

# Hansti Duniya





# Hansti Duniya

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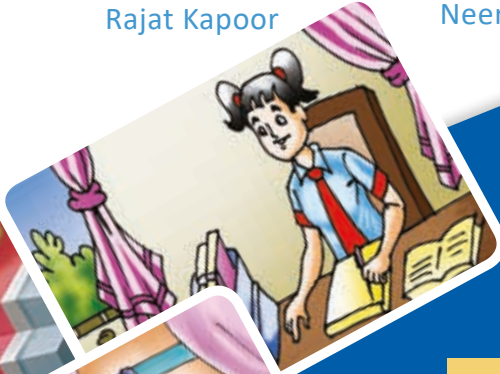
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## Editorial

# Laziness : A State of Mind

**R**ohit was very lazy and careless. It had become a habit with him to postpone every task. His parents, friends, classmates and his teachers were also upset by his habit because if he did any work, he did it half-heartedly. One day while addressing all the students, the teacher said - Today I will tell you all the reasons for laziness and its solution.

Children, there is no such thing as laziness, it is the state of our mind.

The main reason for laziness is excess of heavy and indigestible food. This type of food reduces our vigor, alertness and freshness. Therefore, we should always eat clean, nutritious, home-made, fresh and easily digestible food. Now suddenly the teacher said in a very loud voice – Children, be careful! All the children sat straight with their backs straight and were eager to listen further. Another reason, we do not understand is that our waist and spine should always be straight and firm. This will never lead to laziness. Every task must be done attentively without distraction.

Inadequate sleep also leads to laziness because if you are deprived of sleep, you will remain lethargic throughout the day.

There will be no alertness. If you sleep too much, many tasks will remain incomplete. Therefore sleeping at a fixed time at night and getting up at a fixed time and doing some exercise also makes the body fit.

Dear children and friends! We ourselves have to be aware and give direction to our mind. Do not leave the work that can be done now for tomorrow. Have full faith in your ability. Our aim also needs to be fixed. We should always keep ourselves away from people with narrow thinking because they will only waste our energy. Along with all this, we also have to pay attention to our eating habits, speech and goals. By being conscious and staying in a healthy and positive environment we can be proficient in every task. Only a healthy human being can become a good citizen, and contribute positively to humanity. Mahatma Gandhi ji and Lal Bahadur Shastri Ji are living examples of this, who did not allow laziness to overpower them and served the country.

The annual 'Sant Samagam' of Nirankari Mission shall be held on 28-30 October to give the message of humanity under the patronage of Satguru. All of you are invited to this Mahayagya (Mega Spiritual Event).

– **Vimlesh Ahuja**



# SAMPURAN AVTAR BANI



## IK TU HI NIRANKAR 187

JIS DATE NE BAKHSI TAINOON SUNDER ROOP JAWANI EY;  
IS NOON IK CHHIN VI NA BHULIN ZAT IHDI LASANI EY.  
OH SATGUR JO RAB VIKHA DAE MANGE KOI LEKHA NA:  
ESE NOON HI RAB TOON MANNIN KHAIN KADI BHULEKHA NA.  
SABH JEEAN TON VADDA TOON EYN TERA VI IH WALI EY;  
BANDIA TERA JEEVAN PHIR VI YAD IHDI TO KHALI EY.  
TAINOON HAUMAIN ROG HAI BANDE TERA KUJH QASOOR NAHIN:  
TOONHION RAB TON BE-MUKH HOAIN RAB TE TAITHON DOOR NAHIN.  
JE TOON MAN DI HUJJAT CHHADD KE SADHU SHARANIN AVENGA;  
KAHE AVTAR IK CHHIN DE ANDAR JEEVAN MUKTI PAVENGA.

### THOU FORMLESS ONE 187

The Benevolent Lord, who has bestowed upon you the beauty and the youth;  
Don't forget Him even for a moment, His entity is matchless.  
The True Master who reveals God and does not ask for any account;  
Treat him as God, and never be mistaken.  
You are supreme among all creatures. but he is your Master too;  
O' man, even then your life is bereft of his remembrance.  
O man, you are afflicted with the disease of ego, and it is not your fault at all;  
Only you have turned your face away from God, God is not away from you.  
If you shed the cleverness of your mind, and seek the shelter of the True Saint;  
Avtar says, you shall attain salvation in a moment while living.

# Lal Bahadur Shastri

— Nehal Khatri



Lal Bahadur Shastri Ji was born on October 2, 1904 at Mughal Sarai in Uttar Pradesh in India. Since childhood, he was very honest and laborious. Lal Bahadur Shastri Ji graduated with a first-class degree from the Kashi Vidyapeeth in 1926 when he was given the title 'Shastri' Scholar. As he was against caste system he dropped his surname and in post-graduation he used 'Shastri' as his surname.

Lal Bahadur Shastri Ji was drawn towards the national struggle for freedom when he was a boy. He was very much impressed by Gandhi Ji's speech which he delivered on the foundation Day ceremony of Banaras Hindu University. After that, he became a loyal follower of Gandhi Ji and jumped into the freedom movement. Because of this, he had to go to jail many times. Lal Bahadur Shastri Ji always believed that self-sustenance and self-reliance were the pillars to build a strong nation. In order to participate actively in the freedom movement, Lal Bahadur Shastri Ji compromised even with his studies.

In 1947, after India got independence Lal Bahadur Shastri Ji got the portfolio of Transport and Home ministry. In 1952, he was given the Railway ministry. After Jawaharlal Nehru Ji passed away, he succeeded him as the Prime Minister for a very short period of only 18 months.

Lal Bahadur Shastri Ji tackled many elementary problems like food



## ***The Guest***

— Sudeep

shortage, unemployment, and poverty. To overcome the acute food shortage, Shastri Ji asked the experts to devise a long-term strategy. This was the beginning of the famous 'Green Revolution'. Lal Bahadur Shastri Ji was also known for his simplicity, patriotism, and honesty.

After the Chinese aggression of 1962, India faced another aggression from Pakistan in 1965 during Shastri Ji's tenure. He showed his mettle and made it very clear that India would not sit and watch. While granting liberty to the Security Forces to retaliate he said: "Force will be met with force". He gave a famous slogan 'Jai Jawan Jai Kissan'.

On January 11, 1966, the second prime minister of India, a great man and a great leader got a severe heart attack and this precious jewel of motherland breathed his last. He was posthumously awarded 'Bharat Ratna'. We owe our freedom and self sustenance to such bravehearts. The people of India salute him on his birth anniversary. ❖

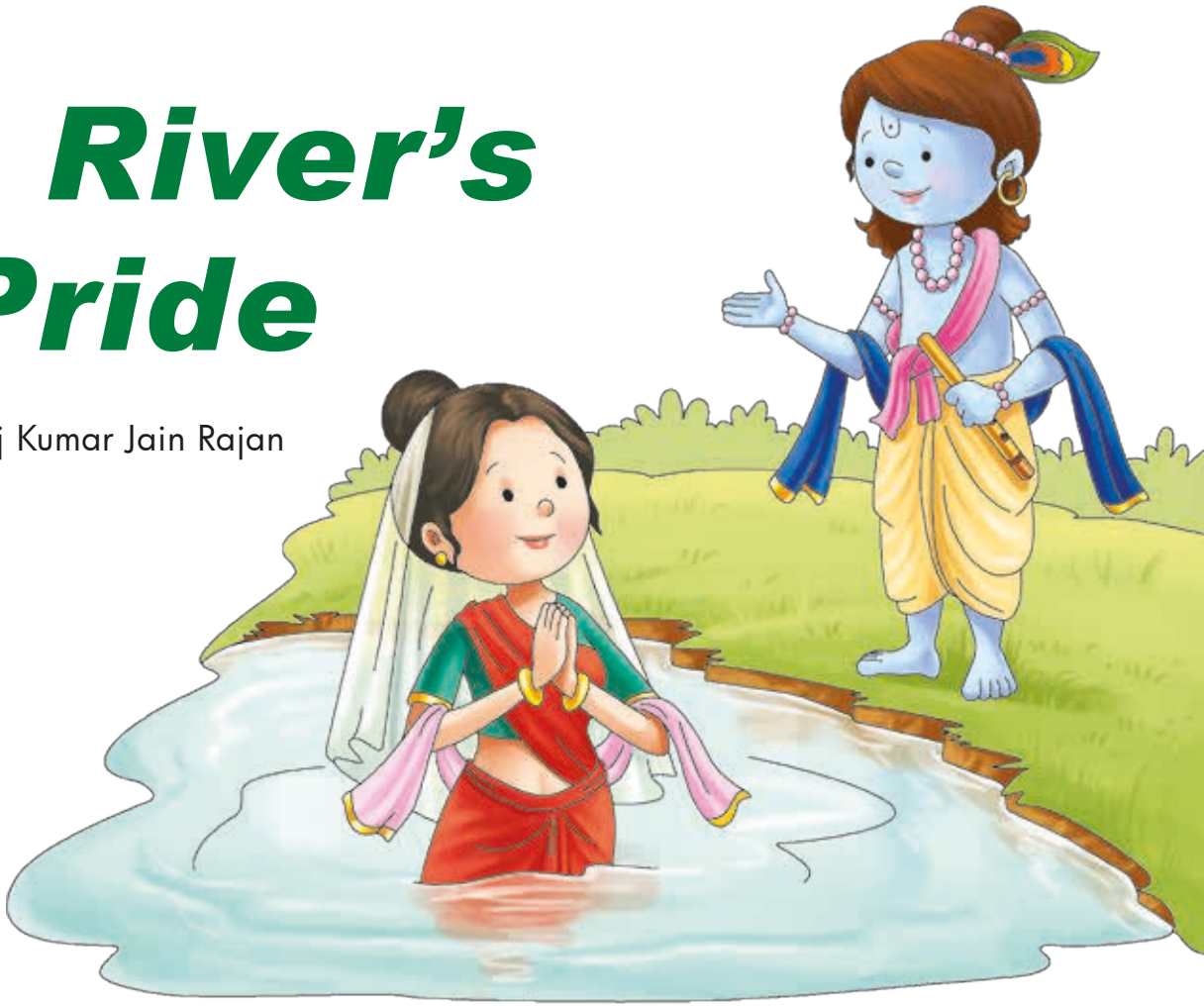
**P**ain came as a guest to man's house one day. Man could neither receive him with the enthusiasm nor could he dismiss the guest, disparagingly. The host managed to keep up the appearances and put up with him for the time being. Ultimately, the guest chose to depart and then the host came to realize that he had been able to share some of the secrets of life with his guest. He had been rewarded with a new vigour to fare well in the life's battle, he felt. Subsequently, pleasure arrived to partake of the man's hospitality. Man spared nothing to welcome him. He grew very intimate with him and almost the entire personality of his was at the disposal of the guest. He ever abode by the instructions of the guest.

The day arrived when the guest had to depart. It dawned upon man, then, that sloth had overtaken him, thanks to the company he had been keeping. Gone was his capacity to arrive at decisions in a jiffy, when he was confused. He was doomed to lag behind in the struggle for existence. ❖



# A River's Pride

— Raj Kumar Jain Rajan



One day Lord Krishna was passing by a river during the 'Dwapra Yug' (Bronze Age). He heard a voice, "Lord! You play around in 'Yamuna'. Will you not bless me? I want to touch your divine feet."

Lord Krishna loved one and all. He said "Don't think otherwise. I shall bathe in your cool water. If you insist I can do it every day. I pass by this

place every day." River's joy knew no bounds. The waves of the river started jumping. Lord Krishna started going to the river every day. A peacock





couple lived on a mango tree near the River. River and the couple were great friends. The peacock used to dance at the bank of river. Then both the birds quenched their thirst.

One day as the peacocks bent down to quench their thirst the river said "wait! Don't pollute me. Now the Lord bathes here. If you drink my water, he will have to bathe in polluted water." At the first instance the peacock thought the river was kidding but later he understood she was serious. He could comprehend that the river was proud because the Lord bathed in it. It is rebuking us and not letting us drink water.

The peacock was upset. He went to Lord Krishna and narrated the incident to

him. Lord said, "Don't be upset. She has developed pride. She will have to bear its fruit. I love you too. You are so beautiful. The peacock was happy and left for his home.

Lord Krishna came to the river the next day but didn't take a bath. The river said, "Lord! Are you upset with me?" Lord Krishna smiled and said, "I shall bathe here if you bring a



beautiful feather of a peacock for my crown."

The river was perplexed. She was ashamed of asked for a feather from the peacock. But there was no choice. She called the peacock and said, "Dear brother! I have hurt you. Please forgive me."

The peacock said, "What is the matter? You are my friend. I shall help you for sure."

The river narrated the entire incident. The peacock immediately gave his feather to her.

Lord Krishna happily accepted the feather and adorned his crown with it and asked the peacock for a wish.

Peacock said, "My Lord you have honoured me by adorning your crown with my feather. What more could I ask for? Please bathe in the river."

"First you drink water then I shall have a bath" said Lord Krishna.

The pride of river was completely shattered.

**Moral : Pride hath a fall. ❖**

# **WORLD MENTAL HEALTH DAY**

—Abhedika Dhanrajani

**W**orld Mental Health Day is about raising awareness of mental health and driving positive change for everyone's mental health. Every year we celebrate World Mental Health Day on 10 October. The theme for 2023, set by the World Foundation of Mental Health, is 'Mental health is a universal human right'.

The overall objective of World Mental Health Day is to raise awareness of mental health issues around the world and to mobilize efforts in support of mental health. The Day provides an opportunity for all stakeholders working on mental health issues to talk about their work, and what more needs to be done to make mental health care a reality for people worldwide.

A non-governmental organisation called the World Federation for Mental Health (WFMH) was established in 1948. On October 10, 1992, Richard Hunter, who was the deputy secretary general of the WFMH at the time, declared the first World Mental Health Day.

Do you remember how it felt impossible for Indian society to accept mental health issues 5 years ago?

Some leading Psychologists in India felt the same and have been working ever since to



make the impossible, possible! Along with the pandemic, they also had a major role in changing how we look at Mental health issues today.

Mental illness is still widely stigmatized in India, and many people with mental health issues are reluctant to seek help due to the fear of being judged or discriminated against. This makes it difficult to raise awareness about mental health and to encourage people to seek treatment.

The need for mental health support in India in 2023 is significant and pressing. Despite being home to one sixth of the world's population, India has a severe shortage of mental health professionals and facilities. Mental health is a significant public health concern in India, with a large proportion of the population suffering from various mental disorders.

When someone goes through something deeply hurting in their life, it is normal for them to seek help and guidance as to what to do after. Some might cry, some might isolate themselves and as an individual who has a little strength at that time, one must help them and encourage them to not ignore their condition but to face it and get help from a professional mental health provider. At that time, to mock



them or tease them from being different makes you responsible for disrupting their mental health.

It is important to understand the situation from other person's perspective and sometimes, give the individual a benefit of doubt to let them express their suppressed emotions. Irrespective of their gender or age, we should learn not to judge when a person has a moment of introspection due to some circumstance that only they know in their life.

Everyone can help reduce stigma about mental illness.

- One can actively dispel myths and educate people against harmful, inaccurate stereotyping.

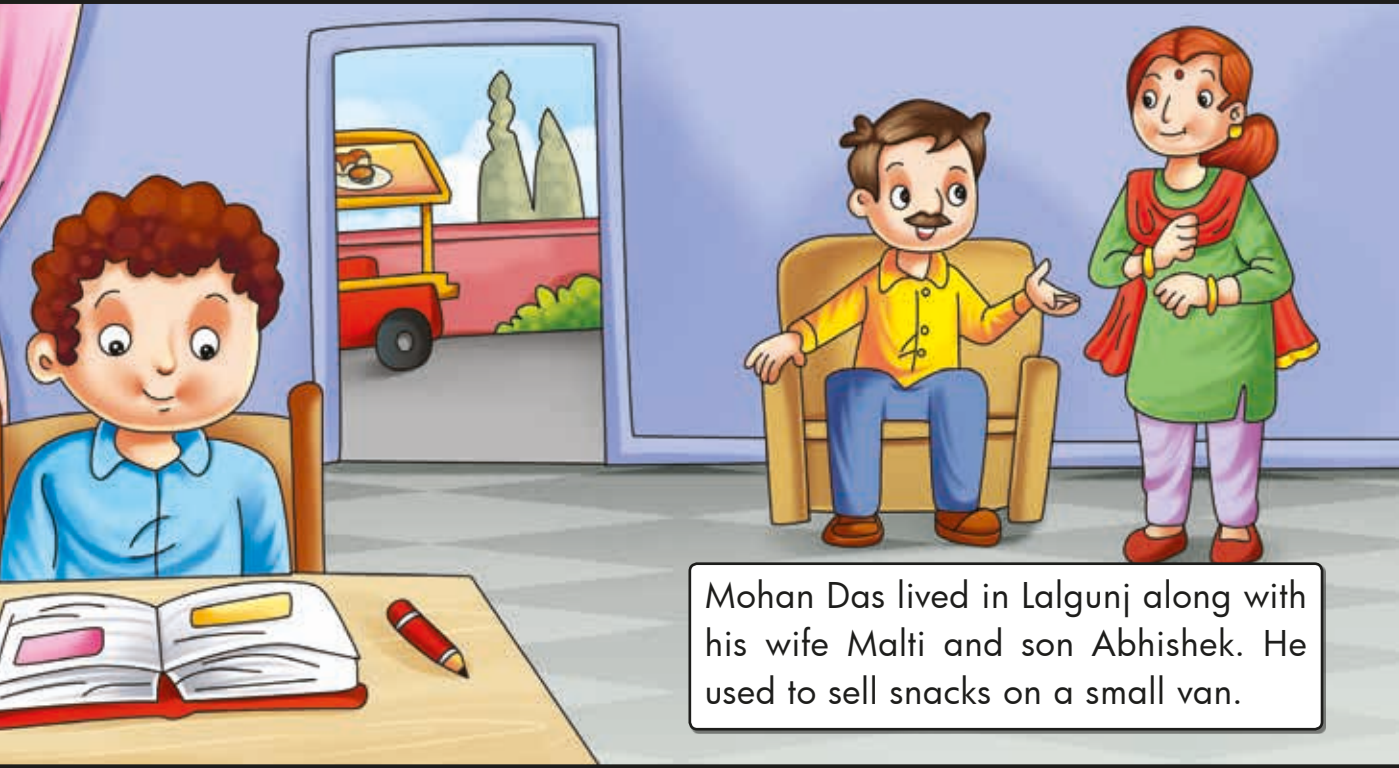
- Be mindful about the words you use when describing yourself or others.

- Speak up when you hear people make inappropriate comments about mental illness.

- People with mental health problems are entitled to the same rights and opportunities as everybody else. ❖

# GRANDPA

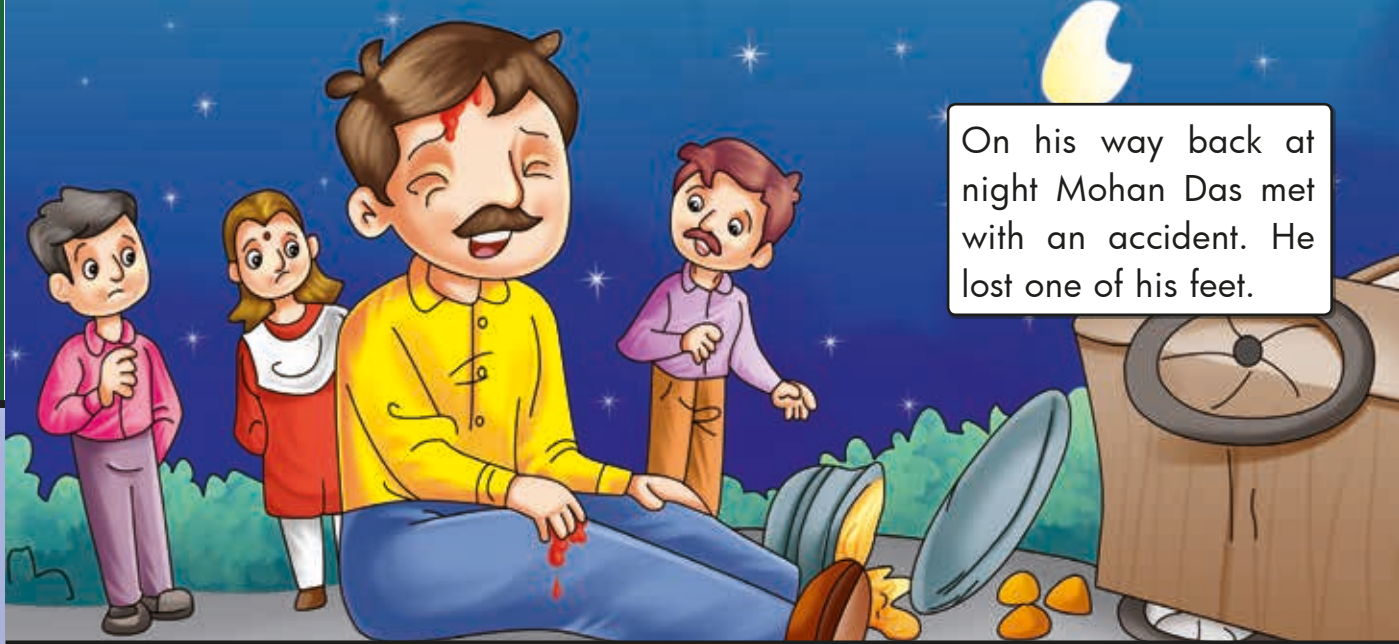
Story & Illustration  
—Ajay Kalra



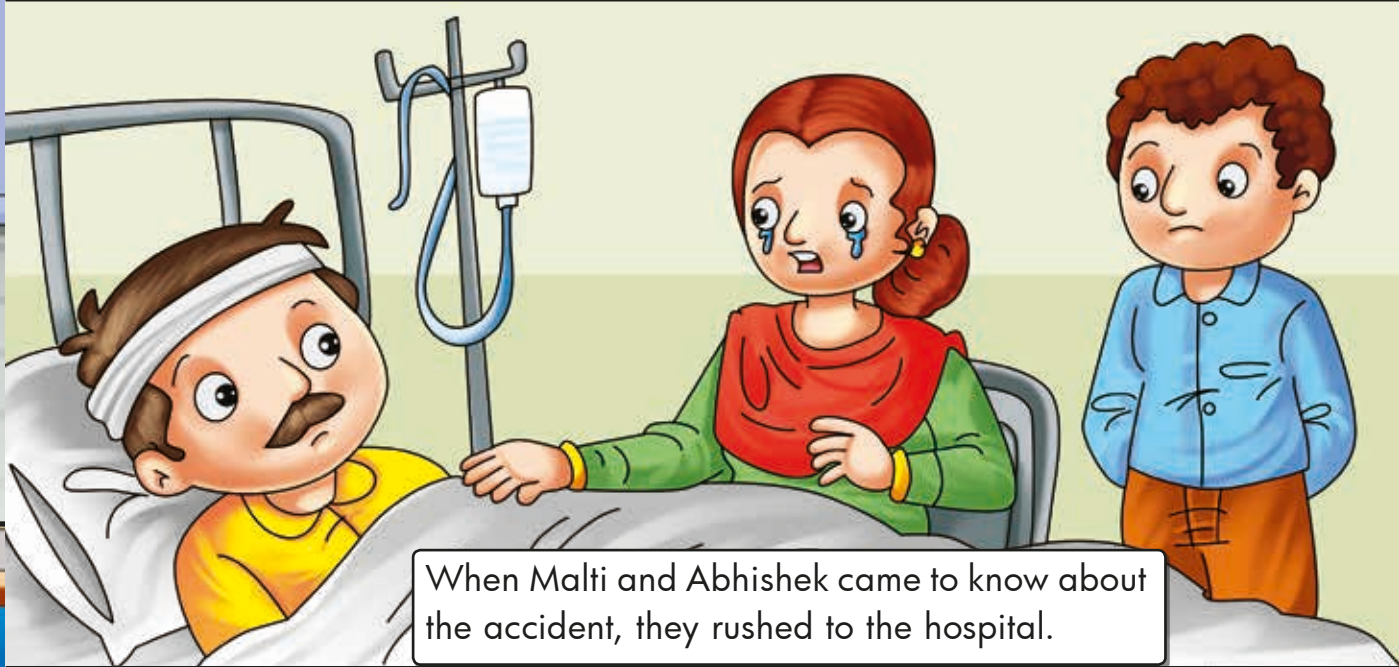
Mohan Das lived in Lalgunj along with his wife Malti and son Abhishek. He used to sell snacks on a small van.







On his way back at night Mohan Das met with an accident. He lost one of his feet.



When Malti and Abhishek came to know about the accident, they rushed to the hospital.



Malti was clueless as to how she would run the house. She was disturbed.





Mother, Dad!  
See I have topped my class.

Congratulations son! But now we have no funds for your studies.



Mother! We can start father's job of selling snacks. It will help us.

Ok! We shall get the materials required tomorrow from the market.



Next day Malti and Abhishek purchased the required materials from the market, prepared snacks and moved towards the market.



# PAV BHAJI



Come and enjoy hot snacks here.



Hard work of Malti and Abhishek bore fruit. Their financial condition improved. Mohandas also started moving about with the help of a stick.



Within days Mohandas recovered completely. Now Mohandas and Malti together sell snacks. Abhishek went back to his studies.

Moral: Hard work always pays back.

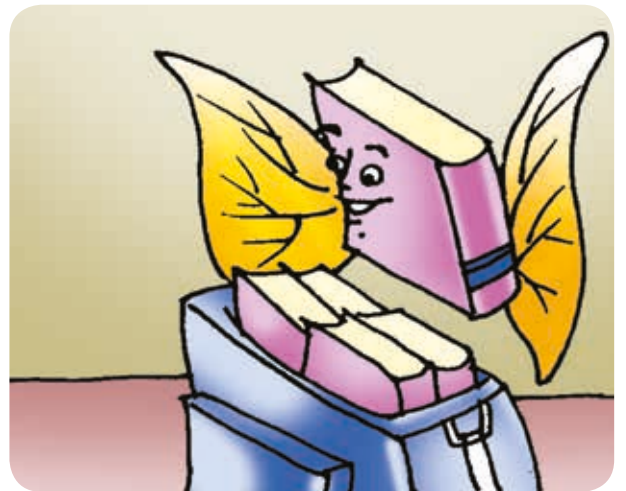
# The Pages of Book

—Vipin Kumar



Nishi didn't enjoy any other subject except maths. She was always busy solving problems of maths. So she used to fail in other subjects. Her parents and teachers would counsel her. They would tell her that knowledge of all the subjects was mandatory for succeeding in life. A good student should pay attention to all subjects. But Nishi paid no heed. she just did what she wanted to. One day while solving maths problems she started feeling sleepy. She slept off there only. Her bag was lying close by. Pencil, pen, geometry box and maths copy were all scattered around.

She dreamed that her Sanskrit book came out of her bag and got transformed to a fairy and left the room complaining that she would not be staying there as Nishi never read that book. Before Nishi could speak, the





pages of Hindi book started flapping and the book became a black butterfly.

She was just about to go out of the room. She gave a bad look to Nishi and said "Nishi! I shall not stay in your bag any more. You don't read me at all, but let me tell you, you will not be able to express your self orally or by writing without studying me."

Nishi wanted to button up her bag for closing when all the maps and figures



in the social studies book disappeared. The pages were blank. They became balls of cotton and flew off to the sky. They warned Nishi, "Nishi ! you always ignored me for maths. But remember without the knowledge of Social Science one remains ignorant of society. How would you know about your history, society, country, duties and rights?"

Before Nishi could speak a word, her English book became a parrot and started flying. She showed her anger

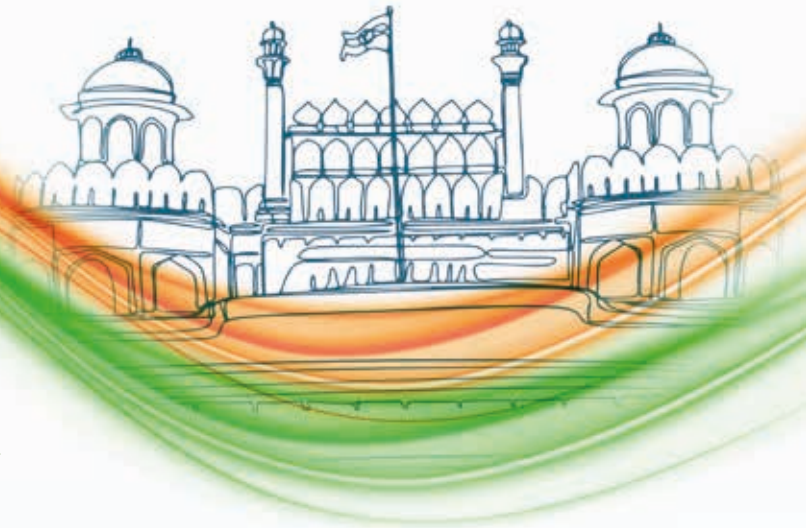
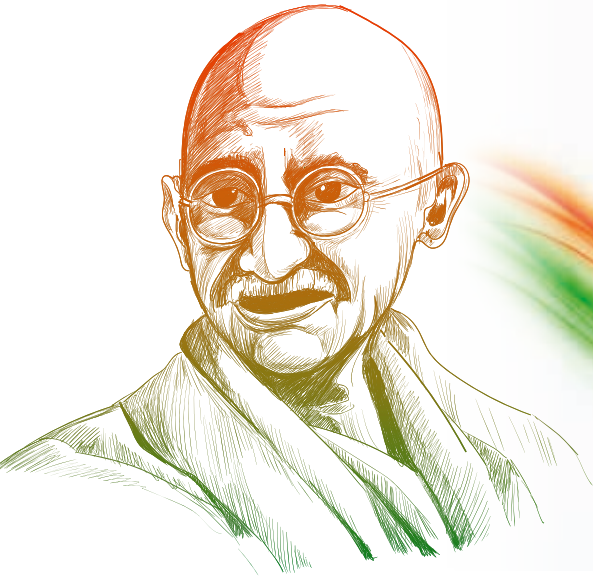


by saying, " How will you solve maths problems without knowing me and understand engineering, medicine and computer books?"

Before Nishi could open her mouth her dearest book of maths became a dark shadow and disappeared. The shadow said, "Nishi! what shall I do here alone? You have thrown out all my sisters. I am full of pain and shame.

Nishi shouted and ran to catch the shadow. She was awake. She had realized her mistake. She warpped up her book, copy and pencil etc. She decided to study all the subjects. Nishi adhered to her decision and topped the class. ❖





# True Patriotism

— Rajender Thorat

Great men are also called visionaries, meaning thereby they can visualise the problems and issues to be faced in future. If we ignore their warnings we have to bear the consequences. Therefore Life history and discourses of great men are not just for reading and listening rather implementing in our lives.

Some of the incidents, associated with life of Father of the Nation Mahatma Gandhi are:

This incident happened when he was in Tihar Jail. His granddaughter was

also there. She asked for a notebook from the jailor. According to Gandhi ji, it was expensive. He was upset with her. He said, "I write at the back of old calanders. I use the empty space on tickets for small entries. Why did you ask for such an expensive note book?"

The burden of this expense shall be borne by the people of India. We should be frugal in the usage of paper. Thousands of papers are cut to make pulp for paper. If we use paper minimally we can protect the environment.

# Satguru

—Nikita Sachdeva

I was vulnerable, I had it all,  
 The struggle seemed never-ending,  
 I began to fall,  
 Life was a mess and  
 my confidence being trolled,  
 You showered the  
 Mercy 'cuz you knew it all.  
 You blessed me with the  
 Divine Knowledge  
 of the Almighty Nirankar,  
 Every pain just disappeared  
 and you've cured every scar.  
 You've made the storms of negativity  
 turns out to be a ray of hope,  
 No matter how hard it seemed,  
 You always gave a reason to cope.  
 Now I'm asking to Bless  
 me with more sewa,  
 sangat, and Sumiran.  
 All I aspire to be the one who can turn  
 it to reality what You call  
 \*\*HIS VISION\*\*  
 In every Breath now  
 I'll be Indebted to You.  
 You shall be there with Me guiding  
 through The Darkest Tunnel..!!

Once his co-worker took a glass of water for drinking. He drank half of it and was about to throw away the remaining. Grandhi Ji said, "Manibhai we should take the amount of water that we can drink. If every Indian saves half a glass of water we can save crores of litters of water. People walk miles for fetching water in certain areas. We should make judicious use of water. Otherwise we shall be answerable to our coming generations.

Judicious use of resources and protection of environment is in fact service to nation.

One more thing that is popular about Gandhi Ji is that he saw thousands of people without clothes on their body so he started wearing only a loincloth.

This is about Mahatma Gandhi Ji. We celebrate his birthday on October 2. He used to spend his entire day in the service of nation. He played the key role in the freedom Struggle of India. He went to jail many a times but remained steadfast on his path of duty. Such great men continue to inspire us always. ❖



# Fair Mindedness

— Meena



Long time ago, two men went out for a pilgrimage. They got hungry on the way and sat under the shadow of a tree to eat their food. One of them had three loaves of bread while the other one had five. They were about to start when a passer-by came. They asked him to share the food. They together happily ate food. The man gave them eight rupees and told them to share. He left after that.

But the two men couldn't divide the money amicably. The man who had given five loaves of bread wanted Rs. five while the one with three loaves

wanted half the share. When they couldn't come to a consensus they decided to go to the king.

The king was known for his fair mindedness. The king heard the entire episode and asked, "How many loaves did the third person eat?"

They replied that it was not possible to find it exactly because every loaf was divided into three parts.

The king said, "It means three of you ate equal number of loaves."

Both of them agreed. The king said, "Every loaf was divided into three parts and it makes a total of twenty four parts.

Both of them thought for a while and agreed.

The king said it is clear that everyone ate eight parts. The man who had three loaves gave only one part from his nine parts. The person who had five loaves gave seven parts out of his fifteen parts. So the share offered by the person with five loaves is much more. Out of eight rupees, seven rupees should be given to the person with five loaves, the one with three loaves should get only one rupee.

Nobody could oppose the logical deduction of the king. They took their share of rupees and went away. ❖

# Riddle



1. What is, that touches one and binds two?
2. What can you break without touching it?
3. What travels around the world but stays in one spot?
4. What has only two words but thousands of letters?
5. What can you serve but never eat?
6. A boat with three men capsized, but only two got their hair wet, why?
7. What is it that breaks, once you say its name?
8. What type of fruit has black babies in a red house, a red house in a white house and a white house in a greenhouse?
9. What has a neck but no head, but wears a cap?
10. What has a four legs but cannot walk?
11. What is black when it is clean but white when it is dirty?
12. What kind of dress can never be worn?
13. What goes up and down but never moves?
14. Find the number whose double is greater than its half by 60.

## Answers

1. Wedding Ring 2. Promise 3. A stamp 4. Post office 5. A Tennis Ball  
 6. One was bald 7. Silence 8. Watermelon 9. A bottle 10. Table  
 11. Blackboard 12. Address 13. Stairs 14. 40

# I am not Dishonest

— Paridhi Jain

There lived a shepherd in Iran named Rahim. He was very honest and helped everyone who was in trouble. He would graze his sheep the entire day but reached quickly whenever anybody needed help.

Slowly he became very popular because of his honesty and warm heartedness. But his popularity did not go to his head. He did not forget for a moment that he was a shepherd and that was his sole source of living.

Slowly the news of his honesty and warm-heartedness reached the king. Some of the ministers were preparing

to revolt against the king at that time. So his kingdom was under threat.

The king invited Rahim to his court. Just a few minutes of conversation and the king started liking him. He appointed him as an official of the area where he resided.

Rahim said, "My Lord! I am a petty shepherd. I don't have the skill used in administration."

The king said, "You are honest and committed. These are rare virtues. You are all the time ready to help the needy. These are the qualities of a good administrator."

Rahim agreed to king's proposal. He was not excited. The ministers of the State became warned that a simple shepherd could become an official.

The people of his own area were very happy to see him as an official.

But, Rahim did not take pride in this. He would eat simple food because he didn't want to forget that he was just a shepherd. He visited villages of his area on a horse and tried to address the problems of people over there. His area became prosperous.





The king was happy for the choice of a right person.

But after sometime people of his area started suspecting him. Whenever Rahim went for visits he would always take along a pony carrying a small box. Rahim used to guard the pony and the box more than



anything else. Some people suspected that Rahim kept gold and jewels in that box that he would take as bribe from villagers.

The rumour spread very fast and everyone started suspecting his integrity thinking that he cheated people and was becoming wealthy every day.

The news reached the King also. He was upset. But he wanted to verify before trusting rumours. One day the king reached the place where Rahim was camping. When Rahim heard about the king he came forward to welcome him. A helper followed him with the pony carrying the box. Rahim bowed down to greet the king but the king was continuously looking at the pony. Rahim couldn't understand what the matter was. The king angrily shouted

at Rahim, "I had made you an official to serve the people, not rob them. You don't deserve this post. Show me this box and the amount of wealth you have looted." Rahim quickly opened the box. The king was surprised to see an old shirt in that box.

Rahim said, "My Lord this the treasures I have. These are the jewels and wealth I have. I always keep this with me lest I should forget that I am just a shepherd."

Tears flowed down the king's eyes. He embraced Rahim and said, "Forgive me. I suspected you for no reason. You are the most honest person of our state." The king gave him bigger area to manage. Rahim ever remained honest even at that position. ❖



# Whom to Blame ?

— Dr. Santosh Bhattacharya

Long time ago king Satyender Singh ruled the state of Adaigaon. His wife was queen, Abhilasha Devi. King was sweet tempered, humble and fair-minded. He had told his minister Nagotra to take good care of the subjects and apprise him of any complaints by the people. The king did not have any child so he considered all the people of his state as his children.

After completing his work he sometimes used to go for hunting. It was his way of entertainment. Since the

King enjoyed hunting he would take Nagotra along to accompany him.

One day the king and the minister together started off riding on healthy beautiful horses for hunting. They went towards the forests of Maneri.

Their horses were running towards forest of Maneri. The forest was very dense. Even during day time, there was no light in the forest. King satyender and the minister reached there in no time.

They located a deer there. As the king was about to attack it with his arrow, It disappeared behind the bushes. Both of them started chasing the deer. The king tried hard to locate it but to no avail. The minister also

came there. The king said -Lost the opportunity.

—Leave it Sir! We can look for another one. Said the minister.

—I am very thirsty. Nagotra! My throat is parched because of thirst.

—The king touched his throat.

—Oh! I shall just go around and look for water. Said Nagotra.

The King heard the sound of dry leaves just behind his back. He looked back and found a fowler coming towards him. He had a net hanging at his back. He bowed in front of the King as he reached there.

—Who are you? The king wanted to know about him.

—I am a poor fowler.

—You are well aware of this forest. Can you arrange for some drinking water?

—Yes! There is a pond of drinking water close by. The fowler replied respectfully.

Soon they reached a huge pond in the middle of the forest. The king was very happy to see the pond of water.

—Oh water! The king said happily.



—The fowler said. —Sir! You can quench your thirst.

The king sat near the parapet of the pond and took some water in his palm.





But to his surprise it was blood instead of water.

He amazingly looked at the pond. It was full of clear water. He saw the fowler was also drinking water from the pond. He threw away the contents of his palm. He again took some water in his palm. But alas! He again saw blood not water.

—Oh! My God what a magic. I am dying of thirst. - The king murmured.

—Wait my Lord! I shall quench your thirst. The king heard a voice.

He saw the minister coming to him when he looked back.

—Nagotra! What kind of a pond is this? It has blood not water.

—My Lord! Please don't mind. I can help you drink water with my hands. He took water in his palm.

—The king hesitatingly started drinking water. But to his surprise it remained clear water.



—You have saved my life today. Otherwise I would have died of thirst. The King patted Nagotra's back and headed back.

—Nagotra! I have not been able to understand this mystery. - The King was anxious to know.

—My Lord! If you allow me, I can tell you the mystery. The minister said in a serious tone.

—Yes! Say fearlessly.

—My lord! When I went out in search of water. I saw two monkeys sitting on a tree and chatting. One of the monkeys spoke to the other one, "Listen! Today a cruel king has visited our jungle."

The second monkey said, "Is it? I have heard he is very kind and loves his subjects."

—Oh No! He kills innocent animals for his entertainment. How can he be kind and affectnate? The animals and birds in the jungle are also his subjects. Then why he kills animals? He will have a pathetic death. Said one of the monkey angrily.

—When I heard this I ran towards you. The minister narrated the incident.

—Oh Nagotra! I am a sinner. No more hunting now onwards. No more sin. ❖

# **Listen to Learn and Learn to Listen**

—C.L. Gulati



The golden rule of learning is that it is a life long process. It does not mean talking about academic knowledge but being 'street smart' and be aware of what is happening in the real world. Listening plays a vital role in learning. Without visiting school even for a day, one learns mother tongue and many other things in life by listening to his parents and persons around. Though rare, yet the case of deep impact of listening is worth mentioning here. A child born to dumb parents labouring on a brick-kiln could initially listen and learn only the voice of brick-carrying herds of donkeys, 'Bhurr...."

After listening to learn, the next stage is learning to listen. This depends on the area of our interest. For instance, a man is standing at Inter State Bus Terminal waiting for a bus to his home town Chandigarh. He hears repeated loud voices like-Jaipur. Hissar, Kanpur, Amritsar, Chandigarh, Gwalior etc. etc. Despite listening names of all the stations, he pays attention only to the one meant for Chandigarh bus to serve his interest. Impliedly, learning also

includes unlearning of those things which do not match our mindset or serve our life interest. One enjoys his profession like a hobby and the hobby like profession.

God never intended life on any level to be a struggle. Every living thing exists in the blissful state of being one with God. When man separates himself from God and allows his mind to become his driving force. He becomes a physical being instead of a spiritual being in physical form. He gives up that state of bliss in favour of experiencing the mental, emotional and physical repercussions on a full time basis. For living a purposeful and harmonious life it does not matter if we do not listen and learn everything in the world. But it does matter if we do not listen to the voice referring to our soul's abode and fail to learn living with God. ❖

# The Pencil

— Priya Tandon



Some days back, we happened to attend a very interesting talk by a learned man. Besides the other things he talked about, he told us some things about a pencil; simple things that we never happen to think about. But, they were very meaningful. So though they are not a story we would like to share them with you all.

When a pencil is made, its maker gives it some instructions, before putting it into its box. These are:

1. Always allow another person to hold you in his or her hand. Do not try to slip or resist, only then the holder shall be happy to hold you. Without the holder you can do no work.
2. From time to time you will need to be sharpened. For that your head

shall be inserted into a little tunnel with a blade. It shall be painful, but without it you shall be of no use.

3. Remember that you shall make mistakes. you shall be paired with an eraser. Once erased, you shall have the opportunity to correct your mistakes.
4. It is only when your head is down, that you shall be of use. If you stand with your head up, you cannot write.
5. The most important part of you, is what is inside. Your outer is just a cover to protect the lead in you.
6. Remember to leave your mark, where you go.

Well, the instructions ended there, but did the lesson?

No, Read on...

Give the same set of instructions to





## CHOICE

— Rajat Kapoor

You go to a market,  
everything can be bought.

The only thing is,  
the price it has got.

If you have money  
you can buy a lot.

If you are a thief  
you may be caught.

These days, even  
men are sold.

All are cowards,  
few are bold.

If you have no money  
say 'No' to gold.

Don't ever act weak  
be strong and bold.

Now it's your choice

Where you belong,  
In God's kingdom  
None calls you wrong.

yourself and think of them like...

1. Always allow God to hold you, be at ease, for when he holds you in the palm of His hand, you shall be in bliss.
2. Life shall put you through many difficult situations. If you bear them bravely, you shall come out a sharper and better person.
3. To err is human. Let mistakes not take the steam out of you. If you fall, just get up and dust the grime off your knees, you have to go on. Pair yourself with God. Without God you are a zero, with Him ....A hero!
4. Humility is like a jewel that adorns your personality. Keep your head bowed, vanity is like a killer disease.
5. You should be pure inside. A pure heart has no problem in communicating with God and God's men. Do not fan your worldly desires, instead concentrate on looking within. Seek God within. He is sitting there in the innermost core of your heart, if you cannot find him there, you cannot find him anywhere.
6. Yes, try to leave your mark wherever you go, but remember that it should be a mark of goodness. When you came into this world, you were crying and everyone around you was smiling and when you leave, you smile and everyone else is crying.

Next time you have to use a pencil, don't just set it aside without learning from it, the lessons it so silently and softly endeavours to teach. ❖

# Spirit of Learning

—Naresh Ahuja

We are all learners. Being a learner, one has nothing to do with gender, caste, society or religion. Age is not a bar for learning i.e. anybody at any age can learn anything. Learning is not restricted to the boundaries of school or college. It all depends upon the learner's desire and eagerness. Anybody at any point of time in his life can learn a new skill and bring about a change in his working style and can also continuously improve upon it. For learning a skill one shall always need a teacher or a specialist in a particular subject. For gaining proficiency he will have to take the help of a person, without exception,

who specializes in that field. We can apply and utilize whatever we learn as a student.

There shall always be questions that can only be answered by a teacher or a specialist. A competent teacher always removes the doubts of students straightforwardly. Some teachers don't answer the questions immediately. They listen to the question very carefully and try to make out as to what is the purpose or intention behind the question asked.

Therefore, the teacher is also a guide. Some students ask questions to judge the knowledge of a teacher or to make a mockery of him.

Some of the students ask questions out



of curiosity and also want to be rated as studious in the eyes of teachers while others don't ask questions just out of such a curiosity, but rather wish to transform and refine their lives.

Teachers will definitely take more interest in the students who along with learning and achievements try to change their behaviour for better. Their refined conduct and development are proof enough towards their gratefulness towards the teacher. It is just not enough to pay obeisance to the teacher. The teachings of teacher need to be transmitted through one's conduct. That is what learning is all about. We can be respected for our age but the children, adolescent and even elderly shall be respected, revered and recognized for their good conduct and if they practice the teachings of the Guru.

We are respected in all situations, at all ages irrespective of our Nationality, religion or social set up if we are educated. The spirit of growing, humbleness and refined communication skills make one an all-rounder. Therefore, it is mandatory that we respect education and teacher so that we can fulfill our responsibility towards our Nation and ourselves. ❖

## I Remember Those Memories

—Sunishth Shauq, Mumbai

I remember those memories,  
All peaceful and bright,  
The excitement in my emotions  
Whenever you came in sight.

That royal and glorious shine,  
That pure and pious face.  
That used to brighten my mood up,  
In the darkest of my days.

I remember those times,  
When you used to bless my life,  
With material and emotional joy,  
Making me feel truly alive.

That slight mischief in your eyes.  
That ever-forgiving personality  
That used to embrace every fault in me,  
The most comforting version of reality.

There's no positive end to this one.  
All I'm doing here is writing in grief  
For the master is still here to love us,  
But it's the Mother I miss,  
that had to leave.



# Chetan Mann

— Preet Sahi, U.S.A.

**"PARAS"** is a stone that turns iron into gold when it touches it. We should be able to live our lives with such purity that no matter where we go, what we do, our vibes should be able to reflect an absolute positivity in our environment. Live like a "Paras" so that no matter whose life you interact with, you can bring in a blissful spiritual factor into their lives.

When the great library of Alexandria burned, the story goes, one book was saved. But it was not a valuable book; and so a poor man, who could read a little, bought it for a few coppers. The book wasn't very interesting, but between its pages there was something very interesting indeed. It was a thin strip of vellum on which was written the secret of the "Touchstone"! The touchstone is what we call: "Paras". The writing explained that it was lying among thousands and thousands of other pebbles that looked exactly like it. But the secret was this: The real stone would feel warm, while ordinary pebbles are cold. So the man sold his few belongings, bought some simple supplies, camped on the seashore, and began testing pebbles.



He knew that if he picked up ordinary pebbles and threw them down again because they were cold, he might pick up the same pebble hundreds of times. So, when he felt one that was cold, he threw it into the sea. He spent a whole day doing this but none of them was the touchstone. Yet he went on and on this way. Pick up a pebble. Cold - throw it into the sea. Pick up another. Throw it into the sea. The days stretched into weeks and the weeks into months. One day, however, about mid-afternoon, he picked up a pebble and it was warm. He threw it into the sea before he realized what he had done. He had formed such a strong habit of throwing each pebble into the sea that when the one he wanted

came along, he still threw it away.

So it is with opportunity. Unless we are vigilant, it's easy to fail to recognize an opportunity when it is in hand and it's just as easy to throw it away. Opportunities don't just come along in our materialistic life, they knock on door just as much in our spiritual life as well; and we often fail to recognize them. We get so engrossed in the daily rut of life; that we often forget to use our PRESENCE OF MIND: "CHETAN MANN"

God comes next to our bed every morning and wakes us up. Believe me, if it wasn't for Him, we could never wake up. Every moment, He blows air into our nostrils so that we could breathe. If He was to stop doing that, we would stop breathing. It is no wonder that we breathe every moment and don't even realize it because the effort comes from God. He is at work every moment, keeping us ALL alive. He is managing every moment in every being's life. ❖

## Don't Laugh at Others

— Ashwina

Once a conversation was going among planets in the Solar System. They were discussing about the number of moons each one of them had.

First the biggest planet asked the second largest planet Saturn, "Saturn! How many moons do you have?" Saturn said, "Let me count as I have no idea.". Jupiter started laughing and said, "I know that I have 67 moons and you don't even know. After a few minutes Saturn said that it had 47 moons. Then Jupiter asked the Earth which is the only planet where life exists. "Earth! How many moons do you have?" The Earth replied that it had only one moon. Jupiter laughed very loudly and said, "I have 67 moons and Saturn has 47. You have only one moon. Very sad!"

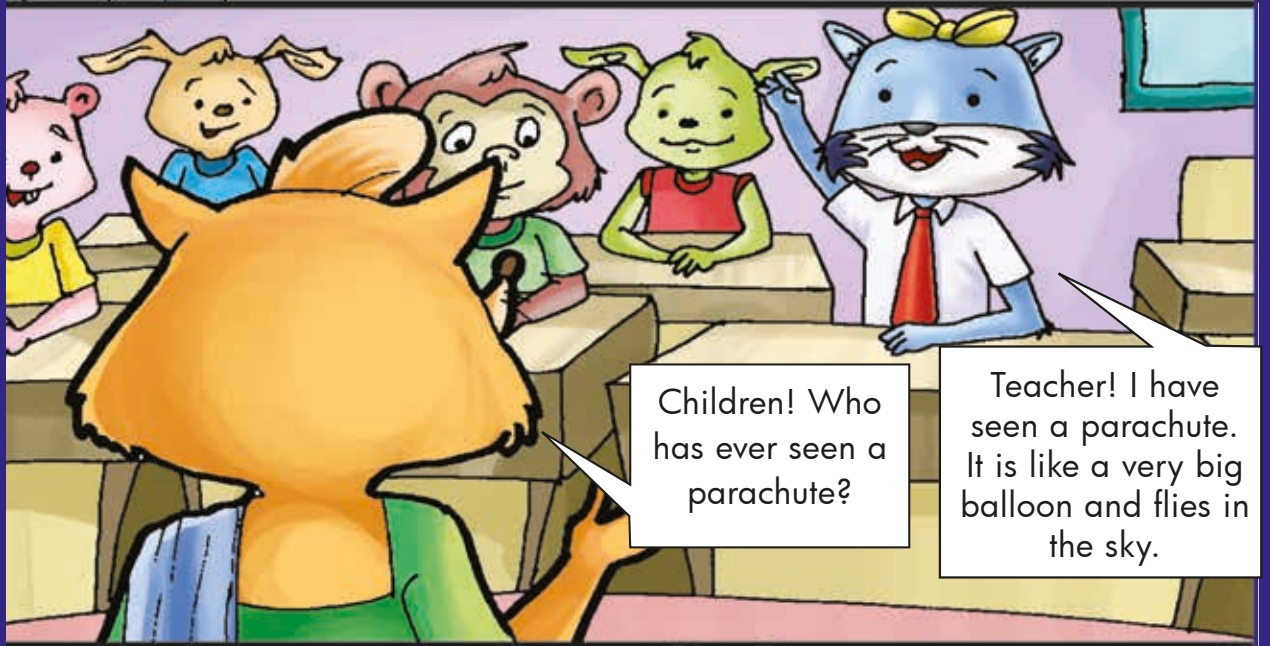
When the Earth heard this it really felt embarrassed and went to its room. Suddenly the huge star Sun entered Earth's room and was shocked. The Earth was crying. The Sun asked the Earth as to why it was crying. What was the reason. The Earth said, 'Jupiter and Saturn are laughing at me because I have only one moon. Sun told her that we should always remain happy with whatever we have. Sun called Jupiter and Saturn in the room and said that we should not laugh at others." Jupiter said, "But you had told us that laughing is a good exercise. The Sun said, "It doesn't mean we should laugh at others." Jupiter and Saturn realized their mistake and asked Earth for forgiveness.

**Moral: Stay content with whatever you have. Don't laugh at others. ❖**

# Kitty

Story & Illustration

—Ajay Kalara



Children! Who has ever seen a parachute?


Teacher! I have seen a parachute. It is like a very big balloon and flies in the sky.



Kitty! You are right. Do you know who invented parachute?

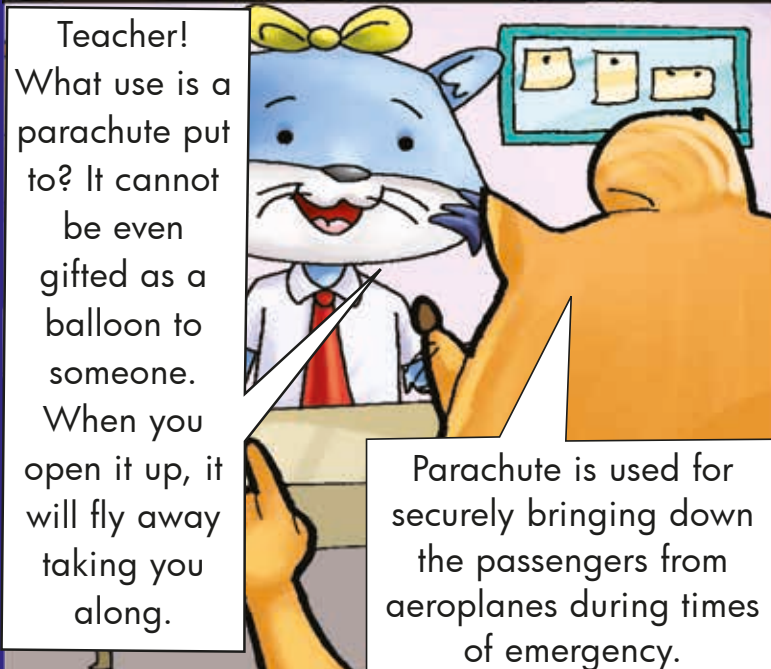
No teacher! Please tell us.



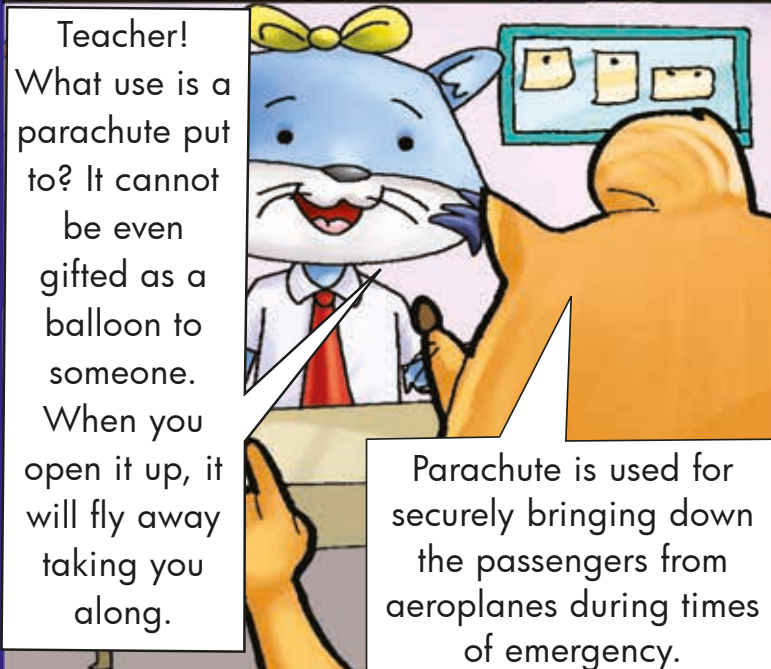


Children! Parachute is a scientific device that was invented by A. J. Garnering.


Yes Madam.




Teacher! What use is a parachute put to? It cannot be even gifted as a balloon to someone. When you open it up, it will fly away taking you along.




Parachute is used for securely bringing down the passengers from aeroplanes during times of emergency.



The soldiers also can land at the battlefield during war time.



Madam! What is the material of parachute's canopy?



The canopy of a parachute is made up of nylon or silk because it being light helps the parachute fly securely.

Madam! Are parachutes only dome shaped?



No Kitty! They are rectangular as well as oval and are colourful too.

Children! What is a person flying in a parachute called as?

No Madam! Please tell us.




A person flying with parachute is called skydiver.

Yes Madam.









Children! Nowadays parachuting has become a game. The skydivers go high in the Sky and jump down.



Teacher! Don't they fear?



Not at all! They take the training beforehand.



Madam! Thank you for this information about the parachute.



# THOUGHTS

- ❖ Character, not brain will count at the crucial moment.
- ❖ The weak can never forgive, forgiveness is the attribute of the strong. — Rabindranath Tagore
- ❖ Some men are born great, some achieve greatness and some have greatness thrust upon them.  
— William Shakespeare
- ❖ People generally quarrel because they cannot argue.  
— G.K. Chesterton
- ❖ The real test of power is not capacity to make war but capacity to prevent it.  
— Anne O' Hare Mc Cormick
- ❖ The matchstick first burns itself before burning other things. Anger is also like a match stick; it destroys us first, before destroying others.  
—N.K. Sondhi
- ❖ It is by acts and not by ideas that people live. — Anatole France
- ❖ We are more troublesome to ourselves than anyone else is to us. — St. Francis De Sales
- ❖ Man's highest life does not consist in self-expression, but in self sacrifice. — R.H. Benson
- ❖ There is nothing which we receive with so much reluctance as advice.  
—Joseph Addison
- ❖ Let us forget bitterness of the past and strive to foster mutual understanding and harmonious relations.
- ❖ Love is a commodity that never diminishes by dividing.  
— Nirankari Baba
- ❖ Education is not what a man knows, but what a man is?  
—Unknown



**Q. How old is the Earth?**

A. The universe began to form over 15 billion years ago. The Earth is much younger. It is about 4.6 billion years old. Scientists have worked this out by studying rocks in meteorites which have landed on Earth from outer space. Meteorites are lumps of rock which were formed at the same time as the Earth. Scientists have also calculated the Earth's age from the rate at which elements of the radioactive metal uranium decay (break down) into lead.

**Q. Why is the Earth round?**

A. The world is round for the same reason that a raindrop and a bubble are round. If possible, a liquid naturally shapes itself into a ball. When the Earth formed, it was hot and liquid. Because it was floating in space, it became round. When the liquid rock cooled and hardened into solid rock, the Earth stayed round.

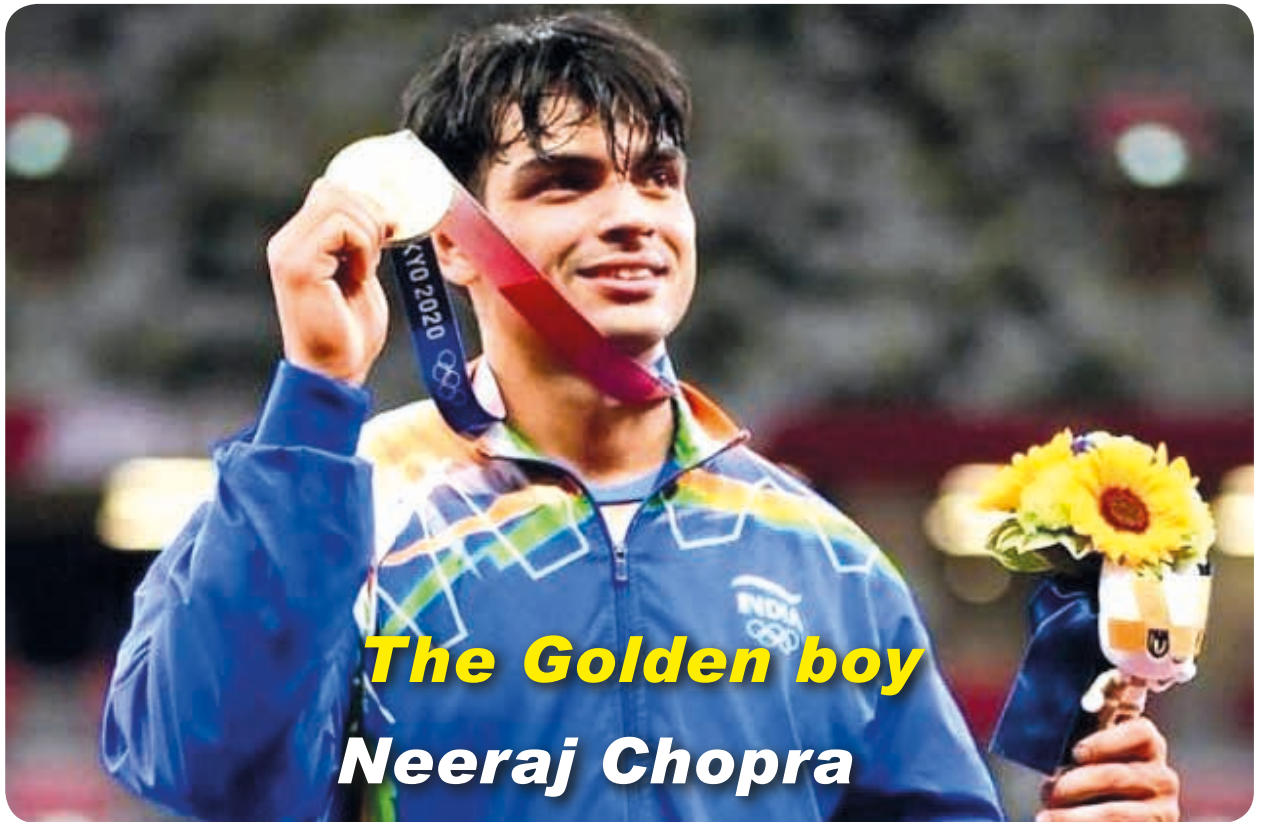
Actually, the Earth is not perfectly round, but is slightly flattened at the poles. This flattening is caused by the speed of its spin.

**Q. Is the Earth solid?**

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

**Q. What are rocks made of?**

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



**N**eeraj Chopra who did India proud by winning the gold medal in the world athletics Championships 2023 at Budapest(Hungary in Europe) by a javelin throw of 88.17m and also a silver in the Diamond League Championship in 2023 held at Eugene (Oregon in US) with a 83.8m throw, belongs to a village called Khandra in Haryana.

Neeraj Chopra's success can be attributed to focus, dedication, persistence and family support. He spent countless hours honing his skills.

Injuries are inherently associated with sports. He bounced back from injuries, did not give up rather went for treatment when injured.

Neeraj Chopra presently holds the rank of a 'Subedar' in the Indian Army. He was inducted in the army in 2016 after he won a Gold at the Junior World Championship and south Asian Games too.

Neeraj Chopra now known as 'Golden boy' says- I have not achieved everything. ❖





This story by **Bhavya Jha D/o Sh. Kamal Nath Jha**  
 Village : Jharoda Majra, Delhi-110084  
 has been adjudged the best. Congratulations.

## Computers

Science teacher said, " Knowledge about computers is mandatory in today's world. Children! Let's know something about this miraculous gadget of today." Children said, "Yes Sir! We want to know more about it." Ok let's first of all understand that computers is an electronic gadget that processes and converts input on user's command into output and also makes the calculations easy. You can also use a computers to type documents, send emails and make presentations and videos. Charles Babbage an English mechanical engineer is considered the father of computers. Children! Computers are of 4 types: supercomputers, mainframe computers, mini computers and microcomputers.

Children were very excited to know about this information about the computers.



PASTE  
YOUR  
PHOTO

Name : . . . . .

Father's Name : . . . . .

Address : . . . . .

. . . . .

. . . . .

Mobile No. . . . .

## Look at the picture and complete the story

Complete the short story and send it with your passport size  
photograph to Editor Hansti Duniya English

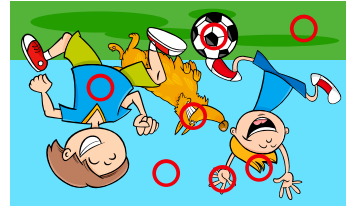
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E-mail : [editorial@nirankari.org](mailto:editorial@nirankari.org)

*(The best story would be published in Hansti Duniya, December 2023)*

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# FIND 7 DIFFERENCES ?





# RESULT FOR THE MONTH OF August 2023 ISSUE

**Yuvraj Khindri**

**Age-15**

640, Basant Avenue  
Amritsar (Punjab)

**Susma**

**Age-15**

Village +Post =Karvee  
Distt. Azamgarh (UP)

**Radha**

**Age-15**

7/175 Indra Vikas  
Near Gurswara, Delhi- 84

## CONSOLATION ENTERIES



**Neetu (Agra)**

**Karuna (Lucknow)**

**Vandana (Jhajhar)**

**Richa ( Karuvee)**

**Jyotish (Panipat)**

**Ekta (Dehradoon)**

**Mivan Chalotra,**

**Pustam (Panipat)**

**Shaila (Newada)**

**Ankur (Delhi)**

**Ramesh (Lucknow)**

**Neha (Delhi)**

**Samir (Delhi)**

**Roshan (Azamgarh)**

**Ramawadh Yadav**

**(Gadduali, U.P.)**

## Colour it for October Issue

On page 45, a beautiful picture is given; colour it and send it to us latest by **November 20, 2023**. Office address: HANSTI DUNIYA, Nirankari Complex, Near Nirankari Sarover, Nirankari Colony. Delhi - 110009

The result will appear in December 2023 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 .....



# Laughing Time

Teacher : Ritu today why have you come late to school?

Ritu : Mam I left from my home with a 20 rupees note, it got lost somewhere. I started looking for it.

Teacher : Shivani why are you late ?  
Shivani I was the one who was standing above that 20 rupee note and hiding it.

3 ants were sitting and having a discussion while an elephant was passing by. Of the three ants one said — Hey you the one with the long trunk, have a duel with me. The other ant spoke- Let him go we are three and he is just a single elephant. let's forgive him today.

Student : Sir I've learned how to write.

Teacher : okay! Read this.

Student : Sir! Till now I have learned only to write, not to read.

Sonu : Hey Pinky, the newspaper you are reading is wrong.

Pinky : So what? I am not reading at all, I am just looking at photos.

Papa : Son! Why are you putting the scales and weights in your bag and taking them to school?

Son : Papa! The teacher says that we must weigh everything then speak.

A baby elephant was standing in a zoo.

Papa : Son! Stay away from the elephant.

Son : Papa! Don't worry, I will not harm the elephant.

When a monkey climbed a tree, the monkey sitting on top asked - Why did you climb?

Monkey : I climbed to eat the apple.

Monkey2 : But this is a mango tree.

Monkey : I know. I have brought apples with me.





Ant : (to the elephant) You give me your shirt.

Elephant : Why?

Ant : Actually today is my sister's wedding.

The police officer scolded a person caught in a fight and said —Swear that today onwards you will not touch anyone's hair?

The person said- I cannot take this oath. Apart from this oath, I can take any oath.

Police Officer: Why?

Person: Sir I am barber by profession.

Student : (to teacher) Sir! I know how to write.

Teacher : Very good! Can you write something and tell me?

The student wrote - something

□Monu: Make this sentence in Hindi- 'Spring punched me.'

Golu: Vasantpanchami.

Papa : Chintu, I only asked you to pluck flowers. Why have you brought the branch with you?

Chintu : Papa! It was written there —Plucking of flowers is prohibited, so I plucked the branch.

Teacher : How many tires does a motorcycle have?

Pappu : 6 tyres.

Teacher (angrily): How?

Pappu : 4 of motor, 2 of bicycle.

A man was standing at the bus stand with his wife and three children for a long time. After a long time, a man came to him and said - Brother, since you came here, many buses came but you did not sit in any bus?

That person said— What should I do brother ? Every bus that comes, it is written — 'We two, our two' but we are five.

# *International Air Force Day*

— Nehal

Indian Air Force is also known as “Bhartiya Vayu Sena” and is the air arm of the Indian Armed Forces. Officially, the Indian Air Force was established on October 8, 1932 as an auxiliary air force of the British Empire which honoured India's aviation service during World War II with the prefix Royal. After India gained independence from United Kingdom in 1947, the name Royal Indian Air Force was kept and served in the name of the Dominion of India. With the transition to a republic in 1950, the prefix Royal was removed. The Indian Air Force (IAF) is the fourth largest air force in the world after the US, China, and Russia. Indian Air Force Day is observed each year on October 8 since 1932 in order to increase the awareness of the Indian air force in any organization of national security both officially and publicly.

The day is celebrated in air force bases all across the nation with air shows and parades conducted by air force cadets, as the Indian Air Force

(IAF) has its prime responsibility of securing the Indian airspace as well as carrying out aerial warfare during any clash. Not only it has the responsibility to safeguard the Indian Territory from all risks, but also provides support during natural calamities to the affected areas. The IAF has been involved in numerous wars:

World War II, Sino-Indian War, Operation Cactus, Operation Vijay, Kargil War, Indo-Pakistan War, Congo Crisis, Operation Poomalai, Operation Pawan, and few others. It has also been involved in the United Nations peacekeeping missions.

Indian Air Force Day Celebration is done with the same zeal and pride at various Air Stations all over the country. All Air Force stations in several states will conduct their parades at their respective Airbases. Even the military parade will be conducted as per the same schedule and the protocol that is followed each year. The Supreme Commander of



the IAF is the National Commander of the air force also contributes in many forms. In the last few years, the Indian Air Force has been expanding immensely and has initiated the bringing up of women into the short service commissions. The Indian Air Force employs over 1,400 aircraft and around 170,000 personnel. Indian Air Force is categorised into five operational and two functional commands. Its headquarter is located in New Delhi. The Indian Air Force

functions with the motto 'Nabham Sparsham Deeptham' which is "Touch the Sky with Glory".

Dedicated forces of IAF aim towards the peace and security of our country and the country's people from the danger to protect and maintain safety. The president of India serves as a commander in chief of IAF. The goal of IAF is to touch the sky with glory. To the glory of India IAF is still working for the good of our country from 1932 to till date. ❖

# Find the Way







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