

# Hansti Duniya





# Hansti Duniya

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*Editorial*

## **Positive Outlook**

'As days, months, years pass. We will continue to attain new goals every day.'

Days turn into months and months turn into a year. Similarly, we too are changing every moment. We also continue to reach step by step towards success. Success never comes in a day, it requires continuous hard work.

There have been many great personalities in our country and abroad who worked hard, even had to face failure, but they turned that failure into an experience and carved a path out of it and achieved their goal.

Sir Isaac Newton was a prominent scientist, physicist and mathematician. His main discovery was gravity and laws of motion. He also invented many rules in mathematics. He was born on 25th December. On this day, a Prime Minister of our country, Shri Atal Bihari Vajpayee ji was also born. His charming voice captivated everyone. He was also awarded Bharat Ratna.

We all know that on this day the birthday of Jesus Christ is also celebrated all over the world. His teachings are as important and enlightening today as they were thousands of years ago. Mainly his message was to treat our neighbor as we would like to be treated. That means love him as much as we love ourselves.

Srinivas Ramanujan of India was also born in this month. He was a very talented mathematician. His memory and problem solving ability can be compared with today's calculators.

There were many other such intellectuals and philosophers. One of the great saints started our magazine 'Hansti Duniya' that has completed 50 years with his grace and blessings. Due to his foresight and social awareness, the dream of positive change and spiritual development of children is also becoming true. He was also born on 10th December 1930. He taught everyone the lesson of humanity. Only a good human being can become a good citizen. Life without love is not worth being called life. He was our Satguru Baba Gurbachan Singh Ji Maharaj. We all salute your efforts for starting 'Hansti Duniya' and express our heartfelt gratitude.

—Vimlesh Ahuja



# SAMPURAN AVTAR BANI



## IK TU HI NIRANKAR 189

NIRANKAR PRABHU NOON JEKAR SAMJHO HAR THANH HAZAR EY;  
ESE DI HAI KHALQAT SARI IH KHALOQAT DA QADAR EY.  
SHASTAR IHNOON KATT NAHIN SAKDA HAVA TON SAKDA SUKK NAHIN;  
PANI IHNOON GAAL NA SAKKE AG TON SAKDA MUKK NAHIN.  
TOON VI IS DA ANG HAIN BANDE IS JOTI DI JOTI EYN;  
KAUDAN DE VICH RULIA PHIRNAI UNJH TE SUCHA MOTI EYN.  
IHO TERA ASLI GHAR EY IHO TERA ROOP MAHAN;  
BIN GUR POORE KAR NAHIN SAKDA AP KOI ISDI PECHAN.  
IHDE TE VISHWASH LIA KE ESE DA HI DHIAN LAGA;  
KAHE AVTAR GURU TON TAK KE TOON HI TOON HI KEHNDA JA.

### THOU FORMLESS ONE 189

If you could understand the Formless one -Nirankar, He is present everywhere;  
The entire Creation belongs to Him and He is the Creator of all.  
The weapon cannot cut Him and he cannot get dried up by air.  
Water cannot decay Him and He cannot be consumed by fire.  
O'man, you are also a part of God, a ray of this Light;  
You are lost amidst cowries, otherwise you are a real pearl.  
This Formless One is your true abode and this is your cosmic image;  
None can recognize God on his own without the perfect True Master.  
O'man, repose faith in Him and focus your mind on Him;  
Avtar says after perceiving Him from the True Master, keep on uttering  
TUHI-TUHI (Thou art - Thou art).



After a long time Hazrat Umar went to the capital of a king with whom he was not at good terms for years. When he reached the place, coincidentally his slave was riding the camel and he was standing below holding the halter of the camel.

When the king's minister went to greet him thinking that the slave riding the camel was Hazrat Umar, the slave got scared and said, "King Hazrat Umar is holding the camel's rope, I am an ordinary slave. Everyone was surprised to hear this and wanted to know the truth.

Umar explained, "The matter is very simple. We were going on a long

journey. Sometimes my slave was riding the back of the camel. When I was riding. The handle of the camel was in the slave's hand and when he was riding, the reins of the camel were in my hand. This time it was the slave's turn.

When this news reached the king, he too was astonished.

He came and admired him a lot and said that the king who treated his slave so humanely couldn't have enmity with any one. That day onwards he accepted Omar as his master and himself became his disciple.

From that day onwards their enmity ended and they became friends. ●

# Riddle

— Sidak Dhanrajani



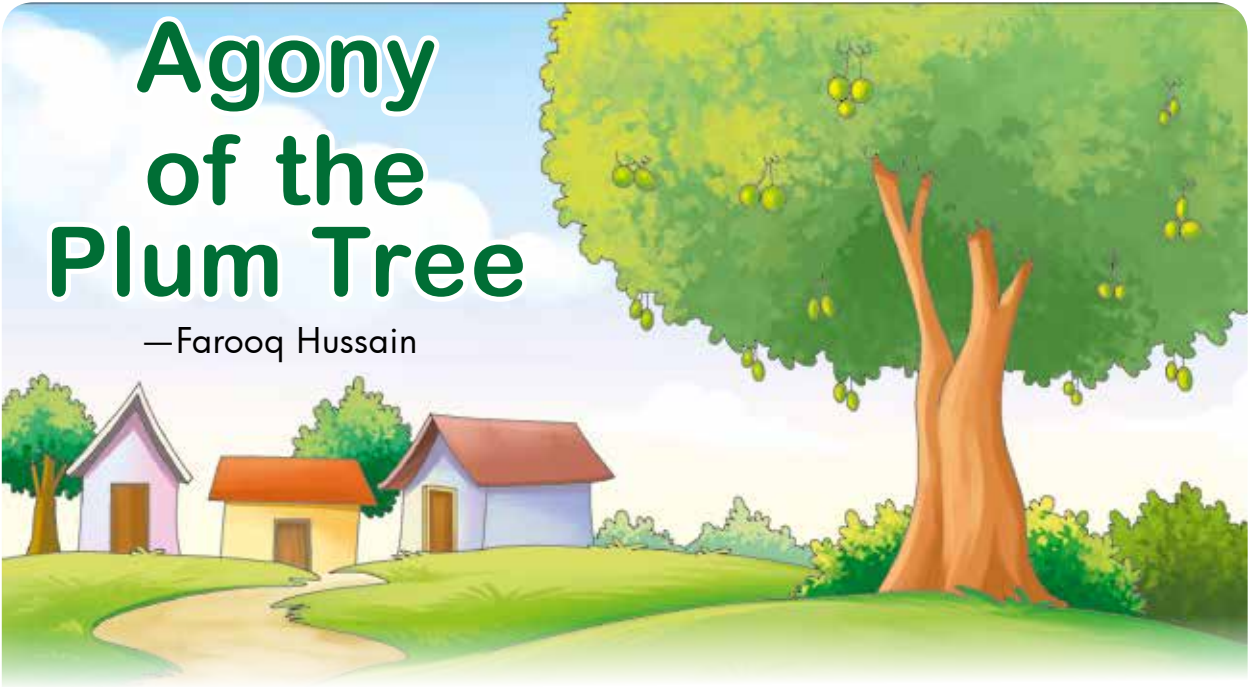
1. What two things can you never eat for breakfast?
2. The more you take the more you leave behind.
3. When things go wrong, what you can always count on?
4. What room has no rooms and windows?
5. What is yours but mostly used by others?
6. I am an odd number. Take away a letter and I become even.
7. Which is the longest road?
8. Which is the largest planet?
9. In which state of India the largest marble is found?
10. Which is called the pink city?
11. Which is the highest gate way?
12. There are two mothers and two daughters, how many females are there?
13. Mother and daughter were coining from one side and two men were coming from other side. They met their husband in the way. What was the relationship between men?
14. Which is the highest mountain in India?
15. Which state had the largest numbers of Member of Parliament and in the Assembly?

1. Lunch and dinner 2. Footsteps 3. Fingers 4. Mushroom 5. Name  
6. 7 7. G.T. Road 8. Jupiter 9. Rajasthan 10. Jaipur 11. Buland darwaja  
12. Three 13. Father-in-law and son-in-law 14. Himalaya 15. Uttar Pradesh

## Riddles' Answers

# Agony of the Plum Tree

—Farooq Hussain



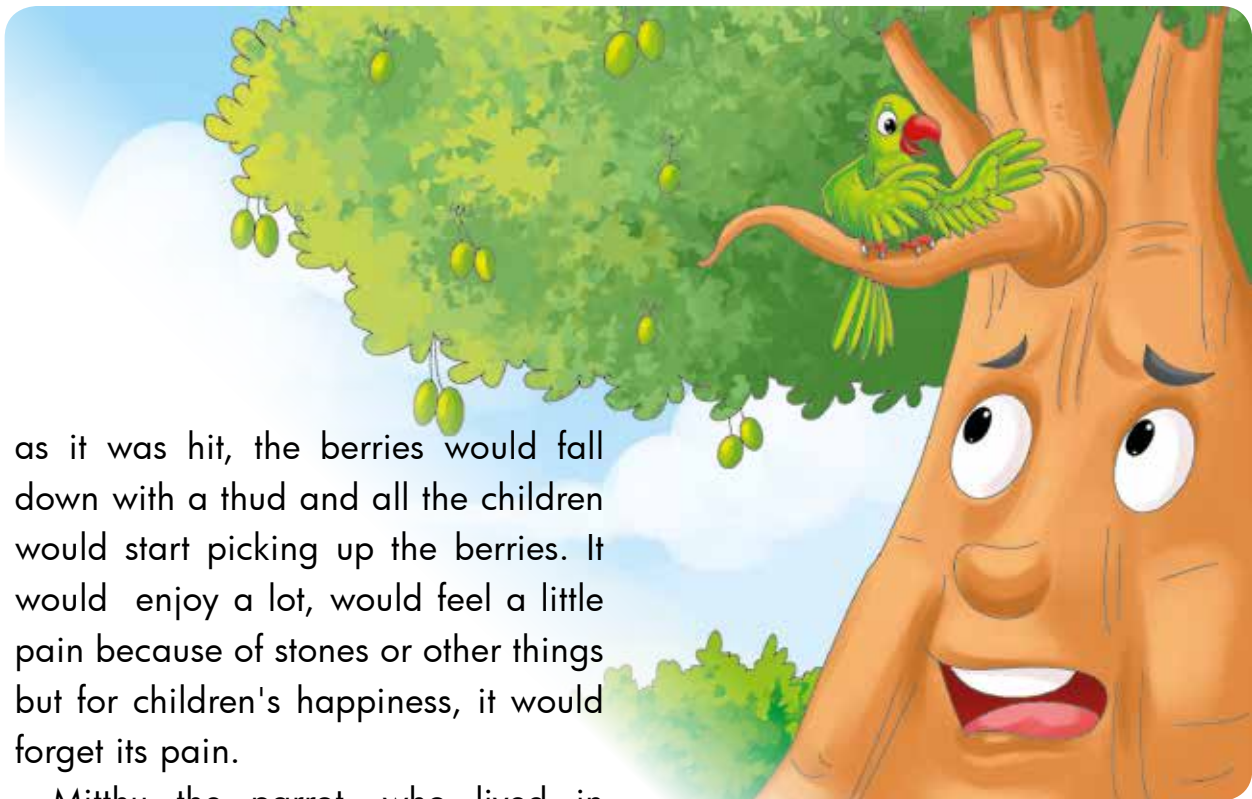
There was a forest adjacent to Govind Nagar village. Towards the end of the forest there was a plum tree. Like every year, this time too it was laden with ripe berries. Ripe berries kept falling on the ground on their own, but for the last three to four years, there was no one to eat them

except the birds. Poor tree, like every other day, was looking towards the road coming from the village. It felt that small children from the village would come to eat the fruits. It was evening time but no child passed by, some passers-by crossed the tree but did not even look at it. There

was a time when children from far and wide would gather around it to eat the fruits as soon as the season came. They would pluck the sweet and sour berries on it and eat them with great pleasure. As if that was not enough, they would hit it by throwing stones, wood or anything else and as soon







as it was hit, the berries would fall down with a thud and all the children would start picking up the berries. It would enjoy a lot, would feel a little pain because of stones or other things but for children's happiness, it would forget its pain.

Mitthu the parrot, who lived in the cavity of its trunk, asked it sitting on its branch, "What's the matter grandfather, I have been watching you ever since the fruits arrived, you have been looking very sad."

"What should I tell you, Mitthu? What has happened? A lot of time has passed, but now no child comes here to eat my fruit. Earlier, as soon as the plum blossomed, there used to be a crowd of children", the plum tree told Mitthu.

"Grandfather! Ever since Android phones came, everything has changed. Now elders and children alike have become slaves to mobile phones. Children have stopped even

playing and jumping", Mithu parrot said dejectedly.

"I also know that people have been using mobile phones for a long time but nothing had changed. I don't understand what this Android phone is", the tree asked Mitthu surprisingly.

"Grandfather! In Android phone all the children like to play online games, watch cartoon movies and use WhatsApp, Instagram and many other things through internet. Now they are not concerned with other things in any way", Mitthu parrot explained to the tree.

The plum tree became upset and said, "But if children do not play and



have to suffer the consequences along with everyone else. To meet the increasing needs of these mobile phones and to provide internet services to the consumers, mobile companies are installing towers at various places due to which the radiation waves emanating from them

jump, they will not develop physically and mentally and will often fall ill."

Mitthu said sadly, "You are right Dada, everything has changed since the introduction of mobile phones. Children have stopped playing, jumping and walking at all. They don't even want to eat food. As soon as they get out of school, they start using mobile phones, due to which their eyes are getting affected adversely and they are now falling sick frequently. Not only this, now schools are arranging online classes. Elders are also not acting in a responsible manner, though they are very well aware of the facts."

"Oh! This is not right. I didn't know that the world was changing so much", said the plum tree surprisingly.

"Yes Grandfather, but we also

are causing harm to humans and also to the lives of birds. Our numbers are also decreasing due to the continuous death of birds. The continuous cutting of trees and plants has also started causing a lot of problem", said Mitthu. It was getting dark while they were talking, so Mitthu the parrot said goodnight to the tree and went home to sleep.

The plum tree had lost its sleep after listening to Mitthu the parrot and was thinking that Mitthu was right. If we do not pay attention to these things today in time, everyone will have to suffer the consequences in future.

Next day when the morning came, the plum tree had stopped waiting for the children and had understood that the children had changed and were not like the children of yesteryears. ●



# The Winter

—Jaswinder Sharma

Although late  
Winter has reachd,  
Every one seems  
So much pleased

The chilly nights  
Make all to shiver,  
The Sun sets faster  
Than in summer.

Around the fire  
All sit along,  
and have a chat  
All the night long.

There is plenty  
of food to eat,  
Gajak, Halwa,  
And Kheer sweet.

Favourable are  
Nights for study  
To make you  
For exams ready.

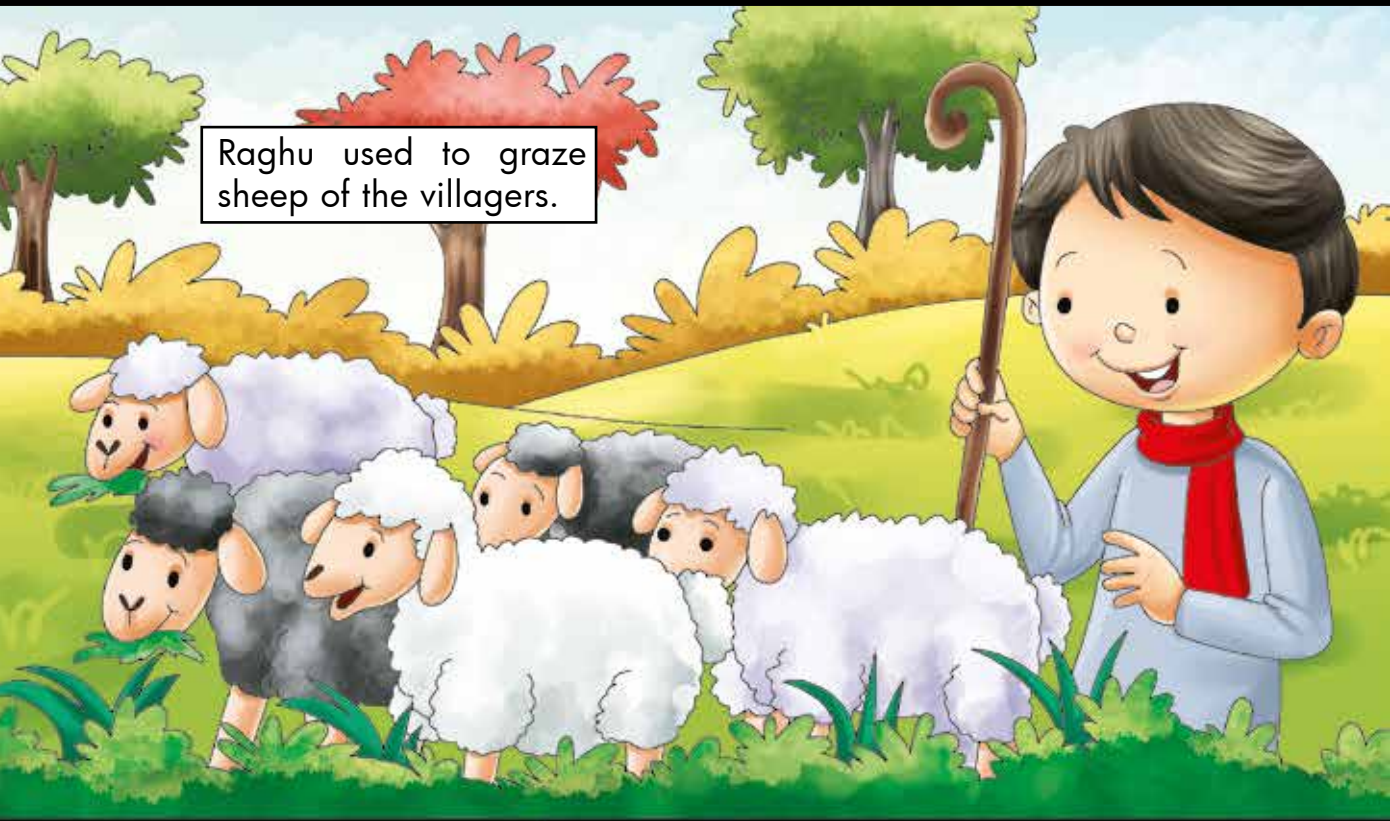
Mosquitoes do not  
Any more bother,  
Winter is of Course  
Than summer better.



# Grandpa

Story & Illustration  
—Ajay Kalra

Raghu used to graze  
sheep of the villagers.



Whatever the villagers gave him it  
would help him to sustain his livelihood.

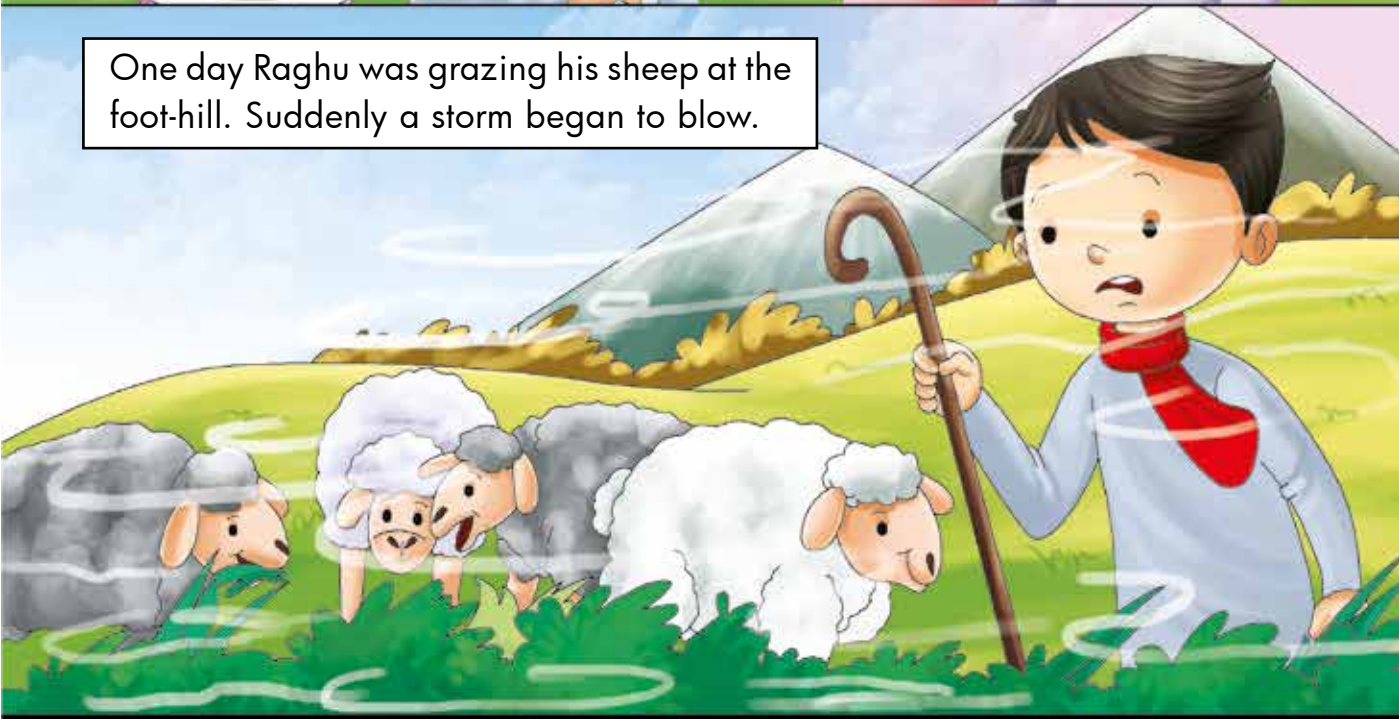






His parents were very poor and that's why they could not send him to any school but Raghu was very intelligent and everyone used to love him.

One day Raghu was grazing his sheep at the foot-hill. Suddenly a storm began to blow.



Raghu quickly took his sheep in a cave for safety.

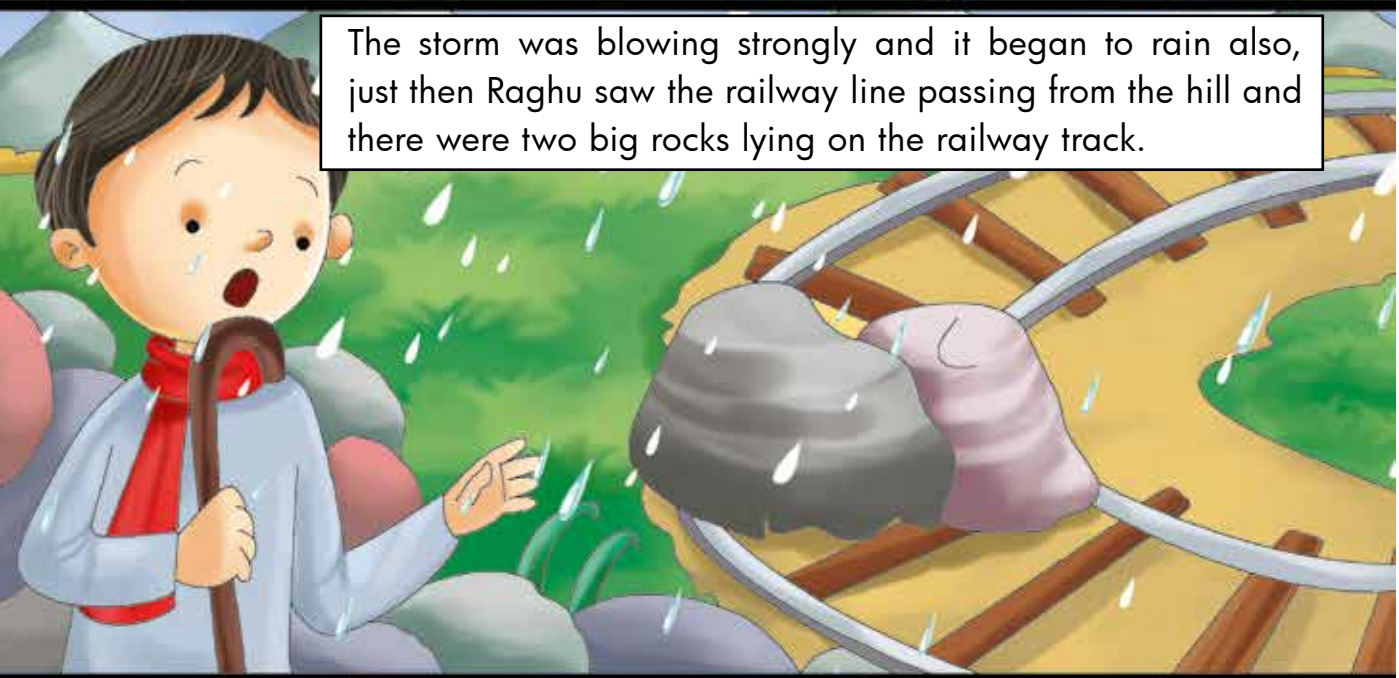




When he counted, he found that some sheep were missing. He quickly ran towards the cave and closed it with a huge Rock and started looking for the missing sheep.



The storm was blowing strongly and it began to rain also, just then Raghu saw the railway line passing from the hill and there were two big rocks lying on the railway track.



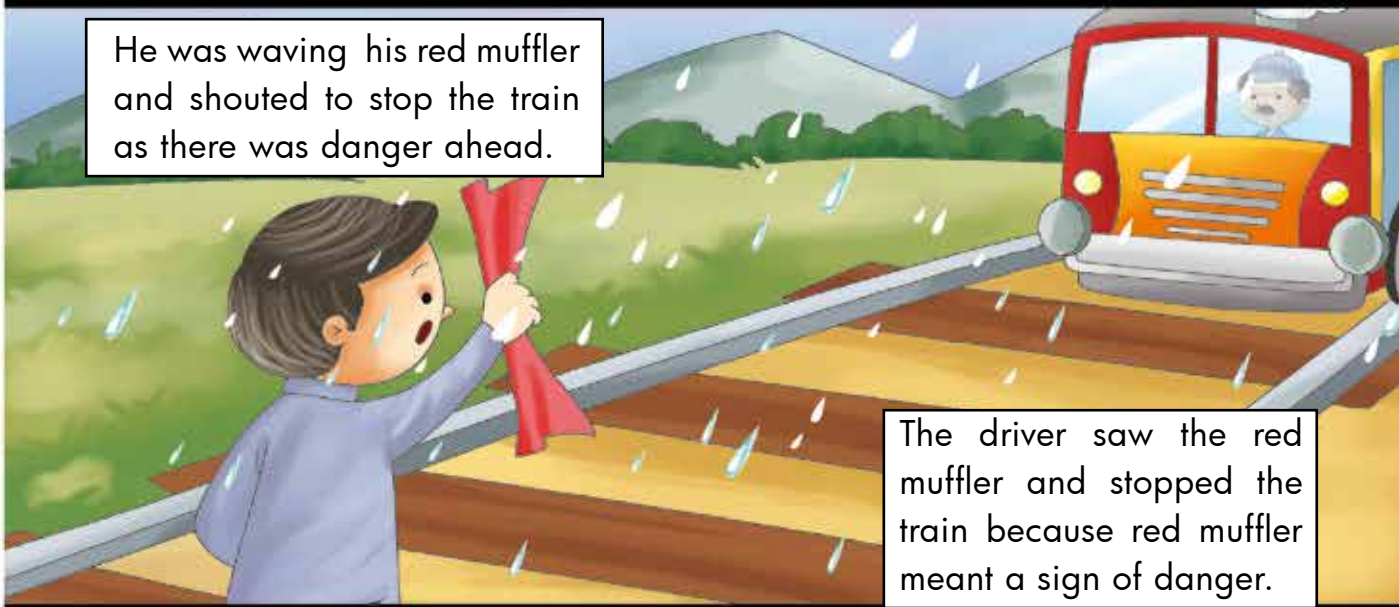
Oh God! If the train hits the rocks it would lead to a big accident. Train may collide with it.







This would cause loss in property and lives. Raghu kept on running and from the other side the train was also coming at a great speed.



He was waving his red muffer and shouted to stop the train as there was danger ahead.

The driver saw the red muffer and stopped the train because red muffer meant a sign of danger.



The railways awarded Raghu for saving so many lives and for his bravery at the right time. When the villagers came to know of this incident they praised Raghu a lot.

# India International Trade Fair

—Rajat

The 42nd edition of India International Trade Fair 2023 themed 'Vasudhaiva kutumbakam' (United by trade) opened on November 14 at Pragati Maidan and wrapped up on November 27. Pragati Maidan is now known as 'Bharat Mandapam'. The theme means-- If we are interconnected and cooperate in trade, can we achieve sustainable growth and well-being of all.

From India and other countries, nearly 3500 exhibitors displayed their products. The union minister Anupriya Patel inaugurated the fair. Visiting the fair was an interesting, educative and enriching experience. The facilities were more than in the fairs held in the previous years. Tickets could be purchased on line as well as at 55 selected metro stations. Entry for Divyang and senior citizens was free.

It had both business to business (B2B) -- Interaction of one business man with another business man without interacting with consumer; and business to customer (B2C) components. .It was

organized by India Trade Promotion Organization (ITPO). First five days were dedicated to business visitors only. General public was allowed to visit the fair from November 19 between 10 am to 7.30 pm. The fair displayed a wide range of products including automobiles, Consumer products, jute, garments, household appliances, kitchen appliances, processed food, beverages, pharmaceuticals, cosmetics, body and Healthcare products, telecommunication, electronic sector, furniture, Engineering goods and much more.

One important feature of such a trade fair is to bring together businesses so that they can interact rather than with individual consumer (B2B) and also cater to clients from different countries, including India itself. The clients can then can choose to place bulk orders to these exhibitors after exchanging information about the products in the exhibition stalls displayed by the businesses.

Not only that, it also gives a chance to many small and big businesses from all over India to display their products





while interacting face-to-face with clients and customers. Whether it is spiritually rich states like Uttarakhand or the states that are called the seven sisters, all of them get equal opportunity to sell their products on such a big day with a huge base of customers, right from a child to an adult and elderly.

Many customers come only for bulk orders while others come for buying products in small quantities (B2C) - Business to consumer, for using at their homes like carpets or quilt covers. Many come for small decoration items. Many shoe companies, for example, sell their products at discounted rates. Sometimes, people's motivation to shop at such a location is that they can buy a wide variety of products under one roof, which they can't do during their busy working hours.

For the food enthusiasts, there was a huge variety of food stalls from different states like Punjab, Tamil Nadu, Kerala, Bihar and even Lucknow that the family and individuals could enjoy once they got tired after either just roaming around and enjoying the exhibition or wanting to just have a taste of any specific cuisine.

For the young people it's a place to explore and learn. Though some old visitors found the new arrangements a bit confusing because the old campus was more compact while, others found it more vast and explorable. Anyway everyone was ready to explore the newness because the place had been maintained very neat and clean. Who would not have enjoyed this fusion where cultural diversity, tradition and innovation could be seen hand in hand.

# The Heavy Price of Prestige

—Lal Singh

India was divided into different states in ancient times. One of the southern states of India was Madura. King Baldev of Madura was an expert in administration. He considered his subjects as his children. He was always busy thinking about the welfare of his people.

One night, he was roaming about in Madura in disguise to know about the sufferings of the people. Suddenly he saw a person sleeping under a tree. He came closer to him and his sound woke the man up.

King Baldev asked him, "Where have you come from and why are you sleeping under a tree despite proper arrangements in the city?"

The person replied, "I have come here after bathing in Ganga and now I am going to take bath in Setu river. I slept under the tree so that I can set out on my way early in the morning."

The king said, "From your conversation, I feel that you are a devout person. I want to ask certain questions from you."

The person said, "You ask for sure. I will answer as per the knowledge I have."

The king asked, "Sir! Why is man not free from fear?"

"There is fear of disease in pleasures, fear of separation from the family, fear of theft in accumulation of wealth and property. There is fear of arguments in discussions of scriptures, fear of evil in the virtues and there is fear of death in the body. Man dwells in these instruments of fear, takes interest in these, therefore always



remains fearful. If a person wants to get rid of these fears, detachment is the basic mantra of being fearless", he answered.

The king asked another question, "What kind of life should a person live in this world?"

That great man said, "Oh King! Every person should earn money by working hard for eight months so that he can live, eat and drink comfortably without any worries during the rainy season. He should work hard enough during the day so that he can get enough sleep at night. One should try to use the time of one's life to make others comfortable and stay in the company of saints and recluse people for self growth. One should have the company of saints so that one can know about God and be freed from the bondage of birth and death.

There was turmoil in the king's mind due to the great man's words. There was a stir and he started searching for such saints and great souls who could make him realize God and through detachment, he could become fearless while alive in the world.

The saint had left after saying his words, but king Baldev had sleepless nights. All his time was spent thinking that he had spent the precious time



of his life in wasteful activities. He had not been able to do anything for the world hereafter. Suddenly he called his royal priest, Chelvanambi, and revealed to him the reason for his concern. The king said, " I have been worried for a long time because I have spent precious time of my life gathering worldly things. What should I do to realize God? Please guide me. It will be kind of you."

The royal priest said, Oh King! If a person wants to attain God Knowledge then he should serve the saints, listen to their teachings, adopt them in life, spend time with them and imbibe their conduct.

King Baldev now started searching for saints. He also had discussions with many saints but could not attain

God Knowledge. His mind remained disturbed due to lack of self-realisation.

One day he came face to face with Saint Perialwar Vishnu chitta, a resident of Villiputhur in Tinnevely district. After talking to him, he realized that he had been wandering day and night in search of peace. He could get it from saint Vishnu Chitta. So he devoted himself whole heartedly to his service. One day the king took Periyalwar Vishnu Chitta on an elephant out in a procession in Madura. Vishnu Chitta ji got upset and told king Baldev that all this display of wealth was a hindrance in meeting God. The king understood the meaning and met the saint without any ostentation, served him and attained salvation.

If a person who has attained God knowledge gets attracted towards respect and prestige, it is unfortunate because as respect and prestige increases, ego also grows, which becomes a hindrance for salvation. ●



## *Time Pass*

— Rajat Kapoor

Time is something  
That is valuable  
So we must make use of it  
The way, we are able to  
Only then can we become  
Better and capable

So to become more useful  
See time not as time pass  
But as fruit and not grass  
So that you get  
Good marks in your class  
And also help your friends  
Whenever they ask.



# Teaching By Doing

—Dr. Ramlakhan Prajapati



**A**fter winning the Mahabharata war, the Pandavas organized a huge feast and a yajna. Renowned kings, saints and sages from far and wide arrived at the yajna. In that Yagya, Yudhishtir had assigned different duties to his brothers for attending to the guests. After the yajna was over, food had to be served. Just then Krishna arrived.

As soon as the brothers saw Krishna, they came to him. A king said, "Krishna Kanhaiya has come, now the brothers will get busy serving him."

Krishna ji heard this and smiled. He asked Yudhishtir, "What duty have you assigned to me?"

Yudhishtir said, "What duty can be assigned to you? We are all there. You are our special guest, please take a seat."

Krishna ji said, "I have not come to sit but to work. I should do some work."

All the brothers including Yudhishtir were perplexed. What task could be assigned to Krishna

ji? No one could think of any work worth giving to Lord Krishna. Finally Yudhishtir said to Krishna ji, "Okay! Start doing whatever you like."

Krishna ji smiled and went towards the side where the feast was going on. People were eating. After reaching there he started picking up used leaf plates. When Yudhishtir came to know about this, he went running there. He held Krishna ji's hand and said, "What are you doing?"

Krishna ji released his hand and said, "I am doing whatever I like. There can't be a task more important than service? I have started doing the most important task. Why are you stopping me from doing this now?"

A saint who had been observing this said, "Teaching by doing can be learned only from Lord Krishna." The king who had shouted at Krishna ji was in tears after and Krishna ji was smiling. ●

# The Hornbill Festival

— Nehal Khatri

**T**he Hornbill Festival, also known as the 'Festival of Festivals', is organized and celebrated each year by the State tourism and Art & Culture Department of Nagaland in the first week of December each year since the year 2000. Hornbill Festival is held at Naga Heritage Village, Kisama which is 12 km away from Kohima. All the tribes of Nagaland take part in this festival. The aim of this festival is to revive and protect the rich culture of Nagaland and to display its extravaganza and traditions. For the visitors it gives a good understanding about the culture of the state and also helps understand Nagaland better. The festival is named after hornbill, which is a native bird of Nagaland and is also depicted and

displayed in the folklore of most of the state's ethnic groups.

The week-long festival unites one and all in Nagaland and people enjoy the colourful performances, crafts, sports, food fairs, games and ceremonies. Traditional arts which include paintings, wood carvings, and sculptures are also on display. It has several art exhibitions, food stalls, herbal medicine stalls, flower shows, songs and music, beauty contests, fashion shows, traditional archery, indigenous games and sports and much more. This is a carnival like scenario where the visitor gets a taste of tribal culture, gets to know their way of life and also the diversity. This festival helps preserve the tribal culture which is slowly losing its identity to urbanization.

This festival has contributed significantly in enhancing the states tourism brand. The tourists get an insight of Nagaland- of its cuisine, heritage, culture, architecture and ethnicity of the state. It also gives employment to several tribes and people and generates revenue for the population and the state. Every year due to this festival, Nagaland gets lakhs of tourists, local and international. This not only promotes inter ethnicity transfer but also preserves and protects the unique culture of the state showcasing unity in diversity. ●



# The Visiting Angels

—Priyanka Tandon



This is the story of two angels who after having travelled all day needed a place to rest for the night. They knocked on the door of a couple and asked for shelter for the night. The ill-tempered lady said, "Let them sleep in the basement down below. I shall not have them in the house." So, the angels spent the night on the cold, hard and stony floor of the basement with only some left over bread to eat. One of them noticed a hole in the sidewall and patched it up. The other one asked him, "They have humiliated us by giving us this dungeon to sleep in; yet you have repaired their broken wall. Why so?"

The angel smiled and said, "You shall see." They moved on in the morning. When night fell, they sought shelter from another couple that lived in a small hut by the forest. The lady said, "Forgive us, for not having much to offer to you. Come and share our gruel and bread. The couple asked the angels to sleep in their own bed, while they slept on a mat on the floor. That night, the couple's cow in the barn outside, died. As they took

leave of the couple that was grieving for their dead cow, the younger angel said to the older one, "The first couple treated us so shabbily, yet you repaired the hole in their wall. This couple has been so kind to us and you let their only cow die. You are so unfair."

The older angel said, "No my friend. Things are not just as they appear to be. When we stayed in the first house, I noticed that there was gold in the broken wall. I patched it up, so that the owners would never be able to find it. Last night Yama, the God of death came here to take away the lady of the house, but I gave Him the cow instead." Strange are the ways of God. He favours those who love Him and His people. We may not always understand his reason to do what he does, but it surely is eventually for our own good. Let us learn to accept with folded hands, His will and all that he chooses to put into our lot.

Moral :. Be convinced that God can and will appear in any form. Do not refuse to recognize Divinity in the form you dislike and did not expect. ●

## TO KILL TWO BIRDS WITH ONE STONE

—Prince Khurana

Tenaliram was one of the scholars in the court of king Krishnadeva Rai of Vijayanagar. One day he had to stay in the king's court till late evening. While passing by a bush on his way home at night, he heard the sound of some people speaking softly. He hid behind a tree and started listening to them. They were talking among themselves, 'Tenaliram is a very rich person and we have nothing but by tomorrow we will become rich and he will have nothing.' Everyone started laughing and one of them said, 'Great!'

Tenali Ram got an inkling that thieves were going to steal his

household items. He immediately ran towards his home. He made a plan on the way so that the thieves could be taught a lesson. After he reached home, he knocked at the door of his house and his wife opened the door. Tenali Ram sat on the swing in the courtyard. His wife gave a glass of milk to him. Then she complained to him that the paddy crop in the field behind their house was drying up and in the absence of water the crop would be destroyed.

Tenali Ram said to his wife, 'What you are saying is right, but there is an important work that needs to be completed first. Come quickly.'

He along with his wife went to the backyard and took out a very big box and filled it with bricks and stones. His wife was not able to understand anything.

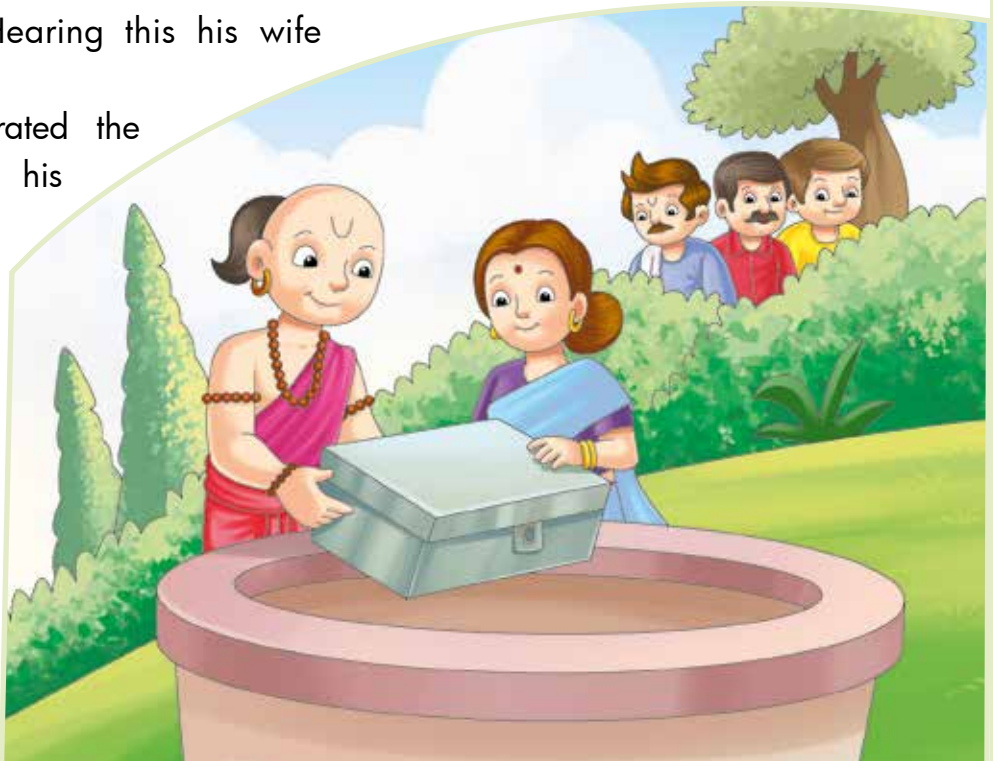
Tenaliram said to his wife, let us take this box and drop





it in the well.' Hearing this his wife asked, 'But why?'

Tenaliram narrated the entire incident to his wife. His wife was surprised but Tenaliram was happy and said, 'This is a good opportunity to water our fields. Both of them dragged that heavy box near the well and together they



threw it inside the well. Then Tenaliram said in a loud voice to his wife, 'Listen! Now no thief will be able to steal our valuable things. I have put every valuable like gold, silver, jewelery and diamonds etc. in this box.'

The thieves hiding behind the tree heard the words of Tenaliram. As soon as Tenali Ram and his wife went inside the house, the thieves came out from there and went towards the well. There was a lot of water in the well and it was not easy to go down and take out the box. Therefore, they thought it better to drain the water from the well. There they saw a bucket and a rope tied to it. The thieves quickly took turns in taking out water from the well with the bucket. They would take out water and pour it all into

a drain. All night they kept working hard because of greed for diamonds and jewels. By morning the thieves saw that big box. One of the thieves said, 'I will go down and tie that box with a rope.' Slowly they took out the box. When they opened the box they couldn't believe their eyes. Just then Tenaliram reached there with police.

Seeing all this the thieves lost their senses. The soldiers caught those thieves right there. Later, Tenaliram went towards the fields with his wife and said, 'How was my trick! Because of this we got the crop watered for no cost.

His wife looked at him and said, 'You are really smart. You have killed two birds with one stone.' Then both of them started laughing loudly. ●

# International Day of Persons with Disabilities

—Abhedika Dhanrajani

**D**isability is a matter of perception. If you can do just one thing well, you're needed by someone.

– Martina Navratilova

Did you know?

Of the one billion population of persons with disabilities 80% live in developing countries.

International Day of Persons with Disabilities (IDPD) is a UN day that is celebrated every year on December 3.

The day is about promoting the rights and well-being of persons with disabilities at every level of society and development, and to raise awareness of the situation of persons with disabilities in all aspects of political, social, economic, and cultural life. WHO joins the UN in observing this day each year, reinforcing the importance of securing the rights of people with disabilities, so they can participate fully, equally and effectively in society with others, and face no barriers in all aspects of their lives.

The day in 2022 to commemorate the International Day of Persons with

Disabilities revolved around the theme- 'Transformative solutions for inclusive development: (benefits of development reach all) - the role of innovation in fueling an accessible and equitable world (treating everyone fairly and in the same way)

'The theme for the year 2023 is- United in action to rescue and achieve the SDGs (sustainable development goals) for, with and by persons with disabilities.

Children with disabilities—such as physical, developmental, intellectual, emotional, and sensory disabilities—are at an increased risk of being bullied. Any number of factors— physical vulnerability, social skill challenges, or intolerant environments—may increase the risk. Research suggests that some children with disabilities may bully others as well.

Special considerations are needed when addressing bullying in youth with disabilities. There are resources to help kids with disabilities who are bullied or who bully others. Youth with disabilities

often have Individualized Education Programs (IEPs) or Section 504 plans that can be useful in crafting specialized approaches for preventing and responding to bullying. These plans can provide additional services that may be necessary.

Peer support is an important protective factor against bullying. By working together, teachers, parents and students can develop peer education, team-building, and leadership activities that foster friendships, build empathy, and prevent bullying to make school a safe space for children to learn and explore themselves.



Fulfilling social responsibilities and duty towards disabled is the best act of humanity. It has been considered as the sacred duty of human beings. We must always help the disabled people according to our abilities. ●

## Do You Know

—Aashna Motwani, Dubai

1. Humming Bird can fly both forward and backward.
2. African Goliath Beetle is world's heaviest insect which weighs upto 100 grams.
3. Mute Swan is world's heaviest flying bird which weighs upto 18 kgs.
4. The Humming Bird lays the smallest egg in the world among the Birds.
5. The Thread snake is the shortest snake, it is 10.8 cm. long.
6. Whale Shark is the biggest fish among the fish and weighs 43 tonne, 60 feet long.
7. Age of the oldest snake known to man is 40 years.



# THE TAILLESS FOX

— S. Batra

One day a fox crept into a farm to steal some chicken. But before he could succeed in his mission, his tail was caught in a trap set by the farmer. He struggled hard to free himself, but all in vain. He was afraid that soon the farmer would come and kill him.

So he gave a hard pull at the trap. He was at last free. Unfortunately, his tail was left behind in the trap. Although in great pain, the fox ran back to the forest. He was happy that at least his life had been saved.

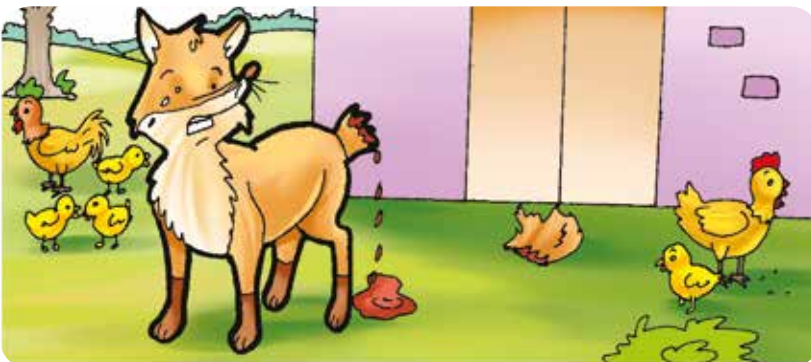
Without his tail the fox looked quite strange, indeed. He was worried what his friends, the other foxes, would say when they saw him tailless. He was right. When the other foxes saw him without his tail, they started laughing at him. "You look funny, friend," they told him. "How on earth did you lose your tail?"

One of them asked. The fox realised that his friends would make more fun of him if he told them the real story. Clever as he was, he told them that he had cut his tail on purpose.

"My friends," he addressed them seriously, "This is no laughing matter losing my tail was no accident. I had some very good reasons for cutting off my tail."

"Really !" exclaimed his friends in surprise. They were now interested in hearing his story. So they asked him, "Pray, tell us the reasons for losing your tail." "Well," explained the wily fox, "I found that the tail was always coming in my way. It would stick out behind me for the hunters and their hounds to see clearly, every time. I tried to escape from them. Then the truth dawned on me. You know, the chief reason why

we are killed by the hunters is because of our tails. Our tails betray us. They are very useful to the hunters and their hounds, so I decided if I had no tail the hunters





would have no cause to hunt me. Now I shall always live in peace. If you also wish to live in peace, my friends, I suggest that you all cut off your tails at once."

His friends were impressed with the fox's long speech. They believed whatever the fox had told them. They decided to have their tails removed at once. However there was one old, sly fox who smelt a rat. He disagreed with this suggestion. He came to the tailless fox and said to him with a smile, I have a doubt, my friend. Suppose we agree with your suggestion and cut off our tails, and if we happen to need them at a later date, how should we get them back? Once we cut off our tails, how are we to replace them when we realise that we cannot get along without our tails?" The other foxes now realised the wisdom of the old fox's words. So

they all asked the tailless fox, "The old sire is right. Tell us how do we get back our tails if we happen to need them later?"

The fox without a tail had no answer to this query. He himself did not know how his own tail going to be replaced. He, therefore, admitted that it was not possible.

His friends now realised that he was not speaking the truth about losing his tail He now admitted that he lost his tail by accident, and not on purpose. He told his friends the story of how he had been caught in a trap in the nearby farm where he had gone to steal chicken.

The other foxes were very grateful to the old fox who had saved them from doing something they would have regretted later. They never again trusted the tailless fox. ●



# pollution

— Asha Kapoor

A student asked his teacher, "Madam! Again the same project on 'Pollution'. We have been making a project on this topic for many years now." Yes the same topic 'Pollution'. Because we have not been able to reduce it, rather it is at the increase.

## WHAT IS POLLUTION?

Precisely- When any substance or any form of energy gets added to the environment which is not able to decompose or get recycled, it deteriorates the quality of environment. Such a substance is called pollutant and the phenomenon as pollution.

## TYPES OF POLLUTION :

There are basically three types of pollution.

- ❖ Air Pollution
- ❖ Water Pollution
- ❖ Land Pollution

**Land Pollution :** is caused by addition of chemical fertilizers, pesticides and effluents from the industry.

**Water Pollution :** is also caused by dumping of wastes into water bodies.

**Air Pollution :** is caused by burning fossil fuels( coal, oil and natural gas) and forest fires .

Smog is a mix of smoke and fog. It reduces visibility. Earlier seen in industrial areas, now it is common sight in cities too. Normal life gets paralyzed, forcing the closure of schools and suspension of construction work.

Other kinds of pollution not discussed above but of great concern are plastic, noise and light.

Air Quality Index ( It is an indicator developed by government agencies to communicate to the public how polluted the air currently is)

0-50 Good

51-100 Satisfactory

101-200 Moderate

201-300 Poor

301-400 Very Poor

401-500 Severe

Above 500 Emergency

## Effects of Pollution :

The deteriorating air, land and water quality are adversely affecting the flora, fauna(all plants and animals living in a particular region or environmental situation)and consequently the human beings.

- ❖ Pollutants can cause respiratory



diseases, heart disease and some types of cancer.

- ❖ Air Pollution can damage nerves, brain, kidneys, liver and other organs.
- ❖ Birth defects are also suspected by air pollution.

Throughout 19th century water pollution, air pollution and excess of solid waste was attributed to huge urbanization. But now when it has gained alarming dimensions due to industrialization, it is every one's responsibility to address the issue at our individual level. It's not just the responsibility of a few dedicated souls or cannot be left to the authorities alone.

What can we do to reduce pollution:

Most important mantras are:

1. **Refuse:** Refuse to buy wasteful or non-recyclable products. Say no to free stuff, that becomes instant waste.
2. **Reduce:** Reduce the use of harmful, wasteful and non-recyclable materials. Reduce buying things that are only wanted not needed.
3. **Reuse:** Deligent reuse of any materials.
4. **Repurpose:** Use things for some other purpose after it has been used for the purpose it was bought for.
5. **Recycle:** cardboard, plastic, paper and glass must be given to the scrap dealer for recycling.
6. **Carpool:** Avoid single person car drive.
7. **Keep your car in good health.**
8. Turn off the engine of your car at red light.
9. **Never start a camp fire during an air quality alert.**
10. Plant and care for trees.
11. Sensitise children and youth by enacting skits and street plays showing the hazards of bursting crackers and harming the environment.

TAKE STEPS BEFORE  
IT IS TOO LATE ●





## The History of Santa Claus

—Dorothy Jonathan

You are well acquainted with your friend in white beard, carrying a bag full of gifts on his shoulder and a bell in his hand. He is also popular as Christmas father. He spreads smiles among children by giving them gifts and chocolates every Christmas. Children wait eagerly for their dear Santa.

It's believed that Santa lives at the North pole and he moves around on a sleigh led by reindiers.

Born on 15<sup>th</sup> of March 270 AD saint Nicholas is understood to be the real Santa. There is as such no relationship between the birth of Lord Christ and saint Nicholas but Santa has become an important part of today's Christmas celebration. Christmas seems incomplete without him.

He belonged to an affluent family but lost his parents very early. He had great devotion for Lord Christ from early childhood. When he grew up he became a priest and then a bishop. He would frequently give gifts to children and needy. He gave the gifts at midnight because he didn't want to disclose his identity. Therefore the children were asked to sleep early.

There is a very popular incident when saint Nicholas helped a person who didn't have the money for the marriage of his three daughters. He went and kept gold coins in their socks that had been spread out for drying. Therefore children hang out their socks outside with the hope that they will find gifts in them in the morning.

In France children hang shoes of red colour on the chimney and in Holland children even place carrots for his reindiers in their shoes.

In 1773 Santa was introduced to media. Today's Santa came into existence in 1931 when Haddon Sundblom appeared in the advertisement for Coca-Cola. It continued for 35 years. This form of Santa got accepted by people and is popular till date. Slowly Santa became very dear to children and an important part of Christmas celebration throughout the world. ●

# The Year Ends

— Gafoor 'Sanehi'

With December goes the year  
 The New Year approaches near  
 Let us ponder year's gains  
 And the loss that us pains  
 And think what next to do  
 To wash the dirt from  
 the brains  
 Be our actions in right  
 directions  
 Of good deeds make no  
 mention  
 Never to feel tired of work  
 In facing woes take no  
 tension  
 Imbibe every virtue  
 of life  
 And leave no room  
 for vice  
 Making use of every  
 moment  
 Endeavour to  
 achieve what is nice  
 Let us welcome the  
 'New Year'  
 For the past, shed  
 no tear.







# Kitty

Story & Illustration  
—Ajay Kalara



See, my father bought such a nice watch for me on my birthday. It looks so lovely on my wrist.

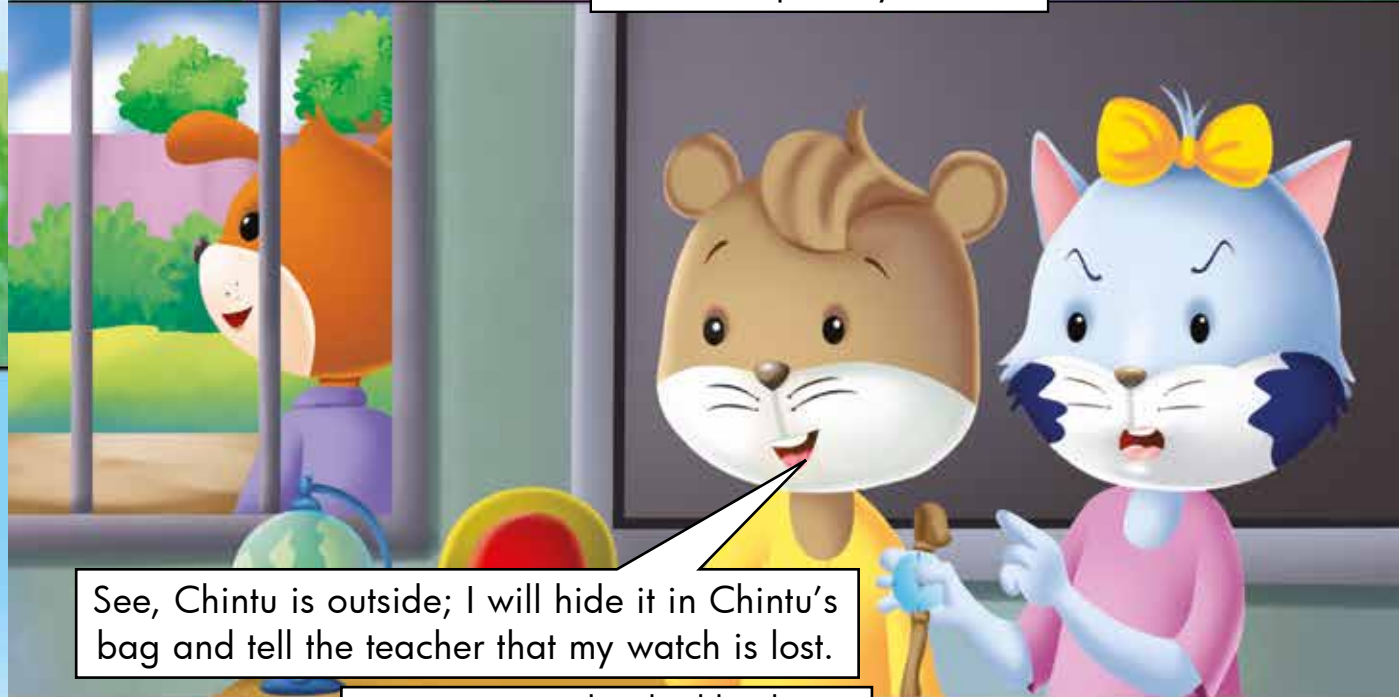


Wow! Such a wonderful watch. Please give it to me for a while.





Chintu, stay away from it.  
You will spoil my watch.



See, Chintu is outside; I will hide it in Chintu's bag and tell the teacher that my watch is lost.

It's not good to lie like this;  
Chintu will be scolded for this.





It will be fun, hurry up let's hide the watch.




Mam! My watch is lost, I can not find it, please get all bags checked.




Children, Carefully check your bags, in case you find Kitty's watch there.





How it is possible that no one could find the watch, I had myself kept it in Chintu's bag.

Here is your watch. When you were hiding it in my bag, I had seen from outside and kept it back in your bag.



This is wrong to accuse others. You shall be punished now.

Mam, please forgive me. I will not repeat this mistake in future.

Your punishment is that you will not wear this watch in school from tomorrow.



## Laughing Time

Seeing a driver driving a bus at high speed, the traffic policeman stopped, took out his diary and asked the driver, "What is your name?"

Driver: My name is - Kapalamaat Chandra Taskal Katari Naku Da...

The policeman interrupted and said, "Just go ahead, don't drive so fast in future."

A candidate went to the house of a known voter and said, "Mother! please take care, "I am standing in the elections."

The lady pointed towards an empty chair and said, "Why are you standing? Just take a seat."

Mother : (to Vijay) Why are you studying with a rope tied around your waist?

Vijay : Teacher has said that exams are approaching, so you should fasten your waist and study hard.

A man went with his son to meet his lawyer friend.

Seeing the lawyer's cupboard full of books, the boy said, " Uncle, you are ahead of my dad. It seems that like him, you also do not return books from the library. You have accumulated this much stock.

Employer: (To the helper) Hey Ramu, come here. I'll fire you from your job.

Helper (To employer) Sir! I haven't done anything, then why are you firing me?

Employer: You don't do anything so I'm firing you.

Look sir, I will jump from the tower and will not come down.

This is not something new. Every man who jumps from the tower goes up.

Sohan (to Mohan): Friend, lend me some money till tomorrow.

Mohan: No, I do not lend money.

Sohan: Then give cash only.

— Sudeep, Delhi





A man said to his companion, "I have named my first son Antaranjan and the second one Santaranjan. Now what about the third one?"

"You name the third one 'Dantmanjan'.  
"His companion advised.

Teacher (to students) Children! if you close your eyes you will not see anything.

Sir! Darkness is visible.

Pintu : Chintu! Why are you sad?  
Why have you packed this suitcase?

Chintu : Yesterday an anchor in the TV said, " Let us take you to Goa. I have packed the stuff since then and have been waiting.

Two passengers were talking in the train.

Passenger 1 : Whats App always helps you progress.

Passenger 2 : How?

Passenger 1 : I had to get down two stations before. I have crossed them.

Raju : Oh God! What does a billion year mean to you?

God : A second.

Raju : How about a billion rupees?

God : A penny.

Raju : Please give me a penny.

God : Wait a second.

The ticket checker asked for the ticket from Ratna

Ratna : But I didn't travel by the train.

Ticket Checker : What is the proof?

Ratna : I don't have the ticket.

Teacher : What is your date of birth?

Student : October 13.

Teacher : which year?

Student : Every year.

Teacher : Draw a picture of bacteria.

Student : Here it is.

Teacher : I can't see.

Student : Even I can't see. You said, "We can't see it with naked eyes.

— Praveen Kumar



# Apple

— Amit Khetaria

**A**n apple a day keeps the doctor away. No wonder, it is a wonder fruit. There are nearly 10,000 most eaten varieties. 7000 alone are grown in North America. In India it is primarily cultivated in Jammu and Kashmir, Himachal Pradesh, hills of UP and Uttaranchal, Arunachal Pradesh, Nagaland, Punjab and Sikkim.

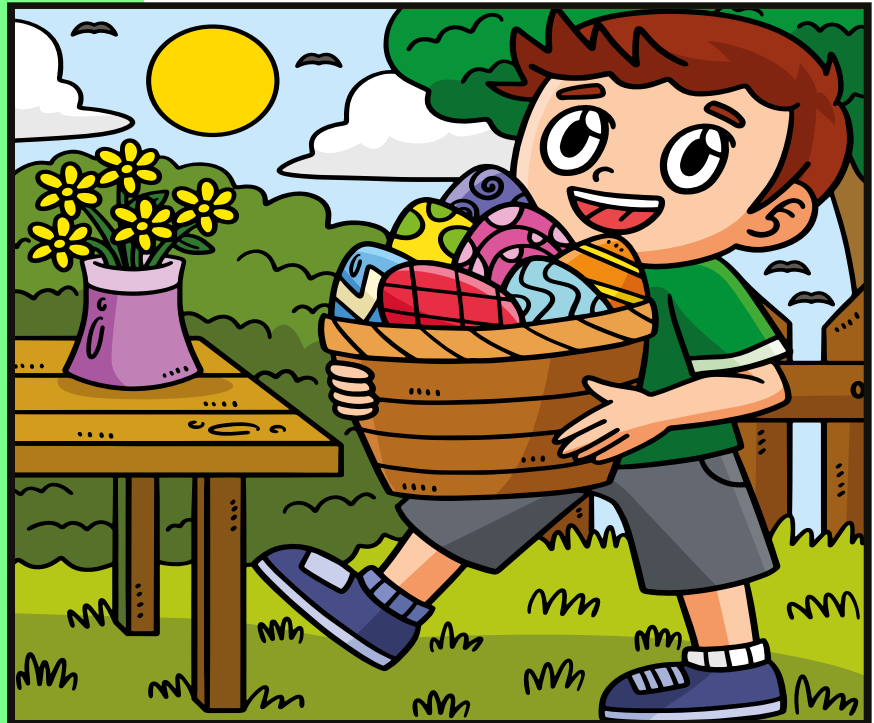
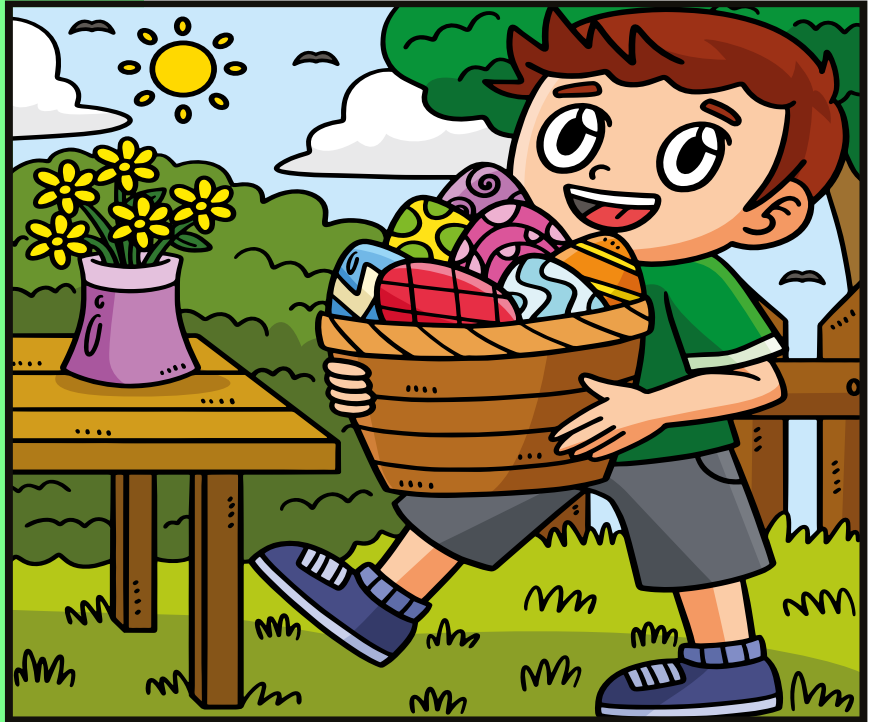
It grows best in climates that are cold in winter, moderate in summer and have medium to high humidity.

Apple tree can grow from 10 to 30 feet tall and nearly as wide. It can live for hundred years or even more. Apple trees bloom in the spring, set fruit and take from hundred to two hundred days to harvest.

## Some of the benefits of eating apple are :

- ❖ keeps the teeth healthy and sparkling.
- ❖ It also keeps the brain healthy and active.
- ❖ Since it contains dietary fibres it helps in digestion and keeps intestine related diseases at bay
- ❖ It is anti cancerous because it detoxifies the body.
- ❖ Good for respiratory system because it does not allow viruses dominate in throat and lungs.
- ❖ It fights tension and maintains the level of pleasure hormones.
- ❖ Good for heart and liver because it does not let extra fat accumulate and maintains the level of cholesterol.
- ❖ Few precautions which must be taken while consuming apples:
- ❖ It should be avoided before sleep because it raises the level of insulin and sugar and sleep and sleep cycle are disturbed.
- ❖ It should be preferably taken an hour or two after breakfast or lunch because empty stomach it can cause burning, gas and restlessness.
- ❖ Eating of apple should not be followed by radish, drinking of water or milk.
- ❖ Canned juice should be avoided because it doesn't have fibre and may have added sugar. ●

# Find 10 Differences









This story by **Swadhi D/o Sh. Dhananjay Kumar**  
Gali No. 7, Charmail, Assam, has been adjudged the  
best. Congratulations.

## *Eco System*

**M**ike the monkey was the leader and everyone loved him. He always warned the animals to be careful from humans. But they also had a human friend who was very much loved by Golu the giraffe and Lala the elephant. This human friend Mangru protected them many times from predators. Honu the horse also protected his friends from other animals and humans.

One day Lala the elephant fell in a huge ditch. Bhilu the kangaroo tried his level best to take Lala out. Since Lala was very heavy, no result came out. Suddenly Mike the leader monkey suggested to contact their human friend Mangru. Mangru came running with his shovel. When they all tried together Lala could be brought out. Dear friends the story teaches us that we all together are a part of ecosystem. Animals and humans should be friends. Only then can we protect the environment. ●

## RESULT FOR THE MONTH OF October 2023 ISSUE

**Yash Lakhwani**

**Age-8**

Vijay Laxmi Maa Shanti Villa  
Laxmi Appartment, Bhatapara  
Chhatisgarh, Distt. Baloda Bazar

**Miva Anchalotra**

**Age-9**

792-A Block, Surya Enclave  
Jalandhar (Punjab)

**Suddi**

**Age-15**

Village + Post : Pipraula  
Distt. Mau (U.P.)

## CONSOLATION ENTERIES

**Anjali Tripathi (Mau)**

**Richa (Karuvee)**

**Kavya (Panipat)**

**Sandhya (Dehradoon)**

**Mivan Chalotra,**

**Sudha (Dehradoon)**

**Nisha (Panipat)**

**Sheela (Lucknow)**

**Radha (Jhajhar)**

**Neha (Delhi)**

**Samir (Delhi)**

**Rahul (Azamgarh)**

**Shaila (Newada)**

**Ankur (Delhi)**

**Reetu (Lucknow)**

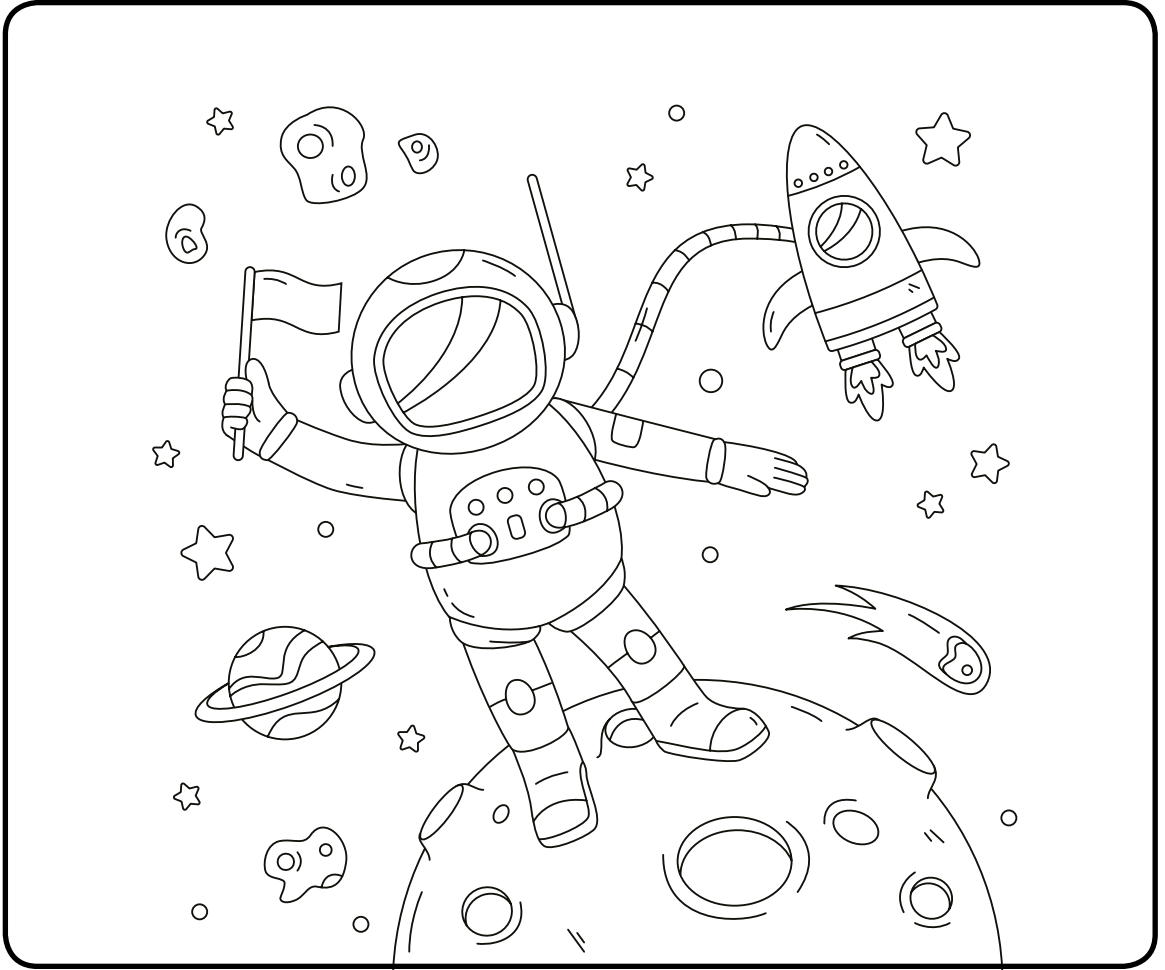
**Renu (Azamgarh, U.P.)**

## Colour it for December Issue

On page 45, a beautiful picture is given; colour it and send it to us latest by **20 January, 2024**. Office address: HANSTI DUNIYA, Nirankari Complex, Near Nirankari Sarover, Nirankari Colony. Delhi - 110009

The result will appear in February 2024 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 .....

# The World is as You Perceive it

— Prveen

There is an inspiring narration in Mahabharata. Once Guru Dronacharya ji asked Yudhister and Duryodhana to prepare a list of good and bad people in the world. After some time both returned with blank papers. Guru Dronacharya ji was astonished. He questioned Duryodhana as to why he had brought a blank paper. Duryodhan answered that he saw and judged many people but found them all involved in some or other bad thing. He could only find himself to be a person full of goodness. However, he did not like to enlist his own name in the list of

good people, as self-praise was no recommendation.

Guru Dronacharya ji turned to Yudhishtira to show the list. Yudhishtira replied with folded hands, "There are so many good people in the world that the whole earth will be short of space for recording all the names of good people leave alone a piece of paper. As far as the recording of bad people is concerned, I think I am the only one who has not come up to the status desired for the enlistment of good people. Since, I myself am present before your good-self; there is no need of penning down my name."

Hearing Yudhishtara, Guru Dronacharya ji was pleased and affectionately embraced Yudhishtira. Both the lists were blank but the vision was altogether different.

Moral : To raise your level, always see the virtues of others and your own weaknesses. ●





# PATH OF TRUTH

— Kamla Bewra

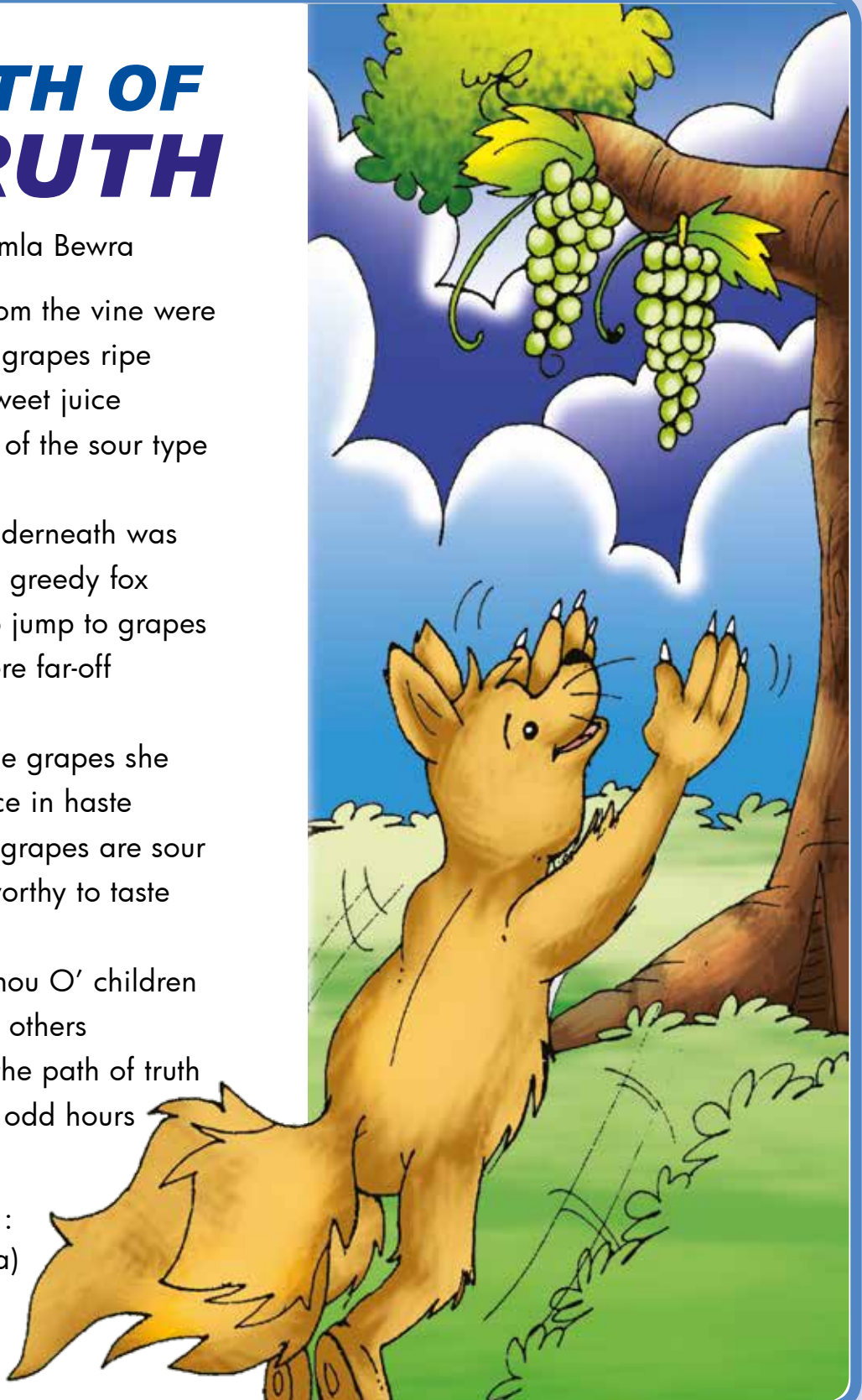
Hanging from the vine were  
Bunches of grapes ripe  
All full of sweet juice  
None was of the sour type

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

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

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

(Translation :  
A.C. Sharma)



# VICTORY

— Ajay Kumar

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

through this forest alone?' Are you not afraid of the robber Angulimal? Why he could not catch you? What Magic do you pose?'

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

These noble words touched the cruel heart of Angulimal and he fell

at the feet of Buddha, "Save me, O lord!" he said, sobbingly, "I am the greatest sinner on earth!" Tears flowed from his eyes and washed all his sins. ●





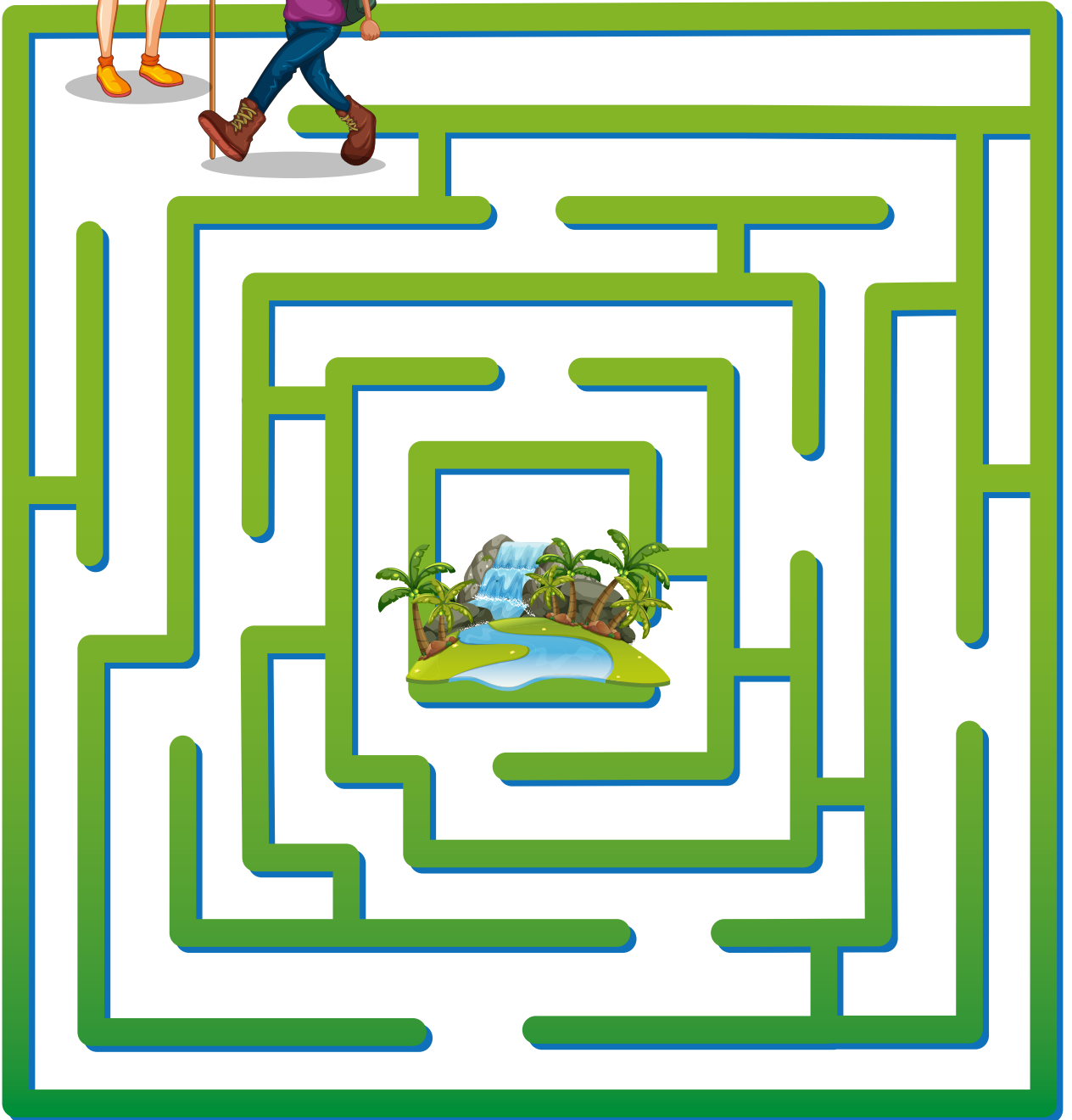
## **BENEFITS OF PAPAYA**

— Naresh Ahuja

- ❖ Papaya contains the digestive enzyme papain and therefore valuable for aiding digestion.
- ❖ The unique protein-digesting enzymes; papain and chymopapain have been shown to help lower inflammation and to improve healing from burns in addition to helping in digestion of proteins. The antioxidant nutrients found in papaya, including vitamin C, vitamin E, and beta-carotene, are also very good at reducing inflammation.
- ❖ The ripe fruit is easily digestible and prevents constipation.
- ❖ Case studies indicate that this food taken alone for two or three days has a highly beneficial tonic effect upon the stomach and intestines.
- ❖ The juice of the papaya aids in relieving infections of the colon and has a tendency to break down pus and mucus reached by the juice.
- ❖ Prevents nausea (includes morning sickness and motion sickness)
- ❖ The seeds are antihelminthic, for expelling worms and they are given with honey. Chew and swallow two teaspoonfuls of seeds after each principal meal (three times a day).
- ❖ Papayas are also a good source of fiber, which has been shown to lower high cholesterol levels. ●

# Find The Way

Help the man reach the Fountain







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Monday Closed

Customer Care : 9818883394