Once, some men were busy talking among themselves. The discussion was nothing more than back-biting and mud-slinging at each other. Labeling one another as cheat, lazy, corrupt, etc., they were simply damaging the image of each other. But, they seemed to enjoy the discussion as each matter was being spiced up. In the meantime, the food was served. While eating, one of them noticed a pebble while another was stuck with a hair. The abuses and anger which were being made on each other so far, became more fierce due to that pebble and hair found in the food. They became more unrestful and undignified.

However, a man, wiser of them, stood up and said, "I had mixed these unwanted things in the food, as I was hearing your discussion. I wanted to convey that as you would not want to eat food mixed with a hair or pebble as such a food would spoil your health. So is the situation with your mind. But you are harming your mind with mean and undesirable thoughts. If the poor quality food is bad for our health, so are undesirable thoughts bad for our mind."

Therefore minding your mental health, consume, think, speak and do only such things as are healthy, pure and serene. Each of our acts and thoughts must bring in a sense of peace and satisfaction in life, and those are the only acts worth for our holistic health.



—Aman Chaudhary

Riddles

- 1) What has hands but no feet, a face but no eyes, tells but does not talk?
- 2) How many months have 28 days?
- 3) What do tigers have that no other animals have?
- 4) What can you swallow that can also swallow you?
- 5) Which three letters can frighten a thief away?
- 6) No feet but I walk, Never change my path. My steps are even, home is my heaven.
- 7) What belongs only to you and yet is used more by others than by yourself?
- 8) I have cities but no houses, forests but no trees; rivers but without water; what am I?
- 9) Why is a river rich?
- 10) What man cannot live inside a house?
- 11) What can you hold in your left hand, but not in your right hand?

Riddle's Answers

- | | |
|----------------|---------------------|
| 1. Clock | 7. My name |
| 2. All | 8. Map |
| 3. Baby tigers | 9. It has two banks |
| 4. Water | 10. Snowman |
| 5. I C U | 11. Right Hand |
| 6. Clock | |



A Matter of Self-Respect

Once a trader was moving from one village to another. Suddenly, three thieves attacked him. The trader bravely faced them. Being alone against three, the trader exhausted after giving a brave and long fight. The thieves got control over him.

The thieves searched all his pockets with anxiety. They were confident that the trader had a lot of money since he had given them a good fight.

But the thieves were stunned as they could barely find four or five coins after a thorough search of the trader.

One of the thieves could not resist from asking the trader, "You fought with us just to save such a meager amount? Had you possessed a few gold coins, you would have almost killed us."

The trader replied, "It is not a matter of small money, but of self-respect. I do not wish to show my poverty to others. What is in my pocket is my own concern and not a business for others to know. Why would I let others know about it? I can lay my life for the sake of my self-respect."

The thieves were taken aback to hear about the self-respect ...and quickly moved away in silence.



Life is Adjustment

Once, a newly-wed couple, visibly angry and cursing each other, approached Baba Gurbachan Singh Ji Maharaj at Chandigarh and alleged a breakdown in their relationship. Baba Ji referred them to Rev. Rajmata Ji who was sitting nearby. Rajmata Ji gave them a patient hearing for a pretty long time and discovered that it was only a case of ill-adjustment born out of ego-clash. When the couple pressed for her intervention for dissolving the relationship, Rajmata Ji asked them. 'Why cause marital disaster? What will you do afterwards?' Both quipped back quickly, "We shall re-settle elsewhere." Rajmata Ji thoughtfully explained to them, "Your recently solemnized marriage cannot be dissolved in a huff. Besides, what is the guarantee that elsewhere you will find a good partner? If the new spouse turns out to be still worse, then what?" The couple was dumbfounded and pensive. After a pause, Rajmata Ji persuaded them to attend the Sangat (Congregation)

whereafter the matter could be sorted out calmly and positively. Baba Ji witnessed all this.

Willy-nilly, the couple made for the Sangat. They looked frozen at the top but agitated thoughts kept running in their minds. After about two hours. Baba Gurbachan Singh Ji Maharaj generalized the individual case of the day and among other things especially blessed the congregation with the guiding secret of a successful married life.

Babaji said, "With the realization of Fatherhood of God, one discovers himself to be a member of a global human family. The enlightened devotees are always expected to behave like angels to each other, full of compassion and concern for every one. Their life is comparable to water which at once adjusts and takes the shape of changing containers of different sizes and shapes. In exactly the same way, the devotees may not be able to change the events of life but they can certainly change their attitude towards them and



adjust accordingly like roses and thorns on the same branch This kind of optimum adjustment is called for to lead an ideal family life.

Viewing life from worldly angle, Baba Ji expressed regret that like the headlights of a vehicle, faults of others look glaring. This attitude turns man against man and, in this process, he does wrongs to himself and loses peace and happiness.

Baba Ji stressed upon harmonious environment in and outside our homes. This makes us interwoven, interconnected and interrelated with people around us. The way we listen to others is crucial for either building or breaking a relationship.

At a collective and an individual level, we should have natural ability to appreciate others' position. We must respect different cultures, ways of life and beliefs and explore viable alternatives to avoid making our homes unpleasant.

Highlighting the miraculous effect of restraint, Baba Ji added that appreciation, respect and understanding coupled with patience, compassion, tolerance and humility go a long way in promoting positive feelings and serve our purpose in every walk of life. When practised, all virtues lead to humility and, in turn, means normalcy, essential for successful adjustment in life with individuals and the

human family at large. Baba Ji rightly distinguished between the so-called great men with baser instincts and greater-than-men saintly persons full of virtues: the former believing in standard of living, while the later in achieving standard of life. Referring to the economic adjustment, Baba Ji explained that it is not so important as to what a man earns. The importance lies in the fact as to how one adjusts with whatever one earns. There is enough in the world for every body's need but not enough for one man's greed. Also there is no demarcation where the poverty ends or the richness begins. At times we spend money we have not yet earned, to buy things we do not need simply to impress people whom we do not like. This show-syndrome can create hydra-headed virus

completely disturbing our adjustments. Bringing out adjustment as the natural law of our being, Baba Ji compared life with a blanket too short: when we pull it up, our toes shiver and when we yank it down, our shoulders shiver. But when we adjust ourselves by drawing our knees close to the chest, we pass a comfortable night.

Concluding his discourse, Baba Ji exhorted the devotees to live an ideal life which is nothing but projection of saintly traits. The estranged couple walked hand-in-hand up to Baba Ji and heartily thanked him for rescuing them from their marital disaster. The hidden message to the prospective young couples is, "Keep your eyes wide open before marriage and half-shut afterwards."

Thoughts

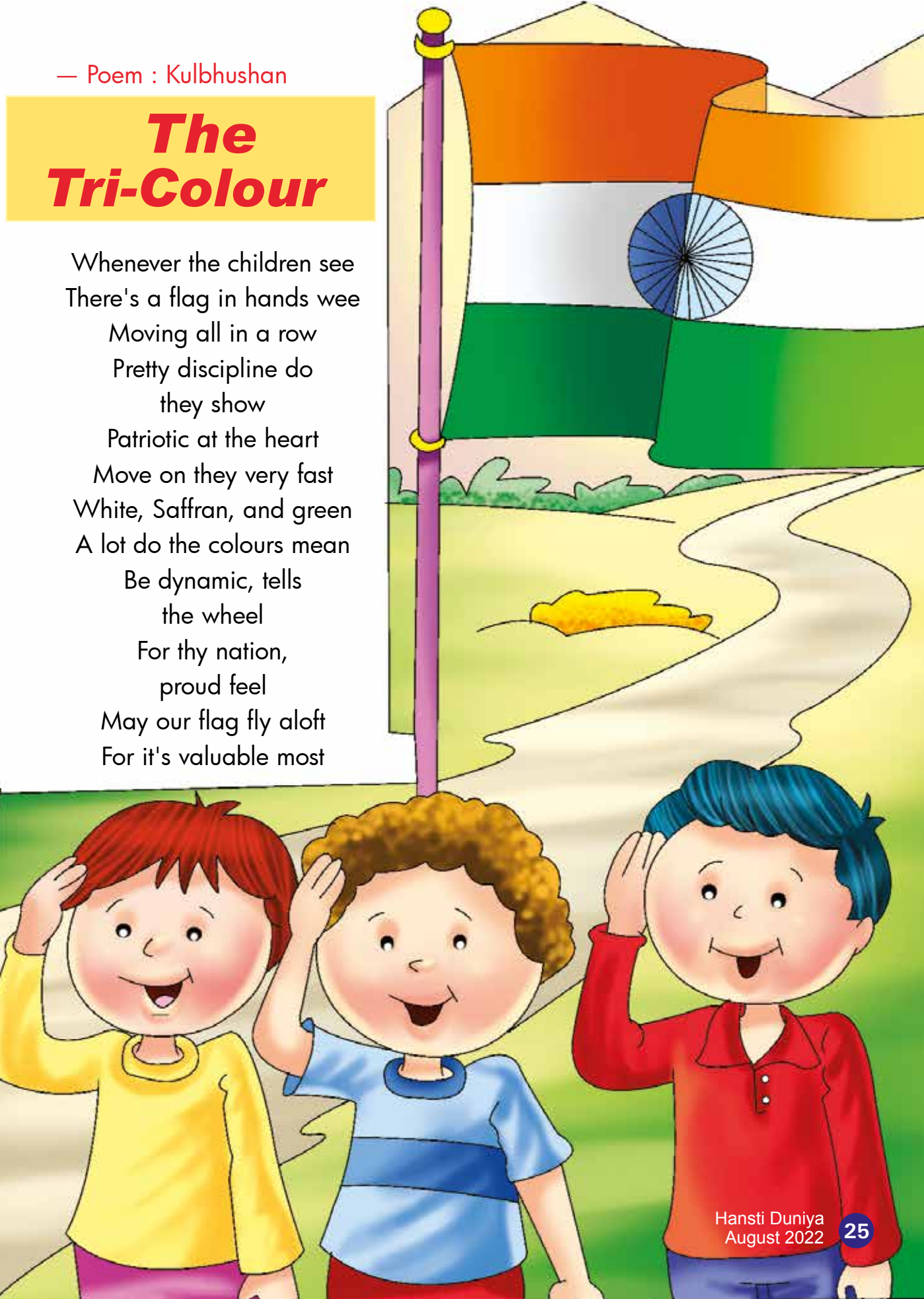
- ❖ When we perform a task without understanding it, we don't get total benefit. In the same manner in piety, when we do something it is imperative that we know its relevance and rationale. Otherwise it will come in the category of rituals and will become a misconception.
- ❖ In Nirankari Mission we do certain activities whose rationale is not known to the youth. It is natural for them to have questions in their mind. Eg. When we prepare 'Charnamrit', we perceive 'Satguru' in the saint concerned. Here spirit is foremost. It is the spirit and faith that makes this holy water act like medicine. Without faith even the medicine will not work.

—Satguru Mata Sudiksha Ji

— Poem : Kulbhushan

The Tri-Colour

Whenever the children see
There's a flag in hands wee
Moving all in a row
Pretty discipline do
they show
Patriotic at the heart
Move on they very fast
White, Saffran, and green
A lot do the colours mean
Be dynamic, tells
the wheel
For thy nation,
proud feel
May our flag fly aloft
For it's valuable most





Do You Know?

Q. What is the mind?

A. The mind is part of us that gives rise to our thoughts, memories and feelings. Most people believe that the mind is situated in the brain.

Q. How many things can we remember?

A. We can remember a list of about seven things at the same time. This is why most people have difficulty in remembering a telephone number with more than seven figures. If the numbers are grouped, it makes them easier to remember because your memory can hold about seven 'packets' or groups of information at one time. Memory is located in more than one area of the brain.

Q. How do we learn?

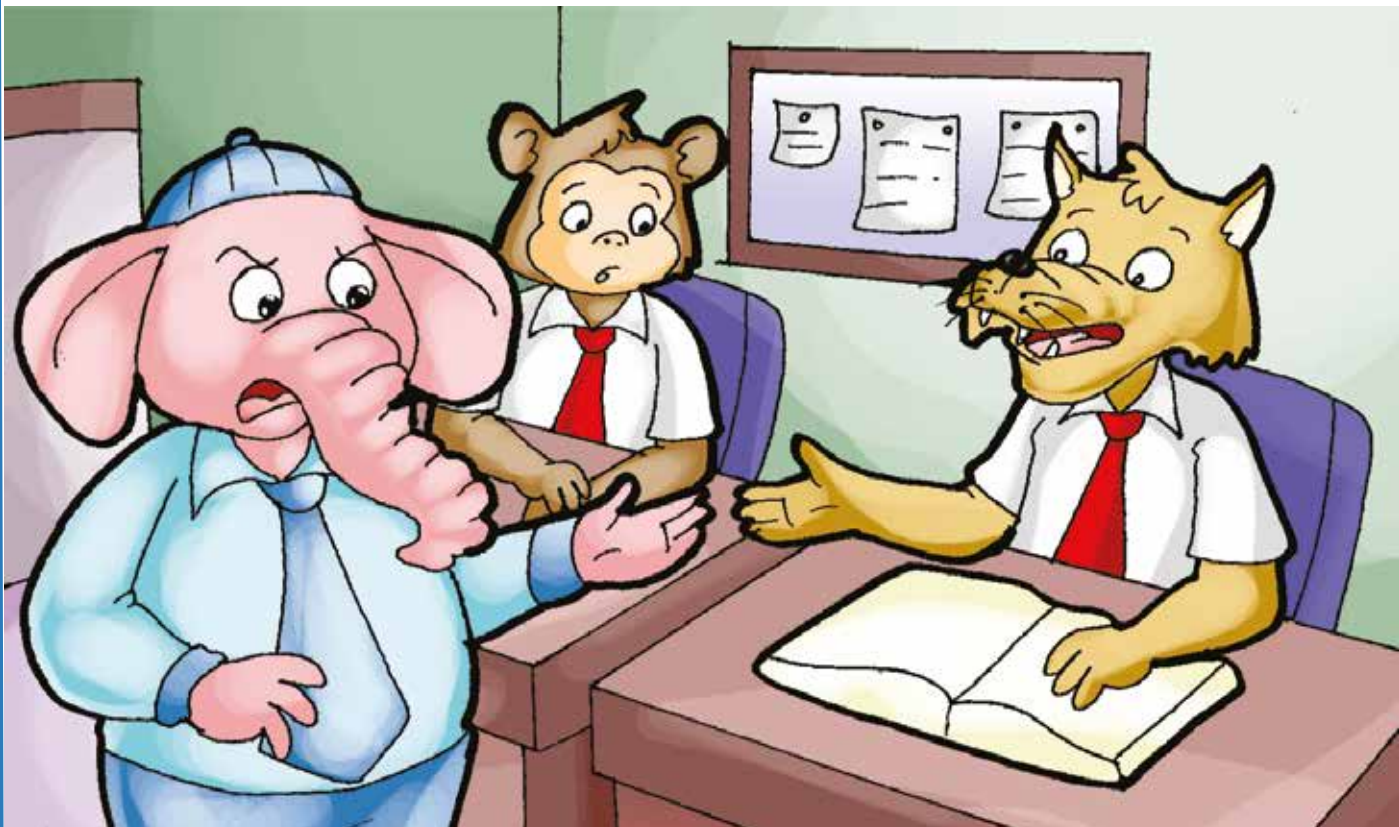
A. We learn in many different ways. When we learn facts for a classroom test, we may soon forget them. When we learn a skill like riding a bicycle, or swimming, it may stay with us for a lifetime. Much of our early learning comes from copying other people. Animals learn in the same way, from their parents. Humans also learn from passed-on information — for example, from books.

Q. What are the main parts of brain?

A. The three main parts are the cerebrum at the top, the medulla on the underside, and the cerebellum at the back. The largest part is the cerebrum (about 85 percent of the brain's weight). It gives us intelligence and emotions. We use it to think, feel and remember.

Story: by Dilip Singh

CATCHING THE CULPRIT



Sonu bear was running a school in Nandanvan. Ramu elephant and Sheru, the lion, were the teachers in that school. All the inmates of the jungle went to this school.

Bantu jackal and Bholu deer were the students of fifth class in this school. Both of them despised each other. The Jackal was more mischevous than the Deer. So, Bholu deer sometimes felt embarrassed by Bantu's mischiefs. But he dared not say anything to Bantu.

One day Bantu came to know that Bholu had a fifty rupees note in his pocket. He somehow managed to pick his pocket. When Bholu learnt of it, he went to the teacher, Ramu Elephant and complained about it. The next period was to be taken by Ramu. He assured Bholu to get him his money back and asked him to remain calm and quiet.

The next period started. Ramu elephant entered the class room. After calling out the roll-calls he asked as to

which of the students were going on Picnic to Sundarvan.

"Sundervan?" The Matku Mouse was surprised to hear this. "But nobody has every told us about it", he said. "Suridervan is the most beautiful place on the earth.

You people don't know? But the bus will be leaving tomorrow morning. Anyway! Those who are interested can deposit the money just now. The charges have been fixed at rupees fifty only," the teacher said.

But no student had that much of money to pay off the charges. However, Buntu Jackal at once stood up. He took out a fifty-rupee note from his pocket

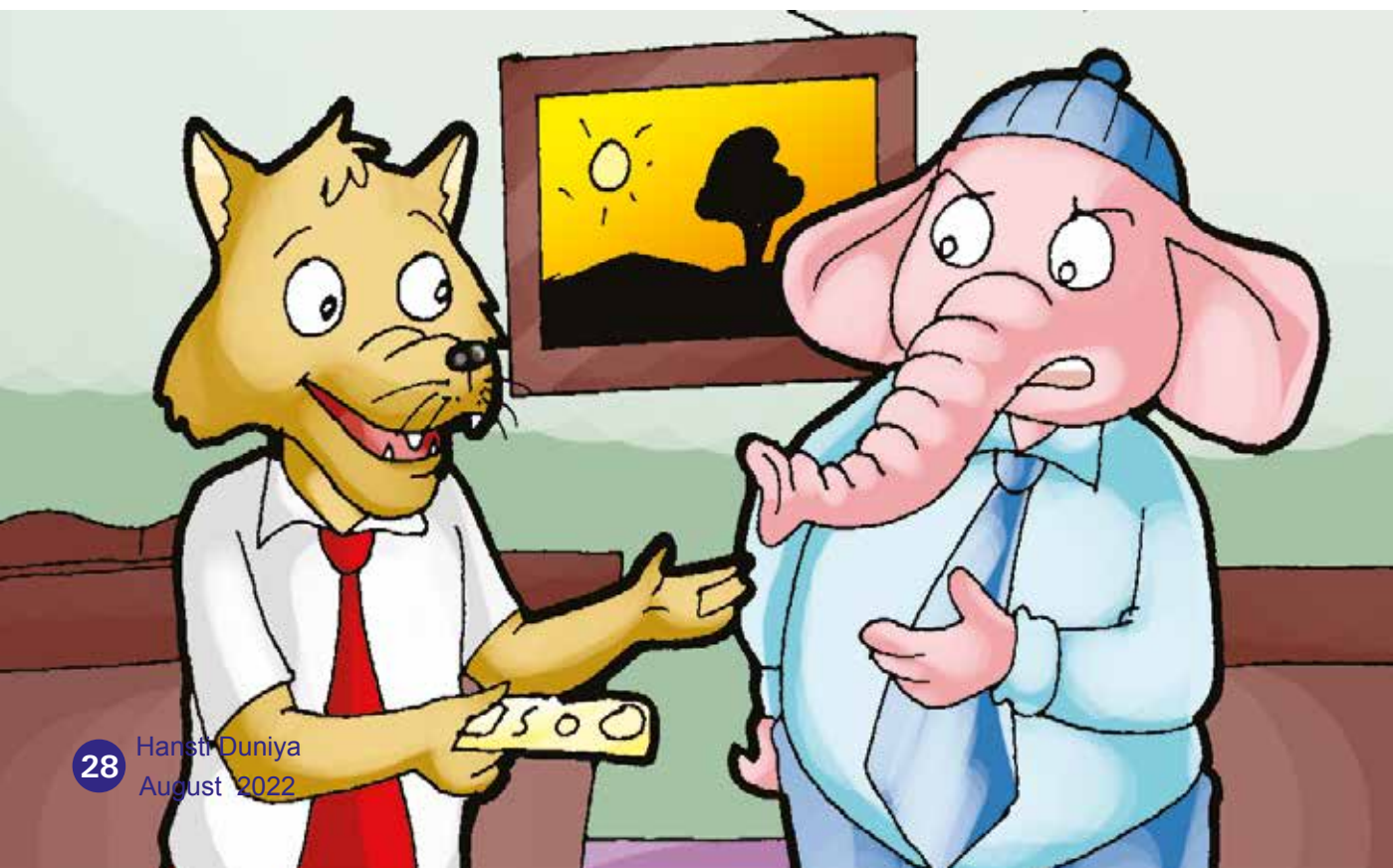
and gave it to Ramu elephant as the bus charges. Ramu could at once make out that the note belonged to Bholu Deer.

When Ramu asked Bantu as to from where he had got the money, the latter could not give any satisfactory reply. He at last confessed having picked Bholu's pocket.

Then Ramu told the students that no bus was to go to Sundervan. It was only to find out the culprit that he had to tell a lie.

He then gently made Bantu realise that he had done wrong to have stolen the money.

Bantu also apologised to Bholu. He was now much transformed.





—Deepanshu

POOR IRONSMITH

Once, in a city called Changsha situated in the Huainan State in China, there lived a blacksmith called Chen Chin. His profession was to make different items of arms used in battles, such as sword, spear, arrow, javelin, armor, etc. He had his own unique style of selling these items. He was quite a talkative person. He would stand before his shop and would boast about his weapons in an imaginary and flowery language. His interesting talks would attract a good crowd, out of which, sometimes, a few buyers came forward. His house too was located behind the shop.

One early morning, Chen Chin gathered a good crowd before his shop and, taking a spear in his hand, started counting its

qualities by saying: "Gentlemen, you would have seen many spears earlier and may be used them too. But not the one like this. Aha! In spite of its being so long, yet it is as light as a flower. If used, it would go flying in such a manner as if swimming on river's waves. And, what to say about its blade; such a strong one that the eyes would slide along its sharpness. It would pierce through any of the strongest metal in the world. Such a spear has so far not been produced anywhere else.

Having said this, Chen Chin glanced through the crowd. He saw one anxious face. "Would you like to buy, this spear?" asked Chen Chin.



The person responded that though he did not require the spear, but would be interested in an armor.

Chen Chin rested the spear in a corner and took out one of the armors hanging on the wall. Again, he started his usual big talk in support of the armor. "You need the armor, my friend! Then here is the one you look for because such an armor has not yet been made, nor it will be. It is stronger than the back of tortoise. Till the time it is in your hand, nothing would touch you. There is no javelin, arrow, spear, or sword that has so far been made which could even make a scratch on this armor, leave aside its being pierced through".

There stood a child also in the crowd. Having heard Chin Chan, he suddenly moved forward. As Chin Chan put a halt to his speech, stopped talking, the child said

"Well, big brother! There is no equal either of you, or your spear, or your armor. On the one side, you claim that there is nothing in the world that this spear could not break through and yet, on the other hand, this armor made by you can withstand any of the strongest metal without any scratch. If what you claim is correct, then why don't you give us a trial and use your spear on this armor so that whatever you said is correct".

Having heard the child, Chin Chan kept silent for a while. He posed as if he was trying to hear a distant voice. Then, addressing the crowd, he said "Excuse me, gentlemen. My wife is calling me. It seems, she won't allow me to run my shop". Saying this, he passed through the shop to reach his house.

A part of the crowd started laughing and made gestures to humiliate Chin Chan.

—H.S. Nirman, Chandigarh

We are One

We are human-beings;
We are fellow-beings; We are one...
No matter which is race;
No matter how is face;
No matter diet and dress;
No matter which is place.
Arab and Chinese, Aryan, African;
We are one...
This earth is a little ball;
This world is very small;



In this kingdom of heaven
Together live we all.
It is one family, there is no alien.
We are one...

— Vibha Verma

WATER IS MUCH MORE... NO LESS THAN A MEDICINE

In winters normally the intake of water becomes less. It may not be right. Children! An intake of 2-3 Litres of water is necessary irrespective of the season. It just doesn't cool the body but keeps it healthy and disease free. Water although inexpensive is more useful than even medicines.

In the absence of enough water, blood flow in the body, functioning of



muscles and the excretion of poisonous residues will not be proper. Water is an important component of our body. Blood contains 83% water, muscles 75% and bones 22%. It is important for the proper functioning of these.



Kitty

Story & Illustration — Bhuvan Kumar

Come! Let us all play.



I don't want to play. I have to do my home work.



Kitty! You have not done your home work?

No I have not done my home work.



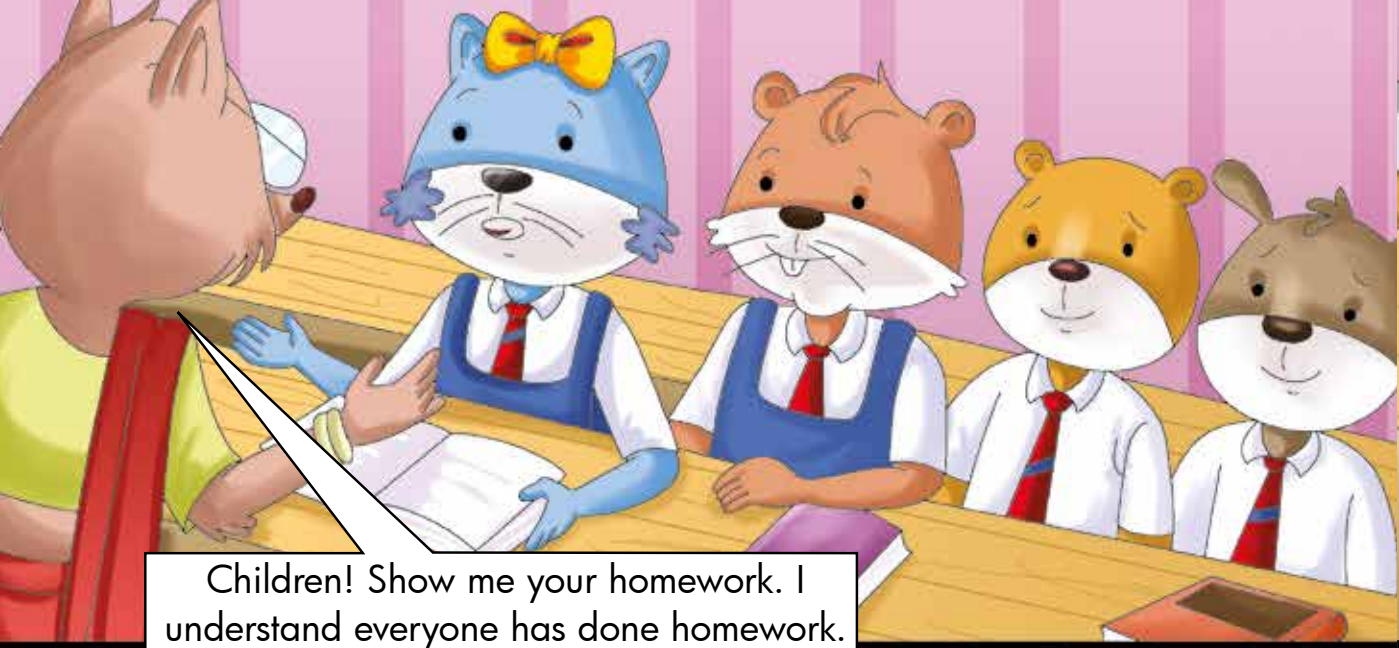
Kitty! You should have done your home work. Mam had said, "I shall check everyone's homework. Anyone without homework shall be punished."



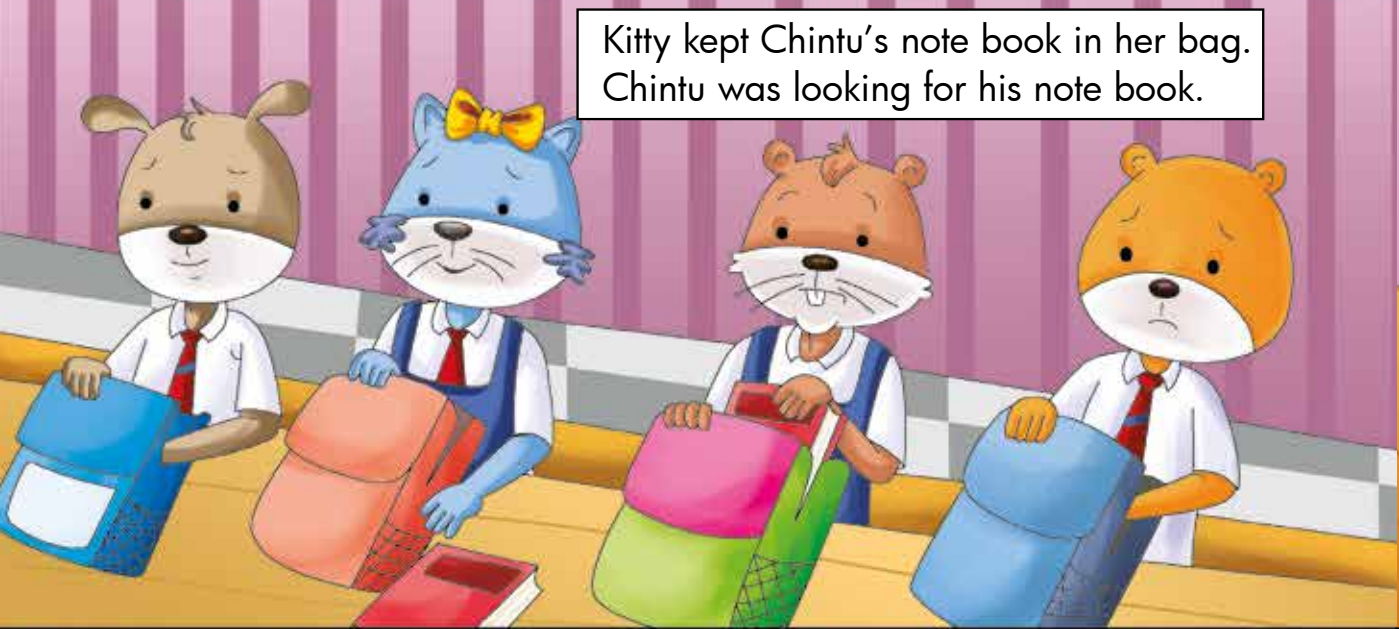
But now the holidays are over. How do I do my homework.



I shall how Chintu's note book to Mam. She will not scold me.



Children! Show me your homework. I understand everyone has done homework.



Kitty kept Chintu's note book in her bag. Chintu was looking for his note book.



Chintu! Why are you disturbed?

Mam! I am not able to locate my copy.



Chintu!
May be
you forgot
the copy
at home.

No Kitty. I had
brought my copy.



Kitty! Show me your note book.

Oh! This is Chintu's handwriting.

Oh! This is my copy.



Kitty! You stole my note
book. I remember you had
not done your homework.

Kitty! Stand up with your hands
raised. You did not do your home
work and stole Chintu's copy.

Sorry!
I shouldn't
have told a
lie.

Oh! Yes.

Union is Strength

There were a large number of green and shady trees in 'Chandanvan'(a forest). Some trees were young while others were quite old. A little far from the river there was a huge banyan tree. After getting tired, all the animals and birds would visit the river, drink water and rest under the banyan tree, the birds would play and enjoy on the branches of tree.

All the trees, animals, and birds treated the banyan tree as their grandfather and respected him a lot. The banyan tree also treated them like his children and loved them. He would tell them stories and shared scientific information with them.

Trees and forests were being cut with great speed. The trees of 'Chandanvan' were worried because highly priced trees like Java plum, tamarind, butter tree, banyan and figs were in great number in 'Chandervan'. There were innumerable trees of sandalwood. People were eying this forest for long and looked at it with greedy eyes.

Coincidentally a contractor bought the forest at that time. One day his men came

and inspected the jungle. Next day his men brought big axes with huge wooden handles. His tent was fixed under the banyan tree. The axes were kept in the tent.

All the trees and plants were in panic. Some of the trees gathered and approached the old banyan tree. They spoke to the banyan tree with tears in their eyes, "Grandfather! Time for our destruction has come. Please suggest a way out. You are wise." "Not you alone, I shall be cut first of all." "Grandfather! " We may or may not survive but we shall not let you be cut," The trees said this and started crying.

The banyan tree said, "Children! Be patient. Don't lose your temper in anger nor your confidence in panic. Think of a solution." "Please tell us grandfather a solution", they all spoke together.



"See most important thing at the time of a problem is to be united. Tell me are you all united?" "Yes Grandpa! We are all united. We shall do and die for each other.

"Ok ! Agreed but the handles of axes are also your brothers. If we as handles don't support the axes they will not be able to cut trees. Have you spoken to your brothers?"

"No Grandpa ! We have not spoken to them." Tamrind interrupted, "Brother Rosewood! (Shisham) Grandpa is right. For unity everybody has to be together. If brothers don't support the axes what will the axes alone do? The handles of axes were also listening to the conversation between grandpa and the trees. All the handles left their axes and reached grandpa. They told grandpa politely that they were ready to join them for the wellbeing of everyone.

Grandpa said, "Dear ones! You have joined the union'. It's a matter of great joy. Now takes a pledge that you will not join hands with axes."

"We take a pledge and shall now hide ourselves in your hollow."

"Good Children! Sacrifice alone can make a union strong. I am glad you joined in. I am sure the contractor would understand our unity now and shall drop the idea of cutting us down. "

The butter tree said, "What if the contractor is still adamant?"

"We shall not let his men enter the forest. We shall fall on his men," all of them shouted together.

Grandpa said, "Without the handles, the axes cannot do anything. Stay united. Nobody will be able to harm you."


The contractor was overhearing the conversation lying down in his tent. He understood that without the handles he would not be able to do anything. If I am still adamant I may have to incur losses. Next morning he took his axes without handles and left quietly.

There were celebrations in 'Chandanvan'. All the trees came shouting slogans about their unity, went to grandpa and garlanded him. Grandpa said, "See ! Union is strength. No one can harm us if we are united."

Don't try to judge the story but learn the message. A united society and nation always flourishes.



Tricolour - India's Pride

n August 15 and January 26, our national flag is hoisted with great pride on all government and private buildings every year. The orange colour on the top of flag signifies sacrifice and white colour in the middle signifies peace, nonviolence and love. The green color represents valour, trust and greenery of the country that is agro based. The wheel in the middle part signifies progress.

Our national flag is approximately one hundred years old. Madam Bhikaji Cama had hoisted it in Berlin in a general meeting before her speech. She created it with her own imagination. It was very much similar to present flag. It had red, yellow and green diagonal strips. The top most strip had a lotus flower and seven stars. Vande Matram was written in the middle strip. The sun, the moon and a star adorned the lower most strip. Her motive of creating this flag was to uproot British rule from India so that Indians remained united and

confronted the British strongly.

Sh. Lokmanya Gangadhar Tilak and Smt. Annie Besant created another flag during Home Rule Movement. This flag had five red and four green strips. It was adorned by bright red stars. The right side had moon and stars while left side had the flag 'Union Jack' of England. Since this flag also had 'Union Jack,' the popular leaders of India opposed it and took out silent processions wearing black clothes. Later Mahatma Gandhi Ji directed Sh. Lala Hansraj Ji to create another flag to change the unhealthy environment. The flag created by Lal Hansraj Ji had two strips; red and green signifying Hindu Muslim unity. Gandhi Ji after serious inspection of the flag did some changes in it. He directed them to add a white strip signifying peace. That made it tricolor. A spinning wheel was included in the white strip on the behest of some Congress leaders. This flag was hoisted in a convention of Congress in Ahmedabad on July 4,



1922. Since green and red colours were associated with religion, it met with great opposition.

There were many controversies in this context. A special committee comprising of seven members was constituted for creating the national flag. The committee considered seriously the suggestions and reasons for controversy and made some improvement in the national flag. The colours were given new explanation.

Red colour was replaced by orange colour in the top most strip in the new flag. It signified sacrifice. White colour

the representative of peace was kept in the middle. The third green strip was considered as a sign of trust and valour. Spinning wheel was replaced by the wheel of Dharma. It was derived from the pillar of Ashoka in Sarnath. When India became free, this flag was hoisted with great fervor on August 15, 1947 as a symbol of freedom. Later this flag was accepted as the national flag of free India. Tricolour is always made by a 'Khadi' cloth. (cotton cloth made on a spinning wheel). Strict action is taken against a person who insults this flag.





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, October 2022)

One day Ankur

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This story by **Waris Sandhu** S/o **Sh. Jatinder Sandhu**,
H. No. 843 Sector -56, Chandigarh, adjudged the best.
Congrats to him.



STOP BEING LAZY

A poor Brahmin family lived in a village. When the father died, the lazy son and his mother were in a very bad condition. A relative got the son married. When the daughter in law saw the condition of the family she thought of taking the initiative. She told her father to give one of the cows owned by him to her. Father sent one of the cows to her. She would sell the milk in the morning and gave it to the family for drinking in the evening. When she would take the cow outside for grazing, her mother in law would scold her telling that she was newly married and it didn't behove her to go out. She would tell her mother in law that it was much needed by the cow. The mother in law told her to take the

cow out at night time for grazing. Now the cow would be hungry for the whole day. She could get some food at night only.

One day the daughter in law didn't cook food during day time. The mother in law asked "Why have you not cooked food?" The daughter in law said, "Not an issue! We shall cook in the evening". Mother in law said, "How can I remain hungry for the whole day?"

The daughter in law said, "If you cannot stay hungry the whole day how can the cow remain hungry?" From that day onwards Umesh and his mother stopped being lazy and started taking good care of the cow.

Because of his diligence now Umesh owns a cowshed with hundreds of cows and buffaloes.





Laughing Time

Rina : I've just lost my dog.

Riti : Why don't you put an advertisement in the paper?

Rina : Don't be silly. My dog can't read.

Isha : My new horse is very well mannered.

Urvashi : That's nice.

Isha : Yes, isn't it? Every time, we come to a jump he stops and lets me go first!

Doctor : I'm afraid your baby swallowed a frog.

Mother : Oh, dear, how is he?

Doctor : I won't know until he stops hopping.



Teacher : If I lend your father Rs. 2,000 and he promises to pay me back Rs. 200 a month, how much will he owe me in five months.

Atul : Rs. 2,000.

Teacher : You don't understand arithmetic.

Atul : You don't understand my father.

Ram, Shyam and Mohan were talking. Question arose-if you wake up from sleep, and find that you've become a millionaire, what will you do?

Ram : I'll go to Paris and enjoy.

Shyam : I'll invest the money in some profitable business.

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

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



Visitor : Well doctor, hurry, my son has swallowed a twenty five cent coin, please take it out.

Doctor : When did he swallow the coin?

Visitor : About five years back.

Doctor : And you're asking me to take it now.

Visitor : Of course! I need it right now.



"Railways are public property." Seeing this written in one of the compartments, a man removed a fan from it and wrote a note there "Railways are public property. I'm taking my share from it."

Praveen : People consider me God.

Dinesh : How do you know?

Praveen : When I went to the park today, everybody said- Oh God! You've come again.

Doctor : So, Chote Lal, how are you feeling now?

Chote Lal : No difference, doctor.

Doctor : Have you been taking the tonic for the last two weeks?

Chote Lal : No.

Doctor : Why not?

Chote Lal : The label on the bottle says keep Bottle Tightly closed-so I did.

Sona : Mona! Did you gain something by rearing honey bees?

Mona : Yes There are fewer guests.

—Raju, Delhi

PUNJAB KESRI LALA LAJPAT RAI

One of the main leaders who sacrificed his life during the Independence movement of India was "Punjab Kesri" Lala Lajpat Rai.



He was a patriot and versatile who despite weak financial condition of the family worked hard to earn a law degree and started practicing as a lawyer in Lahore. In Lahore he came in contact with Arya Samaj and was influenced by the Ideology of Swami Dayanand Ji. Therefore he got involved in serving the society and nation. He founded 'Lok Sevak Mardal' (Servants of the People Society) and worked selflessly for the upliftment of dalits, poor

and exploited section of the society. Lala Lajpat Rai along with Bipin Chandra Pal and Bal Gangadhar Tilak formed a hot faction known as 'Garam Dal' that threatened the British Rule.

The revolutionaries were invigorated by his line of thinking. The British felt insecure by the extremist faction. They falsely charged him for antinational activities and ordered to deport him out of the country. On Oct 30, 1928 Simon Commission (A Commission to study constitutional reforms in India) arrived in India. There were revolts in the countur and processions shouting slogans 'Go back Simon' were taken out. In one such procession led by Lala Lajpat Rai police officer J.P. Saunders ordered baton charge. Lala Lajpat Rai was seriously injured. The public tried to rescue their leader and immediately admitted him to hospital. But after a while the great leader came back to the meeting in the same condition. He challenged the British in loud voice saying that injuring him with batons would make the British Rule end fast.

After a few days he succumbed to his injuries sacrificing his life in the pious act of freeing India from the clutches of British Rule. He became a martyr and lit the fire of patriotism and self respect in the heart of every Indian. The name of this immortal freedom fighter is written in golden letters.

RESULT FOR THE MONTH OF June 2022 ISSUE

CONSOLATION ENTERIES



Simran Kaur Age 11

New Judicial Complex,
At & Teh. Dasuya,
Distt. Hoshiarpur (Pb.)



Aaliya Praveen Age-12

S/o Moh. Salahuddin
Vill. + Post : Urain
Distt. Lakhisarai (Bihar)



Yakshika Yadav Age-9

D/o Sh. Santosh Kumar
C-233 Shantipuram
Distt. : Pryagaraj (UP)



Shobha (Noida)

Anmol (Delhi)

Manvi (Delhi)

Jaanu (Bahadurgarh)

Riya (Mumbai)

Lina (Kanpur)

Rekha (Bijauli, UP)

Ram Awadh (Bikaner)

Jannu (Rohini)

Rekha (Delhi)

Komal (Chandigarh)

Avyan Rai (Noida)

Sita (Mumbai)

Amrit (Rohini, Delhi)

Neha Rai (Azamgarh)

"COLOUR IT" FOR AUGUST ISSUE

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

The result will appear in **OCTOBER 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

Major Dhyan Chand

Major Dhyan Chand, the Indian Hockey legend is well-known for the goal-scoring ability that made him earn three gold medals at three consecutive Olympic events, creating history. The iconic personality has served both in Army as well as at the hockey field throughout his life. Widely considered as the magician of hockey, the man had scored around 1000 goals in his active career which is a record feat.

Dhyan Chand was born on 29th August 1905, in the city of 'Sangam'-Allahabad to a British Indian Army employee Sameshwar Dutt Singh and Sharadha Singh. Due to his father's frequent official transfers, he was not able to keep pace with the academics and had to drop down studies after schooling for just six years. The boy was initially interested in wrestling, but after joining the Indian Army at the age of 16 got more inclined towards field hockey. He used to undergo Army training during the daytime and

practised hockey in the moonlight.

Soon his perseverance paid him a favourable outcome as he was selected in the Indian Army Hockey team for New Zealand tour in 1926. Dhyan Chand left everyone spell-bound with his eye-catching performance, dominating 18 matches out of 21 with his team. In 1928, he earned gold for the nation at the Olympic event, held in Amsterdam. Dhyan Chand's speed



and accuracy made him earn the title of 'The Wizard' of hockey. He was so accurate and perfect in hockey that he could even sense if there were any flaws in the measurement of the field.

With his team, Dhyan Chand repeated the victory again at the 1932 Olympics Games, defeating the USA by 24-1 and Japan by 11-1 and thus clinching a gold medal at the event. Undoubtedly, he had an unparalleled capability to blow the competition away. Dhyan Chand's contribution is commendable in bringing India to the top-notch position at the international hockey events. In 1935, Australian batsman Sir Donald Bradman remarked him, "He scores goals like runs in cricket". There was even an airing that Adolf Hitler was so amazed by his skills that he offered him the post of Colonel in the German Army after watching his tremendous performance at the 1936 Berlin Olympics. Dhyan Chand is one of the most successful captains of the Indian Hockey team. After his third consecutive win at the Olympics, Dhyan Chand played a vital role in the incredible victory of team India during an International tour, conquering 34 matches out of

37 with a contribution of 133 goals out of 338, scored by the team.

Even after bidding farewell from the field, Dhyan Chand served at his best to hockey by playing and guiding the budding stars under his tutelage. He took retirement from the Indian Army as a 'Major' in the year 1956 and was also honoured with the third Indian civilian award 'Padma Bhushan' by the Government of India for his sincere efforts in uplifting the sport of field hockey in India. Indeed, Dhyan Chand is regarded as the shining star of the hockey world that has been followed by many of the legendary people and also by the burgeoning stars. He will always lead the heart of hockey lovers as he used to lead the field in his times with his magical stick



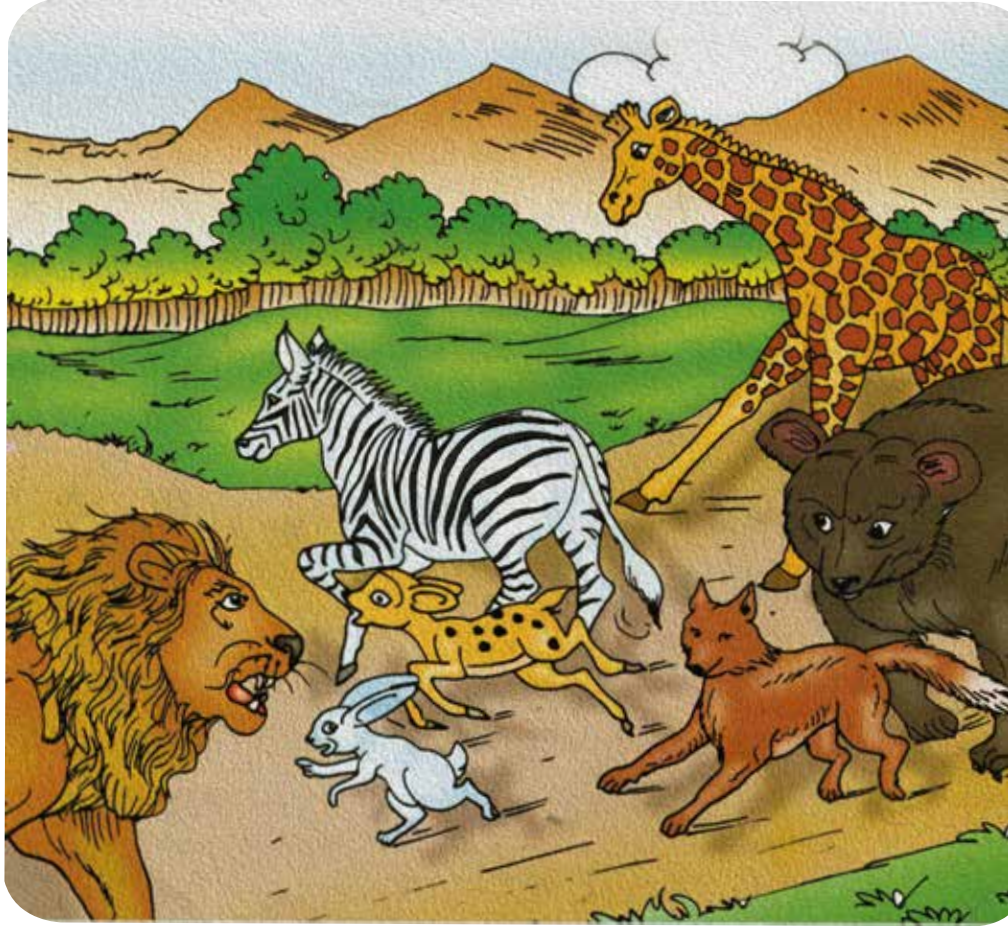
Precious Word

- ❖ Think ten times before speaking, when angry. —**Dr. Rajendra Prasad**
- ❖ A sensible person doesn't cry over past, doesn't weave dreams for future, rather makes best use of present.
—**Gaite**
- ❖ Health leads to happiness and health can be gained by exercise. —**Tomson**

—Jagtar Chaman

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



frightened. He ran and hid much 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".

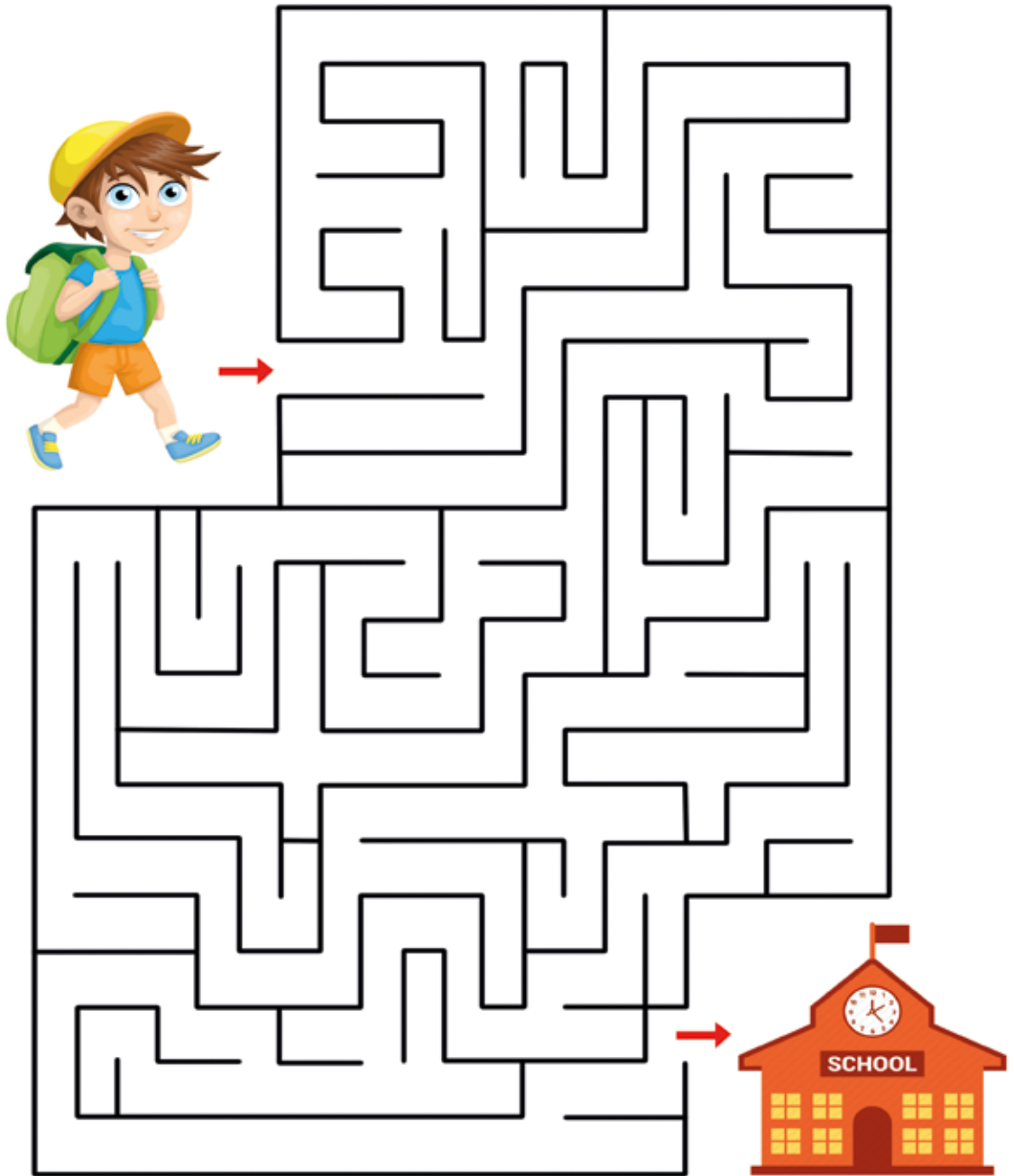
The rabbit said, "I saw a portion of a sky falling down". The lion asked, "Can you show me the place?"

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". Now, all the animals were ashamed of their immatured behaviour.

Moral : Cherd instincts lead to chaos.

Maze

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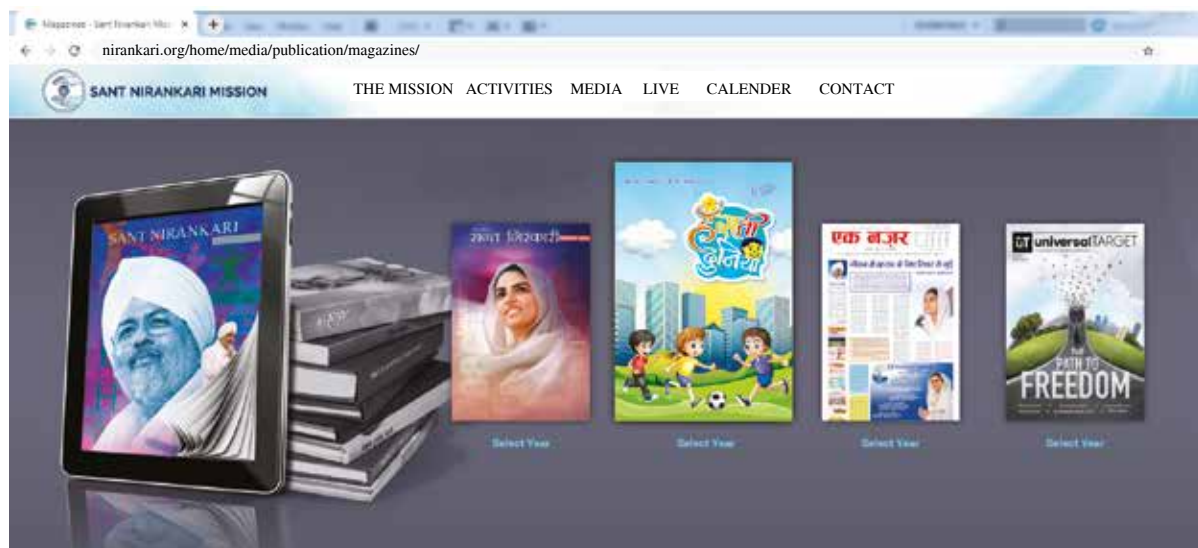
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