



**Hansti**  
Duniya

Happy  
TEACHER'S  
DAY



# Hansti Duniya

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# They PRACTISED WHAT THEY PREACHED

A sculptor removes the extra material from a stone and the statue appears. In the same way a teacher purposefully tries to dissuade the disciple from wasteful activities. Stone is nonliving so it doesn't resist as to why it is being cut and trimmed. If we also completely surrender ourselves to the teacher, he has the capacity to give us a new meaning and transform us into a divine being. No one is aware of his weak points. Even if one knows, he needs guidance and direction. The milestones by the road side show the route and the direction and if we follow the instructions we reach the destination.

The field of education is very vast eg. Physical education, practical, social, moral, material and spiritual etc. A willing person definitely gets education in the field he is interested in. When the disciple strongly seeks to be educated the teacher appears and the curiosity of the disciple is satiated. We are all the time learning one thing or the other from every particle and even nature. This way they are also our teachers. Same way we also gain practical knowledge from people.

Once a mother escorted her son to a saint and said, " My son consumes too much jaggery. Please tell him to abstain from it." The saint told her to bring the child

to him after a week. After a week when the mother took him to the saint he lovingly told the child to abstain from jaggery. The boy quickly agreed and stopped consuming Jaggery.

The mother asked the saint as to why he didn't say the same thing to him a week before. The saint told the mother that a week before he himself consumed a lot of jaggery and his saying it to the child at that time wouldn't have impacted the child. Your words affect others if you yourself are following them.

Satguru Baba Avtar Singh Ji Maharaj was a great practical teacher. He preached the same eternal 'God knowledge' that he himself was blessed with. He stood courageously by 'The Truth' despite great opposition. It was because of his integrity and 'God knowledge' that he blessed innumerable souls with God realization. In continuity, the 'Grand Pa' Nirmal Joshi Ji and respected J. R. D. Satyarthi Ji also received God knowledge from him and directed 'Hansti Duniya' towards a joyful journey. Blessings are sought that the entire humanity smiles and brings joy on the face of others through 'Hansti Duniya'. Let this be a leader in teaching the 'Art of living'. With these wishes we pay our regards to all the teachers and mentors ·

—Vimlesh Ahuja

# SAMPURAN AVTAR BANI



## IK TU HI NIRANKAR 175

TERI QUDRAT DA HE DATA ANT KISE NAHIN PAYA EY;  
GITA GRANTH TE VEDAN NE VI TERA HI JAS GAYA EY.  
LASANI LAFANI DATE KULL SIFTAN TON BAHIRA EYN;  
DUNIYA DE LAYEE GUPT EYN BHAVEN BHAGTAN DE LAYEE ZAHIRA EYN.  
HUKAM TERE NAL IS MAYA NE JEEAN NOON BHARMAYA EY;  
HUSAN JAWANI DA DE CHAKMA CHAKRAN DE VICH PAYA EY.  
IK TIL DA VI AQALAN WALE KAR SAKKE VISTHAR NAHIN;  
TERI MEHMA TOOHION JANE TERA PARAVAR NAHIN.  
MANMUKHAN NOON SAR NA TERI BHAGTAN NE PEHGHAN LIYAI;  
KAHE AVTAR GURU TON JIS NE RABBA TERA GIAN LIYAI.

## THOU FORMLESS ONE 175

O' the Benevolent Lord, none has encompassed the extent of Thy Creation;  
The Gita, the Adi Granth and the Vedas have described only Thy glory.  
O' the matchless and immortal Benevolent Lord, Thou art beyond all attributes;  
To the people of the world Thou art hidden but to the devotees Thou art manifest.  
It is under Thy command that the materialistic world (Maya) has deluded the human beings;  
By giving deception of beauty and youth, people have been put to confusion.  
The intellectuals have failed to expand Thy Creation even by a tiny bit;  
Thou alone knoweth Thy greatness, Thou art infinite.  
The self-willed do not know Thy secret but devotees have recognized Thee;  
Avtar says, O' God, they are the ones who attained Thy Knowledge from the True Master.

# She Colored it With Her Blood



**R**evolutionary Bhagat Singh was a devout fan of his 'Guru' Kartar Singh Sarabha. Due to his efforts a picture of Sh.

Sarabha was to be unveiled in 1928. Bhagwati Charan Vohra (freedom fighter) brought a 'Khadi' cloth (a cotton cloth spun with spinning wheel) for the purpose and gave it to his wife for dying it in red colour. The brave woman said, "I shall color it with my blood." She cut her fingers with a sharp knife and colored the cloth red.

Durga Devi Vohra, popularly called Durga Bhabhi was completely involved in revolutionary activities and was an active member of 'Naujwan Bharat Sabha'. She was a great support to her husband Bhagwati Charan Vohra.

In the protest against 'Simon Commission', Lala Lajpat Rai was seriously injured during the baton charge and he succumbed to his injuries. Chandra Shekher Azad, Bhagat Singh

and Rajguru shot dead John P. Saunders (responsible for Lala Lajpat Rai's death) in the busy market of Lahore in 1928 to avenge the death of their leader. Now the British government was after these three revolutionaries. Sh. Bhagwati Charan Vohra wanted to send Bhagat Singh away from Lahore so that the freedom struggle continued. Durga Bhabhi was given the responsibility of depoting him to Kolkata.

She dressed up Bhagat Singh in a hat and suit and posed as his wife with her child in the lap and travelled to Kolkata. The English spies couldn't locate him in Lahore.

She was a brave woman who lit her own self as a torch to guide the path of revolutionaries. She participated actively in the struggle for freedom as a member of the "*Naujwan Bharat Sabha*" along with active members Bhagwati Charan Vohra, Chander Shekher Azad and Bhagat Singh.

She departed from us on October 14, 1999 at the age of 92 in Ghaziabad (Uttar Pradesh).

The land of India is blessed for having given birth to so many martyrs.



# Three Little Princesses



Once upon a time there lived 3 little princesses named Kimmy, Katie and Kristin with their parents in a manor. There were butlers, maids, cooks and lots of people to serve them. But both parents and kids were very humble, and were really kind to all of them. One day their parents had to visit their grandmother's place because she was ill. Parents arranged their uncle to take care of the kids until they came back. The uncle was a terror and was very rude to everyone. He treated the cook, maids and butler very badly and shouted at them for no reasons. Kids were sad about seeing this and decided to teach him a lesson. They did some cooking in the kitchen, helped butler with his chores and maid in cleaning. Seeing what the princesses were doing, uncle was ashamed of himself. He realized his mistake and behaved well and kindly to others thereafter.

*Moral : Do not yield to evil but fight against it.*

## INTERESTING FACTS

- ❖ It takes 8 minutes and 18 seconds for sunlight to reach the earth.
- ❖ The highest elevated part of earth above mean sea level is 15000 meters. The reason behind this is attraction of gravitational force of earth.
- ❖ The only satellite of earth is the moon that was earlier a part of earth itself.
- ❖ Earth gets heat from the sun and this is what keeps the surface of earth warm.
- ❖ Part of sun's heat is reflected back to the atmosphere from the surface of earth and sea.
- ❖ Earth is the fifth largest planet of the solar system.
- ❖ Earth is the only planet of the solar system that can sustain life.
- ❖ Earth rotates around its axis that causes day and night.

—Sudip



—Rajkumar Jain

# Lychee

**T**his oval fruit with its sweet and flowery flavour is grown throughout the world especially in China And southeast Asia. They are mostly eaten fresh but are sometimes used in ice creams or as juices, sherbet and Jelly. Lychees have pink red leathery skin. The flesh is white and there is a big dark seed in the center.

Lychee tree does well in deep fertile, well drained and somewhat acidic soil. The tree can grow as high as 30-40 feet. Fruition starts after 3-5 years.

Very rich source of vitamins and antioxidants, approximate nutritional facts, of the fruit are:-

**Nutrition Facts:** Lychee is mainly composed of water and carbohydrates. They make 82% and 16.5% of the total

content. A 100 g serving provides nearly 0.8g proteins, 31.7 g carbohydrates (includes sugar), 1.3g fiber and 0.4g fat. They are a great source of antioxidants and vitamins eg C and E. Huge amounts of minerals containing potassium. copper and phosphorus are also present.

## Benefits :

They can help in weight loss:- Main reason why they can assist in weight loss is due to the fibre content in them.

They may reduce the chances of stroke:- Vitamin C is abundant in lychee. It can reduce the risk of stroke.

**May reduce risk of cancer and diabetes :-** High content of antioxidants in the fruit may reduce risk of cancer and diabetes. It can help fight liver cancer.

Can improve skin tone:- High Vitamin E content can help heal sunburn and keep the skin healthy and glowing.

May reduce inflammation:- it has anti-inflammatory properties. It can help fight flu in summer.

## Side Effects:-

- ❖ Unripe fruit contains toxins that may cause vomiting if eaten in excess.
- ❖ [Lychee might cause allergic reactions in people who are allergic to sunflower seeds.](#)

Lychee extract may lower blood sugar level.





# HARD WORK

**H**ard work plays an important role in our lives. Life comes to a stand still if we do not persevere.

Hard work and perseverance are key to good health and bright future. Some people just depend too much on luck. But luck favours the strong sailor. If you want to be an achiever, you will have to work harder than average people. All great men worked hard.

Children! You must have heard about Wright brothers. They did not have resources. But they were spirited and wanted to make it great. Orville and Wilbur now popular as Wright brothers lived in America and are known as inventors of aeroplane. They worked for many years on bicycles and deeply studied balancing of vehicle. They worked on the glider from 1900-1903 and became skilled pilots. A worker Charlie Taylor also worked with them. Through their hard work and perseverance Wright brothers finally succeeded in making and flying an aeroplane. This all happened because of their hard work, devotion and perseverance.

*Moral : Hard work is the key to success.*





# Thoughts

- ❖ Human values and 'Sewa' (service), 'Satsang' (attending congregations) and 'Simran' (God Remembrance) carve us the way diamonds are carved. Saints always tread the middle path. They avoid extremes. They don't oscillate like the pendulum of clock but take refuge in 'Nirankar' and remain in a stable state.
- ❖ Ups and downs are part of life. If we fall on concrete floor the injury is severe while if we fall on grass or a mattress the injury is less severe. In the same manner If we take refuge in 'Nirankar' (God) and display human values we shall not be disturbed or get restless in any situation.
- ❖ Musical Instruments with wires do not give the right sound rather a harsh one if we tighten the wires too much. If left loose they don't produce any sound. In the same way, relationships also need to be maintained in a dignified way.  
*—Satguru Mata Sudiksha Ji*
- ❖ Try to be a man of Principles rather than running after succes.
- ❖ Good work done is easily forgotten but a single mistake will always be remembered.
- ❖ If we take decisions when angry, we have to repent later.
- ❖ Injustice leads to rebellion.
- ❖ Flowers adorn the garden.
- ❖ Human body is the best gift, happiness the greatest wealth and trust the purest bond.
- ❖ A good mother is equivalent to hundred teachers. Therefore respect her always.
- ❖ We must always weigh our words with a pure mind before speaking if they would bring peace or misery.
- ❖ One who limits his needs and lives simply and conducts himself in a simple manner is always at peace.
- ❖ A wise person shall not worry unnecessarily for the past and future, rather put in efforts for the present.
- ❖ Wrong means cannot lead to good results. For a pious outcome resources used should also be genuine.

*Compiled by Shri Ram Prajapati*

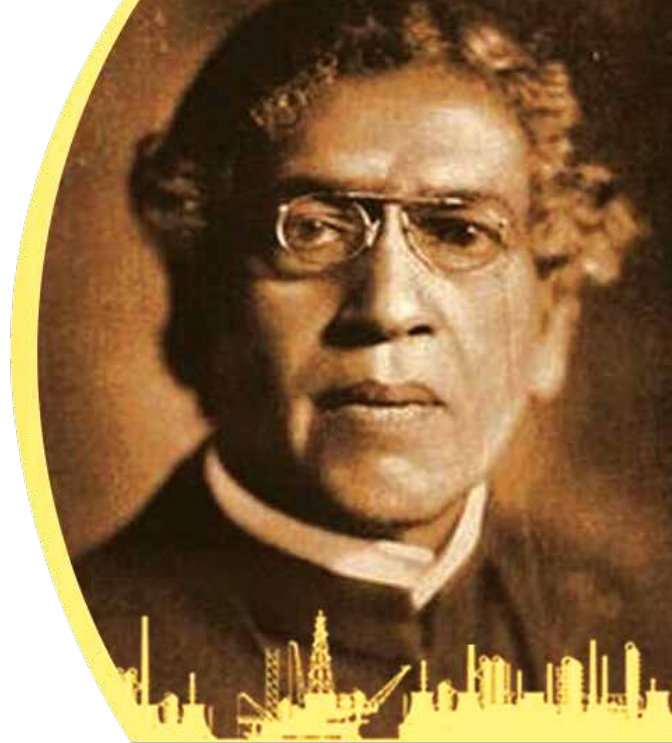
*—Unknown*

# FRUIT of HARD WORK

Jagdish Chander Basu succeeded in inventing the wireless instrument. But unfortunately, he could not succeed to present it in front of the genre. However, he did not accept defeat and instead thought of inventing something else. Soon Basu found that there is life in the trees and plants. They breathe, feel cold and heat, are affected by winter and summer and are bestowed with full sensations. The entire world laughed and joked over his invention. But Basu continued to work hard for the success of his invention. To prove his experiments, Basu invented an instrument which could depict, write and graph the real sensations of trees. When Basu reached London with this instrument, he was honoured by the Royal Society with the designation of "Sir."

Henceforth, he was invited by the people of France to show his experiment wherein many world scientists gathered together for the event in France.

Basu wanted to show the test over there as to how the plants become unconscious and die on getting injected



with cyanide. Basu acquired cyanide from the scientists gathered and injected the plant with it but the plant did not die. Everyone assembled there, was disappointed. Then Basu himself drank that so called cyanide mixed liquid to prove that the material, so provided, was simply some powder and not cyanide.

After a little while, a scientist put forth a pure cyanide packet. As soon as, Basu injected the plants with pure cyanide, the plants started becoming unconscious. The test proved to be a success but Basu's eyes were filled with tears. Basu said, "Jealous people may try hard, but I know that if I am industrious and determined, I will definitely succeed." Truly so, Basu became famous as one of the world's most renowned scientist.





# GRANDPA

Story & Illustration  
— Ajay Kalara



Every good deed is rewarded.

There was a poor boy who wished to study but because of poor financial condition he had to face difficulties.



He would go to different houses and ask for old newspapers. He would then sell them and spend that money for his studies.



One day he got too tired and felt hungry too. He thought of asking for food from a household.





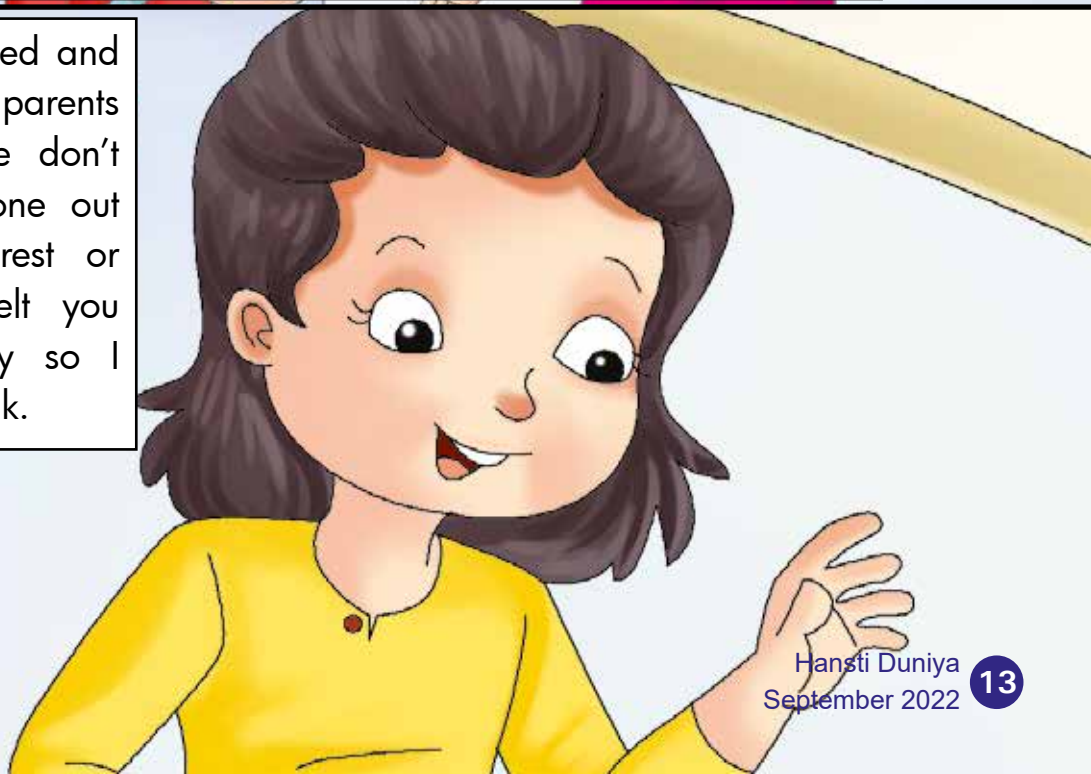
He knocked at the door.  
But a girl opened the door.  
He was disappointed.

Instead of food he asked for  
water. But the girl gave him a  
glass full of milk instead of water.



The boy drank milk and said to the girl, "Sister! I don't have money  
to pay for this milk! How can I repay you for your kindness.

The girl smiled and  
said, "My parents  
say that we don't  
serve someone out  
of self interest or  
returns. I felt you  
were hungry so I  
gave you milk.





The boy thanked the girl and left.

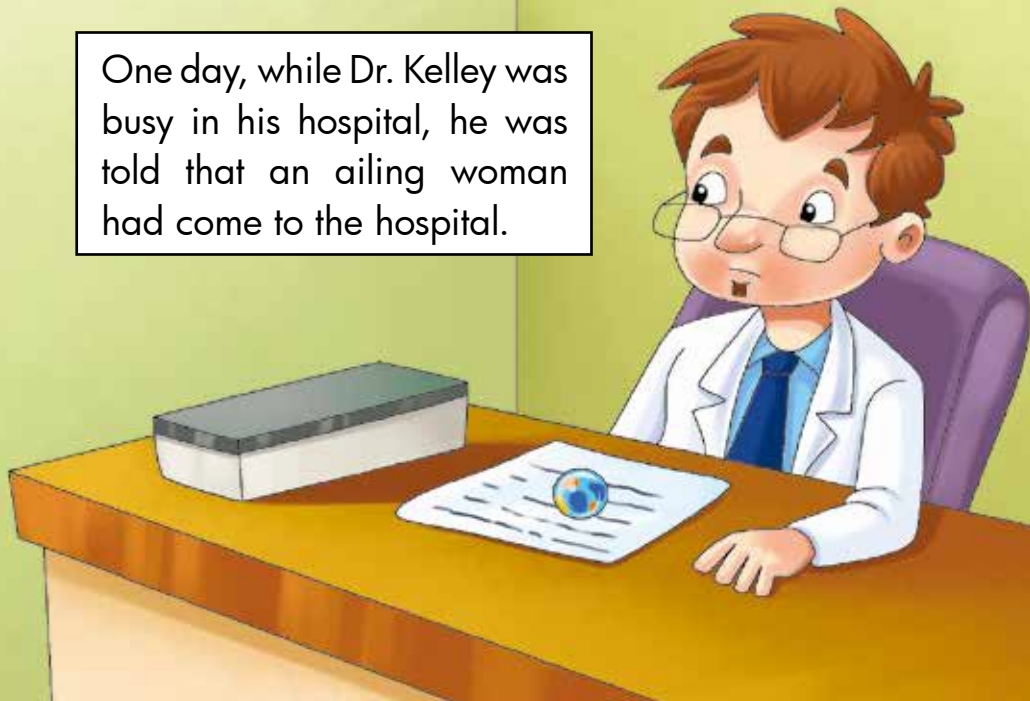
Many years passed. The boy grew into a doctor named Doctor Howard Kelly.



Children! Dr. Howard Kelley was the first one to use radium. He invented many other things to cure cancer.



One day, while Dr. Kelley was busy in his hospital, he was told that an ailing woman had come to the hospital.



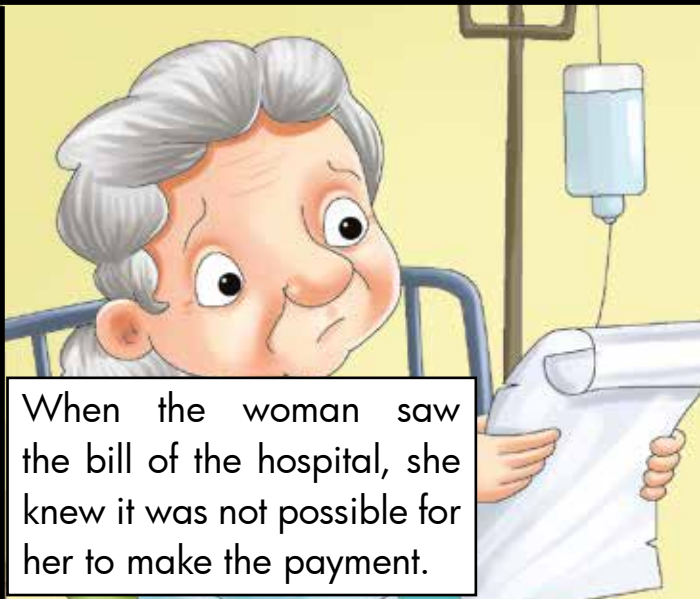




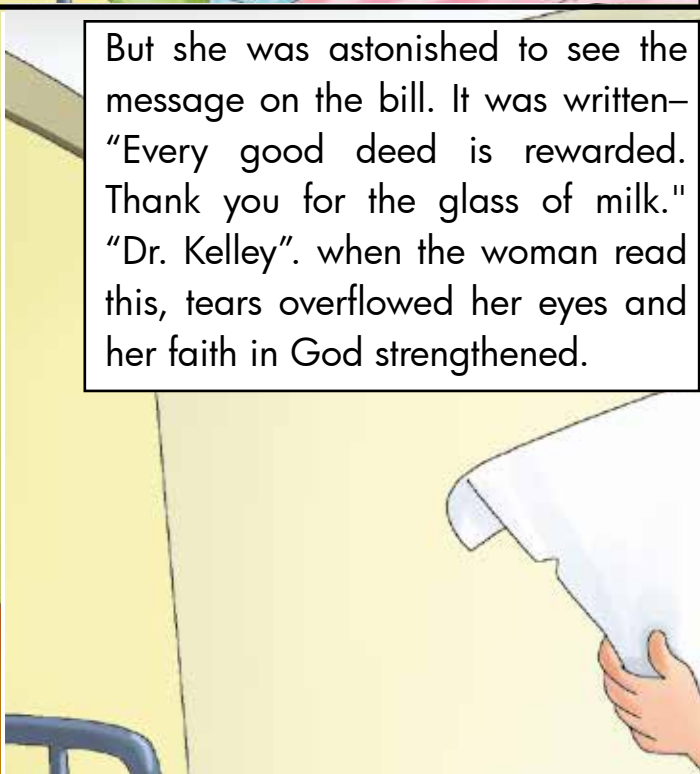
When he was told about the native village of the lady, he rushed to see her.



Dr. Kelley worked really hard and was able to cure her.



When the woman saw the bill of the hospital, she knew it was not possible for her to make the payment.



But she was astonished to see the message on the bill. It was written—“Every good deed is rewarded. Thank you for the glass of milk.” “Dr. Kelley”. when the woman read this, tears overflowed her eyes and her faith in God strengthened.

— 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.



—Parshuram Shukla

## A UNIQUE Bird Kiwi

**K**iwi is a unique and peculiar bird found mainly in the islands of New Zealand. It has earthy brown colour and also brown shining soft hair on its body. It cannot fly. The bird has the height of a wild cock measuring nearly 45-50 cm. It has no tail but a



long beak. The nostrils are located at the ends of its beak and help him in search for its food. He feeds on insects and worms that crawl on the ground. It makes use of its smelling power for locating its food and inserts its beak in holes and burrows and pulls out worms and insects.

Specialists have a view that kiwi was lazy by nature and didn't like sunlight. It lied at a secure place in the jungle with its eyes closed. It would go out at night in search of food, consequently it lost its capacity to fly and its eyesight became weak. So it cannot see creatures even very near it.

Kiwi is a timid and shy bird that prefers humid places in the jungle. At night when it is in search of food, if an enemy is close by, it cannot confront it rather runs away making a strange sound. It also enjoys juicy fruits along with worms and insects.

It makes its nest in burrows located at elevated places from the ground. There, the female bird lays 1-3 eggs white in color. The eggs are big and heavy, sometimes weighing almost  $\frac{1}{2}$  Kg. Like ostrich, rhea and cassowari the male hatches the eggs. The chicks come out after 2  $\frac{1}{2}$  - 3 months of hatching. The males are responsible for raising the chicks, taking care till they become independent. ❖

Every day you have the opportunity to learn and experience something and someone new. Seize the opportunity. Learn and experience everything you can, and use it to change the world.

—Rodney Williams

# GREED

**M**onkey Cheeku would roam around in the jungle playing drums and would entertain all the inhabitants of the jungle. Whatever money he would get by playing drums, he would use that for providing food and clothes to other poor animals. All animals were very happy with this helping and kind nature of monkey and would bless him. Cheeku would get pleasure doing this. Because of this all animals became his friends. One day, while playing drums, Cheeku strayed into a nearby jungle. Hearing that beautiful sound, jackal Bheeku wished he could also play the drums so beautifully. So Jackal Bheeku went to Cheeku and asked him who he was, where he had come from and what was his name. He replied that his name was Cheeku and he belonged to a nearby jungle and accidentally came to their jungle while playing the drums. Jackal Bheeku asked Cheeku "will you befriend me?" Cheeku said, "Since I don't know you so how can I befriend you?" Bheeku jackal said, "When we start talking, we will become friends. Here I must say that you play the drums also very well." "Thanks dear", Cheeku said.

Cheeku thought, "I don't have any friend here and if he'll become my friend, then I won't be alone any more, I will also have someone whom I can talk to". He said "Ok! Tell me what's your name?" "My name is Bheeku", said the Jackal. Then Cheeku and Bheeku jackal became good friends. One day Bheeku jackal got to know that Cheeku earned a lot of money by playing drums so Bheeku Jackal became greedy and he thought, "If I also learn to play like Cheeku then I can also become rich".



He asked Cheeku, "will you teach me to play drums?" Cheeku said, 'yes why not. You are my best friend I will surely teach you.'" Cheeku slowly started teaching Bheeku jackal how to play drums. When Bheeku Jackal learnt to play drums he imprisoned Cheeku, and went to play drums in the jungle in the disguise of Cheeku. Bheeku jackal would go everyday to the jungle and play drum. Like this he earned a lot of money. Days went by. The animals of jungle felt that there was a change in Cheeku's nature as earlier he would earn money and give clothes and food to other animals and now was not even talking properly with them. Rabbit Sundar grew suspicious

and decided to follow Bheeku Jackal and was shocked to see Cheeku locked in the room. Sundar thought if Cheeku was trapped their, then who was coming everyday to the jungle playing drums and earning money. He realized that it was Bheeku jackal in the guise of Cheeku. The rabbit quickly returned and told everything to the king. 'Lion'. On hearing him the king called for a meeting of all animals. Rabbit told the animals everything in detail. After knowing the truth, all animals were shocked and started discussing, "Bheeku Jackal was amongst us for so many days but we couldn't recognize him." The king said "we must save Cheeku and bring him back." Veeru elephant said, " Tomorrow morning we will beat Bheeku Jackal and bring Cheeku back." King said "No Bheeku jackal should be made to learn a lesson so that he doesn't repeat this with anybody else."

All animals thought of a plan and next morning went to Bheeku jackal's house. Bheeku Jackal initially got scared seeing all. Then he composed himself and said, "I was about to come to you why did you all take the trouble." The king replied, "Cheeku we thought, why not visit your home and hear you sing while playing drums." Bheeku jackal agreed to play drums. Jeetu peacock was the best singer among the lot and he could mimic





all the animals. Bheeku Jackal started playing drums and the peacock started singing. The peacock started mimicking the voice of Bheekhu Jackal. Bheeku jackal was so much engrossed in playing the drum that he didn't recognize that peacock was mimicking his voice and he also started singing along with him.

Suddenly the peacock stopped singing and Bheeku jackal alone kept singing and in a while realized that he was caught. He understood the king's plan and started asking for forgiveness holding his feet and said, "please forgive me, it won't happen again. " The king forgave him and told him not repeat the mistake and brought Cheeku back to the jungle.

Cheeku thanked everyone and said , "I was thinking that no one cared for me, but I was wrong."

Cheeku because of your humble nature we were able to know the truth about Bheeku. He took the guise of your physical body but he could not adopt your qualities." The king praised Cheeku while patting his back and all the animals agreed with the king and nodded their heads.

Cheeku started playing the drums cheerfully and started dancing. ❖

**Moral :** If you are going through difficult times, keep trusting God. He knows how to bless you in unexpected ways.



## Helps Improve Immunity

# Vitamin C



**V**itamin C is very important for the body. It is also known as ascorbic acid. It improves our immunity (capacity to fight disease). Regular intake of vitamin C considerably reduces infections of many kinds as also cough and cold. It also helps protection against cancer. It is one of the important ingredients for the proper functioning of our body. Vitamin C is required for the proper functioning of brain, lungs, stomach and kidneys. It regenerates Vitamin E and helps in the proper absorption of iron by the body. It also acts as an antiallergic and antioxidant and helps maintain the health of teeth, gums and eyes.

**SYMPTOMS OF DEFICIENCY :** Frequent cough and cold, joint and muscle pain, fatigue, weakness, fever, lack of immunity, sudden bleeding of gums, swellings of gums, sudden loss of weight, infection, difficulty in breathing, problems related to digestion, dryness of hair, uneven skin tone, delayed healing of wounds.

**SOURCES :** Include sour and juicy fruits in your diet. Sufficient amount of vitamin C is found in tomatoes, oranges, lemons, grapes, guavas, apples, kiwi, broccoli and java plum. Leechy, sprouts, red, yellow and green capsicum, cauliflower, spinach, strawberry and papaya are also good sources of vitamin C.

**PRECAUTIONS :** Keeping the eatable after cutting for long time or heating can change the structure and usefulness of vitamin C. Therefore vegetables and fruits must be eaten raw or lightly cooked. They should also not be kept after cutting for longer periods of time.

—Prabha



# Value of a Head

**A**shoka was a great emperor of India. He was an enlightened and noble king. One day he was walking in a garden outside the palace with his minister. They came across an ascetic who was sitting under a tree and reciting the name of God.

The emperor took off his crown, and placed it at the feet of the holy man and offered his respects to him. Having spent a few minutes in the presence of the holy man and having got his blessings, the king and his minister left. The minister did not approve of his master's gesture. He said, "My Lord You are an emperor. It was not right of you to bow to the ascetic in that fashion. The respect of the throne gets demeaned by such an action." The king just smiled, but he thought he would some day, drive the point home when the time was right.

Months passed. One day, the emperor asked his minister, "Can you get me the heads of a deer, a

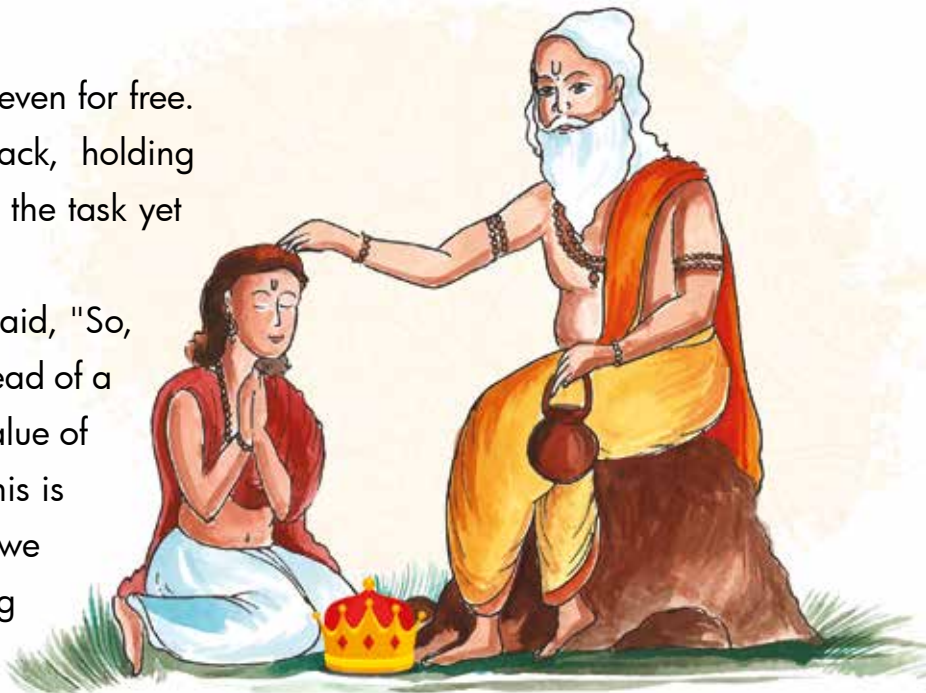
sheep and a human?" The minister was puzzled at the request, but he thought it best not to argue. So he went out to get the same. The heads of a sheep and a deer were easy to procure. After making a lot of effort he was also able to procure a human head too.

The minister placed the three heads on separate trays and presented them to the king in his court. The king said, "You have done well. Now go out into the town and sell each of these heads."

The Minister had no choice but to carry out the command of the emperor. He was able to sell the heads of the sheep and the deer without any difficulty. But there was no buyer for the human head. After trying to sell it all day, the minister returned to the palace, and narrated the day's happenings to the king. The king said, "All right, go and give this human head to anyone. Even if you give it for free, but you must dispose it off." The minister literally begged people to take the human head from him, but no

one was willing to take it even for free. So the minister came back, holding the head in his hand with the task yet unaccomplished.

Then Emperor Ashoka said, "So, no one is a taker for the head of a human being. Is this the value of a human head? Well! If this is its value, why then should we think twice before bowing it before an enlightened soul! Of what use is it to hold our head high with pride, when eventually its value is nothing!"



Needless to say, the minister understood the relevance of the drama and the point was driven home. ❖

— Priya Tandon

## Namaskar

**N**amaskar—The traditional Indian way of greeting wherein we join our hands to give honour and respect. Let us pause for a moment, reflect and ponder upon its meaning.

Namaskar is made up of 2 words Namah and Sakar. While uttering these 2 words we join our hands together thus controlling all the sense organs. We then bow to the embodiment of divinity to whom we are addressing the greeting and pay obeisance to the God immanent in that person.

Wise men and prophets reiterate the statement that each one of us has God residing within us. The soul or atma is a miniscule part of the Supreme soul-Paramatma. We need to look at every one around us as an embodiment of divinity which is present in men like fragrance in a flower, fire in wood and oil in sesame-not visible but latent.

So, each time we use the word Namaskar we must make sure we remember its significance and actually perform Namah+Sakar which is a synonym of Dhan Nirankar.





— Pramod Kumar

# The Town Builders

**M**uskrats 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 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.





— Shama Varma, Chicago, USA

## Do You Build Bridge or Fence?

**S**ome time ago two brothers lived together on adjoining farms. They were fond very much of each other. Right from their childhood to adolescence, they celebrated every little joy together. Their companionship was matchless. Everyone admired them for their helpful, kind and understanding nature. But somehow they got into a conflict. It was the first serious rift in 40 years of farming side by side, sharing machinery, and trading labour and goods as needed without a conflict. As a result of it, the

long association fell apart. It began with a petite misunderstanding and grew into major conflict, and finally it exploded into an exchange of bitter words followed by weeks of silence.

One morning there was a knock at the elder brother's door. He opened the door and saw a man with a carpenter's tool box.

"I'm looking for a few days work," he said. "Perhaps you would have a few small jobs here and there I could help with?"



"Yes." said the elder brother. "I do have a job for you. Look across the area at that farm. That's my neighbour; in fact, it's my younger brother. Last week there was a field between us and now there is a bay between us. Well, he may have done this due to his hatred for me, but I'll do him one better." So I want you to build me a fence –an 8-foot fence — so I won't need to see his face anymore."

The carpenter said, "I think I understand the situation. I'll do a job that pleases you."

He had to go to city for some work, so he helped the carpenter get the materials ready and then he was off for the day.

The carpenter worked hard all that day measuring, sawing, nailing. About

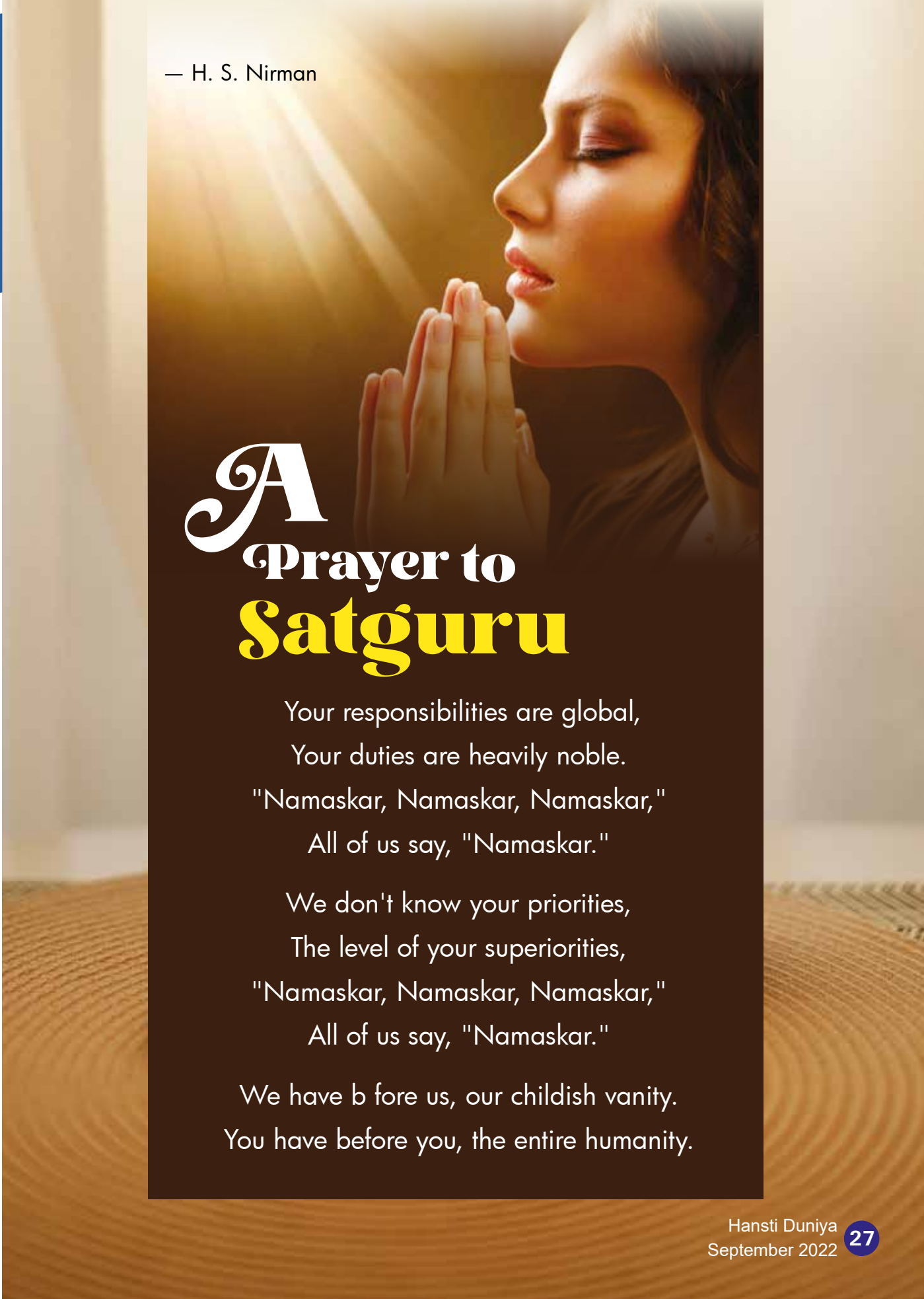
sunset when the farmer returned, the carpenter had just finished his job.

The farmer's eyes opened wide, his jaw dropped. There was no fence at all. It was a bridge — a bridge stretching from one side of the creek to the other! A fine piece of work, and the neighbour, his younger brother, was coming towards them, with wide spread arms. The two brothers stood at each end of the bridge, and then they met in the middle, holding each other's hand.

They turned to see the carpenter. But to their surprise he was going with his tool box on his shoulders. "No, wait! Stay a few days. I've a lot of other projects for you," said the elder brother.

"I'd love to stay on," the carpenter said, "but I have many more bridges to build."

**Moral : Build bridges not walls.** ❖



# A Prayer to Satguru

Your responsibilities are global,  
Your duties are heavily noble.  
"Namaskar, Namaskar, Namaskar,"  
All of us say, "Namaskar."

We don't know your priorities,  
The level of your superiorities,  
"Namaskar, Namaskar, Namaskar,"  
All of us say, "Namaskar."

We have before us, our childish vanity.  
You have before you, the entire humanity.





This story by **Samarpit S/o Sh. Balchand,**  
Samiridhi Colony, Uttarkhand, Delhi-110084  
has been adjudged the best. Congrats to him.



## Honesty is The Best Policy

One day Rajat's friend plucked a mango from a tree in a garden. For fear of being caught he started running. When he reached home, he was exhausted and was trembling out of fear. When he cut the mango and started eating, it was sour. He threw it away.

Rajat took out two mangoes from his bag and cut them. They were sweet and tasty. Rajat told his friend that they were sweet and tasty because he had purchased them from the gardner. He delivered these to Rajat happily. Therefore they were sweet. We should never steal anything.

**Moral : Honesty is the best policy.**

# Build up Good CHARACTER

**T**here is a saying – if wealth is lost nothing is lost, if health is lost something is lost and if character is lost everything is lost. This saying clearly indicates the importance of character.

As a matter of fact, character is the most important aspect of human life. Character must be upright, good and honorable.

A man's conduct, behaviour and actions portray his character i.e. character is nothing but a man in totality. A man with good character is labelled as a good person and one with a bad character as a bad one. Character can make a man great but also of low grade. Therefore upright character is the most important and biggest need of human life.

We can build good character through self control, good conduct and respectable actions.

Life without character is no good but as being a dead person. Low character brings downfall while a man of character easily achieves everything in life.

Calmness, serenity, simplicity, good manners, non violence, control, discipline, love, being principled, good conduct, truthfulness, honesty, devotion and morality are the characteristics of upright character.

We can build good character by staying away from habits like stealing, telling lies, indulging into violence, anger, greed, temptation, sin, cheating, ego and jealousy.

Just be polite in your speech. Never be angry or contemplate bad about anybody. Do good to everybody and see the power of good character.

For a characterful living, it is imperative to always tread the path of 'Truth',





respect the elders and live a self restrained and disciplined life.

An ideal being is a man of high character. One can rise and progress in life only through good character. One can combat all suffering and problems through the power of good character.

Life without character is meaningless. It gains meaning only through a characterful living and therefore much needed.

Characterful living would give happiness, peace and prosperity.

As one cannot survive without the life force, a meaningful life is not possible without upright character. It is therefore imperative to build good character and live in an upright manner to give meaning to life.



# THE MAGIC of LOVE

— H.S. Rice

LOVE is like MAGIC,  
And it always will be.  
For love still remains  
LIFE'S SWEET MYSTERY!

LOVE works in ways  
That are wondrous and strange  
And there's NOTHING IN LIFE  
That LOVE CANNOT CHANGE!

LOVE can transform  
The most commonplace  
Into beauty and splendour  
And sweetness and grace!

LOVE is unselfish.  
Understanding and kind.  
For it sees with its HEART  
And not with its mind!

LOVE is the answer  
That everyone seeks—  
LOVE is the language  
That every heart speaks—  
LOVE can't be bought,  
It is priceless and free,  
LOVE like pure MAGIC  
Is a SWEET MYSTERY !

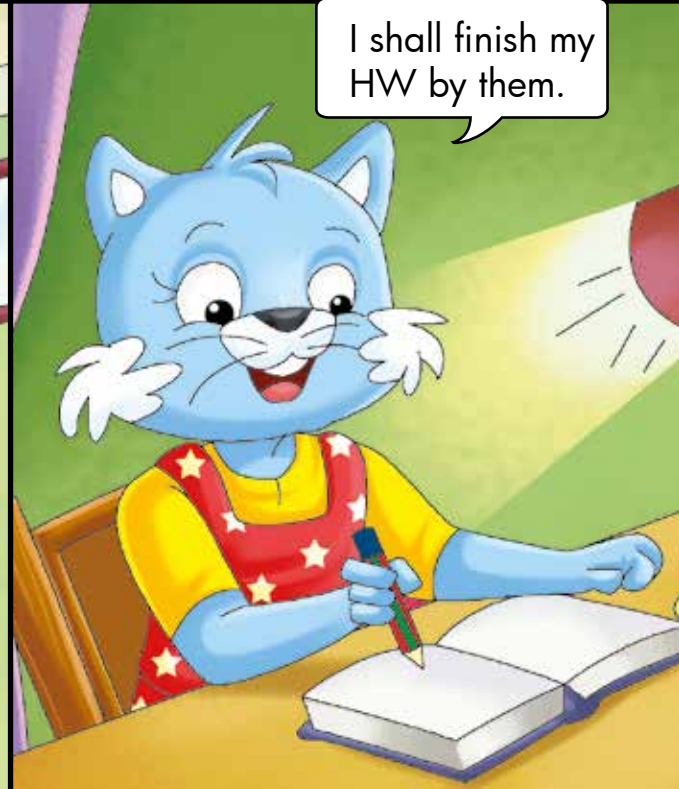


# Kitty

Story & Illustration  
—Ajay Kalara



I am going out for some important work. Don't leave the house before I come.



I shall finish my HW by them.

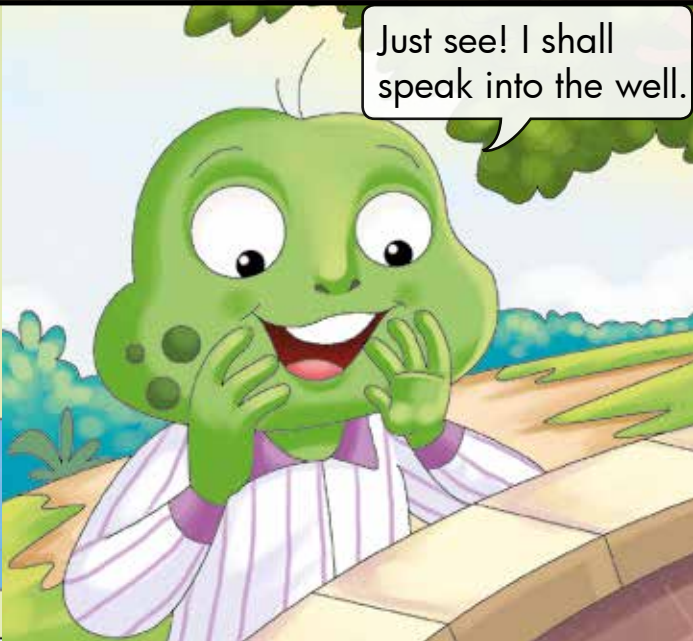


Will you come with me. There is a well close by. If you speak into it, it is reflected (comes back).

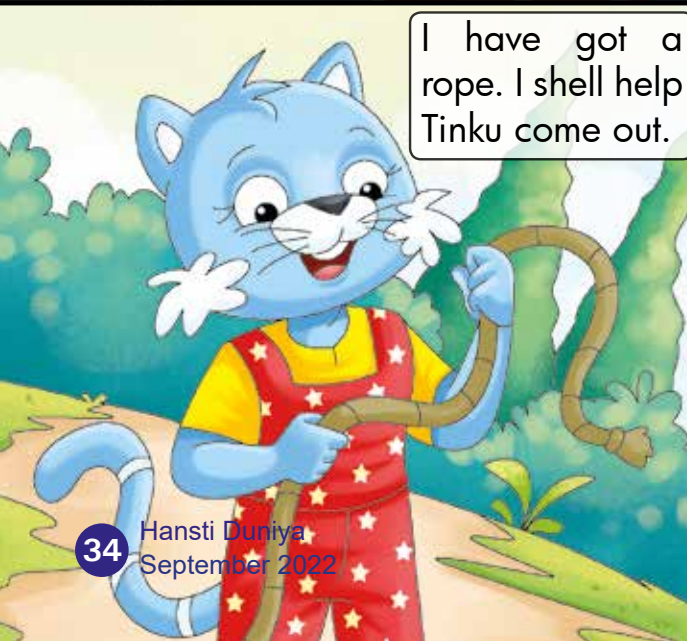


OK! I shall bolt the house.

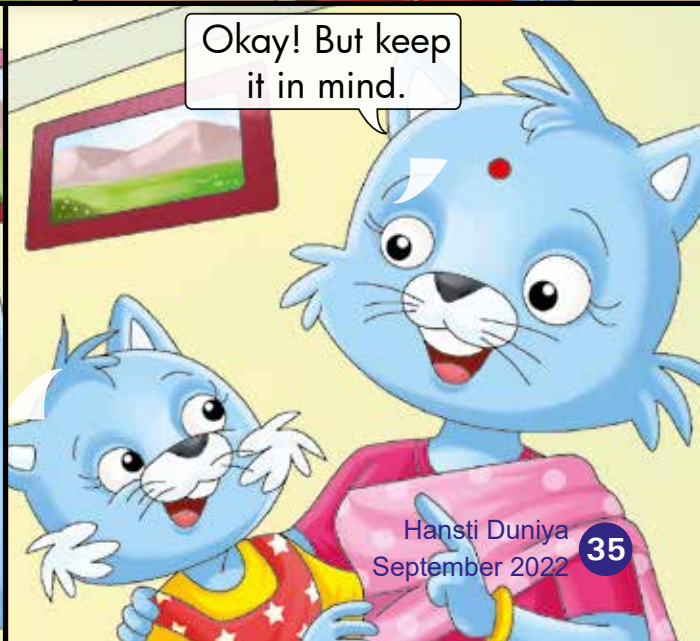
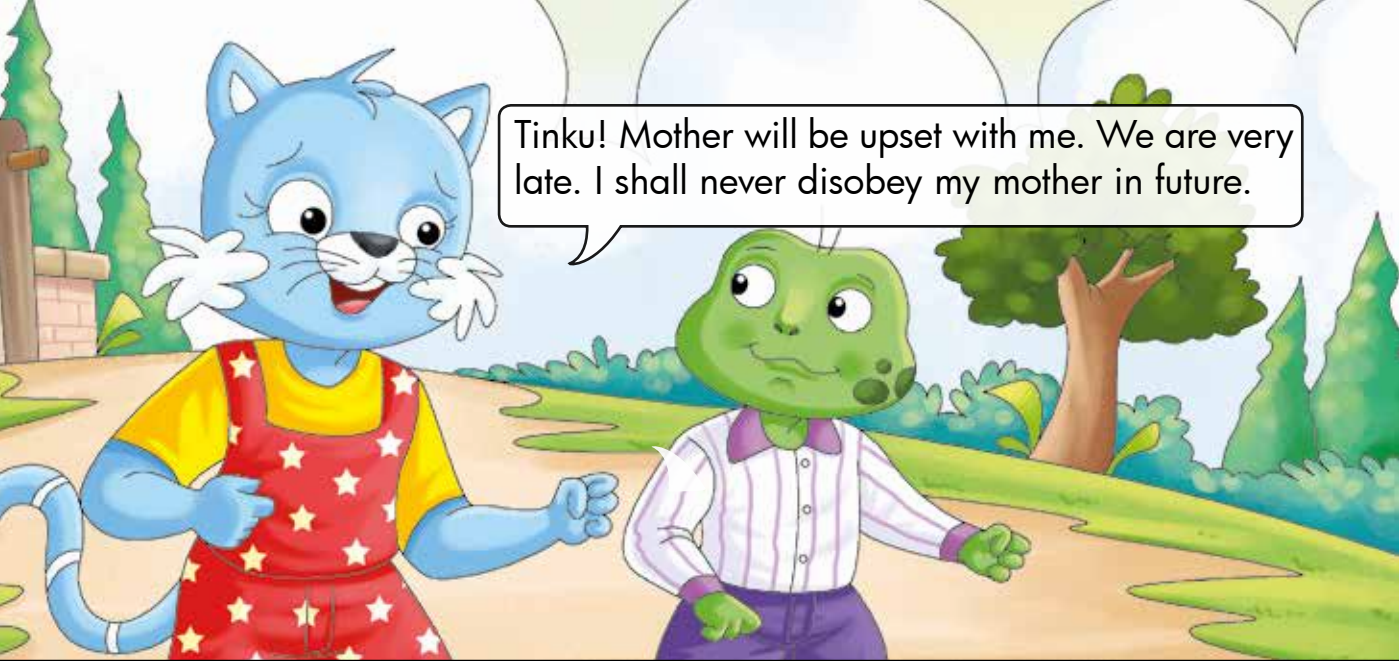












# Akbar's Gold Coins

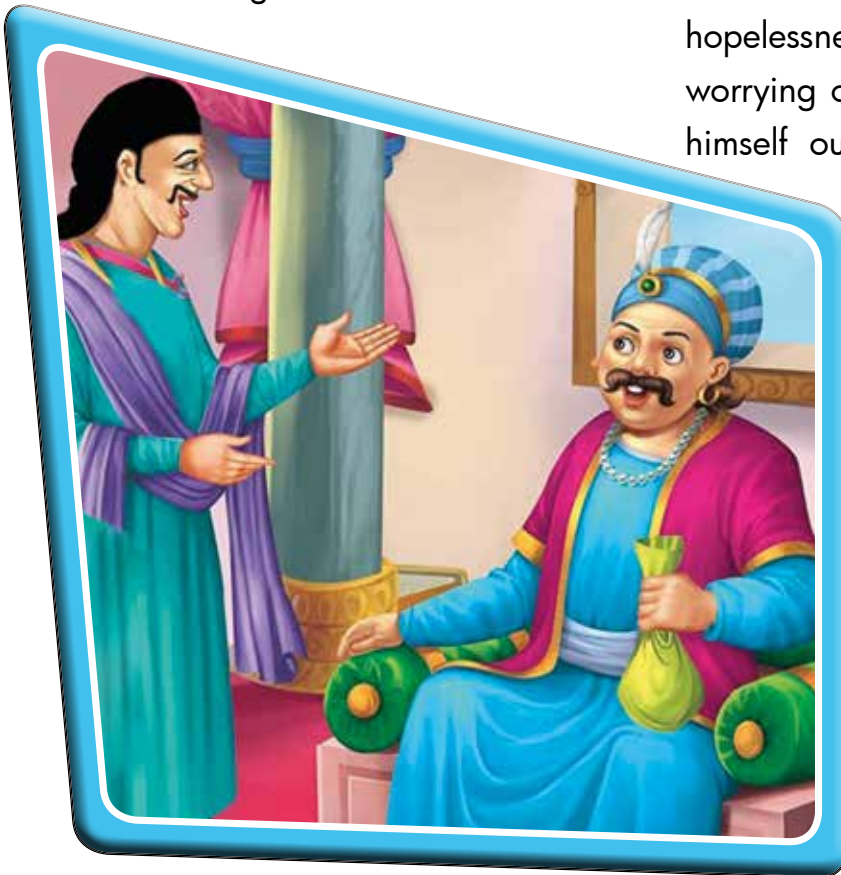
The wisdom of Birbal was unparalleled during the reign of Emperor Akbar. But Akbar's brother-in-law was extremely jealous of him. He asked the emperor to dispense with Birbal's services and appoint him in his place. He gave ample assurance that he would prove to be more efficient and capable than Birbal. Before Akbar could take a decision on this matter, this news reached Birbal.

Birbal resigned and left. Akbar's

brother-in-law was made the minister in place of Birbal. Akbar decided to test the new minister. He gave three hundred gold coins to him and said, "Spend these gold coins such that, I get a hundred gold coins here in this life; a hundred gold coins in the other world and another hundred gold coins neither here nor there."

The minister found the entire situation to be a maze of confusion and hopelessness. He spent sleepless nights worrying over as how he would get himself out of this mess. Thinking in circles was making him go crazy. Eventually, on the advice of his wife he sought Birbal's help. Birbal said, "Just give me the gold coins. I shall handle the rest."

Birbal walked the streets of the city holding the bag of gold coins in his hand. He noticed a rich merchant celebrating his son's wedding. Birbal gave a hundred gold coins to him





and bowed courteously saying, "The Emperor Akbar sends you his good wishes and blessings for the wedding of your son. Please accept the gift he has sent." The merchant felt honoured that the king had sent a special messenger with such a precious gift. He honoured Birbal and gave him a large number of expensive gifts and a bag of gold coins as a return gift for the king.

Next, Birbal went to the area of the city where the poor people lived. There he bought food and clothing in exchange for a hundred gold coins and distributed them in the name of the emperor.

When he came back to town he organized a concert of music and dance. He spent a hundred gold coins on it.

The next day Birbal entered Akbar's darbar and announced that he had done all that the king had asked his brother-in-law to do. The emperor wanted to know how he had done it. Birbal repeated the sequence of all the events and then said, "The money I gave to the merchant for the wedding of his son, you have got back while on this earth. The money I spent on buying food and clothing for the poor, you will get in the other



world. The money I spent on the musical concert , you will get neither here nor there."

This is true even today. The money you spend on friends is returned or reciprocated in some form or the other. Money spent on charity gets converted into blessings from God which becomes your eternal property. Money spent on pleasures is just frittered away! So when you spend money, think a little, if not a lot!

**Moral :** "It is only when the light from the intellect illumines the mind that one can make a safe journey."





# The Overindulged Boy Golu

**G**olu and Richa were siblings. They studied in different classes. Richa would get ready by herself but mother would help Golu in getting ready for school. Mother pampered him a little too much. He had become very mischievous. Sometimes even Richa helped him while getting ready. Because of this Golu had become very lazy. He would never do his work in time rather postpone it. Therefore his life style had become haywire.

The other day he came back from school, threw his school bag on the sofa and shoes and socks elsewhere and started watching T.V. After sometime he shouted at his mother and asked for lunch.

Mother kept the lunch at the central table and left. Golu was still busy watching T.V. He started eating without washing his hands. He shouted at his mother, "The food is disgusting. I am not liking this at all." The mother came running. "What is wrong?"

"The food is miserable. I am not eating this food", Golu said making faces.

"Please eat. I shall cook something tasty at night", said the mother. The mother started feeding him with her own hands. She helped him wash his hands in the bowl and wiped his mouth. After a while Richa also came back from school. When she

saw the scattered bag, socks and shoes, she said, "Golu! Why do you scatter things like that? Place them at the proper place." Golu turned a deaf ear to what Richa had said. When Richa insisted, Golu said, "I am watching TV, don't disturb me." Both of them started arguing. The mother also came there. She said to Richa, "why are you shouting?"

"Why don't you scold Golu. He spreads his things here and there. He does it every day", said Richa.

"I shall put his things properly. Don't shout. Don't speak loudly. It doesn't feel good" said the mother.

Mother took out lunch box from Golu's bag. Half the food was uneaten. She kept the bag at the shelf.

Richa kept her bag at the shelf and placed other things also properly in the drawing room. She washed her hands and started eating at the designated place. Mother also joined in. Golu had slept off at the sofa with remote of TV in his hand. He got up after two hours and started shouting, "I am hungry."

Mother was resting in the drawing room itself. She brought some sweets from the fridge and gave them to Golu. Richa was studying there only. But mother gave sweets

to Golu only. She was particularly affectionate towards him and ignored his mistakes. That is why Golu had become very lazy and stubborn. He didn't have proper timings of sleeping or getting up. He never studied or played at appropriate time. He would do everything at his own will. As opposed to this Richa was very systematic, getting up, sleeping, playing and studying at the scheduled timings.

After two months, exams were conducted in the school. Richa topped the class while Golu's percentage of marks was very low. Parents of children who secured low marks were called for a parent teacher meeting. His father attended the meeting. He assured the principal that Golu would work hard next year. That is how he was promoted to next class.

Golu was disturbed by the chain of events and humiliation of father in the school. He was upset. He promised herself to work hard next year. Mother had once said, "Primary task of a student is to study." He was also impressed by the fact that Richa despite sharing responsibility at home could top the class. He stopped being casual with his studies, started obeying Richa and learning from her behavior.



Mother also stopped overindulging him. Golu started developing good habits. Golu's hard work started showing up. He became focussed and enthusiastic about his studies and daily habits. He gained confidence. Now he was at the path of progress. Everyone was surprised to see his half yearly performance in the exams. He topped the class. Good results encourage one to work harder. He started putting in more work. Now he would get up, sleep and study at the scheduled times.

Everyone was astonished to see his final results. He had also started participating in cocurricular activities. He had become a role model for other children. Yes deserving children are appreciated every where.

**Moral : Without self discipline success is impossible.**





# Laughing Time

“

Judge : Have you stolen ornaments from the jeweller's shop?

Thief : Yes, Your Honour.

Judge : Why did you do so?

Thief : Because it was written on the board, "Take advantage of the golden chance."

”



“

Teacher : "What is the difference between the boy who comes first in class and you?"

Anmol : Sir, he studies harder and I study 'hardly'

”



“

Rani to Shopkeeper : "What is the matter with you people? I ordered a dozen oranges and you only sent me ten."

Shopkeeper : It is part of our service, ma'am. Two were bad, so we saved you the trouble of throwing them away.

”



“

Employer : Call me a taxi.

Helper : OK Sir! You are a taxi.

Simon : What did the left eye say to the right eye?

John : Between you and me, something smells.

”

“

Golu : Get up the house is about to collapse.

Molu : No problem. This is not our house. We are just tenants.

”

”



“

Three friends found three bombs on their way. They together went to police to deposit them.

On their way, one of them said, "What if one of these bursts on the way?"

The other one said, " We shall say that we found two bombs."

”

”



# A LESSON TO SHERU

"How can we remain frightened all the time? We need to do something. If we are not able to together find a solution 'Chandanvan' will have to face terror of Sheru. No animal shall survive. Sheru is going to eat up every single animal," said Heeru the deer.

"Heeru is right. We need to do something. For how long shall we remain scared in own home? He eats away one of us every day, we just remain silent spectators", said dumpy the donkey.

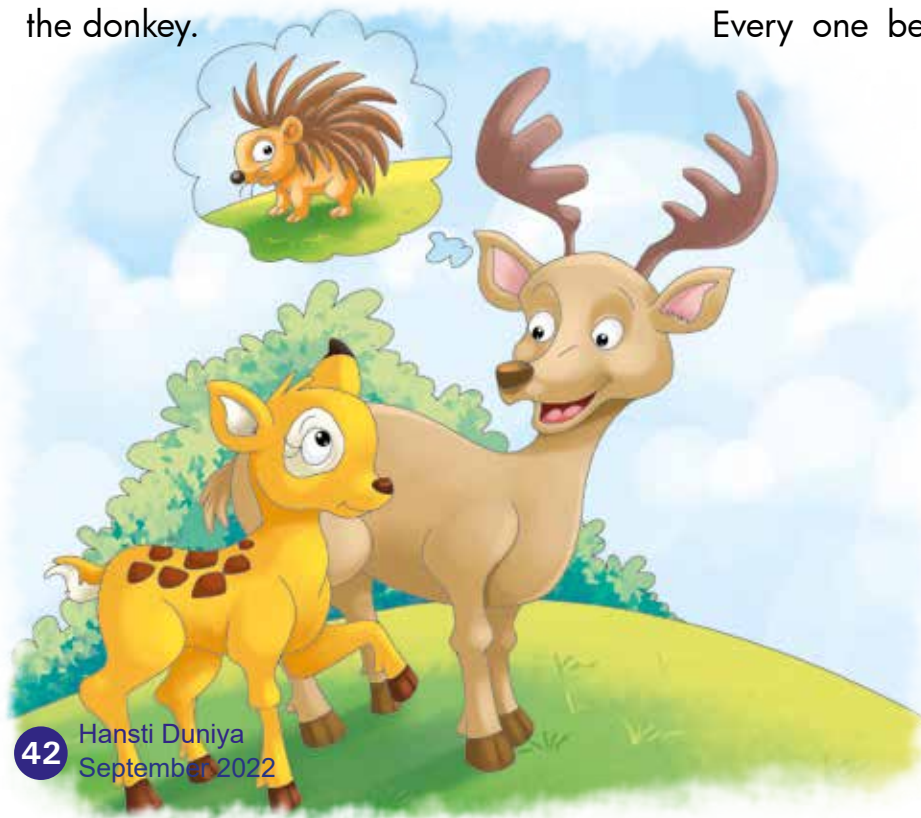
"Brother Dumpy! But who will bell the cat? Who will risk his life? Who will be the saviour?" said Cheeku the rabbit.

"We are discussing about Sheru and you are talking about the cat, where do I come into the picture?" said Billo the cat scratching her head.

"Oh no! We are not talking about you. This is an idiom. Can you suggest as to who would do this difficult task? Who will protect us from Sheru?" said Cheeku the rabbit.

Every one became a little cheerful listening to their conversation but again became serious. It was a serious problem anyway. Sheru was hunting down one animal of 'Chandanvan' every day.

"I have an idea. Only one animal can help us in this

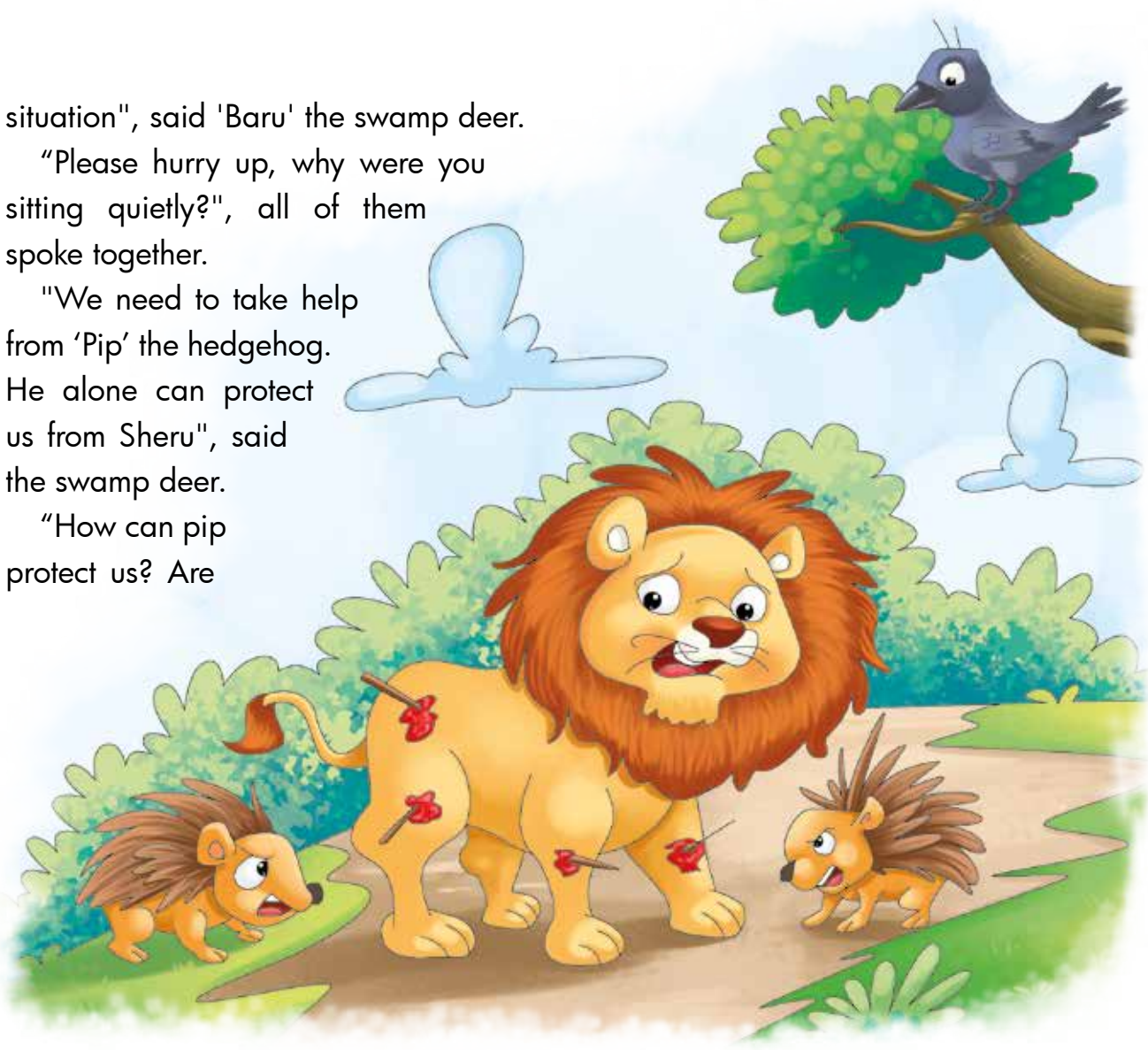


situation", said 'Baru' the swamp deer.

"Please hurry up, why were you sitting quietly?", all of them spoke together.

"We need to take help from 'Pip' the hedgehog. He alone can protect us from Sheru", said the swamp deer.

"How can pip protect us? Are



you in your senses? How can this little friend of ours protect us from 'Sheru'?" asked Cheeku.

"Oh! You are not aware that the spines on the hedgehog's back are very dangerous. They can really irritate one to death. We need his help to beat 'Sheru'. But everything must be planned well," said Baru.

"Anyway we don't have an alternative. Let us take a chance?" said Heeru.

All the animals unanimously agreed to Heeru. All of them together reached Pip's place and apprised him of their problem. Pip was well aware of Sheru's terror.

"Pip now you and your relatives alone can help us. For this the entire 'Chandanvan' shall be grateful to you," said Baru.

"Fine! But what is the plan?" asked Pip. Baru secretly explained everything to Pip. Baru was happy, the plan was



not shared with anyone, so that the news may not reach Sheru.

Next day in the evening 'Kakku' the crow took position at the entry point of 'Chandanvan'. He was closely watching the surroundings. Suddenly 'Kakku' saw Sheru. He was stealthily entering 'Chandanvan'.

Kakku signalled all by his sound. As soon as the sound was heard Pip and fifteen more members of his family attacked Sheru with their spines. Sheru was caught unaware. His face and entire body were wounded. He was bleeding profusely. He took to his heels.

All the animals reached the spot. All of them started clapping. They made pip and his family members sit at their back and gave them a good ride.

In the end Baru and all other animals expressed their thanks to Pip. Baru said, "Today Sheru learnt a lesson because of your cooperation. He will never look towards this side again." Everybody understood that one can solve a problem by daring and not scaring oneself.

All of them enjoyed together and Sheru never came there again.

**Moral:** Nothing is impossible, the word itself says 'I'm possible' ! ❖



# Truthfulness

**A**fter the death of Maharaja Jasdev Singh, prince Baldev Singh was enthroned. He was a just and fair ruler. Those who committed crimes were severely punished. So, there were only exceptional cases of crime.

One day, the prince thought of having a meeting with those put behind the bars. He ordered four of the prisoners to be summoned. The order was carried out and four thieves were produced before the prince. Out of these four, three were professional thieves.

The prince asked the prisoners to explain the true cause of their having committed the theft. No one should try to tell a lie.

The first prisoner said, "Your highness! I did not commit any theft. I was just" going my way on the road. Mistaking me to be a thief, the police man caught me.

The second one said: It was some one else who committed the theft. I was just standing nearby. So, unfortunately I was caught.

Then spoke the third one: My lord! I am so simple a man that I even fear to meddle with the things lying on the way. Then, how can I commit any theft. The cashier has falsely accused me of having stolen the money.

The fourth one was quite an honest man. He never told a lie. He plainly accepted his crime.



The prince was pleased to hear him speak the truth. He asked the man to elaborate the cause of his having committed the crime.

This baffled the prisoner. He was in a fix whether or not to tell the story. At last he, however, decided to reveal it.

"Your highness! While going my way. I saw an old man. He signalled me to come to him. Then he expressed through gestures that he was counting his breaths of life, and that he was hungry. I looked around to see if something was available, but to no use. There was of course a sweet shop. But it too, was closed. However, I found the window of the shop open. I put my hand inside through the window and drew some sweets to serve the old man. I also fetched some water from a nearby well for him. After drinking a few drops of water, the old man breathed his last. Thereon, I went to the police station and surrendered myself for the theft I had committed.

It pleased the prince very much. He said, "Gentleman, it is unjust to keep you behind the prison-bars. I select you as my counsellor from now onwards." He ordered other prisoners to be imprisoned for life. ❖



— Lakshita Bhasin

## Doctor Radha Krishnan



India's ambassador in UNESCO and Soviet Union. later he became the Vice President and then the President of India. He was honoured with the highest civilian award of India 'Bharat Ratna' in 1954. In 1961, the German 'Book Trade' bestowed upon him the prestigious 'Peace Award'.

Dr. Radha Krishnan was very humane and kind. Any one could visit him in the Rashtrapati Bhawan. His salary at that time was Rs 10000, out of which he accepted only Rs. 2500. Rest of the money he used to donate in 'Prime Minister's National Relief Fund'. This great philosopher, intellectual, teacher statesman and guiding light departed from us on April 17, 1975.



—Ashwani Kumar 'Jatan'

## Meaning of Love

Love is a beautiful gift of God,  
Love is the path of searching the lord,  
You never reach God by working hard,  
You see God through love not sword,

God gives you a facility above,  
But God wants your only love,

You spread your love in all men,  
God will love you like his own son.

**T**eachers' Day was celebrated on September 5, 1962 for the first time in India. In fact Dr. Sarvpalli Radha Krishnan's students wanted to celebrate his birthday as a gala gathering. Doctor Radha Krishnan told them to celebrate his birthday as Teachers' Day if they wanted to please him. That day onwards September 5 is being celebrated as 'Teachers' Day' through the country.

Dr. Radha Krishnan was just not a teacher but also served as

## RESULT FOR THE MONTH OF July 2022 ISSUE

### Sanyogita Age-10

Set No. 10, Type 3  
Block-B, CPWD, Colony,  
Shimla (HP.)



### Chirag Yadav Age-9

1361-C, R.N. 18, 1st Floor  
Anusuya Madkar House  
Walri Unit No. 203, Mumbai



### Aanish Pankaj Age-9

Plot No. 106, Flat No. 501  
Om Classic Collector Colony  
RC Nagar, Chembur, Mumbai



## CONSOLATION ENTERIES



Anshu (Azamgarh, UP)

Rekha (Noida)

Komal (Delhi)

Raunak (Mumbai)

Manoj (Noida)

Prdeep (Mumbai)

Manish (Jaunpur, UP)

Akhhu (Rohini, Delhi)

Ankur (Delhi)

Jyotish (Delhi)

Vinod (Azamgarh, UP)

Kusum (Parmanand Colony)

Pikiy (Banglore)

Karuna (Delhi)

Ankita (Sangroor)

Laxmi (Delhi)

Vijay (Banglore)

Sweta (Banglore)

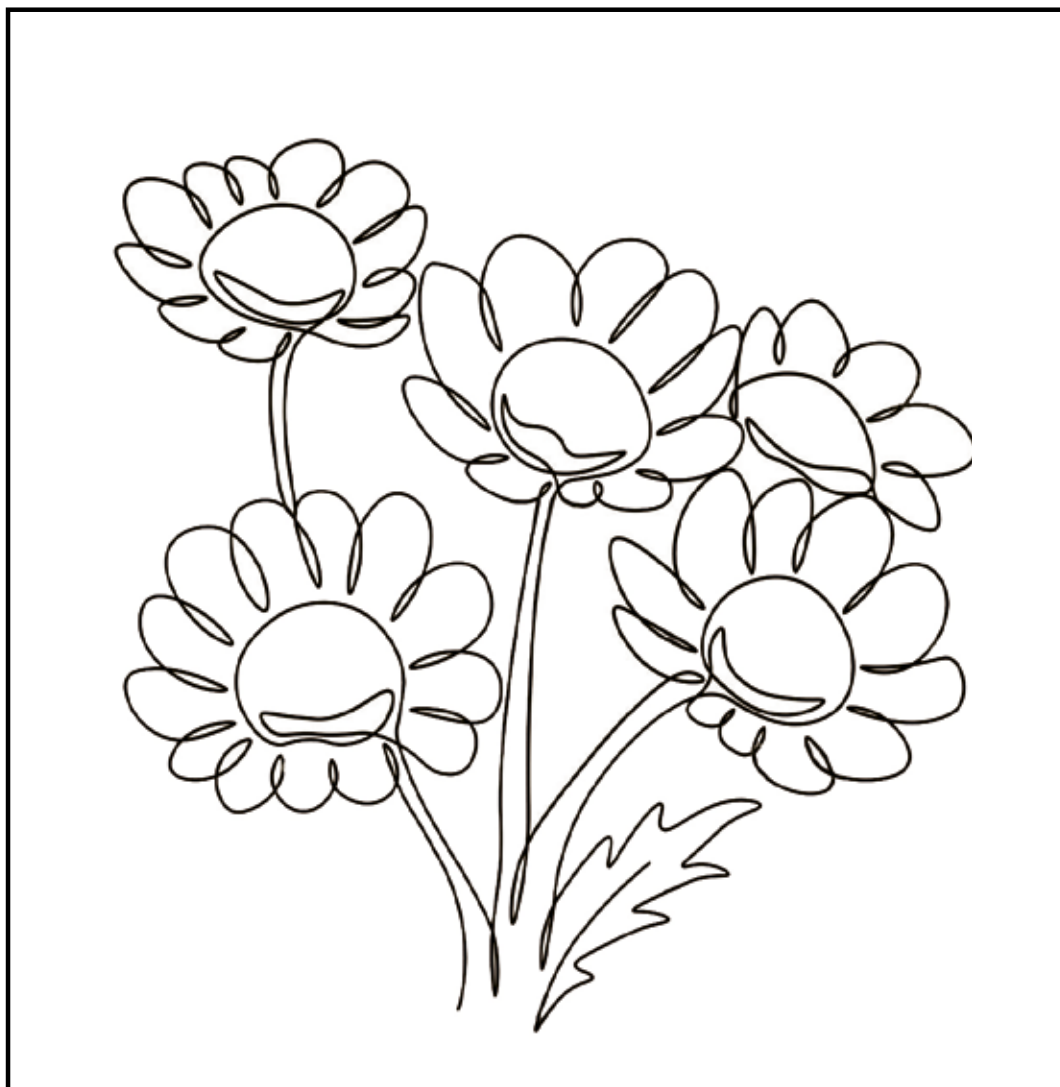
Ramesh (Delhi)

## Colour it for September Issue

On page 48, a beautiful picture is given; colour it and send it to us latest by **October 20, 2022**. Office address: **HANSTI DUNIYA**, Nirankari Complex, Near Nirankari Sarover, Nirankari Colony. Delhi - 110009

The result will appear in **November 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 .....

# RIDDLES

1

You put me in dry  
but then I get wet.  
The longer I stay in,  
the stronger I will  
get. What am I?

4

What is it that  
touches one  
and binds two?



2

At night they come  
without being  
fetched, and by  
day they are lost  
without being  
stolen. What are  
they?

3

Countless blades  
that bend with a  
touch, exploited  
by kids who want  
to make a buck.  
What am I?

6

I'm tall when  
I'm young and  
I'm short when  
I'm old. What  
am I?

5

What is so deli-  
cate that even  
mentioning it  
breaks it?



1. A teabag.
2. Stars.
3. Grass.
4. Motherland.
5. Silence.
6. A candle.

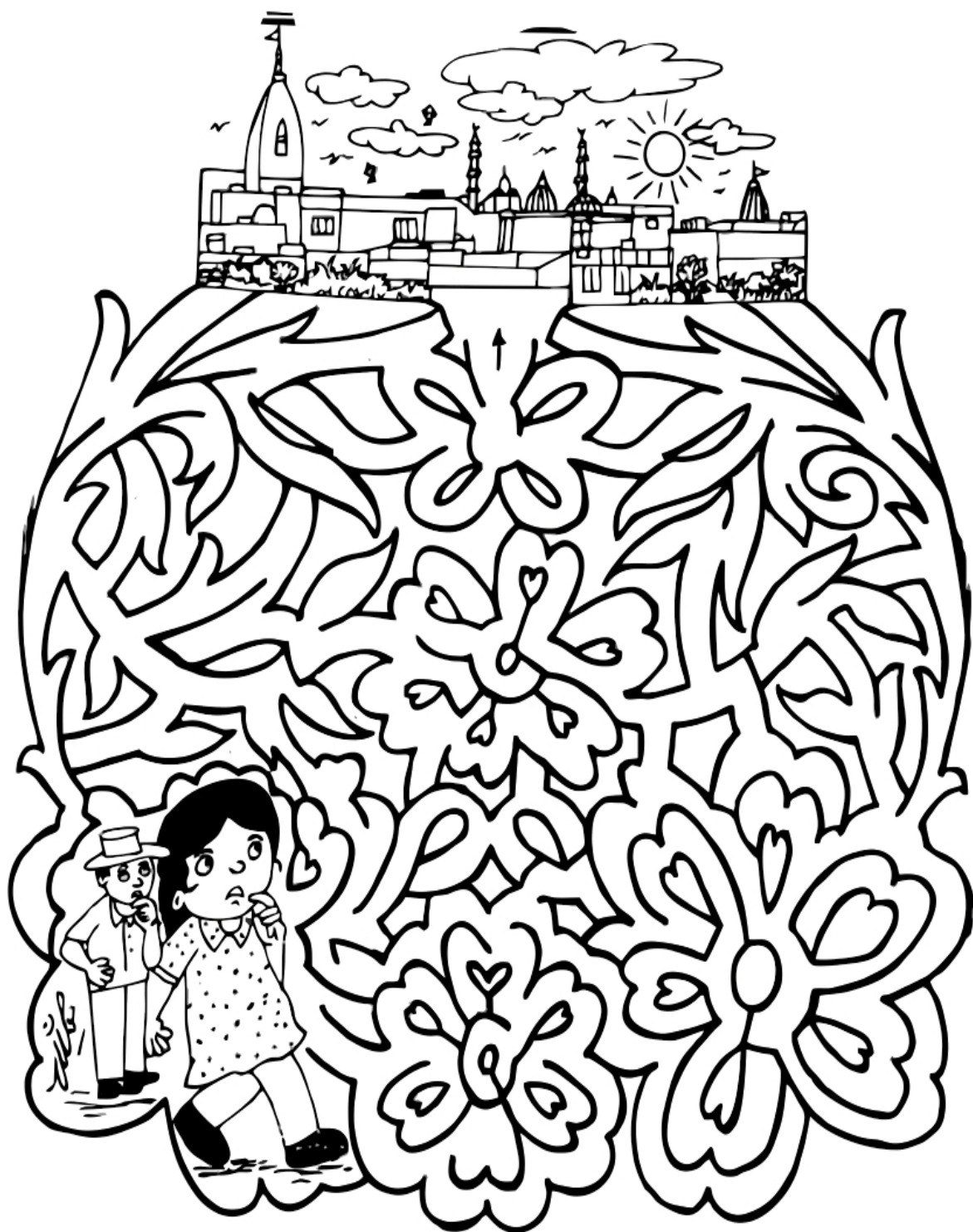
Answers :

—Compiled by : Bhanu



Help us to Reach Palace.

# Maze



*Chand Moh. Ghosi*



[kids.nirankari.org](http://kids.nirankari.org)

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24x7



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Catch the latest episode  
on 10<sup>th</sup> of every month

शुनो तराने  
नए पुराने



*Bhakti Sangeet*

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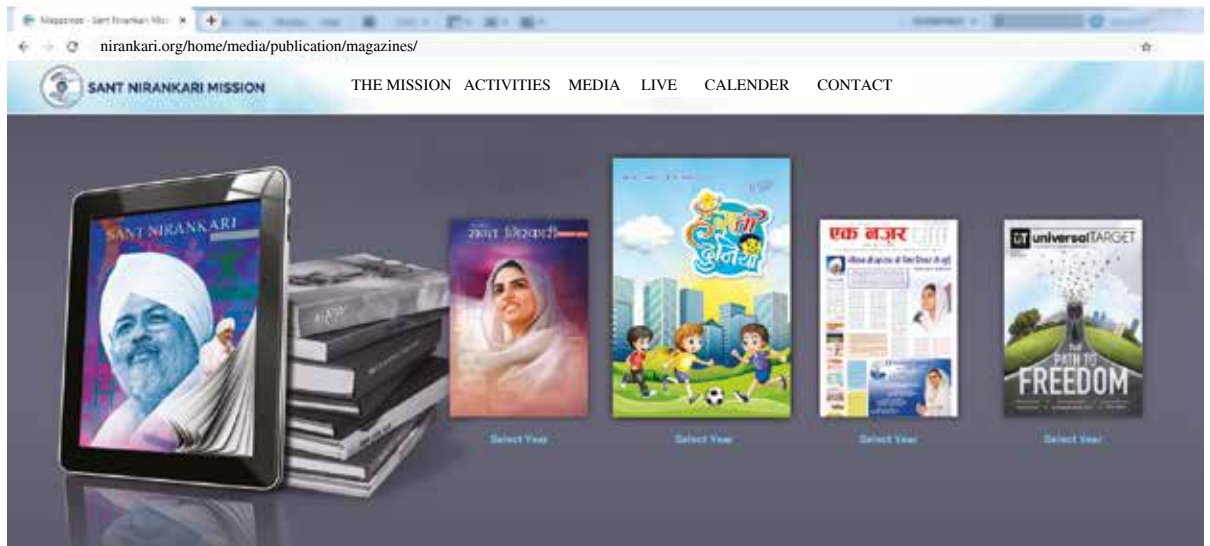
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- ♦ Are you regularly getting your copy of the 'Hansti Duniya English' every month?
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